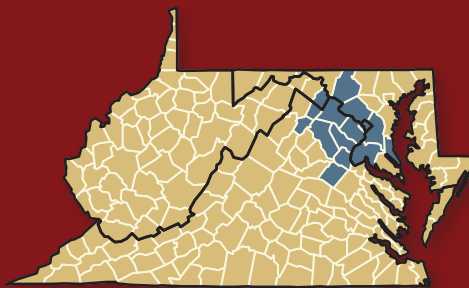


The NSDUH Report

Metro Brief

Substance Use and Mental Disorders in the Washington-Arlington-Alexandria MSA

Washington-Arlington-Alexandria MSA



This report is one in a series of reports that provide snapshots of substance use and mental disorders in metropolitan areas across the United States. This report focuses on the Metropolitan Statistical Area (MSA)¹ of Washington-Arlington-Alexandria, DC-VA-MD-WV.² Data come from the National Survey on Drug Use and Health (NSDUH),³ which collects information on the use of illegal drugs, alcohol, and tobacco, as well as on mental health problems from a representative sample of persons in the 50 States and the District of Columbia. Estimates presented are annual averages based on data collected during the 6-year period from 2005 to 2010.⁴ For comparison, this report includes estimates for the State of District of Columbia and for the entire United States. All differences between the MSA and the State or national estimates mentioned (i.e., statements using terms such as “higher” or “lower”) are statistically significant at the .05 level. For further comparison, tables presenting past year substance use and mental health data for all 50 States, the District of Columbia, and 33 metropolitan areas are available at <http://www.samhsa.gov/data/NSDUHMetroBriefReports/index.aspx>.

Population Estimates

From 2005 to 2010, the annual average population of persons aged 12 or older residing in the Washington-Arlington-Alexandria MSA was 4.3 million (Table 1). Of the 4.3 million persons residing in the MSA, 3.9 million were adults (persons aged 18 or older). The District of Columbia’s population aged 12 or older was 498,000, and the adult population was 462,000. The U.S. population aged 12 or older was 248.7 million, and the U.S. adult population was 223.8 million.

Table 1. Estimated Numbers of Persons in the Washington-Arlington-Alexandria Metropolitan Statistical Area (MSA), District of Columbia, and the United States, by Age Group: Annual Averages, 2005 to 2010

Age Group	Washington-Arlington-Alexandria MSA (Number, in Thousands)	District of Columbia (Number, in Thousands)	United States (Number, in Thousands)
Aged 12 or Older	4,318	498	248,723
Aged 18 or Older	3,906	462	223,750

NOTE: Statistical testing was not conducted on the estimated numbers presented in this table.

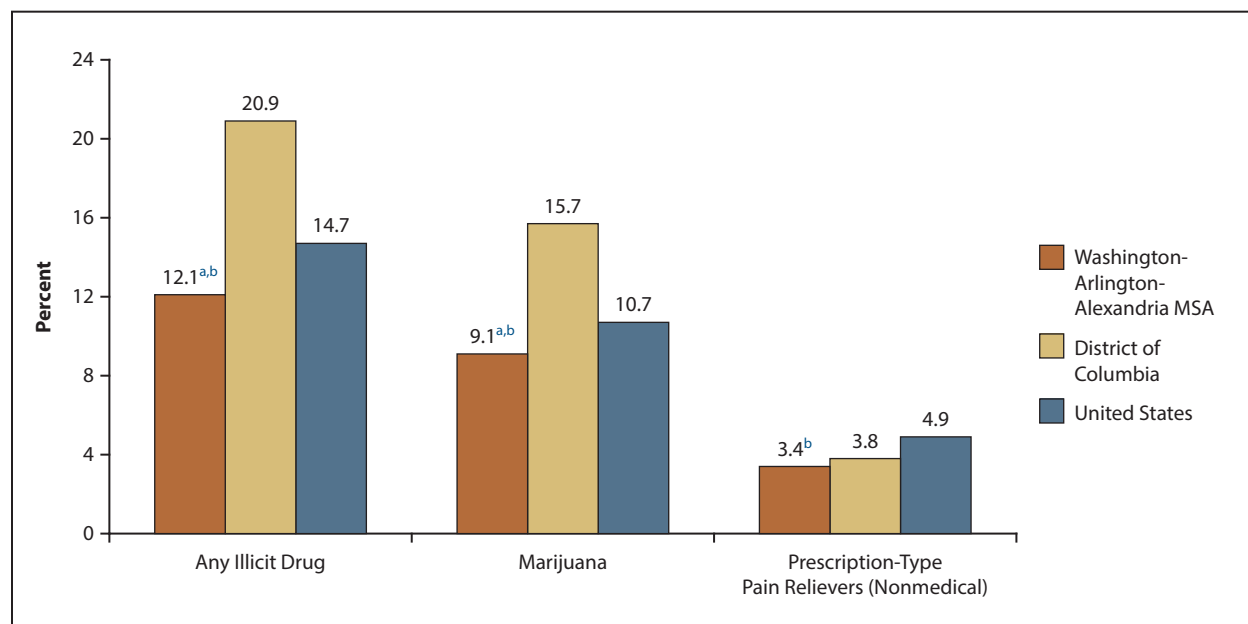
Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2005 and 2006 to 2010 (Revised March 2012).



