

**Key Substance Use and
Mental Health Indicators
in the United States:
Results from the 2016 National
Survey on Drug Use and Health**

2016 NSDUH REPORT

**AMERICA'S BEHAVIORAL HEALTH
CHANGES & CHALLENGES**

WWW.SAMHSA.GOV/DATA



Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

NSDUH
NATIONAL SURVEY ON DRUG USE AND HEALTH



NATIONAL SURVEY ON DRUG USE AND HEALTH (NSDUH)

- 67,500 Americans make this survey possible every year.
- We thank the participants who shared their time with surveyors and who had the courage and honesty to share sensitive information to help shed light on these important issues.



NSDUH: A LOOK AT BEHAVIORAL HEALTH IN AMERICA

- The NSDUH has been completed every year since 1990.
- Even though the NSDUH was redesigned in 2015, there are a number of measures we are able to trend and they show consistency from prior years. For example:
 - Tobacco and alcohol use across the age groups are decreasing.
 - Prescription drug misuse also appears to be decreasing.
- NSDUH: Areas of concern

MENTAL AND SUBSTANCE USE DISORDERS IN AMERICA: 2016

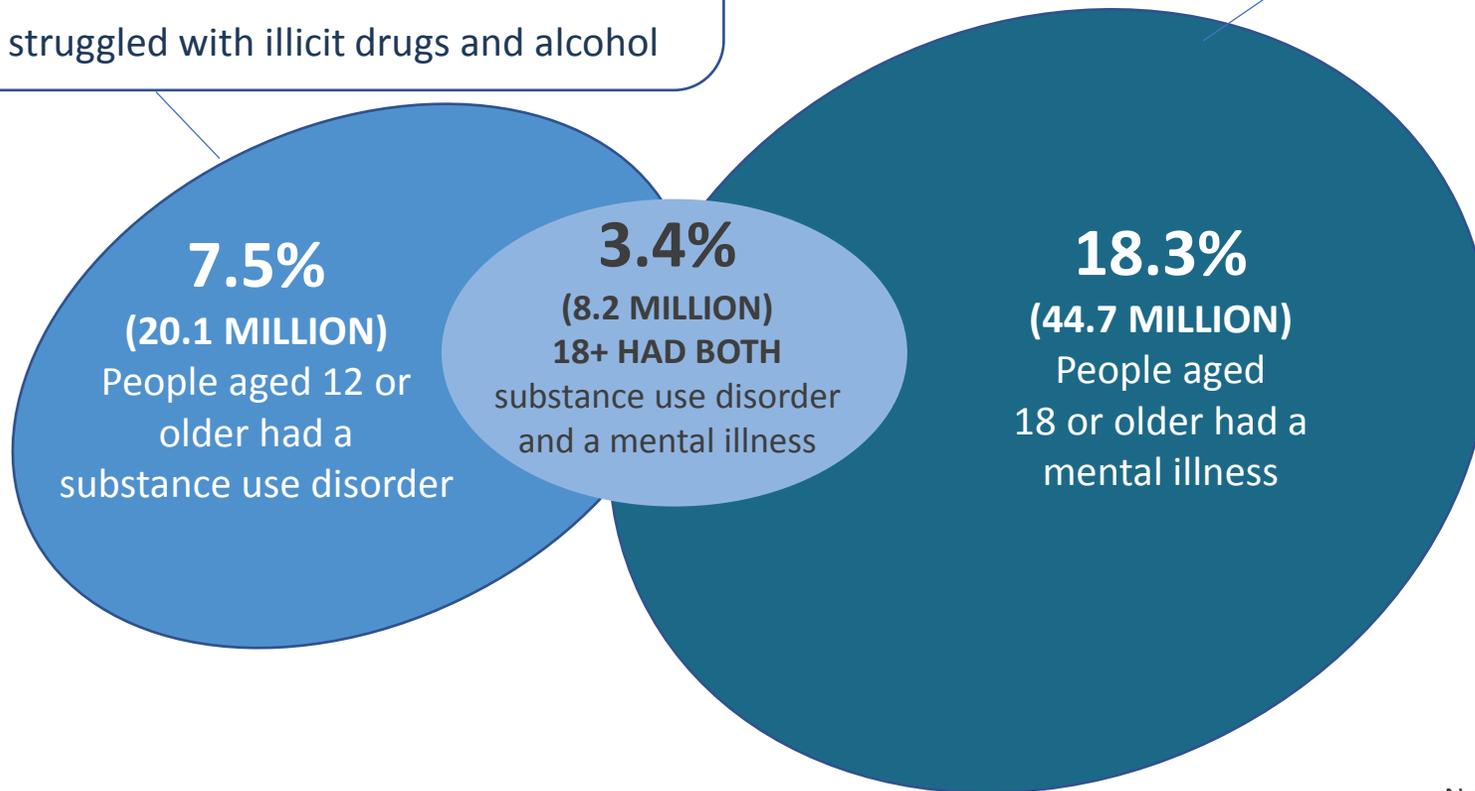
PAST YEAR, 2016, 12+

Among those with a substance use disorder about:

- **1 IN 3 (37%)** struggled with illicit drugs
- **3 IN 4 (75%)** struggled with alcohol use
- **1 IN 9 (12%)** struggled with illicit drugs and alcohol

Among those with a mental illness about:

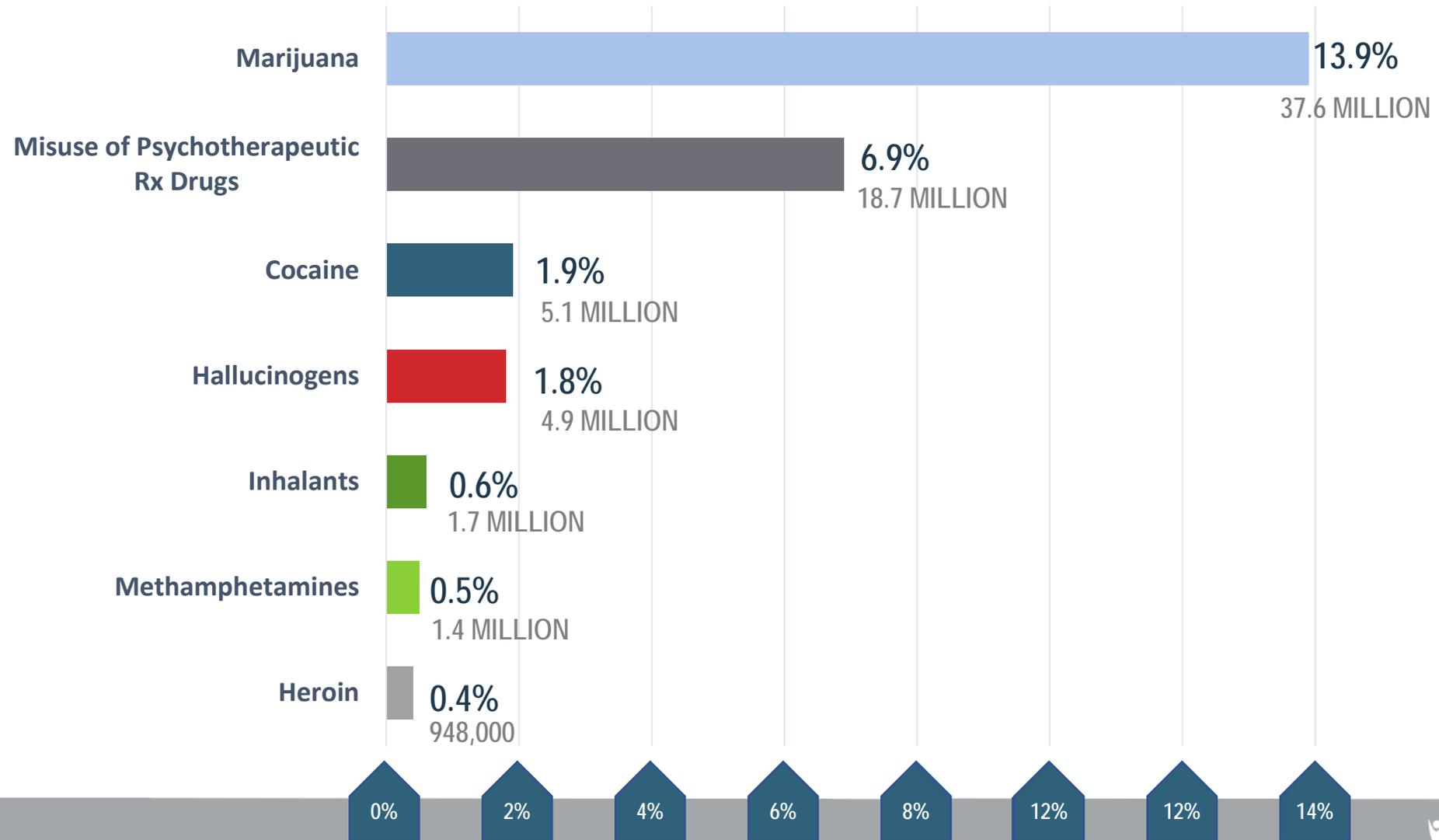
- **1 IN 4 (23%)** had a serious mental illness



