

## MASSACHUSETTS

**Table 53A Substance Use, Perceptions of Great Risk, and Mental Health Measures: Among People Aged 12 or Older in Massachusetts; by Age Group, Estimated Numbers (in Thousands), 2021**

Measure	12+	12-17	18-25	26+	18+
<b>ILLICIT DRUGS</b>					
Illicit Drug Use in the Past Month <sup>1,2</sup>	1,102	42	237	823	1,060
Marijuana Use in the Past Year	1,552	58	335	1,158	1,494
Marijuana Use in the Past Month	1,041	32	216	792	1,009
Perceptions of Great Risk from Smoking Marijuana Once a Month	911	100	76	736	812
First Use of Marijuana in the Past Year among Those at Risk for Initiation of Marijuana Use <sup>3,4</sup>	101	15	48	37	86
Illicit Drug Use Other Than Marijuana in the Past Month <sup>1,2</sup>	212	8	40	165	204
Cocaine Use in the Past Year	133	*	35	97	133
Perceptions of Great Risk from Using Cocaine Once a Month	3,909	234	435	3,240	3,675
Heroin Use in the Past Year <sup>5</sup>	--	--	1	28	29
Perceptions of Great Risk from Trying Heroin Once or Twice	5,020	284	627	4,109	4,736
Methamphetamine Use in the Past Year	33	*	4	29	33
Prescription Pain Reliever Misuse in the Past Year <sup>2</sup>	193	9	24	160	184
Opioid Misuse in the Past Year <sup>2,6</sup>	199	9	24	167	191
<b>ALCOHOL</b>					
Alcohol Use in the Past Month	3,146	36	458	2,652	3,110
Binge Alcohol Use in the Past Month <sup>7</sup>	1,297	20	254	1,023	1,277
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	2,401	172	275	1,954	2,229
Alcohol Use in the Past Month <sup>8</sup> (People Aged 12 to 20)	169	--	--	--	--
Binge Alcohol Use in the Past Month <sup>7,8</sup> (People Aged 12 to 20)	89	--	--	--	--
<b>TOBACCO PRODUCTS</b>					
Tobacco Product Use in the Past Month <sup>9</sup>	957	14	95	848	943
Cigarette Use in the Past Month	886	7	79	800	879
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	4,414	356	552	3,506	4,058
<b>MENTAL HEALTH MEASURES IN THE PAST YEAR</b>					
Any Mental Illness <sup>4,10</sup>	--	--	269	999	1,268
Serious Mental Illness <sup>4,10</sup>	--	--	90	177	267
Received Mental Health Services <sup>11</sup>	--	--	166	905	1,071
Major Depressive Episode <sup>4,12</sup>	--	96	142	303	445
Had Serious Thoughts of Suicide	--	--	93	130	223
Made Any Suicide Plans	--	--	37	32	69
Attempted Suicide	--	--	16	4	19

\* = low precision; no estimate reported; -- = not available.

NOTE: Estimates are based on a survey-weighted hierarchical Bayes small area estimation approach. For confidence intervals, see Tables 1 to 35 in *2021 National Survey on Drug Use and Health: Model-Based Estimated Totals (in Thousands) (50 States and the District of Columbia)* at <https://www.samhsa.gov/data/report/2021-nsduh-estimated-totals-state>.

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 (including vaping), 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. Illicit Drugs Other Than Marijuana excludes respondents who used only marijuana but includes those who used marijuana in addition to other illicit drugs.

<sup>2</sup> Prescription pain relievers are a type of prescription psychotherapeutic. 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 in the past year among those at risk for initiation =  $X_1 \div 2$ , where  $X_1$  is the number of marijuana initiates in the past 24 months.

<sup>4</sup> For details, see Section B of *2021 National Survey on Drug Use and Health: Guide to State Tables and Summary of Small Area Estimation Methodology* at <https://www.samhsa.gov/data/report/2021-nsduh-guide-state-tables-and-summary-sae-methodology>.

<sup>5</sup> Estimates for youths aged 12 to 17 are not available for past year heroin use because past year heroin use was extremely rare among youths aged 12 to 17 in the 2021 NSDUH. As a result, estimates for people aged 12 or older are also not produced.

<sup>6</sup> Respondents were classified as misusing opioids in the past year if they reported using heroin or misusing prescription pain relievers in the past year.

