

2021 National Survey on Drug Use and Health: Among the Multiracial Population Aged 12 or Older

Center for Behavioral Health Statistics and Quality
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services



NSDUH Scope and Target Population

- Conducted by the Federal Government since 1971
- 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
- Produces estimates representative of the population at national and state levels
- Covers the civilian, noninstitutionalized population aged 12 or older in all 50 states and Washington, DC:
 - Includes households, college dorms, homeless in shelters, civilians on military bases
 - Excludes active military, long-term hospital residents, prison populations, homeless not in shelters
- NSDUH 2021 sample included 69,850 people

Data from 2021 should not be compared or pooled with data from prior years

Why not?

1

Mode effect: Web data collection began in 2020. There were significant differences in estimates between web and in-person modes of data collection.

2

Seasonal effect: There were systematic differences between two-quarter estimates from 2015 to 2019 and corresponding four-quarter estimates. Because 2020 data were mostly collected in only two quarters, these data cannot be compared with the full year of 2021 data.

3

Substance Use Disorder (SUD) definition changes: Starting in 2020, SUDs were defined according to criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5). Therefore, SUD estimates cannot be compared with 2019 or earlier.

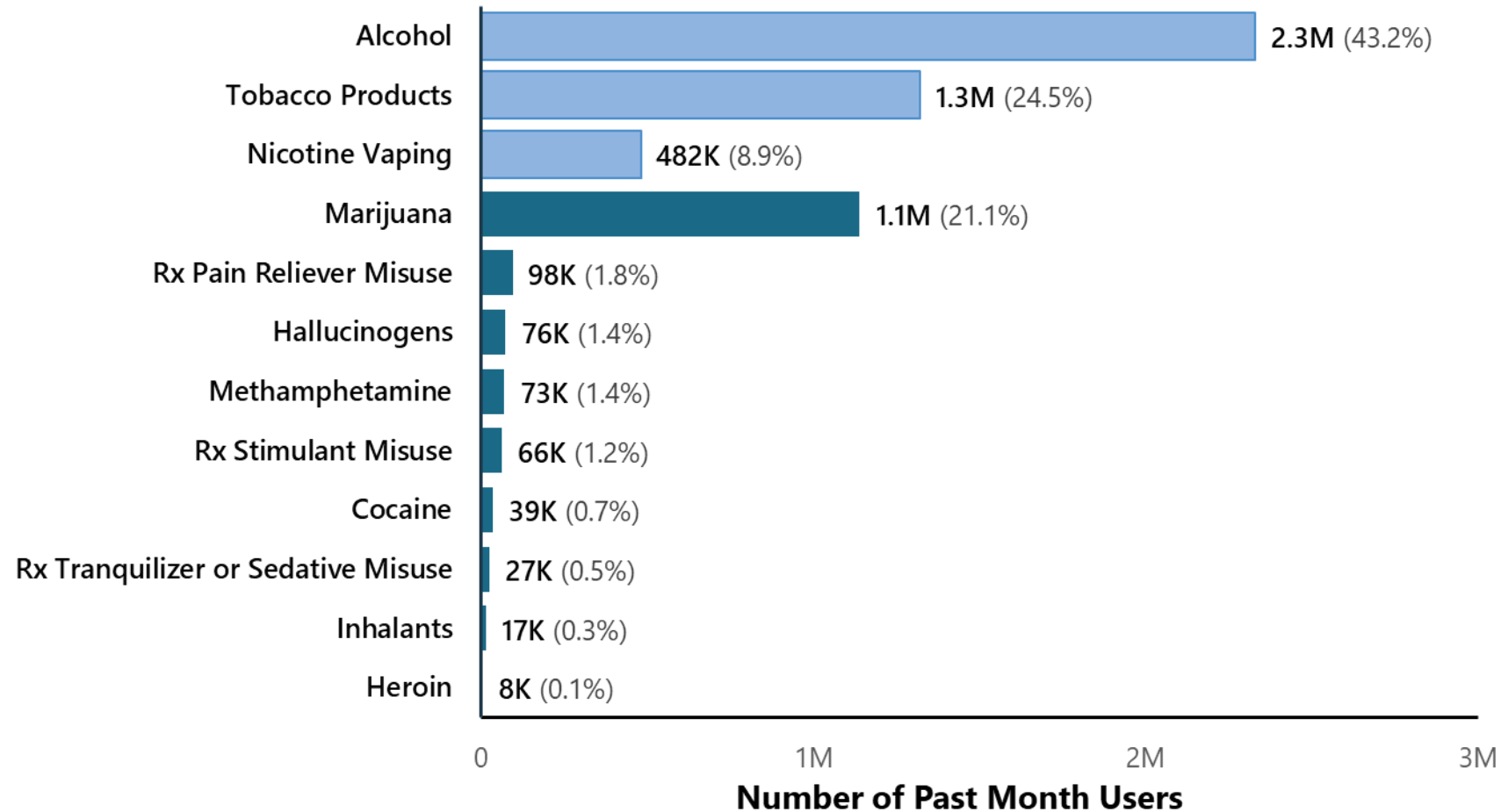
About This Presentation

- The racial and ethnic groups discussed in this presentation are mutually exclusive. People who were of Hispanic or Latino ethnicity could be of any race but are not included in the estimates for any of the racial categories. Estimates for people who were not of Hispanic or Latino ethnicity are reported by race. People reporting two or more races and who were not of Hispanic or Latino ethnicity are noted as “Multiracial” in this presentation. People reporting their race as Black or African American are subsequently referred to as Black. People reporting their ethnicity as Hispanic or Latino are subsequently referred to as Hispanic.
- Statistical testing was performed for comparisons of estimates across age groups and among racial and ethnic groups according to procedures described in the 2021 Methodological Summary and Definitions report.¹ For consistency with the typical criteria for statistical testing in NSDUH, age group differences were considered statistically significant at the .05 level of significance. For testing among racial and ethnic groups, a more conservative level of .01 was used for considering differences to be statistically significant. Statistically significant differences resulting from these testing procedures are described using terms such as “higher,” “lower,” “more likely,” or “less likely.” Statements use terms such as “similar” or “the same” when a difference was not statistically significant. When estimates are presented without reference to differences across groups, statistical significance is not implied.

¹ See Section 3.2.3 in the following reference: Center for Behavioral Health Statistics and Quality. (2022). 2021 National Survey on Drug Use and Health (NSDUH): Methodological summary and definitions. <https://www.samhsa.gov/data/report/2021-methodological-summary-and-definitions>

Substance Use in the Past Month

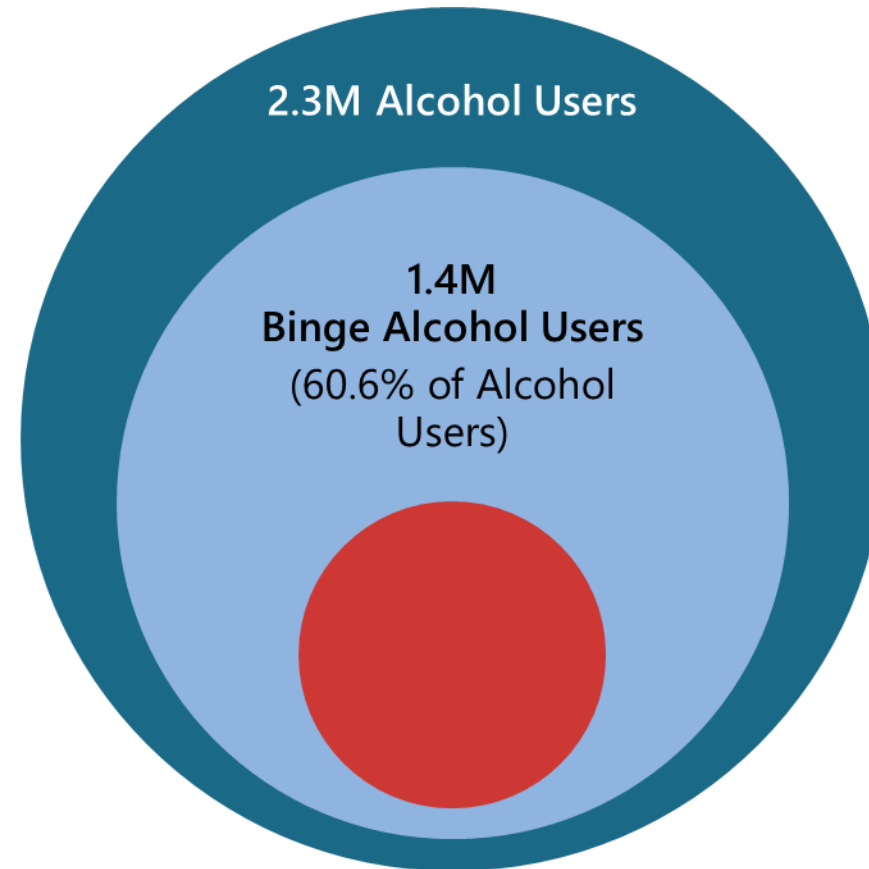
Past Month Substance Use: Among Multiracial People Aged 12 or Older



Rx = prescription.

Note: The estimated numbers of current users of different substances are not mutually exclusive because people could have used more than one type of substance in the past month.

Past Month Alcohol Use, Binge Alcohol Use, and Heavy Alcohol Use: Among Multiracial People Aged 12 or Older

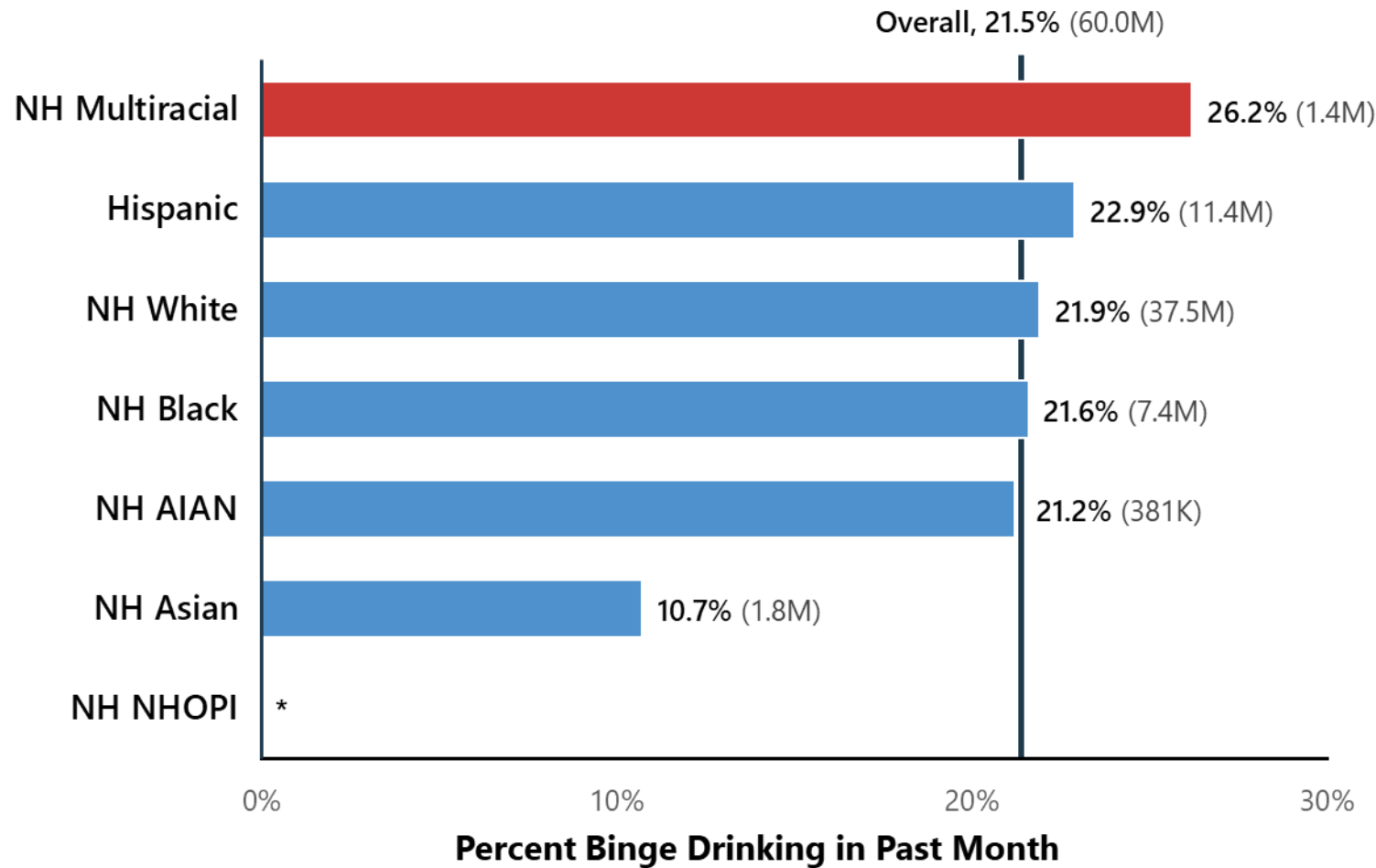


- More than **half** of past month alcohol users were binge drinkers

305K Heavy Alcohol Users
(21.6% of Binge Alcohol Users and 13.1% of Alcohol Users)

Note: Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion on at least 1 day in the past 30 days. Heavy Alcohol Use is defined as binge drinking on the same occasion on 5 or more days in the past 30 days; all heavy alcohol users are also binge alcohol users.

