

**Behavioral Health
among Older Adults:**
Results from the
2021 and 2022 National
Surveys on Drug Use
and Health

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Originating Office

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Substance Abuse and Mental Health Services Administration
Center for Behavioral Health Statistics and Quality
Office of Population Surveys

Introduction

As the baby boom cohort continues to age, the number of older adults in the United States continues to grow, now making up over 20 percent of the general population.¹ Substance use and mental health are major public health concerns among older adults, despite tremendous emotional resiliency in this population.^{2,3} As adults age, they often experience heightened sensitivity to substances, which can result in injury, complicate existing medical conditions, or adversely interact with medications.⁴ Additionally, social isolation, bereavement, or health problems associated with aging can contribute to the development of mental disorders.⁵ Stigma surrounding mental illness and substance use can create a barrier for older adults to seek treatment for mental or substance use disorders. Older adults also can have difficulty accessing behavioral health treatment because of cost, transportation, and challenges in navigating the healthcare system.⁶ Consequently, older adults who might benefit from such treatment often do not receive appropriate diagnosis and care.

Survey Background

The National Survey on Drug Use and Health (NSDUH) is an annual survey sponsored by the Substance Abuse and Mental Health Services Administration within the U.S. Department of Health and Human Services. NSDUH covers residents of households and people in noninstitutional group settings. The survey excludes people with no fixed address, military personnel on active duty, and residents of institutional group settings, such as nursing homes, mental health institutions, long-term care hospitals, and jails. Further information about the NSDUH design and methods can be found in the *2022 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions*.⁷ Appendix A in the 2022 Methodological Summary and Definitions report also defines relevant measures and terms.

Presentation of Estimates and Statistical Testing

This report focuses on substance use and mental health indicators among older adults aged 60 or older in the United States based on pooled NSDUH data from 2021

In the 2021 and 2022 National Surveys on Drug Use and Health (NSDUHs), only a binary measure of male or female was collected. Therefore, this report does not present findings for transgender people, non-binary people, or those people with any other identity besides binary male or female. Beginning with the 2023 NSDUH, the survey asks respondents their sex at birth and their gender identity, including whether they identify as male, female, transgender, or another identity.

and 2022 except where noted. Estimates are presented by gender. All estimates (e.g., percentages and numbers) presented in the report are derived from survey data that are subject to sampling errors and have met the criteria for statistical precision.⁸ Appendix A presents detailed tables of estimates and standard errors of percentages.

Comparisons of estimates between older adult males and females were performed according to statistical testing procedures described in the 2022 Methodological Summary and Definitions report.⁹ Differences in estimates between males and females 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,” “twice as likely,” or “less likely.” Statements use terms such as “similar” when a difference was not statistically significant.

As noted previously, the civilian, noninstitutionalized population does not include older adults in institutions such as nursing homes. Information from the Centers for Medicare & Medicaid Services on residents of Medicare- or Medicaid-certified nursing homes indicates that substantial percentages of residents had psychiatric diagnoses in the past 7 days.¹⁰ However, the majority of the older adults aged 60 or older are included in the civilian, noninstitutionalized population; in 2020, 2.5 percent of the U.S. population aged 65 or older lived in nursing facilities, including 0.9 percent of adults aged 65 to 74, 2.7 percent of adults aged 75 to 84, and 10.2 percent of adults aged 85 or older.¹¹

Definitions

SUBSTANCE USE

Binge drinking means consumption of four or more drinks on the same occasion for females and five or more drinks on the same occasion for males on at least 1 day in the past 30 days. **Heavy drinking** means binge drinking on 5 or more days in the past 30 days.

Illicit drug use includes the use of marijuana, cocaine, heroin, hallucinogens, inhalants, and methamphetamine, as well as the misuse of prescription drugs (pain relievers, tranquilizers, stimulants, or sedatives).

Misuse of prescription drugs means use in any way not directed by a doctor, such as use without a prescription of one's own, or use in greater amounts, more often, or longer than told to take a drug.

Opioid misuse includes the misuse of prescription pain relievers or the use of heroin. Prescription pain relievers could include some nonopioids because respondents could occasionally specify the misuse of other prescription pain relievers that are not opioids. Opioid misuse does not include use of illegally made fentanyl.

SUBSTANCE USE DISORDERS

Substance use disorders (SUDs) are characterized by impairment caused by the recurrent use of alcohol or other drugs (or both), including health problems, disability, and failure to meet major responsibilities at work, school, or home. Respondents who used alcohol or drugs in the past 12 months were classified as having an SUD in that period if they met criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.¹² Respondents who used marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, or prescription psychotherapeutic drugs were classified as having a **drug use disorder (DUD)** if they had a disorder related to any of these substances that they used in the past year. Respondents were classified as having an **opioid use disorder (OUD)** if they had a disorder related to their use of heroin or prescription pain relievers in the past year. Respondents who used alcohol in the past year were classified as having an **alcohol use disorder (AUD)** if they met criteria for an AUD in the past year. Respondents were classified as having an SUD if they had an AUD or a DUD in the past year.

SUBSTANCE USE TREATMENT

Substance use treatment means the receipt of treatment in the past 12 months for the use of alcohol or drugs in an inpatient location, in an outpatient location, via telehealth, or in a prison, jail, or juvenile detention center or the receipt of medication-assisted treatment for alcohol use or opioid use.

Need for substance use treatment means that people met the criteria for a substance use disorder as defined in the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition,¹² or they received treatment for their alcohol or drug use in the past 12 months.

Perceived unmet need for substance use treatment means that people did not receive substance use treatment in the past 12 months and they either (1) sought treatment or thought they should get substance use treatment in the past 12 months or (2) received other services for substance use but not substance use treatment in the past 12 months (i.e., support group, emergency room/department, detoxification/withdrawal support services, or peer support specialist or recovery coach), and they sought or thought they should get additional professional counseling, medication, or other substance use treatment in the past 12 months.

