

A stylized illustration of several hands of different colors (brown, red, blue, yellow) reaching upwards towards the top right corner of the page. The background is a dark blue gradient.

Behavioral Health by Race and Ethnicity:

Results from the
2021-2023 National
Surveys on Drug Use
and Health

SAMHSA

Substance Abuse and Mental Health
Services Administration

Behavioral Health by Race and Ethnicity:

Results from the 2021-2023 National Surveys on Drug Use and Health

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Originating Office

Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, 5600 Fishers Lane, Room 15-E09D, Rockville, MD 20857. For questions about this report, please email CBHSQrequest@samhsa.hhs.gov.

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

Introduction

Substance use and mental illness have significant impacts on people, families, communities, and societies. Previous National Survey on Drug Use and Health (NSDUH) reports have cited differences in substance use, mental illness, and the receipt of substance use and mental health treatment among people in different racial or ethnic groups.^{1,2} As part of the *Strategic Plan: Fiscal Year 2023-2026* of the Substance Abuse and Mental Health Services Administration (SAMHSA),³ equity is identified as one of SAMHSA's four overarching guiding principles across all policies and programs; these guiding principles are intended to support SAMHSA in achieving its mission and vision. In an effort to provide data to support this guiding principle of equity, SAMHSA presents *Behavioral Health by Race and Ethnicity: Results from the 2021-2023 National Surveys on Drug Use and Health*.

This report accompanies the annual national report for the 2023 NSDUH⁴ that includes selected national indicators of substance use, substance use disorders, mental health, suicidality, substance use treatment, mental health treatment, and recovery among the civilian, noninstitutionalized population aged 12 or older in the United States. Unlike the 2023 NSDUH annual national report, this report uses pooled data from the 2021-2023 NSDUHs to improve the precision of estimates among people in racial or ethnic groups.

Survey Background

NSDUH is an annual survey sponsored by SAMHSA within the U.S. Department of Health and Human Services. NSDUH covers residents of households and people in noninstitutional group settings (e.g., shelters, boarding houses, college dormitories, migratory workers' camps, halfway houses). The survey excludes people with no fixed address (e.g., people who are homeless and not in shelters), military personnel on active duty, and residents of institutional group settings, such as jails, nursing homes, mental health institutions, and long-term care hospitals. The 2021, 2022, and 2023 NSDUHs used multimode data collection, in which respondents completed the survey in person or via the web.

Presentation of Estimates and Statistical Testing

This report focuses on substance use and mental health indicators among people aged 12 or older in the United States based on pooled NSDUH data from 2021 through

2023. Estimates are presented by racial or ethnic group based on federal standards for reporting these data.⁵

Definitions for racial and ethnic groups are provided in Appendix A of the *2023 National Survey on Drug Use and Health: Detailed Tables*.⁶ The racial and ethnic groups discussed in this report 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 "Two or More Races" in the 2023 Detailed Tables and as "Multiracial" in this report; the two terms are used interchangeably. 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. 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.

Because of differences in the age distributions for racial and ethnic groups in the 2021-2023 NSDUH samples, estimates were adjusted to the age distribution of the 2000 U.S. standard population in accordance with federal agency best practices.⁷ Figures in this report present the age-adjusted estimates. Tables in Appendix A present both unadjusted and age-adjusted estimates; the unadjusted estimates indicate the actual prevalence estimates among racial or ethnic groups before differences in age distributions were taken into account. Estimates specific to the 12-17 age group were not age adjusted because it was not necessary.⁸

Comparisons of age-adjusted estimates across groups were performed according to statistical testing procedures described in the *2023 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions* report.⁹ Differences in age-adjusted estimates were considered statistically significant at the .01 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 "did not differ" when differences were not statistically significant. When estimates are presented without reference to differences across groups, statistical significance is not implied.

Definitions

SUBSTANCE USE

Tobacco product use or nicotine vaping means the use of cigarettes, smokeless tobacco, cigars, or pipe tobacco or use of an e-cigarette or other vaping device to vape nicotine.

Binge alcohol use 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 alcohol use** 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.

Central nervous system stimulant misuse includes the misuse of prescription stimulants or the use of cocaine or methamphetamine.

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 SUDs in that period if they met criteria specified in the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5).¹⁰ 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 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.

Definitions

MENTAL HEALTH

Any mental illness (AMI) among adults 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,¹¹ excluding developmental disorders and SUDs.

Serious mental illness (SMI) among adults 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 *2023 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions* report.¹²

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 DSM-5.¹⁰

Respondents aged 12 or older were asked whether at any time during the past 12 months they had **seriously thought** about trying to kill themselves, whether they **made a plan** to kill themselves, or whether they **tried to kill themselves** in the past 12 months, regardless of whether they had serious thoughts of suicide in that period. Questions about **suicidal thoughts and behaviors among adolescents aged 12 to 17** included response choices for “I’m not sure” and “I don’t want to answer,” in addition to standard response choices for “yes” and “no.”

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 an SUD as defined in the DSM-5 or they received treatment for their alcohol or drug use in the past 12 months.

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 treatment, or in a prison, jail, or juvenile detention center.

RECOVERY

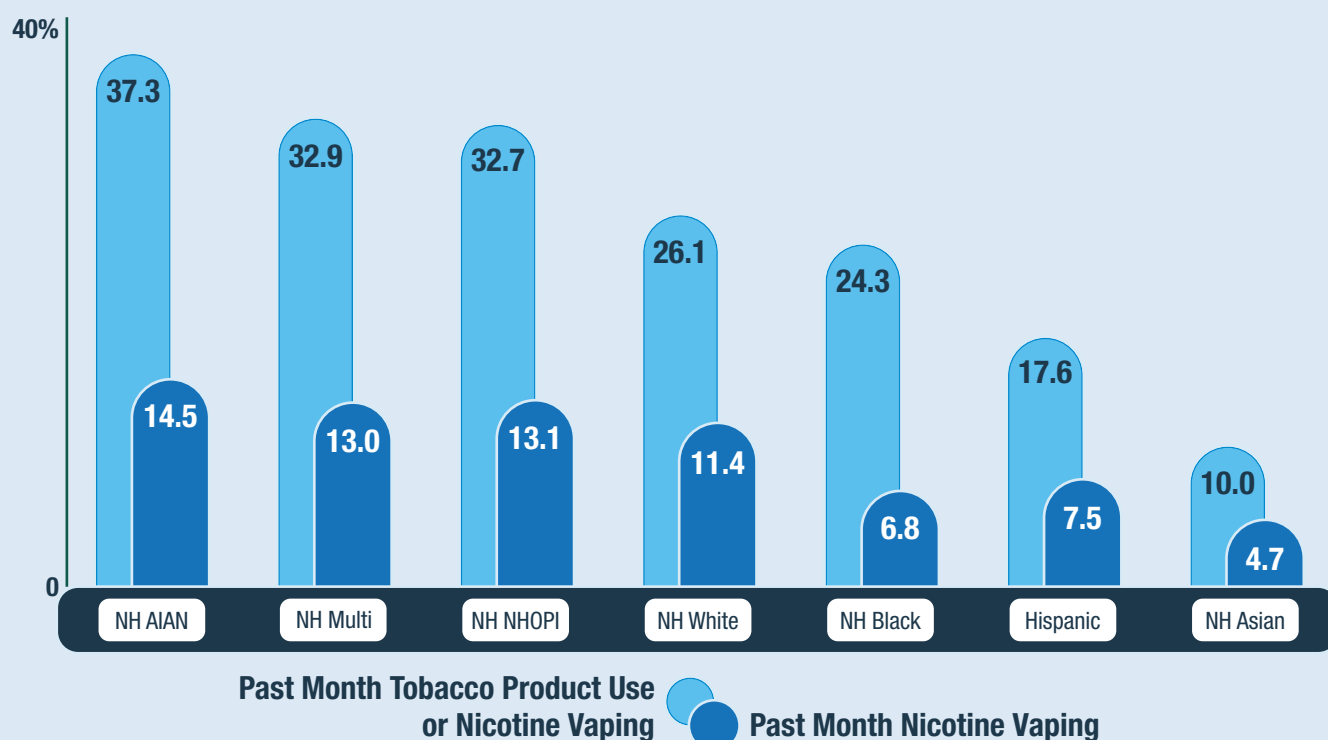
Respondents aged 18 or older were asked whether they thought they ever had a problem with their use of drugs or alcohol or whether they ever had a problem with their mental health. Respondents who reported that they ever had a problem with their drug or alcohol use were asked whether they considered themselves (at the time they were interviewed) to be in recovery or to have recovered from their drug or alcohol use problem. Similarly, respondents aged 18 or older who reported that they ever had a problem with their mental health were asked whether they considered themselves (at the time they were interviewed) to be in recovery or to have recovered from their mental health issue.

Tobacco Product Use or Nicotine Vaping in the Past Month

NSDUH asked respondents aged 12 or older about their tobacco product use or nicotine vaping in the 30 days before the interview.



- About 1 in 3 American Indian or Alaska Native people and Multiracial people **used tobacco products or vaped nicotine** in the past month. These percentages were higher than the percentages for most other racial or ethnic groups.
- Fewer than 1 in 5 Hispanic people used tobacco products or vaped nicotine. This percentage was the second lowest compared with the percentages for other racial or ethnic groups.
- About 1 in 10 Asian people used tobacco products or vaped nicotine in the past month, which was the lowest percentage for all racial or ethnic groups.



- About 1 in 8 American Indian or Alaska Native, Native Hawaiian or Other Pacific Islander, Multiracial, or White people **vaped nicotine** in the past month. American Indian or Alaska Native, Multiracial, and White people were more likely to have vaped nicotine than Hispanic, Black, and Asian people.
- Fewer than 1 in 20 Asian people vaped nicotine in the past month. This percentage was lower than the percentages for all other racial or ethnic groups.

AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; Multi = Multiracial; NH = Not Hispanic or Latino; NHOP = Native Hawaiian or Other Pacific Islander. Past month nicotine vaping is a subset of past month tobacco product use or nicotine vaping. Estimates were age adjusted to the 12 or older age distribution of the 2000 U.S. standard population. Estimates do not include data from 2021. These estimates are annual averages of pooled 2022 and 2023 data.

Alcohol Use in the Past Month

NSDUH asked respondents aged 12 or older about their alcohol use in the 30 days before the interview.

