

2023 National Survey on Drug Use and Health: Among the Asian Population Aged 12 or Older

Center for Behavioral Health Statistics and Quality
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

2024



SAMHSA
Substance Abuse and Mental Health
Services Administration

NSDUH Scope and Target Population

- Conducted by the Federal Government since 1971
- Comprehensive household interview survey of substance use, substance use disorders, mental health, and the receipt of treatment services for these disorders in the United States
- Produces estimates representative of the population at national and state levels
- Covers the civilian, noninstitutionalized population aged 12 or older in all 50 states and Washington, DC:
 - Includes households, college dorms, homeless in shelters, civilians on military bases
 - Excludes active military, long-term hospital residents, prison populations, homeless not in shelters
- NSDUH 2023 sample included 67,679 people (including 3,210 Asian people)

Comparing Data Across Years

- A new trend line began in 2021 due to NSDUH data collection changing to a multimode design (web and in-person).
 - Do not compare 2021-2023 data with data from prior years.
- In 2022, weighting procedures were updated to stabilize the effect of mode on estimates across years.¹
 - These procedures also were applied to the 2021 analysis weights.
 - Updated 2021 estimates were generated for the 2022 Detailed Tables to facilitate comparisons with 2022 estimates.
 - These updated 2021 estimates should be used for comparison with 2022 and 2023 estimates.

¹ See Section 3.3.3 in the following reference: Center for Behavioral Health Statistics and Quality. (2023). *2022 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions*. <https://www.samhsa.gov/data/report/2022-methodological-summary-and-definitions>.

About This Presentation

- The racial and ethnic groups discussed in this presentation 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 “Multiracial” in this presentation. 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.
- Statistical testing was performed for comparisons of estimates across age groups and among racial and ethnic groups according to procedures described in the 2023 Methodological Summary and Definitions report.² For consistency with the typical criteria for statistical testing in NSDUH, age group differences were considered statistically significant at the .05 level of significance. For testing among racial and ethnic groups, a more conservative level of .01 was used for considering differences to be statistically significant. Statistically significant differences resulting from these testing procedures are described using terms such as “higher,” “lower,” “more likely,” or “less likely.” Statements use terms such as “similar” or “the same” when a difference was not statistically significant. When estimates are presented without reference to differences across groups, statistical significance is not implied.

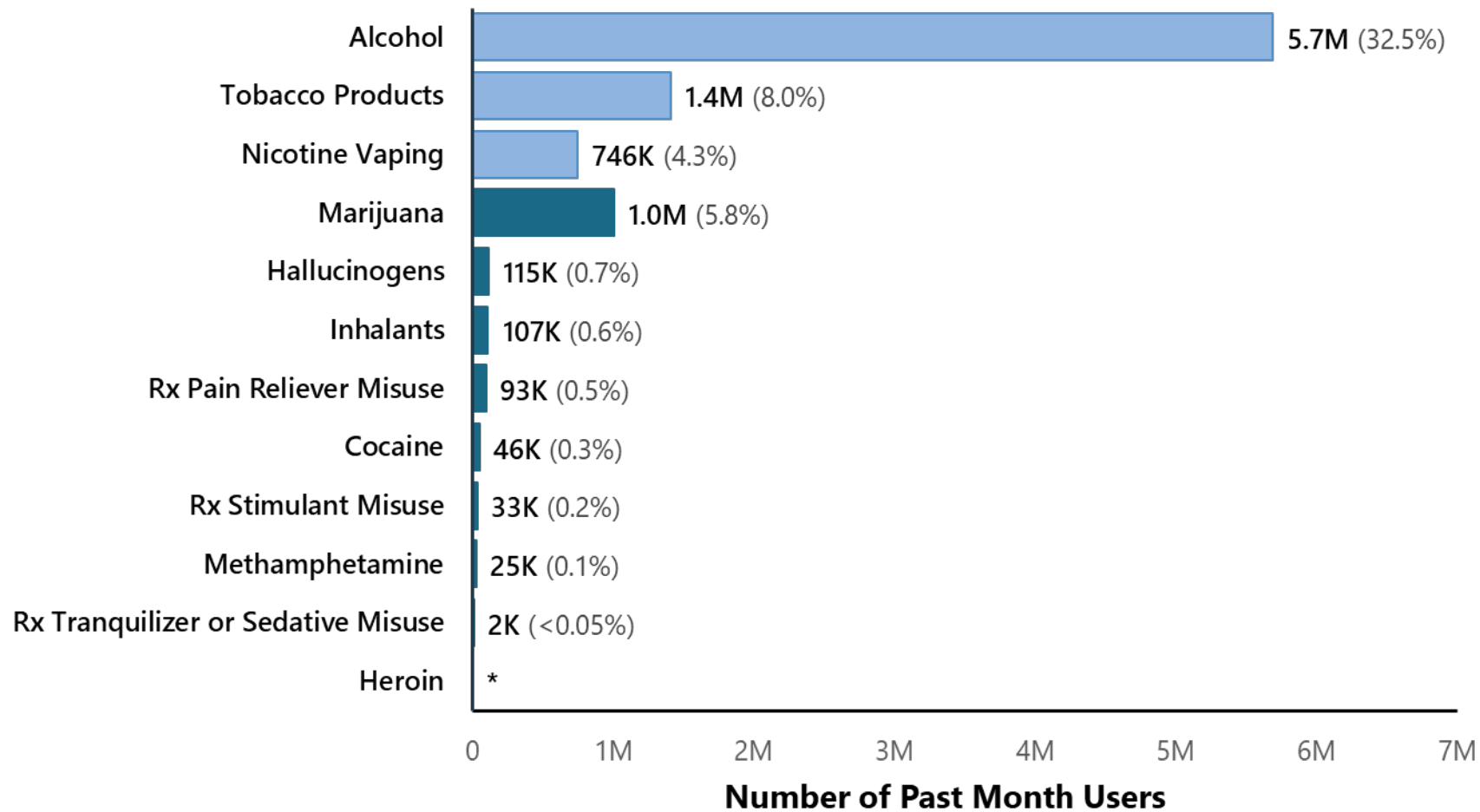
² See Section 3.2.3 in the following reference: Center for Behavioral Health Statistics and Quality. (2024). *2023 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions*. <https://www.samhsa.gov/data/report/2023-methodological-summary-and-definitions>.

Suppression Due to Low Precision

- The following estimates for Asian people are not presented due to low precision:
 - Substance use
 - past month: marijuana vaping
 - past year: opioid misuse, use of prescription pain reliever subtypes
 - Substance use disorder by severity level
 - Perceived need for substance use treatment
 - Major depressive episode (MDE) with severe impairment, receipt of mental health services, and substance use by MDE among adolescents
 - Receipt of mental health services by age group and mental illness
 - Recovery from a substance use problem

Substance Use in the Past Month

Past Month Substance Use: Among Asian People Aged 12 or Older

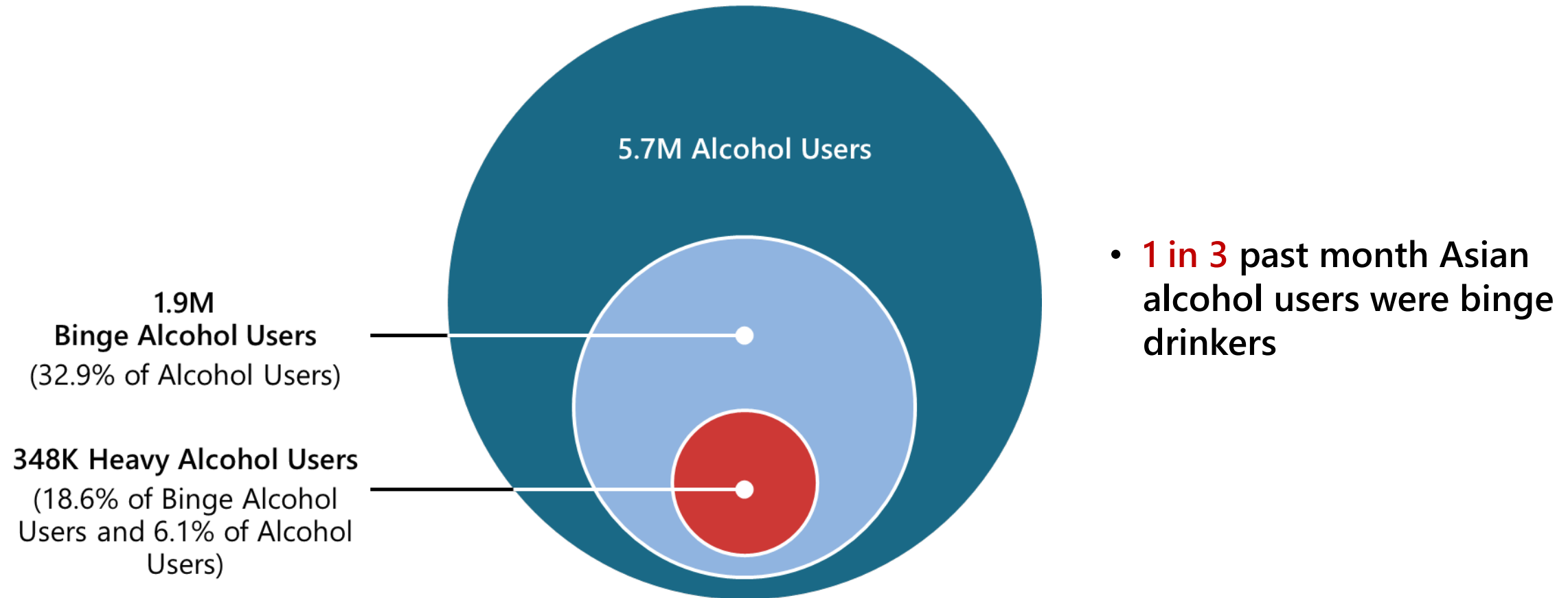


* Low precision; no estimate reported.

Rx = prescription.

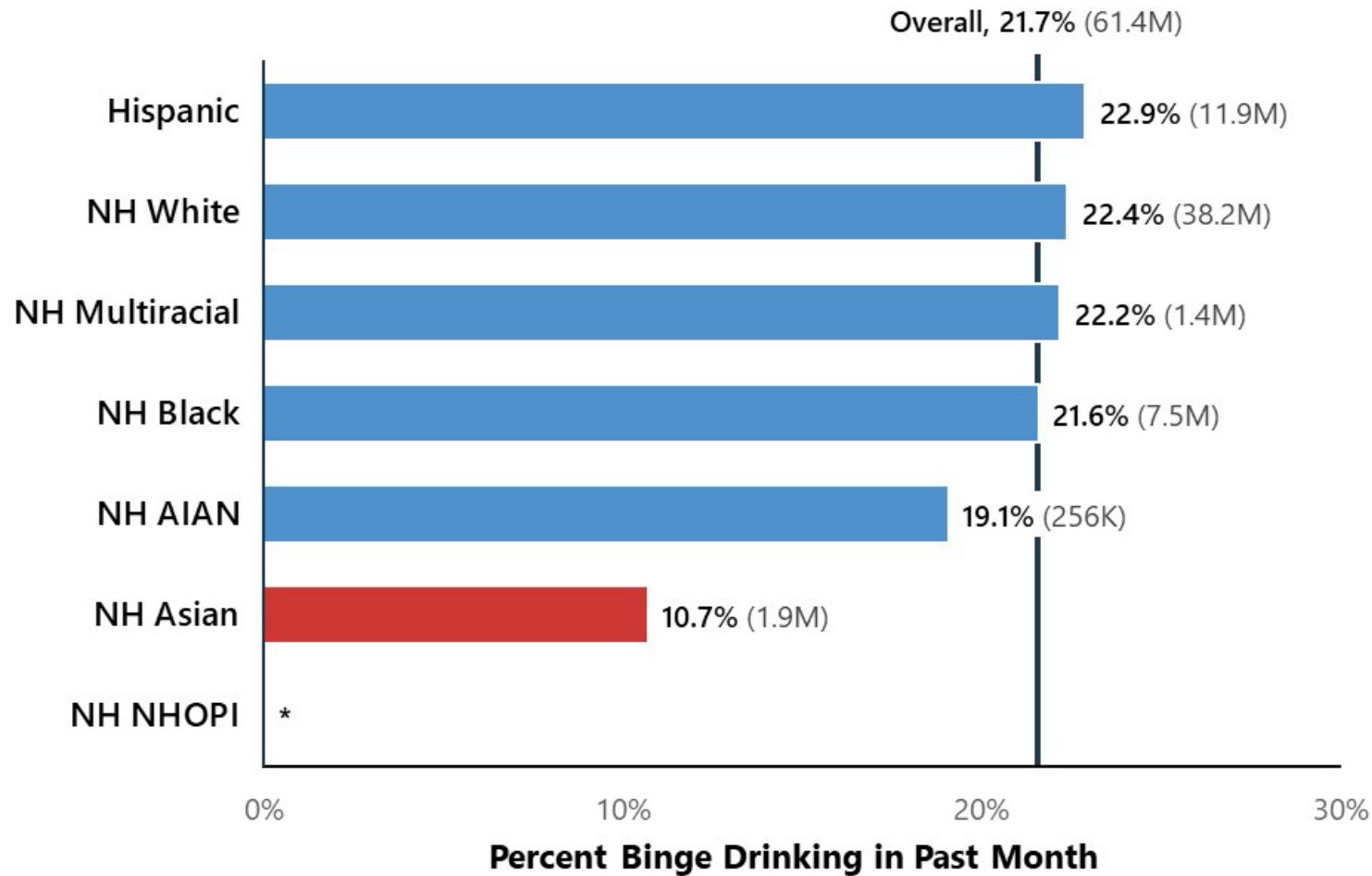
Note: The estimated numbers of current users of different substances are not mutually exclusive because people could have used more than one type of substance in the past month.

