

2018 National Survey on Drug Use and Health: African Americans

Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services



SAMHSA
Substance Abuse and Mental Health
Services Administration

National Survey on Drug Use and Health (NSDUH)

- NSDUH is a comprehensive household interview survey of substance use, substance use disorders, mental health, and the receipt of treatment services for these disorders in the United States.
- NSDUH is collected face-to-face by field interviewers who read less sensitive questions to respondents and transition respondents to audio computer assisted self-interviewing for sensitive items.
- NSDUH covers the civilian, noninstitutionalized population, aged 12 or older:
 - Includes: Households, college dorms, homeless in shelters, civilians on military bases
 - Excludes: Active military, long-term hospital residents, prison populations, homeless not in shelters
- Sample includes all 50 states and DC
- Approximately 67,500 persons are interviewed annually
- Data collected from January to December

How Do We Use NSDUH?

- Provides a window into the state of substance use and mental health issues in the United States
- Helps to guide policy directions:
 - problem substances
 - prevalence of mental illness
 - intersection of substance use and mental health issues
 - provides insights that can be studied in the context of data from other agencies to help in decision-making about what types of resources are needed and where resources should be directed

NSDUH 2017 Highlights

- Opioids epidemic:
 - New users of heroin significantly decreased relative to 2016
 - Significant decreases in pain reliever misuse were observed for all ages
 - Downward trend in heroin users
 - Estimated 2.1M with opioid use disorder
- Marijuana:
 - Significant increases in use by young adults (18-25 y.o.): past month and daily/near daily use; with significant increases in use by young adult women
 - Pregnant women using substances in greater numbers including significant increases in daily or near daily marijuana use
 - Frequent marijuana use was associated with opioid misuse, heavy alcohol use, and depression in youth 12-17 and young adults 18-25
- Young adults had increasing rates of serious mental illness, major depression, and suicidality
- Co-occurring substance use and mental disorders are common
- Major gaps in treatment received by affected individuals

SAMHSA's Response to 2016-17 NSDUH Findings

- **2018: Launch of new approach to technical assistance and training**
- **Previous focus on technical assistance to grantees expanded to national approach**
 - ***Establishment of Clinical Support System for Serious Mental Illness***
 - National practitioner training efforts
 - Focus on appropriate use and monitoring of psychotropic medications
 - Use of clozapine in treatment refractory schizophrenia
 - Assisted outpatient treatment
 - ***Establishment of a regional system of Technology Transfer Centers throughout the U.S.***
 - Substance Abuse Prevention Technology Transfer Centers
 - Addiction Technology Transfer Centers
 - Mental Health Technology Transfer Centers with supplements for school-based services
 - Training and technical assistance tailored to needs of HHS regions
 - Native American/Alaska Native, Hispanic/Latino focus centers
 - ***Establishment of new national training/technical assistance programs***
 - State Targeted Response/State Opioid Response TA/T Program-over 1000 requests met
 - Privacy Technology Transfer Center addressing confidentiality and information sharing related to HIPAA and 42CFR
 - Eating Disorders Technology Transfer Center

SAMHSA's Response to NSDUH Findings

- Established PCSS-Universities to embed DATA waiver training in pre-graduate education for physicians, nurse practitioners and physician assistants
- Expanded training and technical assistance on opioids issues in rural America through supplements to USDA Cooperative Extension programs
- Re-established the Drug Abuse Warning Network (DAWN)
- Expanded the Suicide Prevention Lifeline network
- Public targeted messaging based on areas of concern identified in NSDUH: marijuana, methamphetamine, suicide prevention

Mental Illness and Substance Use Disorders among African American Adults (≥ 18 y.o.)

PAST YEAR, 2018 NSDUH, African American 18+

Among African Americans with a substance use disorder:

6 IN 13 (47.1% or 1.0M) struggled with illicit drugs
2 IN 3 (67.6% or 1.5M) struggled with alcohol use
1 IN 7 (14.8% or 320K) struggled with illicit drugs and alcohol

Among African Americans with a mental illness:

2 IN 9 (22.4% or 1.1M) had a serious mental illness

7.3%
(2.2 MILLION)
People aged 18
or older had a
substance use
disorder (SUD)

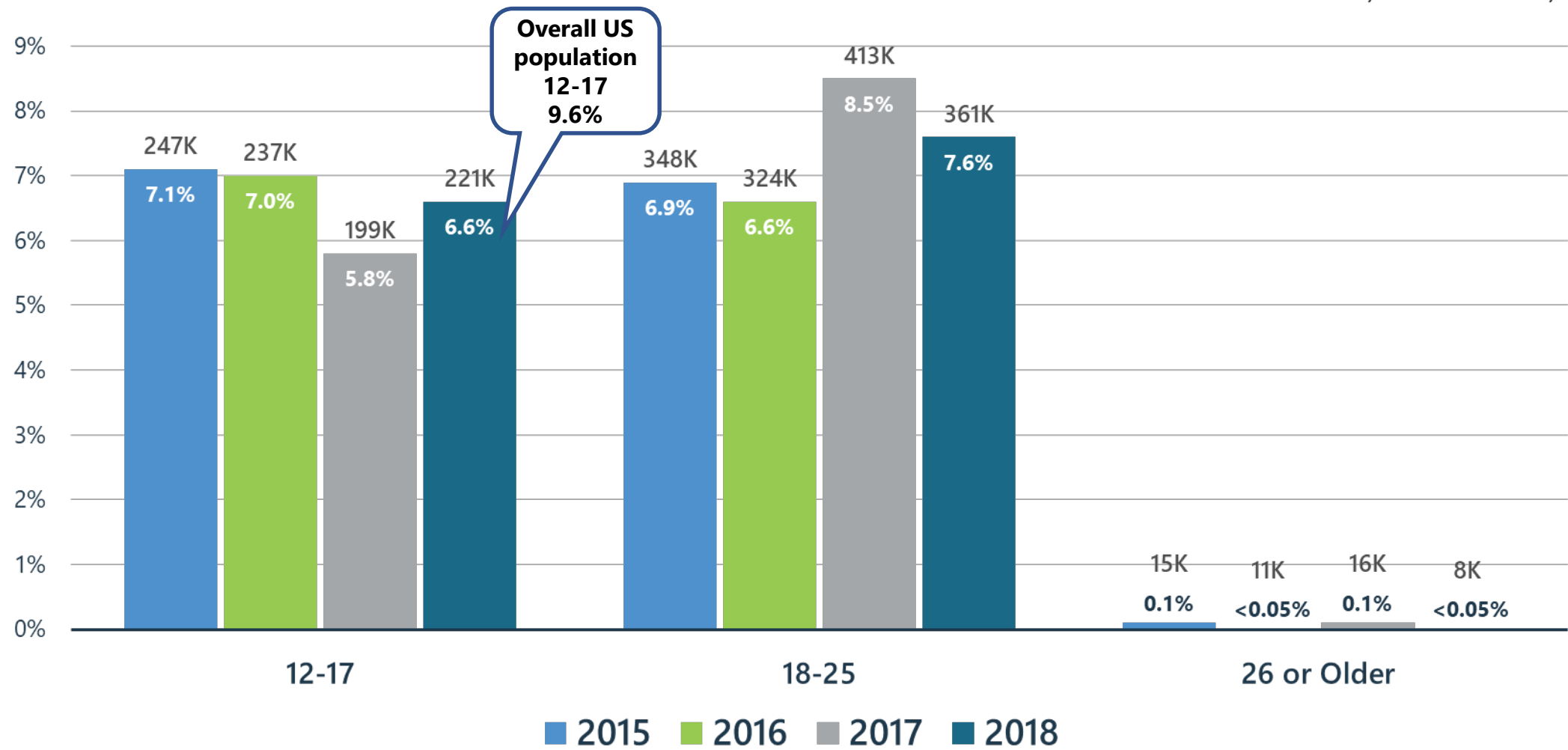
3.6%
(1.1 MILLION)
People 18+ had
BOTH an SUD and
a mental illness

16.2%
(4.8 MILLION)
People aged 18
or older had a
mental illness

In 2018, **5.9M** African American adults had a mental and/or substance use disorder.

Alcohol Initiates among African Americans

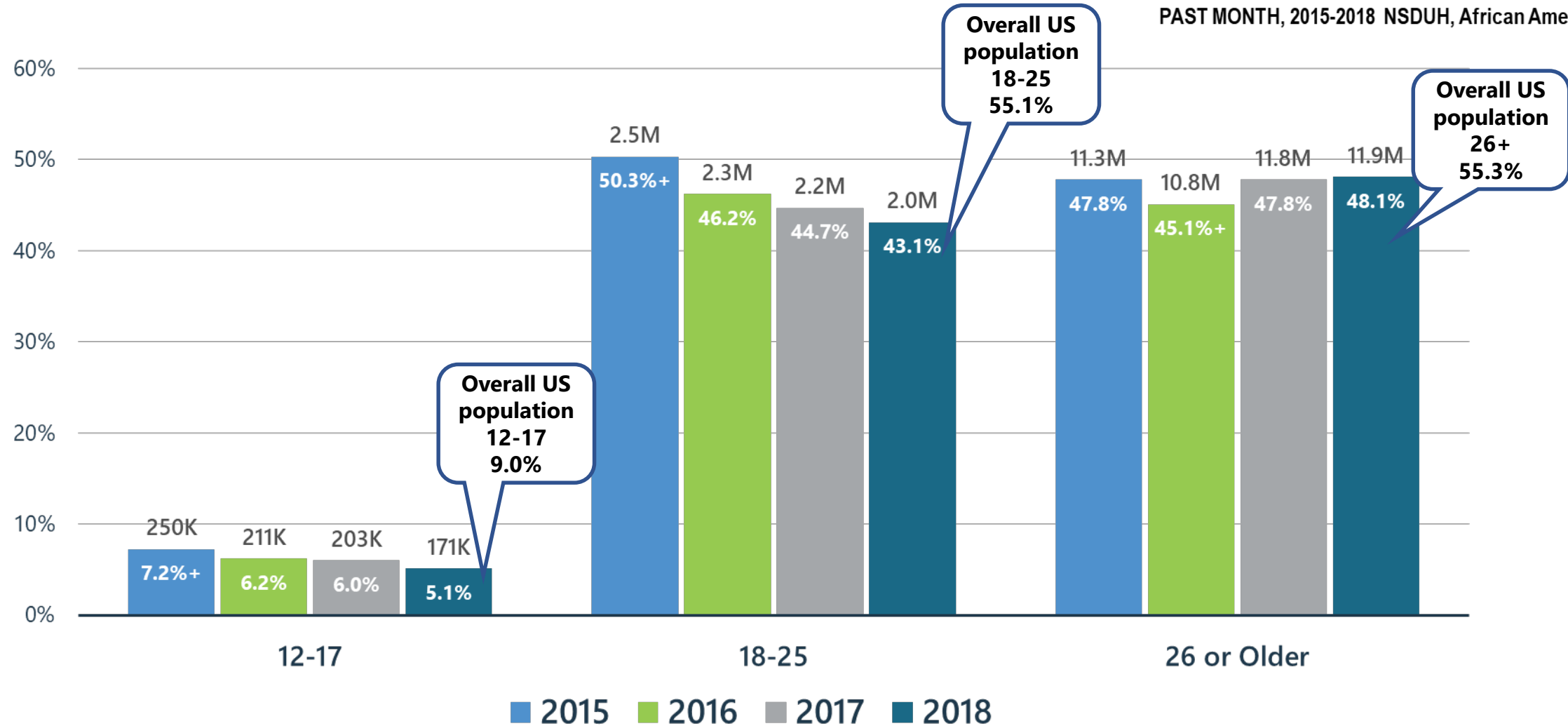
PAST YEAR, 2015-2018 NSDUH, African American 12+



No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Alcohol Use among African Americans

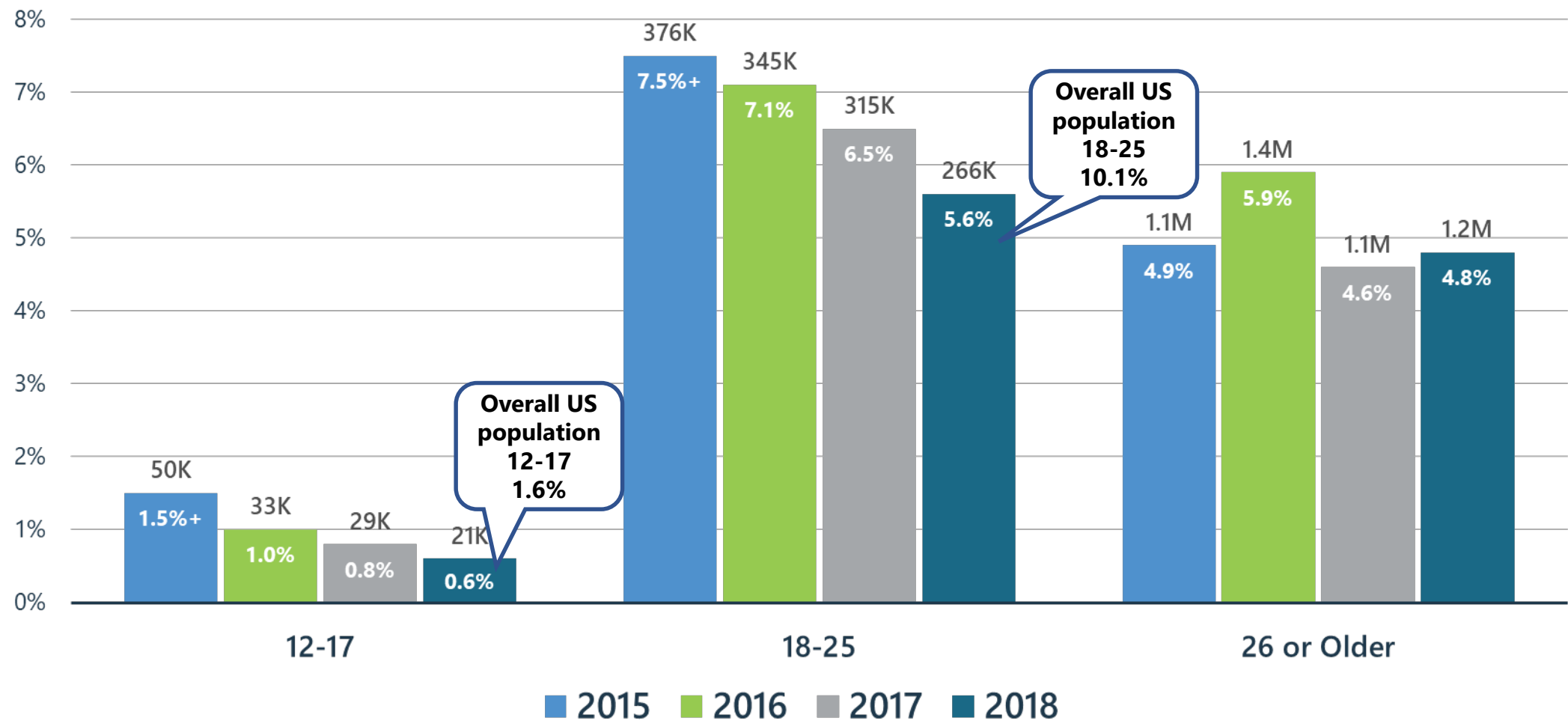
PAST MONTH, 2015-2018 NSDUH, African American 12+



+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

Alcohol Use Disorder among African Americans

PAST YEAR, 2015-2018 NSDUH, African American 12+

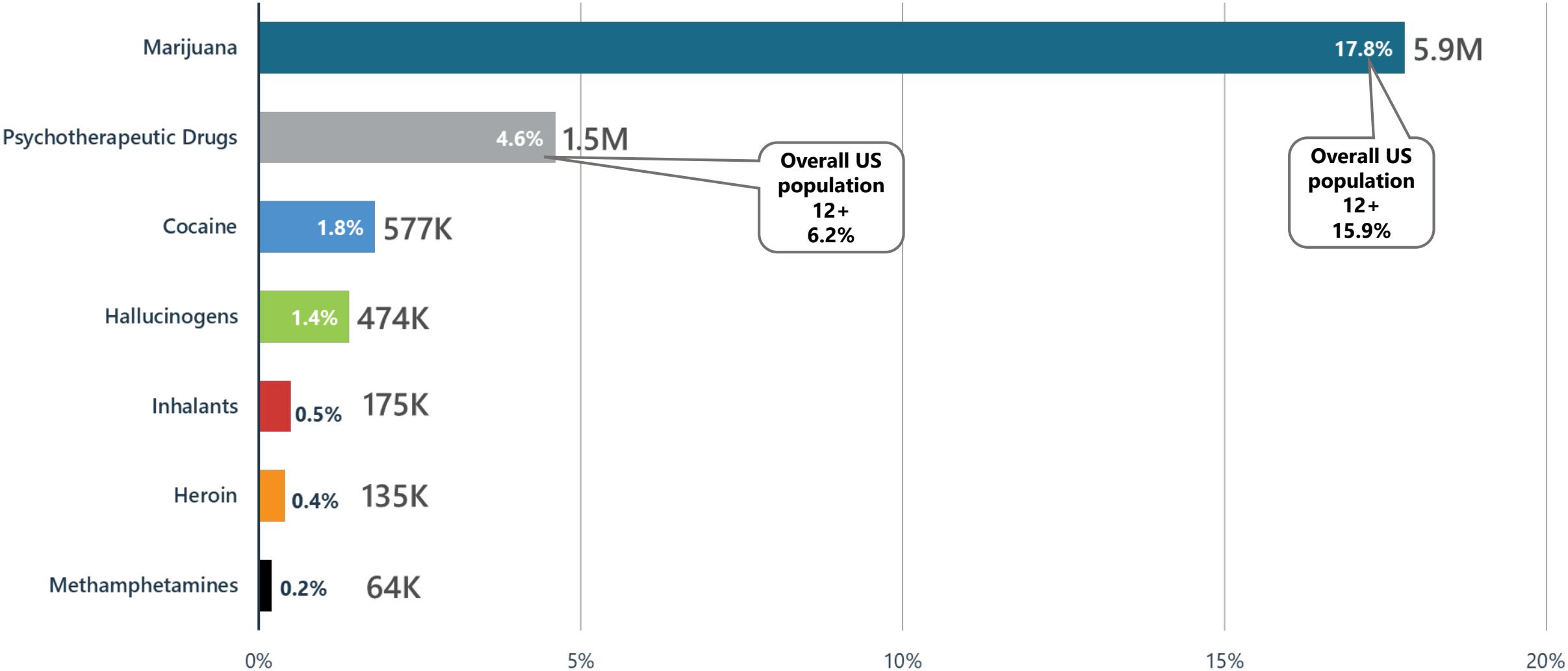


+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

Summary: Alcohol Use in 2018

- No significant change in alcohol use initiation rate among African American youths since 2015
- Declines in alcohol use disorder among African American youth and young adults during 2015-2018
- **SAMHSA efforts on reductions in alcohol use in children/youth/transition age youth:**
- CSAP DFC program prioritizes alcohol use and has reported a 27% reduction in use in middle-school and a 23% reduction in use by high school students
- SAMHSA Prevention Technology Transfer Centers produce resources and materials related to alcohol misuse prevention
- CSAP 'Talk They Hear You' focuses on underage drinking
- CSAP requires Partnerships for Success grantees to emphasize underage drinking prevention
- CSAT has promoted SBIRT for alcohol use in all programs including CJ, PPW, adolescent treatment, HIV and homeless programs
- CSAT has funded SBIRT training in medical residencies and other healthcare practitioner programs which screen for hazardous alcohol use and use disorders