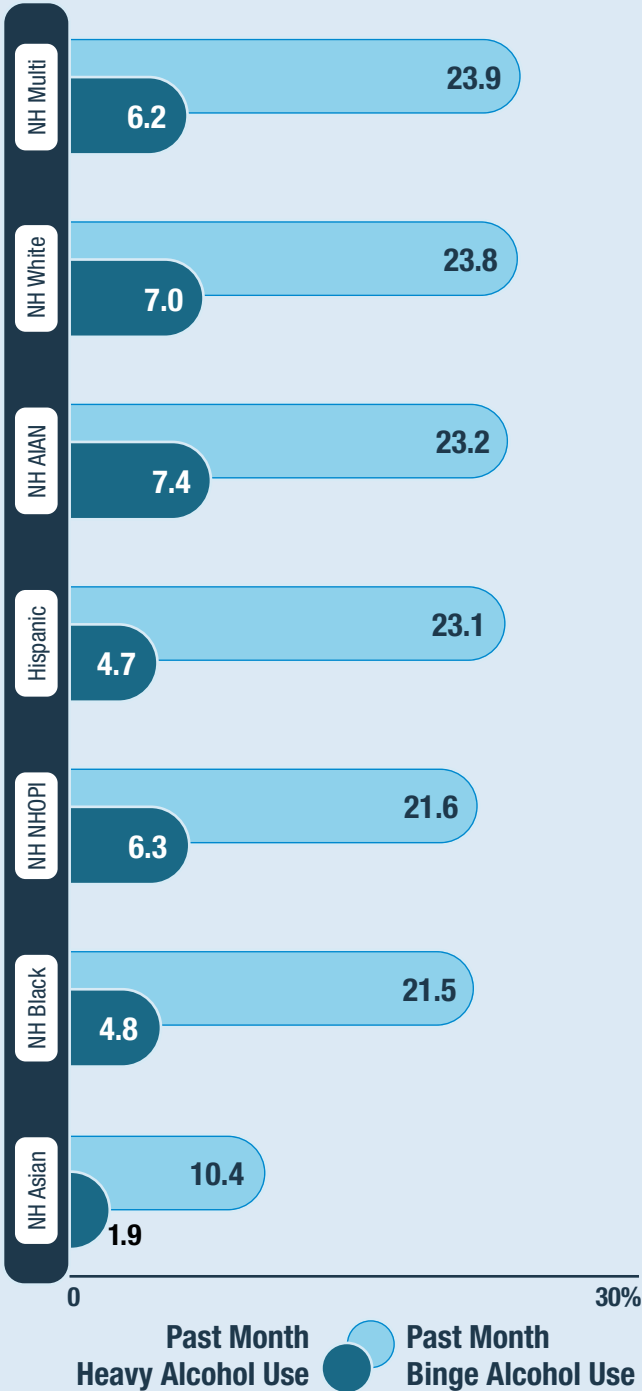


- About 1 in 10 Asian people engaged in **binge drinking** in the past month. This percentage was lower than the percentages for all other racial or ethnic groups.
- The percentages of binge alcohol use for all other racial or ethnic groups ranged between 1 in 5 and 1 in 4.

- Fewer than 1 in 50 Asian people engaged in **heavy drinking** in the past month. This percentage was lower than the percentages for most other racial or ethnic groups.
- White people were more likely to have engaged in heavy alcohol use in the past month than Black, Hispanic, and Asian people.

AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; Multi = Multiracial; NH = Not Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander.
Heavy alcohol use is a subset of binge alcohol use.
Estimates were age adjusted to the 12 or older age distribution of the 2000 U.S. standard population.

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.

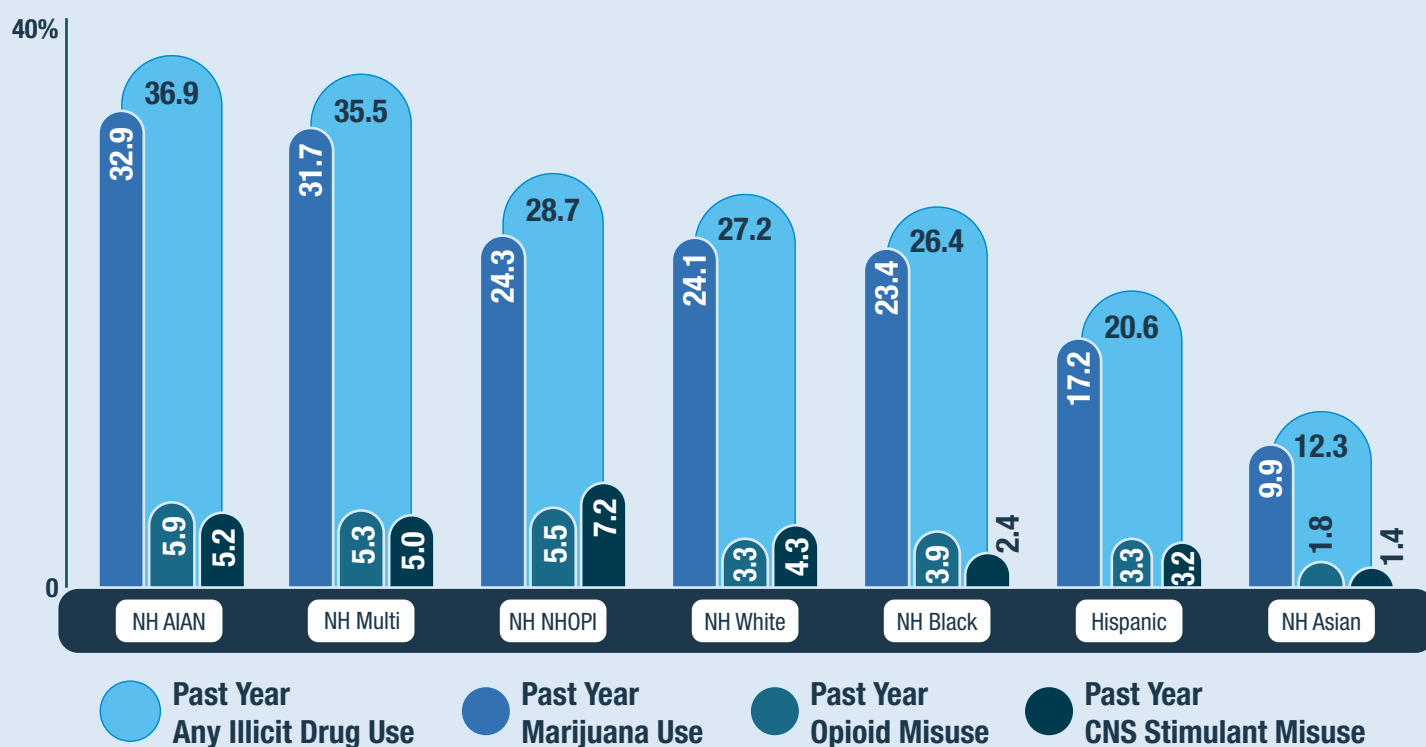


Illicit Drug Use in the Past Year

NSDUH asked respondents aged 12 or older about their use of drugs in the 12 months before the interview.



- More than 1 in 3 American Indian or Alaska Native people and Multiracial people **used illicit drugs** in the past year. These percentages were higher than the percentages for most other racial or ethnic groups.
- About 1 in 5 Hispanic people used illicit drugs in the past year. This percentage was lower than the percentages for most other racial or ethnic groups.
- Fewer than 1 in 8 Asian people used illicit drugs in the past year, which was the lowest percentage compared with the percentages for all other racial or ethnic groups.



- Patterns for **marijuana use** in the past year across racial or ethnic groups are similar to patterns for illicit drug use in the past year. This is expected because most people who used illicit drugs in the past year used marijuana by itself or in combination with other illicit drugs.
- About 1 in 20 Multiracial people **misused opioids** in the past year. This percentage was higher than the percentages for White, Hispanic, and Asian people.
- Asian people were less likely than people in most other racial or ethnic groups to have misused opioids in the past year.

AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; Multi = Multiracial; NH = Not Hispanic or Latino; NHOP = Native Hawaiian or Other Pacific Islander. CNS = central nervous system.

Past year marijuana use, opioid misuse, and CNS stimulant misuse are nonmutually exclusive subsets of past year illicit drug use.

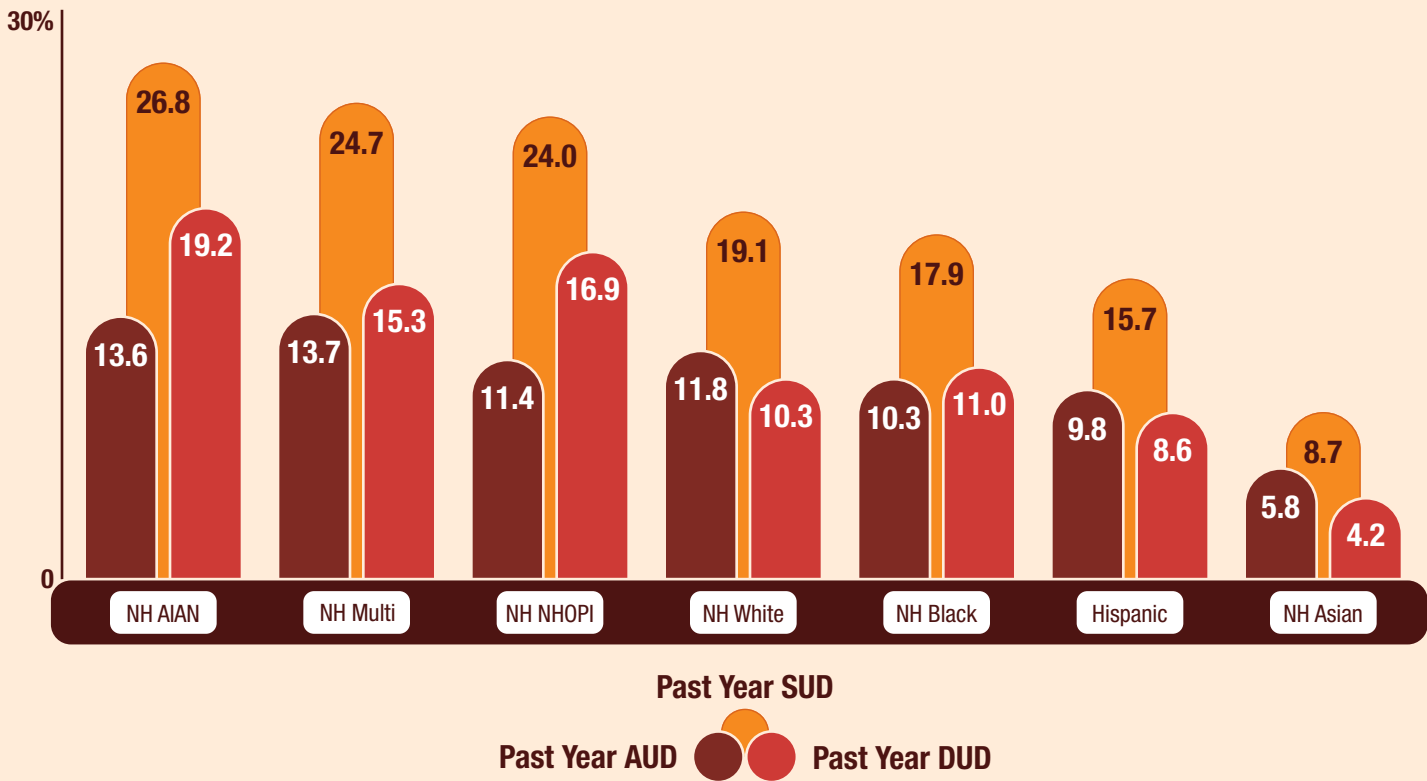
Estimates were age adjusted to the 12 or older age distribution of the 2000 U.S. standard population.

Substance Use Disorder in the Past Year

NSDUH asked respondents aged 12 or older about the effects of their drug or alcohol use on their lives in the 12 months before the interview.



- American Indian or Alaska Native people and Multiracial people were more likely than people in most other racial or ethnic groups to have had a **substance use disorder (SUD)** in the past year. Hispanic people were less likely than people in most other groups to have had an SUD. Asian people were the least likely of people in all other groups to have had an SUD.
- Asian people were less likely than people in most other groups to have had an **alcohol use disorder (AUD)**. Multiracial people and White people were more likely than Black, Hispanic, and Asian people to have had an AUD.
- Patterns for **drug use disorder (DUD)** across racial or ethnic groups are similar to patterns for SUD.



AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; Multi = Multiracial; NH = Not Hispanic or Latino; NHOP = Native Hawaiian or Other Pacific Islander. Alcohol use disorder and drug use disorder are nonmutually exclusive subsets of substance use disorder. Estimates were age adjusted to the 12 or older age distribution of the 2000 U.S. standard population.