<sup>7</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>8</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>9</sup> Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco.

<sup>10</sup> Mental Illness aligns with *Diagnostic and Statistical Manual of Mental Disorders*, 4th Edition (DSM-IV) criteria and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to people with AMI that resulted in serious functional impairment. These estimates are based on indicators of AMI and SMI rather than direct measures of diagnostic status.

<sup>11</sup> Mental Health Services for adults includes inpatient treatment/counseling; outpatient treatment/counseling; or use of prescription medication for problems with emotions, nerves, or mental health.

<sup>12</sup> Major depressive episode (MDE) is based on the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5) definition, 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, 2021.

## MASSACHUSETTS

**Table 53B Substance Use Disorder and Treatment in the Past Year: Among People Aged 12 or Older in Massachusetts; by Age Group, Estimated Numbers (in Thousands), 2021**

Measure	12+	12-17	18-25	26+	18+
<b>SUBSTANCE USE DISORDER AND TREATMENT</b>					
Drug Use Disorder <sup>1,2</sup>	509	38	142	329	471
Pain Reliever Use Disorder <sup>1,3</sup>	97	4	9	84	93
Opioid Use Disorder <sup>1,3,4</sup>	96	4	9	83	92
Alcohol Use Disorder <sup>1</sup>	660	15	135	510	645
Substance Use Disorder <sup>1,2</sup>	1,036	48	209	779	988
Needing But Not Receiving Treatment at a Specialty Facility for Illicit Drug Use <sup>5,6,7</sup>	397	30	132	235	367
Needing But Not Receiving Treatment at a Specialty Facility for Alcohol Use <sup>5</sup>	676	14	134	528	662
Needing But Not Receiving Treatment at a Specialty Facility for Substance Use <sup>5,6,7</sup>	1,008	37	215	756	971

NOTE: Estimates are based on a survey-weighted hierarchical Bayes small area estimation approach. For confidence intervals, see Tables 1 to 35 in *2021 National Survey on Drug Use and Health: Model-Based Estimated Totals (in Thousands) (50 States and the District of Columbia)* at <https://www.samhsa.gov/data/report/2021-nsduh-estimated-totals-state>.

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> Substance Use Disorder (SUD) estimates are based on *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5) criteria. SUD is defined as meeting the criteria for drug or alcohol use disorder. Beginning with the 2021 NSDUH, questions on prescription drug use disorder were asked of all past year users of prescription drugs, regardless of whether they misused prescription drugs. The estimates in these rows include prescription drug use disorder data from all past year users of prescription drugs.

<sup>2</sup> Drug use includes the use of marijuana (including vaping), cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine in the past year or any use (i.e., not necessarily misuse) of prescription pain relievers, tranquilizers, stimulants, or sedatives in the past year.

<sup>3</sup> Pain relievers are a type of prescription drug.

<sup>4</sup> Opioid Use Disorder is defined as meeting the criteria for heroin or pain reliver use disorder.

<sup>5</sup> Respondents were classified as needing substance use treatment if they met the DSM-5 criteria for an illicit drug or alcohol use disorder 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). Substance use treatment questions are asked of respondents who used alcohol or illicit drugs in their lifetime. Respondents who used prescription drugs but who did not misuse prescription drugs in their lifetime may not receive these questions. Needing But Not Receiving Substance Use Treatment refers to respondents who are classified as needing illicit drug or alcohol use treatment but who did not receive illicit drug or alcohol use treatment at a specialty facility.

<sup>6</sup> Illicit drug or alcohol use disorder estimates are based on DSM-5 criteria. Beginning with the 2021 NSDUH, questions on prescription drug use disorder were asked of all past year users of prescription drugs, regardless of whether they misused prescription drugs. The estimates in these rows do not include prescription drug use disorder data from the past year users of prescription drugs who were not also misusers of prescription drugs.

<sup>7</sup> Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana (including vaping), cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021.

