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

• Statistical testing was performed for comparisons of estimates across age groups and among gender according to procedures described in the 2021 Methodological Summary and Definitions report. Differences were considered statistically significant at the .05 level of significance. 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.

Substance Use in the Past Month
Past Month Substance Use: Among Females 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 Females Aged 12 or Older

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.

- More than 40% of past month alcohol users were binge drinkers

64.4M Alcohol Users

27.8M Binge Alcohol Users
(43.2% of Alcohol Users)

6.4M Heavy Alcohol Users
(22.9% of Binge Alcohol Users and 9.9% of Alcohol Users)
Binge Alcohol Use in the Past Month by Gender: Among People Aged 12 or Older

• Females were less likely to binge drink in the past month than Males

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 Females Aged 12 or Older Who Used Nicotine Products in the Past Month

- Among current nicotine product users, the use of specific nicotine products varied by age group.
- An estimated 67.6% of Female adolescents aged 12 to 17 who used nicotine products in the past month vaped only nicotine products compared with 7.8% of Female adults aged 26 or older.
Past Month Nicotine Vaping: Among Females Aged 12 or Older

- The percentage of people who vaped nicotine was **highest** among Female young adults aged 18 to 25.
Past Year and Past Month Illicit Drug Use
Past Year Illicit Drug Use: Among Females Aged 12 or Older

No Past Year Illicit Drug Use
114.4M Females (80.0%)

Past Year Illicit Drug Use
28.6M Females (20.0%)

- Marijuana: 24.0M (16.7%)
- Rx Pain Reliever Misuse: 4.4M (3.1%)
- Hallucinogens: 3.0M (2.1%)
- Rx Tranquilizer or Sedative Misuse: 2.6M (1.8%)
- Cocaine: 1.8M (1.3%)
- Rx Stimulant Misuse: 1.8M (1.2%)
- Methamphetamine: 932K (0.7%)
- Inhalants: 741K (0.5%)
- Heroin: 388K (0.3%)

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 Females Aged 12 or Older

- Among Female young adults aged 18 to 25, 37.0% used illicit drugs and 34.2% used marijuana in the past year.
Illicit Drug Use in the Past Month by Gender: Among People Aged 12 or Older

- Females were less likely to use illicit drugs than Males.

Graph showing:
- Female: 12.4% (17.7M) using illicit drugs
- Male: 16.3% (22.3M) using illicit drugs

Overall, 14.3% (40.0M)
Marijuana Use in the Past Month by Gender: Among People Aged 12 or Older

- **Females** were less likely to use marijuana than **Males**

**Overall, 13.0% (36.4M)**

- **Female**: 11.0% (15.7M)
- **Male**: 15.1% (20.7M)

**Percent Using Marijuana in Past Month**

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**SAMHSA**

Substance Abuse and Mental Health Services Administration
Type of Marijuana Use: Among Females 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.
Past Year Opioid Misuse: Among Females Aged 12 or Older

- 4.4M Females with Pain Reliever Misuse (96.2% of Opioid Misusers)
- 215K Females with Pain Reliever Misuse and Heroin Use (4.7% of Opioid Misusers)
- 388K Females with Heroin Use (8.5% of Opioid Misusers)
- 4.2M Females with Pain Reliever Misuse Only (91.5% of Opioid Misusers)
- 173K Females with Heroin Use Only (3.8% of Opioid Misusers)

4.5 Million Females Aged 12 or Older with Past Year Opioid Misuse
Opioid Misuse in the Past Month by Gender: Among People Aged 12 or Older

- No significant differences in prevalence of opioid misuse between Males and Females
Past Year Prescription Pain Reliever Misuse: Among Females Aged 12 or Older Who Misused Any Prescription Pain Reliever

- In 2021, hydrocodone products were the most commonly misused subtype of prescription pain relievers.

<table>
<thead>
<tr>
<th>Pain Reliever</th>
<th>Percent</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hydrocodone</td>
<td>45.5%</td>
<td>2.0M</td>
</tr>
<tr>
<td>Oxycodone</td>
<td>26.6%</td>
<td>1.1M</td>
</tr>
<tr>
<td>Codeine</td>
<td>25.7%</td>
<td>1.1M</td>
</tr>
<tr>
<td>Tramadol</td>
<td>17.5%</td>
<td>0.7M</td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>6.4%</td>
<td>0.3M</td>
</tr>
<tr>
<td>Morphine</td>
<td>4.3%</td>
<td>0.2M</td>
</tr>
<tr>
<td>Fentanyl</td>
<td>4.0%</td>
<td>0.2M</td>
</tr>
<tr>
<td>Methadone</td>
<td>3.0%</td>
<td>0.1M</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>1.7%</td>
<td>0.1M</td>
</tr>
<tr>
<td>Oxymorphone</td>
<td>1.6%</td>
<td>0.1M</td>
</tr>
<tr>
<td>Demerol</td>
<td>0.6%</td>
<td>0.04M</td>
</tr>
</tbody>
</table>

Percent among Past Year Misusers of Any Pain Reliever
Past Year Prescription Pain Reliever Misuse: Among Females Aged 12 or Older Who Used the Specific Prescription Pain Reliever Subtype in the Past Year

