

The 2023 National Survey on Drug Use and Health (NSDUH) used multimode data collection, in which respondents completed the survey in person or via the web. Estimates based on multimode data collection in 2023 are not comparable with estimates from the 2020 NSDUH or prior years. Although most estimates can be compared for 2021 to 2023, highlights are presented for the 2023 NSDUH only. The *2023 Companion Infographic Report: Results from the 2021, 2022, and 2023 National Surveys on Drug Use and Health*¹ provides a visual representation of selected measures for survey years 2021, 2022, and 2023.

Substance Use in the Past Month

- Among people aged 12 or older in 2023, 59.0% (or 167.2 million people) used tobacco products, vaped nicotine, used alcohol, or used an illicit drug in the past month (also defined as “current use”), including 47.5% (or 134.7 million people) who drank alcohol, 17.6% (or 49.9 million people) who used a tobacco product, 9.4% (or 26.6 million people) who vaped nicotine, and 16.8% (or 47.7 million people) who used an illicit drug.

Tobacco Use or Nicotine Vaping

- In 2023, 7.4% of adolescents aged 12 to 17 (or 1.9 million people) used tobacco products or vaped nicotine in the past month.
- In 2023, 74.9% of adolescents aged 12 to 17 who used nicotine products in the past month only vaped nicotine products and did not use other tobacco products.

Alcohol Use

- Among the 134.7 million current alcohol users aged 12 or older in 2023, 61.4 million people (or 45.6%) were past month binge drinkers. The percentage of people who were past month binge drinkers was highest among young adults aged 18 to 25 (28.7% or 9.8 million people), followed by adults aged 26 or older (22.7% or 50.6 million people), then by adolescents aged 12 to 17 (3.9% or 1.0 million people).
- Among people aged 12 to 20 in 2023, 14.6% (or 5.6 million people) were past month alcohol users. Estimates of binge alcohol use and heavy alcohol use in the past month among underage people were 8.6% (or 3.3 million people) and 1.7% (or 663,000 people), respectively.

Illicit Drug Use

- In 2023, marijuana was the most commonly used illicit drug, with 21.8% of people aged 12 or older (or 61.8 million people) using it in the past year. The percentage was highest among young adults aged 18 to 25 (36.5% or 12.4 million people), followed by adults aged 26 or older (20.8% or 46.5 million people), then by adolescents aged 12 to 17 (11.2% or 2.9 million people).

¹ Substance Abuse and Mental Health Services Administration. (2024). *2023 Companion infographic report: Results from the 2021, 2022, and 2023 National Surveys on Drug Use and Health* (SAMHSA Publication No. PEP24-07-020). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/2021-2022-2023-nsduh-infographic>

- Among people aged 12 or older in 2023, 3.1% (or 8.9 million people) misused opioids (heroin or prescription pain relievers) in the past year. Among the 8.9 million people who misused opioids in the past year, 8.6 million people misused prescription pain relievers compared with 660,000 people who used heroin. These numbers include 336,000 people who both misused prescription pain relievers and used heroin in the past year.

Fentanyl Misuse

- In 2023, 828,000 people aged 12 or older (or 0.3%) misused prescription fentanyl or used illegally made fentanyl (IMF) in the past year, including 627,000 people (or 0.2%) who used IMF in the past year.
- However, IMF may be present in products sold as heroin or fake prescription drugs without people's knowledge. Therefore, caution must be taken to avoid misinterpretation of estimates of fentanyl misuse and IMF use.

Substance Use Disorders

- In 2023, 48.5 million people aged 12 or older (or 17.1%) had a substance use disorder (SUD) in the past year, including 28.9 million who had an alcohol use disorder (AUD), 27.2 million who had a drug use disorder (DUD), and 7.5 million people who had both an AUD and a DUD.
- In 2023, the percentage of people aged 12 or older with an SUD in the past year was highest among young adults aged 18 to 25 (27.1% or 9.2 million people), followed by adults aged 26 or older (16.6% or 37.0 million people), then by adolescents aged 12 to 17 (8.5% or 2.2 million people).
- Among the 28.9 million people aged 12 or older in 2023 with a past year AUD, most (58.6%) had a mild disorder compared with about 1 in 5 (19.4%) who had a severe disorder.
- Among the 19.2 million people aged 12 or older in 2023 with a past year marijuana use disorder, most (55.4%) had a mild disorder compared with only 18.0% who had a severe disorder.

