

The 2022 National Survey on Drug Use and Health (NSDUH) used multimode data collection, in which respondents completed the survey in person or via the web. Estimates based on multimode data collection in 2022 are not comparable with estimates from the 2020 NSDUH or prior years. Although most estimates can be compared between 2021 and 2022, highlights are presented for the 2022 NSDUH only.

This document presents substance use and mental health estimates by race and ethnicity.¹ For information about how NSDUH collects information on race and ethnicity, please see Appendix A in the *2022 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions* report.² Unless otherwise specified, the following estimates apply to NSDUH respondents aged 12 or older.

Estimates in this document have not been adjusted for differences in the underlying age distributions of people in racial or ethnic groups. If the occurrence of certain substance use or mental health outcomes differs by age, then differences in estimates between some racial or ethnic groups may reflect the younger age composition in some of these groups. Nevertheless, these unadjusted estimates reflect the actual occurrence of an outcome of interest and are useful for determining the specific need for services in a given population.

Tobacco Product Use or Nicotine Vaping

- In 2022, the percentage of people aged 12 or older who used tobacco products or vaped nicotine in the past month was higher among American Indian or Alaska Native (34.0%) or Multiracial people (32.4%) than among White (24.7%), Black (23.6%), Hispanic (17.7%), or Asian people (10.0%).³
- Among people aged 12 or older in 2022, Multiracial (13.7%), American Indian or Alaska Native (12.6%), White (8.9%), or Hispanic people (8.3%) were more likely to have used an e-cigarette or other vaping device to vape nicotine in the past month compared with Black (6.1%) or Asian people (5.5%). Multiracial people were also more likely than White or Hispanic people to have vaped nicotine in the past month.
- Among people aged 12 to 20 in 2022, White people (15.9%) were more likely to have used tobacco products or to have vaped nicotine in the past month compared with underage Hispanic (11.3%), Black (10.7%), or Asian people (5.6%). Underage Asian people were less likely to have used tobacco products or to have vaped nicotine in the past month compared with underage people in other racial or ethnic groups.³

¹ A significance level of .01 was used for identifying statistically significant differences in estimates. Statistically significant differences are described using terms such as “higher,” “lower,” “more likely,” or “less likely.”

² Center for Behavioral Health Statistics and Quality. (2023). *2022 National Survey on Drug Use and Health: Methodological summary and definitions*. <https://www.samhsa.gov/data/report/2022-methodological-summary-and-definitions>

³ The estimate could not be calculated with sufficient precision for Native Hawaiian or Other Pacific Islander people.

Alcohol Use

- Among people aged 12 or older in 2022, 53.4% of White people drank alcohol in the past month. This percentage was higher than the percentages of people in other racial or ethnic groups. Hispanic people also were more likely than Asian people to have used alcohol in the past month (43.6% vs. 36.7%).³
- An estimated 10.3% of Asian people aged 12 or older in 2022 were past month binge drinkers. This percentage was lower than the percentages for people in other racial or ethnic groups.³ No other significant differences were found among racial or ethnic groups.
- Among people aged 12 or older in 2022, White people were more likely to be heavy alcohol users in the past month (6.6%) compared with Hispanic (5.1%), Black (4.2%), or Asian people (1.9%). Asian people were less likely to be heavy alcohol users in the past month compared with people in other racial or ethnic groups.³
- Among people aged 12 to 20 in 2022, White people were more likely than Hispanic, Asian, or Black people to be past month alcohol users, binge drinkers, or heavy alcohol users. Underage Hispanic people also were more likely than underage Black people to be past month alcohol users, binge drinkers, or heavy alcohol users.

Illicit Drug Use

- The percentage of people aged 12 or older in 2022 who used illicit drugs in the past year was higher among Multiracial people (35.1%) than among Black (26.7%), White (25.8%), Hispanic (23.5%), or Asian people (13.6%). Asian people were less likely to have used illicit drugs in the past year compared with people in other racial or ethnic groups including American Indian or Alaska Native people (31.7%).³
- In 2022, the percentage of people aged 12 or older who used marijuana in the past year was higher among Multiracial people (31.1%) than among Black (23.5%), White (22.9%), Hispanic (20.3%), or Asian people (11.2%). Asian people were less likely to have used marijuana in the past year compared with people in other racial or ethnic groups including American Indian or Alaska Native people (27.3%).³
- The percentage of people aged 12 or older in 2022 who misused opioids in the past year was higher among Multiracial (4.5%), Black (4.1%), Hispanic (3.4%), or White people (3.0%) than among Asian people (1.5%). Black people also were more likely than White people to have misused opioids in the past year.

