

# ISHIB Health Facts

## SUBSTANCE USE

### PATTERNS OF SUBSTANCE USE

Although overall rates of drug abuse among ethnic and racial minorities are similar to rates in the general population, studies have shown slight variances in usage rates for particular substances. In addition, the National Institute on Drug Abuse reports that, while White youth begin drug usage earlier than do minority youth, evidence suggests that African Americans who begin using drugs are more likely to continue use than are Whites.

According to data from the National Household Survey on Drug Abuse (NHSDA), Native Americans, Mexican Americans, Puerto Ricans, and African Americans exhibit a higher prevalence of illicit drug use, heavy cigarette use, alcohol dependence, and need for illicit drug abuse treatment than the general US population (age 12 and older). Comparisons of subgroup use of any illicit drugs, marijuana, and cigarettes can be found in Table 1.

Table 1. Prevalence (%) of Substance Use Among US Racial/Ethnic Populations (Age 12 and Older) in the Past Year Compared to the General Population

	Any Illicit Drug Use	Marijuana Use	Cigarette Use	Need for Illicit Drug Abuse Treatment
Native Americans	19.8	15	52.7	7.8
Mexican Americans	12.7	9.1	29.1	3.6
Puerto Ricans	13.3	10.8	32.7	3.7
African Americans	13.1	10.6	29.9	3.9
General Population	11.9	9	30.9	2.7

Source: Center for Mental Health Services. *Prevalence of Substance Use Among Racial/Ethnic Subgroups in the United States, 1991-1993*. Available at [www.samhsa.gov](http://www.samhsa.gov).

### EFFORTS TO ADDRESS HEALTH DISPARITIES CAUSED BY SUBSTANCE ABUSE

The National Institutes on Drug Abuse has mounted a Strategic Plan on Reducing Health Disparities that will establish a Health Disparities Initiative. The Initiative will focus on four major research areas: epidemiology, prevention, treatment, and basic and clinical research. NIDA's efforts will expand training opportunities to increase the capacity of minority institutions and the number of minority scientists involved in drug abuse research.

the Division of Epidemiology, Services and Prevention Research have jointly issued a Request for Applications for research projects that will encourage cross-disciplinary biomedical, epidemiological, developmental, and social science research to develop more effective interventions to reduce the impact of HIV/AIDS and other disease consequences of drug abuse in minority populations.

In January-February 2001, the Center on AIDS and Other Medical Consequences of Drug Abuse and



## Resources on Alcohol, Tobacco and Other Drugs for Minority Ethnic Populations

### Research

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Barr KE, Farrell MP, Barnes GM, Welte JW. Race, class, and gender differences in substance abuse: evidence of middle-class/underclass polarization among black males. *Social Problems.* 1993;40(3):314-327.

Andreski P, Breslau N. Smoking and nicotine dependence in young adults: differences between Blacks and Whites. *Drug and Alcohol Depend.* 1993; 32(2):119-125.

Herd D. Predicting drinking problems among Black and White men: results from a National Survey. *J Studies on Alcohol* 1994;55(1):61-71.

Whitehead TL, Peterson J, Kaljee L. The "hustle": socioeconomic deprivation, urban drug trafficking, and low-income, African-American male gender identity. *Ped.* 1994;93(6):1050-1054.

Johnson KA, Jennison KM, Stressful loss and the buffering effect of social support on drinking behavior among African Americans: results of a National Survey. *J Alcohol and Drug Ed.* 1994;39(2):1-24.

Brown LS. Alcohol abuse prevention in African-American communities. *J Nat Med Assoc.* 1993;85(9):665-673.

D'Elia MA, Mundt DJ, Bush PJ, Iannotti RJ. Healthful behaviors: do they protect African American, urban preadolescents from abusable substance use? *Am J Health Promo.* 1993;7(5):354-363.

Warheit CJ, Biafora FA, Zimmerman RS, Gil AG, Vega WA et al. Self-rejection/derogation, peer factors, and alcohol, drug, and cigarette use among a sample of Hispanic, African-American, and White, non-Hispanic adolescents. *Int J Addict.* 1995;30(2):97-116.

