A brief description of the more common drugs people use to “get high” and our best estimates of how many Americans use them.

Print out “Drug Use Tables”
- Make sure you have printed out the next slide in this lecture before you watch the rest of the lecture (can push pause now)
- I think tables are hard to see on Powerpoint
- Caveat about “household population”
- See next slide for order of “popularity” (tends to stay fairly consistent w/ Alcohol, Marijuana, Pills, and Cocaine (snorting) being most popular (although cocaine rates quite low)
  - Order of others varies slightly as various drugs become popular (i.e. crack, club drug, and meth “waves”)
  - Note also the very high persistence rates of alcohol and tobacco compared to the rest (w/ possible exception of heroin)


<table>
<thead>
<tr>
<th>Drug</th>
<th>Ever</th>
<th>Last Year</th>
<th>Last Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>82.4</td>
<td>65.1</td>
<td>50.3</td>
</tr>
<tr>
<td>Marijuana and Hashish</td>
<td>40.2</td>
<td>34.9</td>
<td>8.1</td>
</tr>
<tr>
<td>Non-medical use of any pill</td>
<td>20.0</td>
<td>6.1</td>
<td>2.5</td>
</tr>
<tr>
<td>Cocaine</td>
<td>14.2</td>
<td>2.4</td>
<td>0.8</td>
</tr>
<tr>
<td>LSD</td>
<td>9.7</td>
<td>0.2</td>
<td>0.1</td>
</tr>
<tr>
<td>Inhalants</td>
<td>9.5</td>
<td>0.9</td>
<td>0.3</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>4.9</td>
<td>0.6</td>
<td>0.2</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>4.6</td>
<td>0.8</td>
<td>0.2</td>
</tr>
<tr>
<td>Crack</td>
<td>3.3</td>
<td>0.5</td>
<td>0.2</td>
</tr>
<tr>
<td>Heroin</td>
<td>1.3</td>
<td>0.2</td>
<td>0.1</td>
</tr>
</tbody>
</table>
Alcohol & Tobacco

- Alcohol is a depressant and most common drug used to get high in America – by far.
- It is almost always swallowed, can be physically addicting (in extreme cases).
- Overdose possible [would die by motor going to slow].
- Booze and tobacco kill more than all other illicit drugs combined!
- If “drugs cause violence” then alcohol main culprit.
- Prevalence Rates always the highest of all drugs!

Marijuana, Cannabis, Hashish

- Marijuana/cannabis is a green or gray mixture of dried, shredded flowers and leaves of the hemp plant Cannabis sativa – Hashish is “tar substance” taken from the flowers – NOT to be confused with “hemp.”
- It is usually smoked, but can be eaten. Flowers or buds used more than leaves. New “heating” technologies too.
- Marijuana is unique from all other classes of drugs and it is difficult to classify as strictly a depressant, stimulant, or hallucinogen. THC is chemical.
- Not a single documented overdose death (toxic dose unknown).
- The most popular illegal drug by far (prevalence rates somewhat volatile too).
Pain Pills and Other Pharm. Meds

- Second most popular “illegal” drug next to marijuana and dwarfs the other “hard” drugs
- Why don’t we see the headline “Illegal use of pharmaceutical pills is nation’s second biggest drug problem!”
- Both stimulants and depressants although the pain pills most common. Death from overdose from either possible

<table>
<thead>
<tr>
<th></th>
<th>Past Year</th>
<th>Past Year</th>
<th>Past Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Pills</td>
<td>0.0</td>
<td>6.1</td>
<td>2.5</td>
</tr>
<tr>
<td>Pain Relievers</td>
<td>13.2</td>
<td>4.7</td>
<td>1.8</td>
</tr>
<tr>
<td>Tranquilizers</td>
<td>8.3</td>
<td>4.1</td>
<td>0.9</td>
</tr>
<tr>
<td>Stimulants</td>
<td>8.3</td>
<td>1.2</td>
<td>0.5</td>
</tr>
<tr>
<td>OxyContin® (Opiate Pain reliever)</td>
<td>1.3</td>
<td>1.0</td>
<td>0.1</td>
</tr>
</tbody>
</table>

Snorting Cocaine

- Sniffing or “snorting” most popular although it can be smoked and injected (no stats on injecting)
- Cocaine comes from Coca plant
- Not physically addicting, is a stimulant and you can die from overdose (body’s “engine” running too fast too long)
- Snorting generally “third” after marijuana and pills and prevalence rates of crack smoking generally much lower

Smoking Cocaine

- “Crack” not the same as “freebase”, neither physically addicting
- Very low “past year and month” prevalence rates
- Very direct mode of ingestion (so is injecting)
- High is more intense but shorter in duration.
- Rapid “up down” is what makes people able to use a whole lot more crack [compared to snorting] in a short period of time. Thus smoking/injecting cocaine more “dangerous” [see next slide]
Smoking vs Snorting Cocaine

Snorting cocaine

Smoking or injecting cocaine

See how this way of ingesting cocaine lends itself MORE SO to binge use and thus problems?

Drugs and Usage Rates (Part II)
LSD, Methamphetamine, Club Drugs, Heroin

A brief description of the more common drugs people use to “get high” and our best estimates of how many Americans use them

LSD (“Acid”)

- Usually taken by mouth. Often LSD is added to blotter paper, and divided into small decorated squares, with each square representing one dose.
- Dramatically distorts perceptions
- Past year and month prevalence rates dropping over time (compared to “ever” use) and seem to be related to aging of “hippies”
- Not ‘addicting’… unsure about overdose death…
Methamphetamine

- Man made stimulant, not physically addicting, can overdose
- Can be pills, snorted, smoked, or injected
- US Bomber Pilots given pills to take if they want [Bomber planes very expensive]
- Mode of ingestion used to be geographical although appears to be spreading
- Prevalence rates VERY low for an “epidemic”

Club Drugs

- Ecstasy, Rohypnol, GBH, Ketamine
- Ecstasy appears to most popular, although combining them common
- These drugs must be classified on individual basis
- Can die from overdose on some, especially when used with alcohol

Heroin

- Depressant that comes from Opium poppy
- Can be eaten, snorted, smoked, and injected
  - Injecting is most common way to sustain long habit
- Can die from overdose by “slowing down” lungs/heart
- Classically Physically Addicting!
- Very low prevalence rates
Conclusion

- Caveat about “household population” – not perfect sampling frame but useful data
- Very low prevalence rates for drugs we are supposed to fear “taking over our neighborhoods” (caveat about that too)
- Most problematic drugs are made by legal producers – alcohol, pills, and (long term) tobacco.
- Mode of ingestion important – more direct modes more “dangerous”
- “Dangerousness actually MORE related to SOCIAL variable of class, SES, etc. than molecules – but that’s a different lecture!”