

# 2023 National Survey on Drug Use and Health: Among the Multiracial 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 3,070 Multiracial 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.<sup>1</sup>
  - 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.

<sup>1</sup> 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.<sup>2</sup> 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.

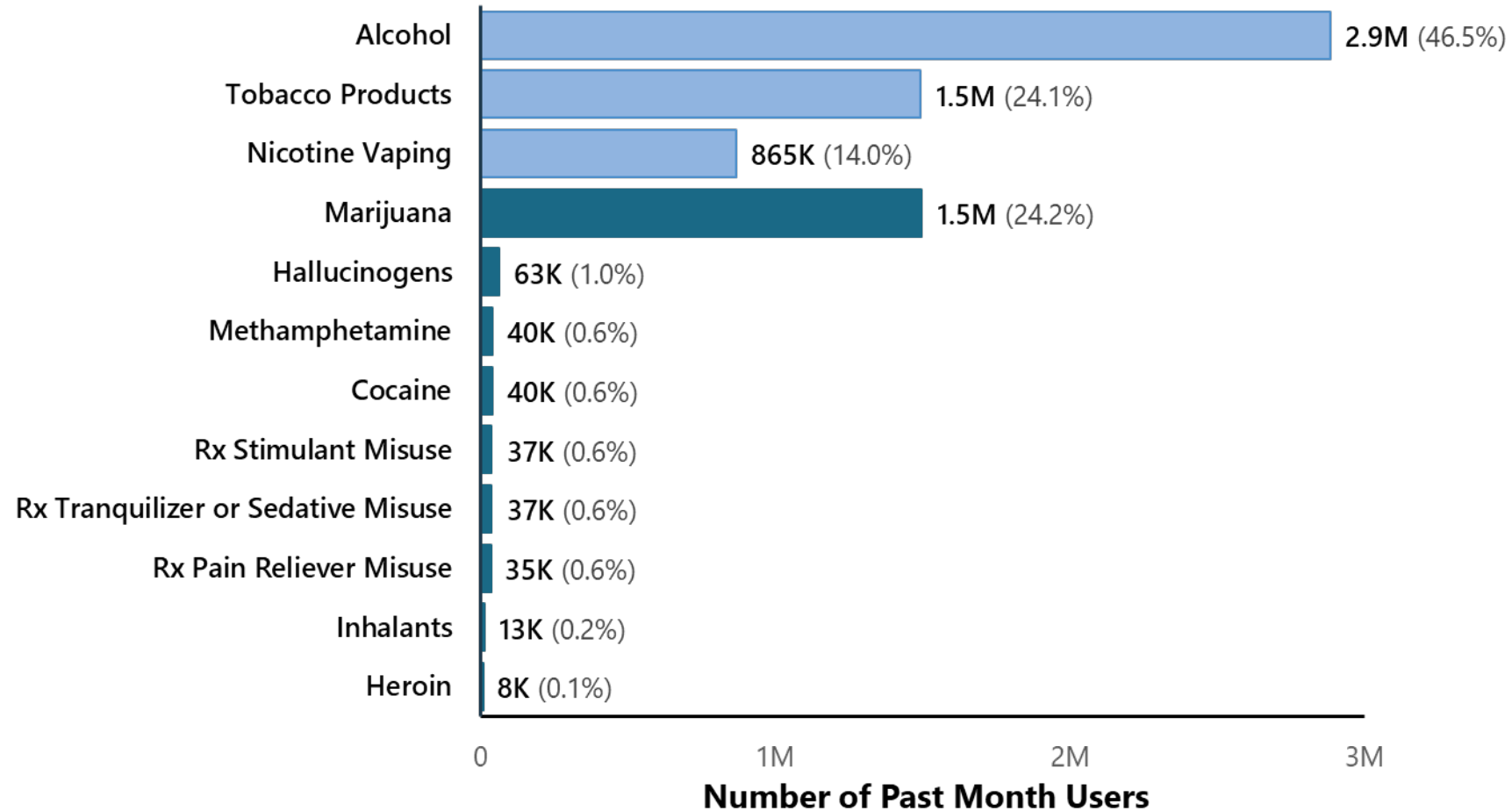
<sup>2</sup> See Section 3.2.3 in the following reference: Center for Behavioral Health Statistics and Quality. (2024). *2023 National Survey on Drug Use and Health (NSDUH): Methodological Summary and Definitions*. <https://www.samhsa.gov/data/report/2023-methodological-summary-and-definitions>.

# Suppression Due to Low Precision

- The following estimates for Multiracial people are not presented due to low precision:
  - Past year prescription pain reliever subtypes use
  - Substance use disorder by severity level
  - Pain reliever use disorder by severity level
  - Receipt of mental health treatment by major depressive episode with severe impairment
  - Recovery from a substance use problem

# Substance Use in the Past Month

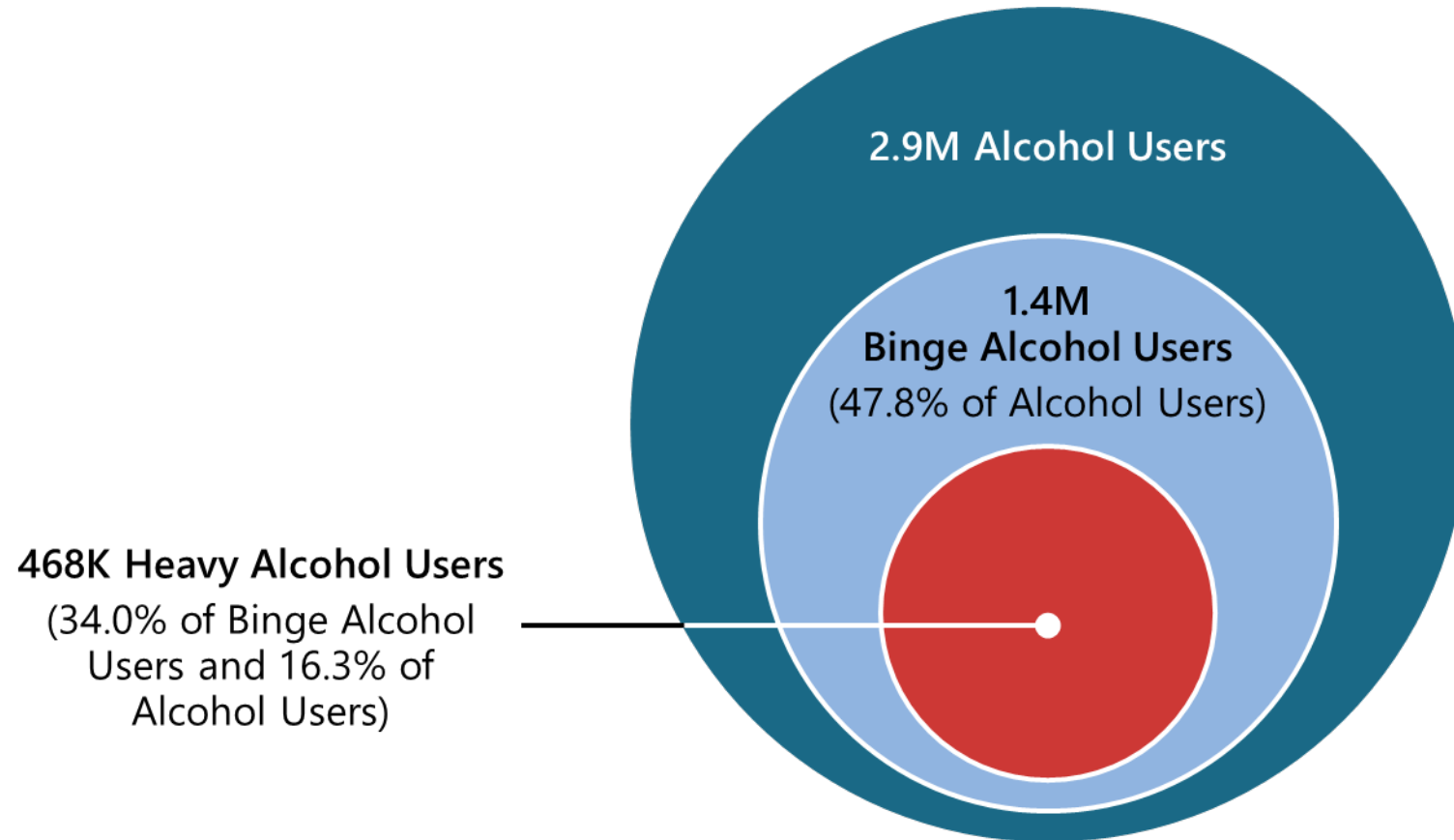
# Past Month Substance Use: Among Multiracial People Aged 12 or Older