Binge Alcohol Use in the Past Month by Racial and Ethnic Groups: Among People Aged 12 or Older



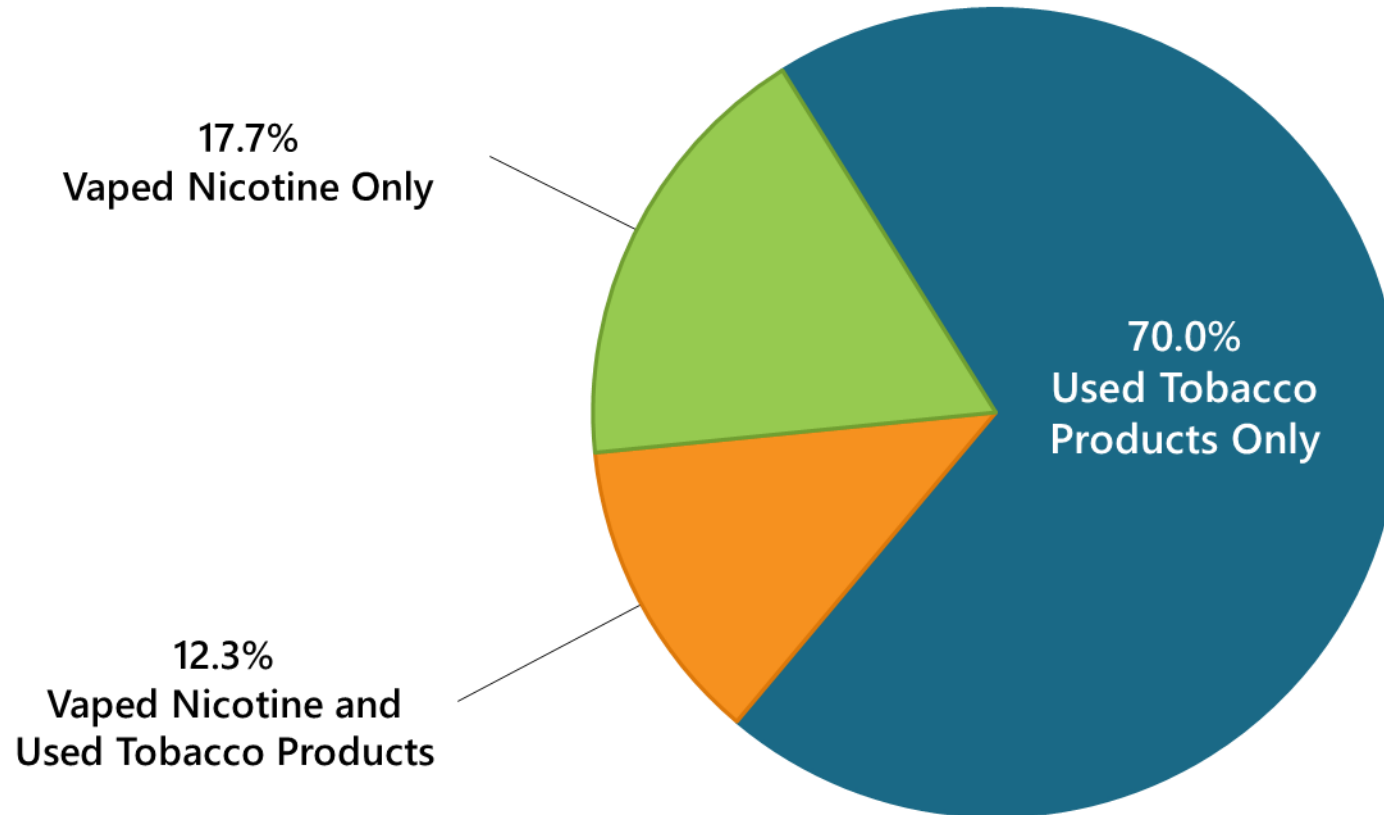
- Binge drinking among **Multiracial** people was **higher** than among **Asian** people

* Low precision; no estimate reported.

NH = Not Hispanic or Latino; AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander.

Note: Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion on at least 1 day in the past 30 days.

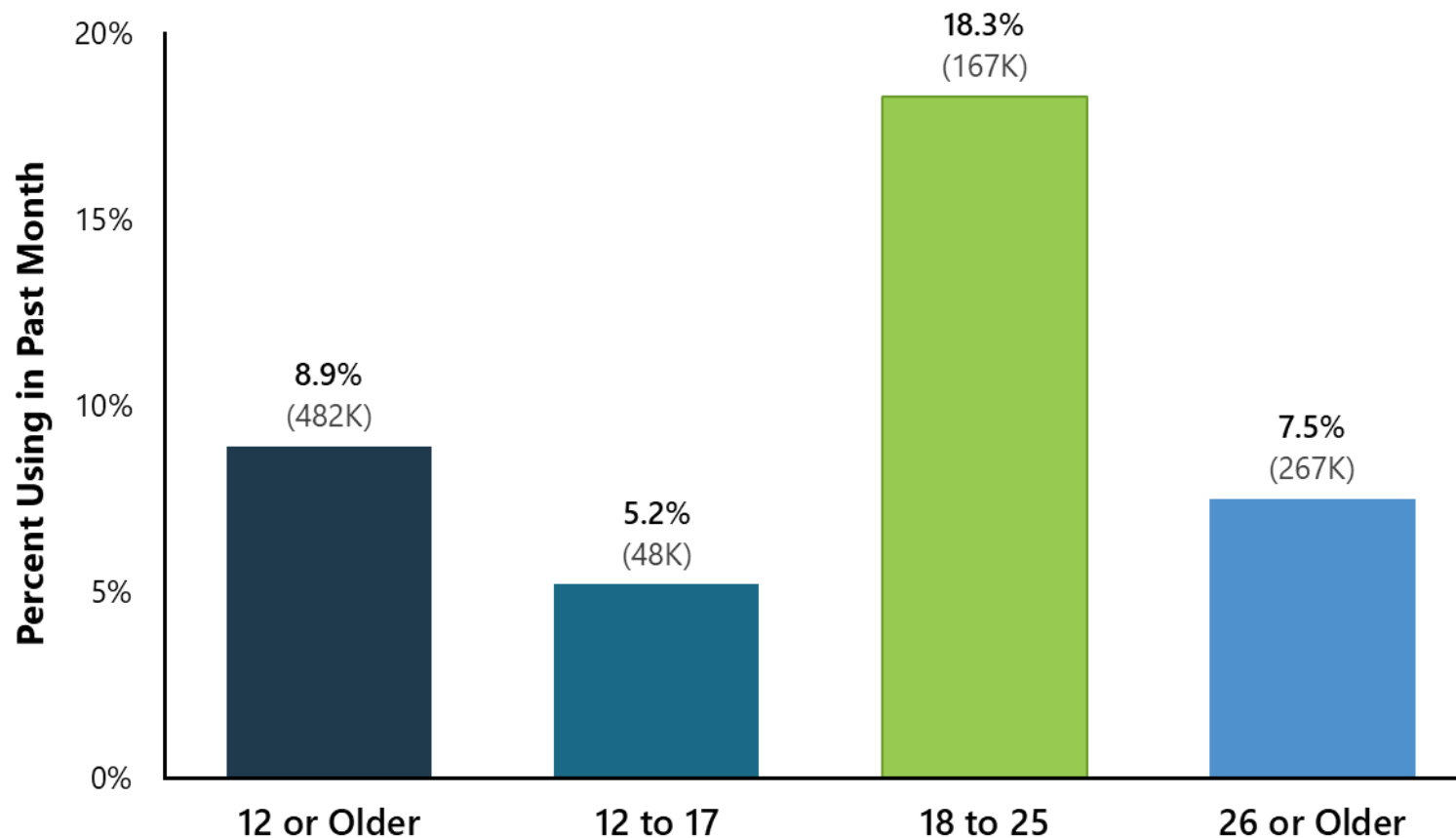
Type of Tobacco Use and Nicotine Vaping: Among Multiracial People Aged 12 or Older Who Used Nicotine Products in the Past Month



- **70%** of past month nicotine product users used tobacco products only

1.6 Million Multiracial People Used Nicotine Products in the Past Month

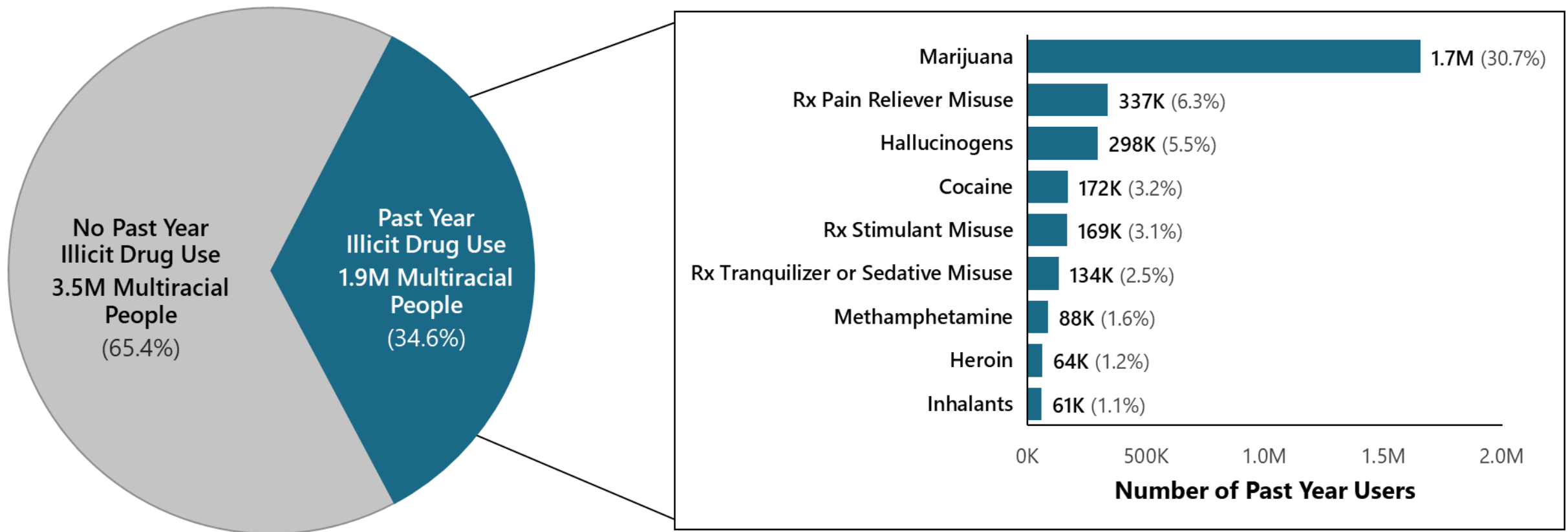
Past Month Nicotine Vaping: Among Multiracial People Aged 12 or Older



- The percentage of people who vaped nicotine was **highest among Multiracial young adults aged 18 to 25**

Past Year and Past Month Illicit Drug Use

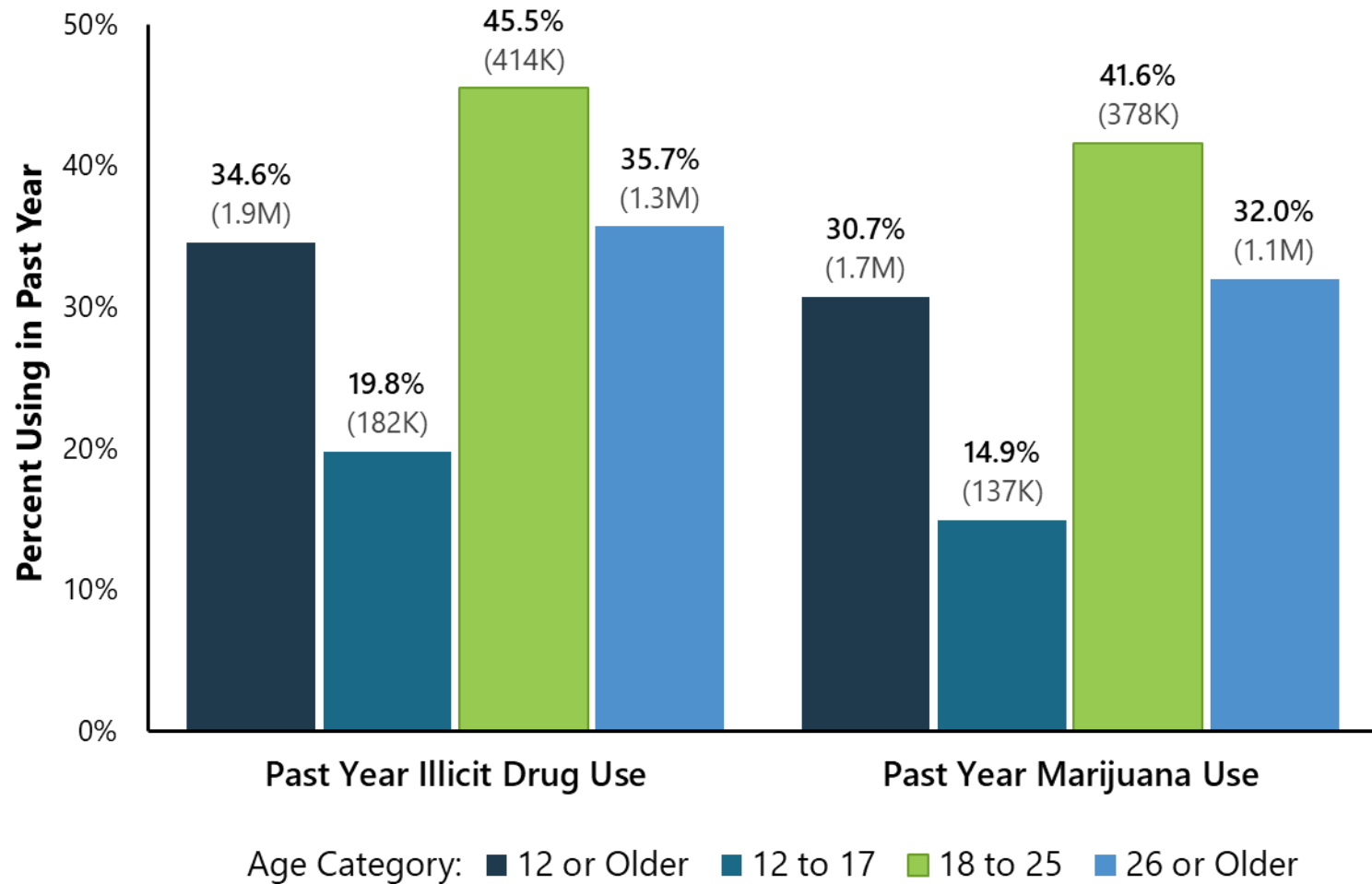
Past Year Illicit Drug Use: Among Multiracial People Aged 12 or Older



Rx = prescription.