Rowe D, Grills C. African-centered drug treatment: alternative conceptual paradigm for drug counseling with African-American clients. *J Psychoactive Drugs.* 1993;25(1):21-33.

### Prevention Materials

*Making Prevention Work: Actions for African Americans*  
*Synopsis:* Twelve ways African Americans can prevent alcohol, tobacco or other drug use in their communities.  
*Source:* National Clearinghouse for Alcohol and Drug Information. 800-729-6686 or [www.health.org](http://www.health.org)

*Quick List: Ten Steps to a Drug-Free Future*  
*Synopsis:* This brochure suggests 10 things adults can do to help a child say no to drugs.  
*Source:* National Clearinghouse for Alcohol and Drug Information. 800-729-6686 or [www.health.org](http://www.health.org)

*Growing Up Black and Proud*  
*Synopsis:* Facilitators can use this 14-part curriculum to help African-American teenagers recognize that they can reach their fullest potential without using drugs.  
*Source:* Johnson Institute-QVS, Inc. 800-231-5165.

*Pathways to Freedom: Winning the Fight Against Tobacco*  
*Synopsis:* This smoking cessation program, tailored for African Americans, is divided into three sections: the scope of the problem, methods of quitting, and how communities can take action against tobacco.  
*Source:* CDC's Office on Smoking and Health. 800-232-1311.

*The Congress of National Black Churches, Inc. – National Anti-Drug Campaign*  
*Synopsis:* This packet of materials contains a program booklet that explains the campaign, a planning booklet, and tips to parents, congregations, and the community.  
*Source:* The Congress of National Black Churches, Inc. 202-371-1091.

## COMMONLY ABUSED DRUGS

Substance: Category and Name	Examples of <i>Commercial</i> and Street Names	<i>DEA Schedule/How Administered</i> **	<i>Intoxication Effects/Potential Health Consequences</i>
<b><i>Cannabinoids</i></b>			<i>Euphoria, slowed thinking and reaction time, confusion, impaired balance and coordination/cough, frequent respiratory infections; impaired memory and learning; increased heart rate, anxiety; panic attacks, tolerance, addiction</i>
hashish	boom, chronic, gangster, hash, hash oil, hemp	I/swallowed, smoked	
marijuana	blunt, dope, ganja, grass, herb, joints, Mary Jane, pot, reefer, sinsemilla, skunk, weed	I/swallowed, smoked	
<b><i>Depressants</i></b>			<i>Reduced pain and anxiety; feeling of well-being; lowered inhibitions; slowed pulse and breathing; lowered blood pressure; poor concentration/confusion, fatigue; impaired coordination, memory, judgment; respiratory depression and arrest, addiction.</i> <i>Also, for barbiturates—sedation, drowsiness/depression, unusual excitement, fever, irritability, poor judgment, slurred speech, dizziness.</i> <i>For benzodiazepines—sedation, drowsiness/dizziness.</i> <i>For flunitrazepam—visual and gastrointestinal disturbances, urinary retention, memory loss for the time under the drug's effects.</i> <i>For GHB—drowsiness, nausea/vomiting, headache, loss of consciousness, loss of reflexes, seizures, coma, death.</i> <i>For methaqualone—euphoria/depression, poor reflexes, slurred speech, coma.</i>
barbiturates	<i>Amytal, Nembutal, Seconal, Phenobarbital</i> ; barbs, reds, red birds, phennies, tooies, yellows, yellow jackets	II, III, V/injected, swallowed	
benodiazepines (other than flunitrazepam)	<i>Ativan, Halcion, Librium, Valium, Xanax</i> ; candy, downers, sleeping pills, tranks	IV/swallowed	
flunitrazepam***	<i>Rohypnol</i> ; forget-me pill, Mexican Valium, R2, Roche, roofies, roofinol, rope, rophies	IV/swallowed, snorted	
GHB***	<i>gamma-hydroxybutyrate</i> ; G, Georgia home boy, grievous bodily harm, liquid ecstasy	under consideration / swallowed	
methaqualone	<i>Quaalude, Sopor, Parest</i> ; ludes, mandrex, quad, quay	I/injected, swallowed	