Past Month Alcohol Use, Binge Alcohol Use, and Heavy Alcohol Use: Among Asian People Aged 12 or Older



Note: Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion on at least 1 day in the past 30 days. Heavy Alcohol Use is defined as binge drinking on the same occasion on 5 or more days in the past 30 days; all heavy alcohol users are also binge alcohol users.

Binge Alcohol Use in the Past Month by Racial and Ethnic Groups: Among People Aged 12 or Older



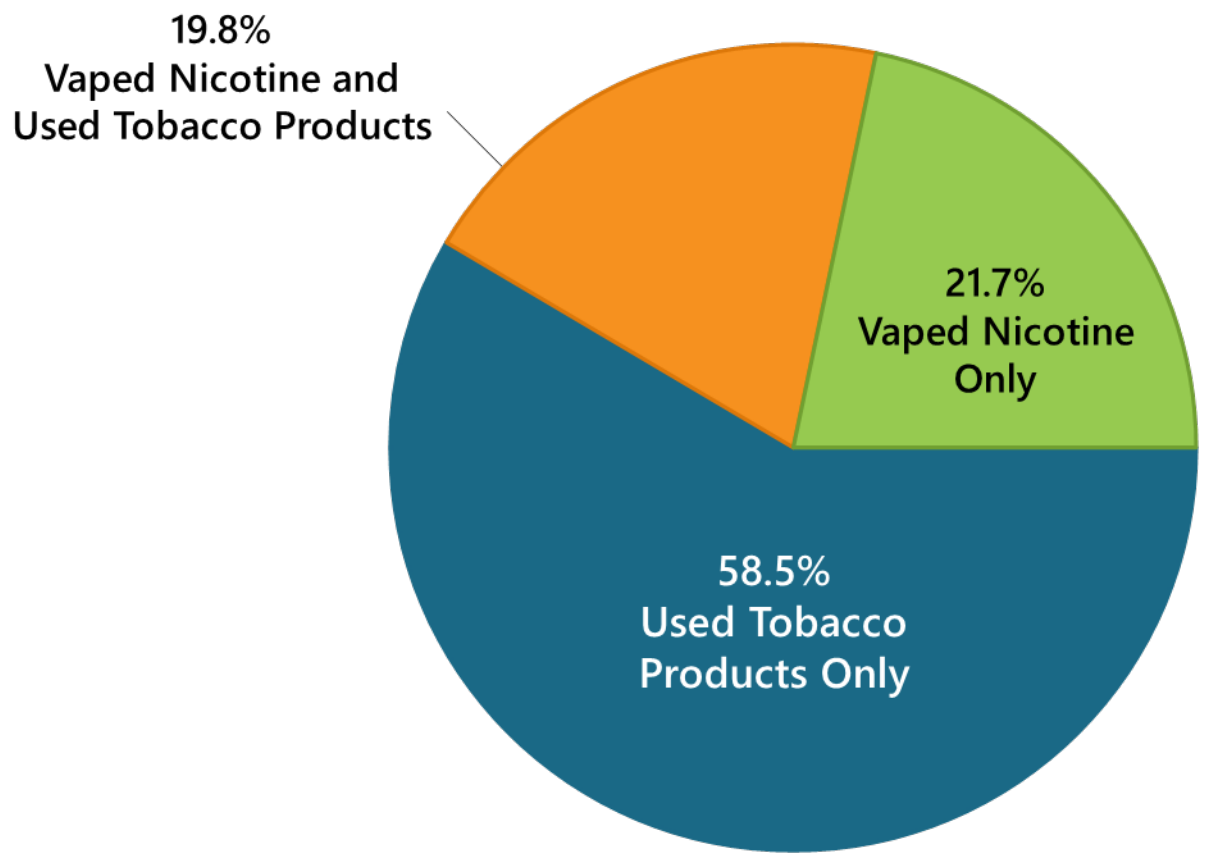
- **Asian** people were **less likely** to binge drink than most other racial or ethnic groups

* Low precision; no estimate reported.

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

Note: Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion on at least 1 day in the past 30 days.

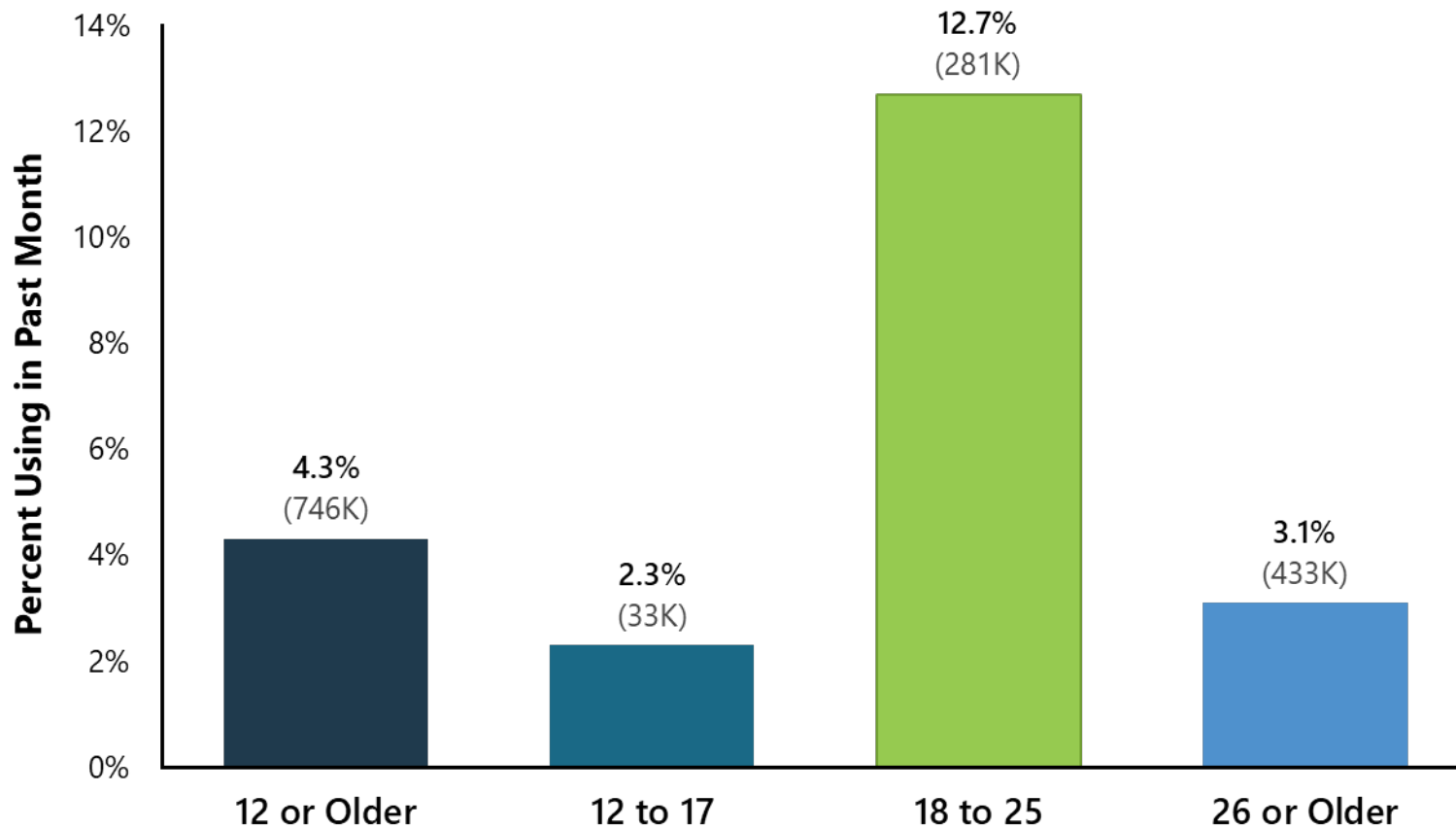
Type of Tobacco Product Use and Nicotine Vaping: Among Asian People Aged 12 or Older Who Used Nicotine Products in the Past Month



- **58.5%** of Asian past month nicotine product users used only tobacco products

1.8 Million Asian People Used Nicotine Products in the Past Month

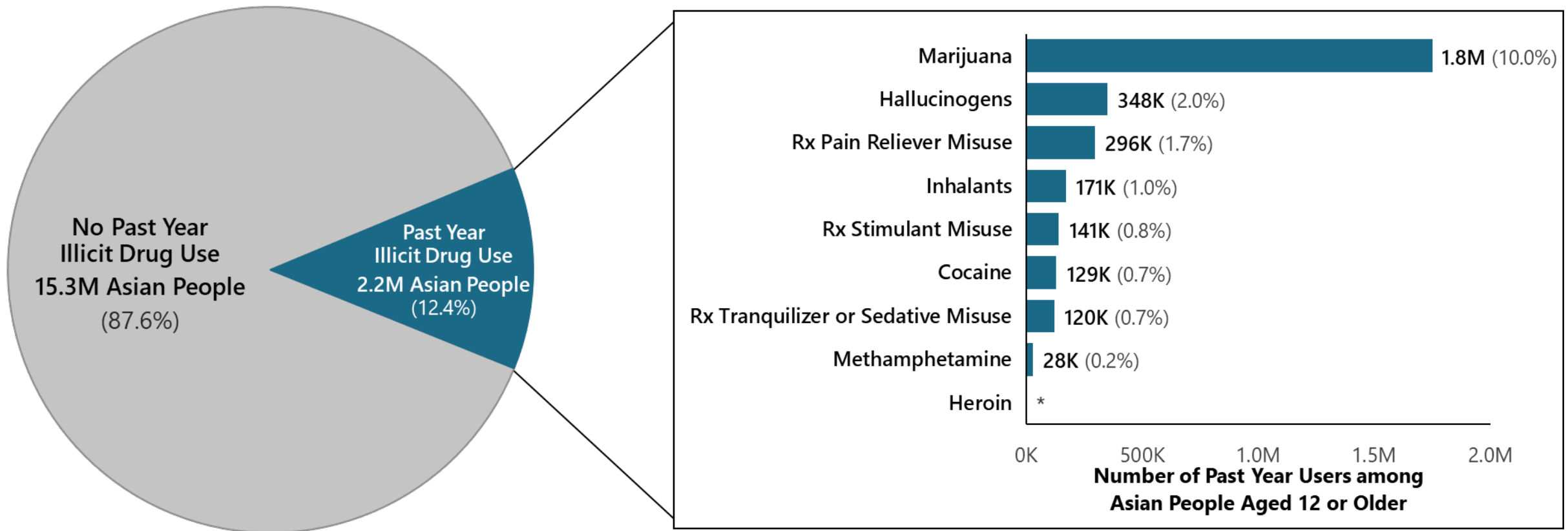
Past Month Nicotine Vaping: Among Asian People Aged 12 or Older



- The percentage of people who vaped nicotine was **highest** among Asian young adults aged **18 to 25**