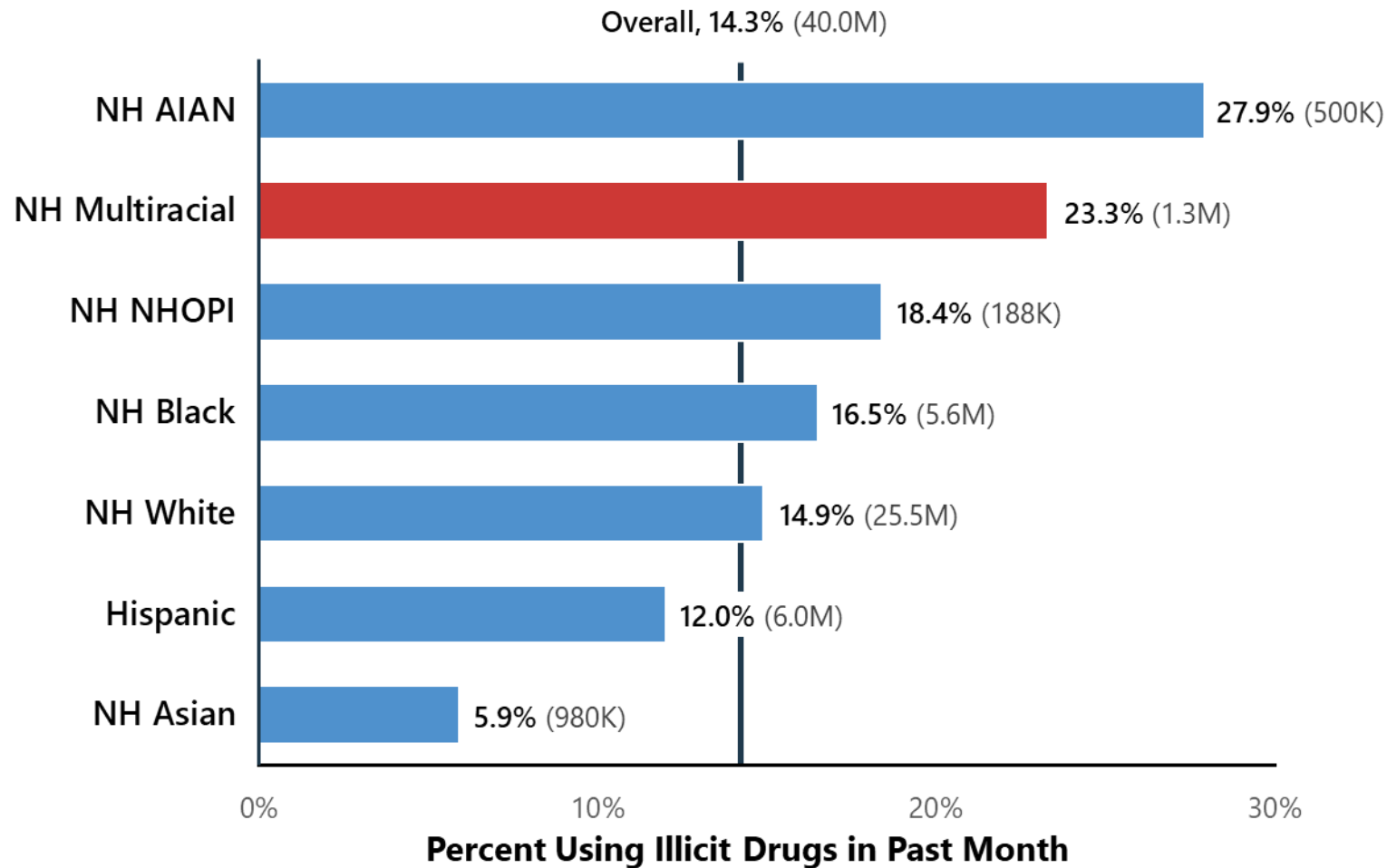
Note: The estimated numbers of past year users of different illicit drugs are not mutually exclusive because people could have used more than one type of illicit drug in the past year.

Past Year Illicit Drug Use and Marijuana Use: Among Multiracial People Aged 12 or Older



- Among young adults aged **18 to 25**, **45.5%** used **illicit drugs** and **41.6%** used **marijuana** in the past year

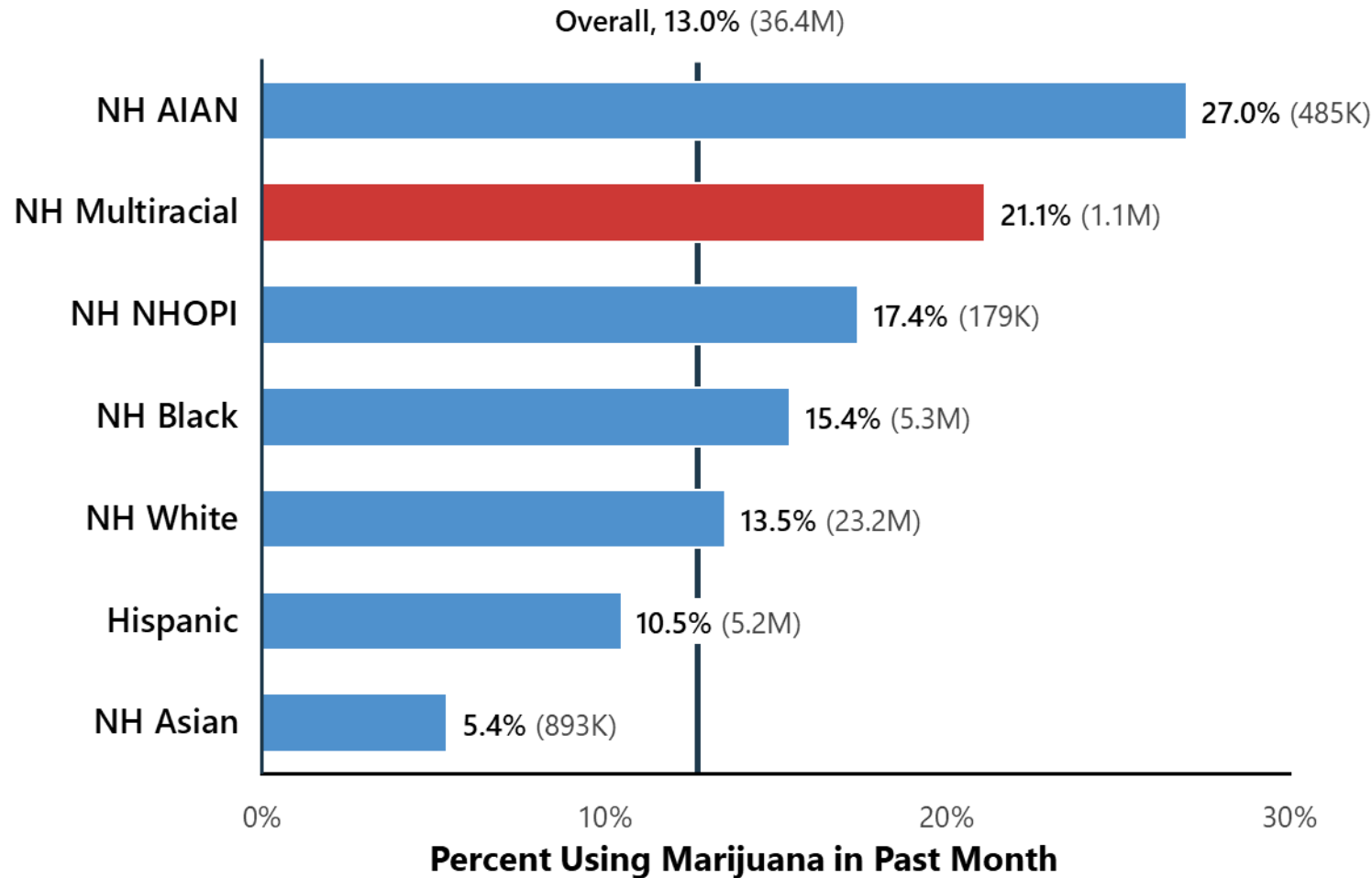
Illicit Drug Use in the Past Month by Racial and Ethnic Groups: Among People Aged 12 or Older



- **Multiracial** people were **more likely** than Black, White, Hispanic, and Asian people to use illicit drugs in the past month

NH = Not Hispanic or Latino; AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander.

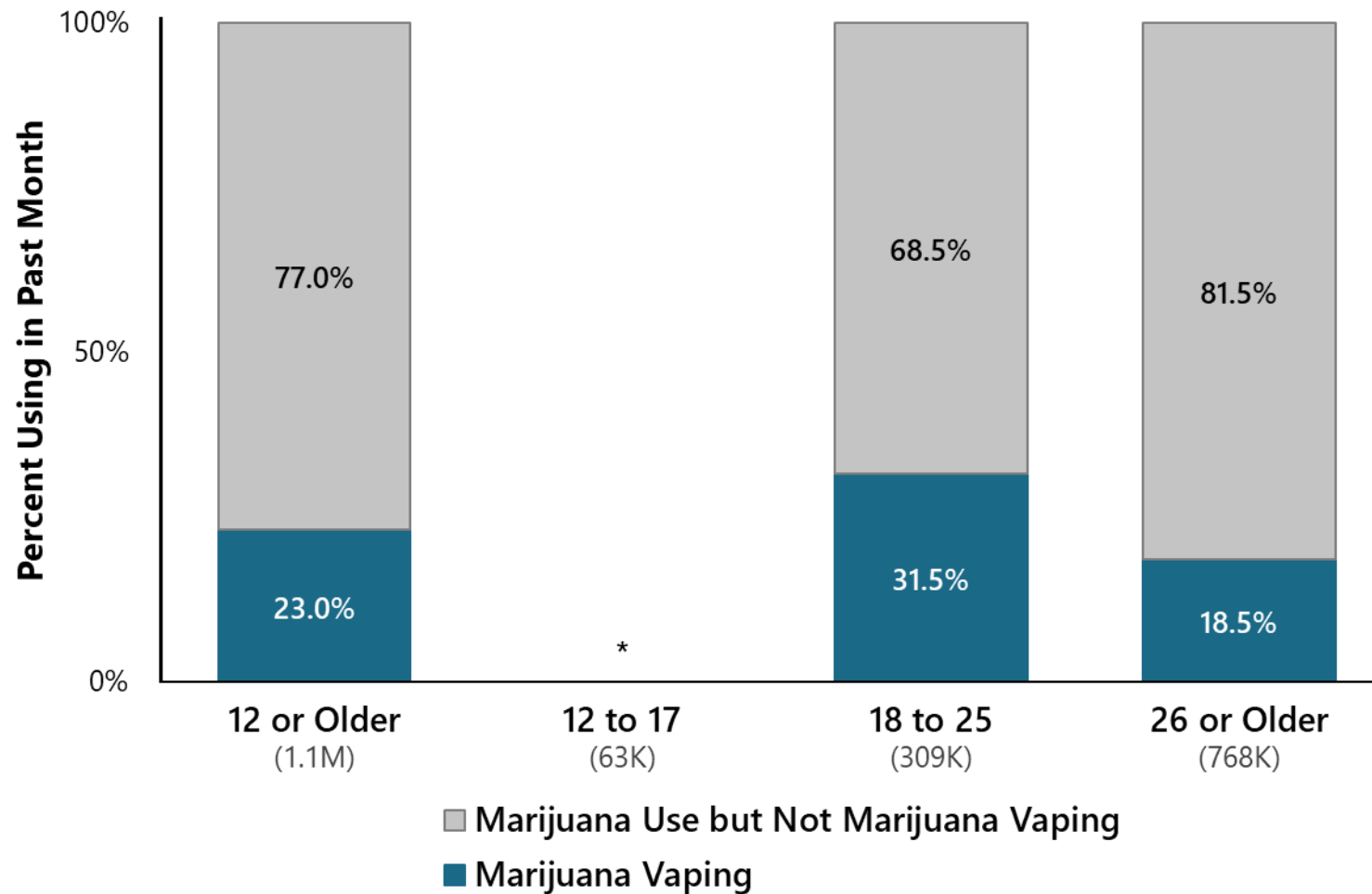
Marijuana Use in the Past Month by Racial and Ethnic Groups: Among People Aged 12 or Older



- **Multiracial** people were **more likely** than Black, White, Hispanic, and Asian people to use marijuana in the past month

NH = Not Hispanic or Latino; AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander.