No statistically different changes from 2015

ILLICIT DRUG USE IMPACTS MILLIONS: MARIJUANA MOST WIDELY USED DRUG

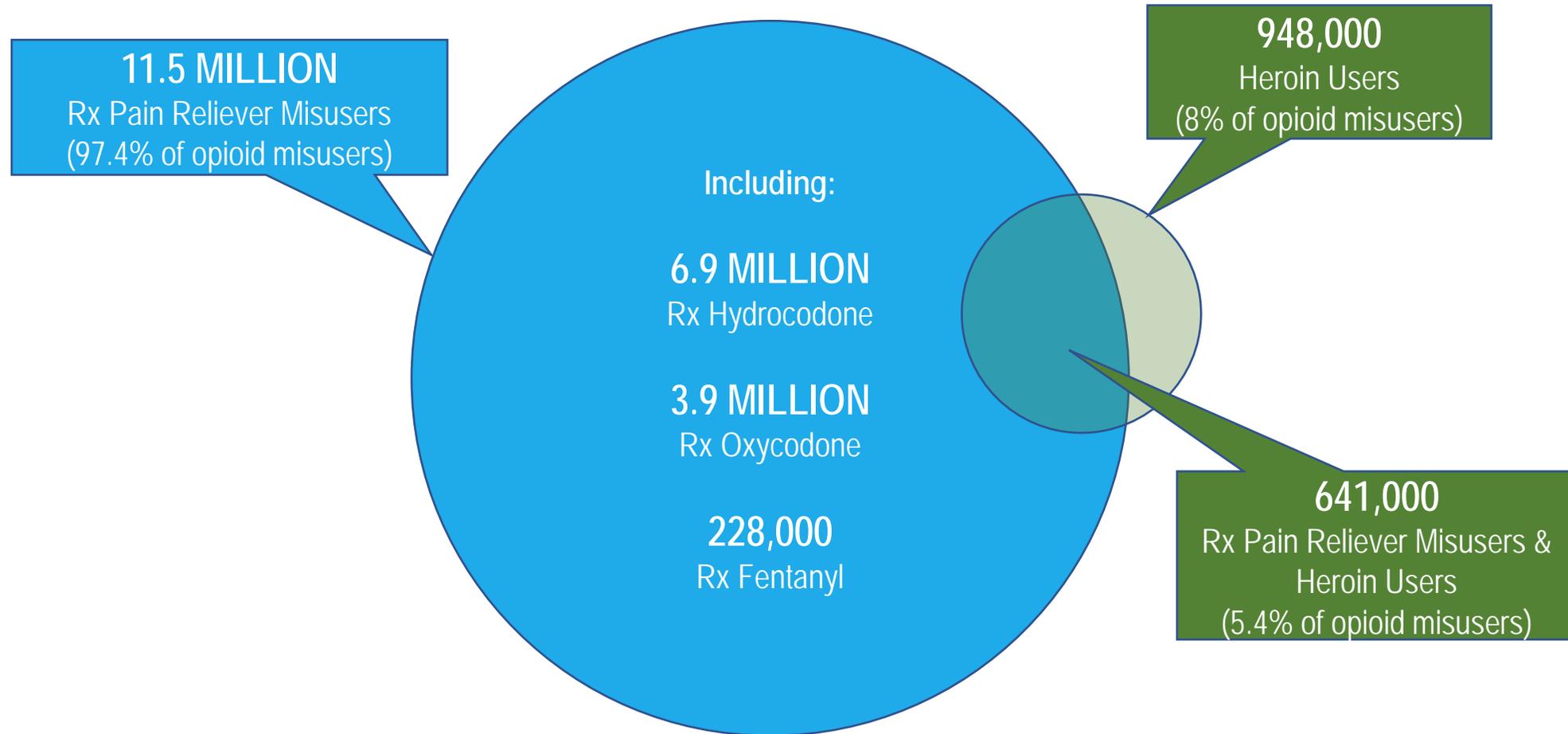
PAST YEAR, 2016, 12+



OPIOID'S GRIP: MILLIONS CONTINUE TO MISUSE RX PAIN RELIEVERS

PAST YEAR, 2016, 12+

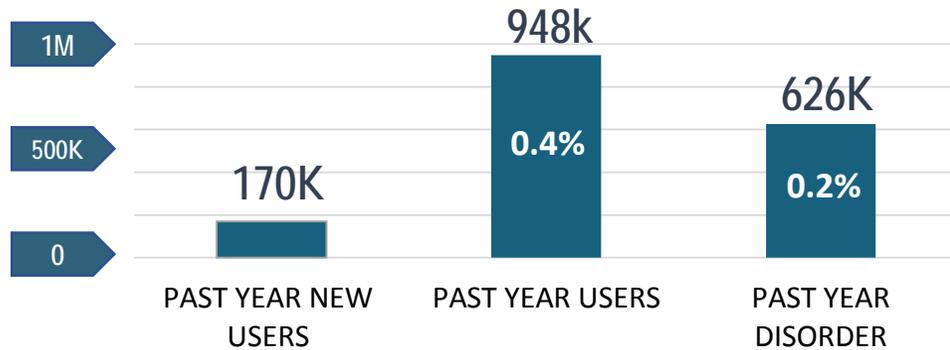