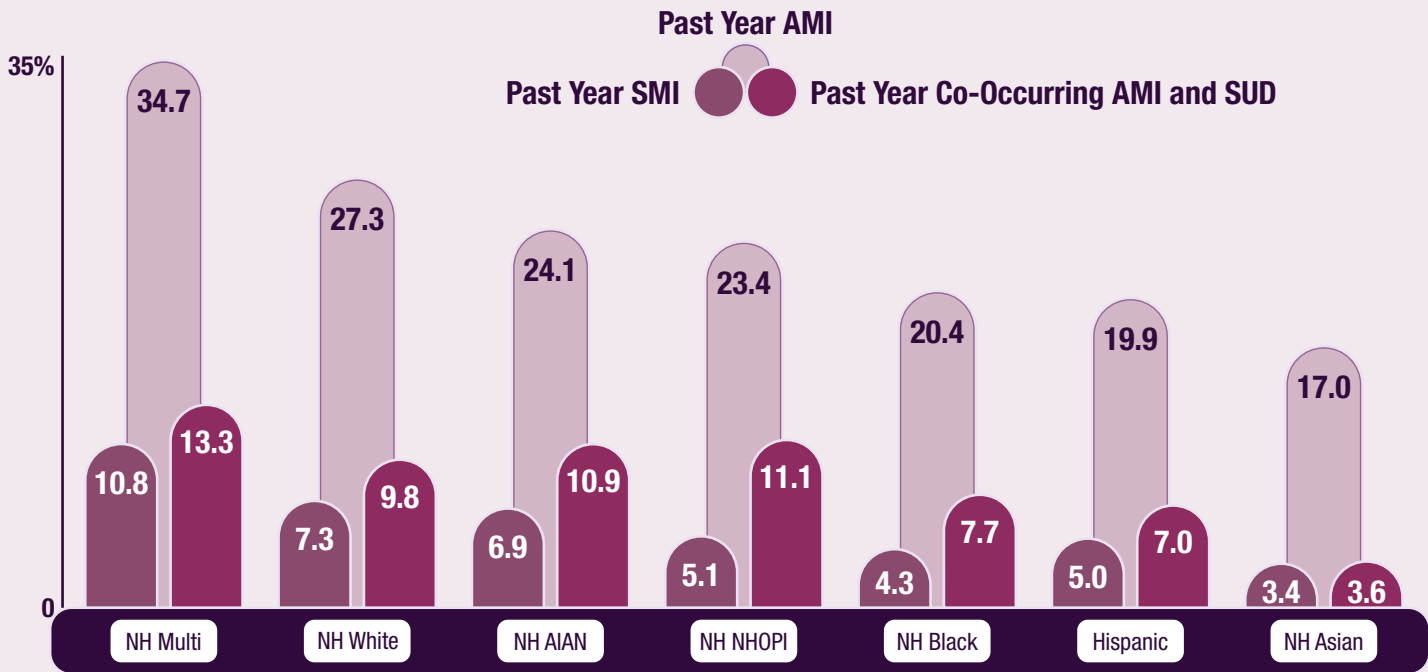
SUD is characterized by impairment caused by the recurrent use of alcohol or other drugs (or both), including health problems, disability, and failure to meet major responsibilities at work, school, or home. Respondents were classified as having an SUD in the past year if they met criteria specified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

Mental Illness in the Past Year

NSDUH asked respondents aged 18 or older about their mental health in the 12 months before the interview.



- A little more than 1 in 3 Multiracial adults had **any mental illness (AMI)** in the past year. This percentage was higher compared with the percentages for all other racial or ethnic groups.
- About 1 in 4 White adults had AMI in the past year. This percentage was higher than the percentages for Black, Hispanic, and Asian adults.
- Asian adults were less likely to have had AMI in the past year than adults in most other racial or ethnic groups.



- About 1 in 10 Multiracial adults had **serious mental illness (SMI)** in the past year. This percentage was higher than the percentages for most other racial or ethnic groups.
- More than 1 in 15 White adults had SMI in the past year. This percentage was higher than the percentages for Hispanic, Black, and Asian adults.
- Asian adults were less likely to have had SMI in the past year than adults in most other racial or ethnic groups.
- About 1 in 8 Multiracial adults had **both AMI and a substance use disorder (SUD)** in the past year. This percentage was higher than the percentages for White, Black, Hispanic, and Asian adults.
- Nearly 1 in 10 White adults had both AMI and an SUD in the past year. This percentage was higher than the percentages for Black, Hispanic, and Asian adults.
- Asian adults were less likely to have had both AMI and an SUD in the past year than adults in most other racial or ethnic groups.

AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; Multi = Multiracial; NH = Not Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander. SMI and co-occurring AMI and SUD are nonmutually exclusive subsets of AMI. Estimates were age adjusted to the 18 or older age distribution of the 2000 U.S. standard population.

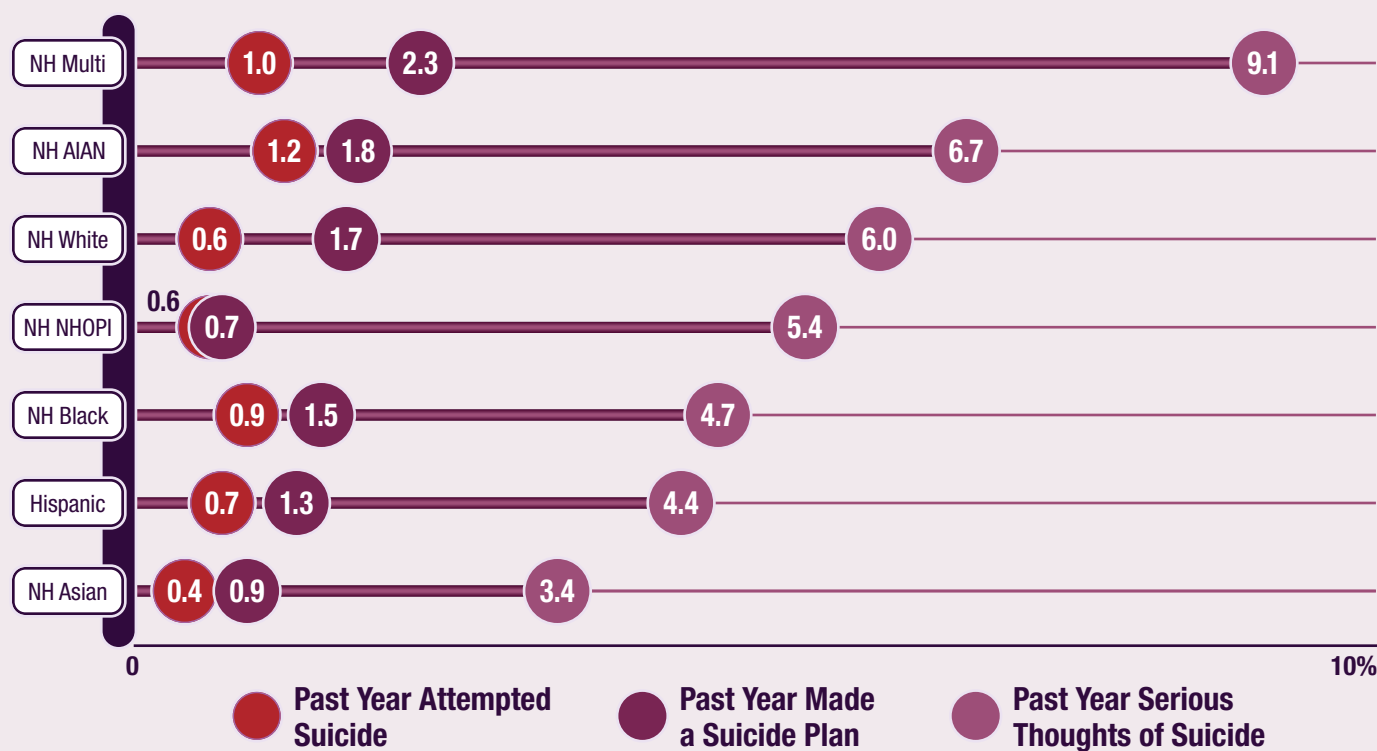
AMI and SMI were estimated based on a statistical prediction model. For more details on the estimation of AMI and SMI, see the 2023 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions report.

Suicidal Thoughts and Behaviors among Adults in the Past Year

NSDUH asked respondents aged 18 or older whether they had serious thoughts of suicide, made a suicide plan, or attempted suicide in the 12 months before the interview.



- Nearly 1 in 10 Multiracial adults had **serious thoughts of suicide** in the past year. This percentage was higher than the percentages for adults in most other racial or ethnic groups.
- Nearly 1 in 15 White adults had serious thoughts of suicide in the past year. This percentage was higher than the percentages for Black, Hispanic, and Asian adults.
- Asian adults were less likely to have had serious thoughts of suicide in the past year than adults in most other racial or ethnic groups.



- About 1 in 50 Multiracial adults, American Indian or Alaska Native adults, and White adults **made a suicide plan** in the past year. The percentages for Multiracial adults and White adults were higher than the percentages for Hispanic, Asian, and Native Hawaiian or Other Pacific Islander adults.
- Fewer than 1 in 200 Asian adults **attempted suicide** in the past year. This percentage was lower than the percentages for most other racial or ethnic groups.

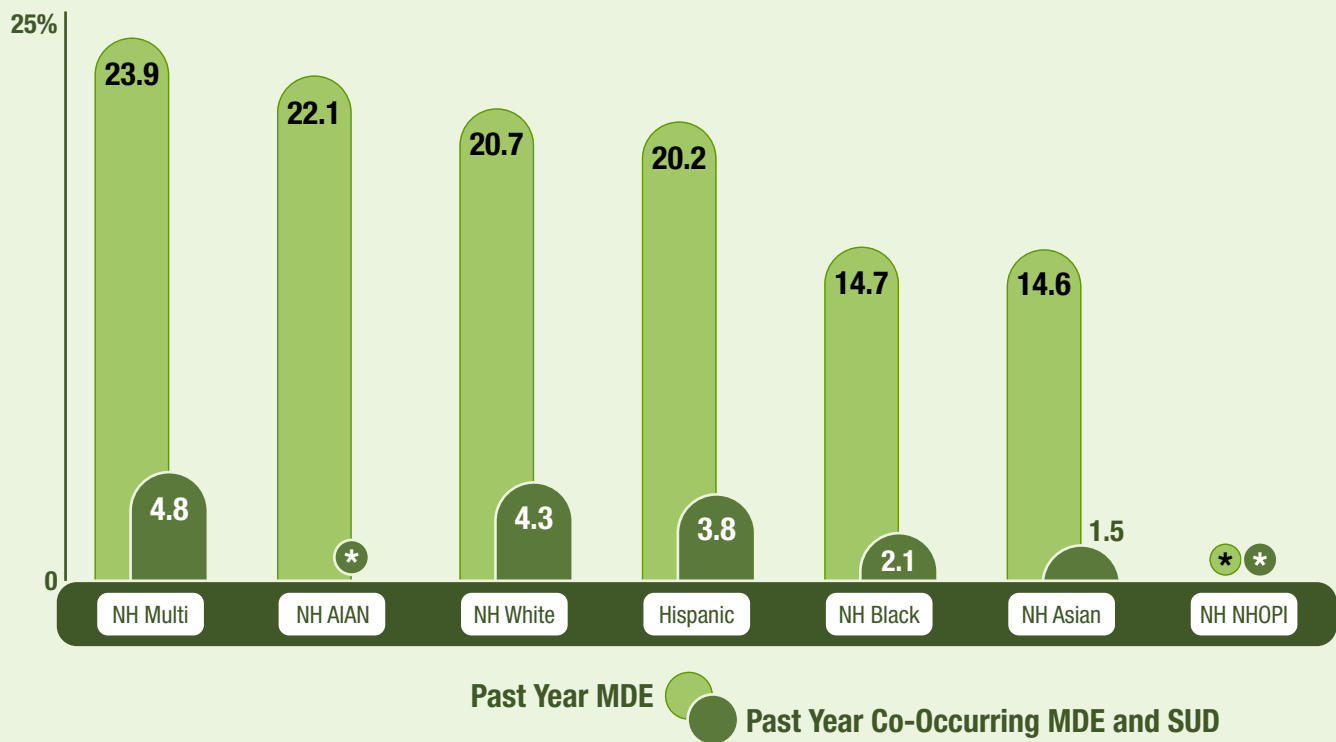
AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; Multi = Multiracial; NH = Not Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander. Estimates were age adjusted to the 18 or older age distribution of the 2000 U.S. standard population.