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 Multiracial People Aged 12 or Older

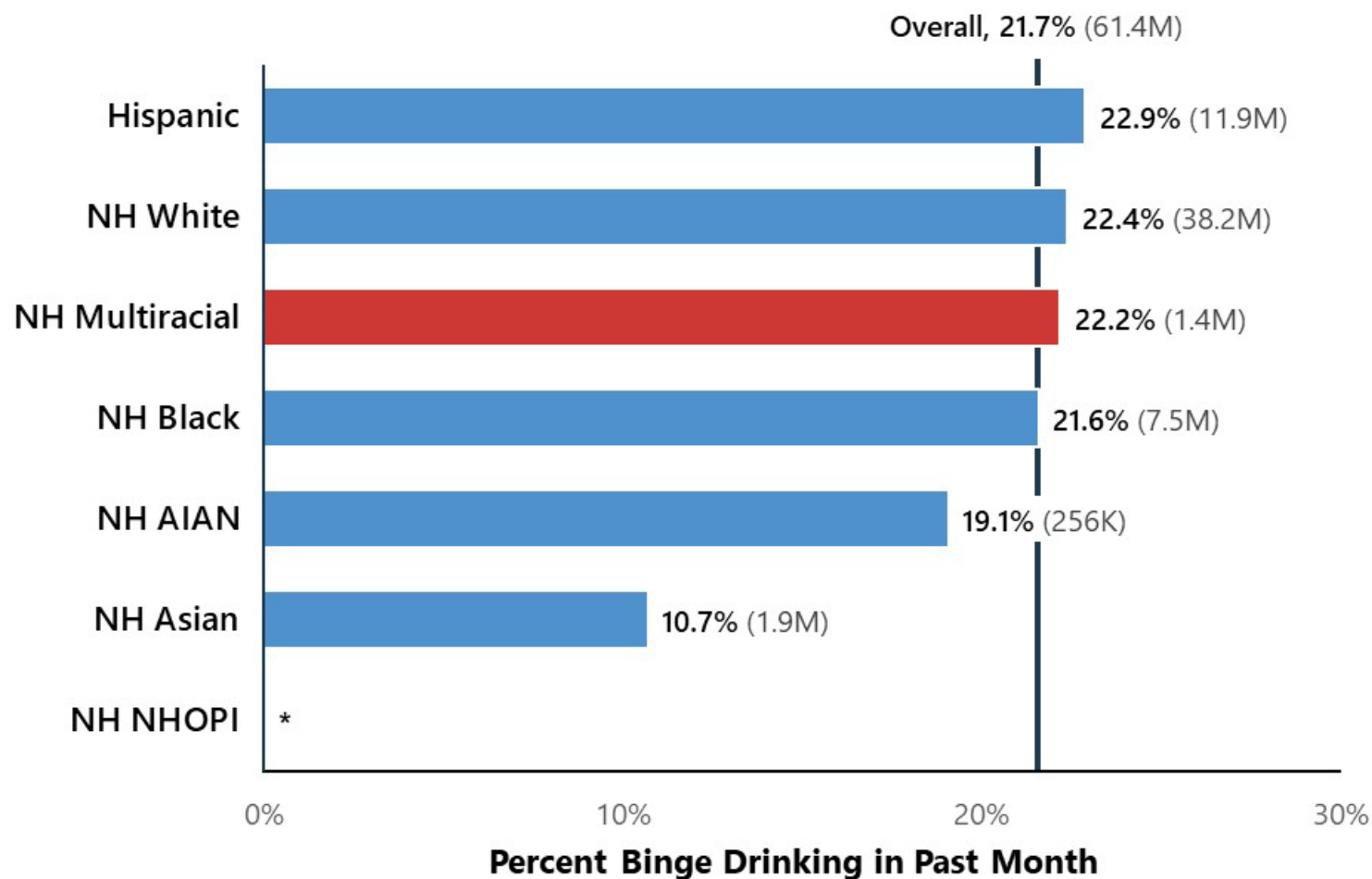


- **Nearly half** of past month Multiracial alcohol users were binge drinkers

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



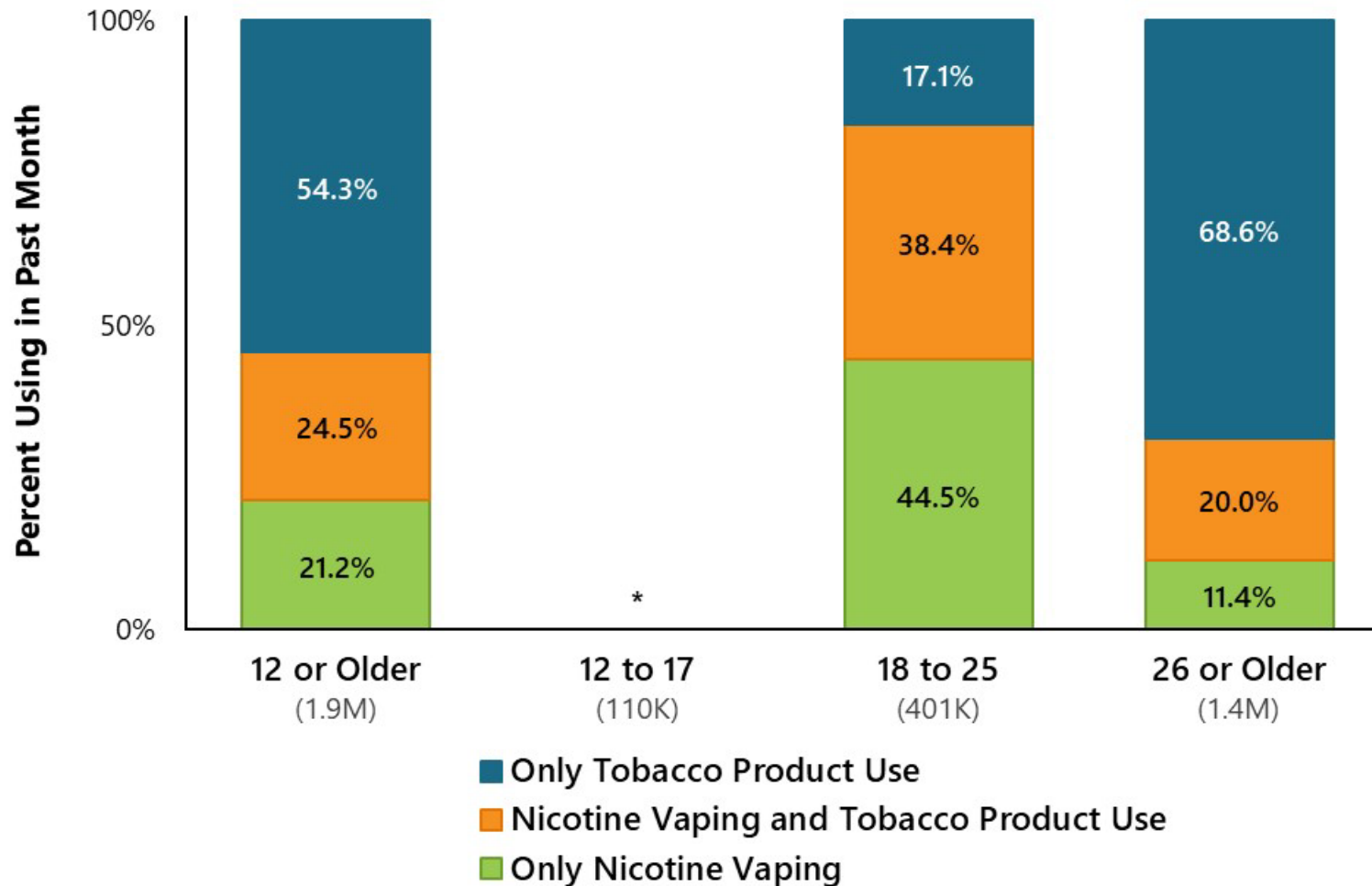
- **Multiracial** people were **more likely** to binge drink than Asian people

