



CHROMING



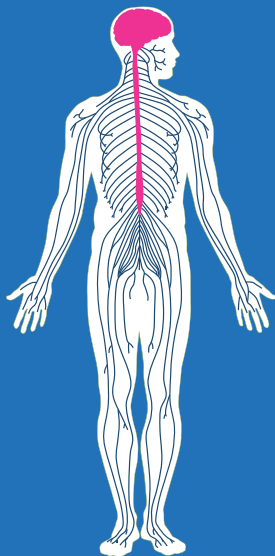
“Chroming”, defined as inhaling toxic chemicals through the nose and/or mouth recreationally to achieve a temporary high is a rising trend among young adults and teens. The act of inhaling these potentially fatal household chemicals may also be known as huffing, sniffing, bagging, or rexing and may vary depending on the method of use and the substance being inhaled.

The term chroming originally coined from inhaling chrome-based paint has since adopted a broader definition which includes inhaling other volatile substances such as aerosol cans, nitrites, permanent marker, acetone, deodorant, hairspray, lighter fluid, glue, cleaning products, and gases. Although many substances may be inhaled, inhalants specifically refer to substances that are ONLY inhaled.

Note: Nitrites slightly different, typically used to treat chest pain, are misused to improve sexual pleasure or performance as they expand and contract blood vessels. These can lead to unsafe sexual practices or risky behavior.

Inhalants are easily purchased and can usually be found in the household or workplace which may contribute to the number of young people engaging in chroming. The short-term high, which is often described as euphoric typically lasts between 15–45 minutes. Although the high is temporary, inhalant abuse can lead to severe, possibly fatal complications of these harsh volatile agents. These substances are popular among young people because they are not monitored, easily accessible, and can help the user achieve a quick high.

Most inhalants target the central nervous system and have short-term effects similar to alcohol, such as slurred or distorted speech, lack of coordination, dizziness, and euphoria. Some individuals may experience hallucinations or delusions.



Cardiac arrest, burns, brain damage, and sudden death are some acute effects associated with inhalant abuse. Long-term, the use of inhalants has been linked to multisystem complications such as liver and kidney damage, hearing loss, bone marrow damage, loss of coordination and limb spasms due to nerve damage, delayed neurological development, and brain damage. Psychiatric, cognitive, behavioral, and anatomical deficits in humans which may greatly impact quality of life.



Parents need to know that a single event involving the use of inhalants is enough to cause severe, even irreparable damage. Inhaling these concentrated substances can result in an overdose. Symptoms of an inhalant overdose typically manifest as seizures or cardiac episodes in which the heart may slow or stop completely. Sudden sniffing death is a condition associated with inhalant use and can happen to an otherwise healthy individual upon first use. Bagging, or the act of dispensing the aerosol or solvent into a bag prior to inhalation can also lead to death by suffocation, or other complications from lack of oxygen. Withdrawal symptoms from inhalants can include nausea, loss of appetite, sweating, problems sleeping, and mood changes.

Recommended treatment for those dealing with SUD involving inhalants include cognitive-behavioral therapy (CBT) and incentivized programs that reward and reinforce positive behaviors. CBT allows patients to address their situation, avoid the substance or behaviors and cope with the stressors that are driving them to engage in drug use.

IN 2021

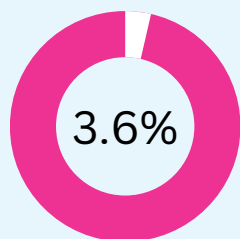
0.8%

(roughly 2.2 million) people aged 12 or older reported using inhalants in the past 12 months.

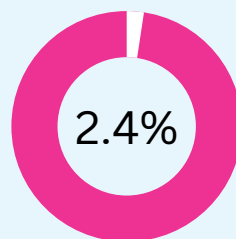
0.1%

of the population had an inhalant use disorder in the past 12 months.

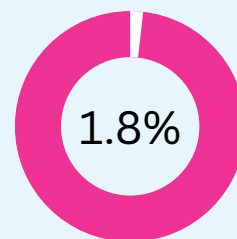
IN 2022



of 8th graders



of 10th graders



of 12th graders

REPORTED USING INHALANTS IN THE PAST 12 MONTHS.



In Florida, 4.6% of high school students and 7.1% of middle schoolers reported using inhalants in their lifetime. 2.3% of middle school aged children reported using inhalants within the past 30 days. 3.4% of middle schoolers in Duval County reported using inhalants within the past 30 days.

FL Health CHARTS. Florida Youth Substance Abuse Survey. Florida Department of Health

<https://www.flhealthcharts.gov/ChartsDashboards/rdPage.aspx?rdReport=SurveyData.FYSAS.Dataviewer> NIDA. 2023, January 11. Letter from the Director. Retrieved from <https://nida.nih.gov/publications/research-reports/inhalants/letter-director> NIDA. 2023, January 23. What is the scope of inhalant use in the United States?. Retrieved from <https://nida.nih.gov/publications/research-reports/inhalants/what-scope-inhalant-abuse> Sina, R. The clinical assessment and treatment of inhalant abuse. The Permanente Journal, 0(0), 1-11. <https://10.7812/TPP/22.164> NIDA. 2020, April 16. Inhalants DrugFacts. Retrieved from <https://nida.nih.gov/publications/drugfacts/inhalants>