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.
Statistical testing was performed for comparisons of estimates across age groups and among sexual identity groups 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 LGB Adults Aged 18 or Older

- **Alcohol**: 11.2M (59.4%)
- **Tobacco Products**: 5.0M (26.6%)
- **Nicotine Vaping**: 2.3M (12.3%)
- **Marijuana**: 5.9M (31.4%)
- **Rx Pain Reliever Misuse**: 520K (2.7%)
- **Hallucinogens**: 472K (2.5%)
- **Inhalants**: 325K (1.7%)
- **Methamphetamine**: 277K (1.5%)
- **Cocaine**: 270K (1.4%)
- **Rx Tranquilizer or Sedative Misuse**: 227K (1.2%)
- **Rx Stimulant Misuse**: 167K (0.9%)
- **Heroin**: 83K (0.4%)

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 LGB Adults Aged 18 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 half of past month alcohol users were binge drinkers.
Binge Alcohol Use in the Past Month by Sexual Identity: Among Adults Aged 18 or Older

- Binge drinking among Bisexual adults and Gay males was higher than among Straight or Heterosexual people

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.
Among current nicotine product users, the use of specific nicotine products varied by age group.

An estimated 39.9% of LGB young adults aged 18 to 25 who used nicotine products in the past month vaped only nicotine products compared with 10.5% of LGB adults aged 26 or older.
The percentage of people who vaped nicotine was highest among LGB young adults aged 18 to 25.
Past Year and Past Month Illicit Drug Use
Past Year Illicit Drug Use: Among LGB Adults Aged 18 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 LGB Adults Aged 18 or Older

- Among young adults aged 18 to 25, 54.3% used illicit drugs and 50.8% used marijuana in the past year.
Illicit Drug Use in the Past Month by Sexual Identity: Among Adults Aged 18 or Older

- LGB adults were more likely to use illicit drugs than Straight or Heterosexual adults.
Marijuana Use in the Past Month by Sexual Identity: Among Adults Aged 18 or Older

• LGB adults were more likely to use marijuana than Straight or Heterosexual adults
Type of Marijuana Use: Among LGB Adults Aged 18 or Older Who Used Marijuana in the Past Month

- About 1 in 4 current marijuana users aged 18 or older vaped marijuana in the past month.
Past Year Opioid Misuse: Among LGB Adults Aged 18 or Older

1.2 Million LGB Adults Aged 18 or Older with Past Year Opioid Misuse

- 1.2M LGB Adults with Pain Reliever Misuse (96.9% of Opioid Misusers)
- 88K LGB Adults with Pain Reliever Misuse and Heroin Use (7.1% of Opioid Misusers)
- 127K LGB Adults with Heroin Use (10.1% of Opioid Misusers)
- 1.1M LGB Adults with Pain Reliever Misuse Only (89.9% of Opioid Misusers)
- 38K LGB Adults with Heroin Use Only (3.1% of Opioid Misusers)
Opioid Misuse in the Past Month by Sexual Identity: Among Adults Aged 18 or Older

- Bisexual adults were more likely to misuse opioids than Straight or Heterosexual adults.

- Overall, 1.1% (2.7M)
  - Lesbian: 4.9% (125K)
  - Gay: 3.3% (116K)
  - Bisexual: 2.5% (325K)
  - Straight: 0.9% (1.9M)

Percent Misusing Opioids in Past Month
### Past Year Prescription Pain Reliever Misuse: Among LGB Adults Aged 18 or Older Who Misused Any Prescription Pain Reliever

<table>
<thead>
<tr>
<th>Substance</th>
<th>Percentage</th>
<th>Estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hydrocodone</td>
<td>54.1%</td>
<td>647K</td>
</tr>
<tr>
<td>Oxycodone</td>
<td>39.6%</td>
<td>477K</td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>7.1%</td>
<td>86K</td>
</tr>
<tr>
<td>Morphine</td>
<td>6.5%</td>
<td>78K</td>
</tr>
<tr>
<td>Fentanyl</td>
<td>6.2%</td>
<td>75K</td>
</tr>
<tr>
<td>Oxymorphone</td>
<td>3.7%</td>
<td>45K</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>0.6%</td>
<td>8K</td>
</tr>
<tr>
<td>Demerol</td>
<td>0.4%</td>
<td>5K</td>
</tr>
<tr>
<td>Codeine</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Tramadol</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Methadone</td>
<td>*</td>
<td></td>
</tr>
</tbody>
</table>

*Low precision; no estimate reported.*

**Percent among Past Year Misusers of Any Pain Reliever**
Substance Use Disorder
Past Year Substance Use Disorder (SUD): Among LGB Adults Aged 18 or Older