11.8 MILLION PEOPLE WITH OPIOID MISUSE (4.4% OF TOTAL POPULATION)



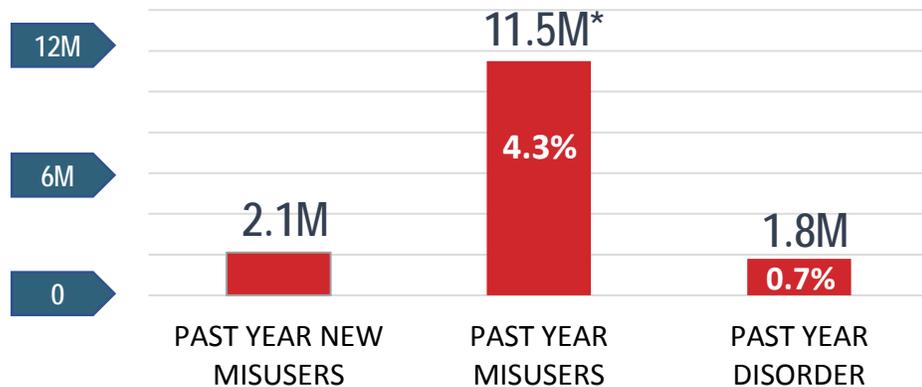
OPIOIDS' ADVERSE OUTCOMES: NOT DRIVEN BY INCREASES IN NUMBER OF USERS

PAST YEAR, 2016, 12+

HEROIN USE (FLAT OVER 2015)

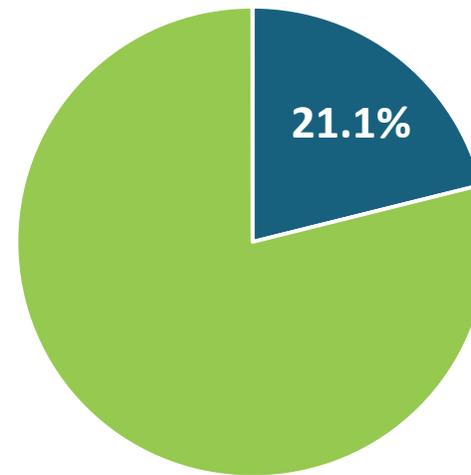


RX PAIN RELIEVER MISUSE (FLAT OVER 2015)



