NORTH CAROLINA

Table 77A Substance Use, Perceptions of Great Risk, and Mental Health Measures: Among People Aged 12 or Older in *North Carolina*; by Age Group, Estimated Numbers (in Thousands), 2021

Measure	12+	12-17	18-25	26+	18+
ILLICIT DRUGS					
Illicit Drug Use in the Past Month[1,2]	983	48	195	740	935
Marijuana Use in the Past Year	1,219	65	293	861	1,154
Marijuana Use in the Past Month	857	31	187	639	826
Perceptions of Great Risk from Smoking Marijuana Once a Month	1,915	207	109	1,598	1,707
First Use of Marijuana in the Past Year among Those at Risk for Initiation of Marijuana Use[3,4]	103	31	48	23	71
Illicit Drug Use Other Than Marijuana in the Past Month[1,2]	259	17	35	206	241
Cocaine Use in the Past Year	129	1	29	99	128
Perceptions of Great Risk from Using Cocaine Once a Month	5,996	414	633	4,949	5,582
Heroin Use in the Past Year[5]	--	--	3	39	42
Perceptions of Great Risk from Trying Heroin Once or Twice	7,291	479	829	5,983	6,812
Methamphetamine Use in the Past Year	73	1	4	68	72
Prescription Pain Reliever Misuse in the Past Year[2]	289	23	29	237	265
Opioid Misuse in the Past Year[2,6]	334	23	32	279	311
ALCOHOL					
Alcohol Use in the Past Month	3,912	47	511	3,354	3,865
Binge Alcohol Use in the Past Month[7]	1,673	23	273	1,376	1,650
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	4,005	356	414	3,235	3,648
Alcohol Use in the Past Month[8] (People Aged 12 to 20)	126	--	--	--	--
Binge Alcohol Use in the Past Month[7,8] (People Aged 12 to 20)	66	--	--	--	--
TOBACCO PRODUCTS					
Tobacco Product Use in the Past Month[9]	1,985	20	179	1,786	1,965
Cigarette Use in the Past Month	1,559	7	109	1,443	1,552
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	5,871	533	679	4,659	5,338
MENTAL HEALTH MEASURES IN THE PAST YEAR					
Any Mental Illness[4,10]	--	--	350	1,465	1,815
Serious Mental Illness[4,10]	--	--	128	295	423
Received Mental Health Services[11]	--	--	208	1,258	1,466
Major Depressive Episode[4,12]	--	146	194	477	671
Had Serious Thoughts of Suicide	--	--	130	216	346
Made Any Suicide Plans	--	--	41	60	101
Attempted Suicide	--	--	25	33	58

-- = 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.

[1] 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.

[2] 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.

[3] *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.

[4] 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.

[5] 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.

[6] Respondents were classified as misusing opioids in the past year if they reported using heroin or misusing prescription pain relievers in the past year.

[7] 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.

[8] 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.

[9] Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco.

[10] 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.

[11] 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.

[12] 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.

NORTH CAROLINA

Table 77B Substance Use Disorder and Treatment in the Past Year: Among People Aged 12 or Older in *North Carolina*; by Age Group, Estimated Numbers (in Thousands), 2021

Measure	12+	12-17	18-25	26+	18+
SUBSTANCE USE DISORDER AND TREATMENT					
Drug Use Disorder[1,2]	697	46	143	508	651
Pain Reliever Use Disorder[1,3]	173	8	13	152	165
Opioid Use Disorder[1,3,4]	220	8	15	197	212
Alcohol Use Disorder[1]	891	27	167	696	863
Substance Use Disorder[1,2]	1,382	63	258	1,061	1,318
Needing But Not Receiving Treatment at a Specialty Facility for Illicit Drug Use[5,6,7]	481	37	126	318	444
Needing But Not Receiving Treatment at a Specialty Facility for Alcohol Use[5]	901	25	159	716	875
Needing But Not Receiving Treatment at a Specialty Facility for Substance Use[5,6,7]	1,144	49	235	861	1,096

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.

[1] 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.

[2] 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.

[3] Pain relievers are a type of prescription drug.

[4] Opioid Use Disorder is defined as meeting the criteria for heroin or pain reliver use disorder.

[5] 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.

[6] 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.

[7] 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.