\* 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.

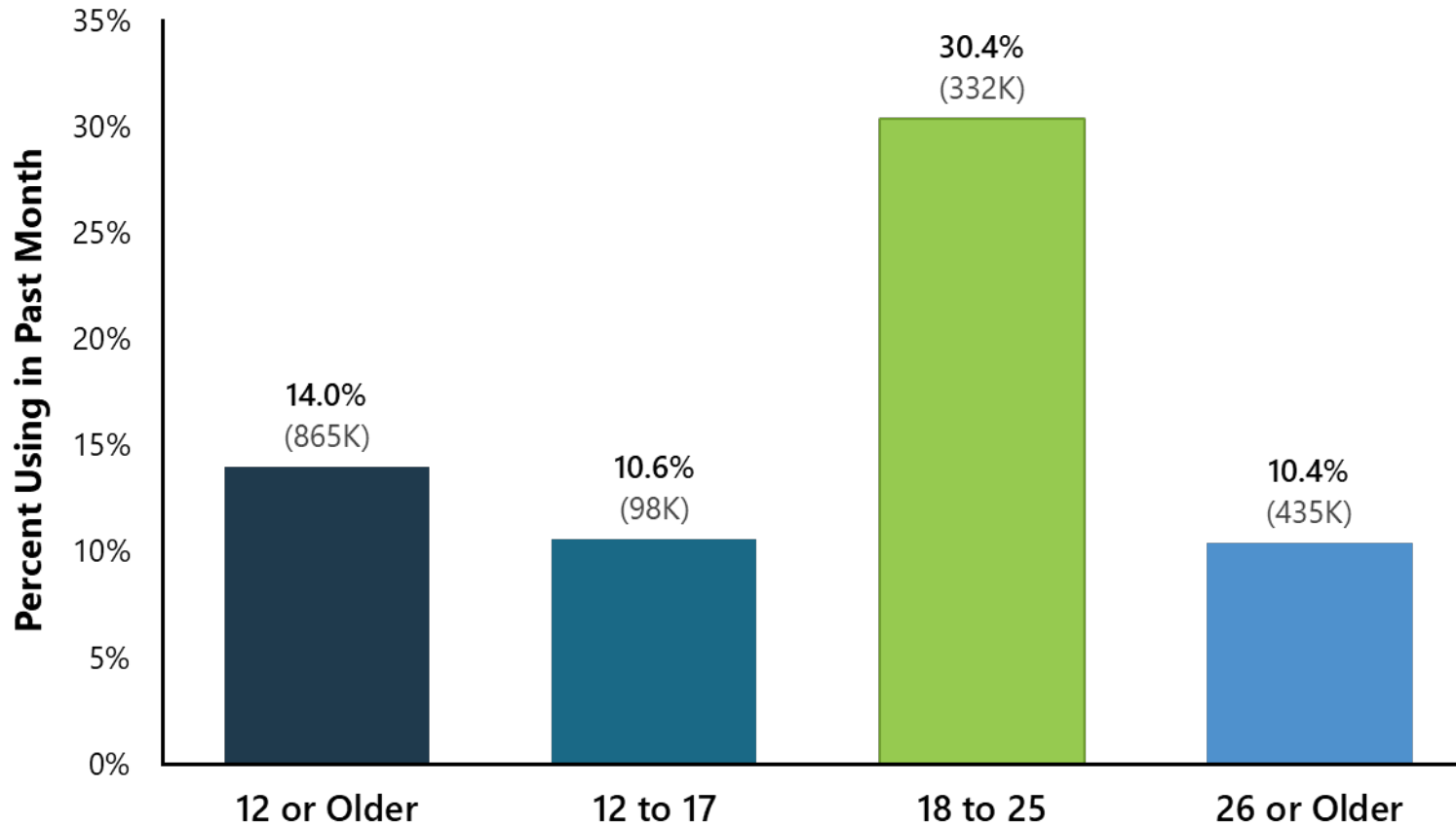
# Type of Tobacco Product Use and Nicotine Vaping: Among Multiracial People Aged 12 or Older Who Used Nicotine Products in the Past Month



- **54.3%** of past month Multiracial nicotine product users used only tobacco products

\* Low precision; no estimate reported.