* Lower than 2015

2.1 MILLION with OUD



1 IN 5 INDIVIDUALS WITH OPIOID USE DISORDERS (OUD) RECEIVED SPECIALTY TREATMENT FOR ILLICIT DRUGS

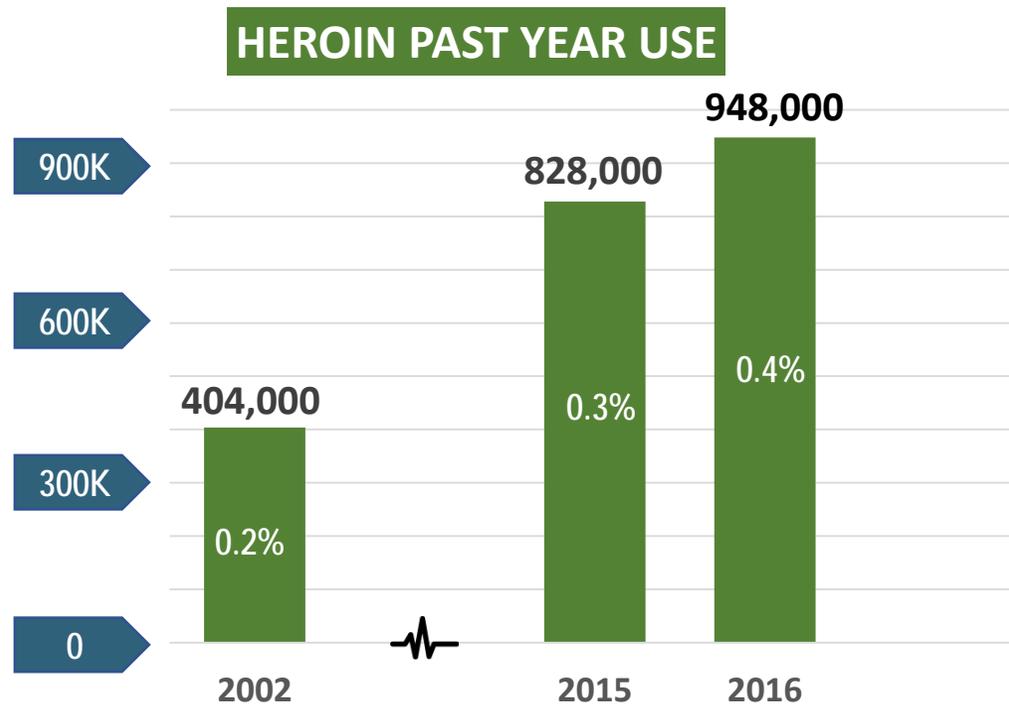


37.5% OF PEOPLE WITH HEROIN USE DISORDERS RECEIVED TREATMENT



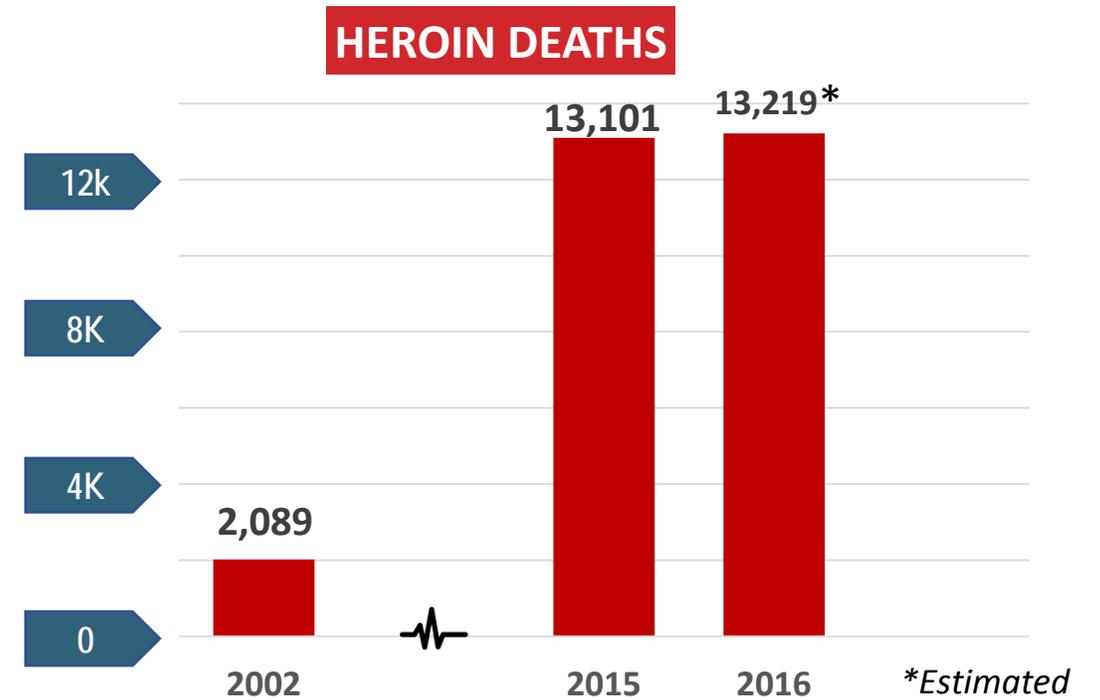