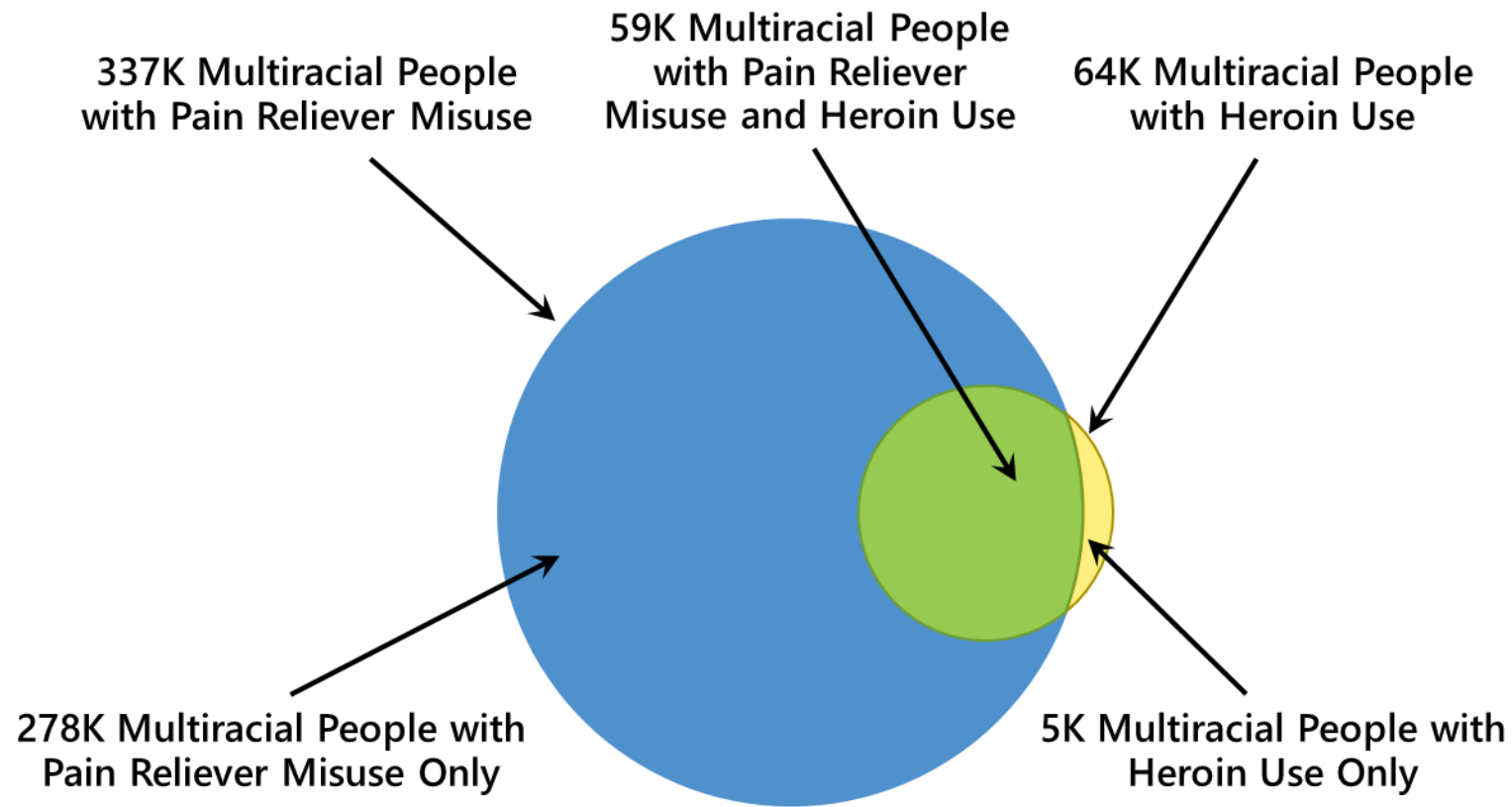
Type of Marijuana Use: Among Multiracial People Aged 12 or Older Who Used Marijuana in the Past Month



- About **1 in 5** current marijuana users aged 12 or older **vaped marijuana** in the past month

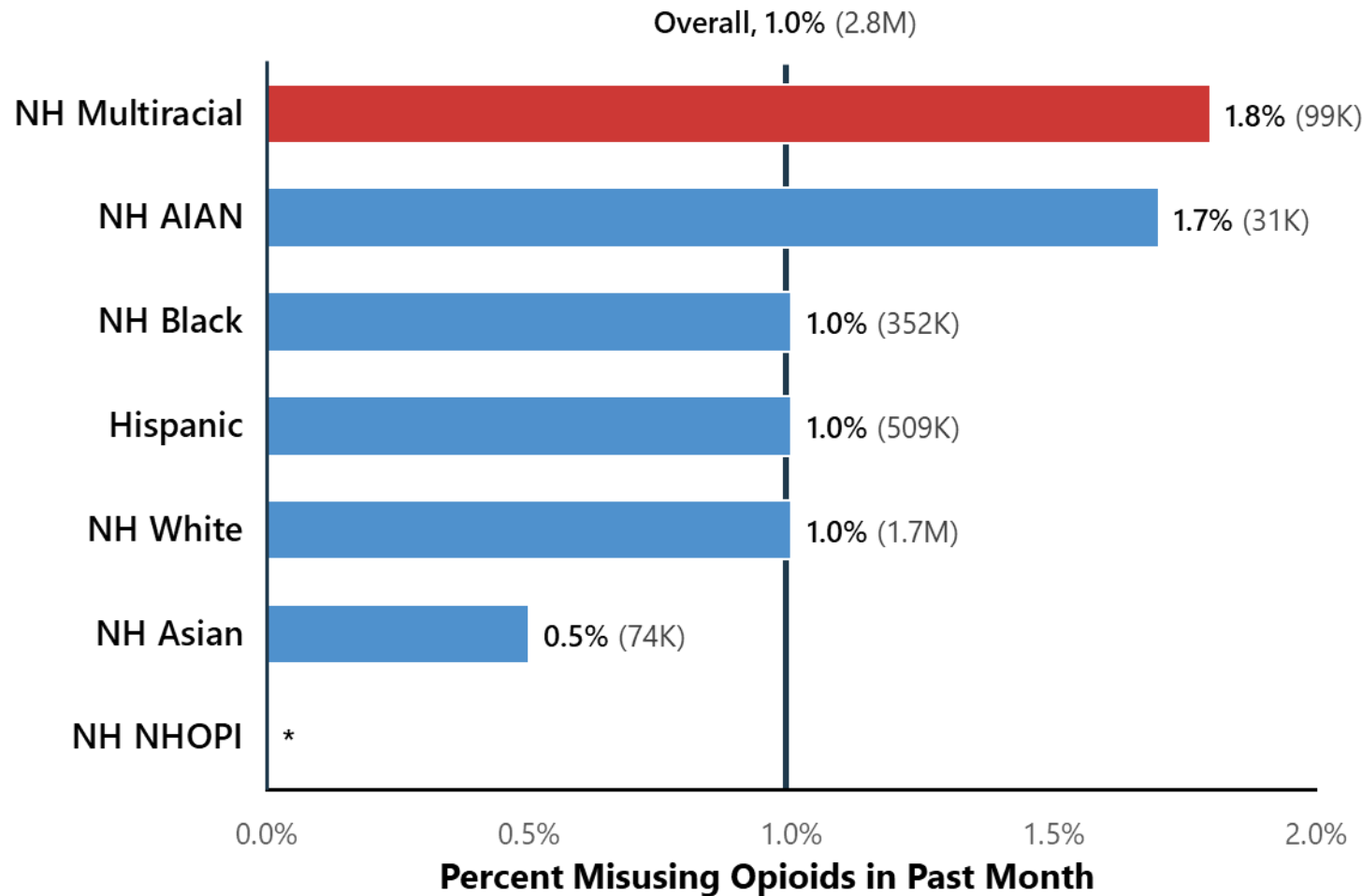
* Low precision; no estimate reported.

Past Year Opioid Misuse: Among Multiracial People Aged 12 or Older



342,000 Multiracial People Aged 12 or Older with Past Year Opioid Misuse

Opioid Misuse in the Past Month by Racial and Ethnic Groups: Among People Aged 12 or Older



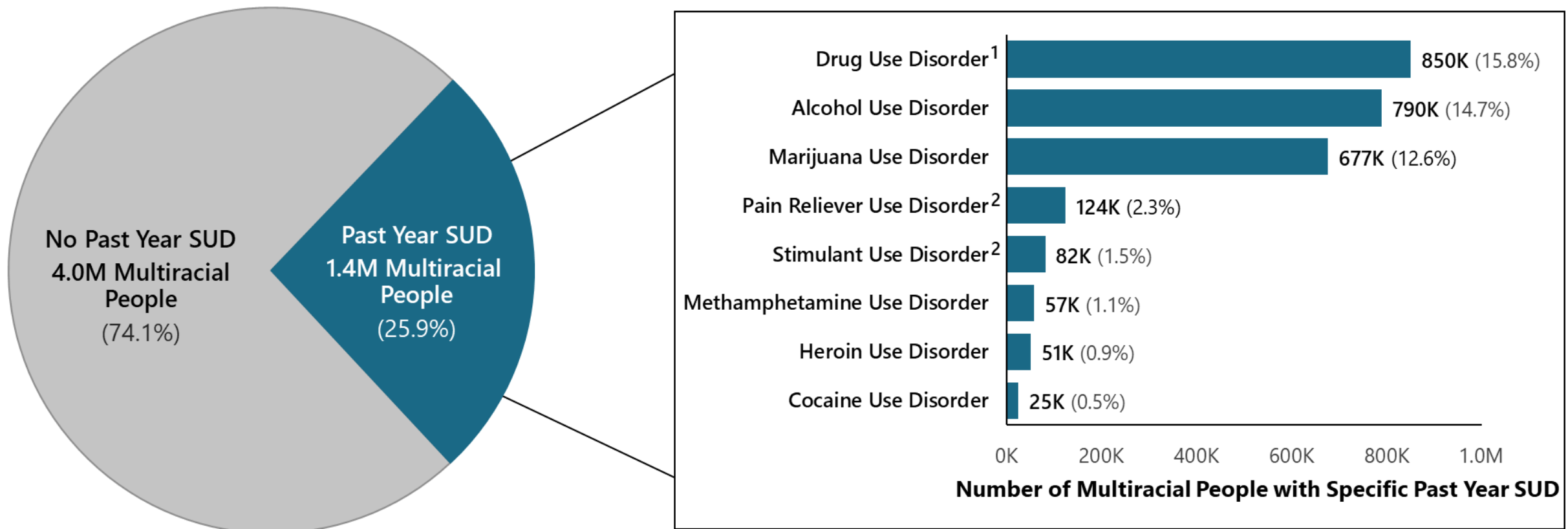
- **No significant differences** in prevalence of opioid misuse between **racial and ethnic groups**

* Low precision; no estimate reported.

NH = Not Hispanic or Latino; AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander.

Substance Use Disorder

Past Year Substance Use Disorder (SUD): Among Multiracial People Aged 12 or Older

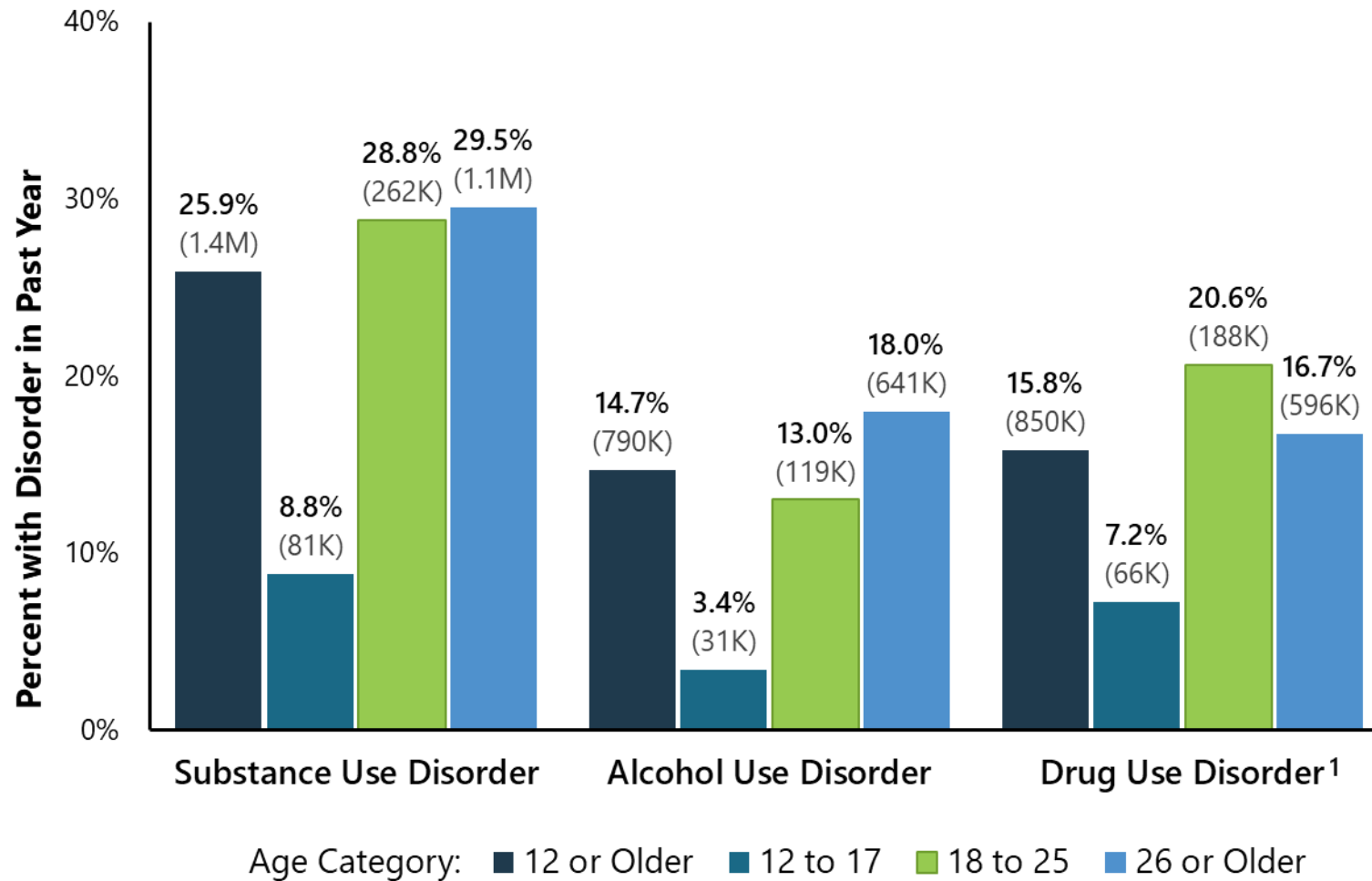


Note: The estimated numbers of people with substance use disorders are not mutually exclusive because people could have use disorders for more than one substance.

¹ Includes data from all past year users of marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, and prescription psychotherapeutic drugs (i.e., pain relievers, tranquilizers, stimulants, or sedatives).

² Includes data from all past year users of the specific prescription drug.