Major Depressive Episode among Adolescents

- Among adolescents aged 12 to 17 in 2023, 18.1% (or 4.5 million people) had a past year major depressive episode (MDE), and 13.5% (or 3.4 million people) had a past year MDE with severe impairment.
- Adolescents aged 12 to 17 in 2023 with a past year MDE were more likely than those without a past year MDE to have used most illicit drugs in the past year. An estimated 28.4% of adolescents aged 12 to 17 with a past year MDE used illicit drugs in the past year compared with 11.6% of those without a past year MDE.

Mental Illness among Adults

- Among adults aged 18 or older in 2023, 22.8% (or 58.7 million people) had any mental illness (AMI) in the past year. The percentage of adults aged 18 or older with AMI in the past year was highest among young adults aged 18 to 25 (33.8% or 11.5 million people), followed by adults aged 26 to 49 (29.2% or 30.3 million people), then by adults aged 50 or older (14.1% or 16.9 million people).
- In 2023, 5.7% of adults aged 18 or older (or 14.6 million people) had serious mental illness (SMI) in the past year. The percentage of adults aged 18 or older with SMI was highest among young adults aged 18 to 25 (10.3% or 3.5 million people), followed by adults aged 26 to 49 (7.9% or 8.2 million people), then by adults aged 50 or older (2.4% or 2.9 million people).
- Nearly half of young adults aged 18 to 25 in 2023 (46.9% or 16.0 million people) had either AMI or an SUD in the past year. This percentage was higher than corresponding percentages among adults aged 26 to 49 (40.8% or 42.2 million people) or adults aged 50 or older (21.9% or 26.3 million people).
- Among adults aged 18 or older in 2023, those with AMI or SMI in the past year were more likely than those without mental illness in the past year to have been past year users of illicit drugs overall. An estimated 42.4% of adults aged 18 or older with AMI and 51.9% of adults aged 18 or older with SMI used illicit drugs in the past year compared with 21.0% of adults aged 18 or older with no mental illness.

Suicidal Thoughts and Behaviors

- Among adolescents aged 12 to 17 in 2023, 12.3% (or 3.2 million people) had serious thoughts of suicide, 5.6% (or 1.5 million people) made a suicide plan, and 3.3% (or 856,000 people) attempted suicide in the past year. However, these estimates are likely to be conservative because the questions for respondents aged 12 to 17 included the response options “I’m not sure” and “I don’t want to answer,” which were not included in the corresponding questions for adults.
- Among adults aged 18 or older in 2023, 5.0% (or 12.8 million people) had serious thoughts of suicide, 1.4% (or 3.7 million people) made a suicide plan, and 0.6% (or 1.5 million people) attempted suicide in the past year.

Substance Use Treatment

- In 2023, people aged 12 or older who used alcohol or drugs in their lifetime were classified as having received substance use treatment in the past year if they received treatment in an inpatient location; in an outpatient location; via telehealth; or in a prison, jail, or juvenile detention center. Support services from a support group or from a peer support specialist or recovery coach, services in an emergency room or department, or detoxification or withdrawal support services were not classified as substance use treatment.