Major Depressive Episode in the Past Year

NSDUH asked respondents aged 12 to 17 about their mental health in the 12 months before the interview.



- About 1 in 7 Black adolescents and Asian adolescents had a **major depressive episode (MDE)** in the past year. These percentages were lower than the percentages for Multiracial, White, and Hispanic adolescents.
- About 1 in 50 Black adolescents and 1 in 65 Asian adolescents had **both an MDE and a substance use disorder (SUD)** in the past year. These percentages were lower than the percentages for Multiracial, White, and Hispanic adolescents.



* Low precision; no estimate reported.
AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; Multi = Multiracial; NH = Not Hispanic or Latino; NHOPi = Native Hawaiian or Other Pacific Islander.
Co-occurring MDE and SUD is a subset of MDE.

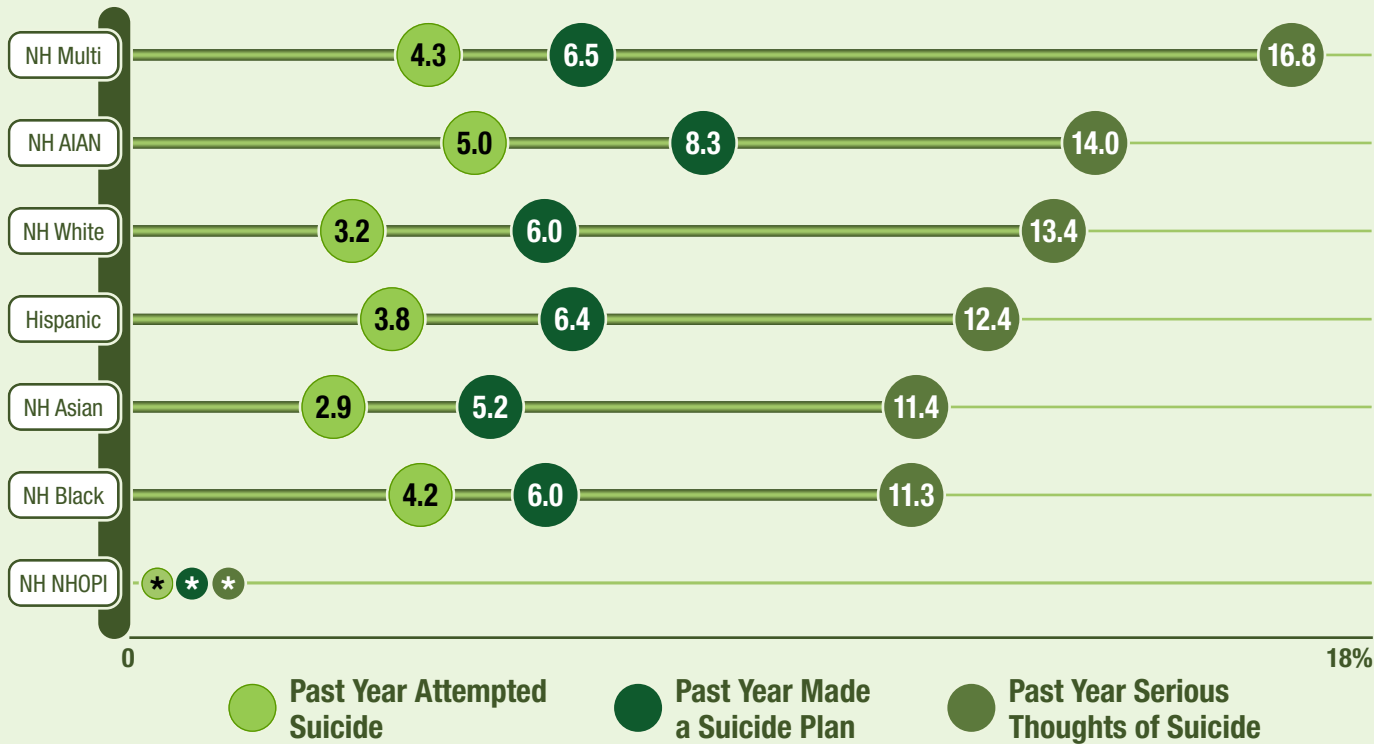
NSDUH respondents were classified as having an **MDE** in the past 12 months if (1) they had at least one period of 2 weeks or longer in the past year when for most of the day nearly every day they felt depressed or lost interest or pleasure in daily activities; and (2) they also had problems with sleeping, 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.

Suicidal Thoughts and Behaviors among Adolescents in the Past Year

NSDUH asked respondents aged 12 to 17 whether they had serious thoughts of suicide, made a suicide plan, or attempted suicide in the 12 months before the interview.



- About 1 in 6 Multiracial adolescents had **serious thoughts of suicide** in the past year. This percentage was higher than the percentages for Hispanic, Asian, and Black adolescents.
- The percentages of adolescents who **made a suicide plan** or **attempted suicide** in the past year did not differ by racial or ethnic group.



* Low precision; no estimate reported.
AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; Multi = Multiracial; NH = Not Hispanic or Latino; NHOPi = Native Hawaiian or Other Pacific Islander.

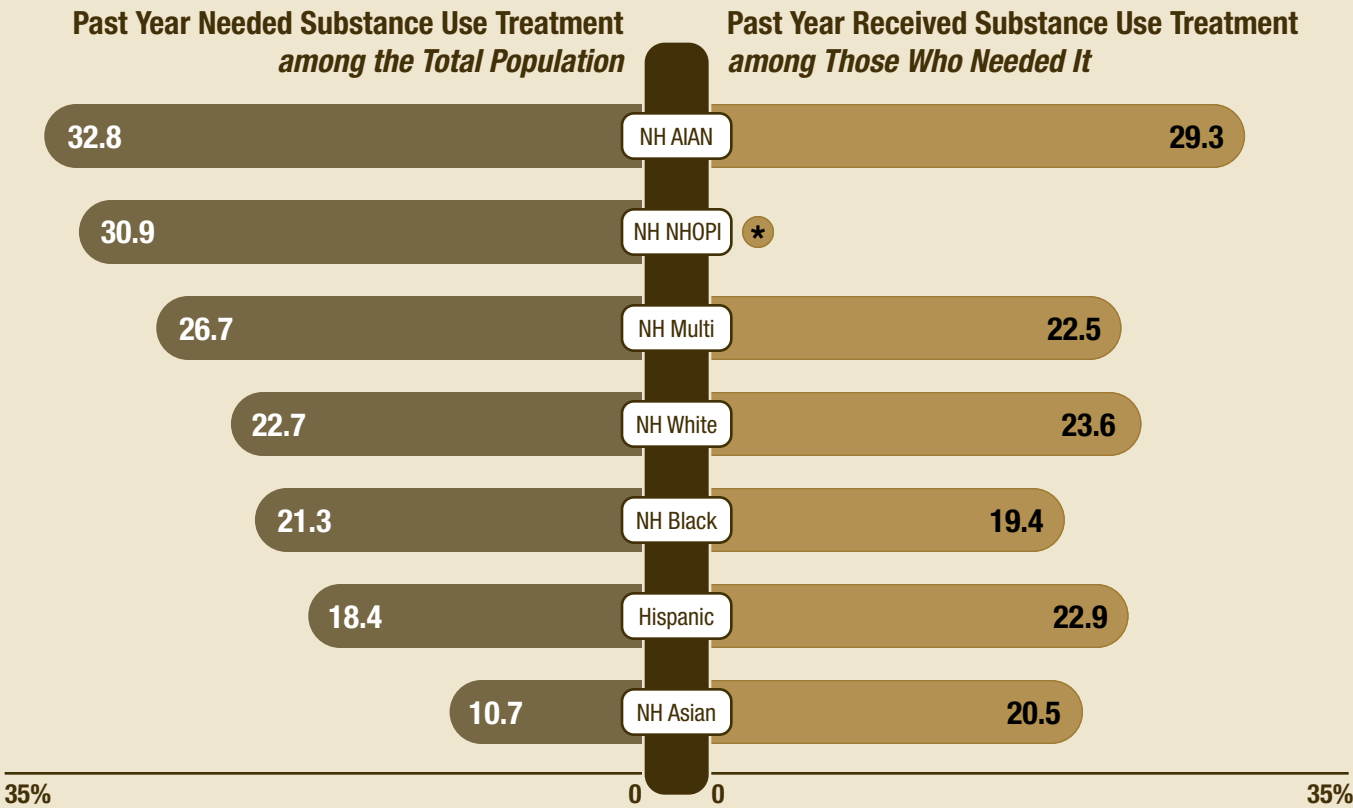
Questions about **suicidal thoughts and behaviors among adolescents** included response choices for “I’m not sure” and “I don’t want to answer,” in addition to standard response choices for “yes” and “no.” Some adolescents were unsure or unwilling to disclose whether they had suicidal thoughts or behaviors. Thus, estimates of suicidal thoughts and behaviors among adolescents may be underestimated.

Substance Use Treatment in the Past Year

NSDUH asked respondents aged 18 or older about their receipt of substance use treatment in the 12 months before the interview.



- About 1 in 3 American Indian or Alaska Native adults were classified as **needing substance use treatment** in the past year. This percentage was higher than the percentages for White, Black, Hispanic, and Asian adults.
- There were no significant differences among racial or ethnic groups for adults who **received substance use treatment among those who needed treatment**.



* Low precision; no estimate reported.
AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; Multi = Multiracial; NH = Not Hispanic or Latino; NHOPI = Native Hawaiian or Other Pacific Islander.
Estimates were age adjusted to the 18 or older age distribution of the 2000 U.S. standard population. Estimates do not include data from 2021. These estimates are annual averages of pooled 2022 and 2023 data.

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.