<table>
<thead>
<tr>
<th>Pain Reliever</th>
<th>Past Year Misuse</th>
<th>Past Year Use but Not Misuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANY PAIN RELIEVER</td>
<td>11.1%</td>
<td>88.9%</td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>18.5%</td>
<td>81.5%</td>
</tr>
<tr>
<td>Fentanyl</td>
<td>13.8%</td>
<td>86.2%</td>
</tr>
<tr>
<td>Codeine</td>
<td>10.3%</td>
<td>89.7%</td>
</tr>
<tr>
<td>Oxycodone</td>
<td>10.3%</td>
<td>89.7%</td>
</tr>
<tr>
<td>Hydrocodone</td>
<td>10.2%</td>
<td>89.8%</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>8.9%</td>
<td>91.1%</td>
</tr>
<tr>
<td>Tramadol</td>
<td>8.8%</td>
<td>91.2%</td>
</tr>
<tr>
<td>Morphine</td>
<td>7.5%</td>
<td>92.5%</td>
</tr>
<tr>
<td>Methadone</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Oxymorphone</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Demerol</td>
<td>*</td>
<td>*</td>
</tr>
</tbody>
</table>

- Among people who used buprenorphine products for any reason in the past year, 18.5% misused them.
- Among people who used prescription fentanyl products for any reason in the past year, 13.8% misused them.

* Low precision; no estimate reported.
Substance Use Disorder
Past Year Substance Use Disorder (SUD): Among Females Aged 12 or Older

No Past Year SUD
122.8M Females (85.8%)

Past Year SUD
20.3M Females (14.2%)

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 Females Aged 12 or Older

- Female young adults aged 18 to 25 were the most likely to have a past year substance use disorder, alcohol use disorder, or drug use disorder.

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).

SAMHSA
Substance Abuse and Mental Health Services Administration
Substance Use Disorder in the Past Year by Gender: Among People Aged 12 or Older

- Females were less likely to have a substance use disorder than Males.

Overall, 16.5% (46.3M)

Female: 14.2% (20.3M)
Male: 19.0% (26.0M)
Past Year Substance Use Disorder Severity: Among Females Aged 12 or Older with Specific Substance Use Disorders

- Most Females with an alcohol use disorder or marijuana use disorder had a mild disorder.
- Most Females with a methamphetamine use disorder had a severe disorder.

* Low precision; no estimate reported.

Note: There are 11 criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition, that apply to these substances. People who meet two or three criteria are considered to have a "mild" disorder, those who meet four or five criteria are considered to have a "moderate" disorder, and those who meet six or more criteria are considered to have a "severe" disorder.

Note: The percentages may not add to 100 percent due to rounding.
Pain Reliever Use Disorder Severity Level in the Past Year: Among Females Aged 12 or Older with a Pain Reliever Use Disorder

- Few users but not misusers of prescription pain relievers had a severe disorder
- Many more misusers of prescription pain relievers had a severe disorder (41.0%)

Note: There are 11 criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition, that apply to the pain reliever use disorder estimates for past year prescription pain reliever misuse and 9 criteria that apply to the pain reliever use disorder estimates for the past year use but not misuse of prescription pain relievers. Regardless of the total number of criteria used for classifying people as having a pain reliever use disorder, people who meet two or three criteria are considered to have a “mild” disorder; those who meet four or five criteria are considered to have a “moderate” disorder, and those who meet six or more criteria are considered to have a “severe” disorder.

Note: The percentages may not add to 100 percent due to rounding.
Perceived Need for Substance Use Treatment: Among Females 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

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

- Nearly all Females with a substance use disorder who did not get treatment at a specialty facility did not think they needed treatment.

141K Felt They Needed Treatment and Made an Effort to Get Treatment (0.8%)

420K Felt They Needed Treatment and Did Not Make an Effort to Get Treatment (2.4%)

17.0M Did Not Feel They Needed Treatment (96.8%)

17.5 Million Females 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.
Major Depressive Episode:
Among Adolescents Aged 12 to 17
Past Year Major Depressive Episode (MDE): Among Female Adolescents Aged 12 to 17

In 2021, 3 in 10 (29.2%) Female adolescents had an MDE in the past year.

3 in 4 (76.5%) Female adolescents with MDE had severe impairment.