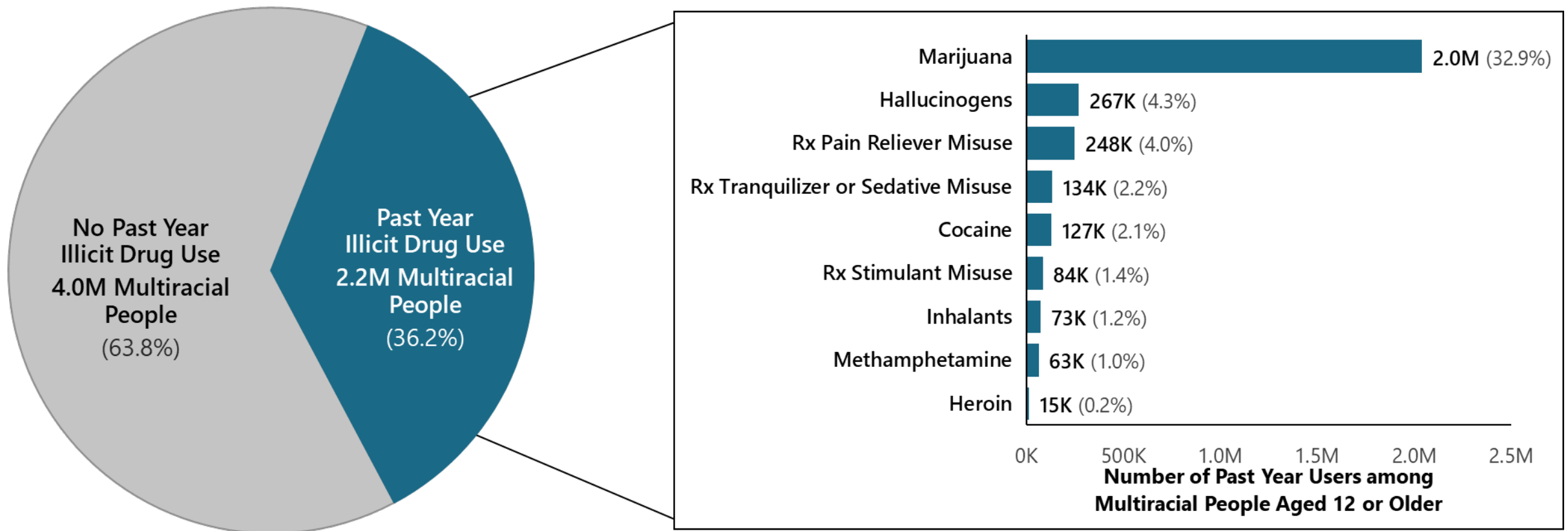
# Past Month Nicotine Vaping: Among Multiracial People Aged 12 or Older



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

# Past Year and Past Month Illicit Drug Use

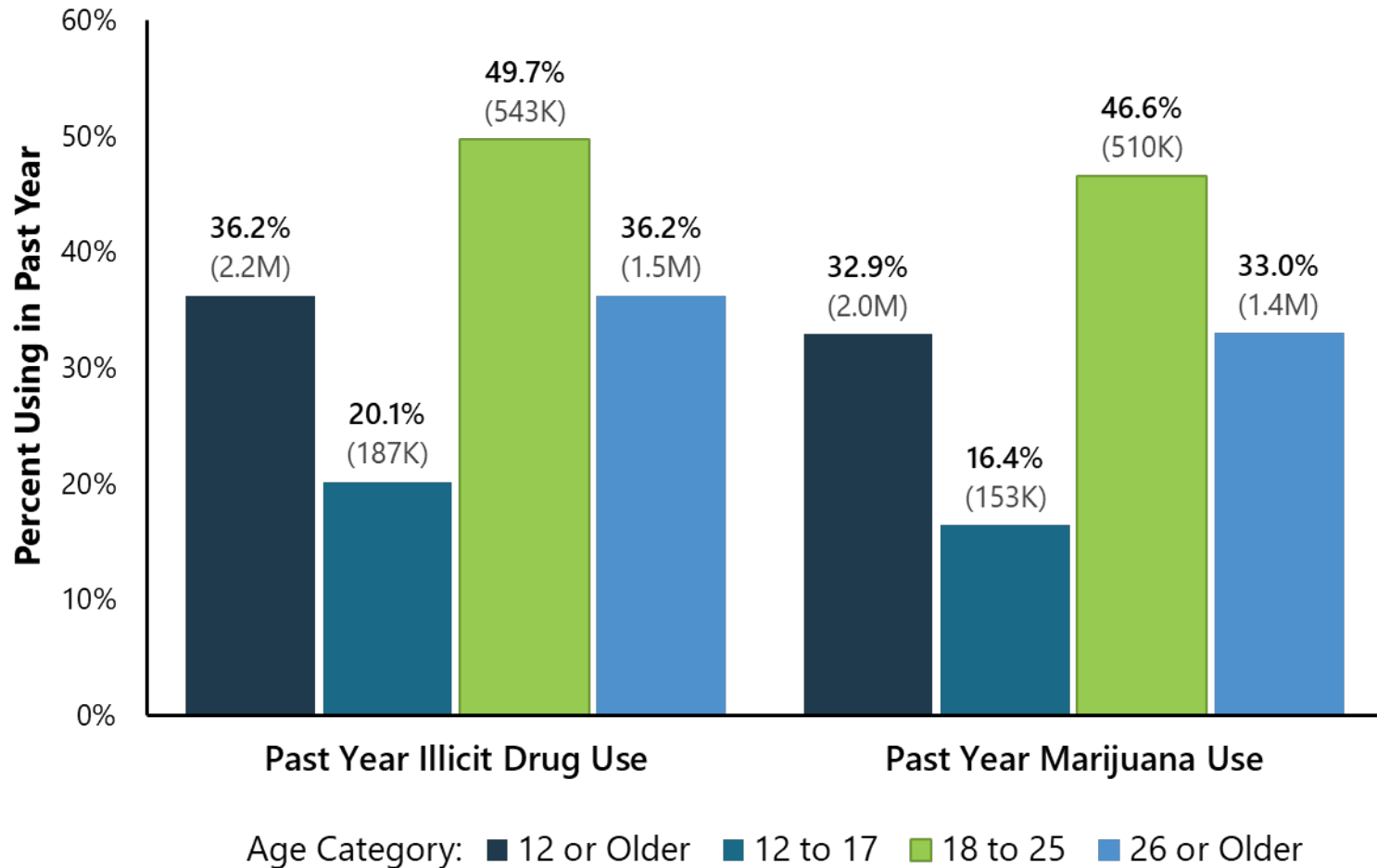
# Past Year Illicit Drug Use: Among Multiracial People Aged 12 or Older



Rx = prescription.

