

Preferred Terms to Use in Collateral Materials and Other Documents Promoting the Report	Definition
Binge drinking	Binge drinking for men is drinking 5 or more standard alcoholic drinks, and for women, 4 or more standard alcoholic drinks on the same occasion on at least 1 day in the past 30 days.
Recovery	A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
Relapse	The return to drug use after a significant period of abstinence.
Substance	A psychoactive compound with the potential to cause health and social problems, including substance use disorders (and their most severe manifestation, addiction). Substances discussed in the Report include alcohol, illicit drugs, prescription-type medications used for non-medical purposes, and over-the-counter drugs and other substances such as inhalants.
Substance misuse (not substance abuse)	The use of any substance in a manner, situation, amount, or frequency that can cause harm to users or to those around them. For some substances or individuals, any use would constitute misuse (e.g., underage drinking, injection drug use). [Note: use of the term "abuse" is stigmatizing and should be avoided whenever possible.]
Substance misuse problems or consequences	Any health or social problem that results from substance misuse. Substance misuse problems or consequences may affect the substance user or those around them, and they may be acute (e.g., an argument or fight, a motor vehicle crash, an overdose) or chronic (e.g., a long-term substance-related medical, family, or employment problem, or chronic medical condition, such as various cancers, heart disease, and liver disease).
Substance use	The use—even one time—of any substance.
Substance use disorder	A medical illness caused by repeated misuse of a substance or substances. A severe substance use disorder is commonly called an addiction.