Past Year and Past Month Illicit Drug Use

Past Year Illicit Drug Use: Among Asian People Aged 12 or Older

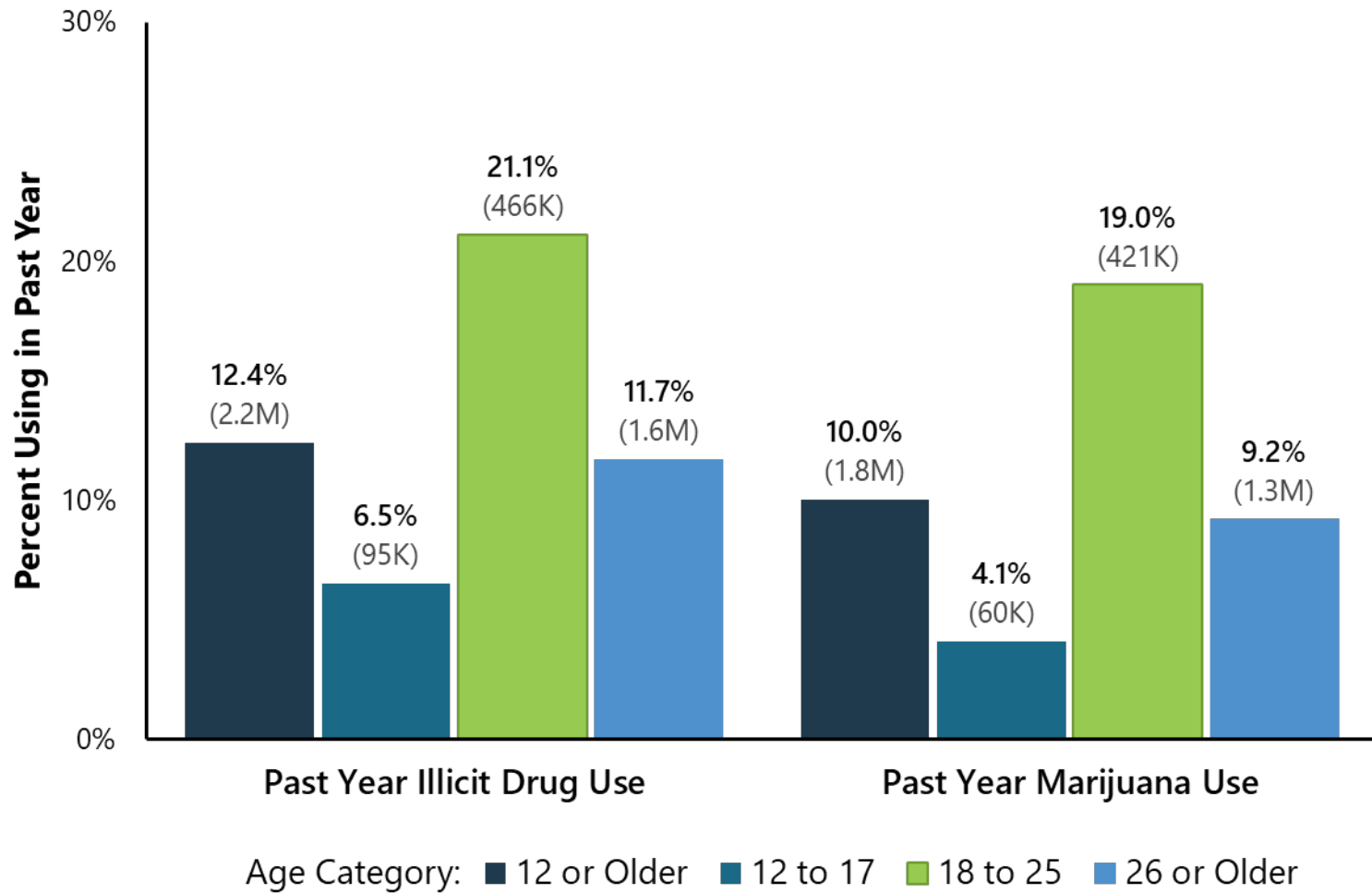


* Low precision; no estimate reported.

Rx = prescription.

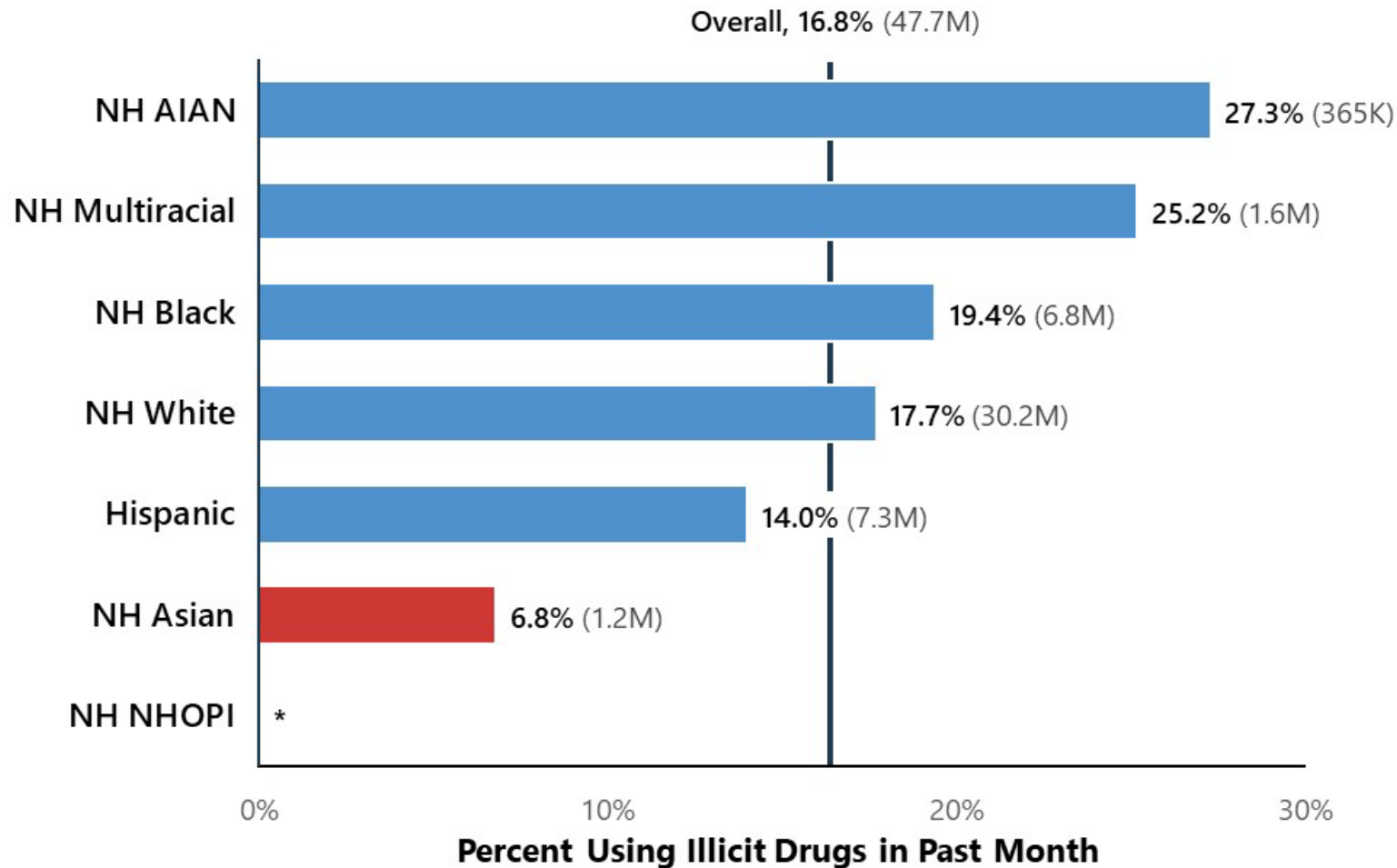
Note: The estimated numbers of past year users of different illicit drugs are not mutually exclusive because people could have used more than one type of illicit drug in the past year.

Past Year Illicit Drug Use and Marijuana Use: Among Asian People Aged 12 or Older



- Among Asian young adults aged 18 to 25, 21.1% used illicit drugs and 19.0% used marijuana in the past year

Illicit Drug Use in the Past Month by Racial and Ethnic Groups: Among People Aged 12 or Older

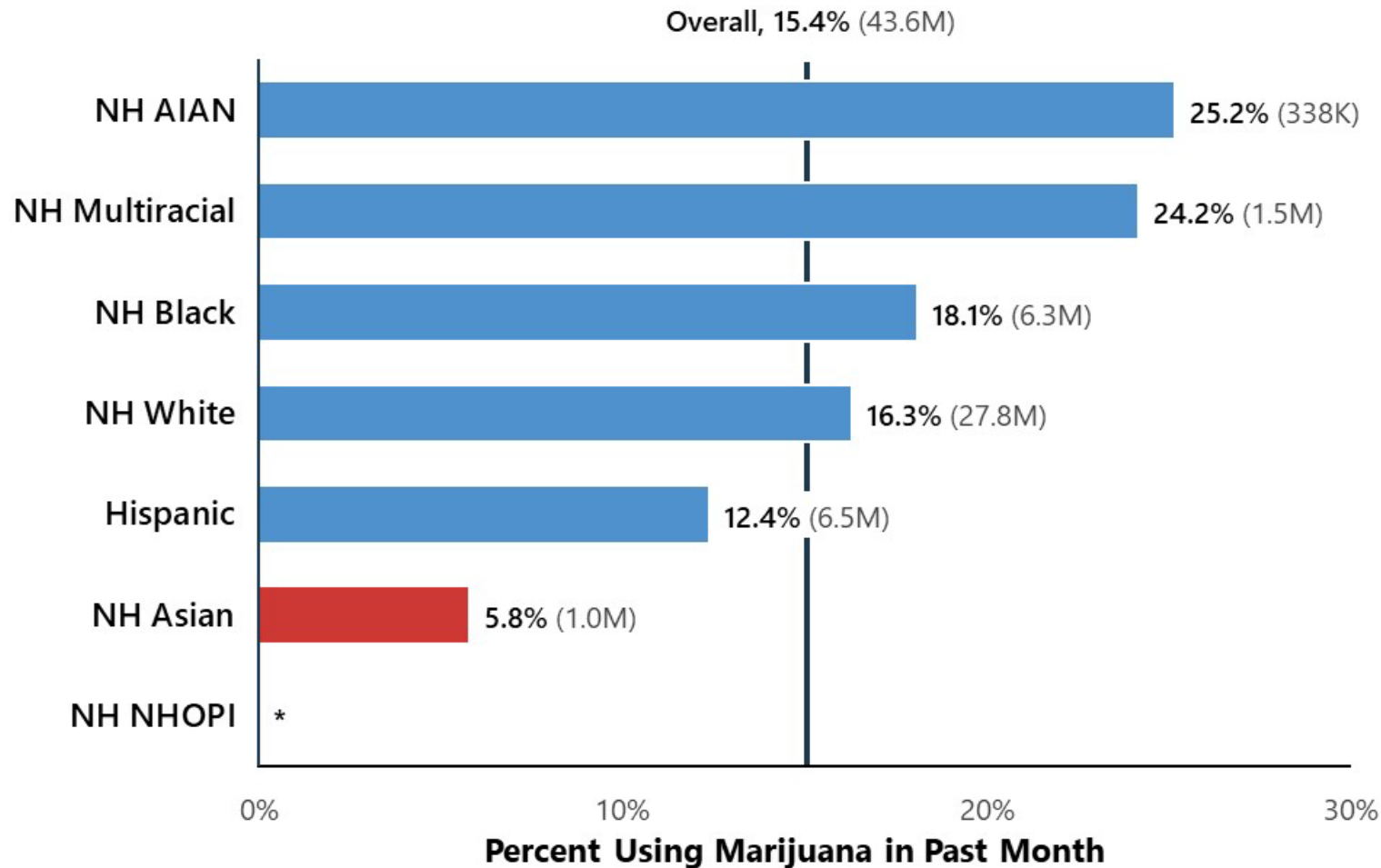


- **Asian** people were **less likely** to use illicit drugs than most other racial or ethnic groups

* Low precision; no estimate reported.