Illicit Drug Use

In the Washington-Arlington-Alexandria MSA, an annual average of 524,000 persons aged 12 or older used any illicit drug in the past year.⁵ This represents 12.1 percent of the MSA population (Figure 1), which was lower than the rates in the District of Columbia (20.9 percent) and the Nation as a whole (14.7 percent). The rate of marijuana use in the past year was also lower in the Washington-Arlington-Alexandria MSA than the rates in the District of Columbia and the Nation (9.1 percent in the MSA vs. 15.7 percent in the District of Columbia and 10.7 percent nationally). The rate of nonmedical use of prescription-type pain relievers was lower in the Washington-Arlington-Alexandria MSA than it was in the Nation as a whole (3.4 percent in the MSA vs. 4.9 in the Nation).

Figure 1. Past Year Use of Selected Illicit Drugs for the Washington-Arlington-Alexandria Metropolitan Statistical Area (MSA), District of Columbia, and the United States among Persons Aged 12 or Older: Annual Averages, 2005 to 2010



NOTE: For additional data, please see the tables available at <http://www.samhsa.gov/data/NSDUHMetroBriefReports/index.aspx>.

^a Difference between Washington-Arlington-Alexandria MSA estimate and District of Columbia estimate is statistically significant at the .05 level.

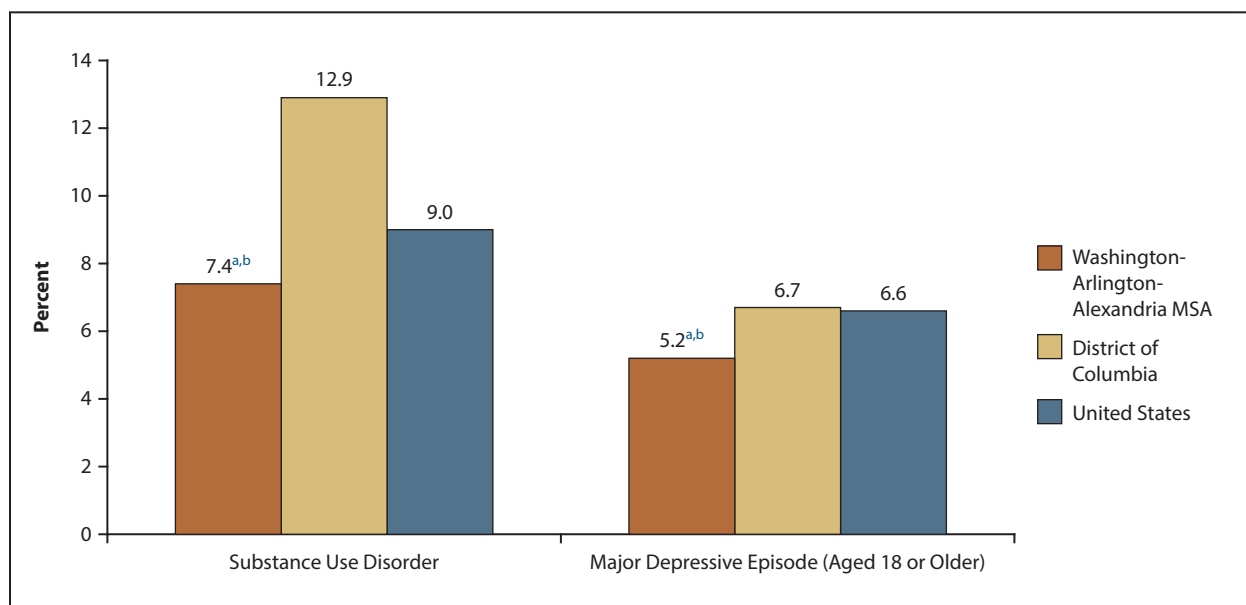
^b Difference between Washington-Arlington-Alexandria MSA estimate and United States estimate is statistically significant at the .05 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2005 and 2006 to 2010 (Revised March 2012).