Definitions

MENTAL HEALTH

Any mental illness (AMI) refers to the presence of a mental, behavioral, or emotional disorder in the past year of sufficient duration to meet criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition, excluding developmental disorders and substance use disorders.¹³ **Serious mental illness (SMI)** refers to the presence of a mental, behavioral, or emotional disorder that substantially interfered with or limited one or more major life activities. AMI and SMI were estimated based on a statistical prediction model. For more details on the estimation of AMI and SMI, see the *2022 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions* report.⁷

National Survey on Drug Use and Health respondents were classified as having a **major depressive episode (MDE)** in the past 12 months if (1) they had at least one period of 2 weeks or longer in the past year when for most of the day nearly every day they felt depressed or lost interest or pleasure in daily activities; and (2) they also had problems with sleeping, eating, energy, concentration, self-worth, or having recurrent thoughts of death or recurrent suicidal ideation. The MDE questions are based on diagnostic criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.¹²

MENTAL HEALTH TREATMENT

Mental health treatment means the receipt of treatment or counseling for any problem with mental health, emotions, or behavior in the past 12 months in an inpatient location, in an outpatient location, through the use of prescription medication, via telehealth, or in a prison, jail, or juvenile detention center.

Perceived unmet need for mental health treatment means that people did not receive mental health treatment in the past 12 months and they either (1) sought treatment or thought they should get treatment for their mental health in the past 12 months or (2) received other mental health services but not mental health treatment in the past 12 months (i.e., support group, emergency room/department, or peer support specialist or recovery coach), and they sought or thought they should get additional professional counseling, medication, or other treatment for their mental health, emotions, or behavior in the past 12 months.

Substance Use

Cigarette Smoking | Alcohol Use

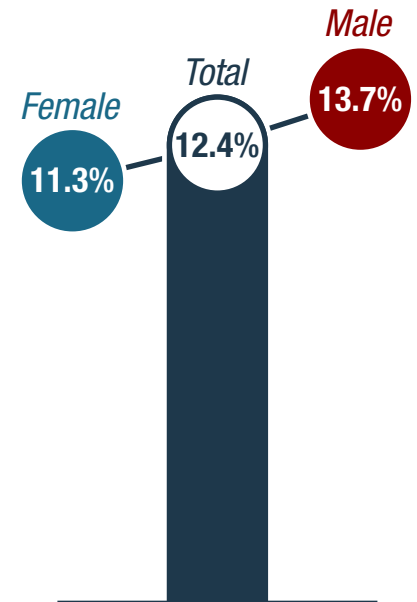


CIGARETTE SMOKING

Percentage using in past month

About **9.7 million** older adults, or **nearly 1 in 8**, smoked **cigarettes** in the past month.

- Older adult males were **more likely** than older adult females to have **smoked cigarettes**. Percentages were **13.7%** for older adult males and **11.3%** for older adult females.



Numbers (Millions): **Cigarette Smoking:** Females: **4.7M**, Males: **5.0M**

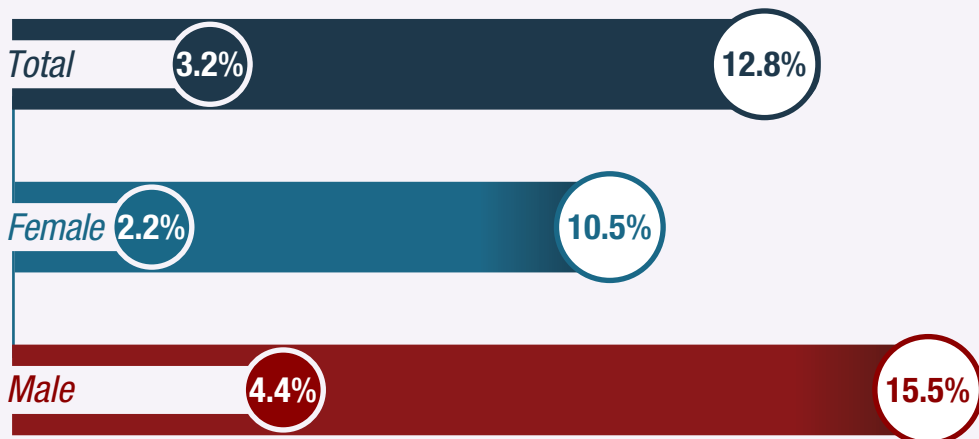


ALCOHOL USE

Percentage using in past month

Binge Alcohol Use

Heavy Alcohol Use



See the [Definitions](#) for more information on the terms **Binge drinking** and **Heavy drinking**.

Heavy alcohol use is a subset of binge alcohol use.

There were **10.0 million** older adults (**12.8%**) who engaged in **binge drinking** in the past month, including **2.5 million (3.2%)** who engaged in **heavy drinking**.

- Older adult males were **more likely** than older adult females to have engaged in **binge drinking** in the past month. **More than 1 in 7** older adult males engaged in **binge drinking**, compared with **about 1 in 10** older adult females.
- Older adult males were **twice as likely** as older adult females to have engaged in **heavy drinking** in the past month.

Numbers (Millions): **Binge Alcohol Use:** Females: **4.4M**, Males: **5.6M** | **Heavy Alcohol Use:** Females: **0.9M**, Males: **1.6M**