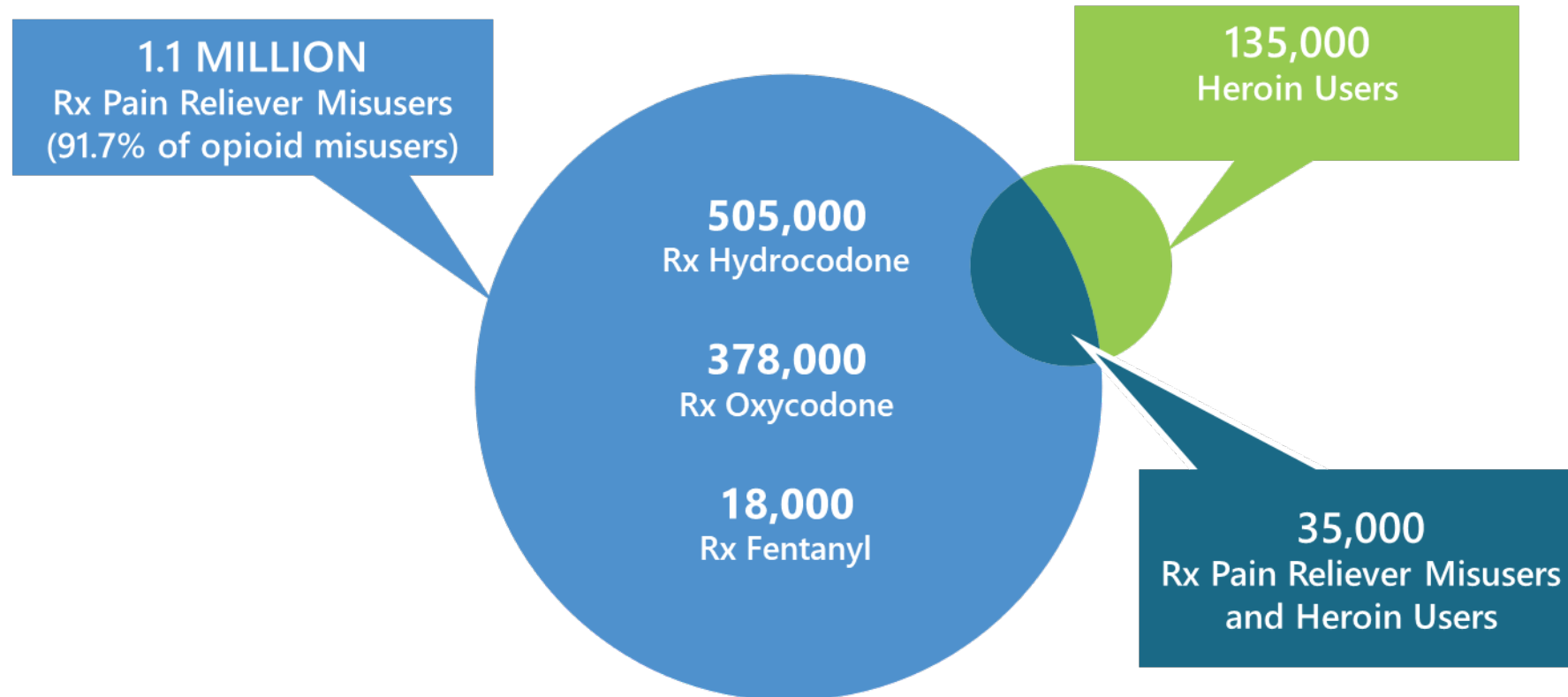
Illicit Drug Use among African Americans: Marijuana Most Used Drug



Prescription Pain Reliever Misuse among African Americans

PAST YEAR, 2018 NSDUH, African American 12+

1.2 MILLION AFRICAN AMERICANS WITH OPIOID MISUSE (3.7% OF TOTAL POPULATION)

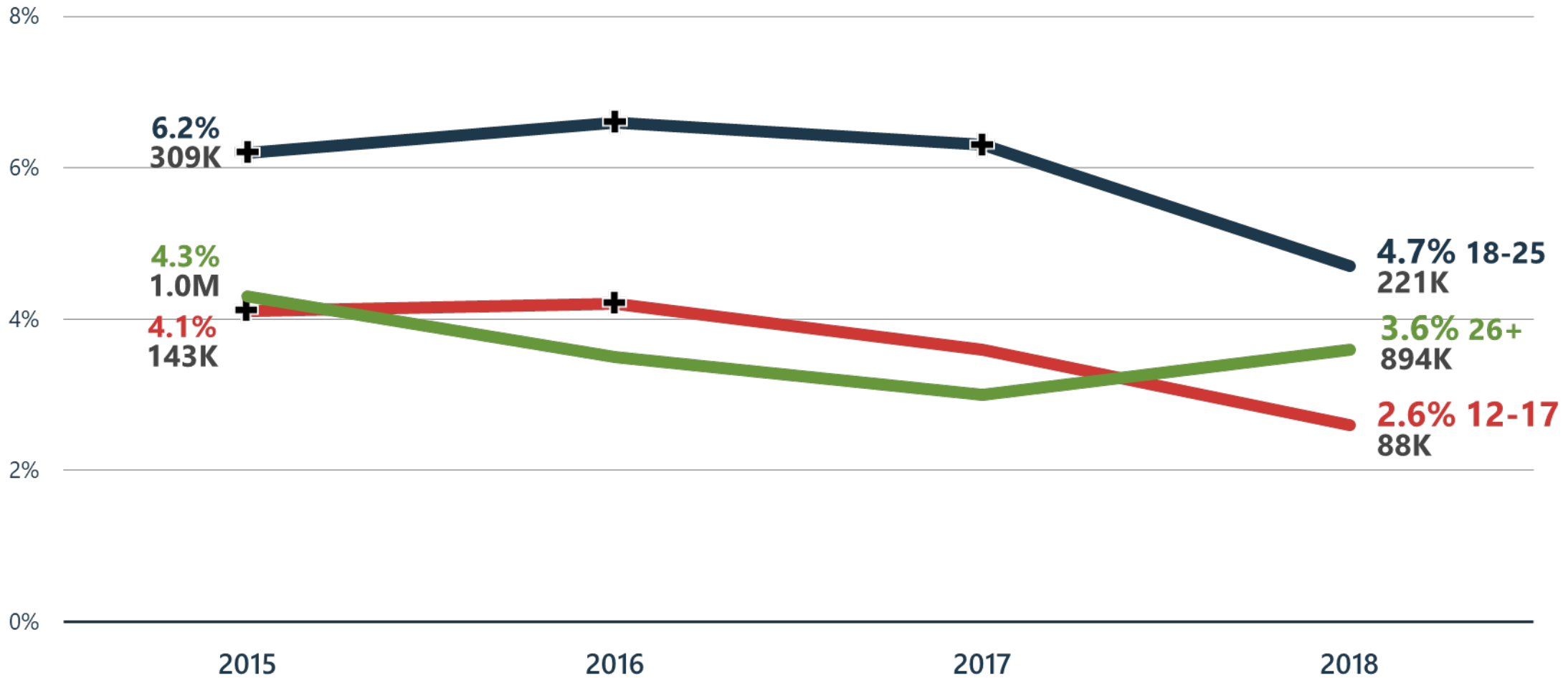


Rx = prescription.

Opioid misuse is defined as heroin use or prescription pain reliever misuse.

Opioid Misuse among African Americans

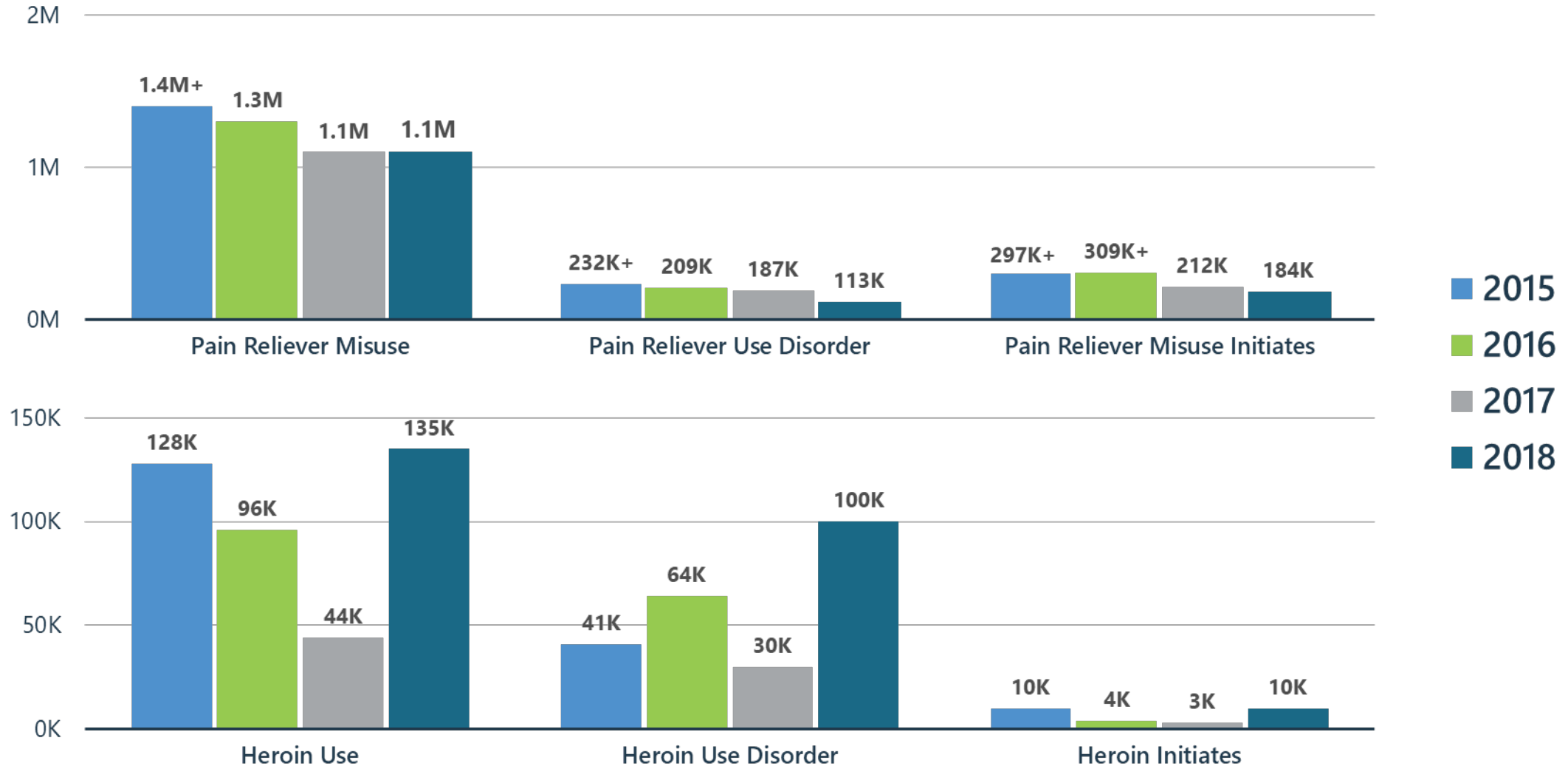
PAST YEAR, 2015-2018 NSDUH, African American 12+



+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

Prescription Pain Reliever Misuse and Heroin Use among African Americans

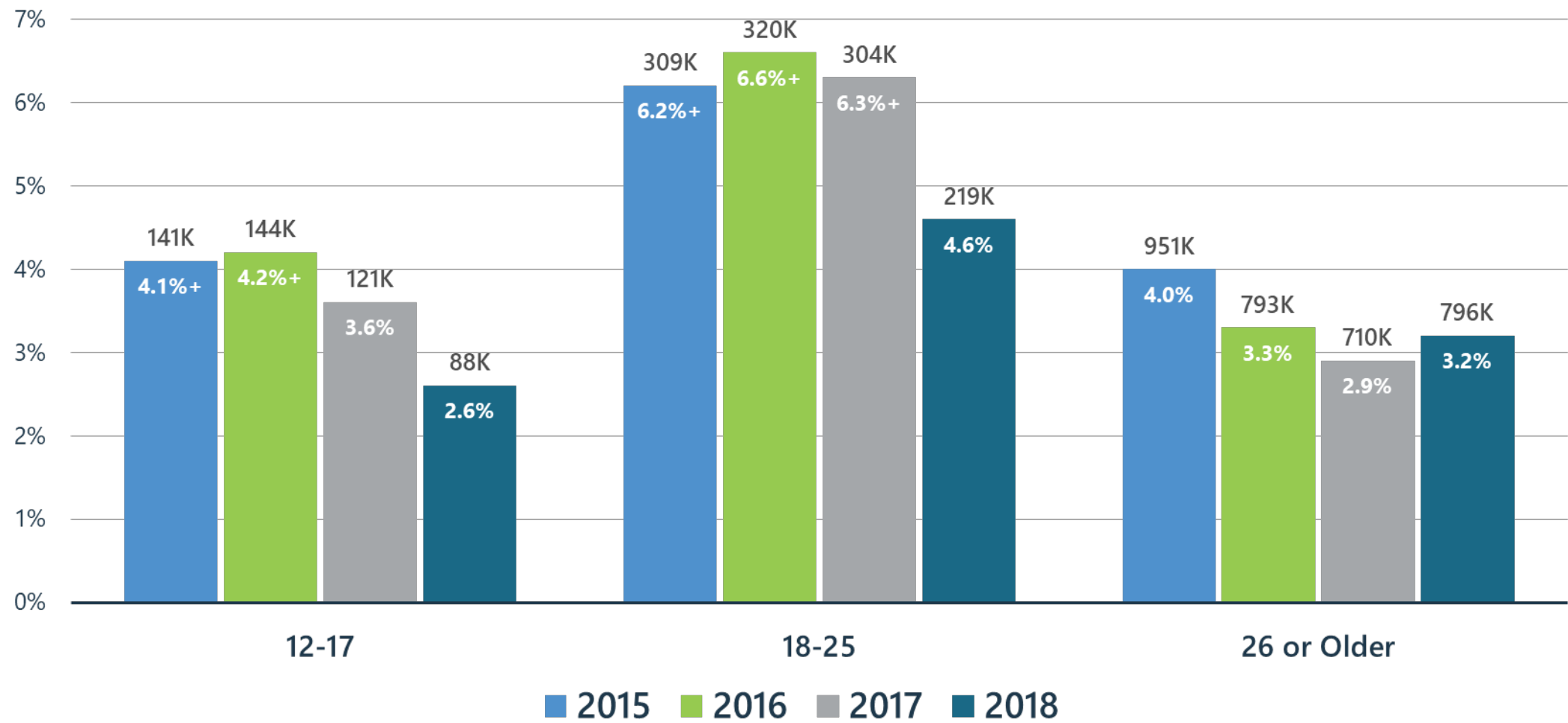
PAST YEAR, 2015-2018 NSDUH, African American 12+



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Prescription Pain Reliever Misuse among African Americans

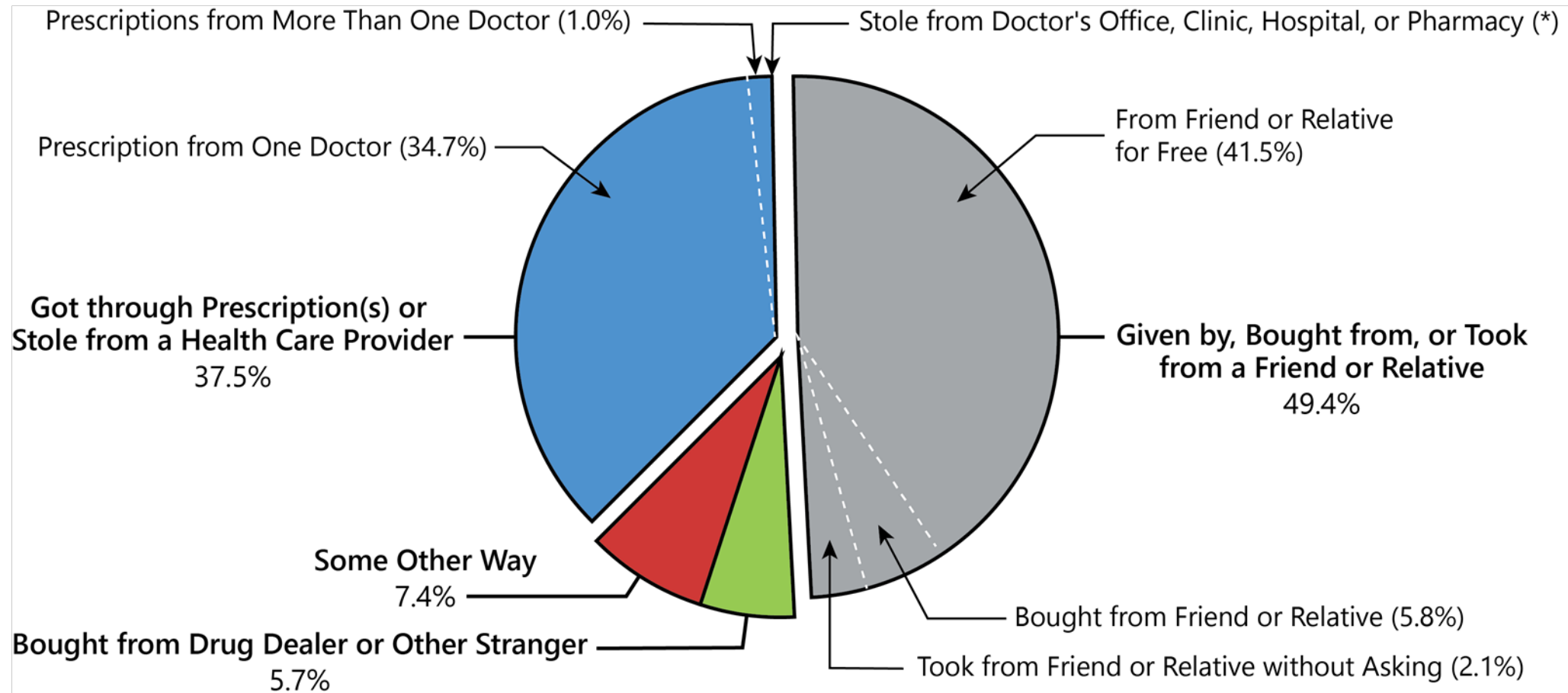
PAST YEAR, 2015-2018 NSDUH, African American 12+



+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

Sources Where Pain Relievers Were Obtained for Most Recent Misuse among African Americans Who Misused Prescription Pain Relievers

PAST YEAR, 2018 NSDUH, African American 12+

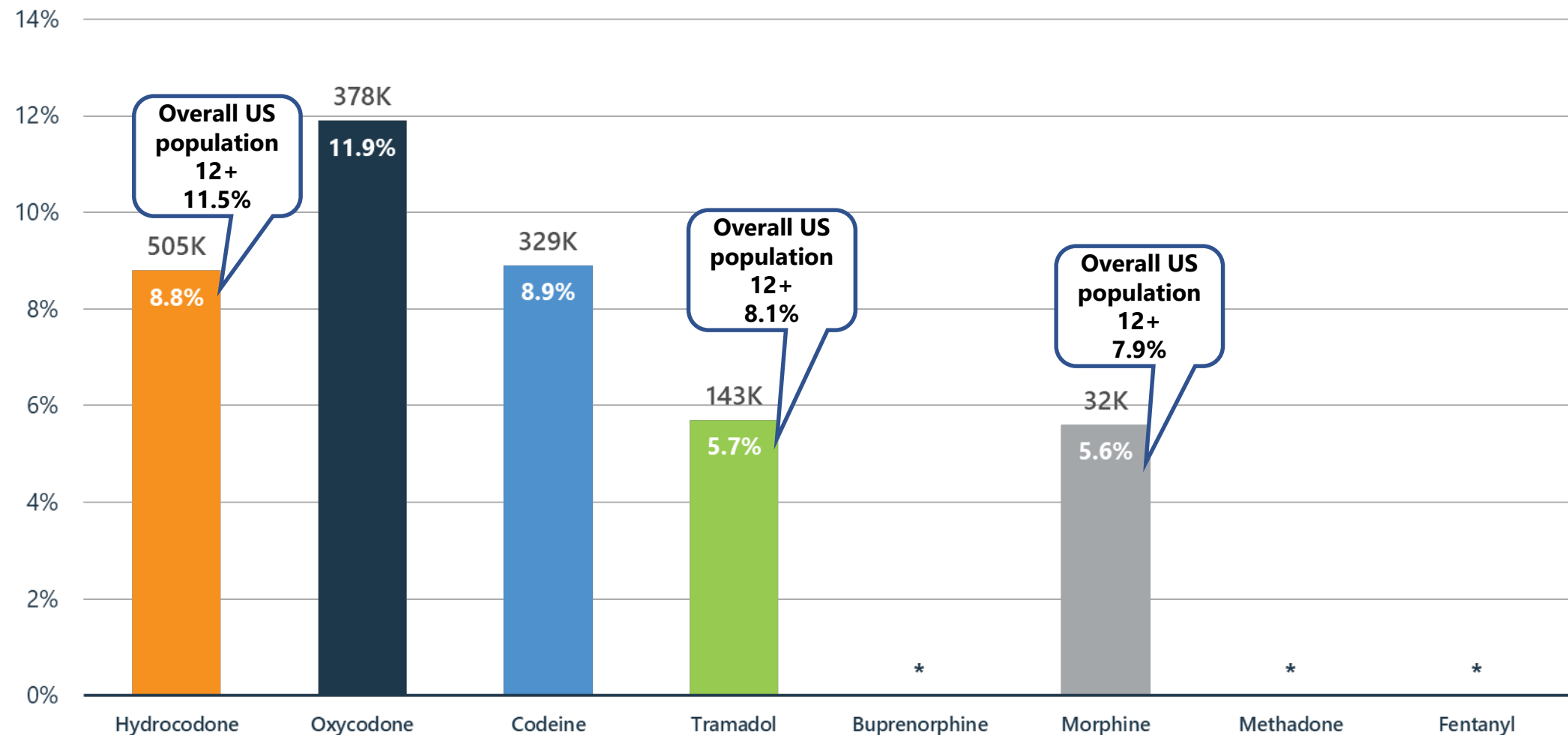


1.1 Million African Americans Aged 12 or Older Who Misused Prescription Pain Relievers in the Past Year

* Estimate not shown due to low precision.