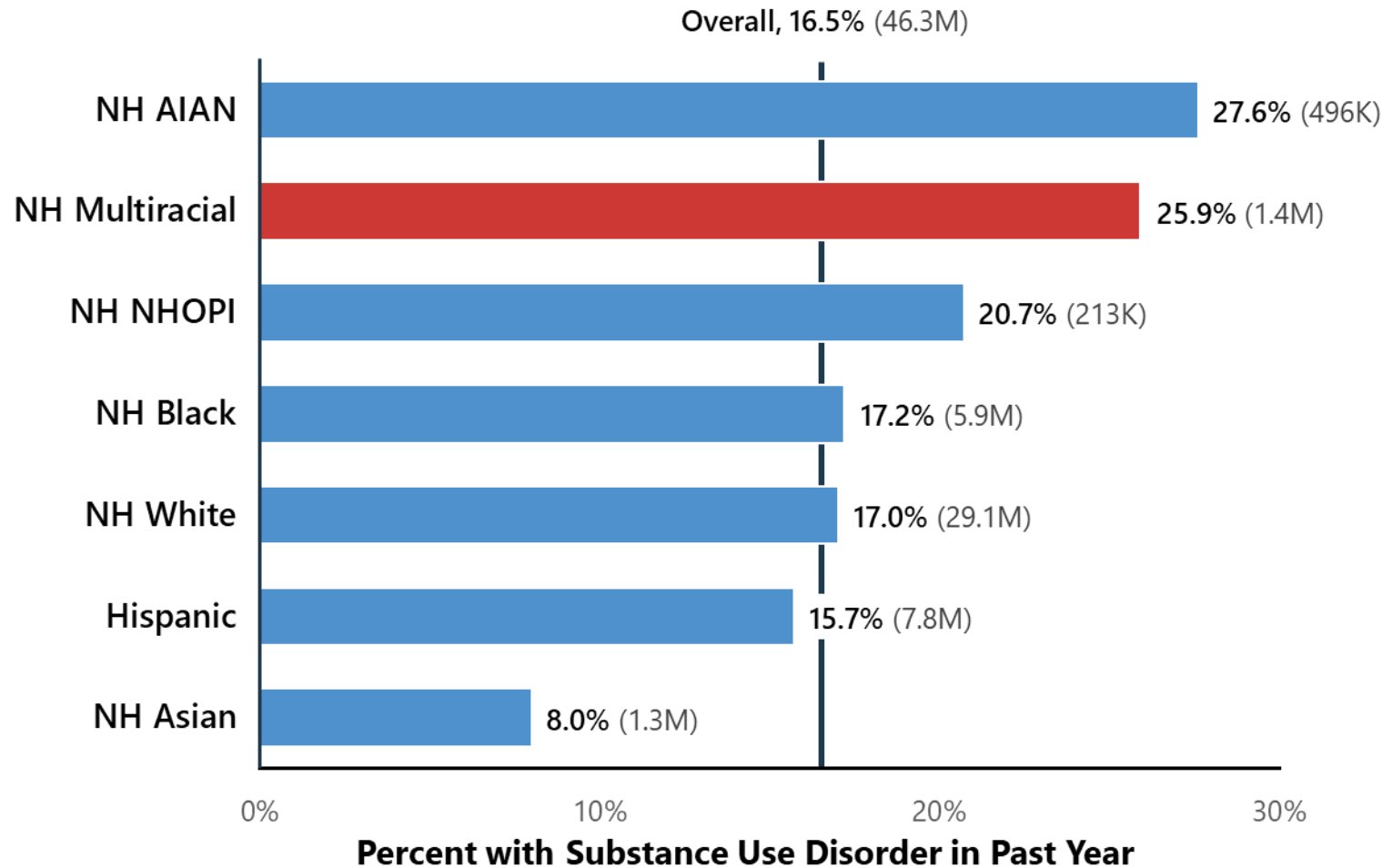
Past Year Substance Use Disorder: Among Multiracial People Aged 12 or Older



- There were no age differences in past year substance use disorder among Multiracial people

¹ Includes data from all past year users of marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, and prescription psychotherapeutic drugs (i.e., pain relievers, tranquilizers, stimulants, or sedatives).

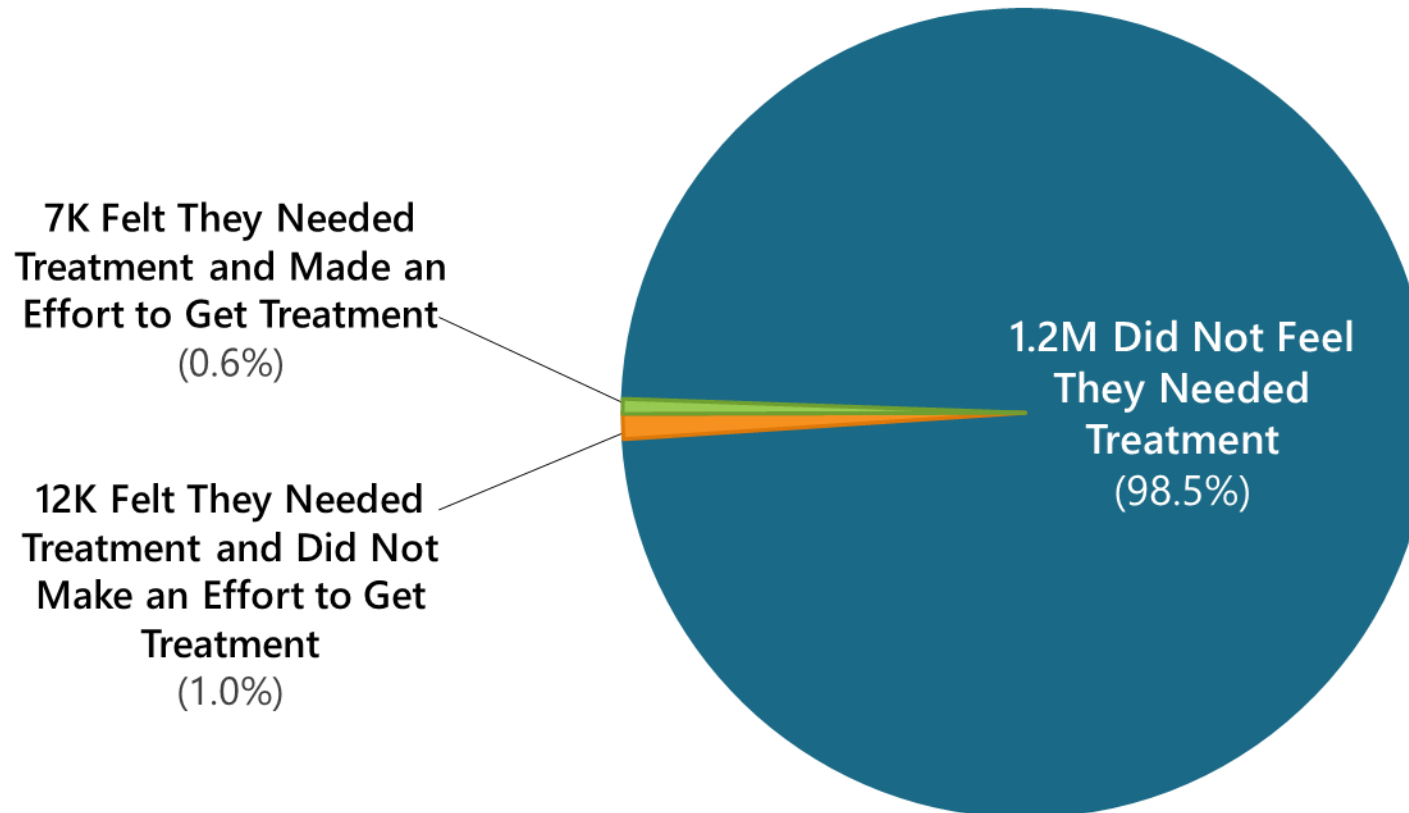
Substance Use Disorder in the Past Year by Racial and Ethnic Groups: Among People Aged 12 or Older



- **Multiracial** people were **more likely** than Black, White, Hispanic, and Asian people to have a substance use disorder

NH = Not Hispanic or Latino; AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander.

Perceived Need for Substance Use Treatment: Among Multiracial People Aged 12 or Older with a Past Year Illicit Drug or Alcohol Use Disorder Who Did Not Receive Substance Use Treatment at a Specialty Facility in the Past Year



- Nearly all Multiracial people with a substance use disorder who did not get treatment at a specialty facility **did not think they needed treatment**

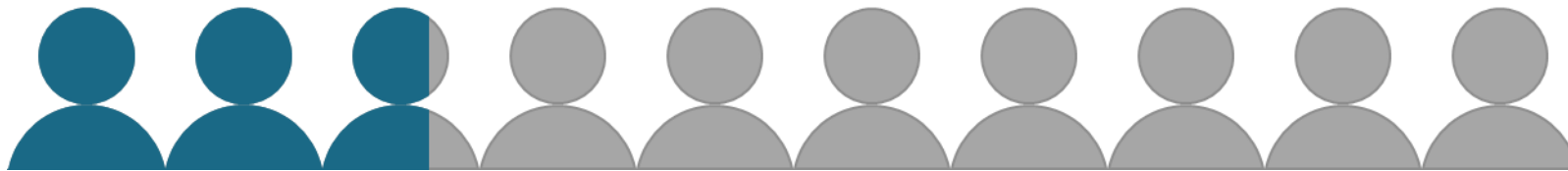
1.3 Million Multiracial People with an Illicit Drug or Alcohol Use Disorder Who Did Not Receive Substance Use Treatment at a Specialty Facility

Note: People who had an illicit drug or alcohol use disorder were classified as needing substance use treatment.

Note: The percentages may not add to 100 percent due to rounding.

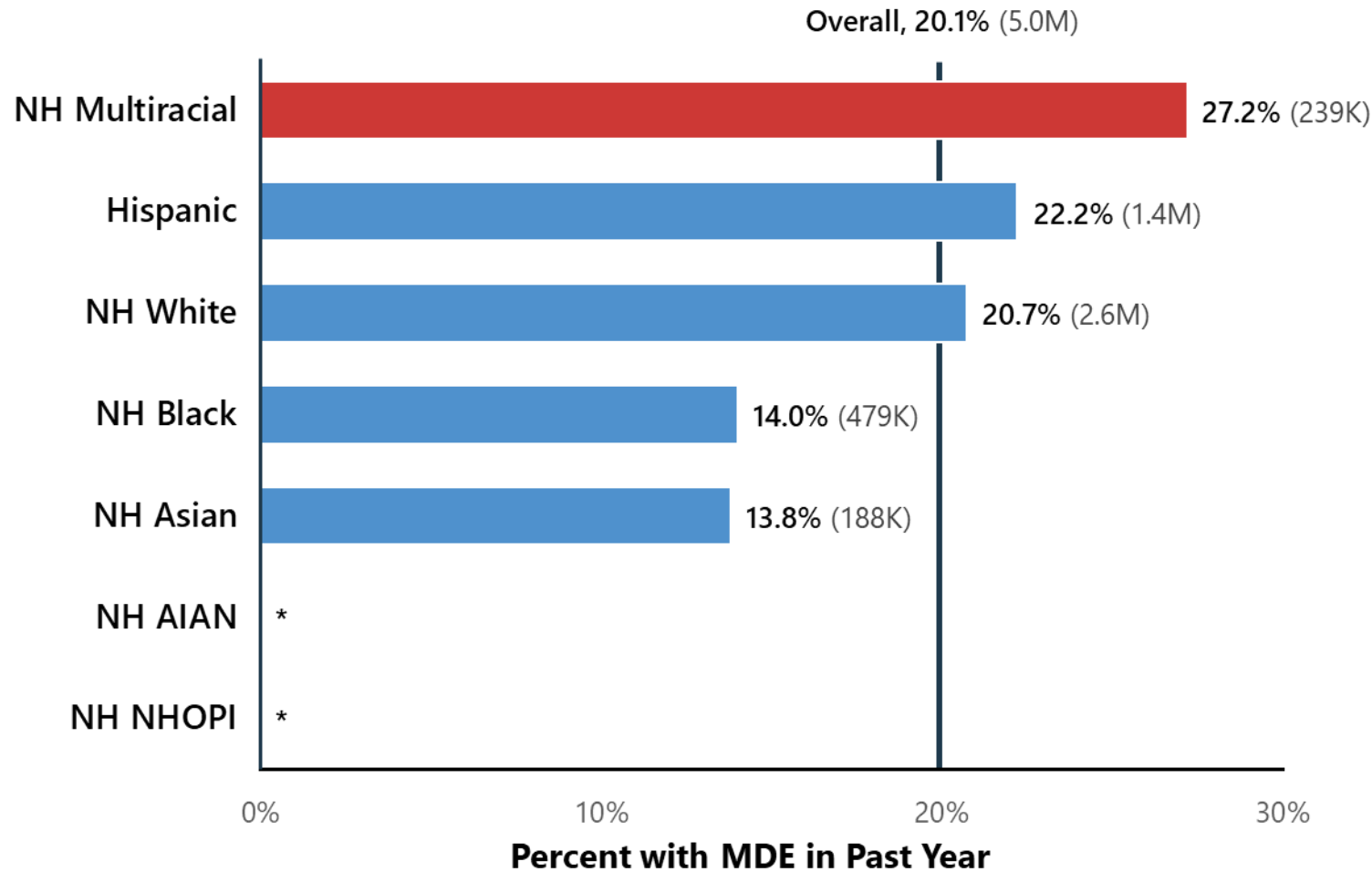
Major Depressive Episode: Among Adolescents Aged 12 to 17

Past Year Major Depressive Episode: Among Multiracial Adolescents Aged 12 to 17



- In 2021, **1 in 4 (27.2%) Multiracial adolescents** had a major depressive episode in the past year

Major Depressive Episode (MDE) in the Past Year by Racial and Ethnic Groups: Among Adolescents Aged 12 to 17