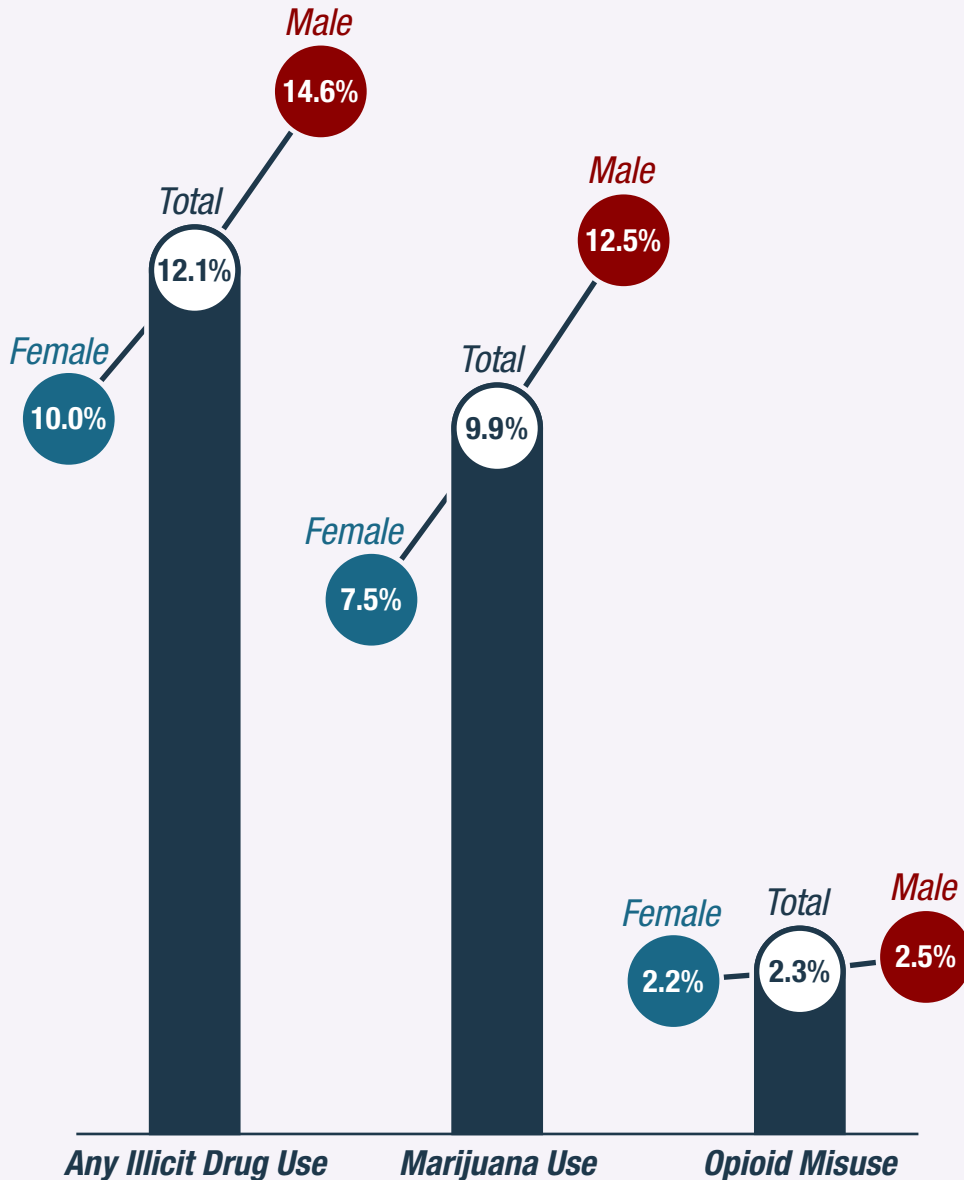
Substance Use

Any Illicit Drug Use | Marijuana Use | Opioid Misuse



ILLICIT DRUG USE

Percentage using in past year



There were **9.5 million** older adults who **used illicit drugs** in the past year, including **7.7 million** who **used marijuana (9.9%)** and **1.8 million** who **misused opioids (2.3%)**.

- Older adult males were **more likely** than older adult females to have **used illicit drugs** in the past year. **About 1 in 7** older adult males **used illicit drugs**, compared with **about 1 in 10** older adult females.
- Older adult males were **more likely** than older adult females to have **used marijuana** in the past year. **About 1 in 8** older adult males **used marijuana**, compared with **about 1 in 13** older adult females.
- **About 1 in 45** older adults **misused opioids** in the past year. **Similar percentages** of older adult females and males **misused opioids**.

See the [Definitions](#) for more information on the terms **illicit drug use** and **Opioid misuse**.

Marijuana use and opioid misuse are nonmutually exclusive subsets of any illicit drug use.

Numbers (Millions): **Any Illicit Drug Use: Females: 4.2M, Males: 5.3M**

Marijuana Use: Females: 3.2M, Males: 4.5M | Opioid Misuse: Females: 0.9M, Males: 0.9M

