

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.

This document presents substance use and mental health estimates by race and ethnicity.¹ For information about how NSDUH collects information on race and ethnicity, please see Appendix A in *Results from the 2023 National Survey on Drug Use and Health: Detailed Tables*.² Unless otherwise specified, the following estimates apply to NSDUH respondents aged 12 or older.

Estimates in this document have not been adjusted for differences in the underlying age distributions of people in racial or ethnic groups. If the occurrence of certain substance use or mental health outcomes differs by age, then differences in estimates between some racial or ethnic groups may reflect the younger age composition in some of these groups. Nevertheless, these unadjusted estimates reflect the actual occurrence of an outcome of interest and are useful for determining the specific need for services in a given population.

In addition, *Behavioral Health by Race and Ethnicity: Results from the 2021-2023 National Surveys on Drug Use and Health* shows comparisons of selected estimates for racial or ethnic groups using pooled data from the 2021 to 2023 NSDUHs to increase the precision of estimates.³ The 2021-2023 Behavioral Health by Race and Ethnicity report presents age-adjusted estimates.

Tobacco Use or Nicotine Vaping

- In 2023, the percentage of people aged 12 or older who used tobacco products or vaped nicotine in the past month was higher among American Indian or Alaska Native (34.0%) or Multiracial people (30.6%) than among White (24.7%), Black (24.2%), Hispanic (17.9%), or Asian people (10.3%). The percentage of people who used tobacco products or vaped nicotine in the past month was lowest among Asian people compared with people in other racial or ethnic groups.⁴

¹ A significance level of .01 was used for identifying statistically significant differences in estimates. Statistically significant differences are described using terms such as “higher,” “lower,” “more likely,” or “less likely.”

² Center for Behavioral Health Statistics and Quality. (2024). *2023 National Survey on Drug Use and Health: Detailed tables*. <https://www.samhsa.gov/data/report/2023-nsduh-detailed-tables>

³ Substance Abuse and Mental Health Services Administration. (2024). *Behavioral health by race and ethnicity: Results from the 2021-2023 National Surveys on Drug Use and Health* (SAMHSA Publication No. PEP24-07-022). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/2021-2023-nsduh-race-ethnicity-infographic>

⁴ The estimate could not be calculated with sufficient precision for Native Hawaiian or Other Pacific Islander people.

- Among people aged 12 or older in 2023, American Indian or Alaska Native (14.3%), Multiracial (14.0%), or White people (10.5%) were more likely to have used an e-cigarette or other vaping device to vape nicotine in the past month compared with Hispanic (8.2%), Black (7.3%), or Asian people (4.3%). The percentage of people who used an e-cigarette or other vaping device to vape nicotine in the past month was lowest among Asian people compared with people in other racial or ethnic groups.⁴
- Among people aged 12 to 20 in 2023, White people (15.7%) were more likely to have used tobacco products or to have vaped nicotine in the past month compared with underage Black (12.0%), Hispanic (10.2%), or Asian people (4.8%). Underage Asian people were less likely to have used tobacco products or to have vaped nicotine in the past month compared with underage people in other racial or ethnic groups.⁴

Alcohol Use

- Among people aged 12 or older in 2023, 52.3% of White people drank alcohol in the past month. This percentage was higher than the percentages of people in other racial or ethnic groups. Multiracial (46.5%), Black (42.5%), or Hispanic people (41.2%) had a higher estimate of past month alcohol use compared with Asian (32.5%) or American Indian or Alaska Native people (30.0%).⁴
- An estimated 10.7% of Asian people aged 12 or older in 2023 were past month binge drinkers. This percentage was lower than the percentages for people in other racial or ethnic groups. No other significant differences were found among racial or ethnic groups.⁴
- Among people aged 12 or older in 2023, White people were more likely to have been heavy alcohol users in the past month (6.7%) compared with Black (4.7%), Hispanic (4.5%), or Asian people (2.0%). Asian people were less likely to have been heavy alcohol users in the past month compared with people in most other racial or ethnic groups.⁴
- Among people aged 12 to 20 in 2023, White people were more likely than Hispanic, Black, Asian, or American Indian or Alaska Native people to have been past month alcohol users or binge drinkers. Underage Asian people were less likely to have been past month alcohol users or binge drinkers compared with underage people in most other racial or ethnic groups. Underage Asian people were also less likely to have been heavy alcohol users compared with underage White or Hispanic people.⁴

Illicit Drug Use

- The percentage of people aged 12 or older in 2023 who used illicit drugs in the past year was higher among American Indian or Alaska Native (36.7%) or Multiracial people (36.2%) than among White (26.1%), Hispanic (21.6%), or Asian people (12.4%). The percentage also was higher among Multiracial people than among Black people (27.7%). Black or White people were more likely to have used illicit drugs in the past year compared with Hispanic people.⁴

- In 2023, the percentage of people aged 12 or older who used marijuana in the past year was higher among Multiracial people (32.9%) than among Black (24.5%), White (23.1%), Hispanic (18.2%), or Asian people (10.0%). American Indian or Alaska Native people (30.2%) were also more likely to have used marijuana in the past year compared with Hispanic or Asian people. Asian people were less likely to have used marijuana in the past year compared with people in other racial or ethnic groups.⁴
- Among people aged 12 or older in 2023, opioid misuse in the past year did not differ significantly among racial or ethnic groups. Percentages ranged from 1.7% among Asian people to 5.9% among American Indian or Alaska Native people.