17.5% OF PEOPLE WITH RX PAIN RELIEVER USE DISORDERS RECEIVED TREATMENT

HEROIN DEATHS HAVE SKYROCKETED



The number of heroin users increased 2.35 fold (135%)

Source: SAMHSA

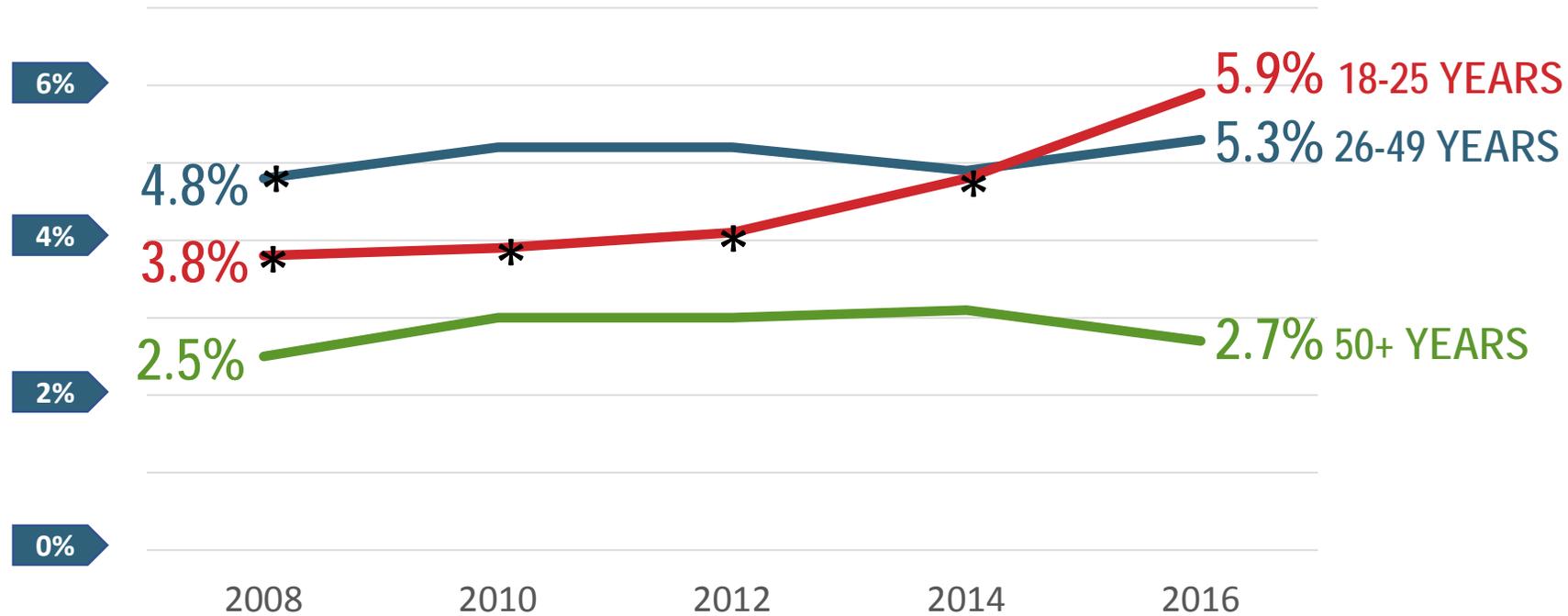


The number of heroin deaths increased 6.33 fold (533%)