- People were classified as needing substance use treatment in the past year if they had an SUD or received substance use treatment in the past year. Among people aged 12 or older in 2023 who were classified as needing substance use treatment in the past year, about 1 in 4 (23.6% or 12.8 million people) received substance use treatment in the past year.
- Among the 1.8 million adolescents aged 12 to 17 in 2023 who had an SUD in the past year and did not receive substance use treatment in the past year, 96.6% (or 1.6 million people) did not seek treatment or think they should get it. An estimated 0.5% of adolescents with an SUD (or 9,000 people) sought treatment, and 2.8% of adolescents with an SUD (or 49,000 people) did not seek treatment but thought they should get it.
- Among the 39.6 million adults aged 18 or older in 2023 who had an SUD in the past year and did not receive substance use treatment in the past year, 94.7% (or 36.7 million people) did not seek treatment or think they should get it. An estimated 0.5% of adults with an SUD (or 189,000 people) sought treatment, and 4.8% of adults with an SUD (or 1.9 million people) did not seek treatment but thought they should get it.

Mental Health Treatment

- In 2023, people aged 12 or older were classified as having received mental health treatment in the past year if they received professional counseling, medication, or other treatment for their mental health in an inpatient location; in an outpatient location; via telehealth; or in a prison, jail, or juvenile detention center, or they took prescribed medication in the past year to help with their mental health. Support services from a support group or from a peer support specialist or recovery coach, or services in an emergency room or department were not classified as mental health treatment.
- In 2023, 31.9% of adolescents aged 12 to 17 (or 8.3 million people) received mental health treatment in the past year. Among the 4.5 million adolescents with a past year MDE, 59.8% (or 2.7 million people) received mental health treatment in the past year. However, about 40% of adolescents with a past year MDE (or 1.8 million people) did *not* receive mental health treatment in the past year.
- Of the 1.8 million adolescents aged 12 to 17 in 2023 who had a past year MDE and did not receive mental health treatment in the past year, 7.7% (or 139,000 people) sought treatment, and 33.8% (or 609,000 people) did not seek treatment but thought they should get it.
- In 2023, 23.0% of adults aged 18 or older (or 59.2 million people) received mental health treatment in the past year. Among the 58.7 million adults with AMI in the past year, 53.9% (or 31.6 million people) received mental health treatment in the past year. Among the 14.6 million adults with SMI in the past year, 71.1% (or 10.4 million people) received mental health treatment in the past year.
- Of the 27.1 million adults aged 18 or older in 2023 with AMI in the past year who did not receive mental health treatment, 23.8% (or 6.2 million people) sought treatment or did not seek treatment but thought they should get it.

Receipt of Treatment for Co-Occurring Mental Health Issues and Substance Use Disorder

- Among the 856,000 adolescents aged 12 to 17 in 2023 with a co-occurring MDE and an SUD in the past year, 71.1% (or 609,000 people) received either substance use treatment or mental health treatment in the past year, and 28.9% (or 248,000 people) received neither type of treatment. Among the 609,000 adolescents with a co-occurring MDE and an SUD who received either substance use treatment or mental health treatment in the past year, most received only mental health treatment (68.8%).
- Among the 20.4 million adults aged 18 or older in 2023 with co-occurring AMI and an SUD in the past year, 62.4% (or 12.8 million people) received either substance use treatment or mental health treatment in the past year, and 37.6% (or 7.7 million people) received neither type of treatment. Among the 12.8 million adults with co-occurring AMI and an SUD who received either substance use treatment or mental health treatment in the past year, most received only mental health treatment (64.4%).
- Among the 6.8 million adults aged 18 or older in 2023 with co-occurring SMI and an SUD in the past year, 75.0% (or 5.1 million people) received either substance use treatment or mental health treatment in the past year, and 25.0% (or 1.7 million people) received neither type of treatment. Among the 5.1 million adults with co-occurring SMI and an SUD who received either substance use treatment or mental health treatment in the past year, most received only mental health treatment (63.0%).

Recovery

- In 2023, 30.5 million adults aged 18 or older (or 12.0%) perceived that they ever had a substance use problem. Among these adults, 73.1% (or 22.2 million people) considered themselves to be in recovery or to have recovered.
- In 2023, 64.4 million adults aged 18 or older (or 25.3%) perceived that they ever had a mental health issue. Among these adults, 66.6% (or 42.7 million people) considered themselves to be in recovery or to have recovered.