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

Marijuana Use in the Past Month by Racial and Ethnic Groups: Among People Aged 12 or Older

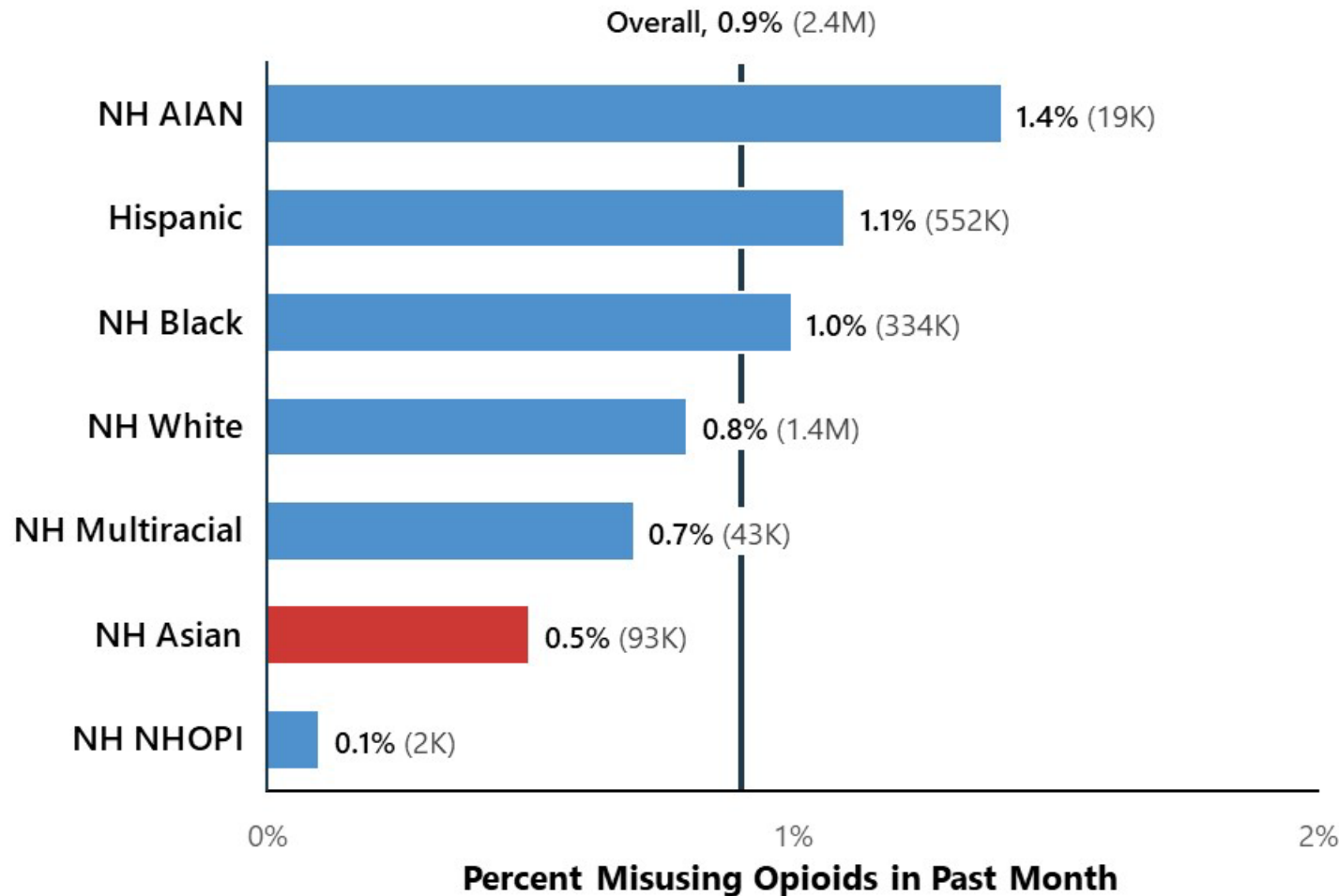


- **Asian** people were **less likely** to use marijuana than most other racial or ethnic groups

* Low precision; no estimate reported.

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

Opioid Misuse in the Past Month by Racial and Ethnic Groups: Among People Aged 12 or Older

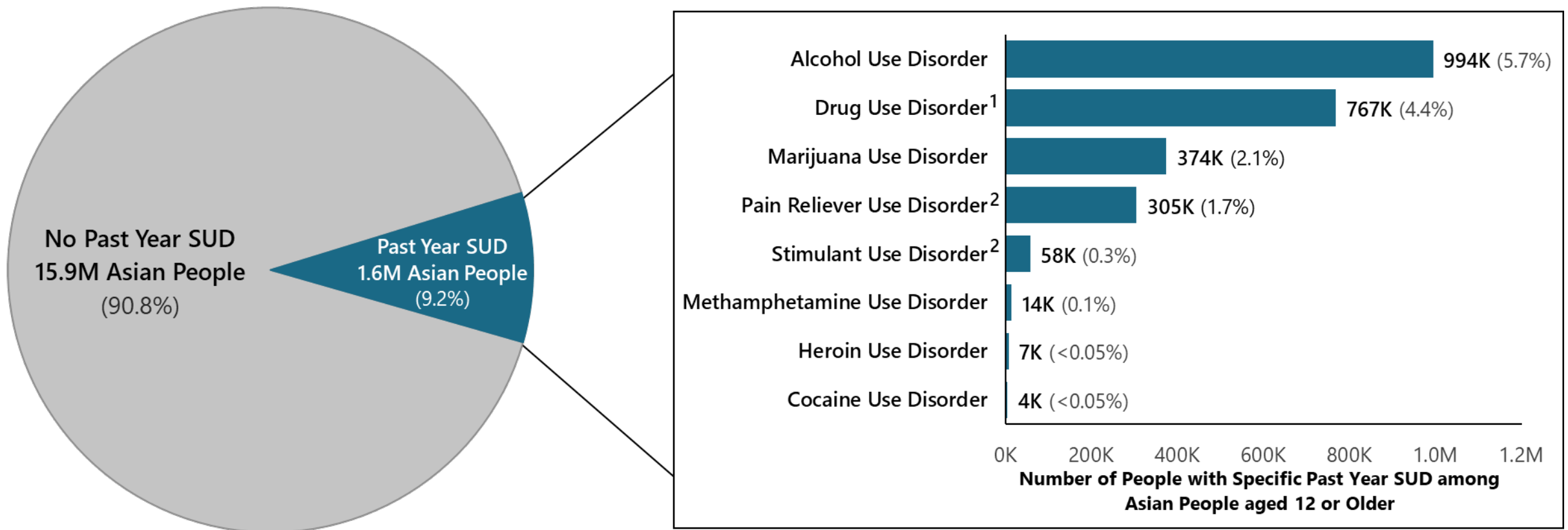


- **Asian** people were **just as likely** to misuse opioids as people from all other racial or ethnic groups

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

Substance Use Disorder

Past Year Substance Use Disorder (SUD): Among Asian People Aged 12 or Older

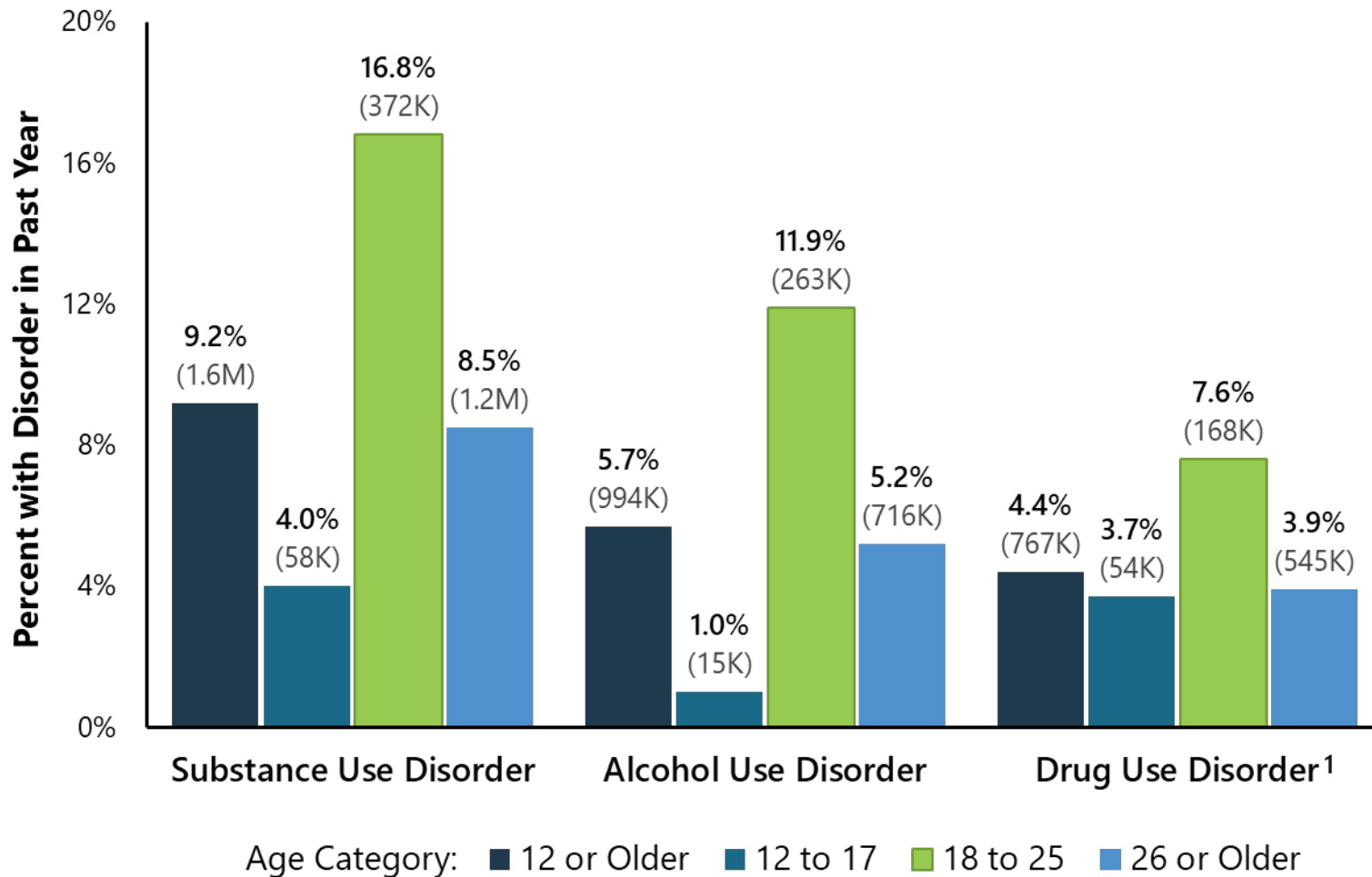


Note: The estimated numbers of people with substance use disorders are not mutually exclusive because people could have use disorders for more than one substance.

¹ Includes data from all past year users of marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, and prescription psychotherapeutic drugs (i.e., pain relievers, tranquilizers, stimulants, or sedatives).

² Includes data from all past year users of the specific prescription drug.

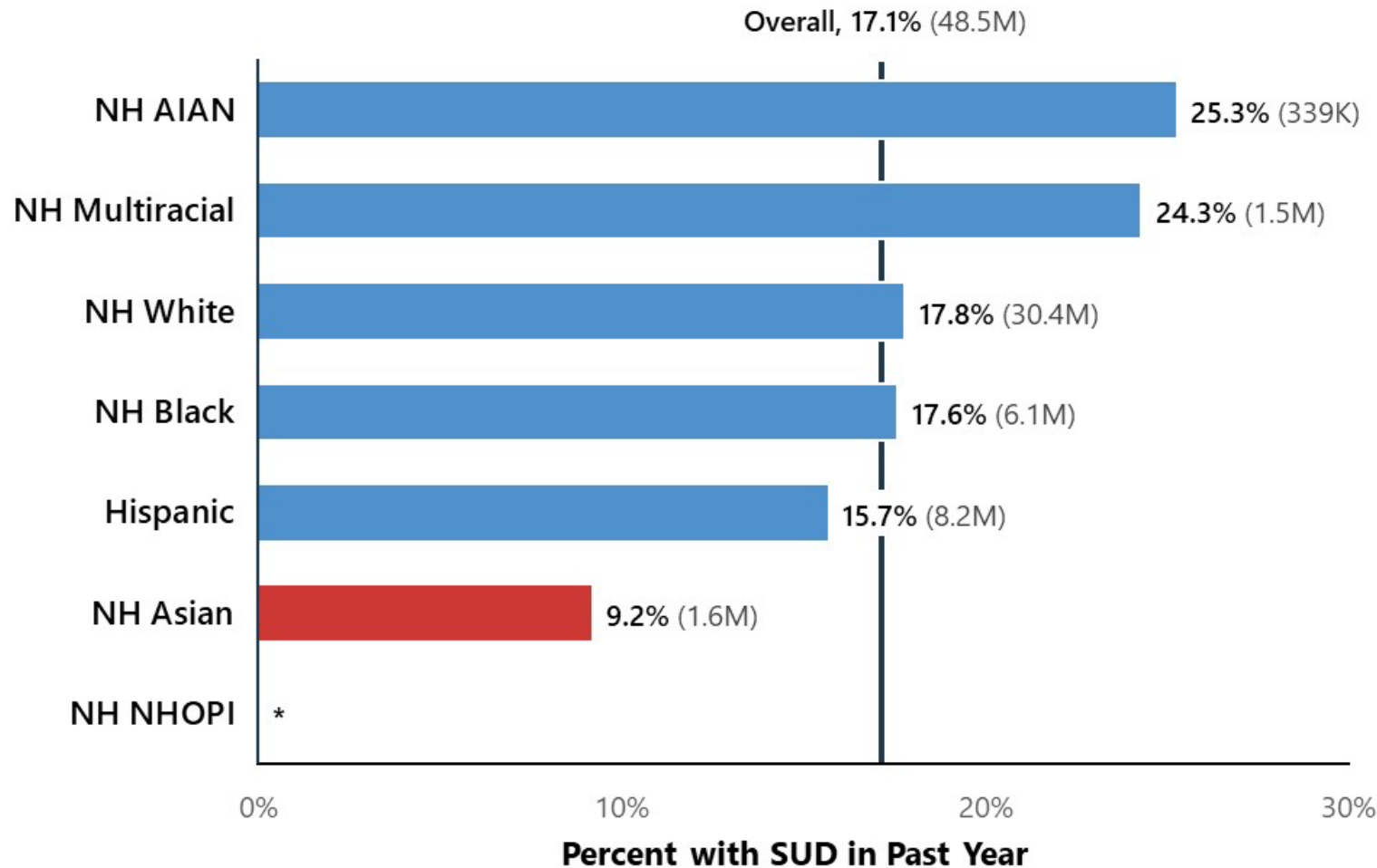
Past Year Substance Use Disorder: Among Asian People Aged 12 or Older



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

¹ Includes data from all past year users of marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, and prescription psychotherapeutic drugs (i.e., pain relievers, tranquilizers, stimulants, or sedatives).