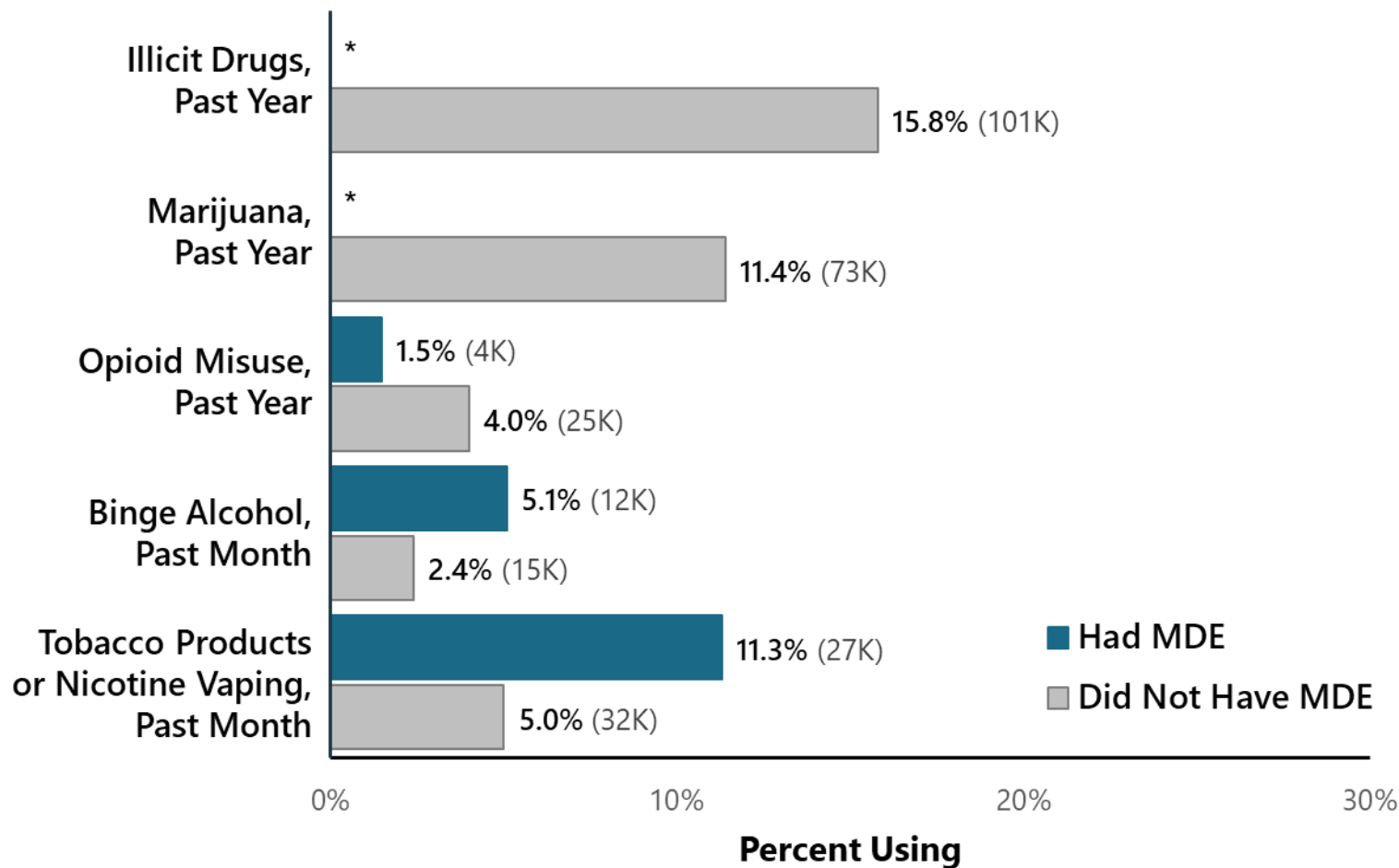


- **Multiracial** adolescents were **more likely** to have MDE than Black and Asian adolescents

* Low precision; no estimate reported.

NH = Not Hispanic or Latino; AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander.

Substance Use by Major Depressive Episode (MDE) in the Past Year: Among Multiracial Adolescents Aged 12 to 17



- There were no differences in substance use among Multiracial adolescents with or without MDE

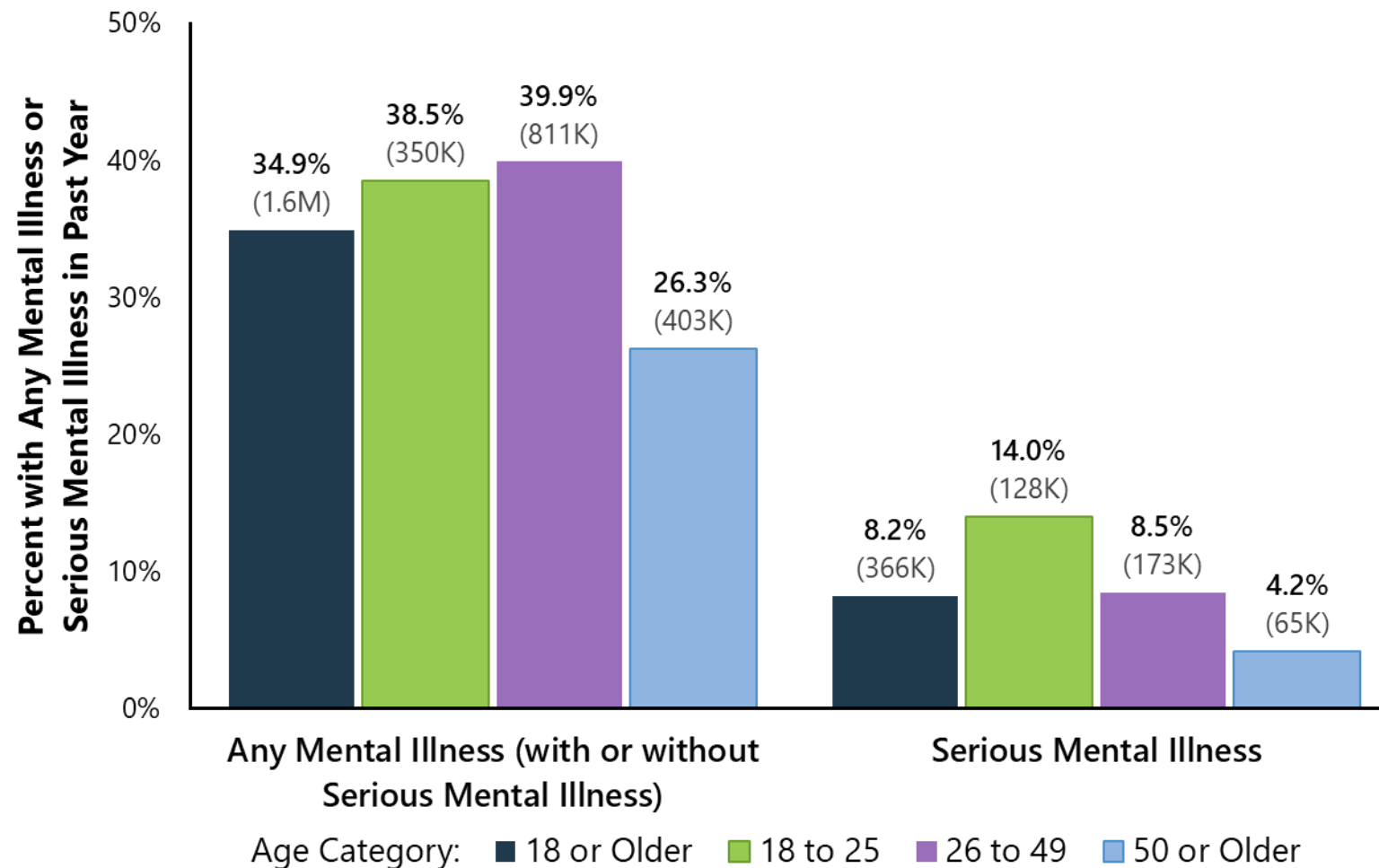
* Low precision; no estimate reported.

+ Difference between this estimate and the estimate for adolescents without MDE is statistically significant at the .05 level.

Note: Adolescent respondents with unknown MDE data were excluded.

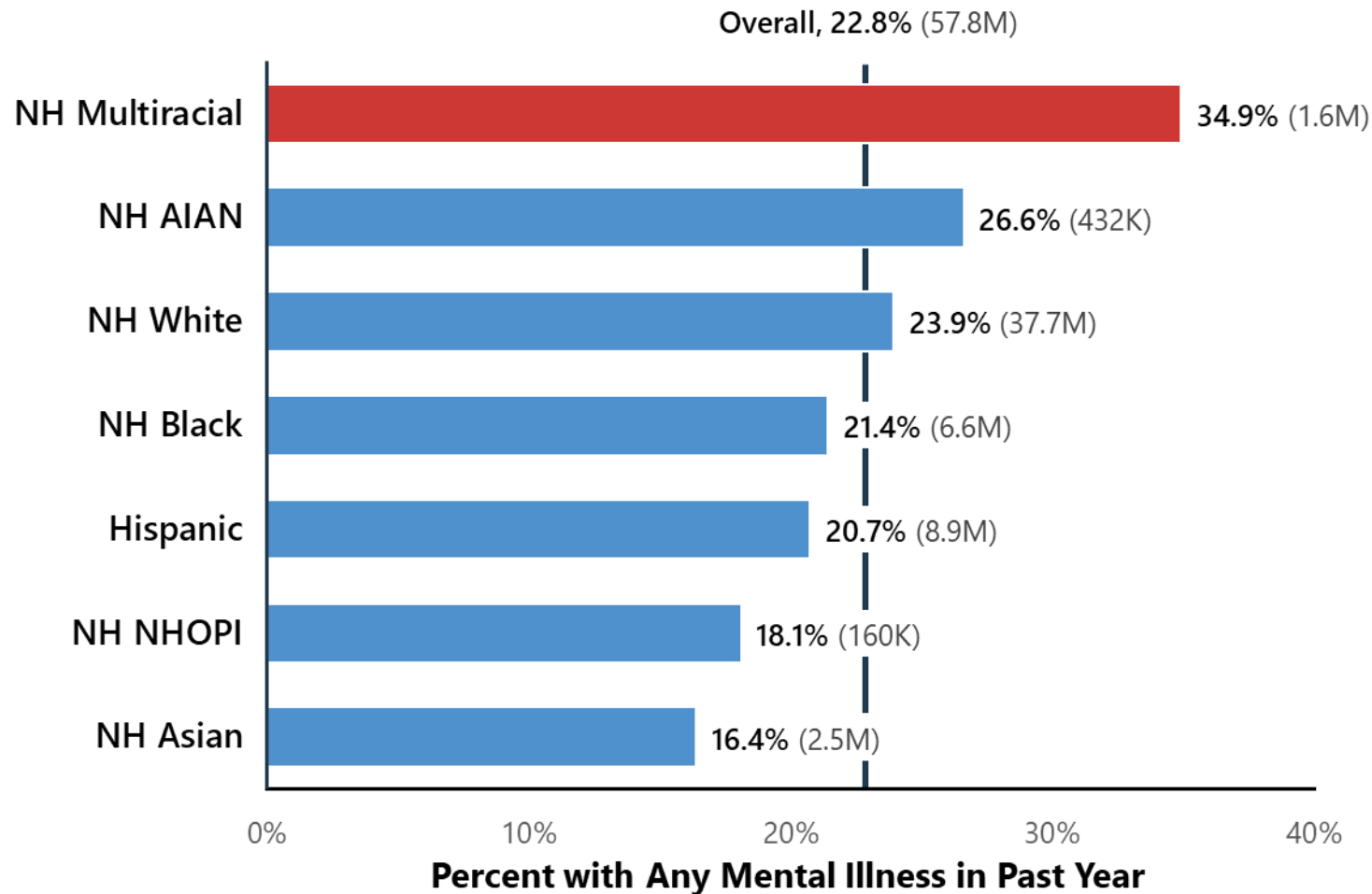
Any or Serious Mental Illness: Among Adults Aged 18 or Older

Past Year Mental Illness: Among Multiracial Adults Aged 18 or Older



- The prevalence of mental illness was **highest** among Multiracial young adults aged **18 to 25** for serious mental illness

