

## CALIFORNIA

**Table 19 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in California, by Age Group: Estimated Numbers (in Thousands), Annual Averages Based on 2016-2017 NSDUHs**

Measure	12+	12-17	18-25	26+	18+
<b>ILLICIT DRUGS</b>					
Past Month Illicit Drug Use <sup>1,2</sup>	4,309	249	1,137	2,923	4,060
Past Year Marijuana Use	5,713	404	1,579	3,730	5,309
Past Month Marijuana Use	3,723	210	1,041	2,473	3,513
Perceptions of Great Risk from Smoking Marijuana Once a Month	9,150	702	534	7,913	8,448
First Use of Marijuana <sup>3,4</sup>	401	150	187	64	251
Past Month Illicit Drug Use Other Than Marijuana <sup>1,2</sup>	1,256	75	303	879	1,181
Past Year Cocaine Use	889	21	345	523	868
Perceptions of Great Risk from Using Cocaine Once a Month	22,180	1,668	2,588	17,924	20,512
Past Year Heroin Use	61	2	13	46	59
Perceptions of Great Risk from Trying Heroin Once or Twice	27,439	1,948	3,478	22,014	25,491
Past Year Methamphetamine Use	265	6	42	217	259
Past Year Misuse of Pain Relievers <sup>2</sup>	1,413	109	293	1,011	1,304
<b>ALCOHOL</b>					
Past Month Alcohol Use	16,575	272	2,320	13,984	16,303
Past Month Binge Alcohol Use <sup>5</sup>	7,726	140	1,513	6,073	7,585
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	16,139	1,383	1,777	12,978	14,756
Past Month Alcohol Use <sup>6</sup> (Individuals Aged 12 to 20)	845	--	--	--	--
Past Month Binge Alcohol Use <sup>5,6</sup> (Individuals Aged 12 to 20)	527	--	--	--	--
<b>TOBACCO PRODUCTS</b>					
Past Month Tobacco Product Use <sup>7</sup>	5,333	105	889	4,339	5,228
Past Month Cigarette Use	4,383	63	737	3,584	4,320
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	25,170	2,155	3,163	19,852	23,015
<b>PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT</b>					
Illicit Drug Use Disorder <sup>1,2,8</sup>	975	113	314	547	862
Pain Reliever Use Disorder <sup>2,8</sup>	166	17	24	125	149
Alcohol Use Disorder <sup>8</sup>	1,811	61	428	1,322	1,750
Substance Use Disorder <sup>1,2,8</sup>	2,459	140	614	1,705	2,319
Needing But Not Receiving Treatment for Illicit Drug Use <sup>1,2,9</sup>	921	115	291	515	806
Needing But Not Receiving Treatment for Alcohol Use <sup>9</sup>	1,776	59	429	1,288	1,717
Needing But Not Receiving Treatment for Substance Use <sup>1,2,9</sup>	2,346	136	574	1,636	2,210
<b>PAST YEAR MENTAL HEALTH ISSUES</b>					
Serious Mental Illness <sup>4,10</sup>	--	--	286	888	1,174
Any Mental Illness <sup>4,10</sup>	--	--	1,070	4,350	5,419
Received Mental Health Services <sup>11</sup>	--	--	490	3,004	3,494
Had Serious Thoughts of Suicide <sup>12</sup>	--	--	419	787	1,205
Major Depressive Episode <sup>4,13</sup>	--	401	568	1,365	1,933

-- Not available.

NOTE: Estimates are based on a survey-weighted hierarchical Bayes estimation approach.

NOTE: Estimated numbers appearing as 0 in this table mean that the estimate is greater than 0 but less than 500 because estimated numbers are shown in thousands.