Substance Use Disorder (SUD) in the Past Year by Racial and Ethnic Groups: Among People Aged 12 or Older



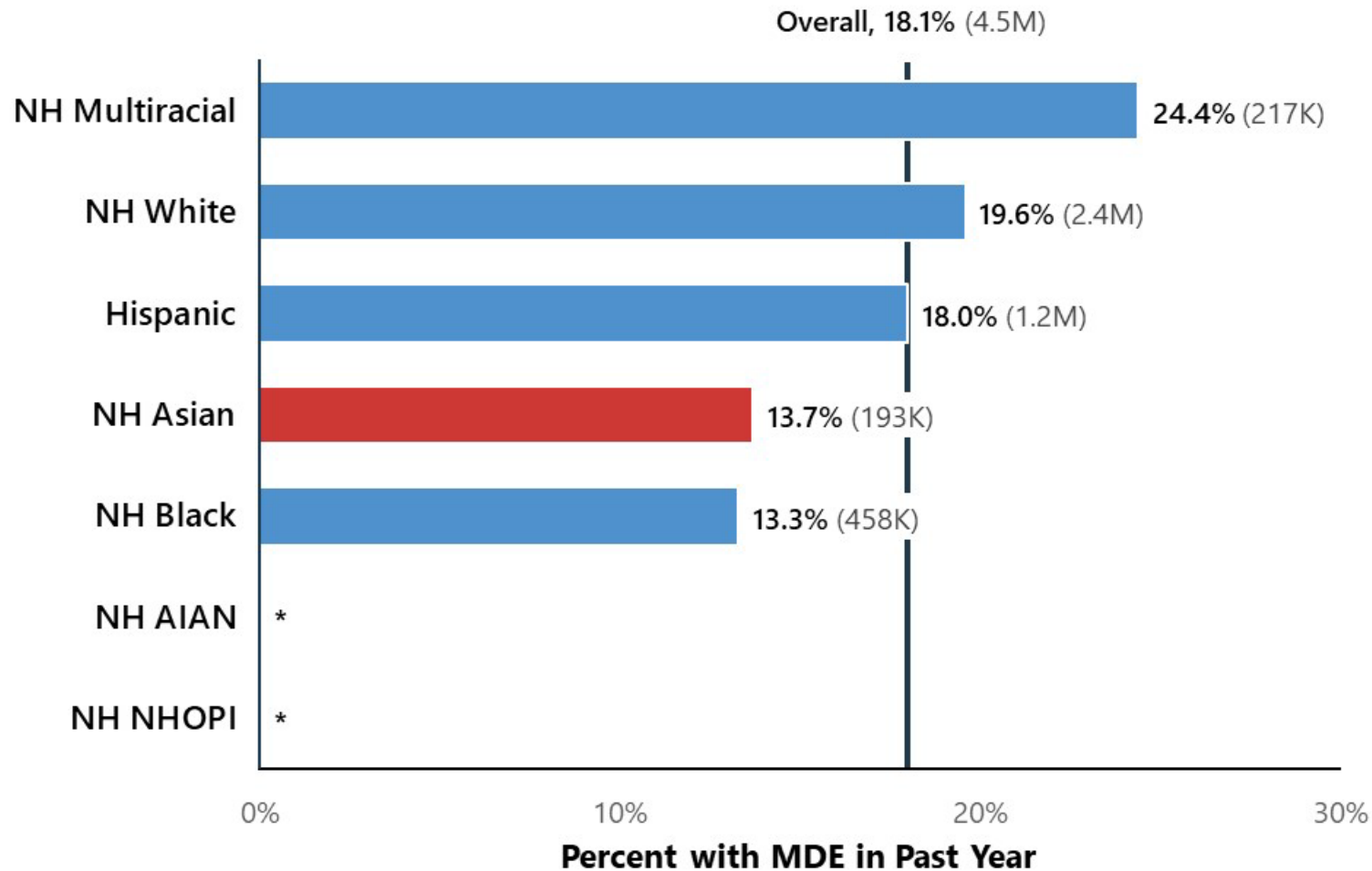
- **Asian** people were **less likely** to have a past year SUD than most other racial or ethnic groups

* Low precision; no estimate reported.

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

Major Depressive Episode: Among Adolescents Aged 12 to 17

Major Depressive Episode (MDE) in the Past Year by Racial and Ethnic Groups: Among Adolescents Aged 12 to 17



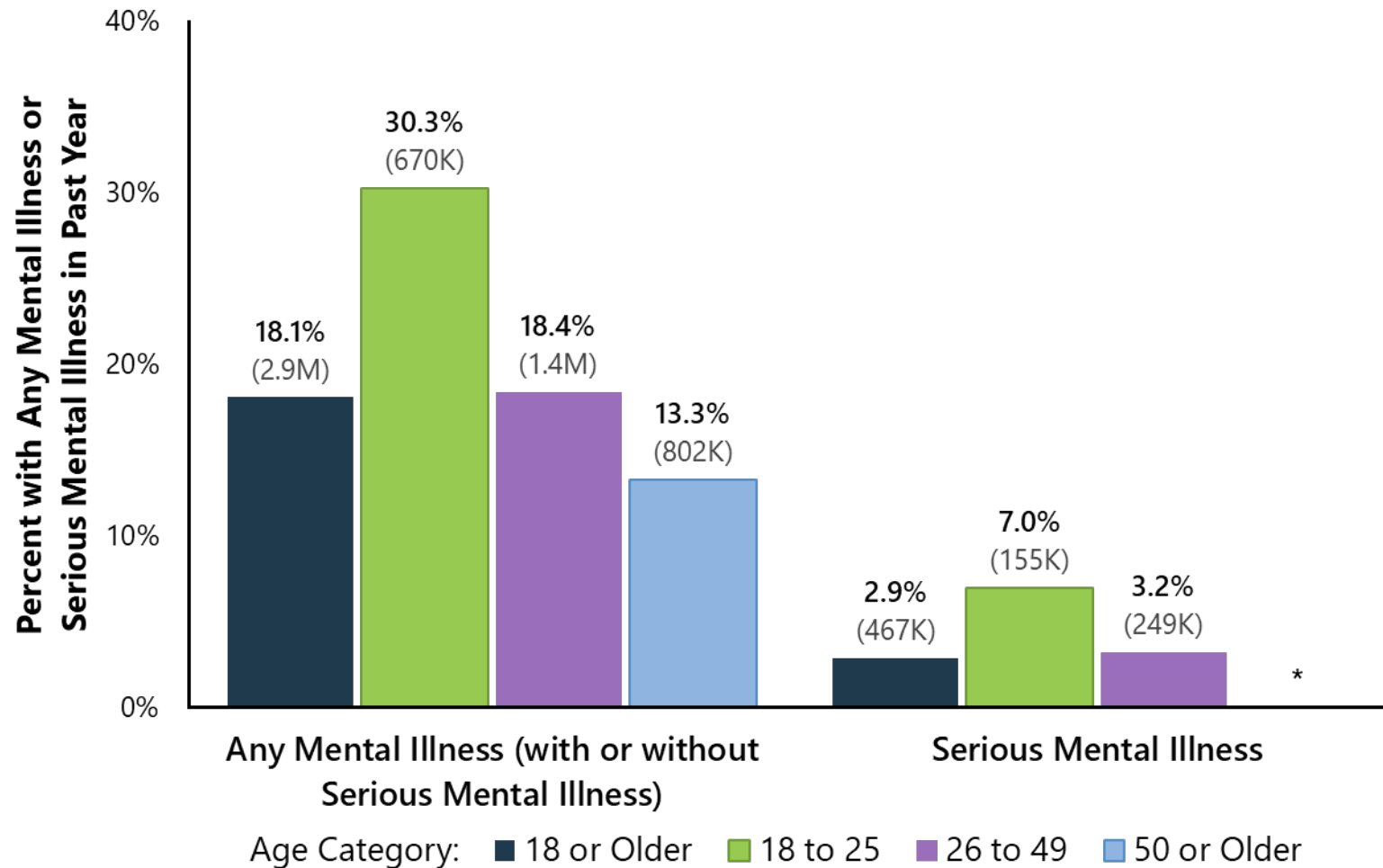
- **Asian** adolescents were **less likely** to have an MDE than Multiracial and White adolescents

* Low precision; no estimate reported.

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

Any or Serious Mental Illness: Among Adults Aged 18 or Older

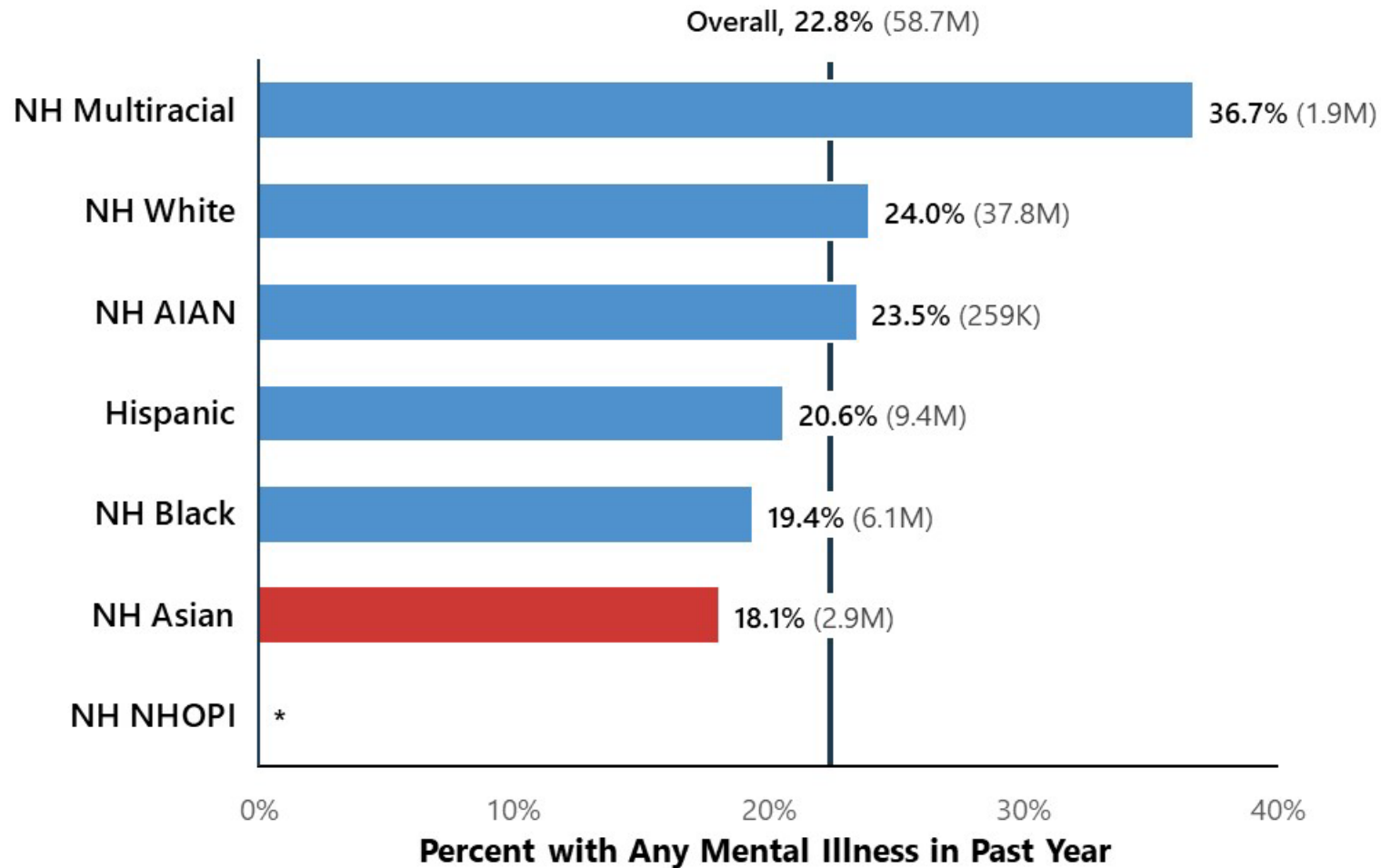
Past Year Mental Illness: Among Asian Adults Aged 18 or Older



- The prevalence of mental illness was **highest** among Asian young adults aged **18 to 25** for both any mental illness and serious mental illness

* Low precision; no estimate reported.