Source: CDC National Vital Statistics System (NCHS)

SMI AMONG YOUNG ADULTS RISING, TREATMENT LEVELS REMAIN UNCHANGED

PAST YEAR, 2016, 18+



Note: * indicates significantly different from 2016

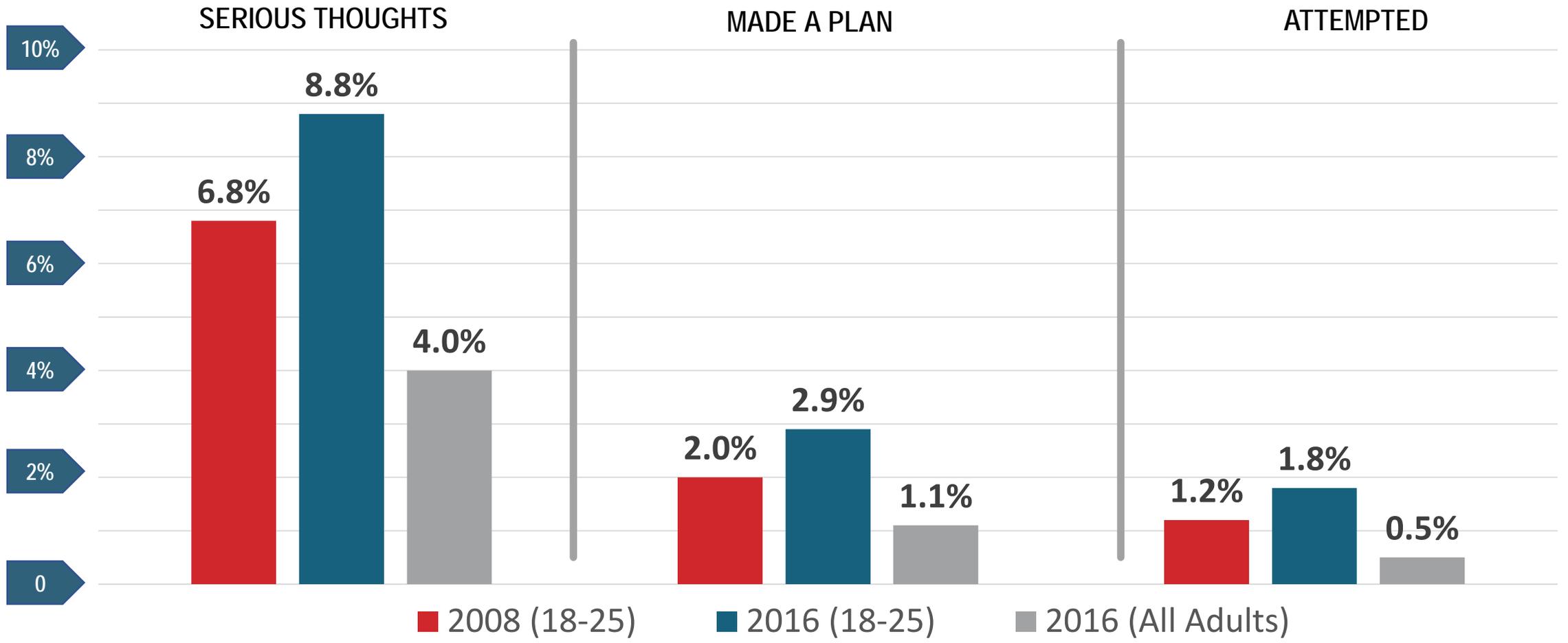


51.5%
**OF THE 2 MILLION YOUNG
ADULTS WITH SMI
RECEIVED TREATMENT**
no statistical change from 2015