No Past Year SUD
12.8M LGB Adults (67.7%)

Past Year SUD
6.1M LGB Adults (32.3%)

Number of LGB Adults with Specific Past Year SUD

- Drug Use Disorder\(^1\) 4.0M (21.0%)
- Alcohol Use Disorder 3.4M (18.2%)
- Marijuana Use Disorder 3.1M (16.3%)
- Pain Reliever Use Disorder\(^2\) 457K (2.4%)
- Methamphetamine Use Disorder 365K (1.9%)
- Stimulant Use Disorder\(^2\) 333K (1.8%)
- Cocaine Use Disorder 243K (1.3%)
- Heroin Use Disorder 154K (0.8%)

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 LGB Adults Aged 18 or Older

- LGB young adults aged 18 to 25 were the most likely to have a past year substance 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).
• LGB adults were more likely to have a substance use disorder than Straight or Heterosexual adults
Perceived Need for Substance Use Treatment:  
Among LGB Adults Aged 18 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 LGB adults with a substance use disorder who did not get treatment at a specialty facility did not think they needed treatment.
Any or Serious Mental Illness: Among Adults Aged 18 or Older
Past Year Mental Illness: Among LGB Adults Aged 18 or Older

- The prevalence of mental illness was **highest** among LGB young adults aged **18 to 25** for both any mental illness and serious mental illness.
Any Mental Illness in the Past Year by Sexual Identity:
Among Adults Aged 18 or Older

- LGB adults were more likely to have a mental illness than Straight or Heterosexual adults

Overall, 22.8% (57.8M)
- Bisexual: 56.3% (7.2M)
- Lesbian: 46.8% (1.2M)
- Gay: 34.5% (1.2M)
- Straight: 20.2% (45.2M)
Receipt of Mental Health Services in the Past Year: Among LGB Adults Aged 18 or Older with Mental Illness in the Past Year

- At least 3 in 5 LGB adults with SMI in each age group received mental health services in the past year.

### Receipt of Mental Health Services in the Past Year

- **Any Mental Illness (with or without Serious Mental Illness)**
  - Age Category: 18 or Older
  - 55.7% (5.3M)
  - Age Category: 18 to 25
  - 55.4% (2.2M)
  - Age Category: 26 to 49
  - 56.7% (2.7M)
  - Age Category: 50 or Older
  - *

- **Serious Mental Illness**
  - 68.0% (2.6M)
  - 64.6% (1.2M)
  - 71.6% (1.2M)

*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 Sexual Identity: Among Adults Aged 18 or Older with a Past Year Mental Illness

- Bisexual adults with mental illness were more likely to have received services than Straight or Heterosexual adults.
Serious Thoughts of Suicide, Suicide Plans, and Suicide Attempts
Past Year Serious Thoughts of Suicide, Suicide Plans, or Suicide Attempts: Among LGB Adults Aged 18 or Older

- Thoughts of suicide, suicide plans, and suicide attempts were **highest** among LGB young adults aged 18 to 25

* Low precision; no estimate reported.
Serious Thoughts of Suicide in the Past Year by Sexual Identity: Among Adults Aged 18 or Older

- LGB adults were more likely to have had serious thoughts of suicide than Straight or Heterosexual adults.
Made Suicide Plans in the Past Year by Sexual Identity: Among Adults Aged 18 or Older

- Lesbian and Bisexual adults were more likely to have made suicide plans than Straight or Heterosexual adults.
Lesbian and Bisexual adults were more likely to have attempted suicide than Straight or Heterosexual adults.
Co-Occurring Substance Use Disorder and Mental Illness: Among Adults Aged 18 or Older
Co-Occurring Substance Use Disorder and Any Mental Illness: Among LGB Adults Aged 18 or Older

- 4.1 million (21.8%) LGB adults aged 18 or older had co-occurring SUD and AMI
- 70.0% of all LGB young adults aged 18 to 25 had SUD or AMI

AMI = any mental illness; SMI = serious mental illness; SUD = substance use disorder.

11.6 Million LGB Adults Had Either SUD or AMI (with or without SMI)
Past Year Substance Use by Mental Illness: Among LGB Adults Aged 18 or Older

- LGB adults with SMI or AMI in the past year were more likely to have used or misused these substances (except binge alcohol use) than those without mental illness.
• 3 in 4 (73.1%) LGB adults who ever had a substance use problem considered themselves to be recovering or in recovery

• 3 in 5 (60.3%) LGB 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 LGB Adults Aged 18 or Older

† 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.