Any Mental Illness in the Past Year by Racial and Ethnic Groups: Among Adults Aged 18 or Older

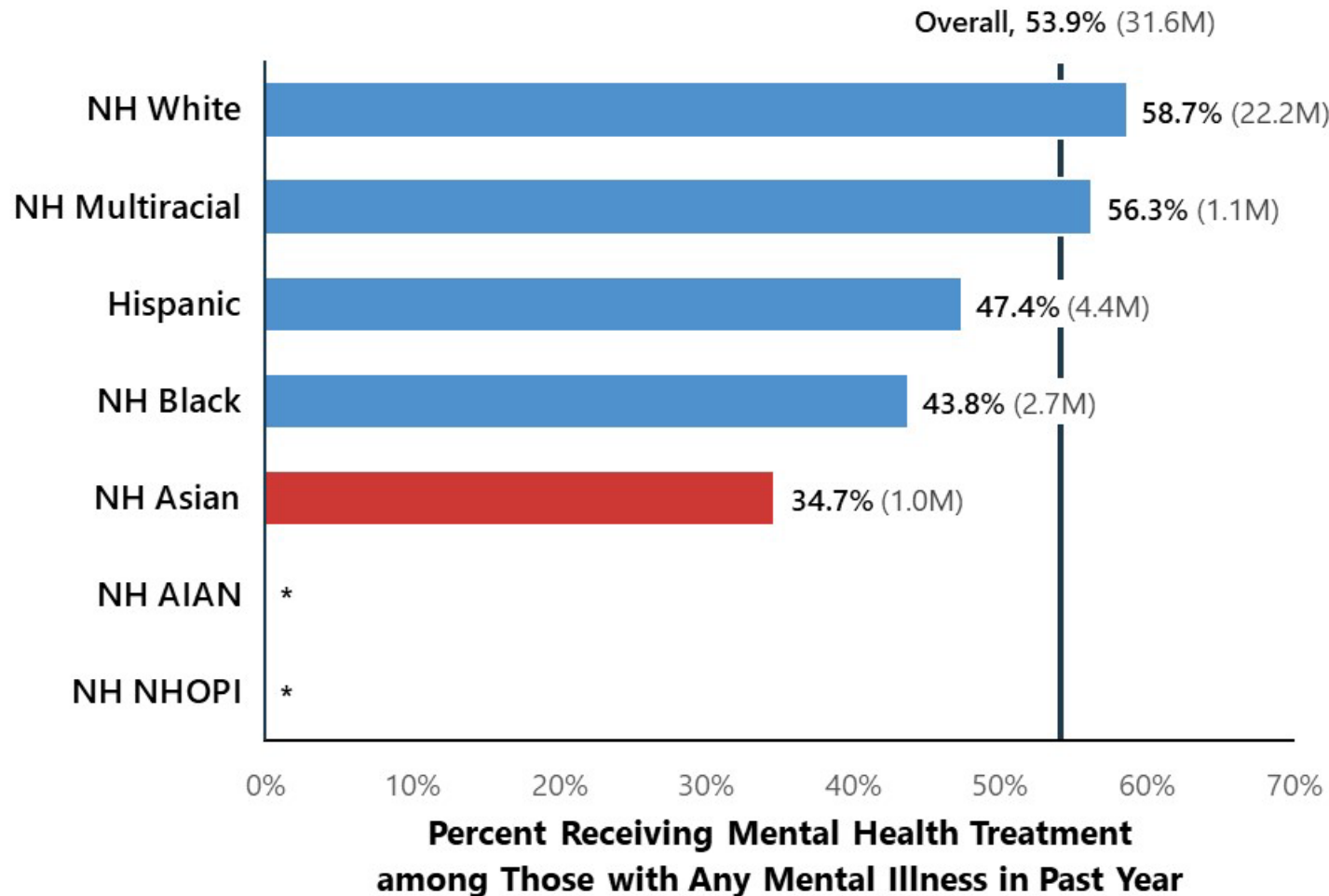


- **Asian** adults were **less likely** to have any mental illness than **Multiracial** and **White** adults

* Low precision; no estimate reported.

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

Receipt of Mental Health Treatment by Racial and Ethnic Groups: Among Adults Aged 18 or Older with a Past Year Mental Illness



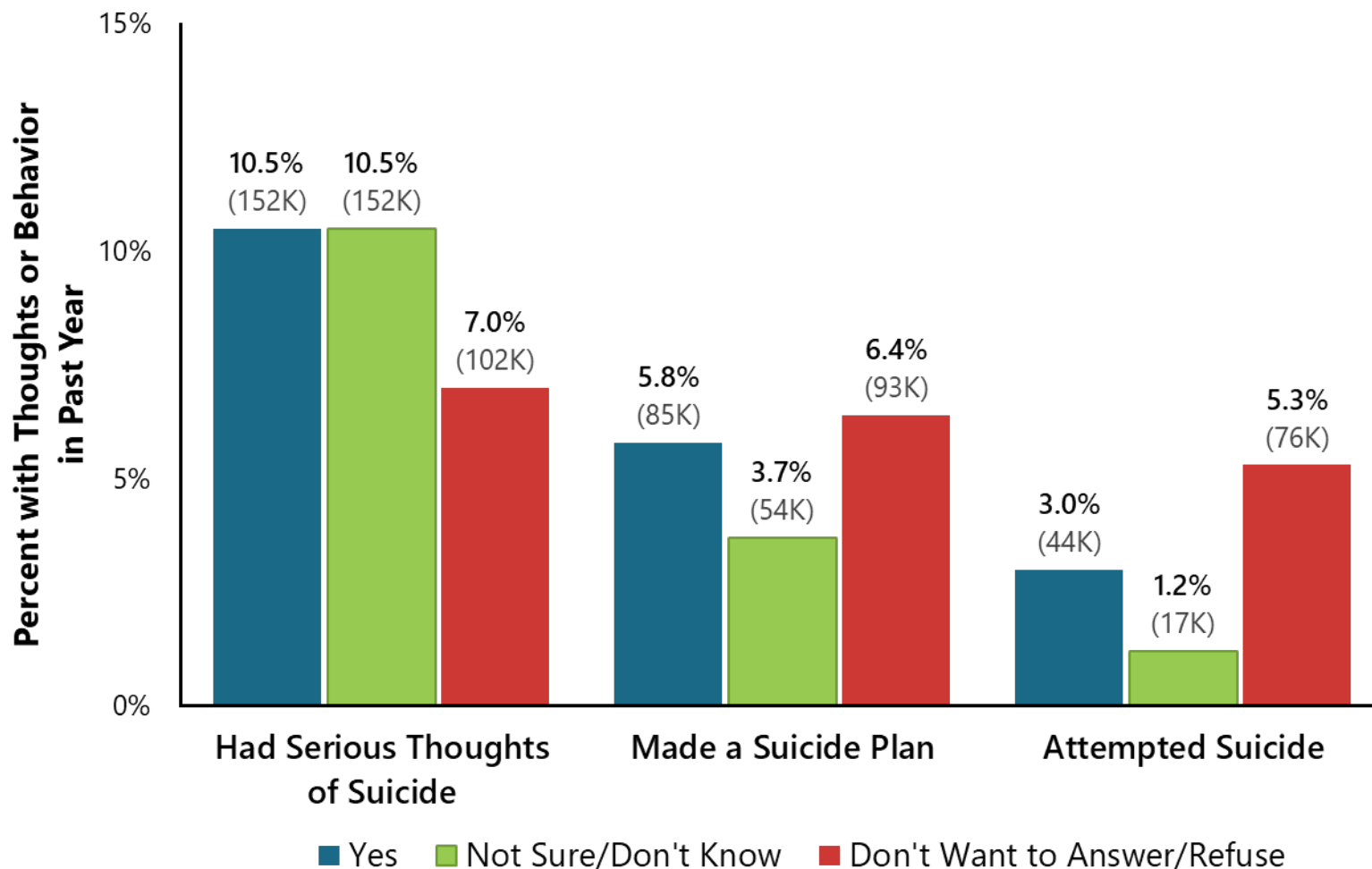
- **Asian** adults with mental illness were **less likely** to receive mental health treatment than White, Multiracial, and Hispanic adults

* Low precision; no estimate reported.

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

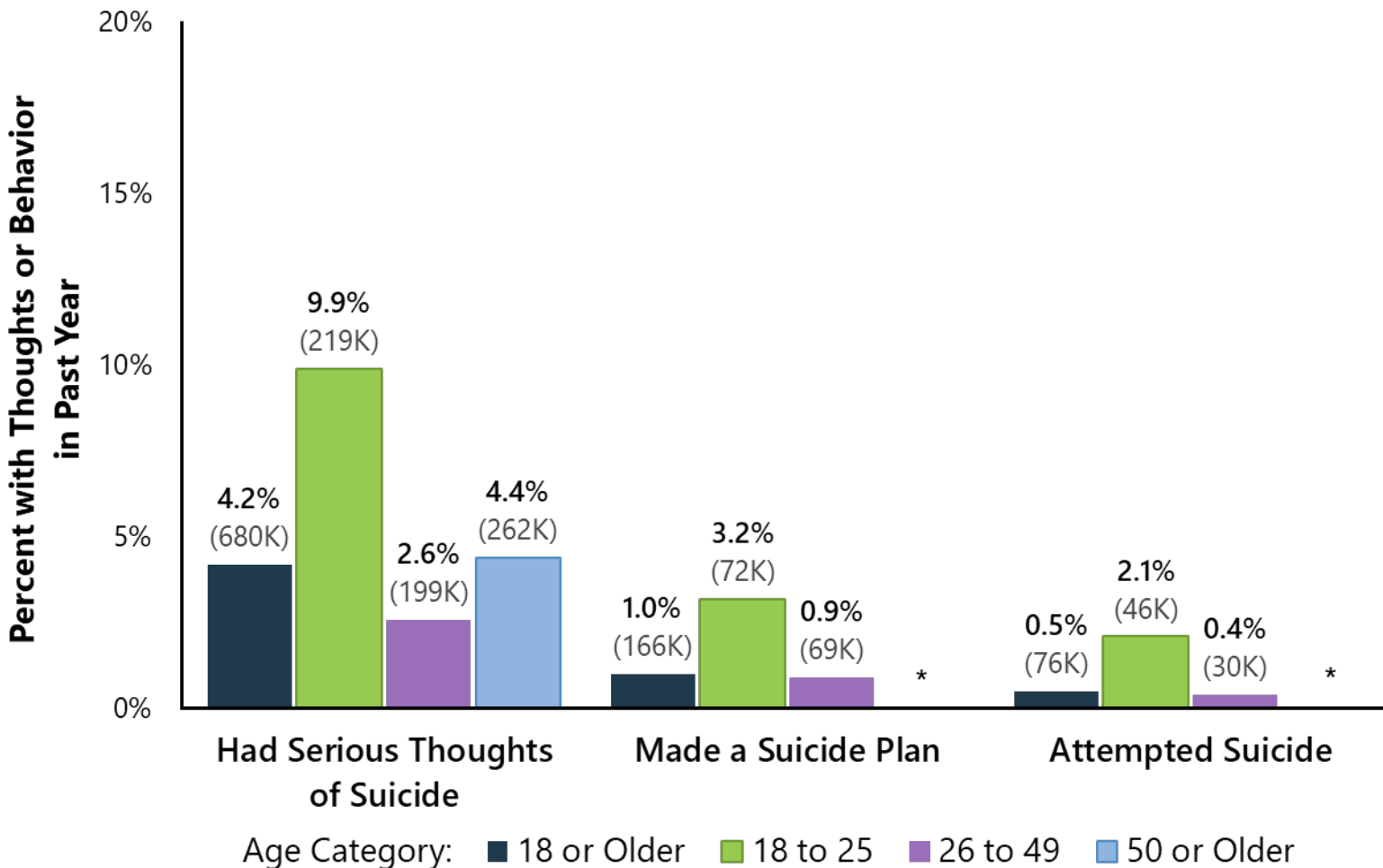
Serious Thoughts of Suicide, Suicide Plans, and Suicide Attempts