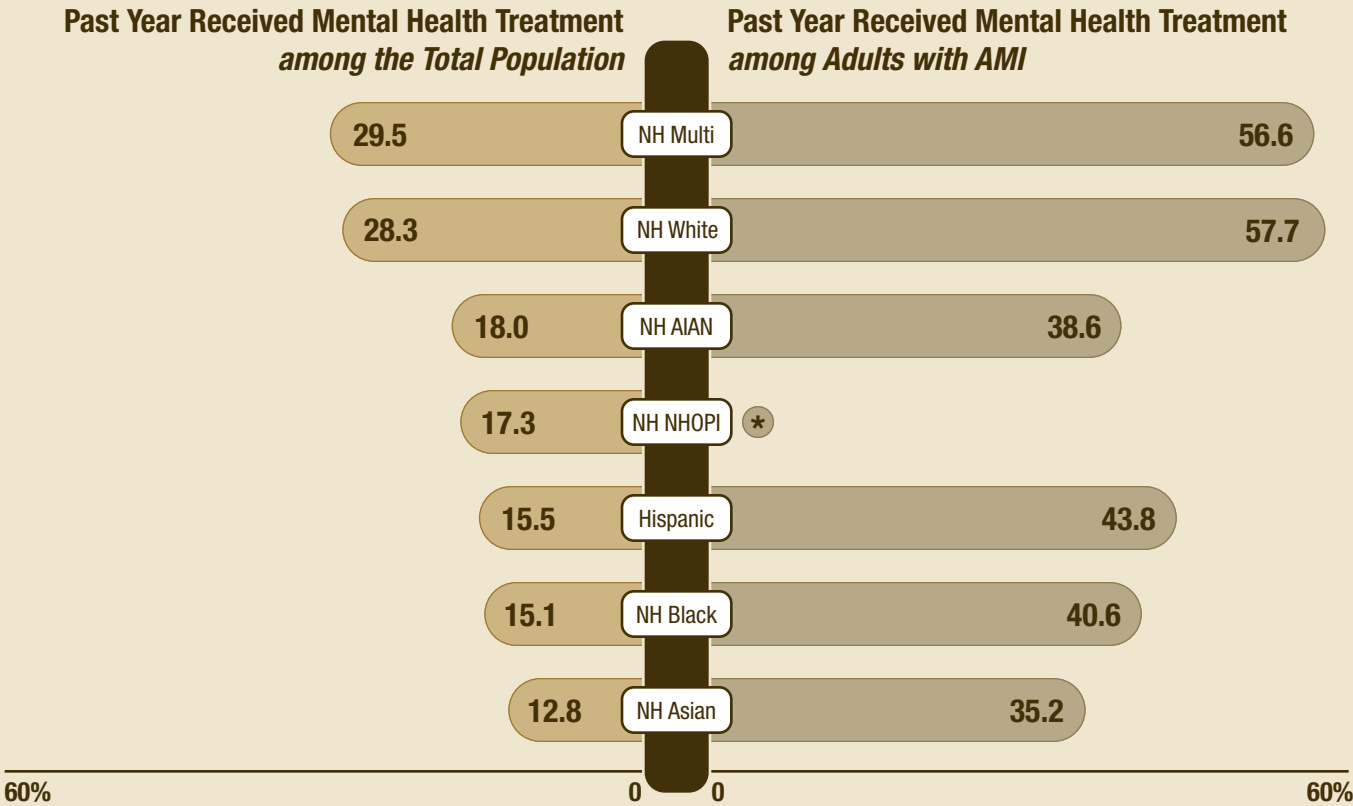
Need for substance use treatment means that people met the criteria for a substance use disorder as defined in the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition, or they received treatment for their alcohol or drug use in the past 12 months.

Mental Health Treatment in the Past Year

NSDUH asked respondents aged 18 or older about their receipt of mental health treatment in the 12 months before the interview.



- About 3 in 10 Multiracial adults and White adults **received mental health treatment** in the past year. These percentages were higher than the percentages for adults in all other racial or ethnic groups.
- More than half of White adults and Multiracial adults **with any mental illness (AMI)** in the past year **received mental health treatment** in the past year. These percentages were higher than the percentages for adults in most other racial or ethnic groups.



* Low precision; no estimate reported.
AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; Multi = Multiracial; NH = Not Hispanic or Latino; NHOPi = Native Hawaiian or Other Pacific Islander.
Estimates were age adjusted to the 18 or older age distribution of the 2000 U.S. standard population. Estimates do not include data from 2021. These estimates are annual averages of pooled 2022 and 2023 data.

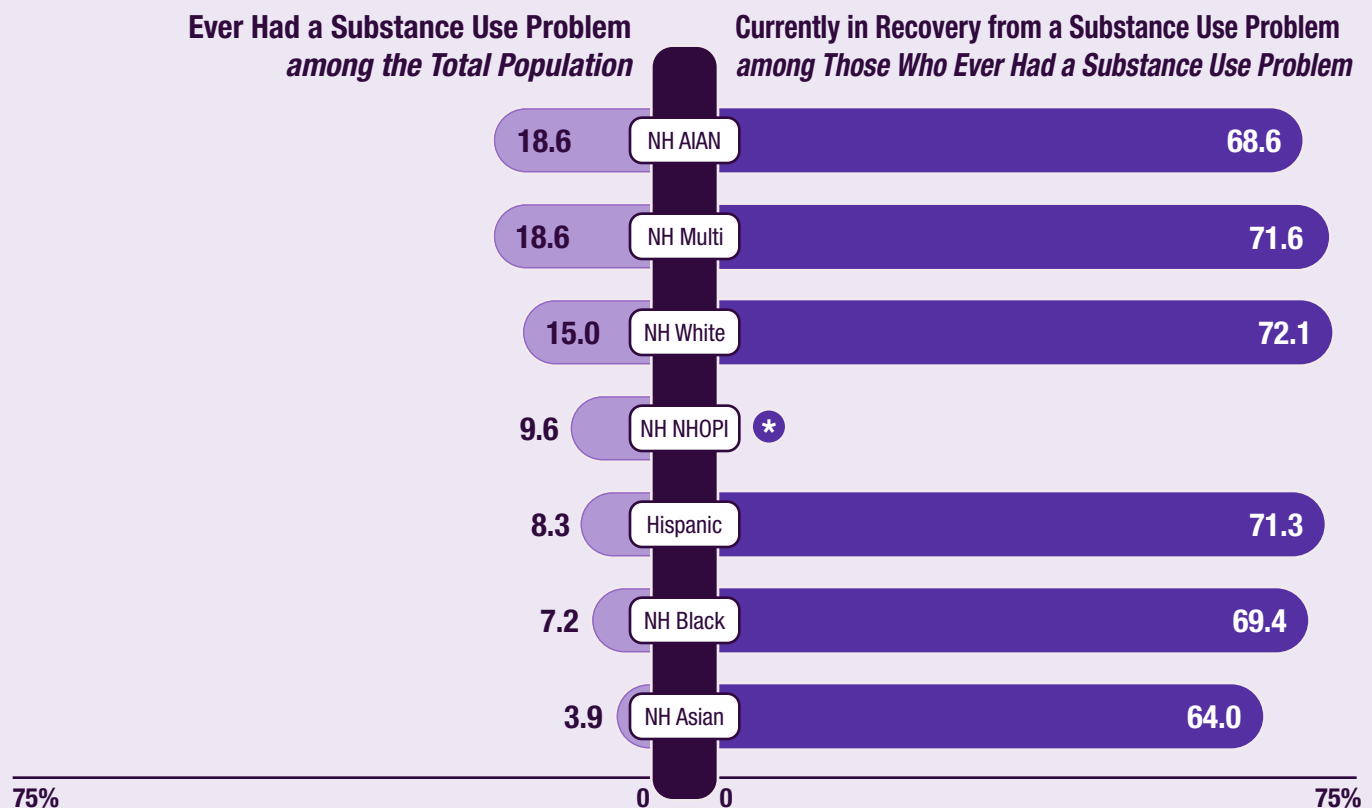
Mental health treatment means the receipt of treatment or counseling for any problem with mental health, emotions, or behavior in the past 12 months in an inpatient location, in an outpatient location, through the use of prescription medication, via telehealth treatment, or in a prison, jail, or juvenile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

Recovery from a Substance Use Problem

NSDUH asked respondents aged 18 or older whether they thought they ever had a problem with their use of drugs or alcohol. Respondents were then asked whether they thought they were recovered or in recovery.



- Nearly 1 in 5 American Indian or Alaska Native adults and Multiracial adults and nearly 1 in 6 White adults felt that they **ever had a substance use problem**. These percentages were higher than the percentages for adults in most other racial or ethnic groups.
- In comparison with adults in most other racial or ethnic groups, fewer than 1 in 25 Asian adults felt that they ever had a substance use problem.
- There were no significant differences among racial or ethnic groups for adults who felt that they were **in recovery from substance use problems**. About two thirds or more of adults in each group felt that they were in recovery from substance use problems.



* Low precision; no estimate reported.

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

Estimates were age adjusted to the 18 or older age distribution of the 2000 U.S. standard population.

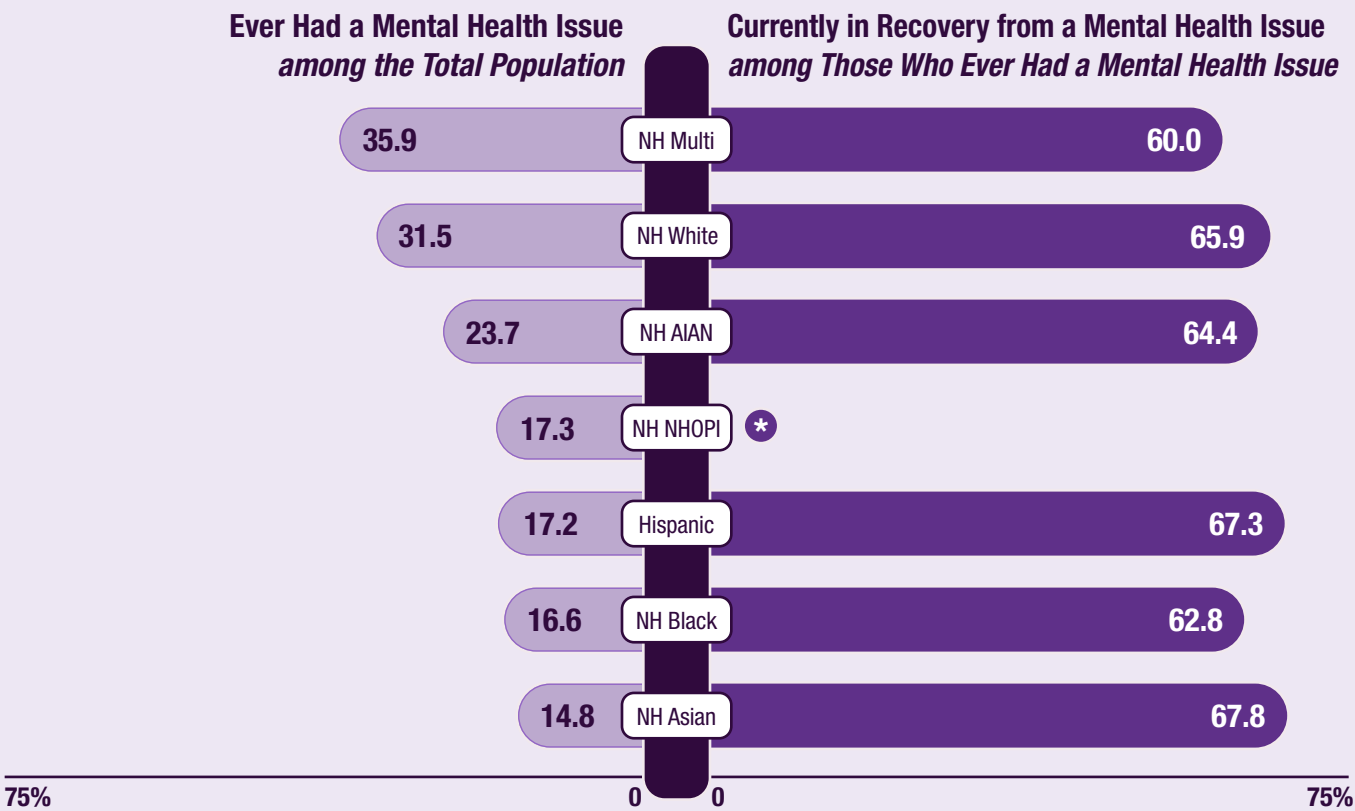
Respondents who reported that they thought they had problems with substances were then asked whether they thought they were recovered or in recovery. It is important to note that the terms “problem” and “recovery” were not defined for respondents. Therefore, how respondents subjectively defined these terms may have varied.

Recovery from a Mental Health Issue

NSDUH asked respondents aged 18 or older whether they thought they ever had a problem with their mental health. Respondents were then asked whether they thought they were recovered or in recovery.



- About 1 in 3 Multiracial adults and White adults and nearly 1 in 4 American Indian or Alaska Native adults felt that they **ever had a mental health issue**. These percentages were higher than the percentages for adults in most other racial or ethnic groups.
- There were no significant differences among racial or ethnic groups for adults who felt that they were **in recovery from mental health issues**. About 3 in 5 or more adults in each group felt that they were in recovery from mental health issues.