Misuse of Prescription Opioid Subtypes among African Americans

PAST YEAR, 2018 NSDUH, African American 12+ SUBTYPE USERS

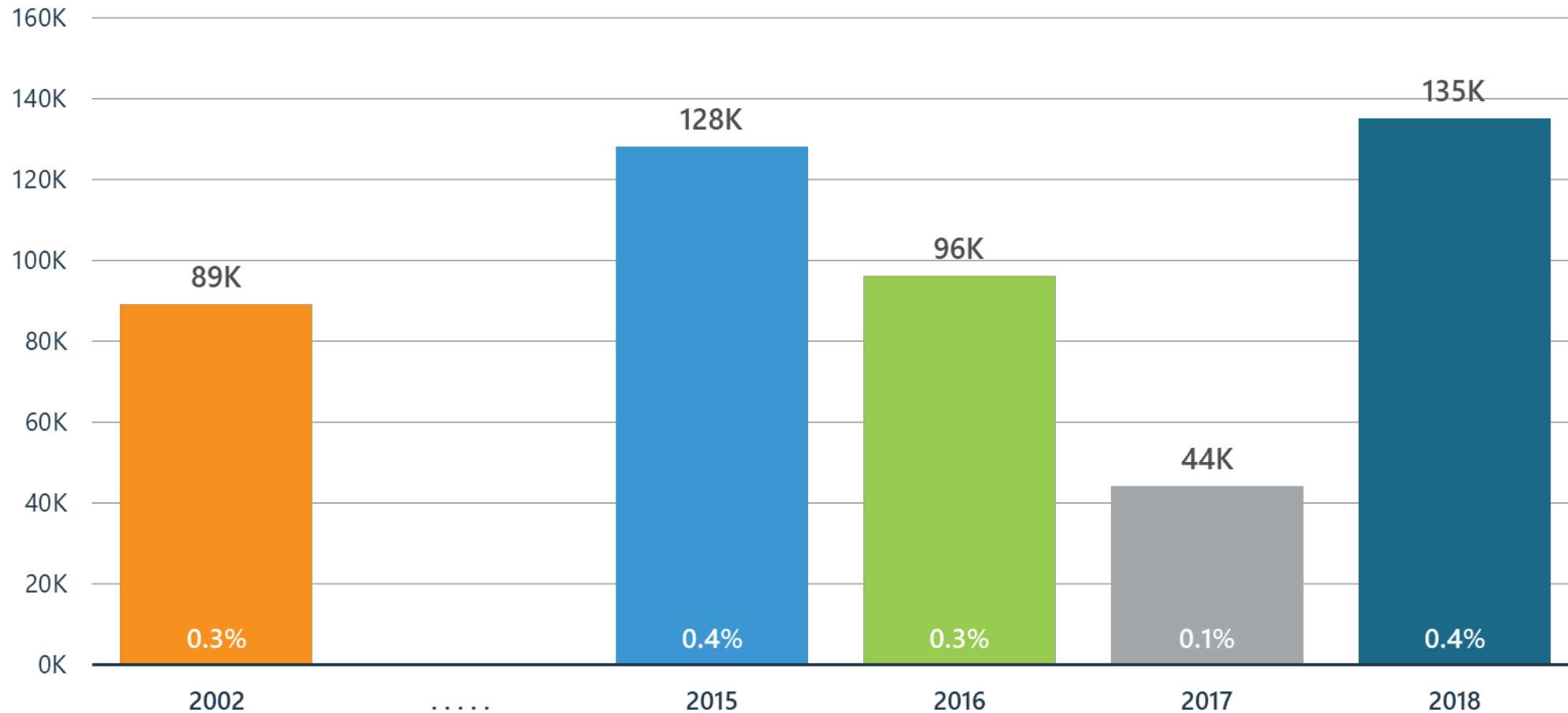


* Estimate not shown due to low precision.

Note: This table shows misuse among users. For example, 8.8 percent of African American hydrocodone past year users have misused hydrocodone in the past year.

Heroin Use among African Americans

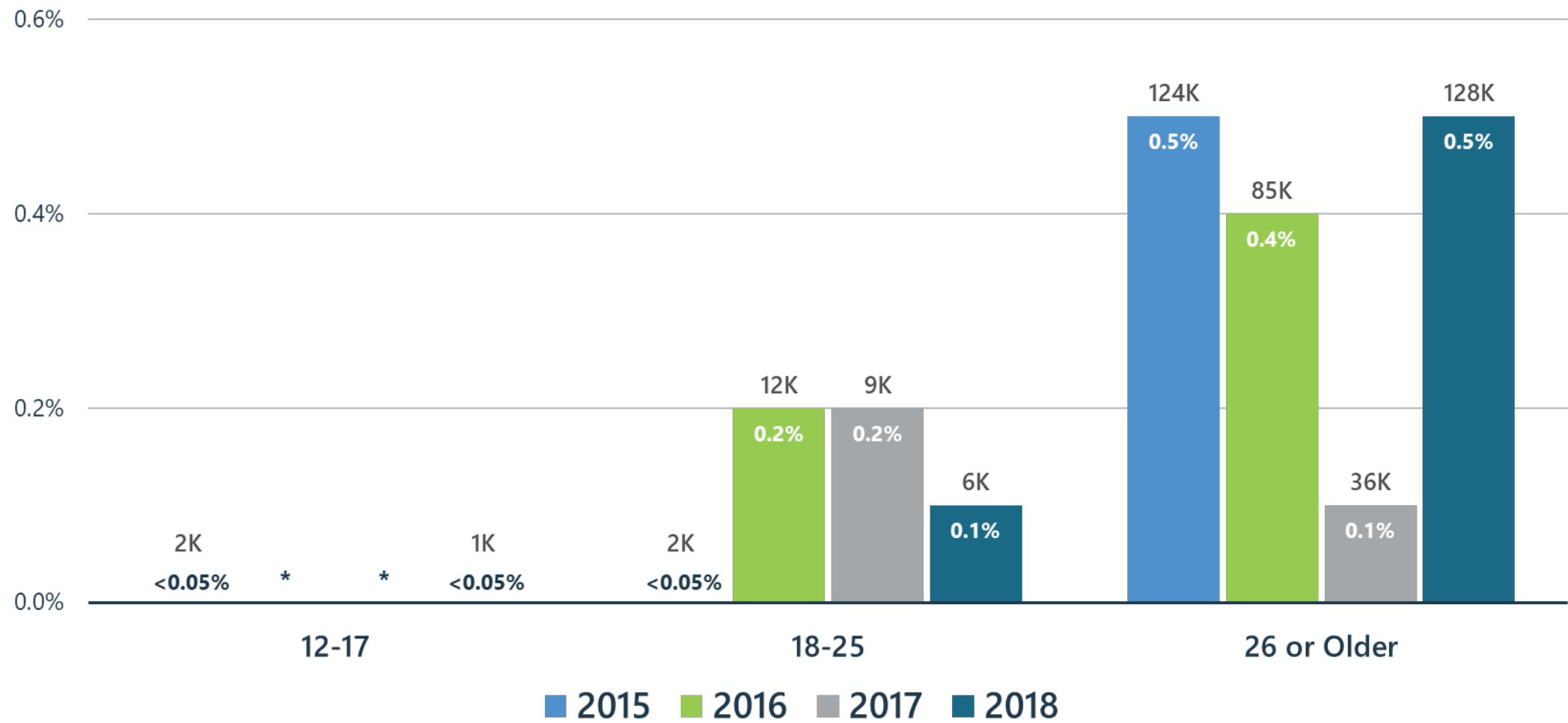
PAST YEAR, 2002 AND 2015-2018 NSDUH, African American 12+



No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Heroin Use among African Americans

PAST YEAR, 2015-2018 NSDUH, African American 12+

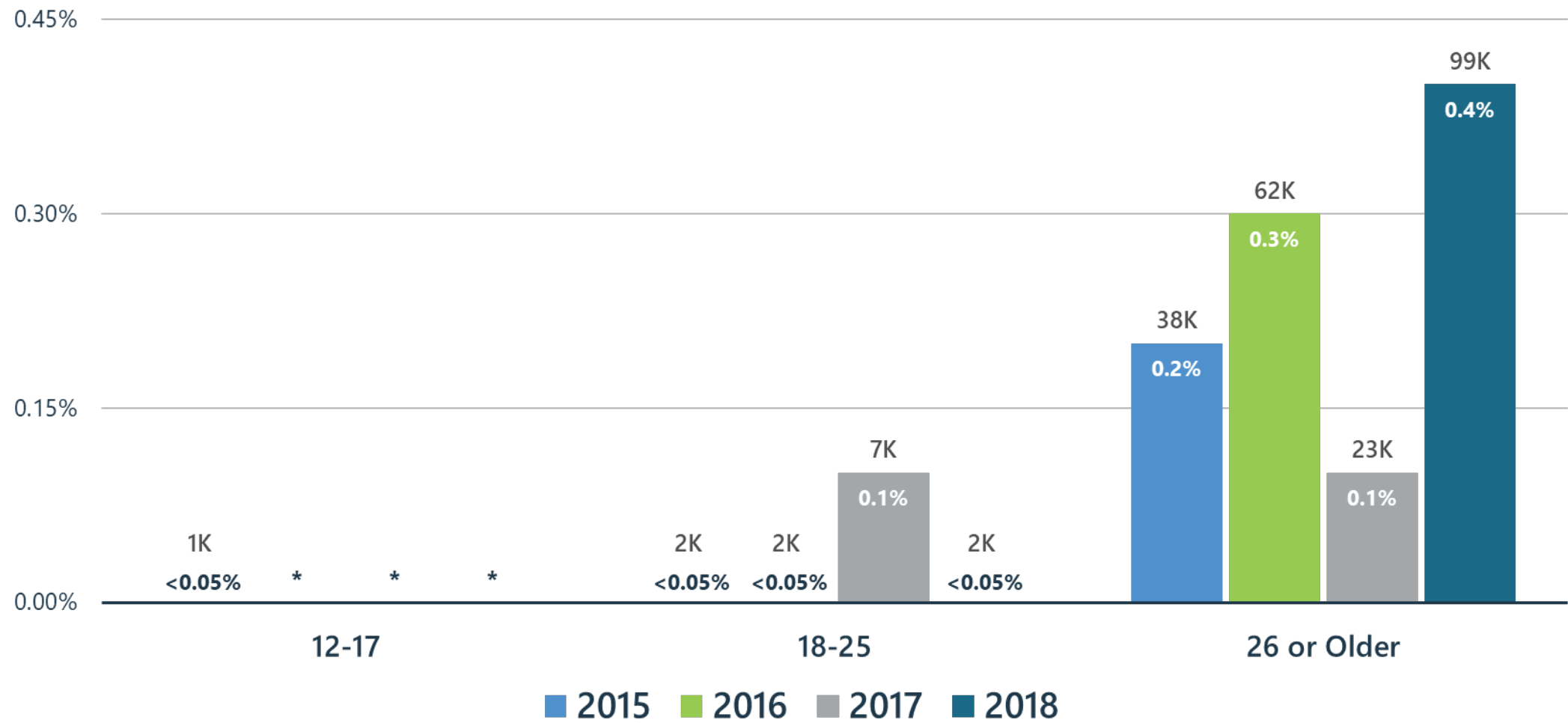


* Estimate not shown due to low precision.

No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Heroin-Related Opioid Use Disorder among African Americans

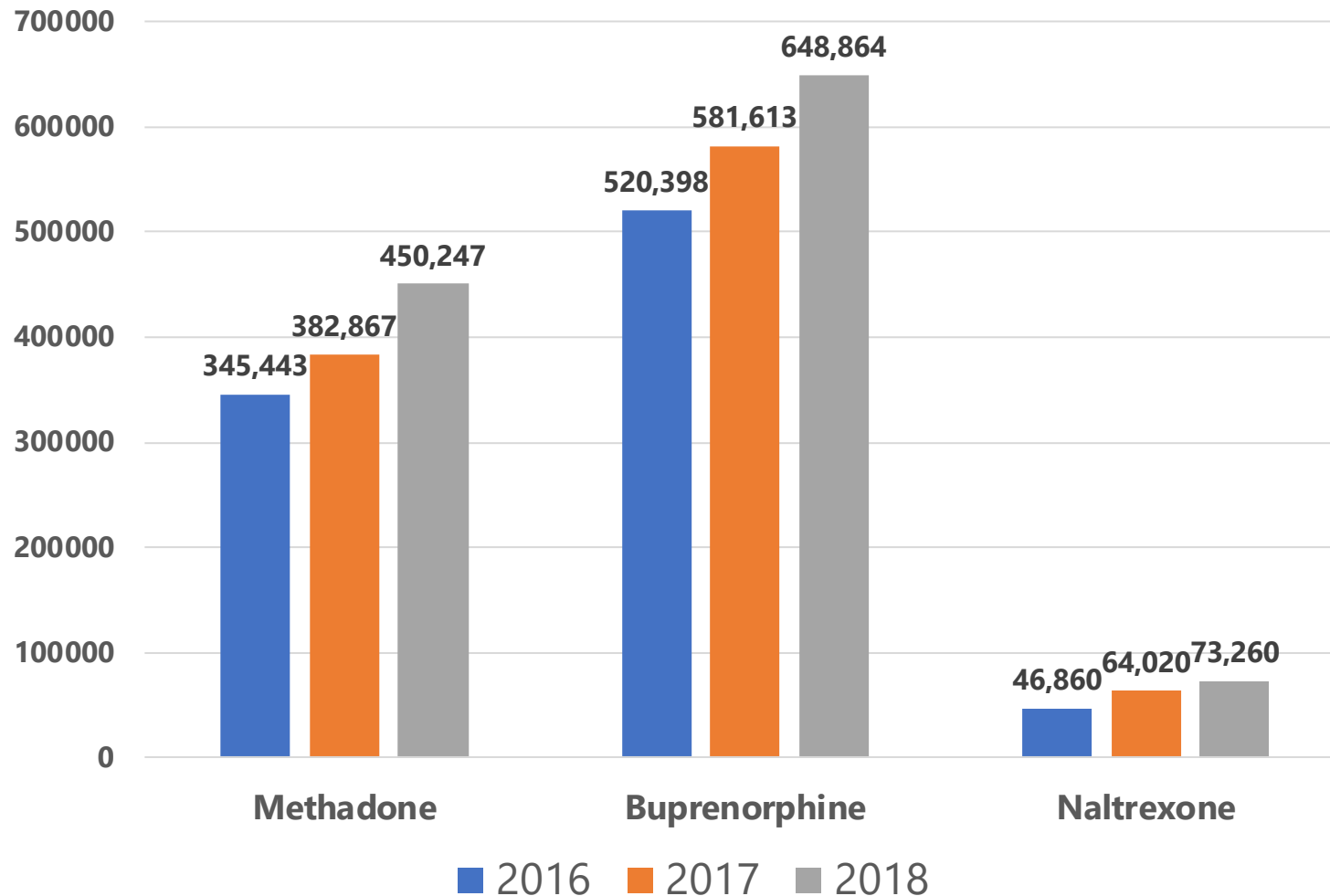
PAST YEAR, 2015-2018 NSDUH, African American 12+



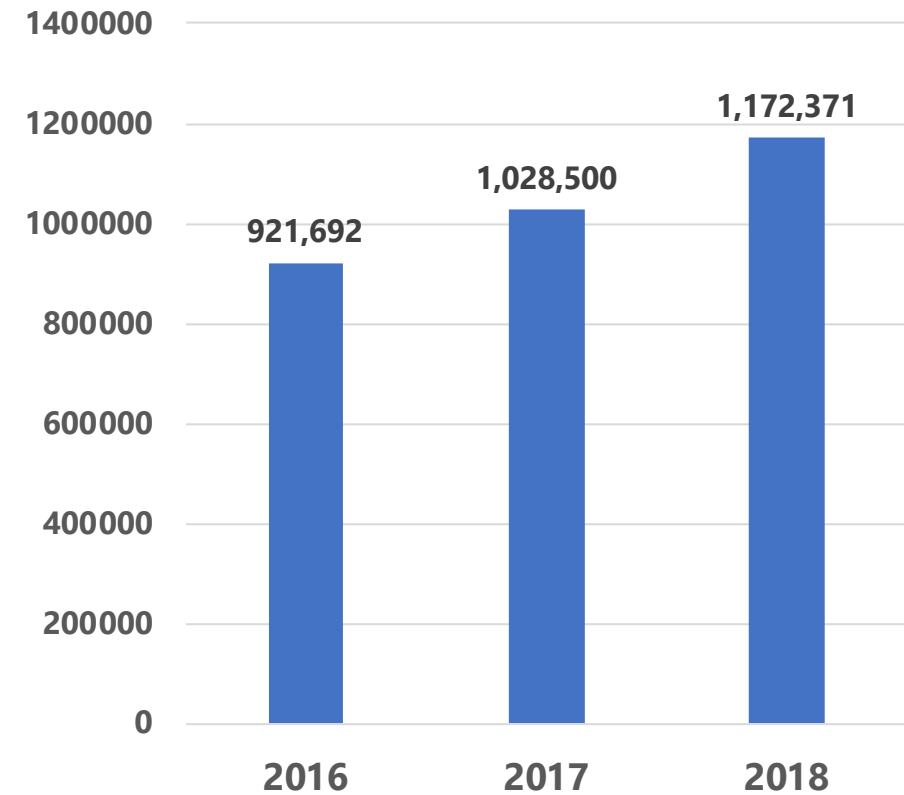
* Estimate not shown due to low precision.

No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Treatment Gains: Number of Individuals Receiving Pharmacotherapy for Opioid Use Disorder (MAT)



Total Number receiving MAT
(all types)



Note: Estimates do not represent African Americans and are not based on NSDUH.

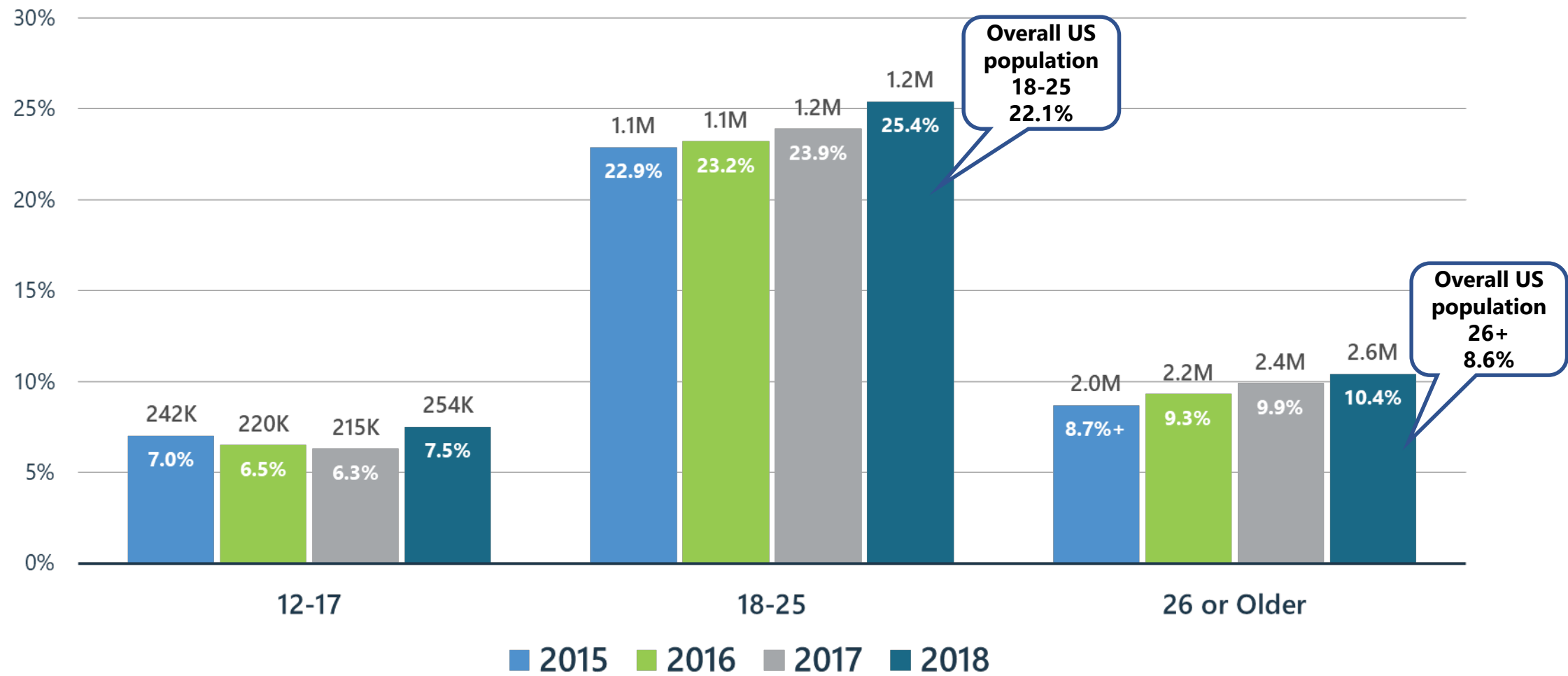
Summary: Opioid Misuse and Use Disorder in the United States in 2018