Substance Use Disorders⁵

- The percentage of people aged 12 or older in 2023 with a past year substance use disorder (SUD) was higher among American Indian or Alaska Native (25.3%), Multiracial (24.3%), or White people (17.8%) compared with Hispanic (15.7%) or Asian people (9.2%). Multiracial people were also more likely than White or Black people (17.6%) to have had a past year SUD. Asian people were less likely to have had a past year SUD than people in other racial or ethnic groups.⁴

Major Depressive Episode among Adolescents

- Percentages of adolescents aged 12 to 17 in 2023 who had a past year major depressive episode (MDE) were higher among Multiracial (24.4%) or White adolescents (19.6%) compared with Asian (13.7%) or Black adolescents (13.3%). Hispanic adolescents (18.0%) were more likely to have had a past year MDE compared with Black adolescents.⁶

Mental Illness among Adults

- Among adults aged 18 or older in 2023, Multiracial adults (36.7%) were more likely to have had any mental illness (AMI) in the past year compared with White (24.0%), American Indian or Alaska Native (23.5%), Hispanic (20.6%), Black (19.4%), or Asian adults (18.1%). The percentage of adults with AMI in the past year was also higher among White adults than among Hispanic, Black, or Asian adults.⁴
- Among adults aged 18 or older in 2023, Multiracial adults (14.0%) were more likely to have had serious mental illness (SMI) in the past year compared with White (6.1%), Hispanic (5.5%), Black (3.7%), American Indian or Alaska Native (3.3%), or Asian adults (2.9%). The percentage of adults with SMI in the past year was also higher among White or Hispanic adults than among Black, American Indian or Alaska Native, or Asian adults.⁴

⁵ In the 2023 NSDUH, the presence of a substance use disorder (SUD) in the past year was assessed based on criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition. For more information, please see Section 3.4.3 and the substance-specific SUD definitions in Appendix A of the following reference: Center for Behavioral Health Statistics and Quality. (2024). *2023 National Survey on Drug Use and Health: Methodological summary and definitions*. <https://www.samhsa.gov/data/report/2023-methodological-summary-and-definitions>

⁶ The estimate could not be calculated with sufficient precision for American Indian or Alaska Native people or Native Hawaiian or Other Pacific Islander people.

Suicidal Thoughts and Behaviors

- The percentage of adults aged 18 or older in 2023 who had serious thoughts of suicide in the past year was higher among Multiracial adults (12.0%) than among adults in all other racial or ethnic groups. Remaining estimates did not differ significantly among racial or ethnic groups and ranged from 2.6% of Native Hawaiian or Other Pacific Islander adults to 5.0% among either White or Hispanic adults.
- The percentage of adults who made a suicide plan or attempted suicide in the past year did not differ significantly among racial or ethnic groups. Percentages of adults aged 18 or older in 2023 who made a suicide plan in the past year ranged from 1.0% of Asian adults to 2.7% of Multiracial adults. Percentages of adults aged 18 or older in 2023 who attempted suicide in the past year ranged from 0.5% among either Asian or White adults to 1.3% each among American Indian or Alaska Native or Multiracial adults.
- In 2023, Multiracial adolescents aged 12 to 17 (17.5%) were more likely than Hispanic (12.0%), Asian (10.5%), or Black adolescents (9.9%) to have had serious thoughts of suicide in the past year. White adolescents (13.1%) were also more likely than Black adolescents to have had serious thoughts of suicide in the past year.⁴
- Percentages of adolescents aged 12 to 17 in 2023 who made a suicide plan or attempted suicide in the past year did not differ significantly among racial or ethnic groups. Percentages of adolescents who made a suicide plan in the past year ranged from 4.2% of American Indian or Alaska Native adolescents to 8.3% of Multiracial adolescents. Percentages of adolescents who attempted suicide in the past year ranged from 3.0% of Asian adolescents to 4.3% of Multiracial adolescents.⁴

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.
- The percentage of people aged 12 or older in 2023 who received substance use treatment in the past year was lower among Asian people (2.2%) than among people in other racial or ethnic groups. Percentages among people in racial or ethnic groups other than Asian people ranged from 3.7% among Black people to 9.5% among American Indian or Alaska Native people.⁴
- 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. In 2023, there were no differences by racial or ethnic group in the percentages of people aged 12 or older who received substance use treatment in the past year among people who needed substance use treatment in that period. Percentages ranged from 18.9% of Black people to 25.3% of Hispanic people who needed substance use treatment.⁶

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.
- Among adults aged 18 or older in 2023 who had an MDE in the past year, Black (58.4%) or Hispanic adults (58.8%) were less likely than White adults (71.1%) to have received mental health treatment in the past year.⁷
- Among adults aged 18 or older in 2023 who had AMI in the past year, Asian (34.7%), Black (43.8%), or Hispanic adults (47.4%) were less likely than White adults (58.7%) to have received mental health treatment in the past year. In addition, Asian adults with AMI were less likely than Multiracial (56.3%) or Hispanic adults with AMI to have received mental health treatment in the past year.⁶
- Among adults aged 18 or older in 2023 with SMI in the past year, Black adults (56.4%) were less likely than White adults (74.9%) to have received mental health treatment in the past year.⁸

⁷ The estimate could not be calculated with sufficient precision for American Indian or Alaska Native, Asian, or Native Hawaiian or Other Pacific Islander people.

⁸ The estimate could not be calculated with sufficient precision for American Indian or Alaska Native, Asian, Multiracial, or Native Hawaiian or Other Pacific Islander people.