* Low precision; no estimate reported.
AIAN = American Indian or Alaska Native; Black = Black or African American; Hispanic = Hispanic or Latino; Multi = Multiracial; NH = Not Hispanic or Latino; NHOP = Native Hawaiian or Other Pacific Islander.
Estimates were age adjusted to the 18 or older age distribution of the 2000 U.S. standard population.

Respondents who reported that they thought they had problems with mental health were then asked whether they thought they were recovered or in recovery. It is important to note that the terms “problem” and “recovery” were not defined for respondents. Therefore, how respondents subjectively defined these terms may have varied.

Endnotes

1. Center for Behavioral Health Statistics and Quality. (2021). *Racial/ethnic differences in substance use, substance use disorders, and substance use treatment utilization among people aged 12 or older (2015-2019)* (Publication No. PEP21-07-01-001). <https://www.samhsa.gov/data/sites/default/files/reports/rpt35326/2021NSDUHSUChartbook102221B.pdf>
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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. (2024). *2023 National Survey on Drug Use and Health (NSDUH): Methodological summary and definitions*. <https://www.samhsa.gov/data/report/2023-methodological-summary-and-definitions>
9. See Section 3.2.3 in the following reference: Center for Behavioral Health Statistics and Quality. (2024). *2023 National Survey on Drug Use and Health (NSDUH): Methodological summary and definitions*. <https://www.samhsa.gov/data/report/2023-methodological-summary-and-definitions>
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Appendix A

Table 1. Substance Use: Among People Aged 12 or Older; by Race/Ethnicity, Percentages and Corresponding Standard Errors, Annual Averages, 2021-2023

Substance Use	Race/Ethnicity						
	NH AIAN	NH Asian	NH Black	NH NHOPI	NH White	NH Multi	Hispanic
Age Adjusted							
PAST MONTH							
Tobacco Product Use or Nicotine Vaping¹	37.3 ^{bceg} (2.50)	10.0 ^{acdefg} (0.66)	24.3 ^{abfg} (0.62)	32.7 ^{bg} (4.44)	26.1 ^{abfg} (0.32)	32.9 ^{bceg} (1.50)	17.6 ^{abcdef} (0.52)
Nicotine Vaping ¹	14.5 ^{bcg} (1.62)	4.7 ^{acdefg} (0.41)	6.8 ^{abef} (0.29)	13.1 ^b (3.18)	11.4 ^{bcg} (0.20)	13.0 ^{bceg} (1.05)	7.5 ^{abef} (0.31)
Binge Alcohol Use	23.2 ^b (1.93)	10.4 ^{acdefg} (0.62)	21.5 ^{be} (0.48)	21.6 ^b (3.44)	23.8 ^{bc} (0.22)	23.9 ^b (1.15)	23.1 ^b (0.51)
Heavy Alcohol Use ²	7.4 ^b (1.18)	1.9 ^{acefg} (0.26)	4.8 ^{be} (0.24)	6.3 (1.98)	7.0 ^{bceg} (0.13)	6.2 ^b (0.67)	4.7 ^{be} (0.23)
PAST YEAR							
Illicit Drug Use	36.9 ^{bceg} (2.34)	12.3 ^{acdefg} (0.64)	26.4 ^{abfg} (0.51)	28.7 ^b (3.52)	27.2 ^{abfg} (0.26)	35.5 ^{bceg} (1.39)	20.6 ^{abcef} (0.46)
Marijuana Use	32.9 ^{bceg} (2.32)	9.9 ^{acdefg} (0.59)	23.4 ^{abfg} (0.50)	24.3 ^b (3.35)	24.1 ^{abfg} (0.25)	31.7 ^{bceg} (1.36)	17.2 ^{abcef} (0.43)
Misuse of Opioids	5.9 ^b (1.08)	1.8 ^{acefg} (0.27)	3.9 ^b (0.24)	5.5 (1.64)	3.3 ^{bf} (0.09)	5.3 ^{beg} (0.65)	3.3 ^{bf} (0.20)
Misuse of Central Nervous System Stimulants	5.2 ^{bc} (0.93)	1.4 ^{acefg} (0.19)	2.4 ^{abefg} (0.17)	7.2 (2.22)	4.3 ^{bceg} (0.10)	5.0 ^{bceg} (0.51)	3.2 ^{bcef} (0.21)
Unadjusted							
PAST MONTH							
Tobacco Product Use or Nicotine Vaping¹	34.0 ^{bceg} (2.29)	10.1 ^{acdefg} (0.67)	23.9 ^{abfg} (0.62)	33.9 ^{bg} (4.92)	24.7 ^{abfg} (0.34)	31.5 ^{bceg} (1.36)	17.8 ^{abcdef} (0.48)
Nicotine Vaping ¹	13.4 ^{bceg} (1.49)	4.9 ^{acefg} (0.42)	6.7 ^{abefg} (0.28)	13.3 (3.57)	9.7 ^{bceg} (0.18)	13.8 ^{bceg} (1.04)	8.2 ^{abcef} (0.31)
Binge Alcohol Use	21.9 ^b (1.77)	10.6 ^{acdefg} (0.64)	21.3 ^b (0.49)	21.8 ^b (3.54)	22.4 ^b (0.23)	23.0 ^b (1.06)	23.1 ^b (0.48)
Heavy Alcohol Use ²	6.8 ^b (1.07)	1.9 ^{acefg} (0.27)	4.7 ^{be} (0.24)	6.7 (2.25)	6.6 ^{bceg} (0.13)	5.9 ^b (0.60)	4.7 ^{be} (0.22)
PAST YEAR							
Illicit Drug Use	35.3 ^{bceg} (2.24)	12.5 ^{acdefg} (0.65)	26.2 ^{abfg} (0.52)	28.7 ^b (3.60)	24.9 ^{abfg} (0.26)	35.5 ^{bceg} (1.27)	21.6 ^{abcef} (0.44)
Marijuana Use	31.6 ^{bceg} (2.21)	10.0 ^{acdefg} (0.60)	23.1 ^{abfg} (0.50)	24.1 ^b (3.37)	21.9 ^{abfg} (0.25)	31.7 ^{bceg} (1.24)	18.2 ^{abcef} (0.42)
Misuse of Opioids	5.5 ^b (1.00)	1.8 ^{acefg} (0.27)	3.8 ^{be} (0.23)	5.3 (1.61)	3.1 ^{bef} (0.09)	5.0 ^{beg} (0.60)	3.3 ^{bf} (0.19)
Misuse of Central Nervous System Stimulants	5.0 ^{bc} (0.91)	1.4 ^{acefg} (0.19)	2.4 ^{abefg} (0.17)	6.9 (2.24)	3.8 ^{bc} (0.10)	5.0 ^{bceg} (0.47)	3.3 ^{bcef} (0.21)

* Low precision; no estimate reported.

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

NOTE: Estimates shown are percentages with standard errors included in parentheses.

^a The difference between this estimate and the estimate for NH AIAN is statistically significant at the .01 level.

^b The difference between this estimate and the estimate for NH Asian is statistically significant at the .01 level.

^c The difference between this estimate and the estimate for NH Black is statistically significant at the .01 level.

^d The difference between this estimate and the estimate for NH NHOPI is statistically significant at the .01 level.

^e The difference between this estimate and the estimate for NH White is statistically significant at the .01 level.

^f The difference between this estimate and the estimate for NH Multiracial is statistically significant at the .01 level.

^g The difference between this estimate and the estimate for Hispanic is statistically significant at the .01 level.

¹ Estimates in this row do not include data from 2021. These estimates are annual averages of pooled 2022 and 2023 data.

² Heavy alcohol users are a subset of binge alcohol users.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021-2023.

Appendix A

Table 2. Substance Use: Among People Aged 12 or Older; by Race/Ethnicity, Numbers in Thousands and Corresponding Standard Errors, Annual Averages, 2021-2023

Substance Use	Race/Ethnicity													
	NH AIAN		NH Asian		NH Black		NH NHOPI		NH White		NH Multi		Hispanic	
	Unadjusted													
PAST MONTH														
Tobacco Product Use or Nicotine Vaping ¹	477	(41)	1,746	(121)	8,274	(285)	404	(72)	42,164	(576)	1,901	(104)	9,182	(247)
Nicotine Vaping ¹	188	(22)	837	(73)	2,315	(107)	159	(44)	16,476	(302)	836	(67)	4,243	(162)
Binge Alcohol Use	337	(33)	1,802	(119)	7,336	(220)	259	(48)	38,229	(397)	1,343	(71)	11,762	(243)
Heavy Alcohol Use ²	105	(17)	327	(46)	1,610	(89)	79	(27)	11,316	(230)	347	(36)	2,405	(112)
PAST YEAR														
Illicit Drug Use	544	(45)	2,115	(117)	9,026	(248)	340	(50)	42,519	(445)	2,075	(92)	11,004	(226)
Marijuana Use	487	(43)	1,700	(106)	7,962	(228)	285	(45)	37,411	(433)	1,854	(87)	9,267	(213)
Misuse of Opioids	85	(16)	305	(46)	1,321	(86)	63	(20)	5,346	(157)	294	(36)	1,666	(96)
Misuse of Central Nervous System Stimulants	77	(14)	245	(33)	838	(61)	82	(27)	6,503	(169)	290	(28)	1,706	(106)

* Low precision; no estimate reported.

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

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

¹ Estimates in this row do not include data from 2021. These estimates are annual averages of pooled 2022 and 2023 data.

² Heavy alcohol users are a subset of binge alcohol users.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021-2023.

Appendix A

Table 3. Substance Use Disorder (SUD) in the Past Year: Among People Aged 12 or Older; by Race/Ethnicity, Percentages and Corresponding Standard Errors, Annual Averages, 2021-2023

SUD	Race/Ethnicity						
	NH AIAN	NH Asian	NH Black	NH NHOPI	NH White	NH Multi	Hispanic
	Age Adjusted						
SUD	26.8 ^{bcefg} (2.07)	8.7 ^{acdefg} (0.55)	17.9 ^{abfg} (0.44)	24.0 ^b (3.57)	19.1 ^{abfg} (0.21)	24.7 ^{bcefg} (1.22)	15.7 ^{abcef} (0.40)
Drugs	19.2 ^{bcefg} (1.90)	4.2 ^{acdefg} (0.42)	11.0 ^{abfg} (0.34)	16.9 ^b (3.43)	10.3 ^{abfg} (0.16)	15.3 ^{bcefg} (1.01)	8.6 ^{abcef} (0.30)
Alcohol	13.6 ^b (1.48)	5.8 ^{acdefg} (0.44)	10.3 ^{bef} (0.35)	11.4 (2.19)	11.8 ^{bcefg} (0.18)	13.7 ^{bcefg} (1.05)	9.8 ^{bef} (0.32)
	Unadjusted						
SUD	26.0 ^{bcefg} (2.02)	8.8 ^{acdefg} (0.56)	17.6 ^{abf} (0.43)	24.2 ^b (3.82)	17.6 ^{abfg} (0.21)	24.2 ^{bcefg} (1.09)	16.3 ^{abef} (0.38)
Drugs	18.4 ^{bcefg} (1.83)	4.2 ^{acdefg} (0.43)	10.9 ^{abefg} (0.35)	17.0 ^b (3.68)	9.2 ^{abcf} (0.16)	15.6 ^{bcefg} (0.91)	9.1 ^{abcf} (0.29)
Alcohol	13.0 ^b (1.40)	5.9 ^{acdefg} (0.45)	10.0 ^{bf} (0.34)	11.3 (2.28)	11.0 ^b (0.18)	13.0 ^{bcefg} (0.91)	10.1 ^{bf} (0.31)

* Low precision; no estimate reported.