NORTH CAROLINA

Table 78A Substance Use, Perceptions of Great Risk, and Mental Health Measures: Among People Aged 12 or Older in *North Carolina*; by Age Group, Percentages, 2021

Measure	12+	12-17	18-25	26+	18+
ILLICIT DRUGS					
Illicit Drug Use in the Past Month[1,2]	11.07	5.86	18.37	10.58	11.60
Marijuana Use in the Past Year	13.73	7.95	27.64	12.31	14.32
Marijuana Use in the Past Month	9.66	3.78	17.64	9.14	10.26
Perceptions of Great Risk from Smoking Marijuana Once a Month	21.55	25.18	10.28	22.84	21.18
First Use of Marijuana in the Past Year among Those at Risk for Initiation of Marijuana Use[3,4]	2.26	4.13	8.38	0.75	1.90
Illicit Drug Use Other Than Marijuana in the Past Month[1,2]	2.92	2.12	3.33	2.95	3.00
Cocaine Use in the Past Year	1.45	0.11	2.72	1.42	1.59
Perceptions of Great Risk from Using Cocaine Once a Month	67.52	50.32	59.76	70.72	69.27
Heroin Use in the Past Year[5]	--	--	0.32	0.55	0.52
Perceptions of Great Risk from Trying Heroin Once or Twice	82.13	58.22	78.24	85.50	84.54
Methamphetamine Use in the Past Year	0.82	0.10	0.36	0.97	0.89
Prescription Pain Reliever Misuse in the Past Year[2]	3.25	2.83	2.71	3.38	3.29
Opioid Misuse in the Past Year[2,6]	3.76	2.84	2.99	3.99	3.86
ALCOHOL					
Alcohol Use in the Past Month	44.05	5.75	48.27	47.92	47.97
Binge Alcohol Use in the Past Month[7]	18.83	2.78	25.81	19.67	20.48
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	45.09	43.28	39.06	46.22	45.28
Alcohol Use in the Past Month[8] (People Aged 12 to 20)	11.30	--	--	--	--
Binge Alcohol Use in the Past Month[7,8] (People Aged 12 to 20)	5.96	--	--	--	--
TOBACCO PRODUCTS					
Tobacco Product Use in the Past Month[9]	22.36	2.44	16.94	25.52	24.39
Cigarette Use in the Past Month	17.55	0.88	10.24	20.62	19.26
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	66.11	64.69	64.14	66.57	66.25
MENTAL HEALTH MEASURES IN THE PAST YEAR					
Any Mental Illness[4,10]	--	--	33.06	20.94	22.53
Serious Mental Illness[4,10]	--	--	12.09	4.22	5.25
Received Mental Health Services[11]	--	--	19.63	17.98	18.19
Major Depressive Episode[4,12]	--	17.72	18.30	6.82	8.33
Had Serious Thoughts of Suicide	--	--	12.28	3.08	4.29
Made Any Suicide Plans	--	--	3.88	0.85	1.25
Attempted Suicide	--	--	2.37	0.47	0.72

-- = 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.

[1] 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.

[2] 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.

[3] *First use of marijuana in the past year among those at risk for initiation* (%) = 100 * {[$X_1 \div (0.5 * X_1 + X_2)$] ÷ 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 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.

[4] 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.

[5] 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.

[6] Respondents were classified as misusing opioids in the past year if they reported using heroin or misusing prescription pain relievers in the past year.

[7] 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.

[8] 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.

[9] Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco.

[10] 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.

[11] 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.

[12] 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.

NORTH CAROLINA

Table 78B Substance Use Disorder and Treatment in the Past Year: Among People Aged 12 or Older in *North Carolina*; by Age Group, Percentages, 2021

Measure	12+	12-17	18-25	26+	18+
SUBSTANCE USE DISORDER AND TREATMENT					
Drug Use Disorder[1,2]	7.84	5.58	13.46	7.26	8.07
Pain Reliever Use Disorder[1,3]	1.95	1.02	1.22	2.17	2.04
Opioid Use Disorder[1,3,4]	2.48	1.03	1.40	2.81	2.63
Alcohol Use Disorder[1]	10.03	3.32	15.77	9.95	10.72
Substance Use Disorder[1,2]	15.56	7.70	24.33	15.16	16.36
Needing But Not Receiving Treatment at a Specialty Facility for Illicit Drug Use[5,6,7]	5.42	4.46	11.92	4.55	5.52
Needing But Not Receiving Treatment at a Specialty Facility for Alcohol Use[5]	10.14	3.07	15.00	10.24	10.86
Needing But Not Receiving Treatment at a Specialty Facility for Substance Use[5,6,7]	12.89	5.90	22.15	12.30	13.60

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.

[1] 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.

[2] 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.

[3] Pain relievers are a type of prescription drug.

[4] Opioid Use Disorder is defined as meeting the criteria for heroin or pain reliver use disorder.

[5] 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.

[6] 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.

[7] 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.