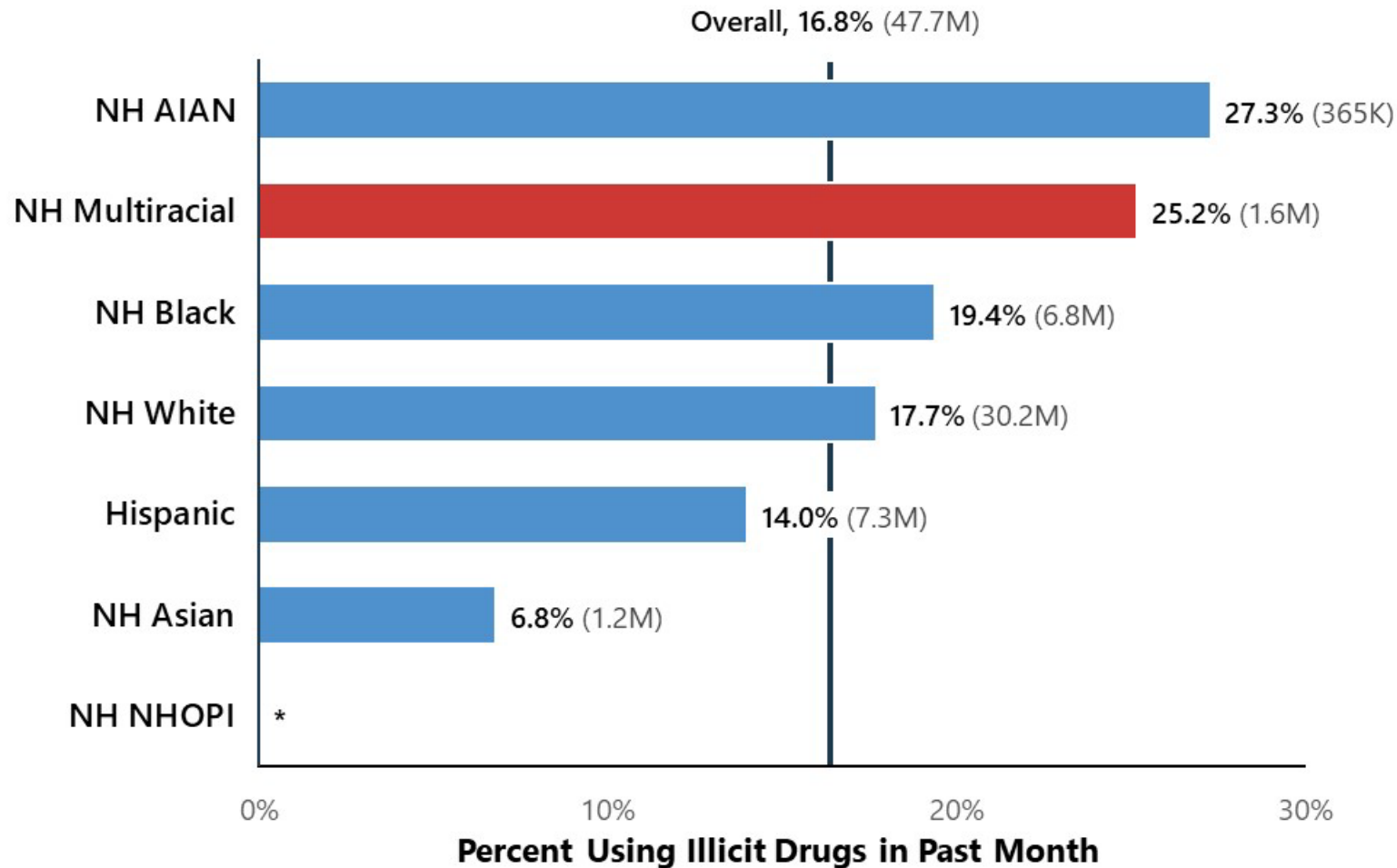
Note: The estimated numbers of past year users of different illicit drugs are not mutually exclusive because people could have used more than one type of illicit drug in the past year.

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



- Among Multiracial young adults aged 18 to 25, 49.7% used illicit drugs and 46.6% used marijuana in the past year

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

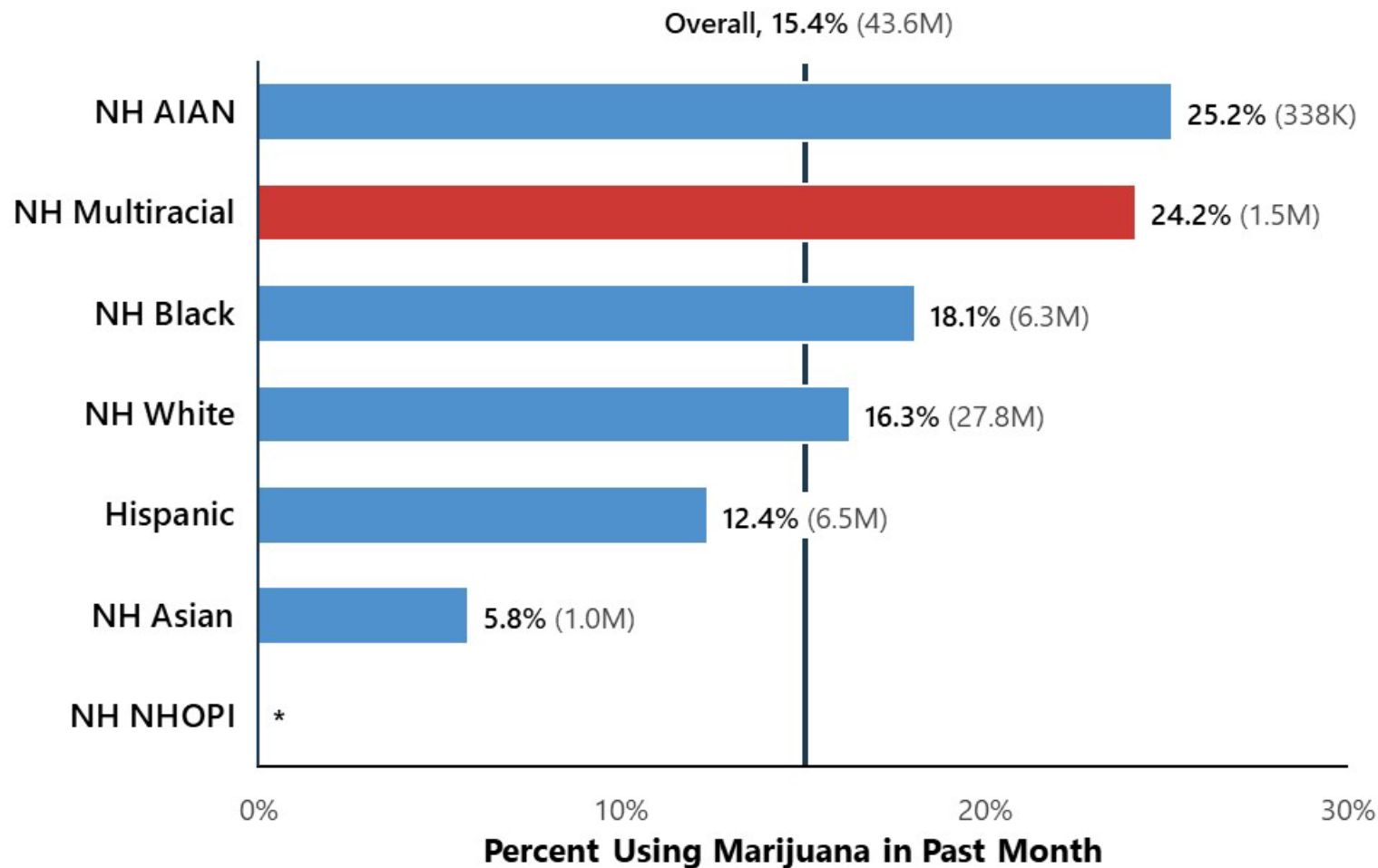


- **Multiracial** people were **more likely** than Black, White, Hispanic, and Asian people to use illicit drugs in the past month

\* Low precision; no estimate reported.