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

NOTE: Estimates shown are percentages with standard errors included in parentheses.

NOTE: Substance use disorder estimates are based on criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.

^a The difference between this estimate and the estimate for NH AIAN is statistically significant at the .01 level.

^b The difference between this estimate and the estimate for NH Asian is statistically significant at the .01 level.

^c The difference between this estimate and the estimate for NH Black is statistically significant at the .01 level.

^d The difference between this estimate and the estimate for NH NHOPI is statistically significant at the .01 level.

^e The difference between this estimate and the estimate for NH White is statistically significant at the .01 level.

^f The difference between this estimate and the estimate for NH Multiracial is statistically significant at the .01 level.

^g The difference between this estimate and the estimate for Hispanic is statistically significant at the .01 level.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021-2023.

Table 4. Substance Use Disorder (SUD) in the Past Year: Among People Aged 12 or Older; by Race/Ethnicity, Numbers in Thousands and Corresponding Standard Errors, Annual Averages, 2021-2023

SUD	Race/Ethnicity						
	NH AIAN	NH Asian	NH Black	NH NHOPI	NH White	NH Multi	Hispanic
	Unadjusted						
SUD	400 (36)	1,498 (101)	6,070 (194)	287 (56)	30,007 (365)	1,414 (73)	8,316 (196)
Drugs	284 (31)	711 (73)	3,768 (138)	202 (50)	15,777 (275)	912 (57)	4,629 (150)
Alcohol	200 (23)	998 (81)	3,449 (138)	134 (29)	18,709 (304)	758 (57)	5,130 (160)

* Low precision; no estimate reported.

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

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

NOTE: Substance use disorder estimates are based on criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021-2023.

Appendix A

Table 5. Mental Health in the Past Year: Among Adults Aged 18 or Older; by Race/Ethnicity, Percentages and Corresponding Standard Errors, Annual Averages, 2021-2023

Mental Health	Race/Ethnicity						
	NH AIAN	NH Asian	NH Black	NH NHOPI	NH White	NH Multi	Hispanic
Age Adjusted							
Any Mental Illness (AMI)¹	24.1 ^{bf} (2.14)	17.0 ^{acefg} (0.78)	20.4 ^{bef} (0.54)	23.4 ^f (3.97)	27.3 ^{bcfg} (0.27)	34.7 ^{abcdeg} (1.41)	19.9 ^{bef} (0.47)
Serious Mental Illness (SMI) ¹	6.9 ^b (1.17)	3.4 ^{aefg} (0.34)	4.3 ^{ef} (0.23)	5.1 ^f (1.60)	7.3 ^{bcfg} (0.15)	10.8 ^{bcdeg} (0.99)	5.0 ^{bef} (0.24)
Co-Occurring AMI and Substance Use Disorder ^{1,2}	10.9 ^{bg} (1.37)	3.6 ^{acefg} (0.33)	7.7 ^{bef} (0.33)	11.1 (3.24)	9.8 ^{bcfg} (0.16)	13.3 ^{bceg} (1.01)	7.0 ^{abef} (0.27)
Suicidal Thoughts and Behaviors							
Had Serious Thoughts of Suicide	6.7 ^b (0.99)	3.4 ^{acef} (0.36)	4.7 ^{bef} (0.24)	5.4 (1.62)	6.0 ^{bcfg} (0.12)	9.1 ^{bceg} (0.93)	4.4 ^{ef} (0.22)
Made a Suicide Plan	1.8 (0.53)	0.9 ^{cef} (0.14)	1.5 ^b (0.12)	0.7 ^{ef} (0.30)	1.7 ^{bdfg} (0.06)	2.3 ^{bdfg} (0.32)	1.3 ^{ef} (0.12)
Attempted Suicide	1.2 ^b (0.32)	0.4 ^{acefg} (0.08)	0.9 ^b (0.09)	0.6 (0.27)	0.6 ^b (0.04)	1.0 ^b (0.21)	0.7 ^b (0.09)
Unadjusted							
AMI¹	23.3 ^{bf} (2.12)	17.1 ^{acefg} (0.78)	20.2 ^{bef} (0.54)	23.9 ^f (4.20)	24.3 ^{bcfg} (0.26)	35.8 ^{abcdeg} (1.34)	20.8 ^{bef} (0.46)
SMI ¹	7.0 ^{bf} (1.28)	3.4 ^{aefg} (0.34)	4.3 ^{efg} (0.23)	4.7 ^f (1.41)	6.3 ^{bcfg} (0.14)	11.6 ^{abcdeg} (0.99)	5.3 ^{bcef} (0.24)
Co-Occurring AMI and Substance Use Disorder ^{1,2}	10.3 ^b (1.28)	3.7 ^{acefg} (0.34)	7.7 ^{bf} (0.32)	11.2 (3.46)	8.5 ^{bf} (0.15)	13.9 ^{bceg} (0.95)	7.5 ^{bef} (0.27)
Suicidal Thoughts and Behaviors							
Had Serious Thoughts of Suicide	6.8 ^b (1.00)	3.4 ^{acefg} (0.36)	4.7 ^{bf} (0.24)	5.5 (1.71)	5.1 ^{bf} (0.11)	10.0 ^{bceg} (0.91)	4.8 ^{bf} (0.22)
Made a Suicide Plan	2.0 (0.62)	0.9 ^{cefg} (0.14)	1.5 ^{bdf} (0.13)	0.7 ^{cefg} (0.27)	1.4 ^{bdf} (0.05)	2.7 ^{bcdeg} (0.35)	1.5 ^{bdf} (0.12)
Attempted Suicide	1.3 ^b (0.37)	0.4 ^{acfg} (0.08)	0.9 ^{be} (0.09)	0.6 (0.24)	0.5 ^{cf} (0.04)	1.3 ^{be} (0.24)	0.8 ^b (0.09)

* Low precision; no estimate reported.

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

NOTE: Estimates shown are percentages with standard errors included in parentheses.

^a The difference between this estimate and the estimate for NH AIAN is statistically significant at the .01 level.

^b The difference between this estimate and the estimate for NH Asian is statistically significant at the .01 level.

^c The difference between this estimate and the estimate for NH Black is statistically significant at the .01 level.

^d The difference between this estimate and the estimate for NH NHOPI is statistically significant at the .01 level.

^e The difference between this estimate and the estimate for NH White is statistically significant at the .01 level.

^f The difference between this estimate and the estimate for NH Multiracial is statistically significant at the .01 level.

^g The difference between this estimate and the estimate for Hispanic is statistically significant at the .01 level.

¹ Mental illness aligns with criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition, and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to people with AMI that resulted in serious functional impairment. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic criteria.

² Substance use disorder estimates are based on criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021-2023.

Appendix A

Table 6. Mental Health in the Past Year: Among Adults Aged 18 or Older; by Race/Ethnicity, Numbers in Thousands and Corresponding Standard Errors, Annual Averages, 2021-2023

Mental Health	Race/Ethnicity						
	NH AIAN	NH Asian	NH Black	NH NHOPi	NH White	NH Multi	Hispanic
	Unadjusted						
Any Mental Illness (AMI)¹	309 (32)	2,649 (129)	6,253 (208)	258 (52)	38,343 (536)	1,776 (88)	9,210 (203)
Serious Mental Illness (SMI) ¹	93 (18)	520 (53)	1,318 (77)	51 (15)	9,914 (220)	575 (53)	2,357 (107)
Co-Occurring AMI and Substance Use Disorder ^{1,2}	137 (18)	565 (53)	2,365 (108)	121 (41)	13,349 (258)	691 (51)	3,330 (120)
Suicidal Thoughts and Behaviors							
Had Serious Thoughts of Suicide	91 (14)	526 (56)	1,459 (79)	59 (19)	8,076 (187)	498 (49)	2,139 (97)
Made a Suicide Plan	27 (8)	143 (21)	454 (39)	7 (3)	2,269 (87)	136 (17)	658 (54)
Attempted Suicide	18 (5)	55 (12)	281 (29)	6 (3)	866 (61)	63 (12)	342 (40)

* Low precision; no estimate reported.

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

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

¹ Mental illness aligns with criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition, and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to people with AMI that resulted in serious functional impairment. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic criteria.

² Substance use disorder estimates are based on criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021-2023.

Appendix A

Table 7. Mental Health in the Past Year: Among Adolescents Aged 12 to 17; by Race/Ethnicity, Percentages and Corresponding Standard Errors, Annual Averages, 2021-2023

	Race/Ethnicity													
Mental Health	NH AIAN		NH Asian		NH Black		NH NHOPI		NH White		NH Multi		Hispanic	
	Unadjusted													
Major Depressive Episode (MDE)	22.1	(4.21)	14.6 ^{efg}	(1.28)	14.7 ^{efg}	(0.74)	*	(*)	20.7 ^{bc}	(0.47)	23.9 ^{bc}	(1.56)	20.2 ^{bc}	(0.72)
Co-Occurring MDE and Substance Use Disorder ¹	*	(*)	1.5 ^{efg}	(0.51)	2.1 ^{efg}	(0.29)	*	(*)	4.3 ^{bc}	(0.23)	4.8 ^{bc}	(0.78)	3.8 ^{bc}	(0.29)
Suicidal Thoughts and Behaviors														
Had Serious Thoughts of Suicide	14.0	(3.28)	11.4 ^f	(1.13)	11.3 ^{ef}	(0.67)	*	(*)	13.4 ^c	(0.38)	16.8 ^{bcg}	(1.45)	12.4 ^f	(0.61)
Made a Suicide Plan	8.3	(3.22)	5.2	(0.84)	6.0	(0.49)	*	(*)	6.0	(0.25)	6.5	(0.72)	6.4	(0.46)
Attempted Suicide	5.0	(1.58)	2.9	(0.60)	4.2	(0.39)	*	(*)	3.2	(0.21)	4.3	(0.62)	3.8	(0.33)

* Low precision; no estimate reported.

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

NOTE: Estimates shown are percentages with standard errors included in parentheses.

^a The difference between this estimate and the estimate for NH AIAN is statistically significant at the .01 level.

^b The difference between this estimate and the estimate for NH Asian is statistically significant at the .01 level.

^c The difference between this estimate and the estimate for NH Black is statistically significant at the .01 level.

^d The difference between this estimate and the estimate for NH NHOPI is statistically significant at the .01 level.

^e The difference between this estimate and the estimate for NH White is statistically significant at the .01 level.

^f The difference between this estimate and the estimate for NH Multiracial is statistically significant at the .01 level.

^g The difference between this estimate and the estimate for Hispanic is statistically significant at the .01 level.

¹ Substance use disorder estimates are based on criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021-2023.

Table 8. Mental Health in the Past Year: Among Adolescents Aged 12 to 17; by Race/Ethnicity, Numbers in Thousands and Corresponding Standard Errors, Annual Averages, 2021-2023

Mental Health	Race/Ethnicity							
	NH AIAN	NH Asian	NH Black	NH NHOPI	NH White	NH Multi	Hispanic	
	Unadjusted							
Major Depressive Episode (MDE)	44 (10)	209 (23)	501 (29)	* (*)	2,580 (73)	204 (16)	1,291 (46)	
Co-Occurring MDE and Substance Use Disorder ¹	* (*)	22 (7)	72 (10)	* (*)	536 (31)	41 (7)	242 (18)	
Suicidal Thoughts and Behaviors								
Had Serious Thoughts of Suicide	29 (8)	171 (20)	396 (27)	* (*)	1,732 (57)	148 (14)	829 (41)	
Made a Suicide Plan	17 (7)	78 (14)	212 (19)	* (*)	774 (35)	58 (7)	424 (31)	
Attempted Suicide	10 (4)	43 (10)	147 (14)	* (*)	412 (28)	38 (6)	256 (22)	

* Low precision; no estimate reported.