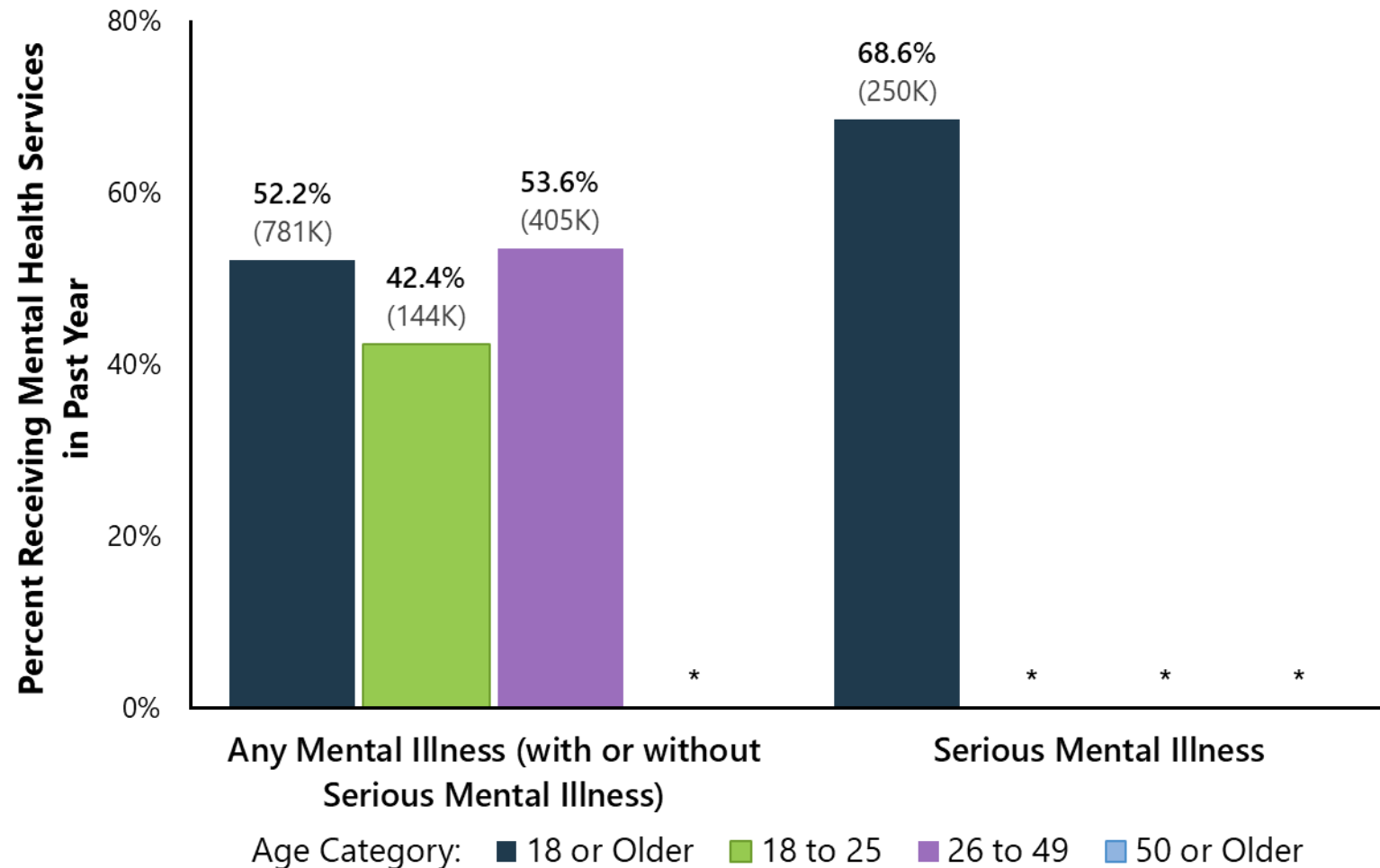
Any Mental Illness in the Past Year by Racial and Ethnic Groups: Among Adults Aged 18 or Older



- **Multiracial** adults were **more likely** to have mental illness than White, Black, Hispanic, NHOPI, and Asian adults

NH = Not Hispanic or Latino; AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander.

Receipt of Mental Health Services in the Past Year: Among Multiracial Adults Aged 18 or Older with Mental Illness in the Past Year



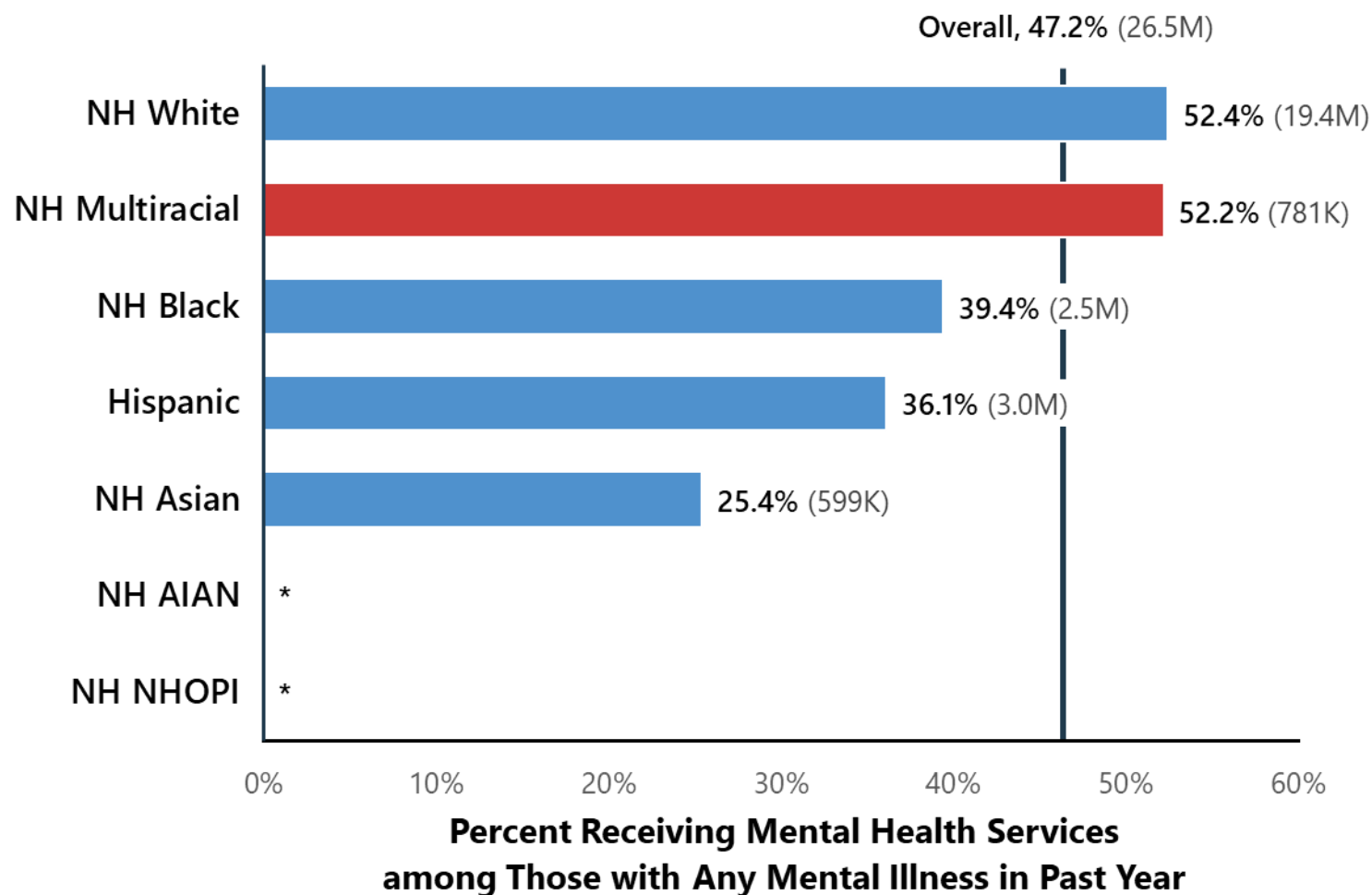
- At least **2 in 3** Multiracial adults with SMI received mental health services in the past year

* Low precision; no estimate reported.

SMI = serious mental illness.

Note: Mental Health Services include any combination of inpatient or outpatient services, receipt of prescription medication, or virtual services.

Receipt of Mental Health Services by Racial and Ethnic Groups: Among Adults Aged 18 or Older with a Past Year Mental Illness



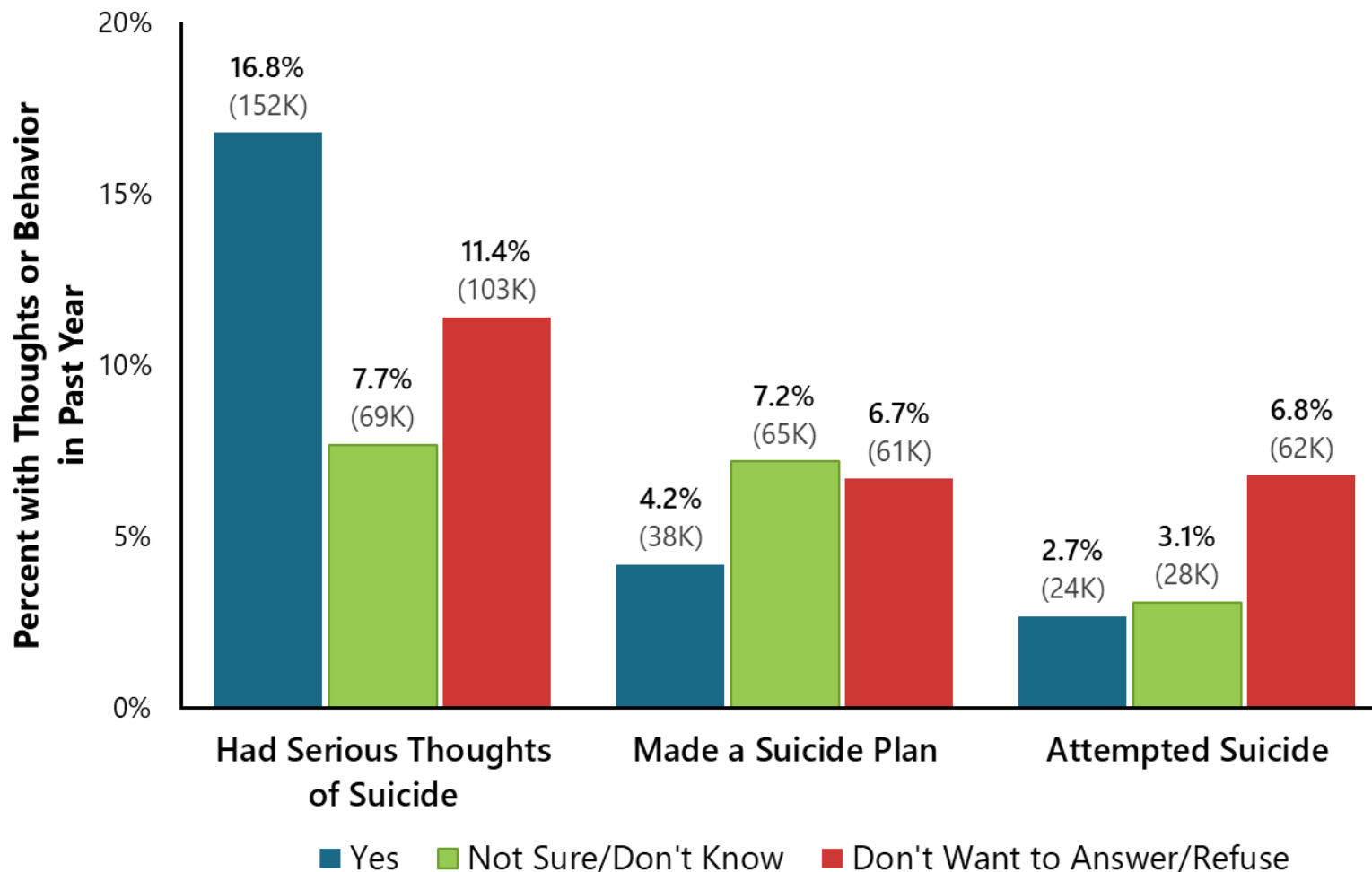
- **Multiracial** adults with mental illness were **more likely** to have received services than Black, Hispanic, and Asian adults

* Low precision; no estimate reported.

NH = Not Hispanic or Latino; AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander.

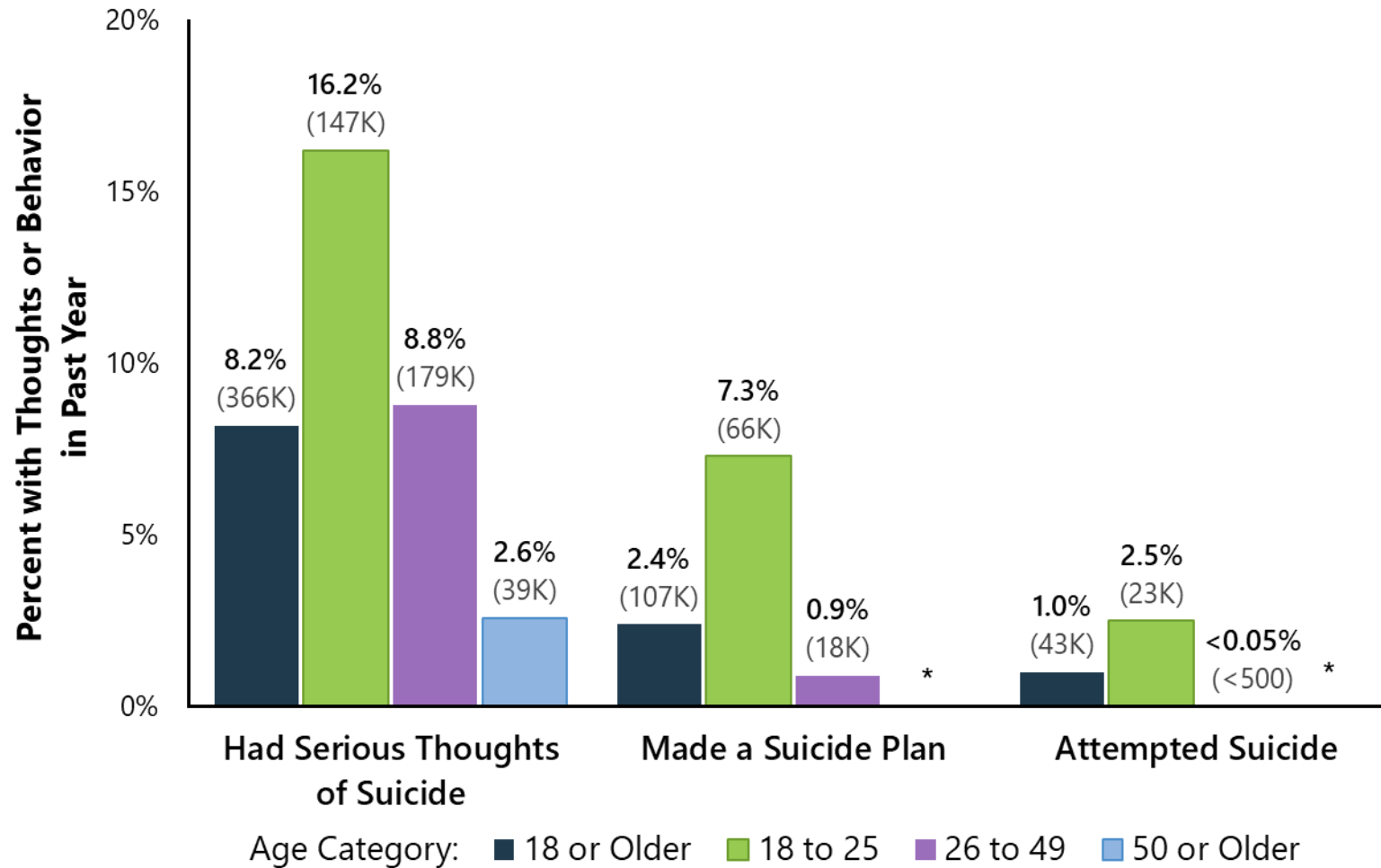
Serious Thoughts of Suicide, Suicide Plans, and Suicide Attempts