- **Among African Americans aged 12+, significant decreases in prescription opioid misuse initiation, misuse, and use disorders during 2015-2018**
 - Majority of African Americans continue to obtain from friends/relatives and from healthcare provider/prescriber underscoring the need for ongoing education of practitioners, appropriate pain management, and partnership with states to monitor opioid prescribing
 - Significant decreases in prescription opioid misuse among African American youth and young adults
- No significant changes in heroin initiation, heroin use, and heroin use disorder among African Americans during 2015-2018

Other Illicit Substances

Marijuana Use among African Americans

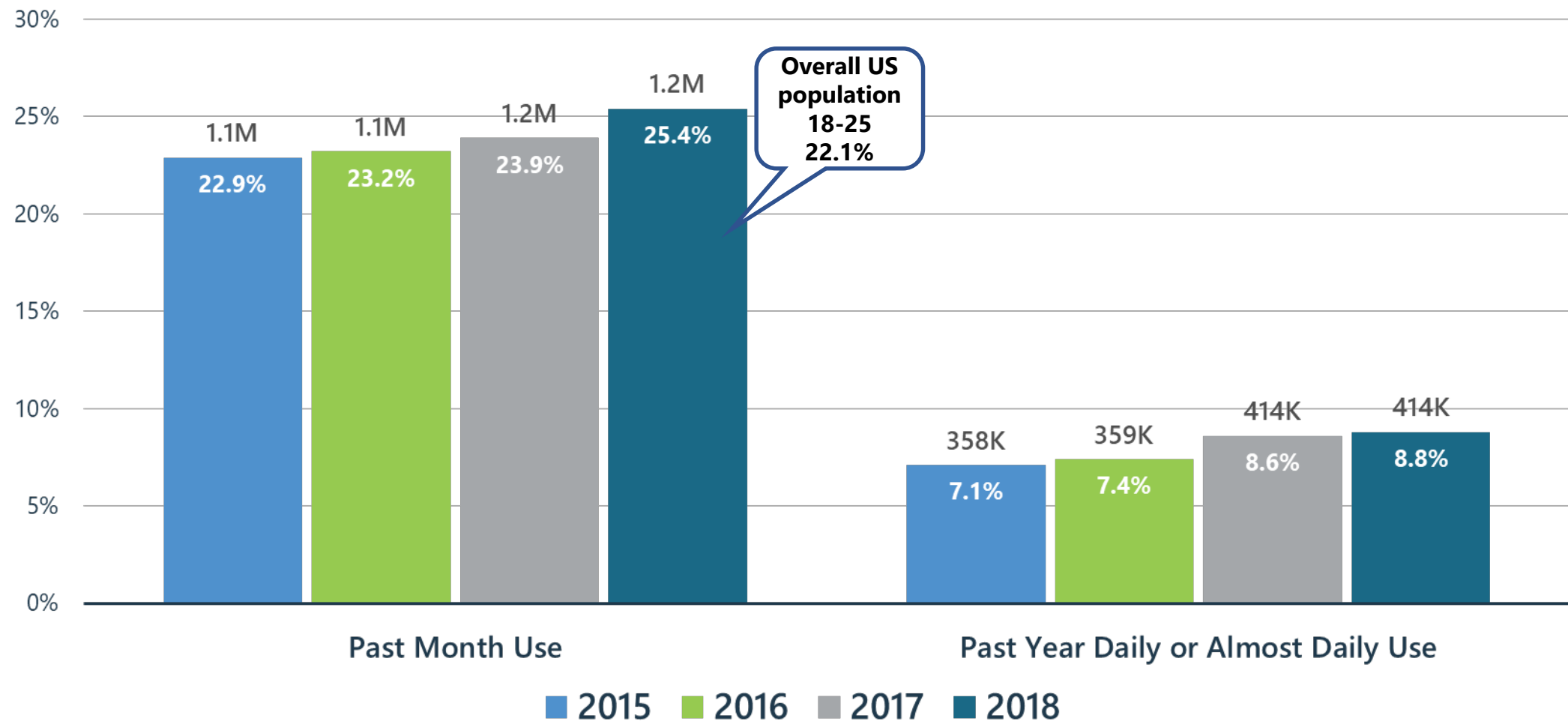
PAST MONTH, 2015-2018 NSDUH, African American 12+



+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

Marijuana Use among African American Young Adults (18-25 y.o.)

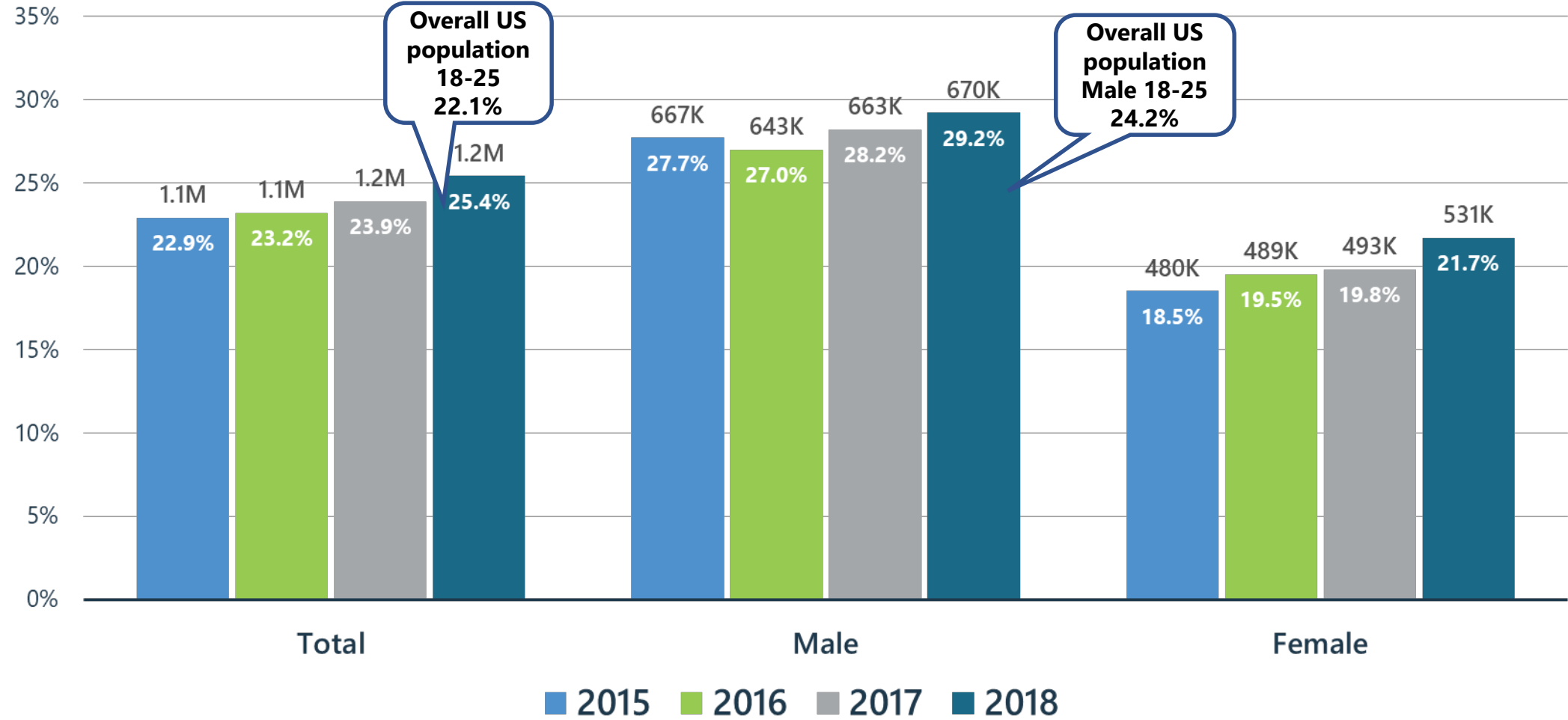
PAST MONTH/YEAR, 2015-2018 NSDUH, African American 18-25



No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Marijuana Use among African American Young Adult Men and Women (18-25 y.o.)

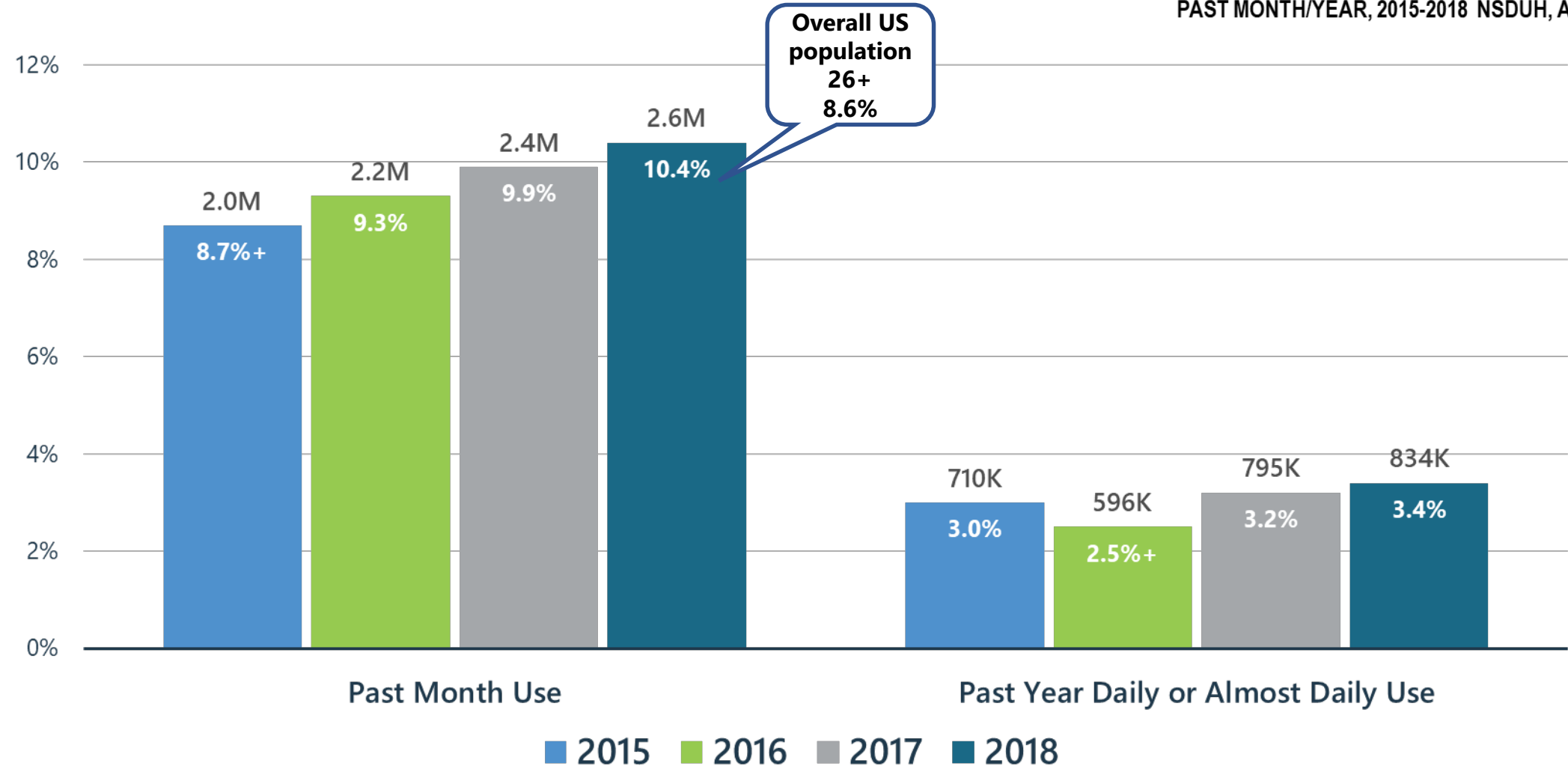
PAST MONTH, 2015-2018 NSDUH, African American 18-25



No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Significant Increase in Marijuana Use among African American Adults 26+

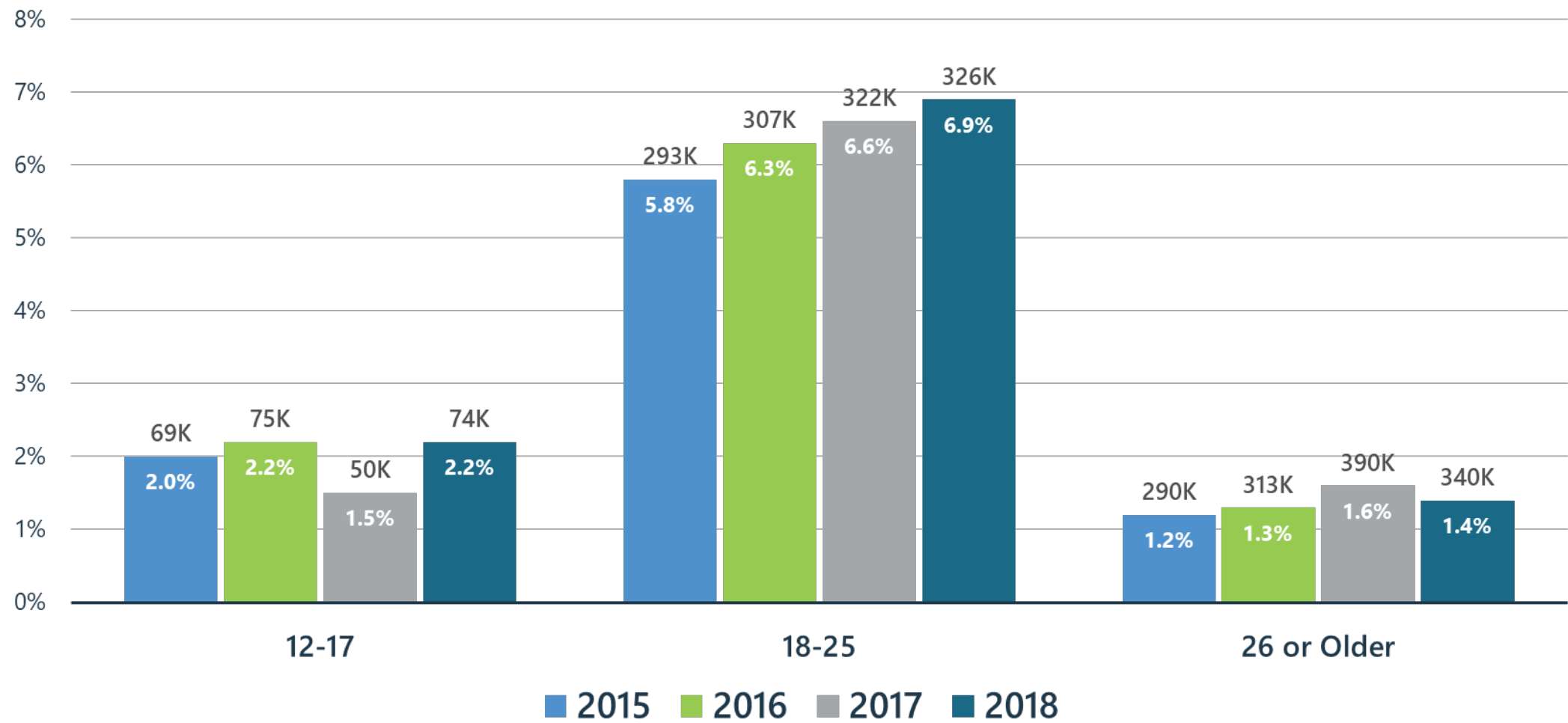
PAST MONTH/YEAR, 2015-2018 NSDUH, African American 26+



+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

Marijuana Use Disorder among African Americans

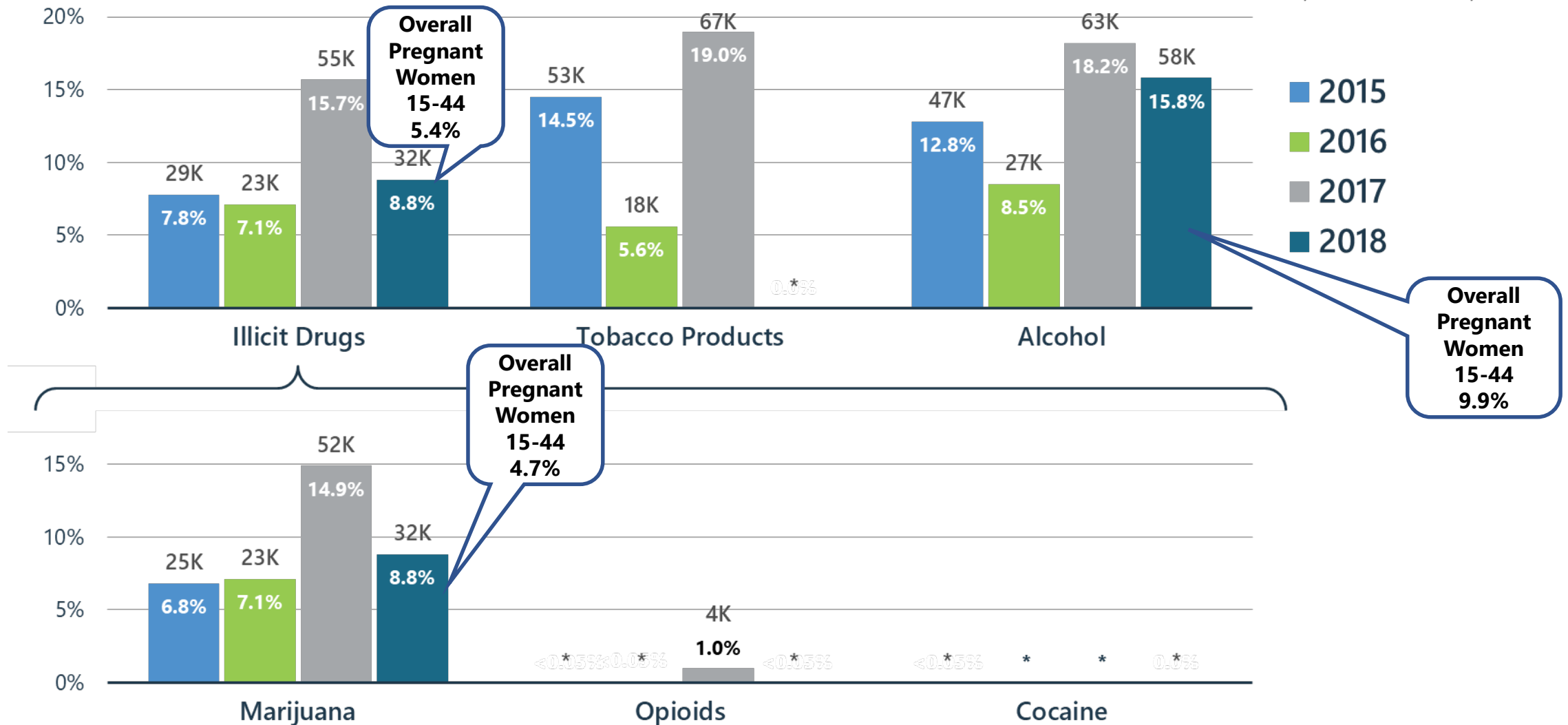
PAST YEAR, 2015-2018 NSDUH, African American 12+



No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Past Month Substance Use among African American Pregnant Women

PAST MONTH, 2015-2018 NSDUH, African American 15-44

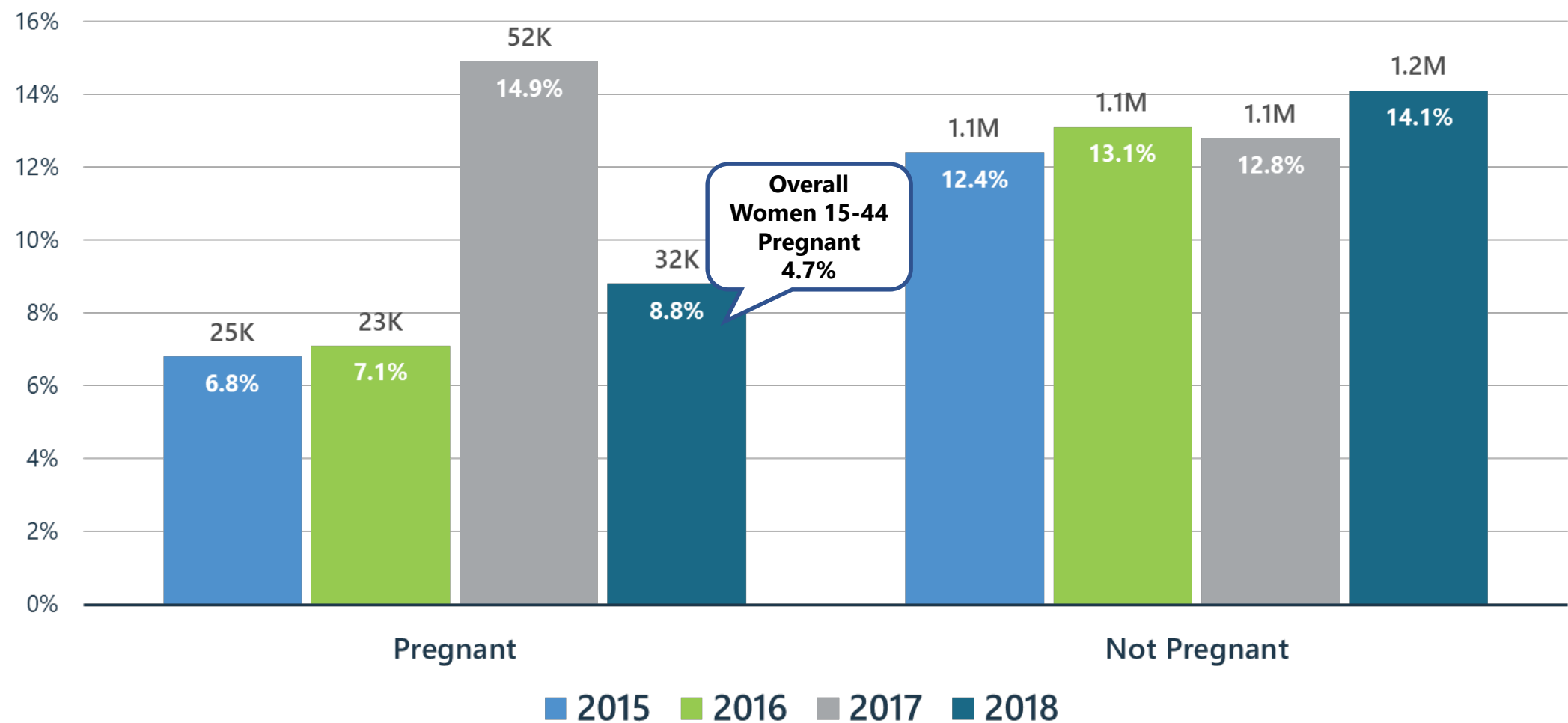


* Estimate not shown due to low precision.