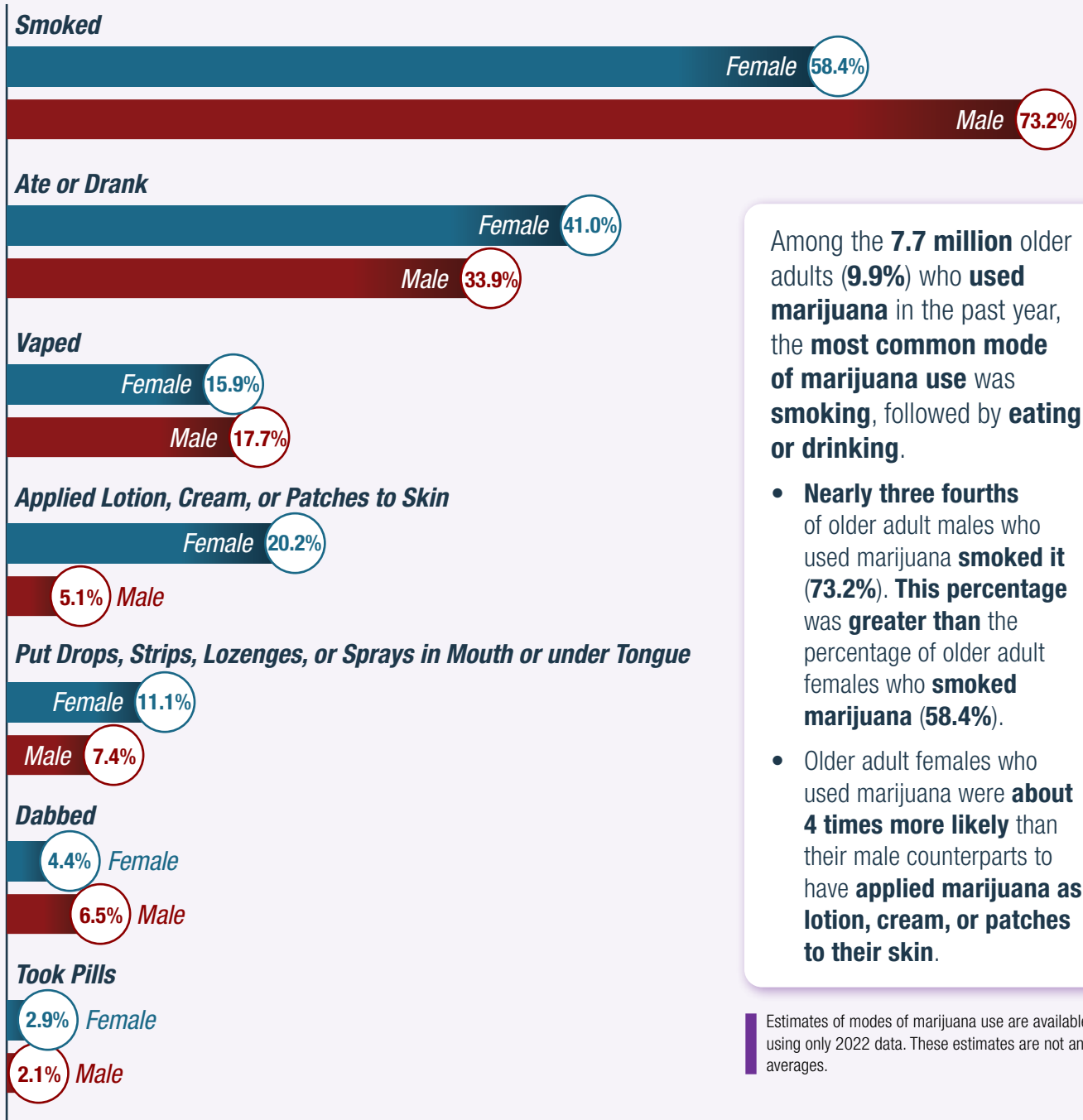
Substance Use

Modes of Marijuana Use among Marijuana Users



MODES OF MARIJUANA USE

Mode percentage among past year marijuana users



Among the **7.7 million** older adults (**9.9%**) who **used marijuana** in the past year, the **most common mode of marijuana use** was **smoking**, followed by **eating or drinking**.

- **Nearly three fourths** of older adult males who used marijuana **smoked it (73.2%)**. **This percentage was greater than** the percentage of older adult females who **smoked marijuana (58.4%)**.
- Older adult females who used marijuana were **about 4 times more likely** than their male counterparts to have **applied marijuana as lotion, cream, or patches to their skin**.

Estimates of modes of marijuana use are available using only 2022 data. These estimates are not annual averages.

Numbers (Millions): **Smoked:** Females: 2.2M, Males: 3.6M | **Ate or Drank:** Females: 1.6M, Males: 1.7M | **Vaped:** Females: 0.6M, Males: 0.9M

Applied to Skin: Females: 0.8M, Males: 0.2M | **Put in Mouth or under Tongue:** Females: 0.4M, Males: 0.4M

Dabbed: Females: 0.2M, Males: 0.3M | **Took Pills:** Females: 0.1M, Males: 0.1M

Substance Use Disorders

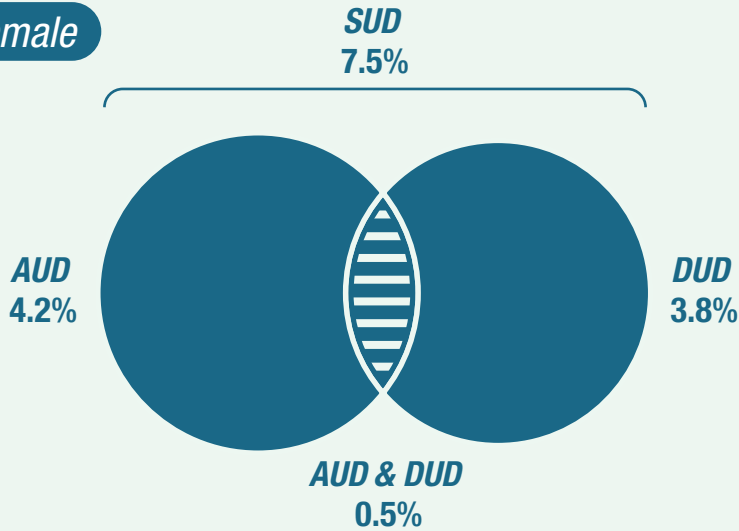
Alcohol Use Disorder | Drug Use Disorder | Opioid Use Disorder



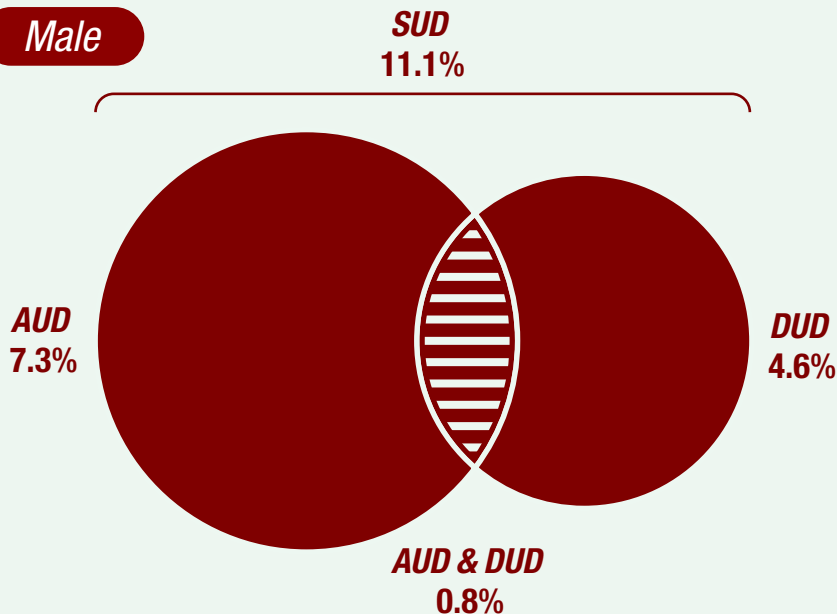
SUBSTANCE USE DISORDERS

Percentage with disorder in past year

Female



Male



There were **7.1 million** older adults who **had a substance use disorder (SUD)** in the past year (**9.1%**), including **4.4 million** who **had an alcohol use disorder (AUD)** (**5.6%**) and **3.2 million** who **had a drug use disorder (DUD)** (**4.1%**).

- Older adult males were **about 1.5 times more likely** than older adult females to have **had an SUD** in the past year.
- Older adult males were **more likely** than older adult females to have **had an AUD** in the past year.
- **About 1 in 25** older adults **had a DUD** in the past year. **Similar percentages** of older adult females and males **had a DUD**.
- **About 1 in 50** older adults (**2.2%**) **had an opioid use disorder (OUD)** in the past year. **Similar percentages** of older adult females and males **had an OUD**.

See the [Definitions](#) for more information on the terms **Substance use disorders**, **Alcohol use disorder**, **Drug use disorder**, and **Opioid use disorder**.