<sup>1</sup> Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Illicit Drug Use Other Than Marijuana includes the misuse of prescription psychotherapeutics or the use of cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine.<sup>2</sup> Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.<sup>3</sup> First Use of Marijuana is defined as follows:  $Average\ annual\ number\ of\ marijuana\ initiates = X_1 \div 2$ , where  $X_1$  is the number of marijuana initiates in the past 24 months.<sup>4</sup> For details, see Section B of the "2016-2017 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.<sup>5</sup> Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) 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 past 30 days.<sup>6</sup> Underage drinking is defined for individuals aged 12 to 20; therefore, the "12+" estimate reflects that age group and not individuals aged 12 or older.<sup>7</sup> Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or "snus"), cigars, or pipe tobacco.<sup>8</sup> Substance Use Disorder is defined as meeting criteria for illicit drug or alcohol dependence or abuse. Dependence or abuse is based on definitions found in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).<sup>9</sup> Respondents were classified as needing substance use treatment if they met the criteria for illicit drug or alcohol use disorder as defined in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) or received treatment for illicit drug or alcohol use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center). Needing But Not Receiving Substance Use Treatment refers to respondents who are classified as needing illicit drug or alcohol treatment, but who did not receive illicit drug or alcohol treatment at a specialty facility.<sup>10</sup> Mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, assessed by the Mental Health Surveillance Study (MHSS) *Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders—Fourth Edition—Research Version—Axis I Disorders* (MHSS-SCID), which is based on the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV). Any mental illness (AMI) includes adults with any mental disorder regardless of whether their disorder resulted in functional impairment. Serious mental illness (SMI) includes adults with any mental disorder that resulted in serious functional impairment.<sup>11</sup> Mental health services are defined as having received inpatient treatment/counseling or outpatient treatment/counseling or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use.<sup>12</sup> Respondents were asked, "At any time in the past 12 months, did you seriously think about trying to kill yourself?" If they answered "Yes," they were categorized as having serious thoughts of suicide in the past year.<sup>13</sup> Major depressive episode (MDE) is defined as in the 5th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5), which specifies a period of at least 2 weeks when an individual experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms. There are minor wording differences in the questions in the adult and adolescent MDE modules. Therefore, data from youths aged 12 to 17 were not combined with data from adults aged 18 or older to produce an estimate for those aged 12 or older.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016 and 2017.

## CALIFORNIA

**Table 20 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in California, by Age Group: Percentages, Annual Averages Based on 2016-2017 NSDUHs**

Measure	12+	12-17	18-25	26+	18+
<b>ILLICIT DRUGS</b>					
Past Month Illicit Drug Use <sup>1,2</sup>	13.11	8.20	26.30	11.46	13.61
Past Year Marijuana Use	17.39	13.30	36.53	14.63	17.81
Past Month Marijuana Use	11.33	6.93	24.07	9.70	11.78
Perceptions of Great Risk from Smoking Marijuana Once a Month	27.84	23.15	12.36	31.04	28.32
First Use of Marijuana <sup>3,4</sup>	2.12	5.60	8.43	0.45	1.54
Past Month Illicit Drug Use Other Than Marijuana <sup>1,2</sup>	3.82	2.46	7.00	3.45	3.96
Past Year Cocaine Use	2.71	0.69	7.99	2.05	2.91
Perceptions of Great Risk from Using Cocaine Once a Month	67.53	54.97	59.87	70.31	68.79
Past Year Heroin Use	0.19	0.05	0.30	0.18	0.20
Perceptions of Great Risk from Trying Heroin Once or Twice	83.56	64.20	80.44	86.35	85.49
Past Year Methamphetamine Use	0.81	0.20	0.96	0.85	0.87
Past Year Misuse of Pain Relievers <sup>2</sup>	4.30	3.61	6.77	3.97	4.37
<b>ALCOHOL</b>					
Past Month Alcohol Use	50.45	8.95	53.66	54.85	54.68
Past Month Binge Alcohol Use <sup>5</sup>	23.52	4.62	34.99	23.82	25.44
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	49.13	45.59	41.11	50.91	49.49
Past Month Alcohol Use <sup>6</sup> (Individuals Aged 12 to 20)	17.90	--	--	--	--
Past Month Binge Alcohol Use <sup>5,6</sup> (Individuals Aged 12 to 20)	11.16	--	--	--	--
<b>TOBACCO PRODUCTS</b>					
Past Month Tobacco Product Use <sup>7</sup>	16.23	3.45	20.56	17.02	17.53
Past Month Cigarette Use	13.34	2.08	17.04	14.06	14.49
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	76.63	71.04	73.17	77.87	77.19
<b>PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT</b>					
Illicit Drug Use Disorder <sup>1,2,8</sup>	2.97	3.73	7.27	2.15	2.89
Pain Reliever Use Disorder <sup>2,8</sup>	0.51	0.57	0.56	0.49	0.50
Alcohol Use Disorder <sup>8</sup>	5.51	2.01	9.90	5.18	5.87
Substance Use Disorder <sup>1,2,8</sup>	7.48	4.63	14.20	6.69	7.78
Needing But Not Receiving Treatment for Illicit Drug Use <sup>1,2,9</sup>	2.80	3.79	6.73	2.02	2.70
Needing But Not Receiving Treatment for Alcohol Use <sup>9</sup>	5.41	1.95	9.93	5.05	5.76
Needing But Not Receiving Treatment for Substance Use <sup>1,2,9</sup>	7.14	4.47	13.28	6.42	7.41
<b>PAST YEAR MENTAL HEALTH ISSUES</b>					
Serious Mental Illness <sup>4,10</sup>	--	--	6.61	3.48	3.94
Any Mental Illness <sup>4,10</sup>	--	--	24.75	17.06	18.18
Received Mental Health Services <sup>11</sup>	--	--	11.34	11.78	11.72
Had Serious Thoughts of Suicide <sup>12</sup>	--	--	9.68	3.09	4.04
Major Depressive Episode <sup>4,13</sup>	--	13.23	13.14	5.36	6.48