No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Marijuana Use among African American Women by Pregnancy Status

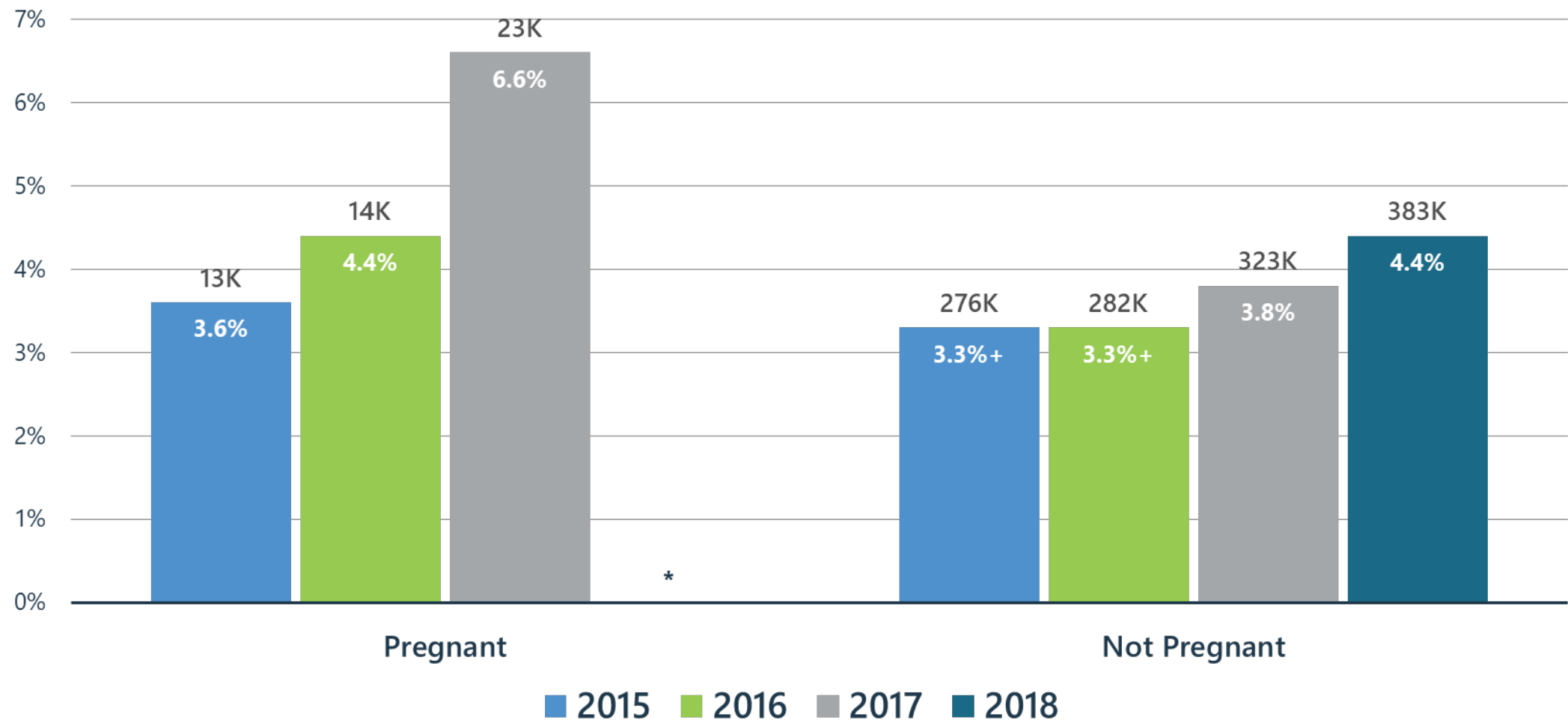
PAST MONTH, 2015-2018 NSDUH, African American 15-44



No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Daily or Almost Daily Marijuana Use among African American Women by Pregnancy Status

PAST YEAR, 2015-2018 NSDUH, African American 15-44



* Estimate not shown due to low precision.

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

Substance Use in Pregnancy: Trends in the Right Direction

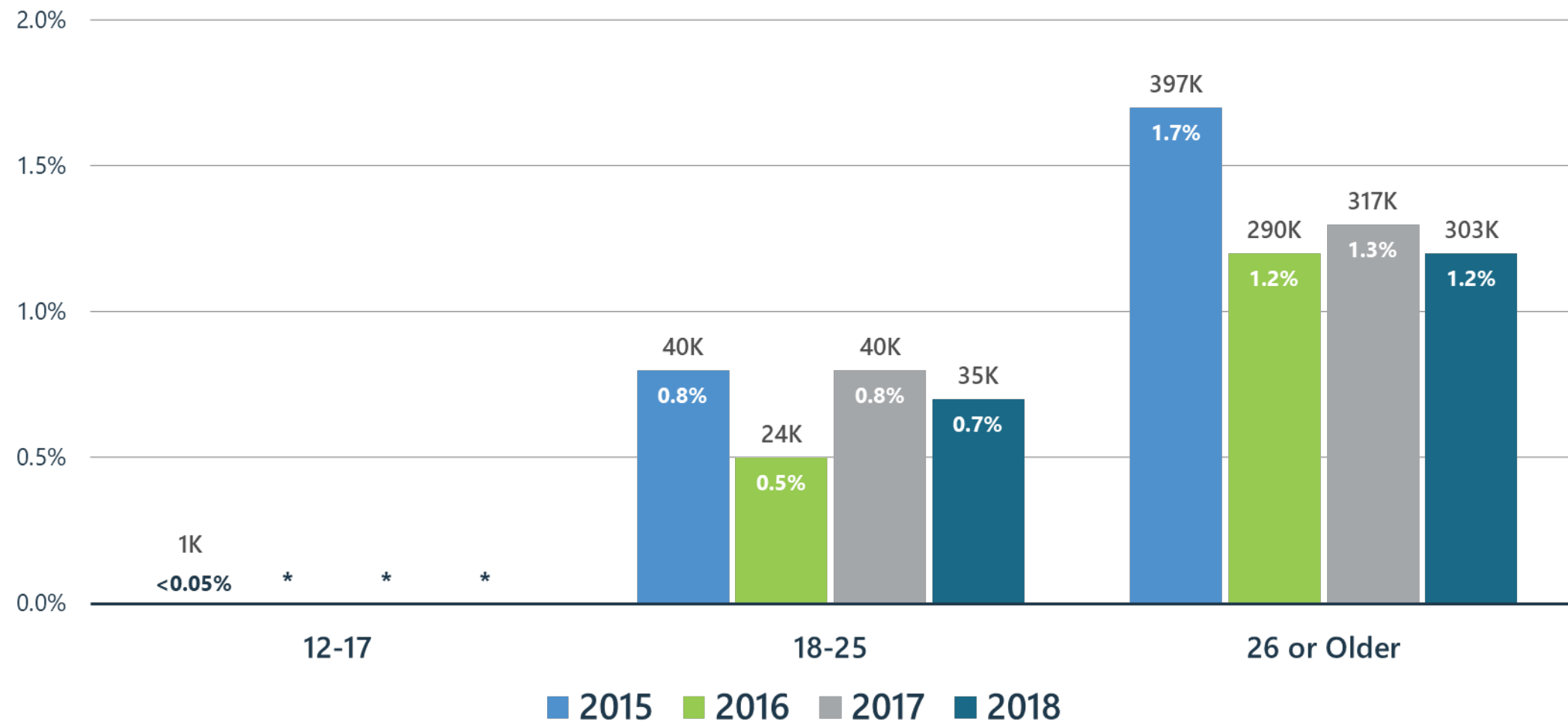
2017: Showed a startling increase in substance use and particularly marijuana use in pregnancy:

may be associated with fetal growth restriction, stillbirth, and preterm birth; may cause problems with neurological development, resulting in hyperactivity, poor cognitive function (*Metz TD and Stickrath EH, 2015*)

- No significant changes in these measures between 2017 and 2018
- SAMHSA/HHS made strong efforts to address this situation in an effort to improve the health and mothers and their babies:
- Public awareness efforts: information sharing with stakeholders and the public
- Launch of SAMHSA.gov/marijuana
- Launch of Substance Abuse Prevention Technology Transfer Centers with a focus on marijuana and other substance use in pregnancy
- Expansion of treatment programs for pregnant/post partum parenting women: both residential and outpatient through CARA
- Publication of Clinical Guidance for Treating Pregnant and Parenting Women with Opioid Use Disorder
- Publication of Healthy Pregnancy/Healthy Baby Factsheets for women and their families
- Use of STR and SOR funding for opioid use disorder in pregnancy and prevention interventions
- Joint article from Assistant Secretary for Mental Health and Substance Use and Surgeon General addressing treatment of opioid use disorder in pregnancy

Cocaine Use among African Americans

PAST MONTH, 2015-2018 NSDUH, African American 12+

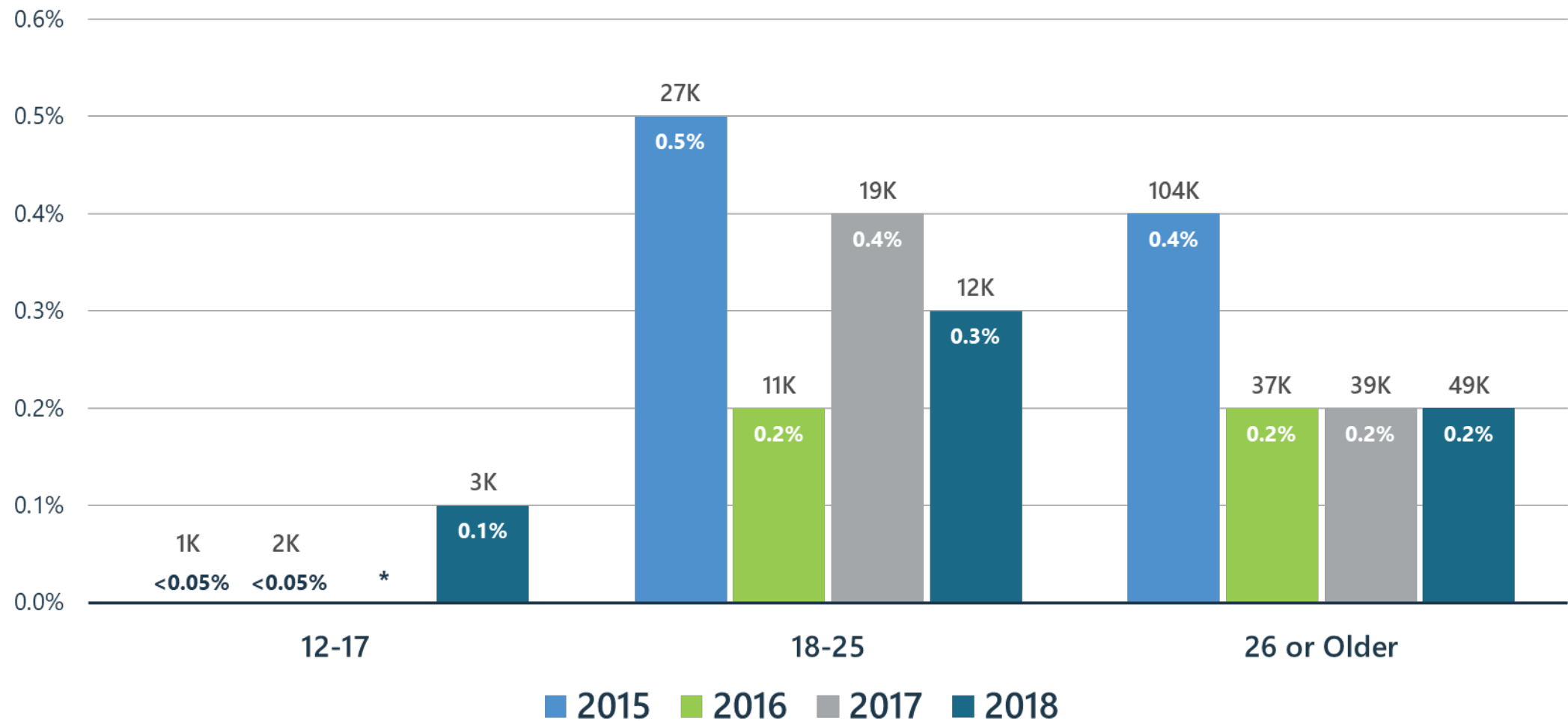


* Estimate not shown due to low precision.

No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Methamphetamine Use among African Americans

PAST YEAR, 2015-2018 NSDUH, African American 12+

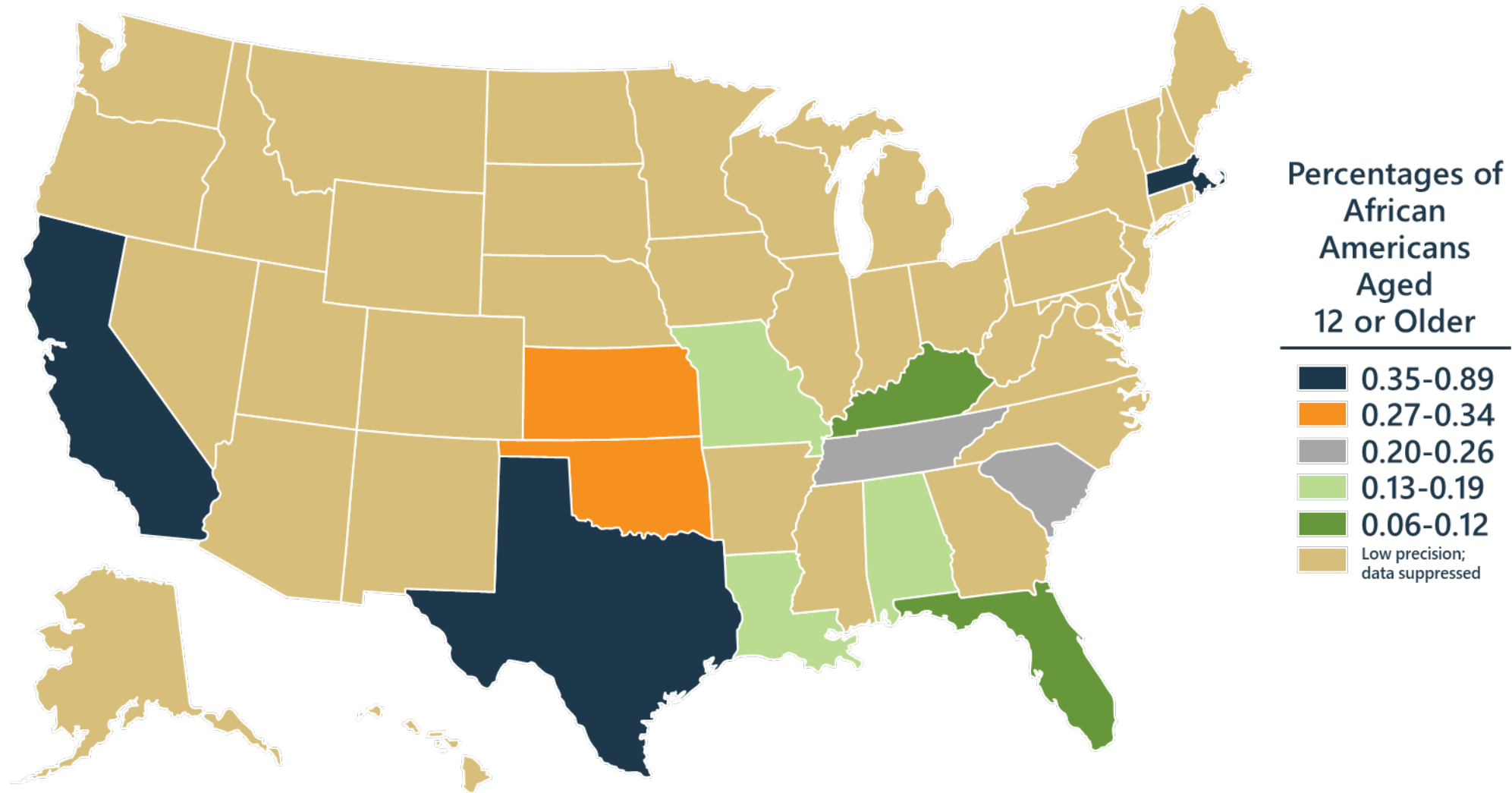


* Estimate not shown due to low precision.

No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Methamphetamine Use among African Americans by State

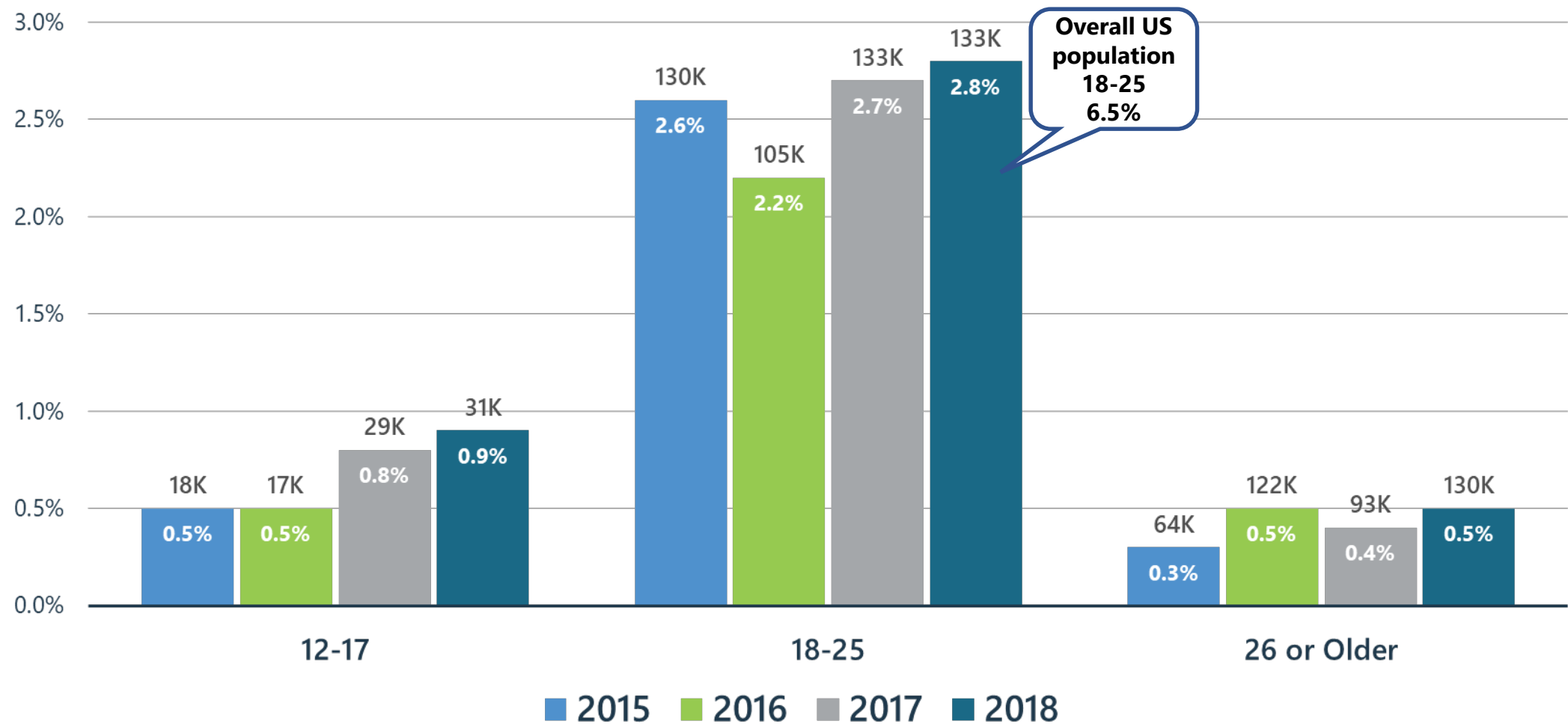
PAST YEAR, 2016-2017, African American 12+



Differences in colors across states do not indicate significant differences in estimates.