AUD and DUD are nonmutually exclusive subsets of SUD. OUD is a subset of DUD.

Estimates for males and females may not sum exactly to the estimates for all older adults due to rounding.

Numbers (Millions): **SUD: Females: 3.1M, Males: 4.0M** | **AUD: Females: 1.8M, Males: 2.6M**

DUD: Females: 1.6M, Males: 1.7M | **OUD: Females: 1.0M, Males: 0.8M**

Substance Use Treatment

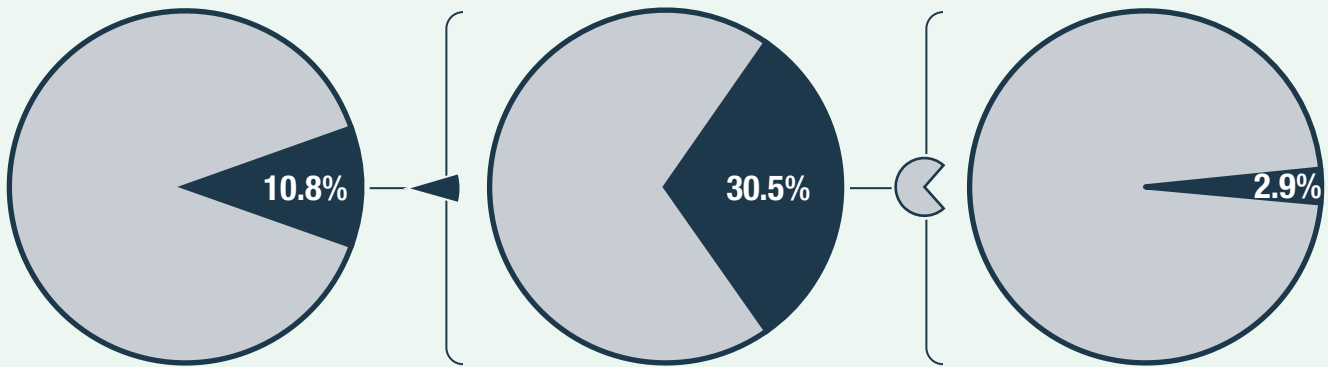
Needed Treatment | Received Treatment | Perceived Unmet Need for Treatment



SUBSTANCE USE TREATMENT

Percentage in past year

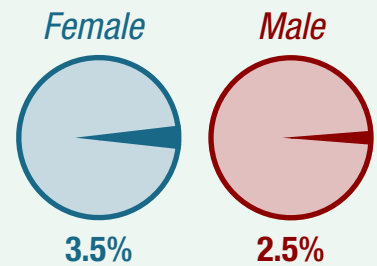
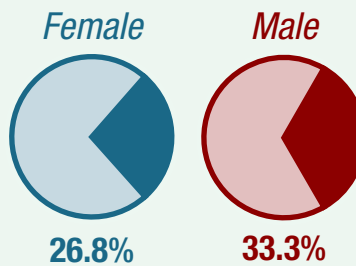
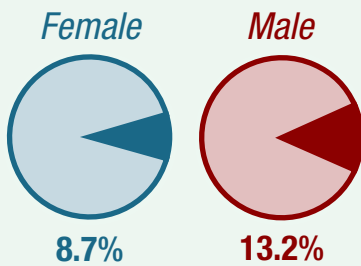
Total



Needed Substance Use Treatment (SU Tx)

Received SU Tx among Those Who Needed It

Perceived Unmet Need for SU Tx among Those Who Needed SU Tx but Did Not Receive It



- **About 8.5 million** older adults were classified as **needing substance use treatment (SU Tx)** in the past year, or **about 1 in 9**. Older adult males were **about 1.5 times more likely** than older adult females to have **needed SU Tx**.
- Among older adults who needed SU Tx in the past year, **fewer than 1 in 3 received it**. Percentages were **similar** between older adult females and males.
- Among older adults who needed SU Tx in the past year but did not receive it, **nearly all (97%) did not think that they needed it**. Percentages were **similar** between older adult females and males.

See the [Definitions](#) for more information on the terms **Substance use treatment**, **Need for substance use treatment**, and **Perceived unmet need for substance use treatment**.

Estimates of substance use treatment are available using only 2022 data. These estimates are not annual averages.

Numbers (Millions): **Needed Substance Use Treatment: Females: 3.7M, Males: 4.9M** | **Received Substance Use Treatment: Females: 1.0M, Males: 1.6M**

Perceived Unmet Need for Substance Use Treatment: Females: 0.1M, Males: 0.1M

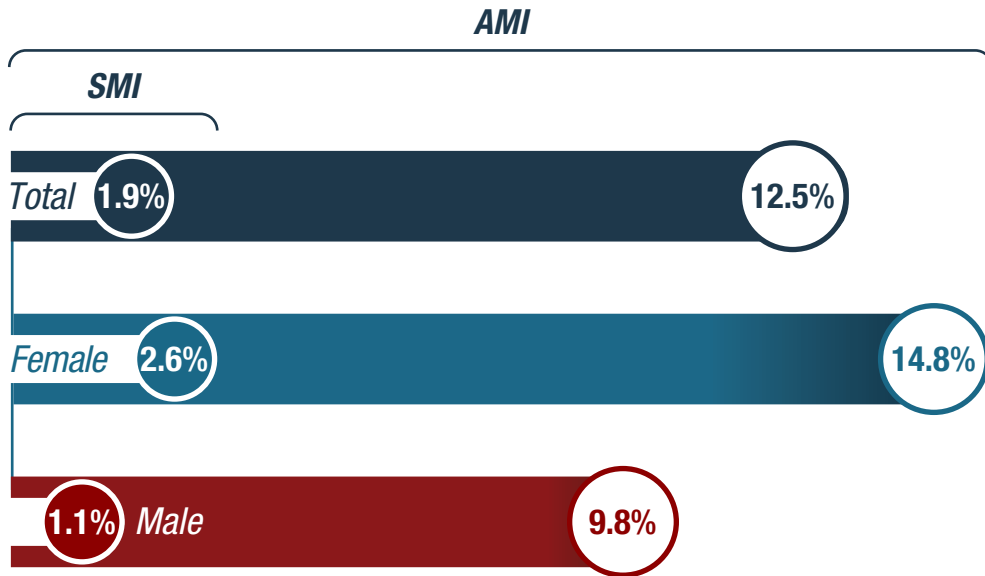
Mental Health

Any Mental Illness | Serious Mental Illness | Major Depressive Episode



MENTAL ILLNESS

Percentage in past year



Numbers (Millions): AMI: Females: 6.2M, Males: 3.6M | SMI: Females: 1.1M, Males: 0.4M

An estimated **9.8 million** older adults **had any mental illness (AMI)** in the past year (**12.5%**), including **1.5 million (1.9%)** who **had serious mental illness (SMI)**.