Substance Use or Mental Disorders

In the Washington-Arlington-Alexandria MSA, 319,000 persons aged 12 or older were classified as having a substance use disorder in the past year.⁶ The corresponding rate (7.4 percent) was lower than the rate in the District of Columbia (12.9 percent) and the rate for the Nation (9.0 percent) (Figure 2). Among adults aged 18 or older in the Washington-Arlington-Alexandria MSA, 5.2 percent (200,000 adults) experienced a major depressive episode in the past year,⁷ which was lower than the rates in the District of Columbia (6.7 percent) and the Nation as a whole (6.6 percent).

Figure 2. Past Year Substance Use Disorder and Major Depressive Episode for the Washington-Arlington-Alexandria Metropolitan Statistical Area (MSA), District of Columbia, and the United States among Persons Aged 12 or Older (Except as Noted): Annual Averages, 2005 to 2010



NOTE: For additional data, please see the tables available at <http://www.samhsa.gov/data/NSDUHMetroBriefReports/index.aspx>.

^a Difference between Washington-Arlington-Alexandria MSA estimate and District of Columbia estimate is statistically significant at the .05 level.

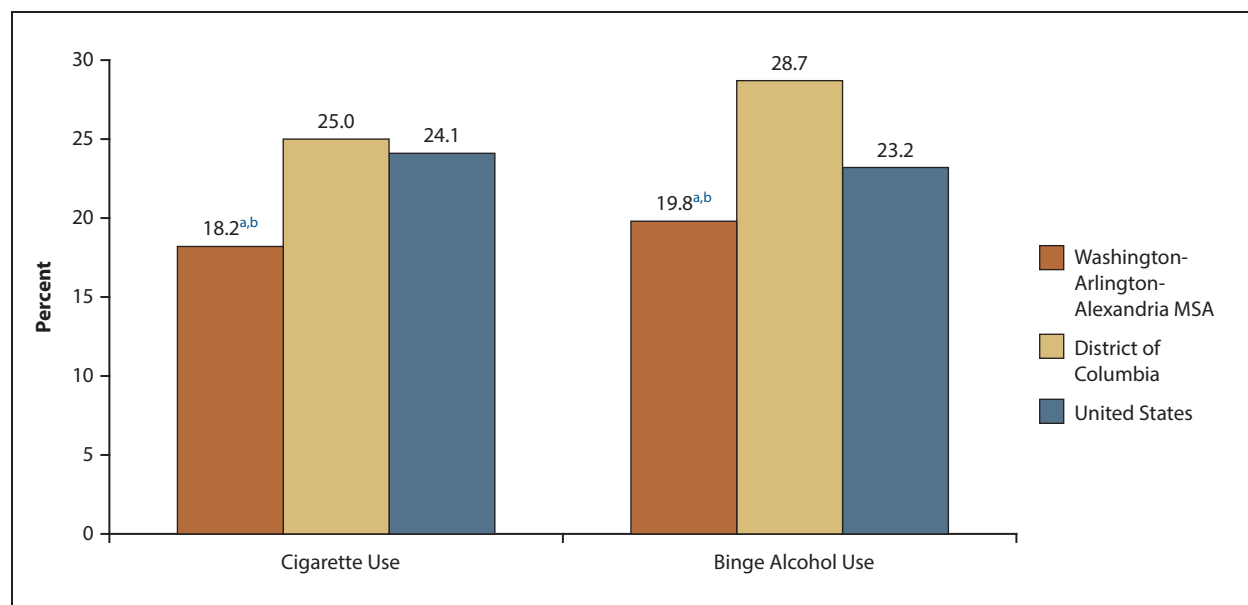
^b Difference between Washington-Arlington-Alexandria MSA estimate and United States estimate is statistically significant at the .05 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2005 and 2006 to 2010 (Revised March 2012).

Cigarette and Binge Alcohol Use

Approximately 18.2 percent of persons aged 12 or older smoked cigarettes in the past month in the Washington-Arlington-Alexandria MSA. This rate was lower than the rate in the District of Columbia (25.0 percent) and the rate nationally (24.1 percent) (Figure 3). In the Washington-Arlington-Alexandria MSA, 19.8 percent of persons age 12 or older participated in binge alcohol use at least once in the past month,⁸ which was also lower than the rates in the District of Columbia (28.7 percent) and the Nation as a whole (23.2 percent).