Past Year Serious Thoughts of Suicide, Suicide Plans, or Suicide Attempts: Among Asian Adolescents Aged 12 to 17



- 10.5% of Asian adolescents had thoughts of suicide
- 5.8% made a suicide plan
- 3.0% attempted suicide
- Many adolescents **did not want to answer questions about suicide**, which suggests that some adolescents could have had these thoughts but **did not feel comfortable disclosing** that information

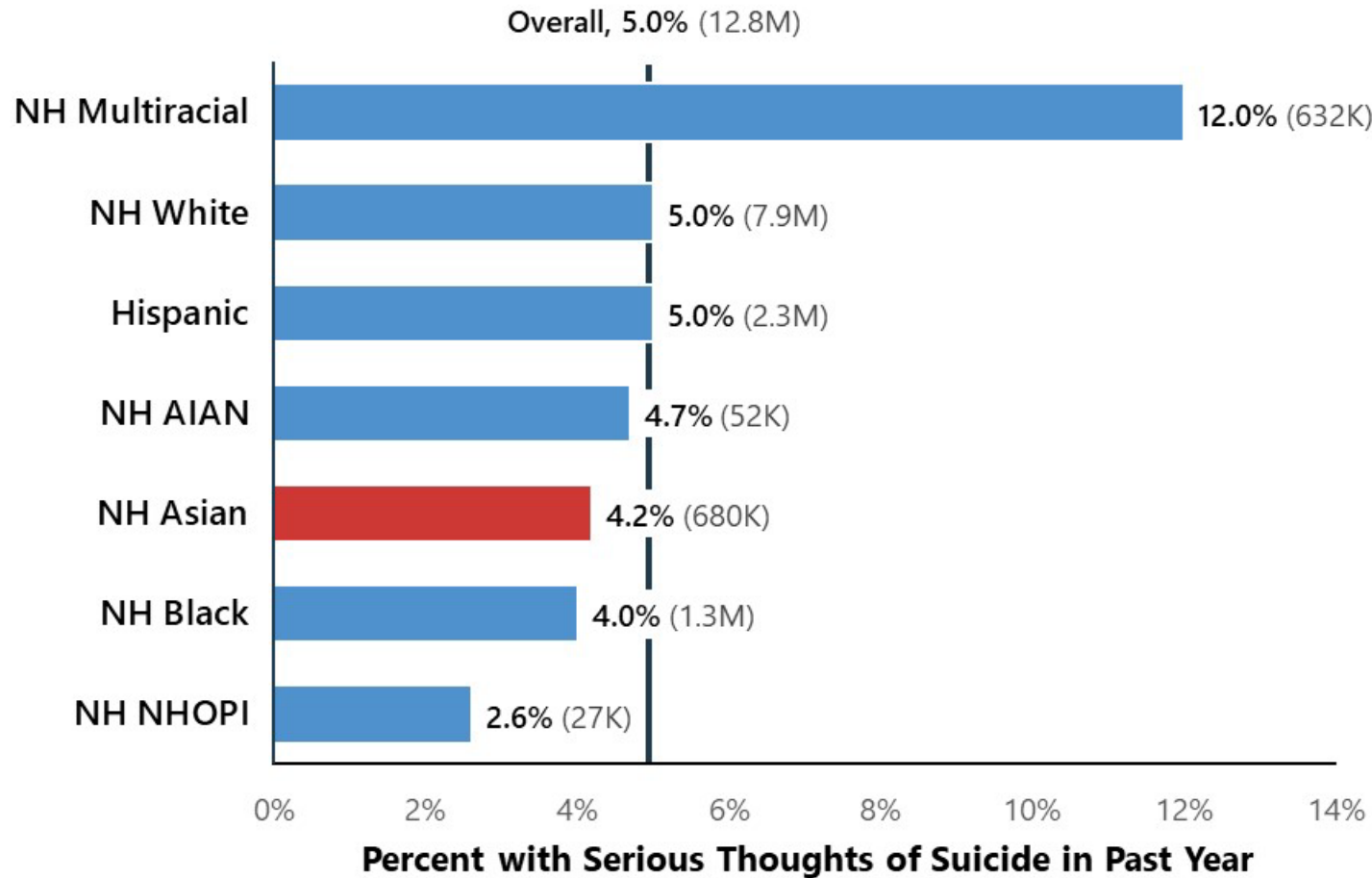
Past Year Serious Thoughts of Suicide, Suicide Plans, or Suicide Attempts: Among Asian Adults Aged 18 or Older



- Serious thoughts of suicide were **highest** among Asian young adults aged **18 to 25**

* Low precision; no estimate reported.

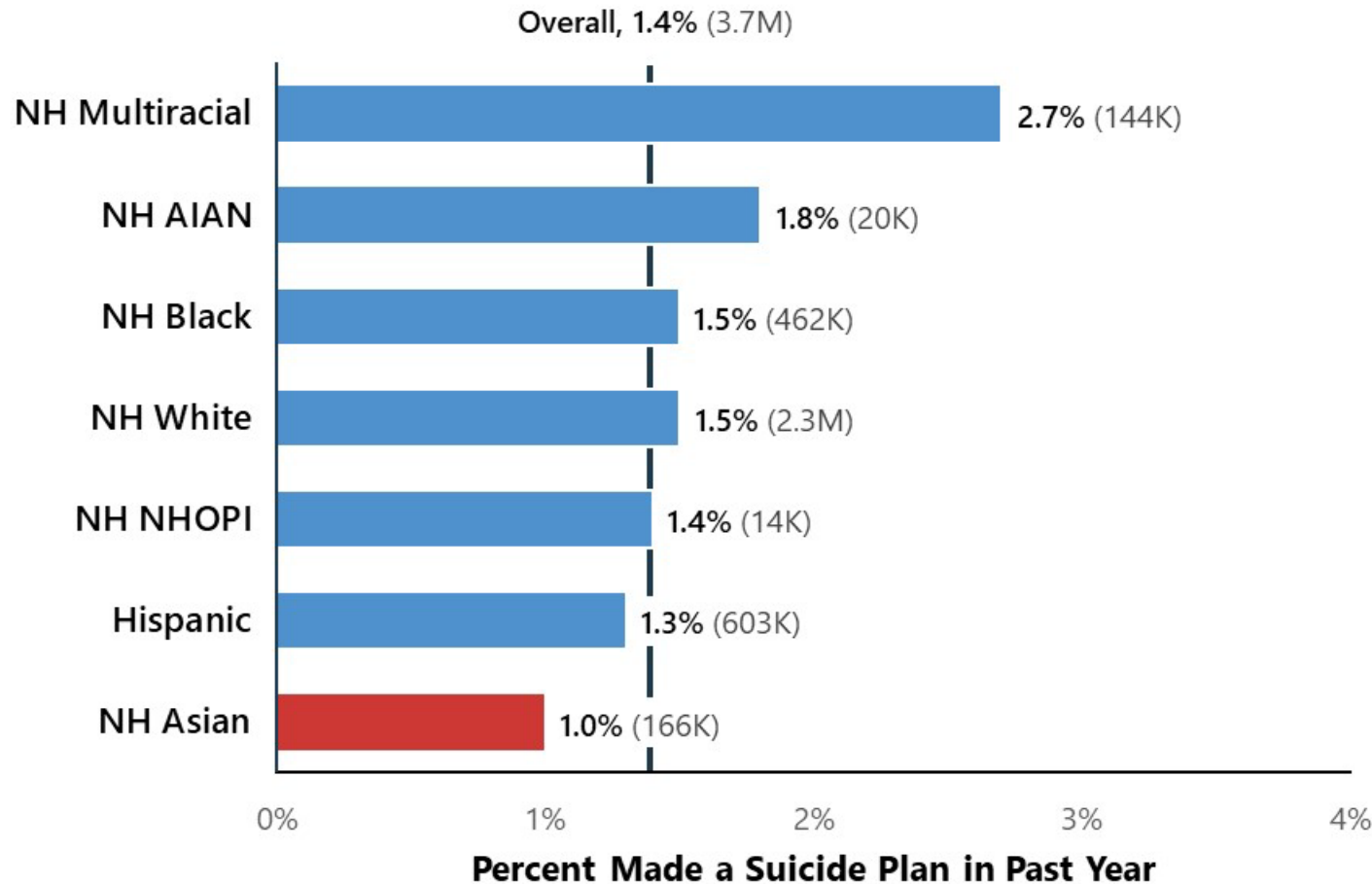
Serious Thoughts of Suicide in the Past Year by Racial and Ethnic Groups: Among Adults Aged 18 or Older



- **Asian** adults were **less likely** to have serious thoughts of suicide than Multiracial adults

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

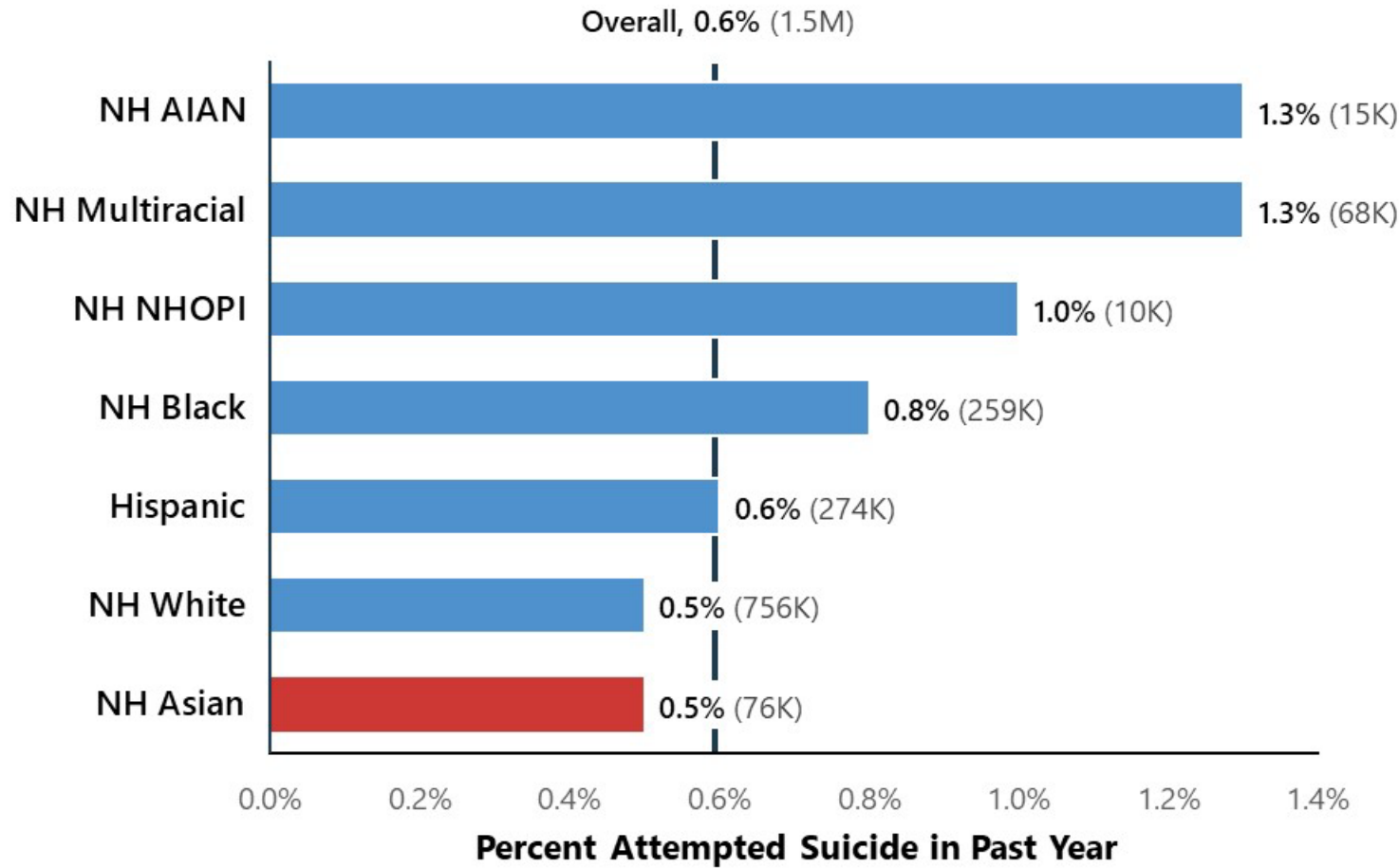
Made a Suicide Plan in the Past Year by Racial and Ethnic Groups: Among Adults Aged 18 or Older



- **Asian** adults were **just as likely** to have made a suicide plan as adults from all other racial or ethnic groups