- Older adult females were **more likely** than older adult males to have **had AMI** in the past year. **About 1 in 7** older adult females **had AMI**, compared with **1 in 10** older adult males.
- Older adult females were **more than twice as likely** as older adult males to have **had SMI** in the past year.

See the [Definitions](#) for more information on the terms **Any mental illness** and **Serious mental illness**. SMI is a subset of AMI.



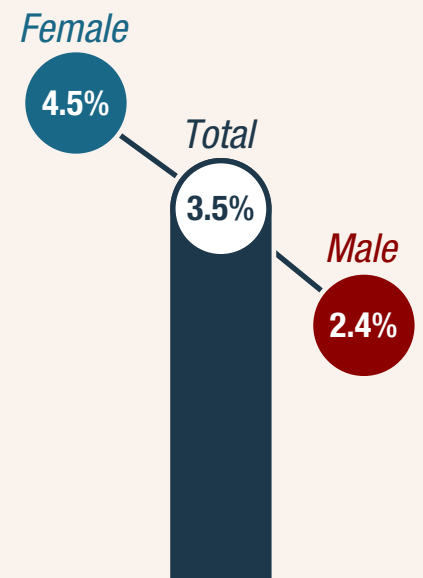
MAJOR DEPRESSIVE EPISODE

Percentage in past year

About 2.7 million older adults (**3.5%**) **had a major depressive episode (MDE)** in the past year.

- Older adult females were **almost twice as likely** as older adult males to have **had an MDE** in the past year.

See the [Definitions](#) for more information on the term **Major depressive episode**.



Numbers (Millions): MDE: Females: 1.9M, Males: 0.9M

Mental Health Treatment

Received Treatment | Perceived Unmet Need for Treatment

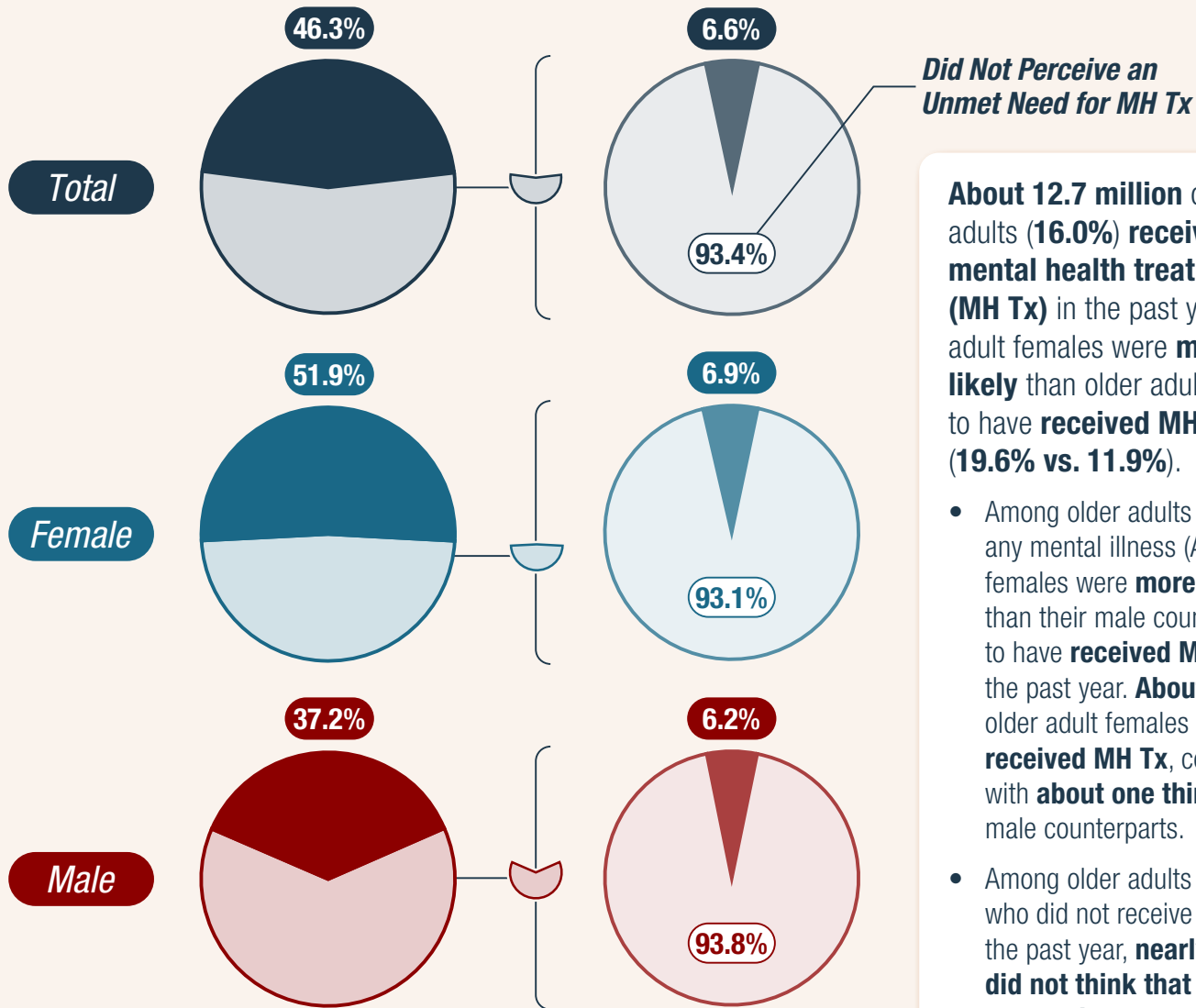


MENTAL HEALTH TREATMENT

Percentage in past year

Received Mental Health Treatment (MH Tx) among Those with Any Mental Illness (AMI)

Perceived Unmet Need for MH Tx among Those with AMI Who Did Not Receive MH Tx



About 12.7 million older adults (**16.0%**) **received mental health treatment (MH Tx)** in the past year. Older adult females were **more likely** than older adult males to have **received MH Tx (19.6% vs. 11.9%)**.