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



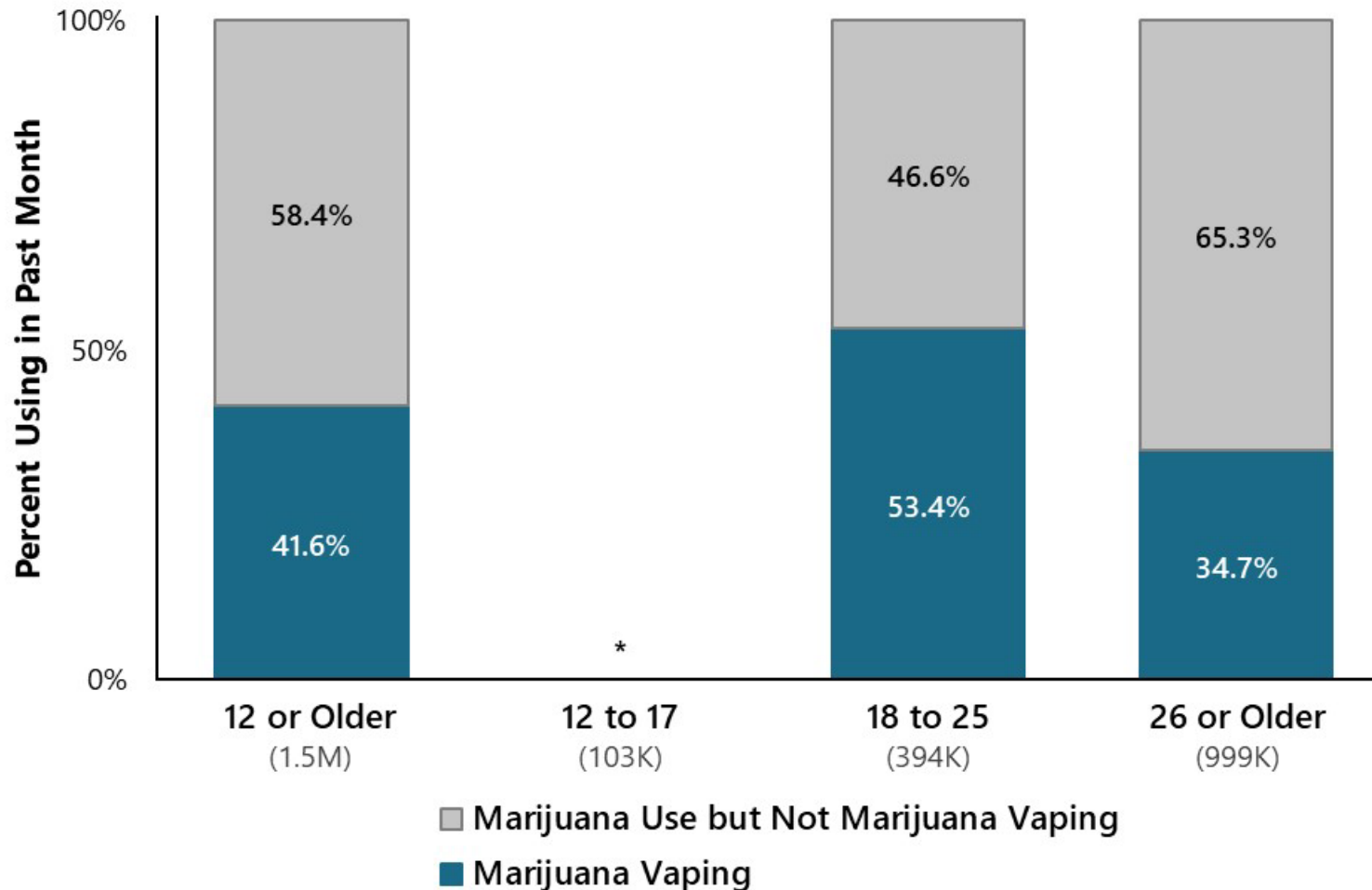
- **Multiracial** people were **more likely** than Black, White, Hispanic, and Asian people to use marijuana in the past month

\* Low precision; no estimate reported.

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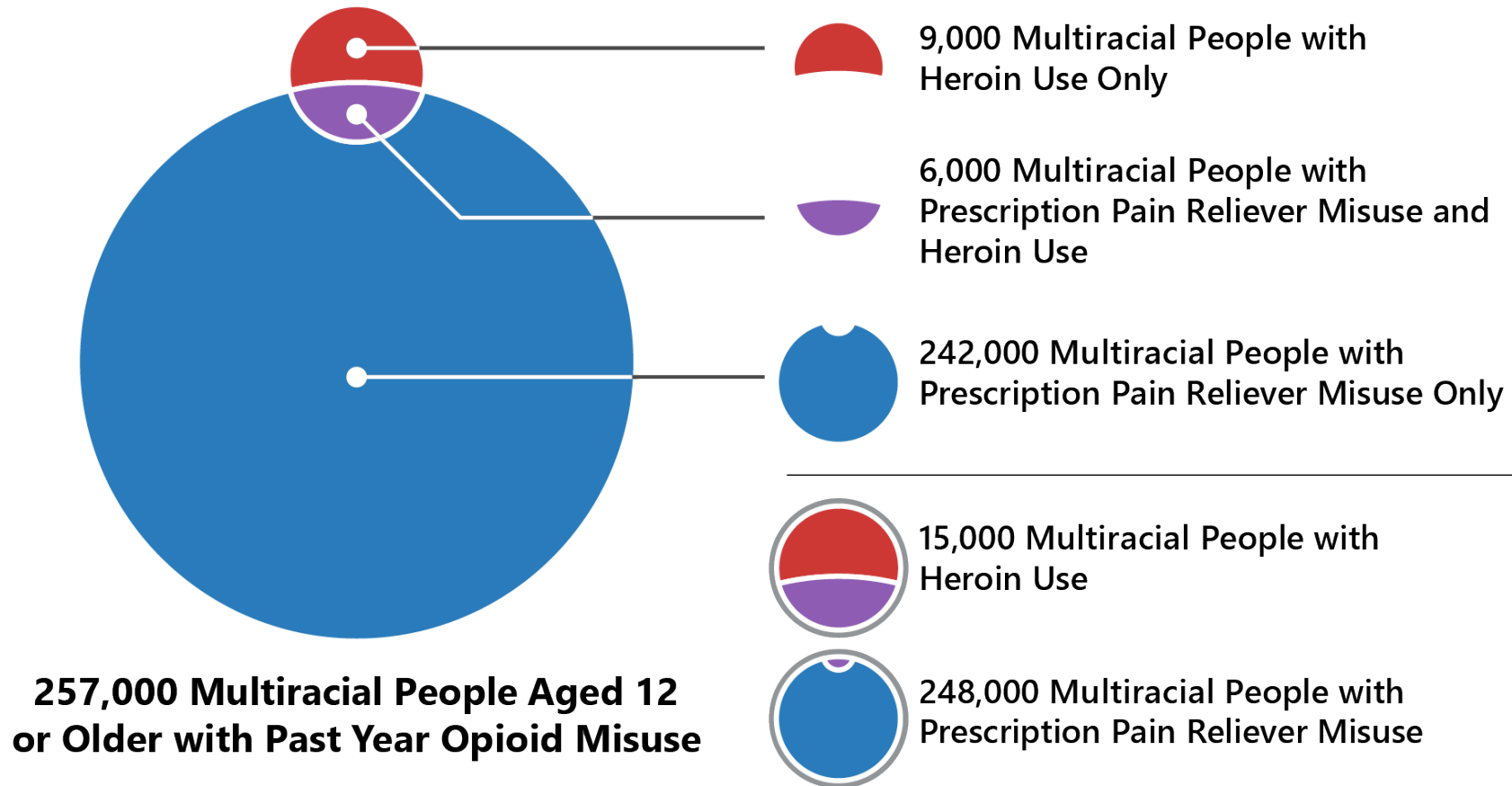
# Type of Marijuana Use: Among Multiracial People Aged 12 or Older Who Used Marijuana in the Past Month