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**Table 54A Substance Use, Perceptions of Great Risk, and Mental Health Measures: Among People Aged 12 or Older in Massachusetts; by Age Group, Percentages, 2021**

Measure	12+	12-17	18-25	26+	18+
<b>ILLICIT DRUGS</b>					
Illicit Drug Use in the Past Month <sup>1,2</sup>	18.21	8.49	30.60	17.20	19.07
Marijuana Use in the Past Year	25.64	11.90	43.25	24.21	26.86
Marijuana Use in the Past Month	17.20	6.50	27.93	16.56	18.14
Perceptions of Great Risk from Smoking Marijuana Once a Month	15.06	20.34	9.76	15.38	14.60
First Use of Marijuana in the Past Year among Those at Risk for Initiation of Marijuana Use <sup>3,4</sup>	3.33	3.77	13.99	1.41	3.25
Illicit Drug Use Other Than Marijuana in the Past Month <sup>1,2</sup>	3.51	1.56	5.15	3.44	3.68
Cocaine Use in the Past Year	2.20	*	4.57	2.03	2.38
Perceptions of Great Risk from Using Cocaine Once a Month	64.62	47.91	56.14	67.70	66.08
Heroin Use in the Past Year <sup>5</sup>	--	--	0.17	0.58	0.52
Perceptions of Great Risk from Trying Heroin Once or Twice	83.00	58.03	80.97	85.85	85.17
Methamphetamine Use in the Past Year	0.55	*	0.53	0.61	0.60
Prescription Pain Reliever Misuse in the Past Year <sup>2</sup>	3.18	1.76	3.04	3.35	3.31
Opioid Misuse in the Past Year <sup>2,6</sup>	3.29	1.78	3.08	3.48	3.43
<b>ALCOHOL</b>					
Alcohol Use in the Past Month	52.00	7.43	59.11	55.41	55.92
Binge Alcohol Use in the Past Month <sup>7</sup>	21.44	4.15	32.73	21.38	22.96
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	39.68	35.22	35.45	40.82	40.07
Alcohol Use in the Past Month <sup>8</sup> (People Aged 12 to 20)	20.40	--	--	--	--
Binge Alcohol Use in the Past Month <sup>7,8</sup> (People Aged 12 to 20)	10.77	--	--	--	--
<b>TOBACCO PRODUCTS</b>					
Tobacco Product Use in the Past Month <sup>9</sup>	15.82	2.88	12.20	17.73	16.96
Cigarette Use in the Past Month	14.64	1.52	10.14	16.72	15.80
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	72.96	72.72	71.25	73.26	72.98
<b>MENTAL HEALTH MEASURES IN THE PAST YEAR</b>					
Any Mental Illness <sup>4,10</sup>	--	--	34.68	20.87	22.79
Serious Mental Illness <sup>4,10</sup>	--	--	11.61	3.70	4.80
Received Mental Health Services <sup>11</sup>	--	--	21.38	18.92	19.26
Major Depressive Episode <sup>4,12</sup>	--	19.66	18.30	6.34	8.00
Had Serious Thoughts of Suicide	--	--	11.99	2.72	4.01
Made Any Suicide Plans	--	--	4.78	0.67	1.24
Attempted Suicide	--	--	2.04	0.08	0.35

\* = low precision; no estimate reported; -- = not available.

NOTE: Estimates are based on a survey-weighted hierarchical Bayes small area estimation approach. For confidence intervals, see Tables 1 to 35 in *2021 National Survey on Drug Use and Health: Model-Based Prevalence Estimates (50 States and the District of Columbia)* at <https://www.samhsa.gov/data/report/2021-nsduh-state-prevalence-estimates>.

<sup>1</sup> Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana (including vaping), 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. Illicit Drugs Other Than Marijuana excludes respondents who used only marijuana but includes those who used marijuana in addition to other illicit drugs.

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<sup>3</sup> *First use of marijuana in the past year among those at risk for initiation (%) = 100 \* [(X1 ÷ (0.5 \* X1 + X2)) ÷ 2]*, where X1 is the number of marijuana initiates in the past 24 months and X2 is the number of individuals who never used marijuana (with the at-risk population defined as 0.5 \* X1 + X2). Both of the computation components, X1 and X2, are based on a survey-weighted hierarchical Bayes small area 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 *2021 National Survey on Drug Use and Health: Guide to State Tables and Summary of Small Area Estimation Methodology* at <https://www.samhsa.gov/data/report/2021-nsduh-guide-state-tables-and-summary-sae-methodology>.