- Among older adults with any mental illness (AMI), females were **more likely** than their male counterparts to have **received MH Tx** in the past year. **About half** of older adult females with AMI **received MH Tx**, compared with **about one third** of their male counterparts.
- Among older adults with AMI who did not receive MH Tx in the past year, **nearly 95% did not think that they needed it**. These percentages were **similar** between older adult females and males.

See the [Definitions](#) for more information on the terms **Mental health treatment** and **Perceived unmet need for mental health treatment**.
 Estimates of mental health treatment are available using only 2022 data.
 These estimates are not annual averages.

Numbers (Millions): **Received Mental Health Treatment: Females: 8.3M, Males: 4.4M**

Received Mental Health Treatment among Those with AMI: Females: 3.1M, Males: 1.3M

Perceived Unmet Need for Mental Health Treatment: Females: 0.2M, Males: 0.1M

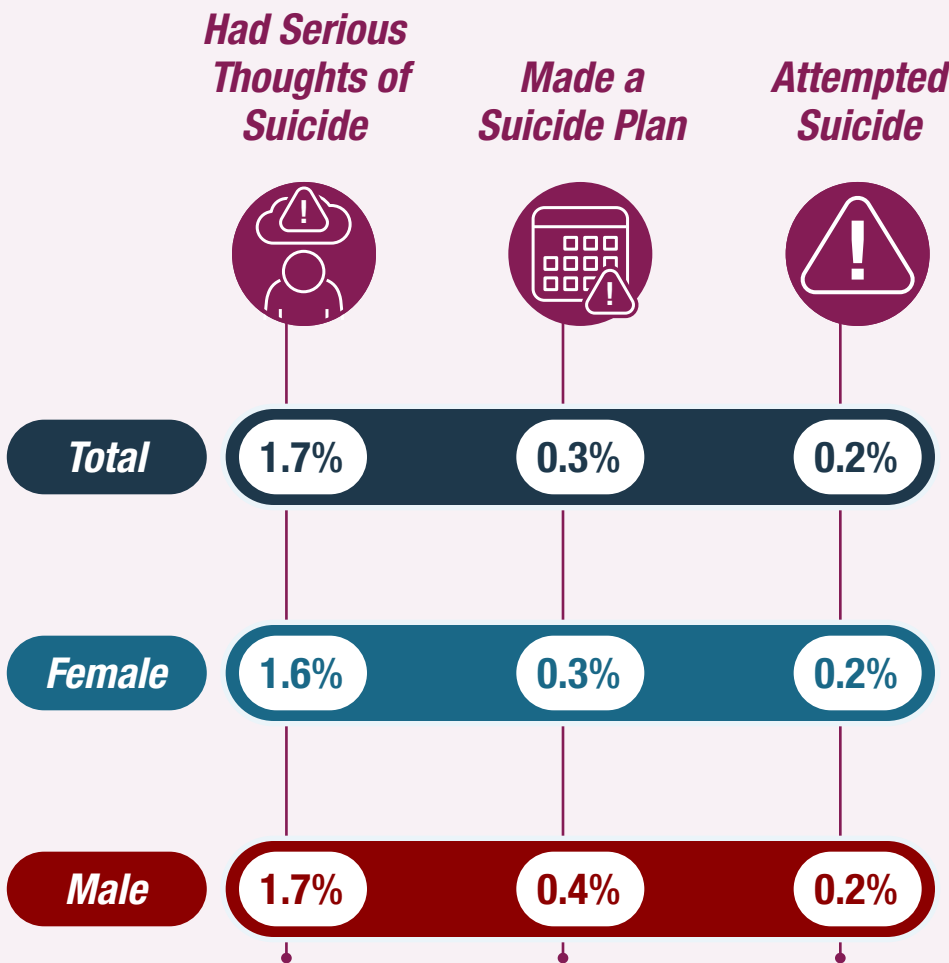
Suicidal Thoughts & Behaviors

Had Serious Thoughts of Suicide | Made a Suicide Plan | Attempted Suicide



SUICIDAL THOUGHTS & BEHAVIORS

Percentage in past year



- **About 1 in 50** older adults had serious thoughts of suicide in the past year. **Similar percentages** of older adult females and males had suicidal thoughts.
- **Less than 1%** of older adults made a suicide plan or attempted suicide in the past year. **Similar percentages** of older adult females and males made a suicide plan or attempted suicide.
- Although the percentages of older adults who **engaged in nonfatal suicidal behaviors** were similar for both genders, the suicide rate among older adult males (**30.2 deaths per 100,000 people**) was **considerably higher** than the rate among older adult females (**5.6 deaths per 100,000 people**).*

* Centers for Disease Control and Prevention. (n.d.). About underlying cause of death, 2018-2021, single race. <https://wonder.cdc.gov/ucd-icd10-expanded.html>

Numbers (Millions): **Had Serious Thoughts of Suicide: Females: 0.7M, Males: 0.6M**

Made a Suicide Plan: Females: 0.1M, Males: 0.1M | Attempted Suicide: Females: 0.1M, Males: 0.1M

Summary & Implications

Results from the 2021 and 2022 NSDUHs underscore the public health concerns among older adults in the United States. Among adults aged 60 or older, 1 in 8 used illicit drugs in the past year, 1 in 11 had a substance use disorder (SUD) in the past year, and 1 in 8 had any mental illness in the past year. Although older adult males were more likely than older adult females to have used the substances discussed in this report and to have had SUDs, older adult females were more likely than their male counterparts to have had a major depressive episode or mental illness. As with the overall U.S. population, substantial percentages of older adults who

needed substance use treatment or who had mental illness did not receive treatment. Older adults who might benefit from treatment also typically did not perceive that they needed it.

SAMHSA is committed to providing resources for serving older adults with mental and substance use disorders that can be useful to clinicians, other service providers, older adults, and caregivers. These resources support the widespread availability of substance use and mental health screening, assessment, and treatment tailored to older adults.^{14,15} For more information, see <https://www.samhsa.gov/resources-serving-older-adults>.