Misuse of Prescription Stimulants among African Americans

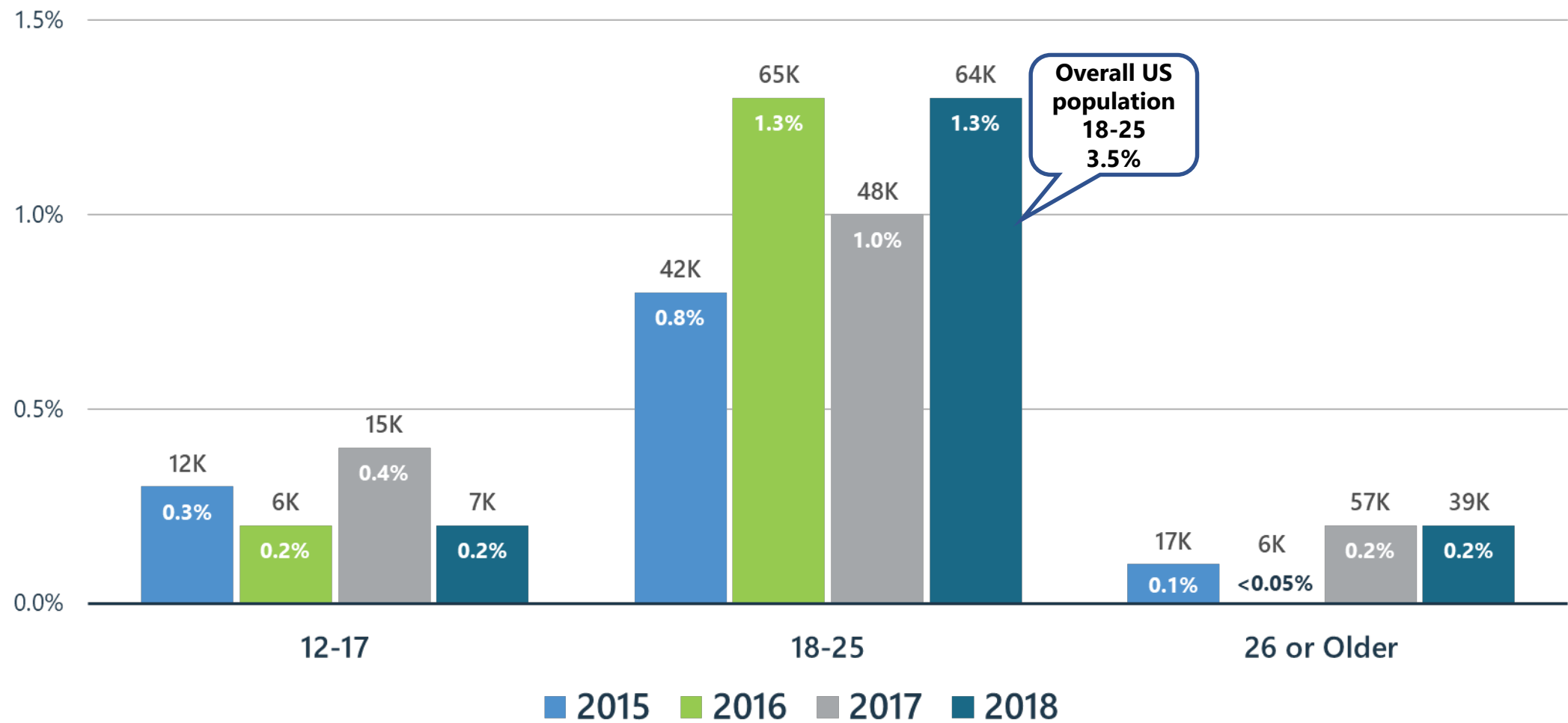
PAST YEAR, 2015-2018 NSDUH, African American 12+



No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

African American Hallucinogen Use: LSD

PAST YEAR, 2015-2018 NSDUH, African American 12+



Estimates represent past year use of LSD (lysergic acid diethylamide), a type of hallucinogen.

No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Summary: Other Substance Use in the United States in 2018

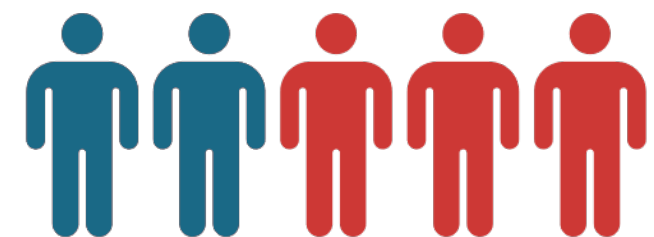
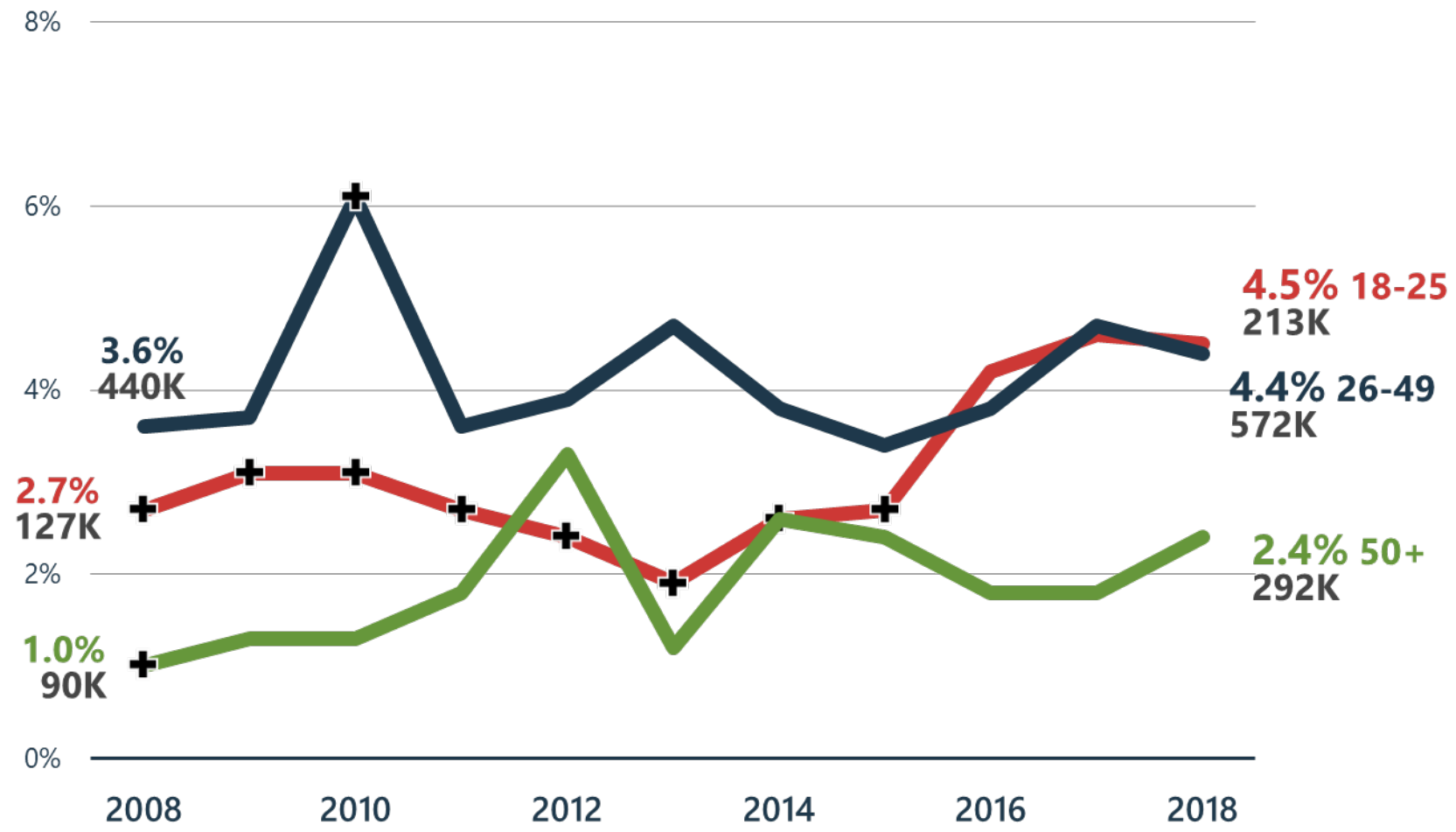
- Significant increase in marijuana use among African Americans aged 26+ in 2015-2018
- No significant changes in marijuana use disorder among African Americans across all age groups
- No significant change in illicit drug use by African American pregnant women, including marijuana use
- No significant changes in cocaine use, methamphetamine use, LSD use, and prescription stimulant misuse among African Americans across all age groups

PREVENTION WORKS!

Mental Health

Serious Mental Illness (SMI) rising among African American Young Adults (18-25 y.o.)

PAST YEAR, 2008-2018 NSDUH, African American 18+



41.8%
89,000 AFRICAN AMERICAN YOUNG ADULTS WITH SMI RECEIVED TREATMENT IN 2018

58.2% got NO treatment

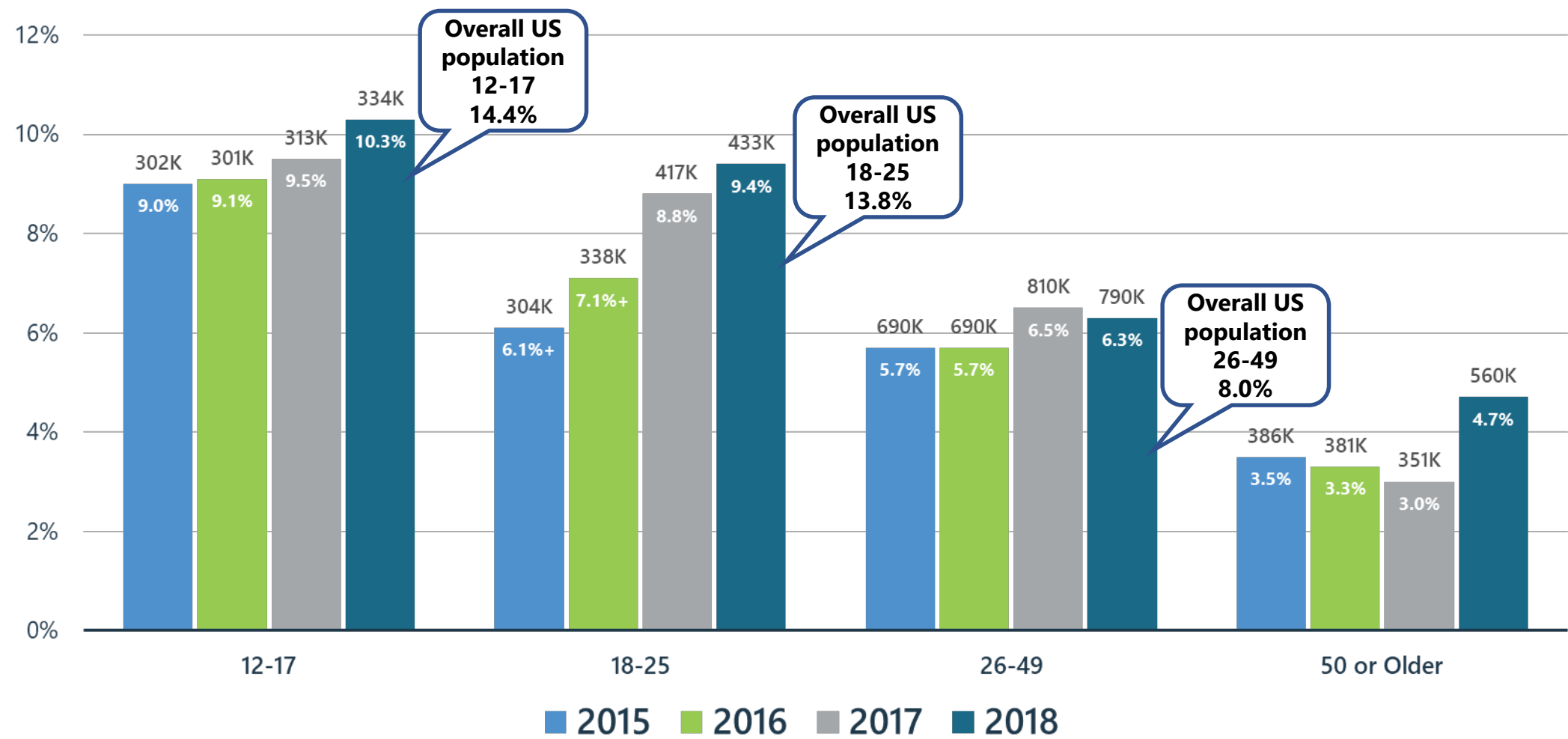
49.9%
285,000 African American adults (26-49 y.o.) with SMI received treatment;

50.1% got NO treatment

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

Major Depressive Episodes among African Americans

PAST YEAR, 2015-2018 NSDUH, African American 12+

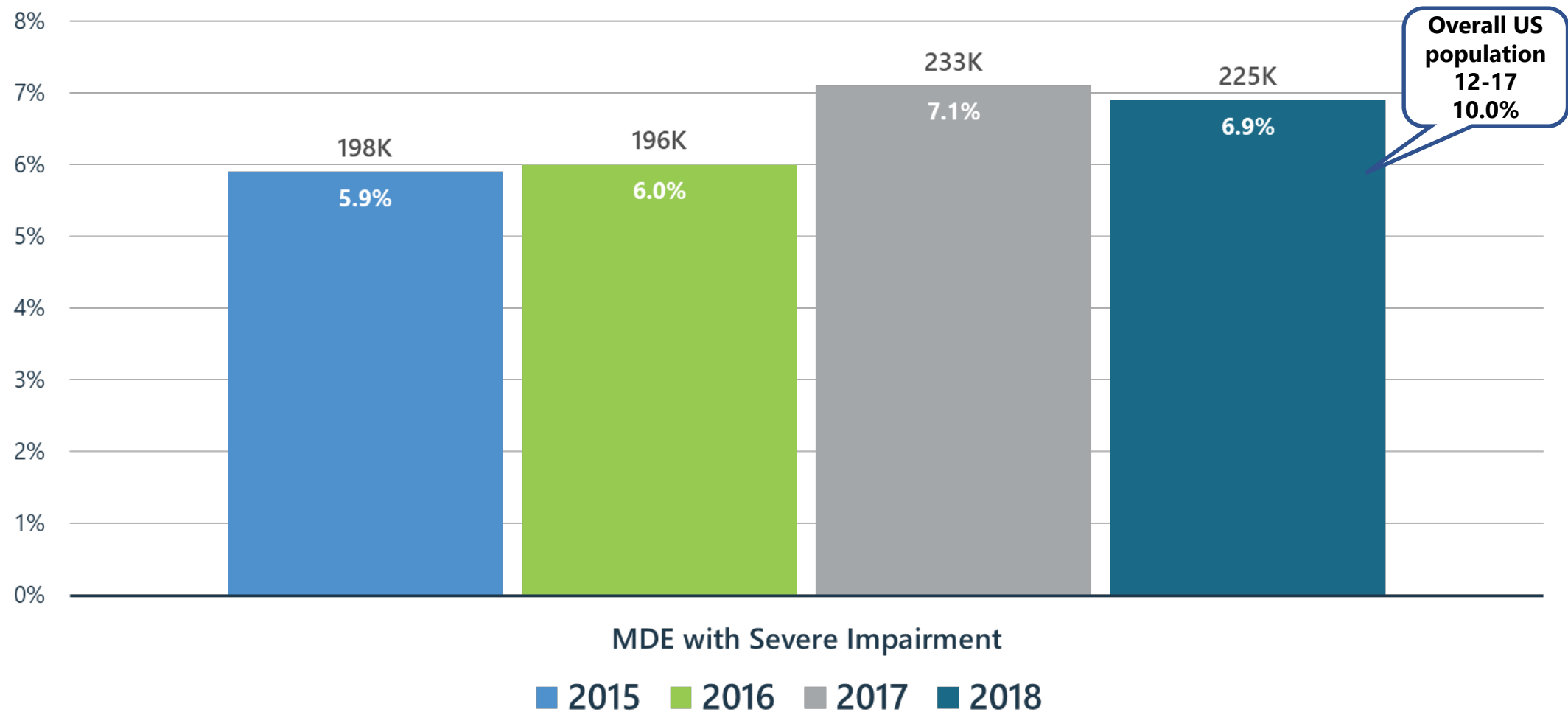


Note: The adult and youth MDE estimates are not directly comparable.

+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

Major Depressive Episodes with Severe Impairment among African American Adolescents

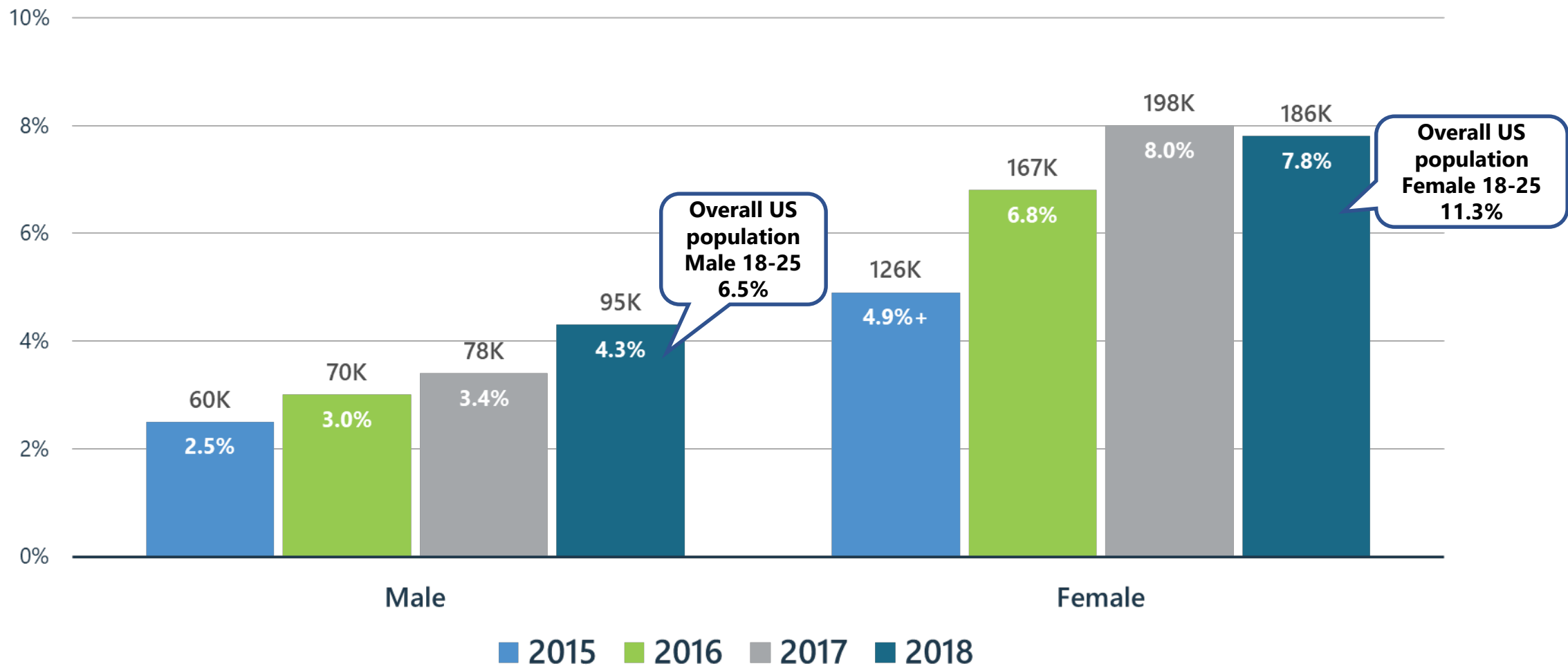
PAST YEAR, 2015-2018 NSDUH, African American 12-17



No differences between prior year estimates and the 2018 estimates are statistically significant at the .05 level.

Major Depressive Episodes with Severe Impairment among African American Young Adults (18-25 y.o.)