<sup>5</sup> Estimates for youths aged 12 to 17 are not available for past year heroin use because past year heroin use was extremely rare among youths aged 12 to 17 in the 2021 NSDUH. As a result, estimates for people aged 12 or older are also not produced.

<sup>6</sup> Respondents were classified as misusing opioids in the past year if they reported using heroin or misusing prescription pain relievers in the past year.

<sup>7</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>8</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>9</sup> Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco.

<sup>10</sup> Mental Illness aligns with *Diagnostic and Statistical Manual of Mental Disorders*, 4th Edition (DSM-IV) criteria and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to people with AMI that resulted in serious functional impairment. These estimates are based on indicators of AMI and SMI rather than direct measures of diagnostic status.

<sup>11</sup> Mental Health Services for adults includes inpatient treatment/counseling; outpatient treatment/counseling; or use of prescription medication for problems with emotions, nerves, or mental health.

<sup>12</sup> Major depressive episode (MDE) is based on the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5) definition, 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, 2021.

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**Table 54B Substance Use Disorder and Treatment in the Past Year: Among People Aged 12 or Older in Massachusetts; by Age Group, Percentages, 2021**

Measure	12+	12-17	18-25	26+	18+
<b>SUBSTANCE USE DISORDER AND TREATMENT</b>					
Drug Use Disorder <sup>1,2</sup>	8.41	7.87	18.29	6.87	8.46
Pain Reliever Use Disorder <sup>1,3</sup>	1.60	0.73	1.19	1.76	1.68
Opioid Use Disorder <sup>1,3,4</sup>	1.58	0.73	1.15	1.74	1.66
Alcohol Use Disorder <sup>1</sup>	10.91	3.11	17.40	10.66	11.60
Substance Use Disorder <sup>1,2</sup>	17.12	9.73	27.01	16.28	17.78
Needing But Not Receiving Treatment at a Specialty Facility for Illicit Drug Use <sup>5,6,7</sup>	6.56	6.12	17.07	4.91	6.60
Needing But Not Receiving Treatment at a Specialty Facility for Alcohol Use <sup>5</sup>	11.17	2.82	17.27	11.04	11.91
Needing But Not Receiving Treatment at a Specialty Facility for Substance Use <sup>5,6,7</sup>	16.65	7.58	27.80	15.79	17.46

NOTE: Estimates are based on a survey-weighted hierarchical Bayes small area estimation approach. For confidence intervals, see Tables 1 to 35 in *2021 National Survey on Drug Use and Health: Model-Based Prevalence Estimates (50 States and the District of Columbia)* at <https://www.samhsa.gov/data/report/2021-nsduh-state-prevalence-estimates>.

<sup>1</sup> Substance Use Disorder (SUD) estimates are based on *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5) criteria. SUD is defined as meeting the criteria for drug or alcohol use disorder. Beginning with the 2021 NSDUH, questions on prescription drug use disorder were asked of all past year users of prescription drugs, regardless of whether they misused prescription drugs. The estimates in these rows include prescription drug use disorder data from all past year users of prescription drugs.

<sup>2</sup> Drug use includes the use of marijuana (including vaping), cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine in the past year or any use (i.e., not necessarily misuse) of prescription pain relievers, tranquilizers, stimulants, or sedatives in the past year.

<sup>3</sup> Pain relievers are a type of prescription drug.

<sup>4</sup> Opioid Use Disorder is defined as meeting the criteria for heroin or pain reliver use disorder.

<sup>5</sup> Respondents were classified as needing substance use treatment if they met the DSM-5 criteria for an illicit drug or alcohol use disorder 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). Substance use treatment questions are asked of respondents who used alcohol or illicit drugs in their lifetime. Respondents who used prescription drugs but who did not misuse prescription drugs in their lifetime may not receive these questions. Needing But Not Receiving Substance Use Treatment refers to respondents who are classified as needing illicit drug or alcohol use treatment but who did not receive illicit drug or alcohol use treatment at a specialty facility.

<sup>6</sup> Illicit drug or alcohol use disorder estimates are based on DSM-5 criteria. Beginning with the 2021 NSDUH, questions on prescription drug use disorder were asked of all past year users of prescription drugs, regardless of whether they misused prescription drugs. The estimates in these rows do not include prescription drug use disorder data from the past year users of prescription drugs who were not also misusers of prescription drugs.

<sup>7</sup> Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana (including vaping), cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021.