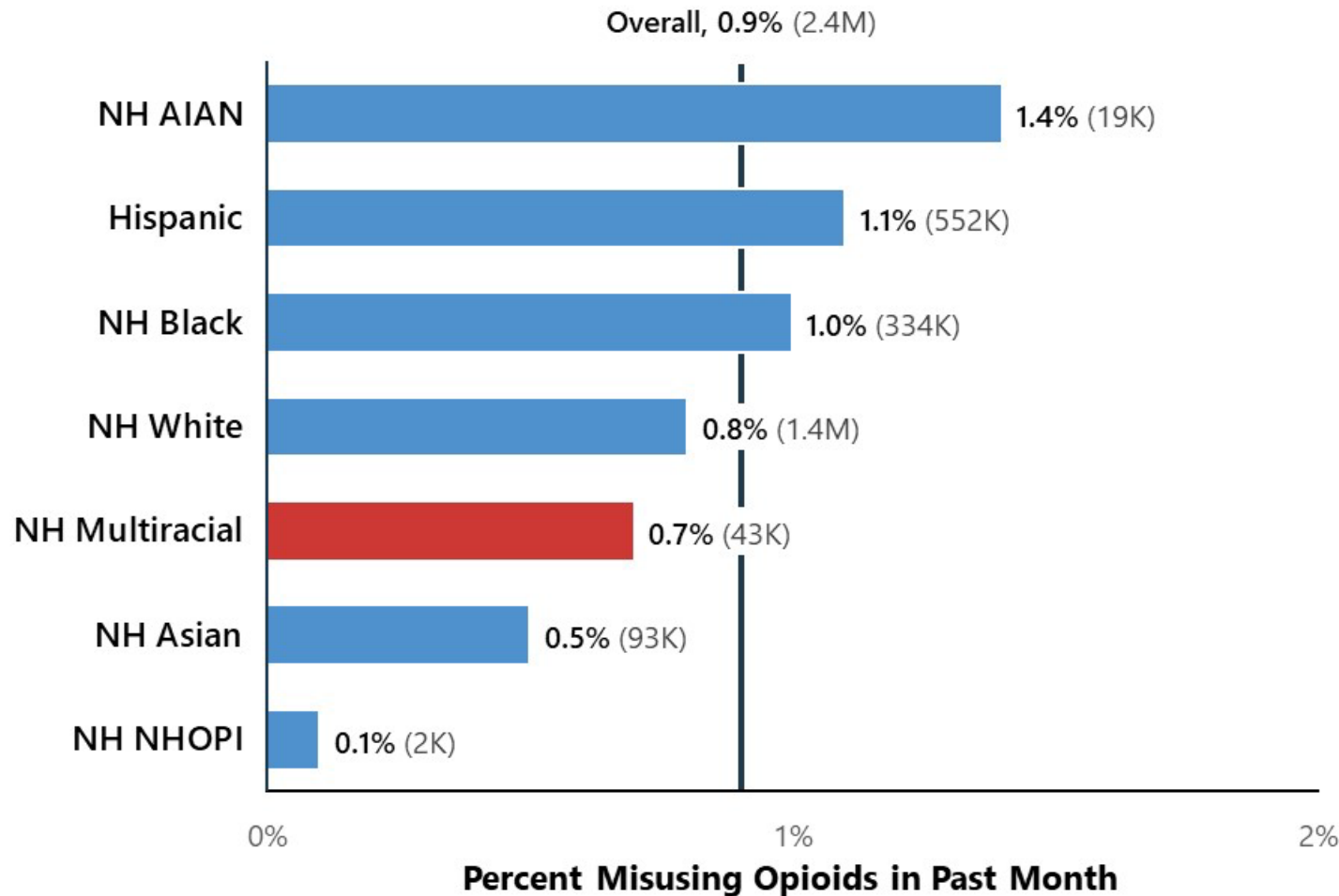
- **About 2 in 5** current Multiracial marijuana users aged 12 or older **vaped marijuana** in the past month

\* Low precision; no estimate reported.

# Past Year Opioid Misuse: Among Multiracial People Aged 12 or Older



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

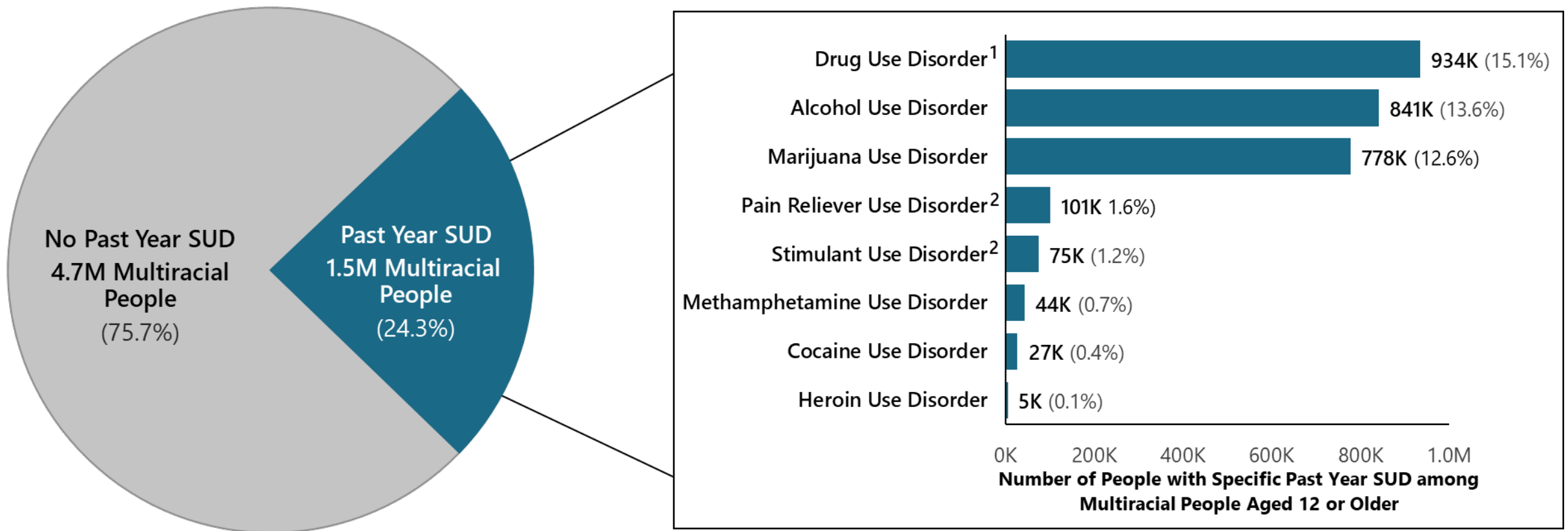


- **Multiracial** people were **just as likely** to have misused opioids as people in all other racial or ethnic groups

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 Multiracial People Aged 12 or Older