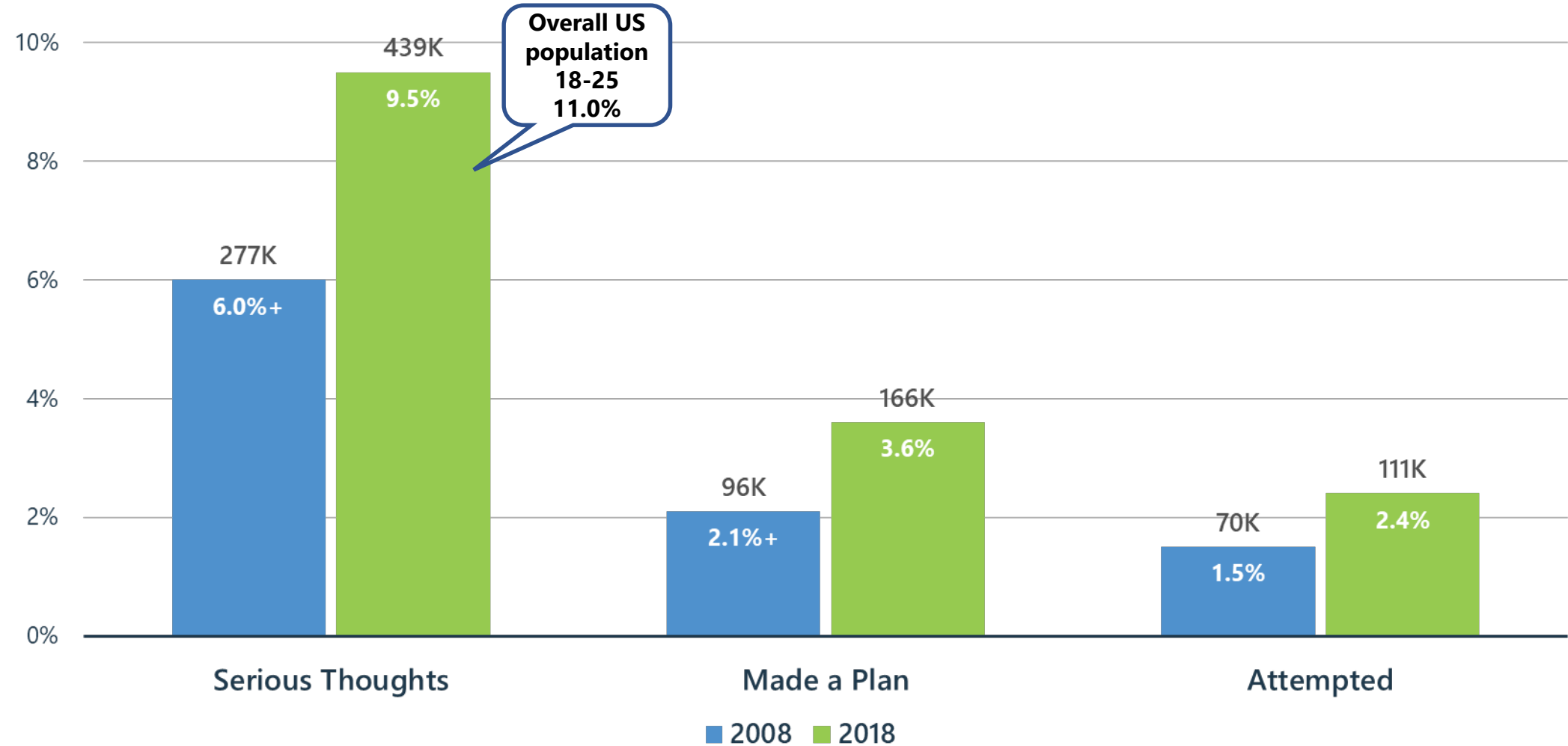
PAST YEAR, 2015-2018 NSDUH, African American 18-25



+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

Suicidal Thoughts, Plans, and Attempts among African American Young Adults (18-25 y.o.)

PAST YEAR, 2008 and 2018 NSDUH, African American 18-25

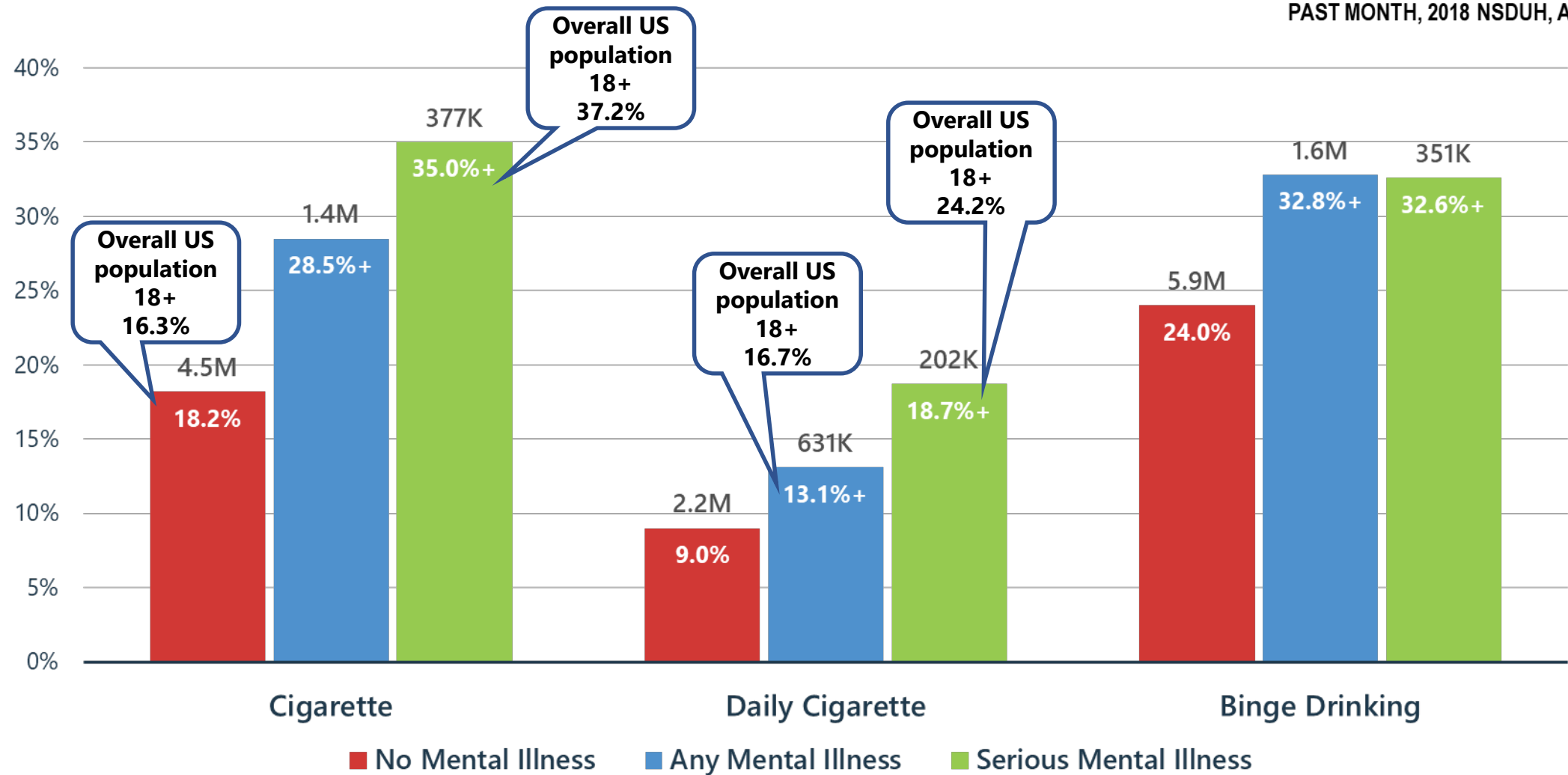


+ Difference between this estimate and the 2018 estimate is statistically significant at the .05 level.

Co-Occurring Disorders

Co-Occurring Issues: Substance Use Is More Frequent among African American Adults (≥18 y.o.) with Mental Illness

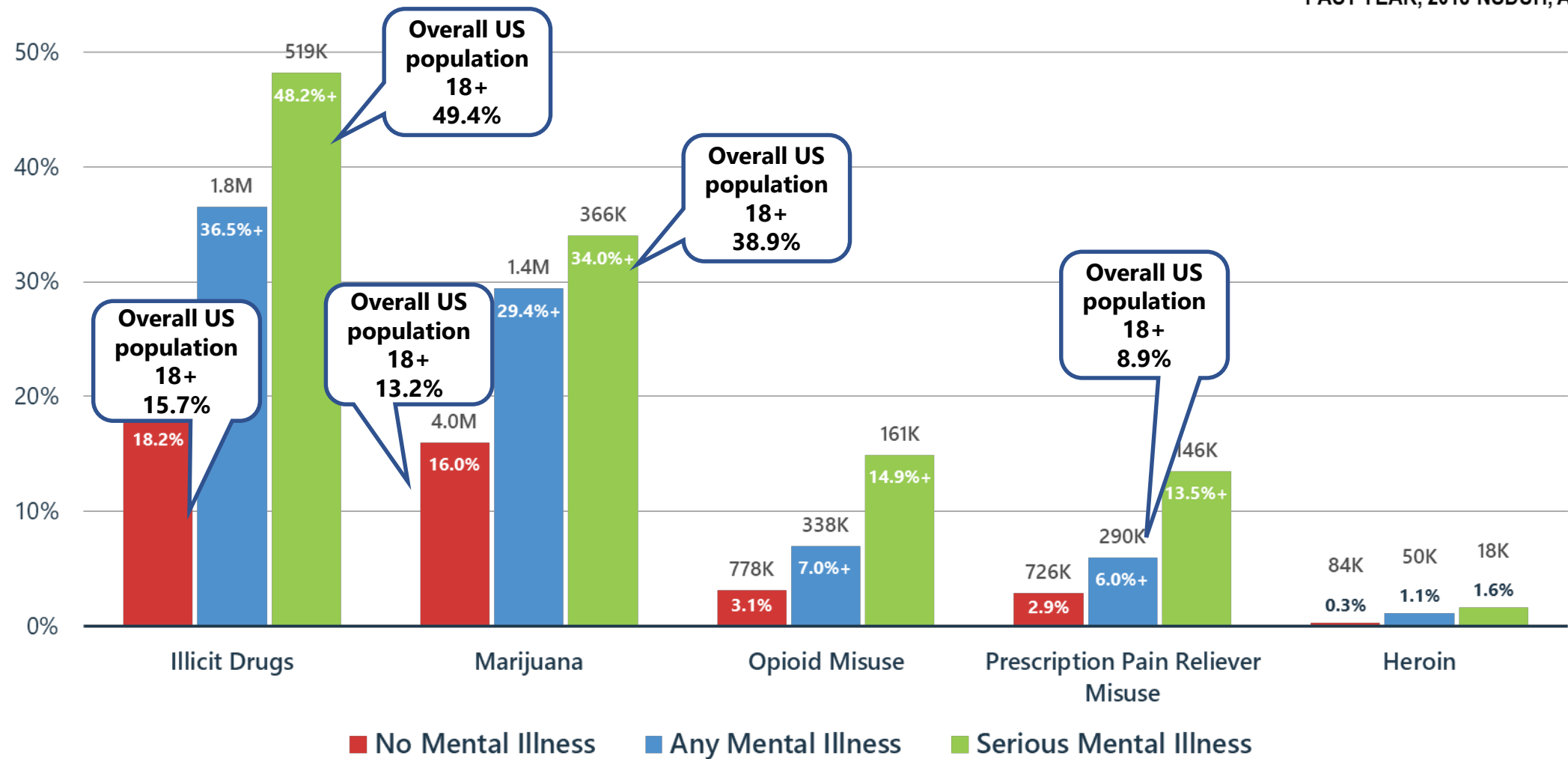
PAST MONTH, 2018 NSDUH, African American 18+



+ Difference between this estimate and the estimate for adults without mental illness is statistically significant at the .05 level.

Co-Occurring Issues: Substance Use Is More Frequent among African American Adults (≥18 y.o.) with Mental Illness

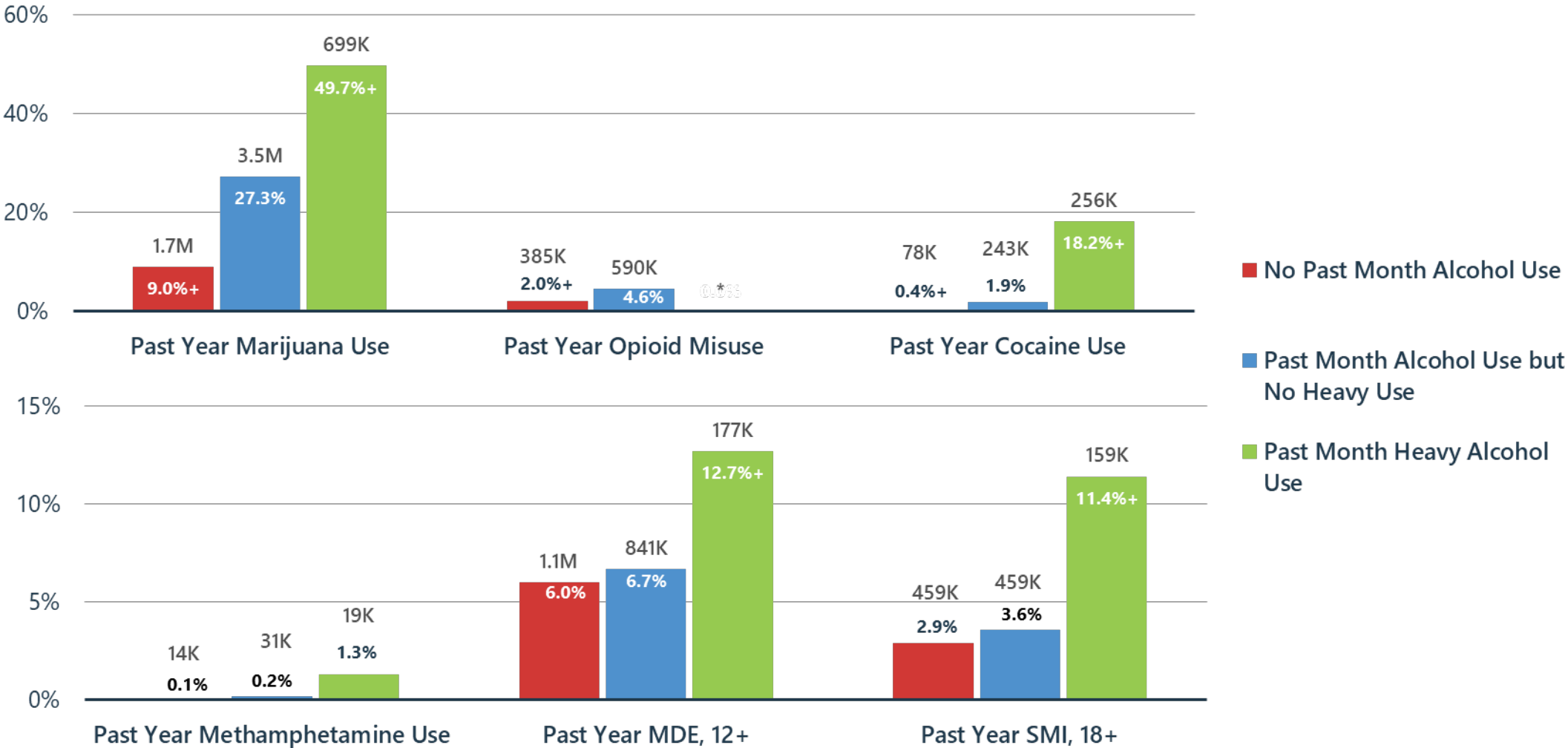
PAST YEAR, 2018 NSDUH, African American 18+



+ Difference between this estimate and the estimate for adults without mental illness is statistically significant at the .05 level.

Alcohol Use Related to Other Substance Use, MDE and SMI among African Americans

PAST YEAR/MONTH, 2018 NSDUH, African American 12+

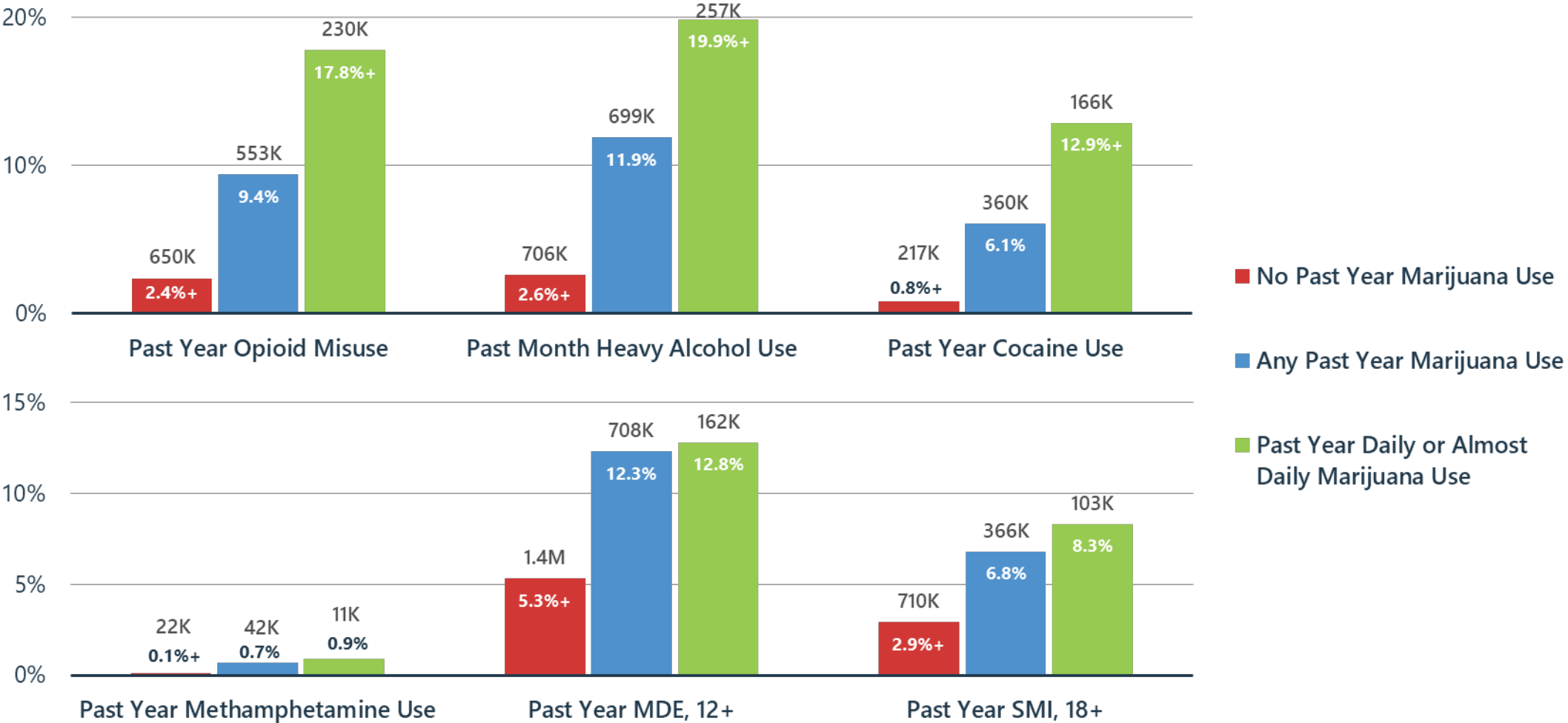


* Estimate not shown due to low precision.

+ Difference between this estimate and the estimate for people with past month use but not heavy alcohol use is statistically significant at the .05 level.