Endnotes

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7. 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>
8. For a discussion of the criteria for suppressing (i.e., not publishing) unreliable estimates, see Section 3.2.2 in 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>
9. See Section 3.2.3 in 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>
10. Public reports from the Centers for Medicare & Medicaid Services' Minimum Data Set 3.0 for residents in Medicare- and Medicaid-certified nursing homes are available at <https://data.cms.gov/quality-of-care/minimum-data-set-frequency>.
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Table 1. Substance Use: Among Adults Aged 60 or Older; by Gender, Numbers in Thousands, Percentages, and Standard Errors of Percentages, Annual Averages, 2021 and 2022

Substance	Number in Thousands			Percentage			Standard Error of Percentage		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
PAST MONTH									
Cigarette Use	9,695	4,981	4,714	12.4	13.7 ^a	11.3	0.46	0.72	0.58
Binge Alcohol Use	10,023	5,624	4,399	12.8	15.5 ^a	10.5	0.41	0.66	0.50
Heavy Alcohol Use	2,539	1,604	935	3.2	4.4 ^a	2.2	0.22	0.39	0.25
PAST YEAR									
Any Illicit Drug Use	9,483	5,276	4,207	12.1	14.6 ^a	10.0	0.42	0.70	0.48
Marijuana Use	7,699	4,540	3,159	9.9	12.5 ^a	7.5	0.38	0.66	0.42
Mode of Marijuana Use among Past Year Marijuana Users ¹									
Smoked	5,804	3,577	2,227	66.7	73.2 ^a	58.4	2.50	3.41	3.73
Ate or Drank	3,220	1,654	1,566	37.0	33.9	41.0	2.50	3.42	3.62
Vaped	1,479	868	611	16.9	17.7	15.9	1.89	2.73	2.58
Applied Lotion, Cream, or Patches to Skin	1,020	249	771	11.7	5.1 ^a	20.2	1.55	1.56	2.82
Put Drops, Strips, Lozenges, or Sprays in Mouth or under Tongue	784	361	423	9.0	7.4	11.1	1.51	1.95	2.38
Dabbed	487	318	169	5.6	6.5	4.4	1.44	2.16	1.76
Took Pills	213	104	109	2.5	2.1	2.9	0.66	0.92	0.95
Opioid Misuse	1,829	905	924	2.3	2.5	2.2	0.19	0.30	0.24

^a The difference between the estimate for males and the estimate for females is statistically significant at the .05 level.

¹ Estimates of modes of marijuana use are available using only 2022 data. These estimates are not annual averages.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

Table 2. Substance Use Disorder and Substance Use Treatment in the Past Year: Among Adults Aged 60 or Older; by Gender, Numbers in Thousands, Percentages, and Standard Errors of Percentages, Annual Averages, 2021 and 2022

Substance Use Disorder and Substance Use Treatment	Number in Thousands			Percentage			Standard Error of Percentage		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Substance Use Disorder	7,146	4,016	3,130	9.1	11.1 ^a	7.5	0.36	0.59	0.45
Alcohol Use Disorder	4,408	2,640	1,768	5.6	7.3 ^a	4.2	0.28	0.49	0.35
Drug Use Disorder	3,242	1,669	1,573	4.1	4.6	3.8	0.26	0.42	0.31
Opioid Use Disorder	1,736	764	971	2.2	2.1	2.3	0.18	0.27	0.24
Both Alcohol Use Disorder and Drug Use Disorder	504	293	210	0.6	0.8	0.5	0.10	0.18	0.11
Substance Use Treatment¹									
Needed Substance Use Treatment	8,520	4,863	3,657	10.8	13.2 ^a	8.7	0.56	0.92	0.64
Received Substance Use Treatment among Those Who Needed It	2,597	1,618	979	30.5	33.3	26.8	2.49	3.54	3.35
Perceived Unmet Need for Substance Use Treatment among Adults Who Had a Substance Use Disorder and Who Did Not Receive Substance Use Treatment	171	79	92	2.9	2.5	3.5	1.05	1.22	1.80

^a The difference between the estimate for males and the estimate for females is statistically significant at the .05 level.

¹ Estimates of substance use treatment are available using only 2022 data. These estimates are not annual averages.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

Table 3. Mental Health and Mental Health Treatment in the Past Year: Among Adults Aged 60 or Older; by Gender, Numbers in Thousands, Percentages, and Standard Errors of Percentages, Annual Averages, 2021 and 2022

Mental Health and Mental Health Treatment	Number in Thousands			Percentage			Standard Error of Percentage		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Mental Health									
Any Mental Illness	9,756	3,551	6,204	12.5	9.8 ^a	14.8	0.41	0.60	0.60
Serious Mental Illness	1,477	400	1,076	1.9	1.1 ^a	2.6	0.19	0.20	0.30
Major Depressive Episode	2,739	859	1,880	3.5	2.4 ^a	4.5	0.23	0.29	0.36
Mental Health Treatment¹									
Received Mental Health Treatment	12,673	4,379	8,294	16.0	11.9 ^a	19.6	0.62	0.83	0.90
Received Mental Health Treatment among Those with Any Mental Illness	4,418	1,345	3,073	46.3	37.2 ^a	51.9	2.57	4.31	2.99
Perceived Unmet Need for Mental Health Treatment among Those with Any Mental Illness Who Did Not Receive Mental Health Treatment	332	139	194	6.6	6.2	6.9	1.39	2.49	1.58

^aThe difference between the estimate for males and the estimate for females is statistically significant at the .05 level.

¹ Estimates of mental health treatment are available using only 2022 data. These estimates are not annual averages.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

Table 4. Suicidal Thoughts and Behaviors in the Past Year: Among Adults Aged 60 or Older; by Gender, Numbers in Thousands, Percentages, and Standard Errors of Percentages, Annual Averages, 2021 and 2022

Suicidal Thoughts and Behaviors	Number in Thousands			Percentage			Standard Error of Percentage		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Had Serious Thoughts of Suicide	1,291	609	682	1.7	1.7	1.6	0.16	0.26	0.22
Made a Suicide Plan	265	136	129	0.3	0.4	0.3	0.07	0.11	0.08
Attempted Suicide	179	85	93	0.2	0.2	0.2	0.07	0.09	0.10

^aThe difference between the estimate for males and the estimate for females is statistically significant at the .05 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

SAMHSA

Substance Abuse and Mental Health
Services Administration

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Substance Abuse and Mental Health
Services Administration

SAMHSA's mission is to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes.

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