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

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

¹ Substance use disorder estimates are based on criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021-2023.

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Table 9. Treatment in the Past Year: Among Adults Aged 18 or Older; by Race/Ethnicity, Percentages and Corresponding Standard Errors, Annual Averages, 2022-2023

Treatment	Race/Ethnicity						
	NH AIAN	NH Asian	NH Black	NH NHOPI	NH White	NH Multi	Hispanic
	Age Adjusted						
Need for Substance Use Treatment	32.8 ^{bceg} (3.00)	10.7 ^{acdefg} (0.77)	21.3 ^{abfg} (0.62)	30.9 ^b (5.03)	22.7 ^{abg} (0.28)	26.7 ^{bceg} (1.51)	18.4 ^{abcef} (0.57)
Receipt of Substance Use Treatment among Those Who Needed It ¹	29.3 (5.12)	20.5 (3.30)	19.4 (1.23)	* (*)	23.6 (0.59)	22.5 (2.53)	22.9 (1.41)
Receipt of Mental Health Treatment²	18.0 ^{ef} (2.11)	12.8 ^{efg} (0.83)	15.1 ^{ef} (0.56)	17.3 ^{ef} (4.09)	28.3 ^{abcdg} (0.29)	29.5 ^{abcdg} (1.60)	15.5 ^{bef} (0.53)
Receipt of Mental Health Treatment among Adults with Any Mental Illness^{2,3}	38.6 ^{ef} (4.93)	35.2 ^{efg} (2.49)	40.6 ^{ef} (1.72)	* (*)	57.7 ^{abceg} (0.57)	56.6 ^{abceg} (2.92)	43.8 ^{bef} (1.52)
	Unadjusted						
Need for Substance Use Treatment	32.0 ^{bceg} (2.98)	10.8 ^{acdefg} (0.78)	21.0 ^{abf} (0.62)	30.8 ^b (5.48)	20.6 ^{abf} (0.28)	27.1 ^{bceg} (1.44)	19.3 ^{abf} (0.56)
Receipt of Substance Use Treatment among Those Who Needed It ¹	29.1 (5.11)	20.4 (3.27)	19.5 (1.25)	* (*)	23.9 (0.65)	21.5 (2.45)	22.0 (1.28)
Receipt of Mental Health Treatment²	18.2 ^{ef} (2.23)	12.9 ^{efg} (0.83)	15.2 ^{ef} (0.57)	16.4 ^f (3.97)	26.4 ^{abceg} (0.31)	29.7 ^{abcdg} (1.53)	15.8 ^{bef} (0.51)
Receipt of Mental Health Treatment among Adults with Any Mental Illness^{2,3}	38.8 ^{ef} (4.61)	35.4 ^{efg} (2.49)	40.9 ^{ef} (1.73)	* (*)	57.4 ^{abceg} (0.62)	56.1 ^{abceg} (2.81)	43.5 ^{bef} (1.43)

* Low precision; no estimate reported.

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

NOTE: Estimates shown are percentages with standard errors included in parentheses.

NOTE: Estimates in this table do not include data from 2021. These estimates are annual averages of pooled 2022 and 2023 data.

^a The difference between this estimate and the estimate for NH AIAN is statistically significant at the .01 level.

^b The difference between this estimate and the estimate for NH Asian is statistically significant at the .01 level.

^c The difference between this estimate and the estimate for NH Black is statistically significant at the .01 level.

^d The difference between this estimate and the estimate for NH NHOPI is statistically significant at the .01 level.

^e The difference between this estimate and the estimate for NH White is statistically significant at the .01 level.

^f The difference between this estimate and the estimate for NH Multiracial is statistically significant at the .01 level.

^g The difference between this estimate and the estimate for Hispanic is statistically significant at the .01 level.

¹ Substance use treatment includes treatment for drug or alcohol use through inpatient treatment/counseling; outpatient treatment/counseling; medication-assisted treatment; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center. Substance use treatment questions are asked of respondents who used alcohol or drugs in their lifetime.

² Mental health treatment includes treatment for mental health, emotions, or behavior through inpatient treatment/counseling; outpatient treatment/counseling; use of prescription medication; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center.

³ Mental illness aligns with criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition, and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic criteria.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2023.

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Table 10. Treatment in the Past Year: Among Adults Aged 18 or Older; by Race/Ethnicity, Numbers in Thousands and Corresponding Standard Errors, Annual Averages, 2022-2023

Treatment	Race/Ethnicity							
	NH AIAN	NH Asian	NH Black	NH NHOPI	NH White	NH Multi	Hispanic	
	Unadjusted							
Need for Substance Use Treatment	376 (41)	1,697 (128)	6,521 (246)	345 (82)	32,479 (567)	1,397 (83)	8,639 (251)	
Receipt of Substance Use Treatment among Those Who Needed It ¹	109 (24)	346 (63)	1,269 (92)	* (*)	7,759 (261)	301 (38)	1,898 (111)	
Receipt of Mental Health Treatment ²	213 (28)	2,028 (143)	4,721 (217)	183 (48)	41,728 (649)	1,533 (90)	7,099 (230)	
Receipt of Mental Health Treatment among Adults with Any Mental Illness ^{2,3}	98 (12)	971 (81)	2,482 (146)	* (*)	21,998 (424)	1,041 (75)	4,091 (135)	

* Low precision; no estimate reported.

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

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

NOTE: Estimates in this table do not include data from 2021. These estimates are annual averages of pooled 2022 and 2023 data.

¹ Substance use treatment includes treatment for drug or alcohol use through inpatient treatment/counseling; outpatient treatment/counseling; medication-assisted treatment; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center. Substance use treatment questions are asked of respondents who used alcohol or drugs in their lifetime.

² Mental health treatment includes treatment for mental health, emotions, or behavior through inpatient treatment/counseling; outpatient treatment/counseling; use of prescription medication; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center.

³ Mental illness aligns with criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition, and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. These mental illness estimates are based on a predictive model and are not direct measures of diagnostic criteria.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022-2023.

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Table 11. Recovery: Among Adults Aged 18 or Older; by Race/Ethnicity, Percentages and Corresponding Standard Errors, Annual Averages, 2021-2023

Perceived Problem/Issue and Recovery	Race/Ethnicity						
	NH AIAN	NH Asian	NH Black	NH NHOPI	NH White	NH Multi	Hispanic
Age Adjusted							
Ever Had a Substance Use Problem¹	18.6 ^{bcdg} (1.92)	3.9 ^{acefg} (0.42)	7.2 ^{abef} (0.35)	9.6 ^{af} (2.35)	15.0 ^{bcdg} (0.20)	18.6 ^{bcddeg} (1.32)	8.3 ^{abef} (0.38)
In Recovery from a Substance Use Problem ²	68.6 (5.25)	64.0 (5.23)	69.4 (2.17)	* (*)	72.1 (0.68)	71.6 (3.74)	71.3 (2.03)
Ever Had a Mental Health Issue³	23.7 ^{bcdg} (2.18)	14.8 ^{aefg} (0.72)	16.6 ^{aef} (0.49)	17.3 ^{ef} (3.31)	31.5 ^{abcdg} (0.28)	35.9 ^{abdeg} (1.49)	17.2 ^{abef} (0.47)
In Recovery from a Mental Health Issue ⁴	64.4 (5.24)	67.8 (2.20)	62.8 (1.38)	* (*)	65.9 (0.43)	60.0 (2.73)	67.3 (1.20)
Unadjusted							
Ever Had a Substance Use Problem¹	17.5 ^{bcdg} (1.84)	3.9 ^{acefg} (0.42)	7.2 ^{abef} (0.36)	9.4 ^{af} (2.36)	14.2 ^{bcdg} (0.21)	17.5 ^{bcddeg} (1.22)	8.3 ^{abef} (0.36)
In Recovery from a Substance Use Problem ²	68.4 (5.26)	64.5 (5.19)	70.3 (2.17)	* (*)	73.0 (0.70)	71.5 (3.69)	71.3 (1.89)
Ever Had a Mental Health Issue³	22.8 ^{bcd} (2.11)	14.9 ^{aefg} (0.72)	16.5 ^{aefg} (0.49)	16.7 ^{ef} (3.34)	28.2 ^{bcdg} (0.28)	37.0 ^{abdeg} (1.42)	18.4 ^{bcd} (0.46)
In Recovery from a Mental Health Issue ⁴	65.4 (4.97)	67.7 (2.20)	63.1 (1.39)	* (*)	66.9 (0.44)	60.1 (2.60)	66.9 (1.11)

* Low precision; no estimate reported.

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

NOTE: Estimates shown are percentages with standard errors included in parentheses.

^a The difference between this estimate and the estimate for NH AIAN is statistically significant at the .01 level.

^b The difference between this estimate and the estimate for NH Asian is statistically significant at the .01 level.

^c The difference between this estimate and the estimate for NH Black is statistically significant at the .01 level.

^d The difference between this estimate and the estimate for NH NHOPI is statistically significant at the .01 level.

^e The difference between this estimate and the estimate for NH White is statistically significant at the .01 level.

^f The difference between this estimate and the estimate for NH Multiracial is statistically significant at the .01 level.

^g The difference between this estimate and the estimate for Hispanic is statistically significant at the .01 level.

¹ Respondents with unknown information for ever having a substance use problem were excluded.

² Respondents were asked if they perceived themselves to be in recovery or to have recovered from a substance use problem only if they reported ever having a drug or alcohol use problem. Respondents with unknown information for ever having a substance use problem or for perceived recovery from their substance use problem were excluded.

³ Respondents with unknown information for ever having a problem with their mental health were excluded.

⁴ Respondents were asked if they perceived themselves to be in recovery or to have recovered from a mental health issue only if they reported ever having a mental health issue. Respondents with unknown information for ever having a mental health issue or for perceived recovery from their mental health issue were excluded.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021-2023.

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Table 12. Recovery: Among Adults Aged 18 or Older; by Race/Ethnicity, Numbers in Thousands and Corresponding Standard Errors, Annual Averages, 2021-2023

Perceived Problem/Issue and Recovery	Race/Ethnicity						
	NH AIAN	NH Asian	NH Black	NH NHOPi	NH White	NH Multi	Hispanic
	Unadjusted						
Ever Had a Substance Use Problem¹	235 (27)	597 (67)	2,198 (116)	101 (26)	22,346 (388)	863 (68)	3,658 (160)
In Recovery from a Substance Use Problem ²	161 (23)	376 (55)	1,537 (94)	* (*)	16,263 (330)	611 (56)	2,607 (69)
Ever Had a Mental Health Issue³	307 (33)	2,276 (114)	5,045 (181)	179 (37)	44,263 (577)	1,822 (92)	8,070 (204)
In Recovery from a Mental Health Issue ⁴	200 (27)	1,531 (94)	3,166 (126)	* (*)	29,456 (438)	1,088 (66)	5,357 (89)

* Low precision; no estimate reported.

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

NOTE: Estimates shown are numbers in thousands with standard errors included in parentheses.

¹ Respondents with unknown information for ever having a substance use problem were excluded.

² Respondents were asked if they perceived themselves to be in recovery or to have recovered from a substance use problem only if they reported ever having a drug or alcohol use problem. Respondents with unknown information for ever having a substance use problem or for perceived recovery from their substance use problem were excluded.

³ Respondents with unknown information for ever having a problem with their mental health were excluded.

⁴ Respondents were asked if they perceived themselves to be in recovery or to have recovered from a mental health issue only if they reported ever having a mental health issue. Respondents with unknown information for ever having a mental health issue or for perceived recovery from their mental health issue were excluded.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021-2023.



Substance Abuse and Mental Health
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Substance Abuse and Mental Health
Services Administration

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