Marijuana Use Related to Other Substance Use, MDE and SMI among African Americans

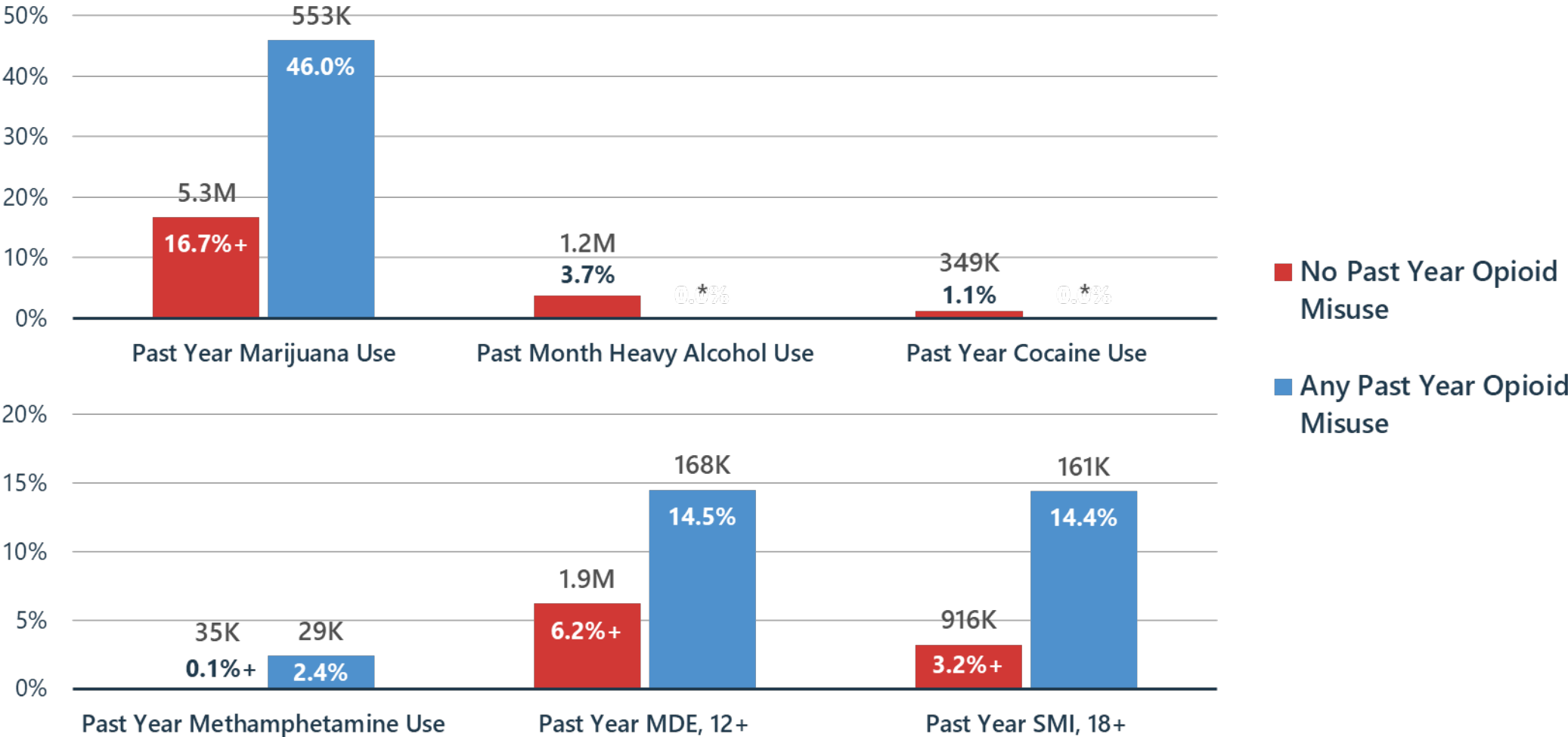
PAST YEAR/MONTH, 2018 NSDUH, African American 12+



+ Difference between this estimate and the estimate for people with past year marijuana use is statistically significant at the .05 level.

Opioid Misuse Related to Other Substance Use, MDE and SMI among African Americans

PAST YEAR/MONTH, 2018 NSDUH, African American 12+

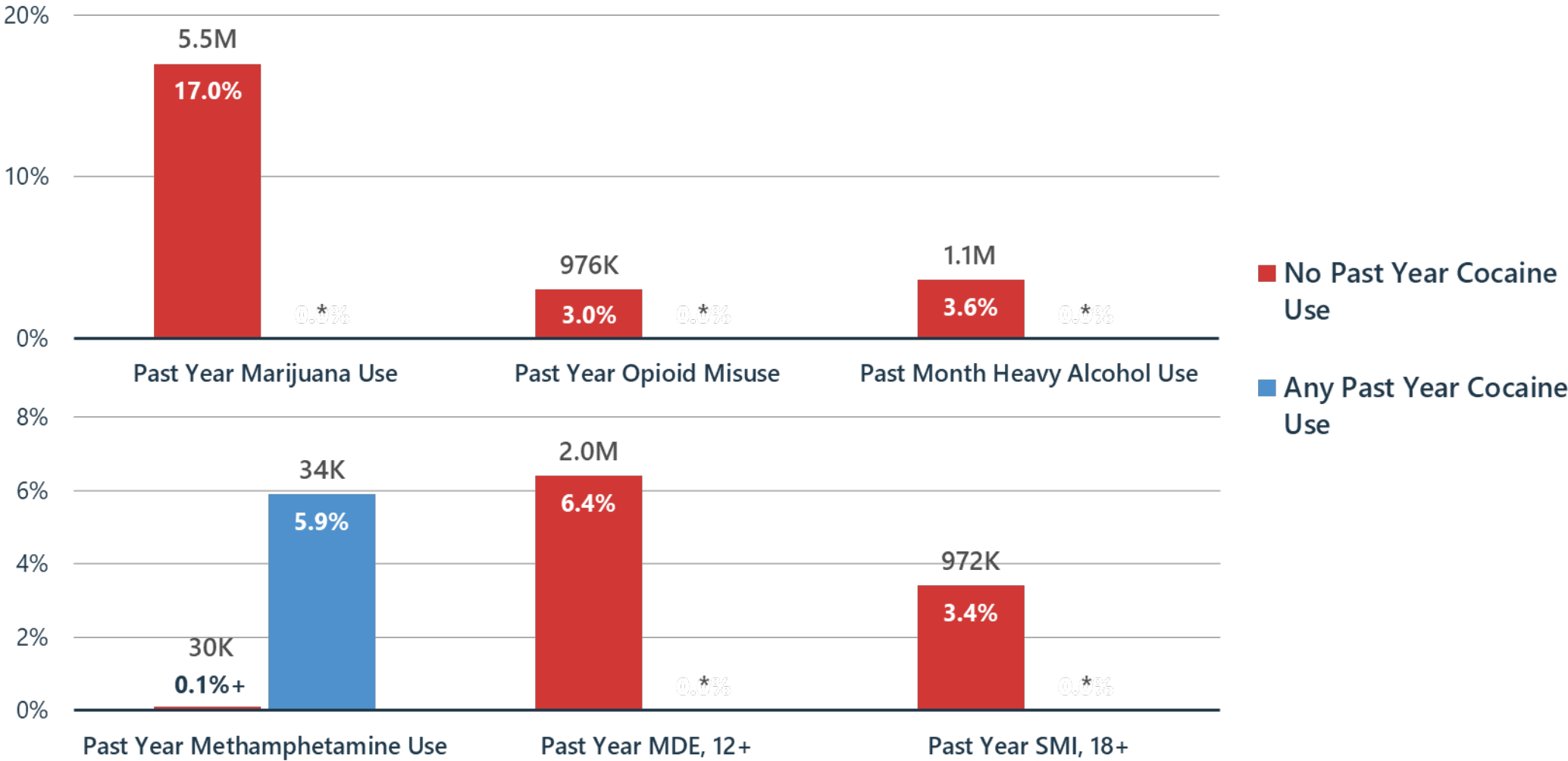


* Estimate not shown due to low precision.

+ Difference between this estimate and the estimate for people with past year opioid misuse is statistically significant at the .05 level.

Cocaine Use Related to Other Substance Use, MDE and SMI among African Americans

PAST YEAR/MONTH, 2018 NSDUH, African American 12+

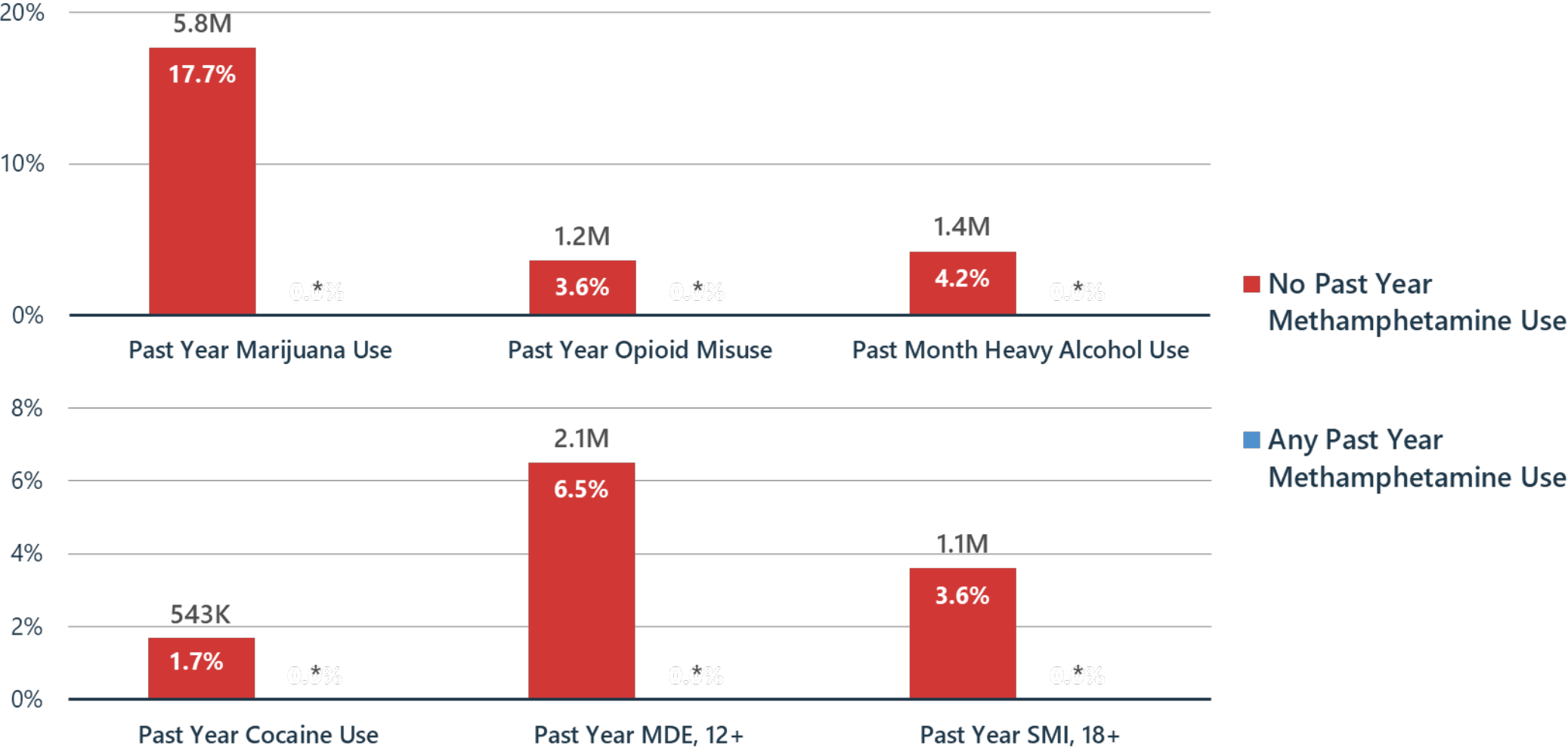


* Estimate not shown due to low precision.

+ Difference between this estimate and the estimate for people with past year cocaine use is statistically significant at the .05 level.

Methamphetamine Use Related to Other Substance Use, MDE and SMI among African Americans

PAST YEAR/MONTH, 2018 NSDUH, African American 12+

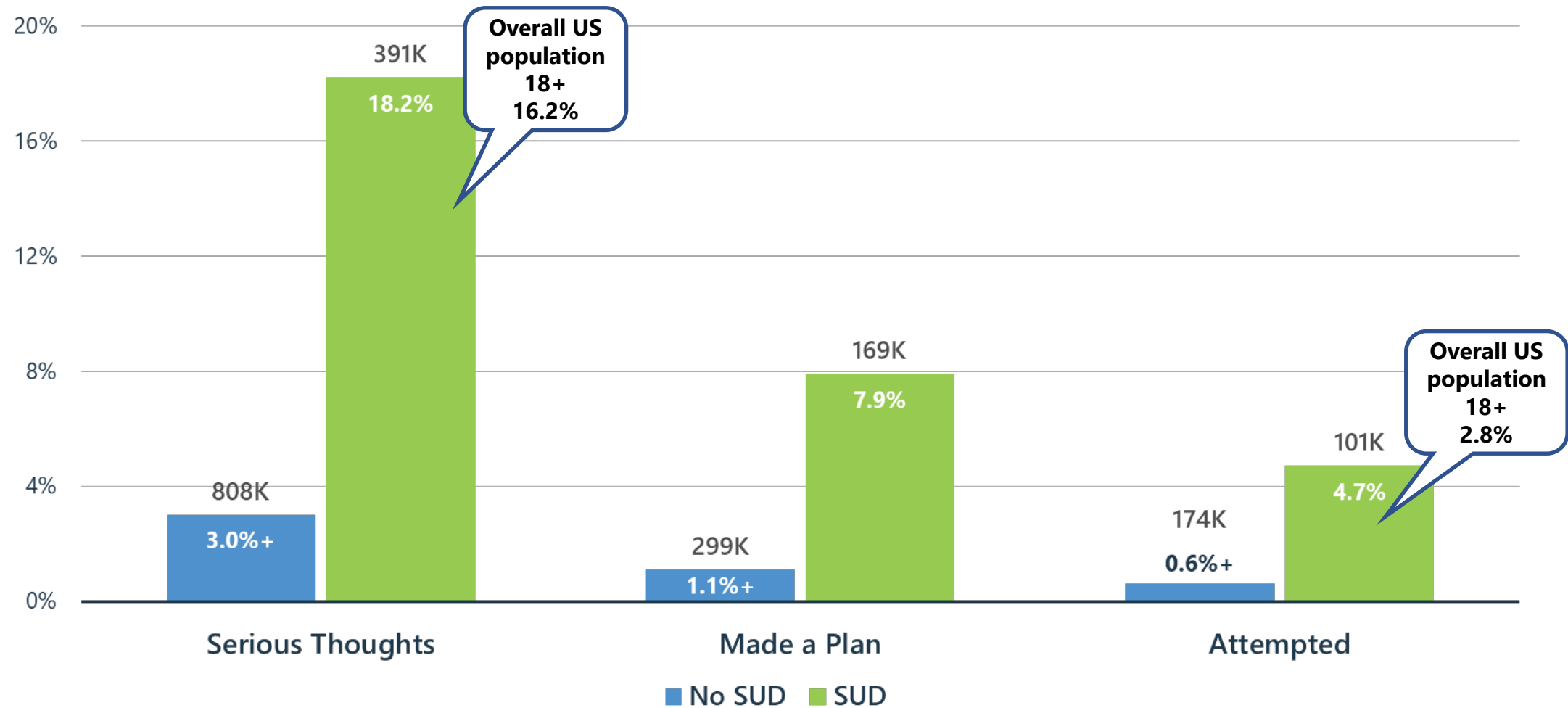


* Estimate not shown due to low precision.

No differences between estimates for people with no past year use and the estimates for people with past year use are statistically significant at the .05 level.

Co-Occurring Substance Use Disorder (SUD) is Associated with Suicidal Thoughts, Plans, and Attempts among African American Adults

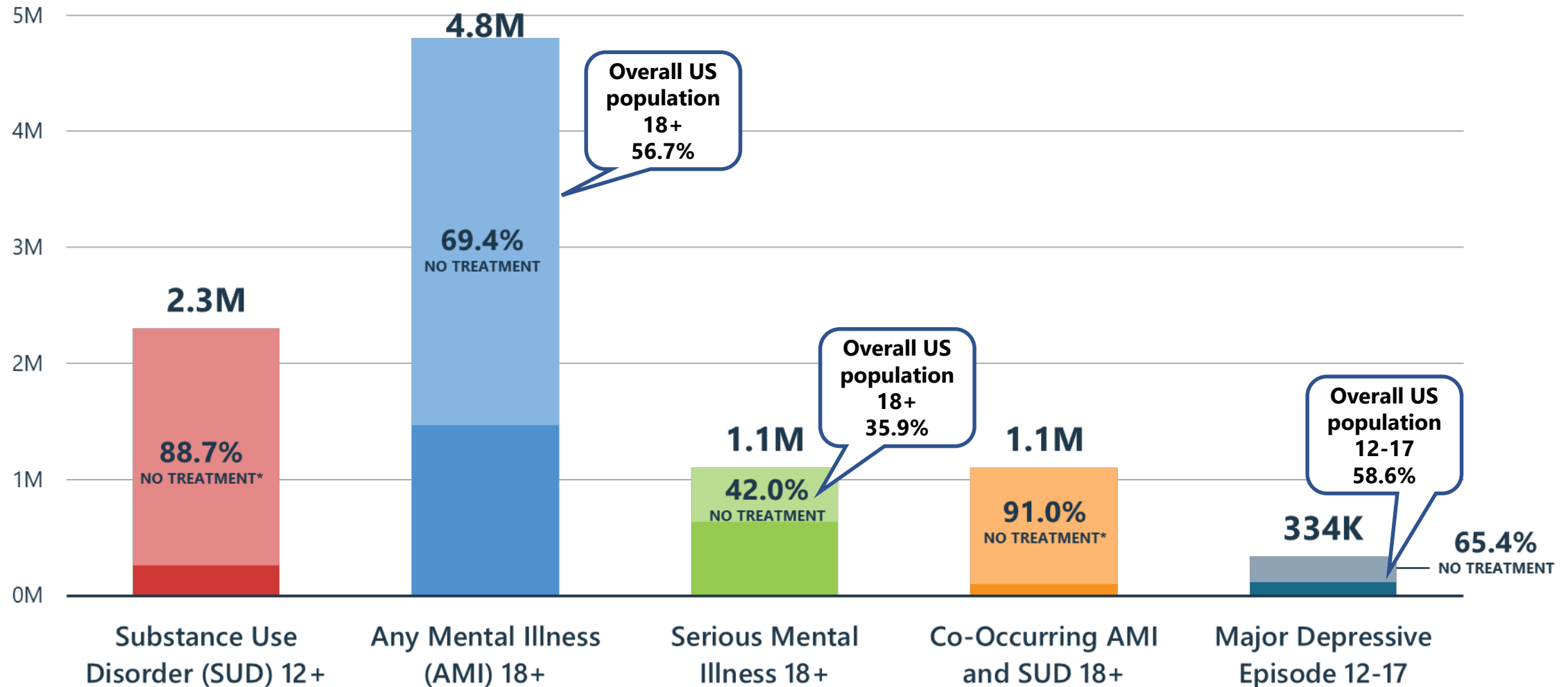
PAST YEAR, 2018 NSDUH, African American 18+



+ Difference between this estimate and the estimate for adults with SUD is statistically significant at the .05 level.

Despite Consequences and Disease Burden, Treatment Gaps among African Americans Remain Vast

PAST YEAR, 2018 NSDUH, African American 12+



* No Treatment for SUD is defined as not receiving treatment at any location, such as a hospital (inpatient), rehabilitation facility (inpatient or outpatient), mental health center, emergency room, private doctor's office, self-help group, or prison/jail.

Summary: Mental Health and Substance Use Issues in the United States in 2018

- Significant increases in serious mental illness among African American young adults aged 18-25 during 2015-2018 and among African American adults aged 50+ during 2008-2018
- Significant increase in major depressive episode among African American young adults
- Significant increase in major depressive episode with severe impairment among female African American young adults
- Significant increase in serious thoughts of suicide in African Americans aged 18-25
- Co-occurring substance use is more frequent among African Americans with mental illness
- Among African Americans, use of one substance—alcohol or other illicit substances-- is strongly correlated with polysubstance use and with major depressive episode and serious mental illness underscoring the need to screen for all substances as well as mental disorders when evaluating a person identifying a substance problem or a mental health issue, *and* to treat all co-occurring disorders
- Substance use disorders are associated with increased risk for suicidality among African Americans
- The large gap in treatment need continues among African Americans

2018: A Year of Some Progress, but Ongoing Need for Americans Living with Substance Use and Mental Health Issues Continues

NSDUH reveals areas where we need to focus resources for African Americans:

- Continuing need to address the ongoing opioid epidemic
- Significant increase in marijuana use among African American adults aged 26+
- Significant increase in major depressive episode among African American young adults aged 18-25
- Substance use and mental disorders among African American are closely linked: NSDUH tells us that illicit substance use is associated with increased risk for other hazardous substance use and mental illness, and mental illness is a risk factor for illicit substance use among African Americans
- Need for ongoing efforts in prevention of substance use disorders among African Americans

SAMHSA's Response

- **Workforce: Continue to address the need for clinicians to be prepared to assess and treat mental health issues and substance issues with national training and technical assistance programs**
- **Opioids**
- Continue work with states to address opioids crisis needs in terms of prevention, treatment, and community recovery resources
 - STR/SOR/TOR grants
 - Discretionary grants: pregnant/post partum parenting women/children/families, drug courts, first responder/prevention grants
 - Collaboration with HHS partners and other federal departments to expand resources to communities
- **Other substances:**
- Encourage use of block grant funds to address prevention/treatment needs
- Provide training and technical assistance on evidence-based psychosocial therapies
- **Connecting with the public: Importance of Prevention, Treatment, Community Supports**
- Public service messaging on substance use and mental health issues with focus on prevention
- <https://www.samhsa.gov/technology-transfer-centers-ttc>
- **Monitoring outcomes:**
- Through continuation of NSDUH, DAWN, and SAMHSA grant program evaluation
- **Making policy modifications as indicated**