Substance Use Disorders⁴

- Percentages of people aged 12 or older in 2022 with a past year substance use disorder (SUD) ranged from 9.0% of Asian people to 24.0% of American Indian or Alaska Native people. Except for Asian people, percentages did not differ significantly by race or ethnicity. The percentage of Asian people aged 12 or older in 2022 with a past year SUD was lower than the percentages among people in other racial or ethnic groups.³

Major Depressive Episode among Adolescents

- Percentages of adolescents aged 12 to 17 in 2022 who had a past year major depressive episode (MDE) did not differ significantly among racial or ethnic groups. Percentages of adolescents who had a past year MDE ranged from 14.1% among American Indian or Alaska Native adolescents to 21.0% among White adolescents.³

Mental Illness among Adults

- Among adults aged 18 or older in 2022, Multiracial adults (35.2%) were more likely to have had any mental illness (AMI) in the past year compared with White (24.6%), Hispanic (21.4%), Black (19.7%), American Indian or Alaska Native (19.6%), or Asian adults (16.8%). The percentage of adults with AMI in the past year was lower among Hispanic, Black, or Asian adults than among White adults. The percentage also was lower among Asian adults than among Hispanic adults.³
- Among adults aged 18 or older in 2022, Multiracial adults (11.8%) were more likely to have had serious mental illness (SMI) in the past year compared with White (6.5%), Hispanic (5.3%), Black (4.7%), Asian (4.1%), or Native Hawaiian or Other Pacific Islander adults (3.5%). The percentage of adults with SMI in the past year was lower among Black or Asian adults than among White adults.

Suicidal Thoughts and Behavior

- In 2022, there were no significant racial or ethnic differences in serious thoughts of suicide, suicide plans, or suicide attempts in the past year among adolescents aged 12 to 17.
- The percentage of adults aged 18 or older in 2022 who had serious thoughts of suicide in the past year was higher among Multiracial adults (9.3%) than among Black (5.5%), White (5.2%), Hispanic (4.6%), or Asian adults (3.4%). Asian adults were less likely to have had serious thoughts of suicide in the past year compared with adults in most other racial or ethnic groups.³

⁴ In the 2022 NSDUH, the presence of a substance use disorder (SUD) in the past year was assessed based on criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition. For more information, please see Section 3.4.3 and the substance-specific SUD definitions in Appendix A of the following reference: Center for Behavioral Health Statistics and Quality. (2023). *2022 National Survey on Drug Use and Health: Methodological summary and definitions*. <https://www.samhsa.gov/data/report/2022-methodological-summary-and-definitions>

- Percentages of adults aged 18 or older in 2022 who made a suicide plan in the past year ranged from 0.1% of Native Hawaiian or Other Pacific Islander adults to 2.9% of Multiracial adults. The percentage among Native Hawaiian or Other Pacific Islander adults was lower than percentages among adults in all other racial or ethnic groups. The percentage also was lower among Asian adults (0.8%) than among Multiracial, Black (1.8%), or White adults (1.4%).
- The percentage of adults aged 18 or older in 2022 who attempted suicide in the past year ranged from 0.1% of Native Hawaiian or Other Pacific Islander adults to 1.5% of American Indian or Alaska Native or Multiracial adults. Native Hawaiian or Other Pacific Islander adults or Asian adults (0.2%) were less likely than Multiracial, Black (0.9%), White (0.6%), or Hispanic adults (0.6%) to have attempted suicide in the past year. However, the percentage of American Indian or Alaska Native adults who attempted suicide in the past year was not significantly different from percentages of adults in other racial or ethnic groups.

Substance Use Treatment

- In 2022, people aged 12 or older who used alcohol or drugs in their lifetime were classified as having received substance use treatment in the past year if they received treatment in an inpatient location; in an outpatient location; via telehealth; or in a prison, jail, or juvenile detention center. Support services from a support group or from a peer support specialist or recovery coach, services in an emergency room or department, or detoxification or withdrawal support services were not classified as substance use treatment.
- People were classified as needing substance use treatment in the past year if they had an SUD or received substance use treatment in the past year. In 2022, there were no differences by racial or ethnic group in the percentage of people aged 12 or older who received substance use treatment in the past year among people who needed substance use treatment in that period.⁵ Percentages ranged from 21.4% of Hispanic people to 24.9% of White people who needed substance use treatment.

Mental Health Treatment

- In 2022, people aged 12 or older were classified as having received mental health treatment in the past year if they received professional counseling, medication, or other treatment for their mental health in an inpatient location; in an outpatient location; via telehealth; or in a prison, jail, or juvenile detention center, or they took prescribed medication in the past year to help with their mental health. Support services from a support group or from a peer support specialist or recovery coach, or services in an emergency room or department were not classified as mental health treatment.
- Among adults aged 18 or older in 2022 who had an MDE in the past year, Hispanic (49.7%) or Black adults (51.2%) were less likely than White (66.6%) or Multiracial adults (68.6%) to have received mental health treatment in the past year.

⁵ The estimate could not be calculated with sufficient precision for American Indian or Alaska Native, Asian, or Native Hawaiian or Other Pacific Islander people.

- In 2022, the percentage of adults aged 18 or older with AMI in the past year who received mental health treatment in the past year was lower among Asian (36.1%), Black (37.9%), or Hispanic adults (39.6%) than among Multiracial (56.0%) or White adults (56.1%).
- In 2022, the percentage of adults aged 18 or older with SMI in the past year who received mental health treatment in the past year was lower among Black (52.3%) or Hispanic adults (58.4%) than among White adults (71.4%). Black adults with SMI also were less likely than Multiracial adults with SMI (73.9%) to have received any of these types of mental health treatment in the past year.