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

Attempted Suicide in the Past Year by Racial and Ethnic Groups: Among Adults Aged 18 or Older

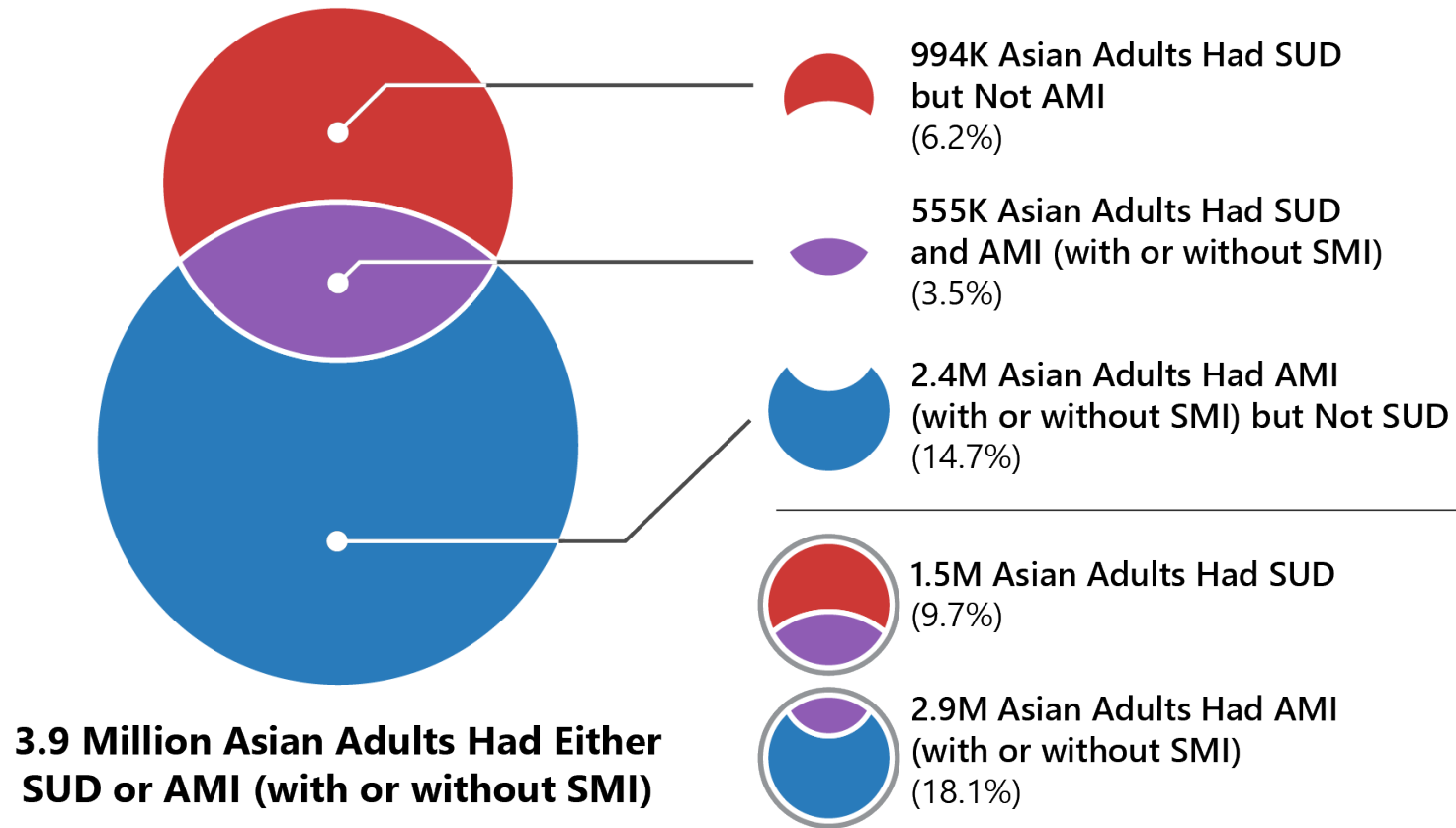


- **Asian** adults were **just as likely** to have attempted suicide as adults from all other racial or ethnic groups

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

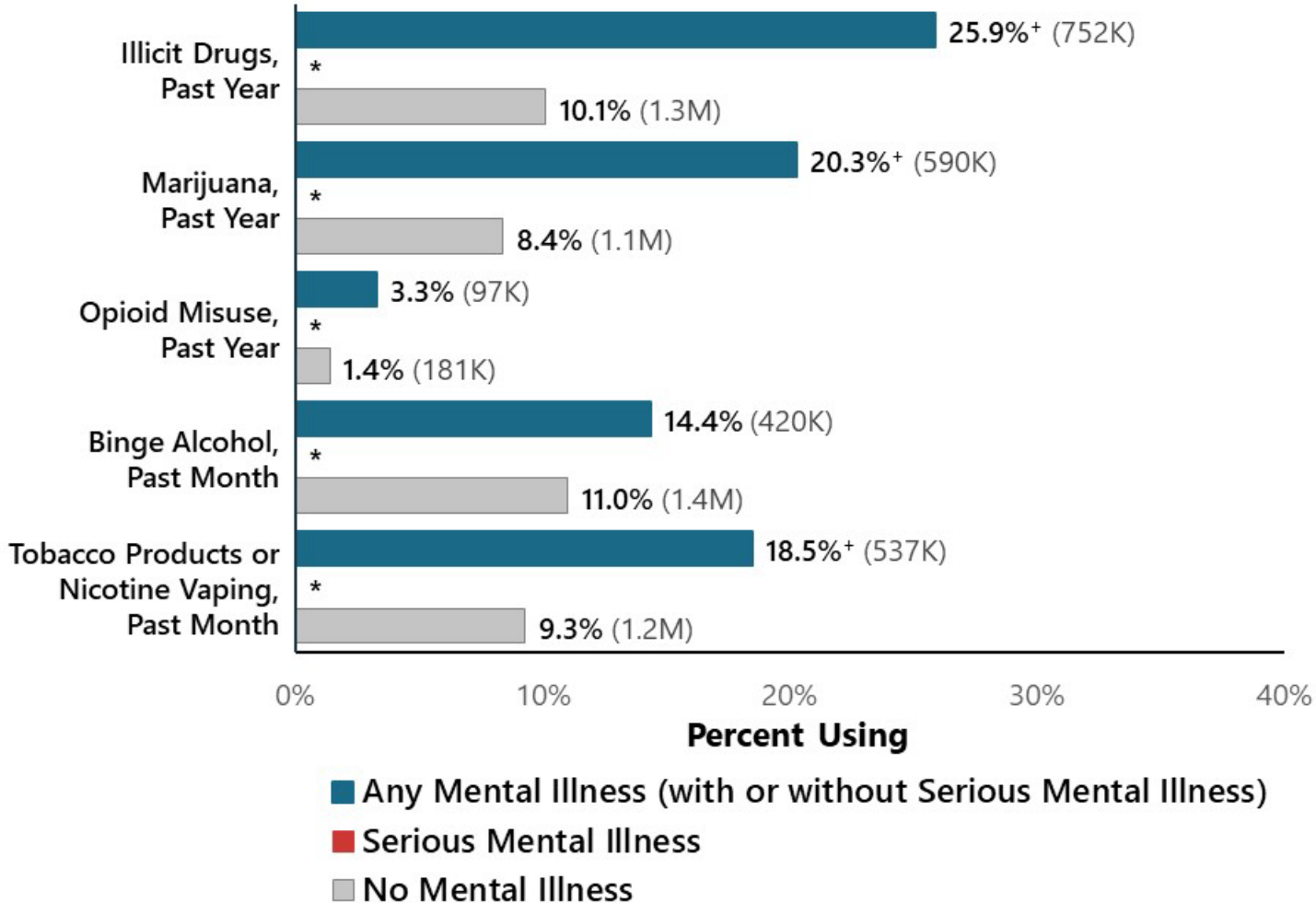
Co-Occurring Substance Use Disorder and Mental Illness: Among Adults Aged 18 or Older

Co-Occurring Substance Use Disorder and Any Mental Illness: Among Asian Adults Aged 18 or Older



- **555,000 (3.5%)** Asian adults aged 18 or older had **co-occurring SUD and AMI**
- **2 in 5 (38.7%)** of all Asian young adults aged **18 to 25** had **SUD or AMI**

Substance Use by Mental Illness in the Past Year: Among Asian Adults Aged 18 or Older



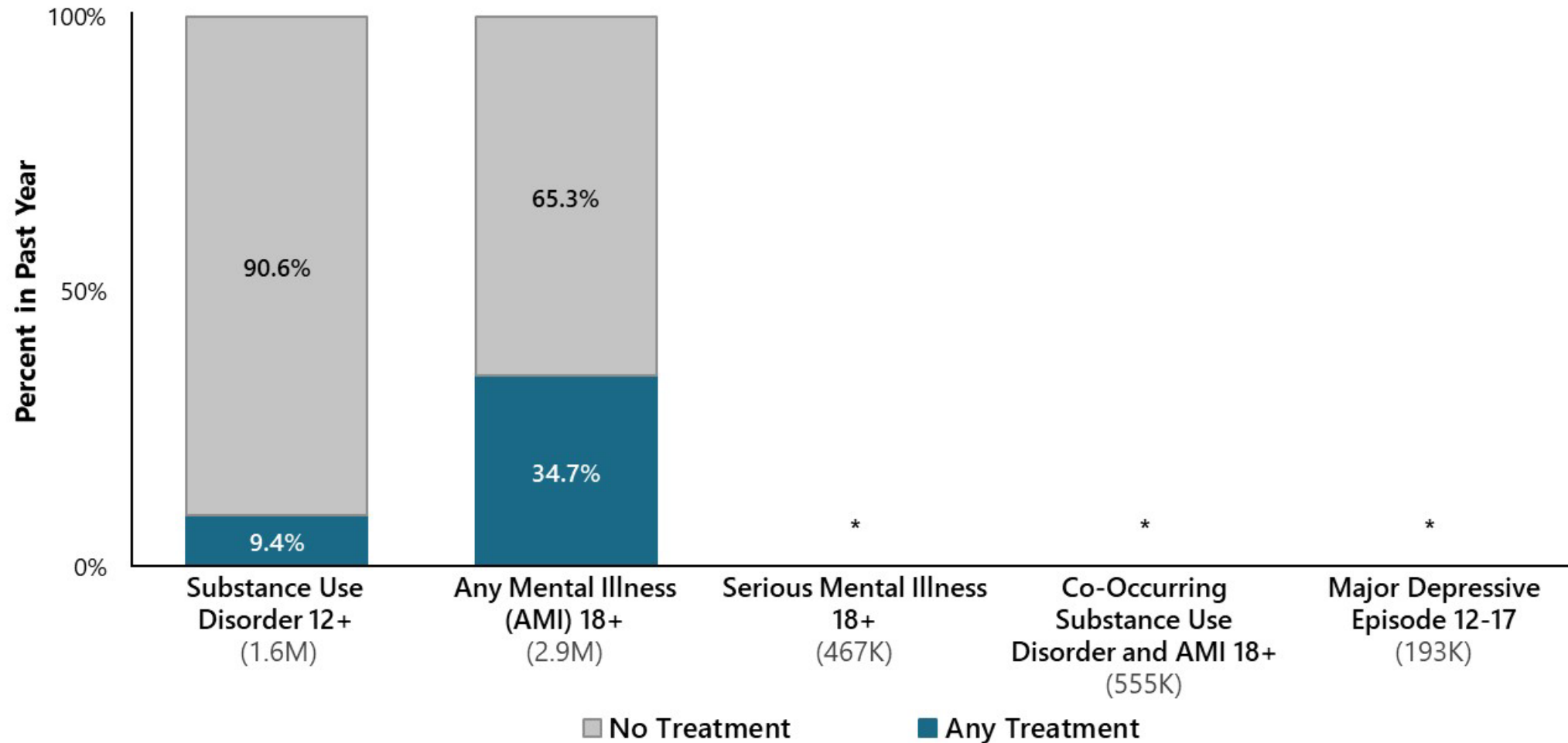
- Compared to Asian adults without mental illness, Asian adults with AMI were **more likely** to have:
 - Used illicit drugs in the past year
 - Used marijuana in the past year
 - Used tobacco products or vaped nicotine in the past month

* Low precision; no estimate reported.

AMI = any mental illness.

+ Difference between this estimate and the estimate for adults aged 18 or older without mental illness is statistically significant at the .05 level.

Did Not Receive Substance Use Treatment or Mental Health Treatment in the Past Year: Among Asian People Aged 12 or Older



Recovery: Among Asian Adults Aged 18 or Older



- **3 in 5 (64.5%)** Asian adults who thought they ever had a **mental health issue** considered themselves to be **recovering or in recovery**