Note: Adolescent respondents with unknown MDE data were excluded.
Major Depressive Episode (MDE) in the Past Year by Gender: Among Adolescents Aged 12 to 17

- Female adolescents were more likely to have MDE than Male adolescents.
Among the 3.5 million Female adolescents in 2021 who had a past year MDE, nearly 60% did not receive treatment for depression in the past year.
No differences were found for receipt of treatment for depression among Female adolescents compared with Male adolescents.
Substance Use by Major Depressive Episode (MDE) in the Past Year: Among Female Adolescents Aged 12 to 17

<table>
<thead>
<tr>
<th>Substance</th>
<th>Had MDE</th>
<th>Did Not Have MDE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Illicit Drugs, Past Year</strong></td>
<td>28.8%+</td>
<td>11.3% (966K)</td>
</tr>
<tr>
<td><strong>Marijuana, Past Year</strong></td>
<td>19.9%+</td>
<td>8.4% (720K)</td>
</tr>
<tr>
<td><strong>Opioid Misuse, Past Year</strong></td>
<td>4.9%+</td>
<td>1.4% (117K)</td>
</tr>
<tr>
<td><strong>Binge Alcohol, Past Month</strong></td>
<td>7.1%+</td>
<td>3.7% (315K)</td>
</tr>
<tr>
<td><strong>Tobacco Products or Nicotine Vaping, Past Month</strong></td>
<td>14.0%+</td>
<td>4.7% (398K)</td>
</tr>
</tbody>
</table>

Note: Adolescent respondents with unknown MDE data were excluded.

- Female adolescents who had an MDE in the past year were more likely to use these substances in the past year or past month than Female adolescents who did not have an MDE in the past year.

+ Difference between this estimate and the estimate for adolescents without MDE is statistically significant at the .05 level.
Any or Serious Mental Illness: Among Adults Aged 18 or Older
The prevalence of mental illness was highest among Female young adults aged 18 to 25 for both any mental illness and serious mental illness.
Any Mental Illness in the Past Year by Gender: Among Adults Aged 18 or Older

- Female adults were more likely to have mental illness than Male adults.
Receipt of Mental Health Services in the Past Year: Among Female Adults Aged 18 or Older with Mental Illness in the Past Year

- More than 3 in 5 Female adults with SMI received mental health services in the past year

### Percent Receiving Mental Health Services in Past Year

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Any Mental Illness (with or without Serious Mental Illness)</th>
<th>Serious Mental Illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 or Older</td>
<td>51.7% (17.9M)</td>
<td>67.6% (6.1M)</td>
</tr>
<tr>
<td>18 to 25</td>
<td>51.6% (3.5M)</td>
<td>63.1% (1.7M)</td>
</tr>
<tr>
<td>26 to 49</td>
<td>52.1% (8.6M)</td>
<td>68.2% (2.9M)</td>
</tr>
<tr>
<td>50 or Older</td>
<td>51.1% (5.7M)</td>
<td>72.2% (1.5M)</td>
</tr>
</tbody>
</table>

SMI = serious mental illness.

Note: Mental Health Services include any combination of inpatient or outpatient services, receipt of prescription medication, or virtual services.
Female adults with mental illness were more likely to have received services than Male adults.
Serious Thoughts of Suicide, Suicide Plans, and Suicide Attempts
Past Year Serious Thoughts of Suicide, Suicide Plans, or Suicide Attempts: Among Female Adolescents Aged 12 to 17

- 17.6% of Female adolescents had thoughts of suicide
- 8.6% made a suicide plan
- 4.8% attempted suicide

Many Female adolescents did not want to answer questions about suicide, which suggests that some Female adolescents could have had these thoughts but did not feel comfortable disclosing that information.
Thoughts of suicide, suicide plans, and suicide attempts were **highest** among Female young adults aged **18 to 25**.
No differences were found for suicidality by gender
Co-Occurring Substance Use Disorder and Mental Illness: Among Adults Aged 18 or Older
Co-Occurring Substance Use Disorder and Any Mental Illness: Among Female Adults Aged 18 or Older

- **10.5 million (8.1%)** Female adults aged 18 or older had co-occurring SUD and AMI

- Half (50.3%) of all Female young adults aged 18 to 25 had SUD or AMI

**Legend:**

- AMI = any mental illness; SMI = serious mental illness; SUD = substance use disorder.
Past Year Substance Use by Mental Illness: Among Female Adults Aged 18 or Older

<table>
<thead>
<tr>
<th>Substance</th>
<th>AMI (with or without SMI)</th>
<th>SMI</th>
<th>No Mental Illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illicit Drugs, Past Year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marijuana, Past Year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Opioid Misuse, Past Year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Binge Alcohol, Past Month</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tobacco Products or Nicotine Vaping, Past Month</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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 Female Adults Aged 18 or Older

• 3 in 4 (72.7%) Female adults who ever had a substance use problem considered themselves to be recovering or in recovery

• 2 in 3 (67.1%) Female 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 Females Aged 12 or Older

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percent in Past Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illicit Drug or Alcohol Use Disorder 12+ (18.3M)</td>
<td>94.6%</td>
</tr>
<tr>
<td>Any Mental Illness (AMI) 18+ (35.5M)</td>
<td>51.7%</td>
</tr>
<tr>
<td>Serious Mental Illness 18+ (9.2M)</td>
<td>67.6%</td>
</tr>
<tr>
<td>Co-Occurring Illicit Drug or Alcohol Use Disorder and AMI 18+</td>
<td>59.8%</td>
</tr>
<tr>
<td>(9.5M)</td>
<td></td>
</tr>
<tr>
<td>Major Depressive Episode 12-17 (3.5M)</td>
<td>41.7%</td>
</tr>
</tbody>
</table>

† 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.

SAMHSA
Substance Abuse and Mental Health Services Administration