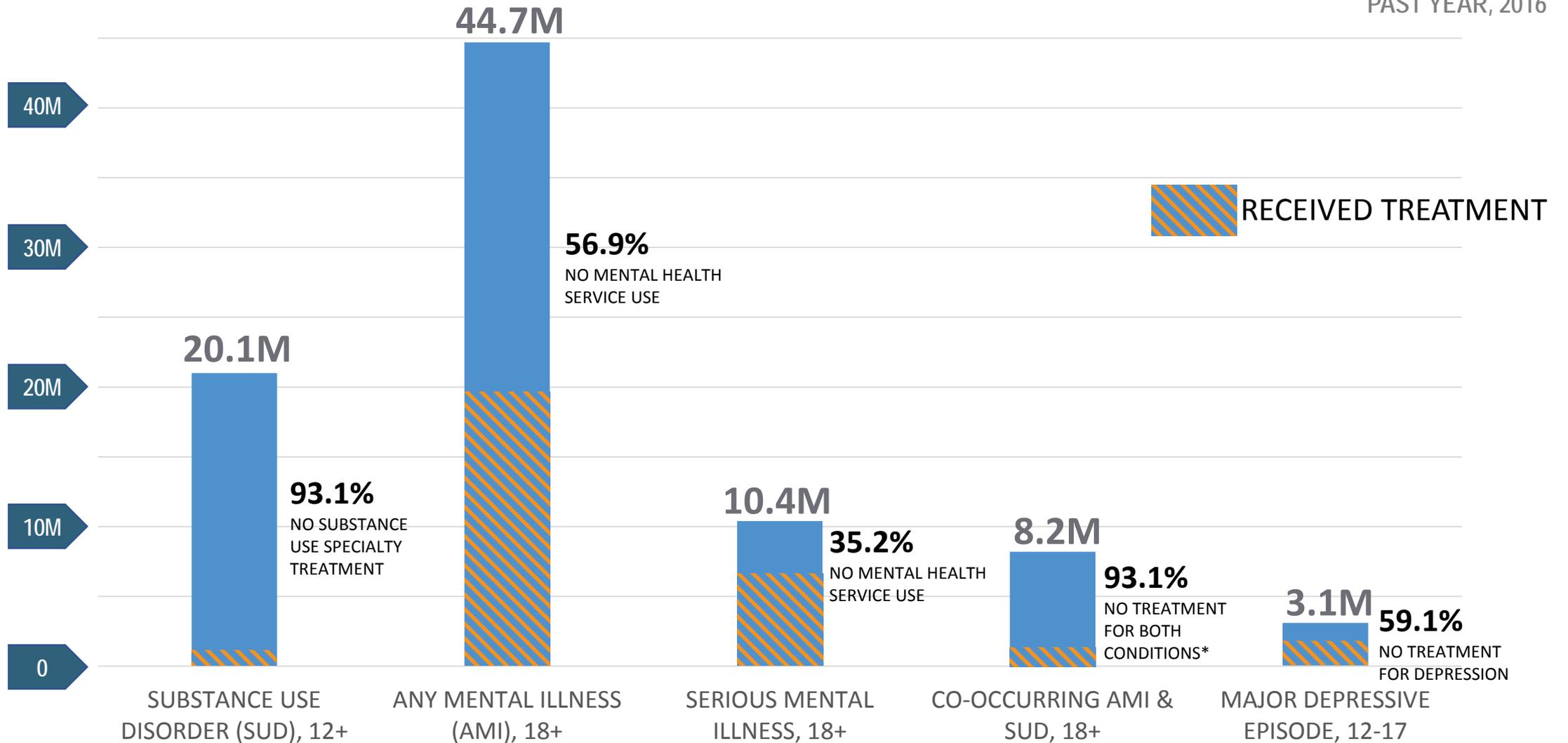
SUICIDAL THOUGHTS, PLANS, AND ATTEMPTS INCREASE FOR 18-25 YEAR OLDS

PAST YEAR, 2016



DESPITE CONSEQUENCES AND DISEASE BURDEN, MANY DO NOT GET TREATMENT

PAST YEAR, 2016



*Received no substance use treatment at a specialty facility and no mental health services



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