-- Not available.

NOTE: Estimates are based on a survey-weighted hierarchical Bayes estimation approach.

<sup>1</sup> Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Illicit Drug Use Other Than Marijuana includes the misuse of prescription psychotherapeutics or the use of cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine.

<sup>2</sup> Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

<sup>3</sup> First Use of Marijuana is defined as follows:  $Average\ annual\ initiation\ of\ marijuana\ (\%) = 100 * \{ [X_1 + (0.5 * X_1 + X_2)] \div 2 \}$ , where  $X_1$  is the number of marijuana initiates in the past 24 months and  $X_2$  is the number of individuals who never used marijuana (with the at-risk population defined as  $0.5 * X_1 + X_2$ ). Both of the computation components,  $X_1$  and  $X_2$ , are based on a survey-weighted hierarchical Bayes estimation approach. The age group shown is based on a respondent's age at the time of the interview, not his or her age at first use.

<sup>4</sup> For details, see Section B of the "2016-2017 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.

<sup>5</sup> Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) 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 past 30 days.

<sup>6</sup> Underage drinking is defined for individuals aged 12 to 20; therefore, the "12+" estimate reflects that age group and not individuals aged 12 or older.

<sup>7</sup> Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or "snus"), cigars, or pipe tobacco.

<sup>8</sup> Substance Use Disorder is defined as meeting criteria for illicit drug or alcohol dependence or abuse. Dependence or abuse is based on definitions found in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).

<sup>9</sup> Respondents were classified as needing substance use treatment if they met the criteria for illicit drug or alcohol use disorder as defined in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) or received treatment for illicit drug or alcohol use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center). Needing But Not Receiving Substance Use Treatment refers to respondents who are classified as needing illicit drug or alcohol treatment, but who did not receive illicit drug or alcohol treatment at a specialty facility.

<sup>10</sup> Mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, assessed by the Mental Health Surveillance Study (MHSS) *Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders—Fourth Edition—Research Version—Axis I Disorders* (MHSS-SCID), which is based on the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV). Any mental illness (AMI) includes adults with any mental disorder regardless of whether their disorder resulted in functional impairment. Serious mental illness (SMI) includes adults with any mental disorder that resulted in serious functional impairment.

<sup>11</sup> Mental health services are defined as having received inpatient treatment/counseling or outpatient treatment/counseling or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use.

<sup>12</sup> Respondents were asked, "At any time in the past 12 months, did you seriously think about trying to kill yourself?" If they answered "Yes," they were categorized as having serious thoughts of suicide in the past year.

<sup>13</sup> Major depressive episode (MDE) is defined as in the 5th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5), which specifies a period of at least 2 weeks when an individual experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms. There are minor wording differences in the questions in the adult and adolescent MDE modules. Therefore, data from youths aged 12 to 17 were not combined with data from adults aged 18 or older to produce an estimate for those aged 12 or older.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016 and 2017.