Figure 3. Past Month Cigarette and Binge Alcohol Use for the Washington-Arlington-Alexandria Metropolitan Statistical Area (MSA), District of Columbia, and the United States among Persons Aged 12 or Older: Annual Averages, 2005 to 2010



NOTE: For additional data, please see the tables available at <http://www.samhsa.gov/data/NSDUHMetroBriefReports/index.aspx>.

^a Difference between Washington-Arlington-Alexandria MSA estimate and District of Columbia estimate is statistically significant at the .05 level.

^b Difference between Washington-Arlington-Alexandria MSA estimate and United States estimate is statistically significant at the .05 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2005 and 2006 to 2010 (Revised March 2012).

End Notes

1. MSAs are geographical entities used by Federal agencies to collect, analyze, and publish statistical data. These areas are defined and updated periodically by the Office of Management and Budget (OMB). MSAs defined in this report are based on updates made by OMB on December 1, 2009, to reflect Census Bureau population estimates for July 1, 2007, and July 1, 2008. More details are provided at <http://www.whitehouse.gov/sites/default/files/omb/assets/bulletins/b10-02.pdf> (Executive Office of the President, Office of Management and Budget, 2009).
2. The Washington-Arlington-Alexandria MSA consists of the District of Columbia; Calvert County, MD; Charles County, MD; Frederick County, MD; Montgomery County, MD; Prince George's County, MD; Arlington County, VA; Clarke County, VA; Fairfax County, VA; Fauquier County, VA; Loudoun County, VA; Prince William County, VA; Spotsylvania County, VA; Stafford County, VA; Warren County, VA; Alexandria, VA; Fairfax, VA; Falls Church, VA; Fredericksburg, VA; Manassas, VA; Manassas Park, VA; and Jefferson County, WV.
3. NSDUH is an annual survey of the U.S. civilian noninstitutional population aged 12 or older in the 50 States and the District of Columbia. The survey collects data by administering questionnaires to a representative sample of the population through face-to-face interviews at the respondent's place of residence. NSDUH is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is managed by SAMHSA's Center for Behavioral Health Statistics and Quality (CBHSQ). For more information, see the 2010 NSDUH national findings report at <http://www.samhsa.gov/data/NSDUH/2k10NSDUH/2k10Results.htm> (CBHSQ, 2011a).
4. All estimates shown in this report and the detailed tables used the corrected 2006-2010 data files that were updated to account for errors found in Pennsylvania (2006-2010) and Maryland (2008-2009). The erroneous Pennsylvania and Maryland data were removed and the remaining cases were reweighted in the years noted. No corrections were needed for the 2005 data file. These estimates are based solely the weighted sample for each area (i.e., direct estimates) and are weighted to represent the civilian noninstitutional population at the MSA, State, and national levels based on the selection probabilities (at each stage of selection), nonresponse adjustments, and adjustments to State- and national-level population estimates from the U.S. Census Bureau. However, no special adjustments were applied to adjust these weights to Census population estimates for the Washington-Arlington-Alexandria MSA. See Section A.3.3 of Appendix A in the 2010 NSDUH national findings report at <http://www.samhsa.gov/data/NSDUH/2k10NSDUH/2k10Results.htm> (CBHSQ, 2011a).
5. Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used nonmedically. These estimates do not include data from new methamphetamine items added in 2005 and 2006. See Section B.4.8 of Appendix B in the 2008 NSDUH national findings report at <http://www.samhsa.gov/data/nsduh/2k8nsduh/2k8Results.htm> (Office of Applied Studies [now CBHSQ], 2009).
6. Substance use disorder is defined as dependence on or abuse of illicit drugs or alcohol based on definitions found in the fourth edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV; American Psychiatric Association, 1994). See Section B.4.2 of Appendix B in the 2010 NSDUH national findings report at <http://www.samhsa.gov/data/NSDUH/2k10NSDUH/2k10Results.htm> (CBHSQ, 2011a).
7. Major depressive episode is defined in DSM-IV (American Psychiatric Association, 1994) as a period of at least 2 weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms. See Section B.4.4 of Appendix B in the 2010 NSDUH mental health findings report at http://www.samhsa.gov/data/NSDUH/2k10MH_Findings/2k10MHResults.htm (CBHSQ, 2011b).
8. Binge alcohol use is defined as drinking five or more drinks on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the 30 days prior to the survey.

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