## COMMONLY ABUSED DRUGS

Substance: Category and Name	Examples of Commercial and Street Names	DEA Schedule/How Administered**	Intoxication Effects/Potential Health Consequences
<b>Dissociative Anesthetics</b>			
ketamine	<i>Ketalar SV</i> ; cat Valiums, K, Special K, vitamin K	III/injected, snorted, smoked	<p><i>Increased heart rate and blood pressure, impaired motor function/memory loss; numbness; nausea/vomiting</i></p> <p><i>Also, for ketamine—at high doses, delirium, depression, respiratory depression and arrest.</i></p> <p><i>For PCP and analogs—possible decrease in blood pressure and heart rate, panic, aggression, violence/loss of appetite, depression</i></p>
PCP and analogs	<i>phencyclidine</i> ; angel dust, boat, hog, love boat, peace pill	I, II/injected, swallowed, smoked	
<b>Hallucinogens</b>			
LSD	<i>lysergic acid diethylamide</i> ; acid, blotter, boomers, cubes, microdot, yellow sunshines	I/swallowed, absorbed through mouth tissues	<p><i>Altered states of perception and feeling; nausea/chronic mental disorders, persisting perception disorder (flashbacks)</i></p> <p><i>Also, for LSD and mescaline—increased body temperature, heart rate, blood pressure; loss of appetite, sleeplessness, numbness, weakness, tremors</i></p> <p><i>For psilocybin—nervousness, paranoia</i></p>
mescaline	buttons, cactus, mesc, peyote	I/swallowed, smoked	
psilocybin	magic mushroom, purple passion, shrooms	I/swallowed	
<b>Opioids and Morphine Derivatives</b>			
codeine	<i>Empirin with Codeine, Fiorinal with Codeine, Robitussin A-C, Tylenol with Codeine; Captain Cody, Cody, schoolboy</i> ; (with glutethimide) doors & fours, loads, pancakes and syrup	II, III, IV/injected, swallowed	<p><i>Pain relief, euphoria, drowsiness/respiratory depression and arrest, nausea, confusion, constipation, sedation, unconsciousness, coma, tolerance, addiction</i></p> <p><i>Also, for codeine—less analgesia, sedation, and respiratory depression than morphine</i></p> <p><i>For heroin—staggering gait</i></p>

## COMMONLY ABUSED DRUGS

Substance: Category and Name	Examples of Commercial and Street Names	DEA Schedule/How Administered**	Intoxication Effects/Potential Health Consequences
<b>Opioids and Morphine Derivatives, cont.</b>			
fentanyl	<i>Actiq, Duragesic, Sublimaze; Apache, China girl, China white, dance fever, friend, goodfella, jackpot, murder 8, TNT, Tango and Cash</i>	II/injected, smoked, snorted	<i>Pain relief, euphoria, drowsiness/respiratory depression and arrest, nausea, confusion, constipation, sedation, unconsciousness, coma, tolerance, addiction</i>
heroin	<i>diacetylmorphine; brown sugar, dope, H, horse, junk, skag, skunk, smack, white horse</i>	I/injected, smoked, snorted	<i>Also, for codeine—less analgesia, sedation, and respiratory depression than morphine</i>  <i>For heroin—staggering gait</i>
morphine	<i>Roxanol, Duramorph; M, Miss Emma, monkey, white stuff</i>	II, III/injected, swallowed, smoked	
opium	<i>laudanum, paregoric; big O black stuff, block, gum, hop</i>	II, III, V/swallowed, smoked	
<b>Stimulants</b>			
amphetamine	<i>Biphphetamine, Dexedrine; bennies, black beauties, crosses, hearts, LA turnaround, speed, truck drivers, uppers</i>	II/injected, swallowed, smoked, snorted	<i>Increased heart rate, blood pressure, metabolism; feelings of exhilaration, energy, increased mental alertness/rapid or irregular heart beat; reduced appetite, weight loss, heart failure</i>
cocaine	<i>Cocaine hydrochloride; blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot</i>	II/injected, smoked, snorted	<i>Also, for amphetamine—rapid breathing; hallucinations/tremor, loss of coordination; irritability, anxiousness, restlessness, delirium, panic, paranoia, impulsive behavior, aggressiveness, tolerance, addiction</i>
MDMA (methylenedioxy-methamphetamine)	<i>DOB, DOM, MDA; Adam, clairy, excstasy, Eve, lover's speed, peace, STP, X, XTC</i>	I/swallowed	<i>For cocaine—increased temperature/chest pain, respiratory failure, nausea, abdominal pain, strokes, seizures, headaches, malnutrition</i>

