Contents

1 Executive Summary 1
   Root Causes 1
   Necessary Preconditions 2
   Individual Factors 9
   Community Contexts 15
   Policy Options 18

2 Introduction 23
   Root Causes 25
   What Are Substance Abuse and Addiction? 25
   Magnitude of the Problem 34
   Measuring Substance Use and Abuse 35
   Organization and Scope of the Report 38

Part 1: Necessary Preconditions 41

3 Biology and Pharmacology 43
   Drug Action 44
   Genetic Factors 50
   Role of Learning 55
   Summary 55

4 Availability 57
   Availability 57
   Are Drugs Readily Available? 62
   Marketing 63
   Summary 69

5 Substance Use and Transitions to Abuse and Addiction 71
   Substance Use 72
   Stages in the Initiation of Use 74
   Stages in the Cycle of Use, Abuse, and Addiction 76
   Stages in Problem Behaviors 77
   Key Aspects of Use 78
   Summary 80
Part II: Individual Factors 81

6 Individual Risk and Protective Factors 83
   Demographics 65
   Economics 105
   Psychosocial/Behavioral 110
   Summary 118

Part III: Activity Settings 119

7 Ethnographic Drug Studies 121
   Ethnographic Studies of Alcohol and Other Drug Use 121
   Social Context of Drug Use 125
   Poverty, Racism, and Cycle of Abuse 129
   Future Research 132
   Summary 133

8 Community Activity Settings 135
   Homes and Families 137
   Schools and Peers 145
   Workplaces 153
   Recreational Settings 157
   Planning, Implementing, and Evaluating Community-wide Programs 161
   Summary 163

9 Policy Options 165
   Federal Focus and Prevention Program Structure 166
   Research Needs 170
   Community Activity Settings 172
   Availability 175
APPENDICES

A Drug Control Policy in the United States: Historical Perspectives 177

B Federal Programs: Prevention and Causation 164

C Perspectives on Defining Substance Abuse 194

D List of Contracts 200

E List of Workshops and Participants 202

F Acknowledgments 206

G References 210

INDEX 236