Past Year Serious Thoughts of Suicide, Suicide Plans, or Suicide Attempts: Among Multiracial Adolescents Aged 12 to 17



- 16.8% of Multiracial adolescents had thoughts of suicide
- 4.2% made a suicide plan
- 2.7% attempted suicide
- Many Multiracial adolescents **did not want to answer questions about suicide**, which suggests that some Multiracial adolescents could have had these thoughts but **did not feel comfortable disclosing** that information

Past Year Serious Thoughts of Suicide, Suicide Plans, or Suicide Attempts: Among Multiracial Adults Aged 18 or Older



- Thoughts of suicide, suicide plans, and suicide attempts were **higher** among Multiracial young adults aged **18 to 25** than Multiracial adults aged 26 to 49

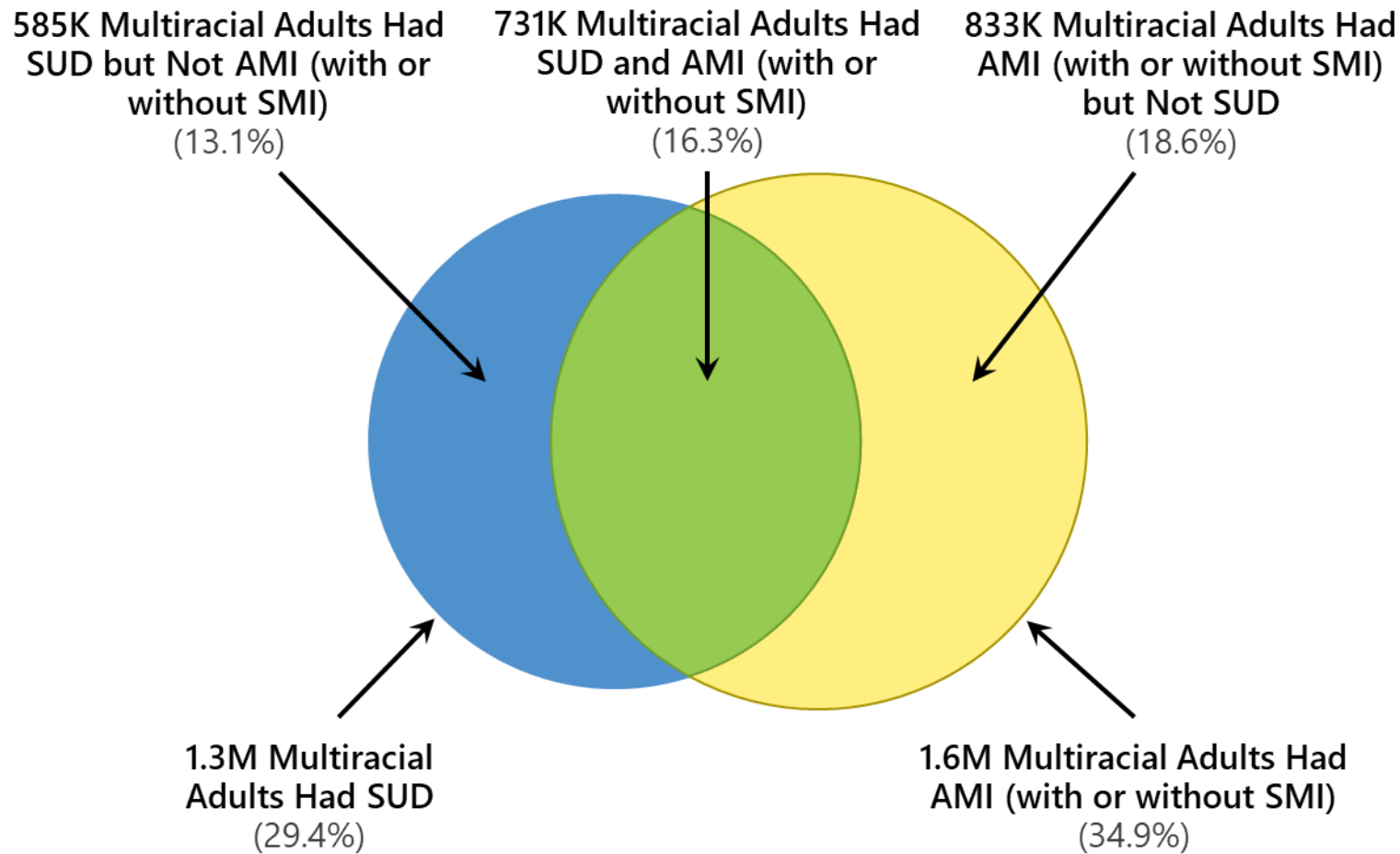
* Low precision; no estimate reported.

Suicidality by Racial and Ethnic Groups: Among Adults Aged 18 or Older

- Few racial and ethnic differences were found for suicidality

Co-Occurring Substance Use Disorder and Mental Illness: Among Adults Aged 18 or Older

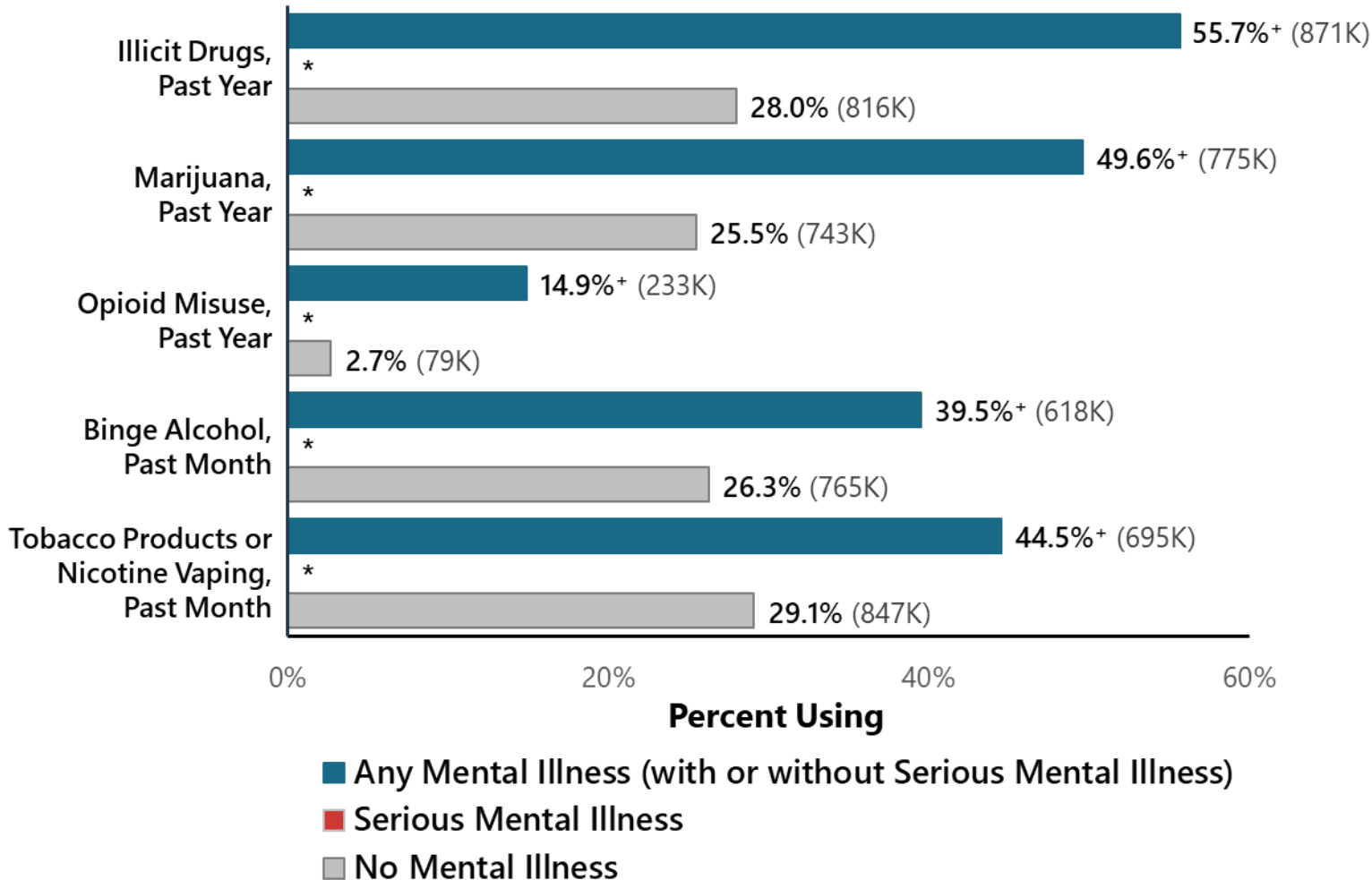
Co-Occurring Substance Use Disorder and Any Mental Illness: Among Multiracial Adults Aged 18 or Older



- **731,000** (16.3%) Multiracial adults aged 18 or older had **co-occurring SUD and AMI**
- 1 in 2 (**51.5%**) of all Multiracial young adults aged **18 to 25** had **SUD or AMI**

2.1 Million Multiracial Adults Had Either SUD or AMI (with or without SMI)

Past Year Substance Use by Mental Illness: Among Multiracial Adults Aged 18 or Older



- Multiracial adults with AMI in the past year were **more likely** to have used or misused these substances than those without mental illness

* Low precision; no estimate reported.

AMI = any mental illness; SMI = serious mental illness.

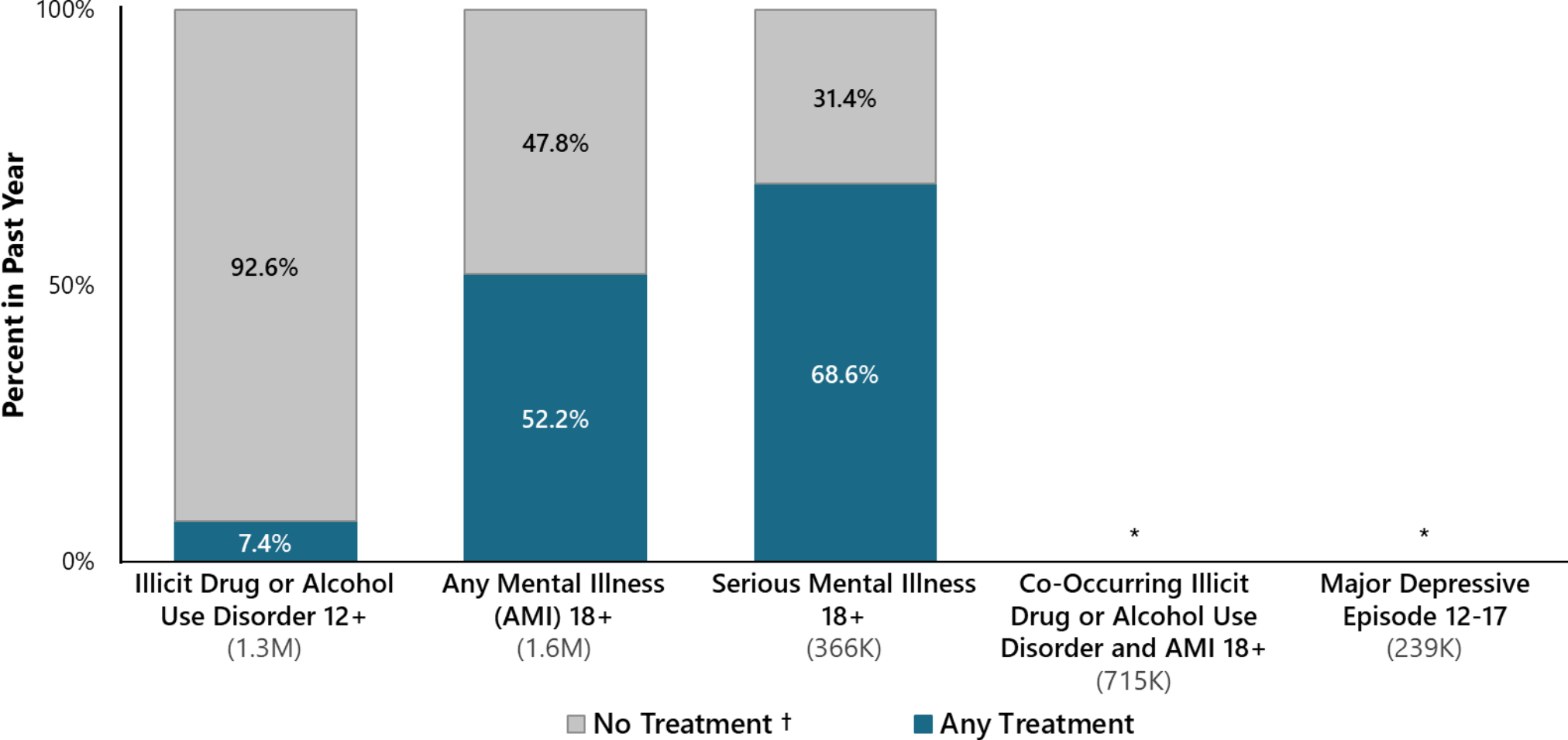
+ Difference between this estimate and the estimate for adults aged 18 or older without mental illness is statistically significant at the .05 level.

Perceived Recovery: Among Multiracial Adults Aged 18 or Older



- **3 in 5** (61.7%) Multiracial adults who ever had a **mental health issue** considered themselves to be **recovering or in recovery**

Did Not Receive Substance Use Treatment or Mental Health Services in the Past Year: Among Multiracial People Aged 12 or Older



* Low precision; no estimate reported.

† No Treatment for Illicit Drug or Alcohol Use Disorder 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.