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Substance: Category and Name	Examples of Commercial and Street Names	DEA Schedule/How Administered**	Intoxication Effects/Potential Health Consequences
<i>Stimulants, cont.</i>			<i>For MDMA—mild hallucinogenic effects, increased tactile sensitivity, empathic feelings, hyperthermia/</i>
methamphetamine	<i>Desoxyn; chalk, crank, crystal, fire, glass, go fast, ice, meth, speed</i>	II/injected, swallowed, smoked, snorted	<i>impaired memory and learning</i>
methylphenidate	<i>Ritalin; JIF, MPH, R-ball, Skippy, the smart drug, vitamin R</i>	II/injected, swallowed, snorted	<i>For methamphetamine—aggression, violence, psychotic behavior/memory loss, cardiac and neurological damage; impaired memory and learning, tolerance, addiction</i>
nicotine	<i>bids, chew, cigars, cigarettes, smokeless tobacco, snuff, spit tobacco</i>	not scheduled/smoked, snorted, taken in snuff and spit tobacco	<i>For methylphenidate—increase or decrease in blood pressure, psychotic episodes/digestive problems, loss of appetite, weight loss</i>
<i>Other Compounds</i>			<i>For nicotine—tolerance, addiction; additional effects attributable to tobacco exposure - adverse pregnancy outcomes, chronic lung disease, cardiovascular disease, stroke, cancer</i>
anabolic steroids	<i>Adandrol, Oxandrin, Durabolin, Depo-Testosterone, Equipoise; roides, juice</i>	III/injected, swallowed, applied to skin	<i>No intoxication effects/hypertension, blood clotting and cholesterol changes, liver cysts and cancer, kidney cancer, hostility and aggression, acne; adolescents, premature stoppage of growth; in males, prostate cancer, reduced sperm production, shrunken testicles, breast enlargement; in females, menstrual irregularities, development of beard and other masculine characteristics</i>

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Substance: Category and Name	Examples of Commercial and Street Names	DEA Schedule/How Administered**	Intoxication Effects/Potential Health Consequences
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*Other Compounds, cont.*

inhalants	<i>Solvents (paint thinners, gasoline, glues), gases (butane, propane, aerosol propellants, nitrous oxide), nitrites (isoamyl, isobutyl, cyclohexyl); laughing gas, poppers, snappers, whippets</i>	not scheduled/inhaled through nose or mouth	<i>Stimulation, loss of inhibition; headache; nausea or vomiting; slurred speech, loss of motor coordination; wheezing/unconsciousness, cramps, weight loss, muscle weakness, depression, memory impairment, damage to cardiovascular and nervous systems, sudden death</i>
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\*Schedule I and II drugs have a high potential for abuse. They require greater storage security and have a quota on manufacturing, among other restrictions. Schedule I drugs are available for research only and have no approved medical use; Schedule II drugs are available only by prescription (unrefillable) and require a form for ordering. Schedule III and IV drugs are available by prescription, may have five refills in 6 months, and may be ordered orally. Most Schedule V drugs are available over the counter.

\*\*Taking drugs by injection can increase the risk of infection through needle contamination with staphylococci, HIV, hepatitis, and other organisms.

\*\*\*Associated with sexual assaults.

SOURCE: National Institute on Drug Abuse



Other health facts sheets available at [www.ishib.org](http://www.ishib.org):

- stroke
- high blood pressure and cardiovascular disease
- diabetes
- obesity