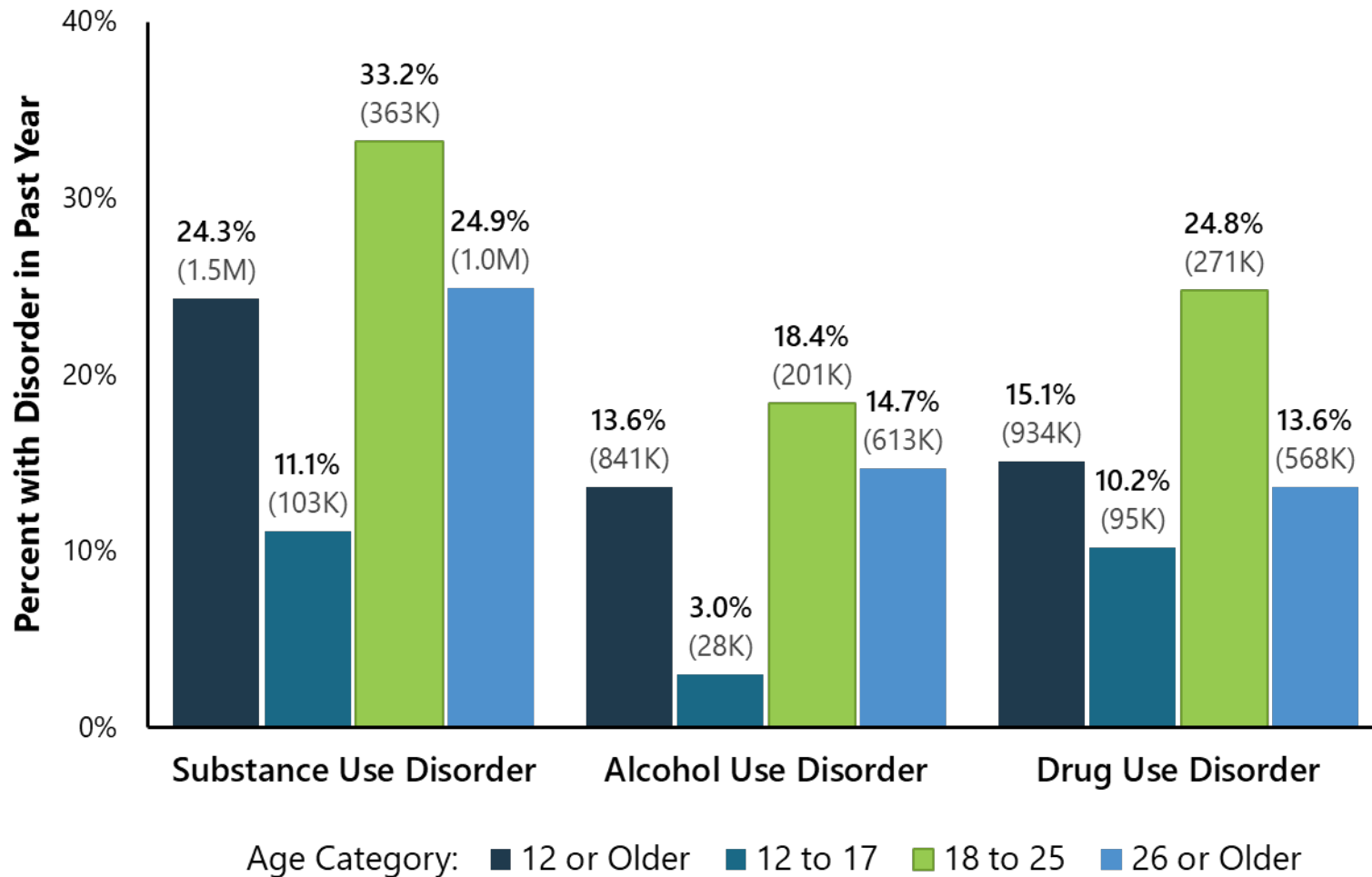


Note: The estimated numbers of people with substance use disorders are not mutually exclusive because people could have use disorders for more than one substance.

<sup>1</sup> 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).

<sup>2</sup> Includes data from all past year users of the specific prescription drug.

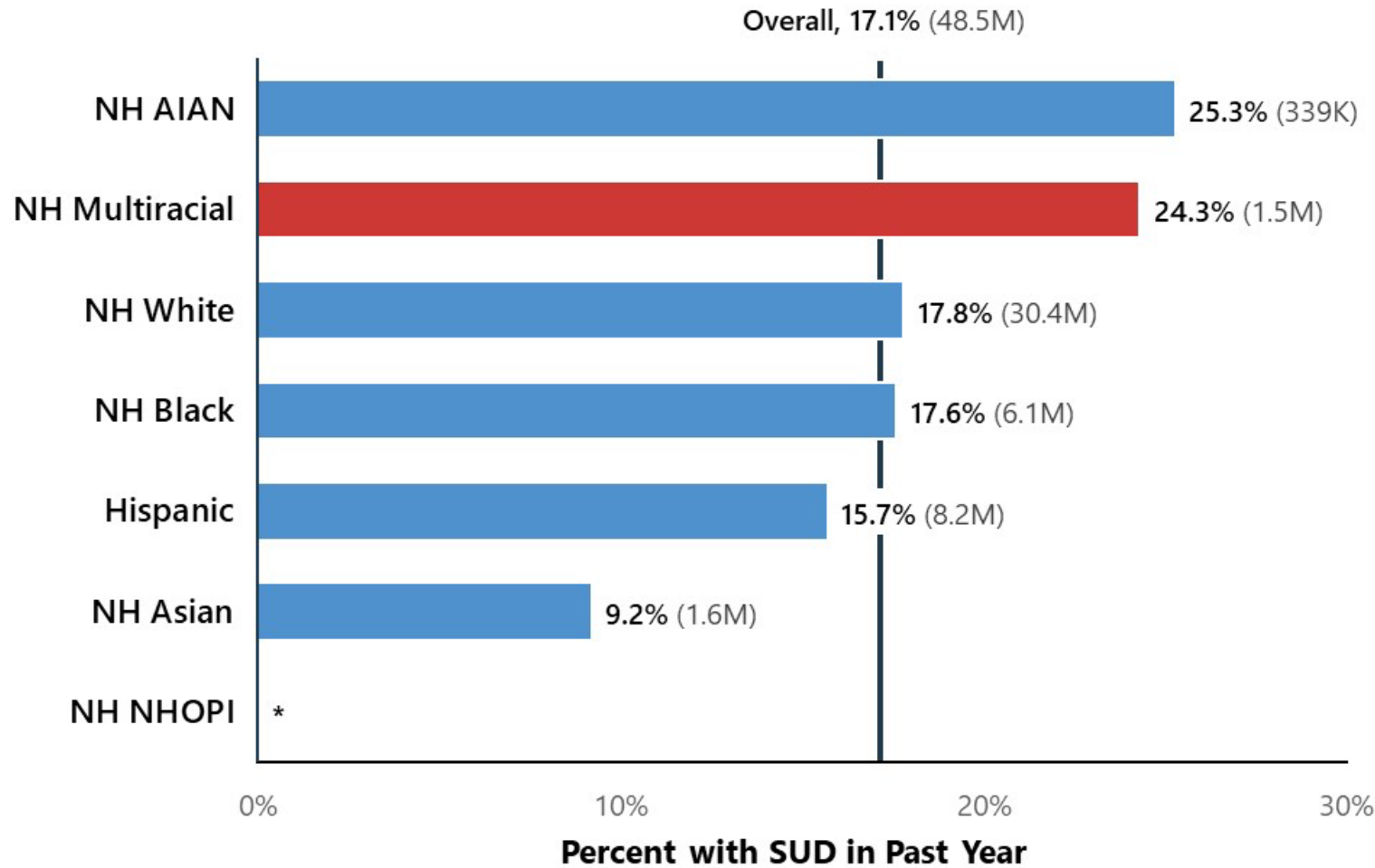
# Past Year Substance Use Disorder: Among Multiracial People Aged 12 or Older



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

<sup>1</sup> 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

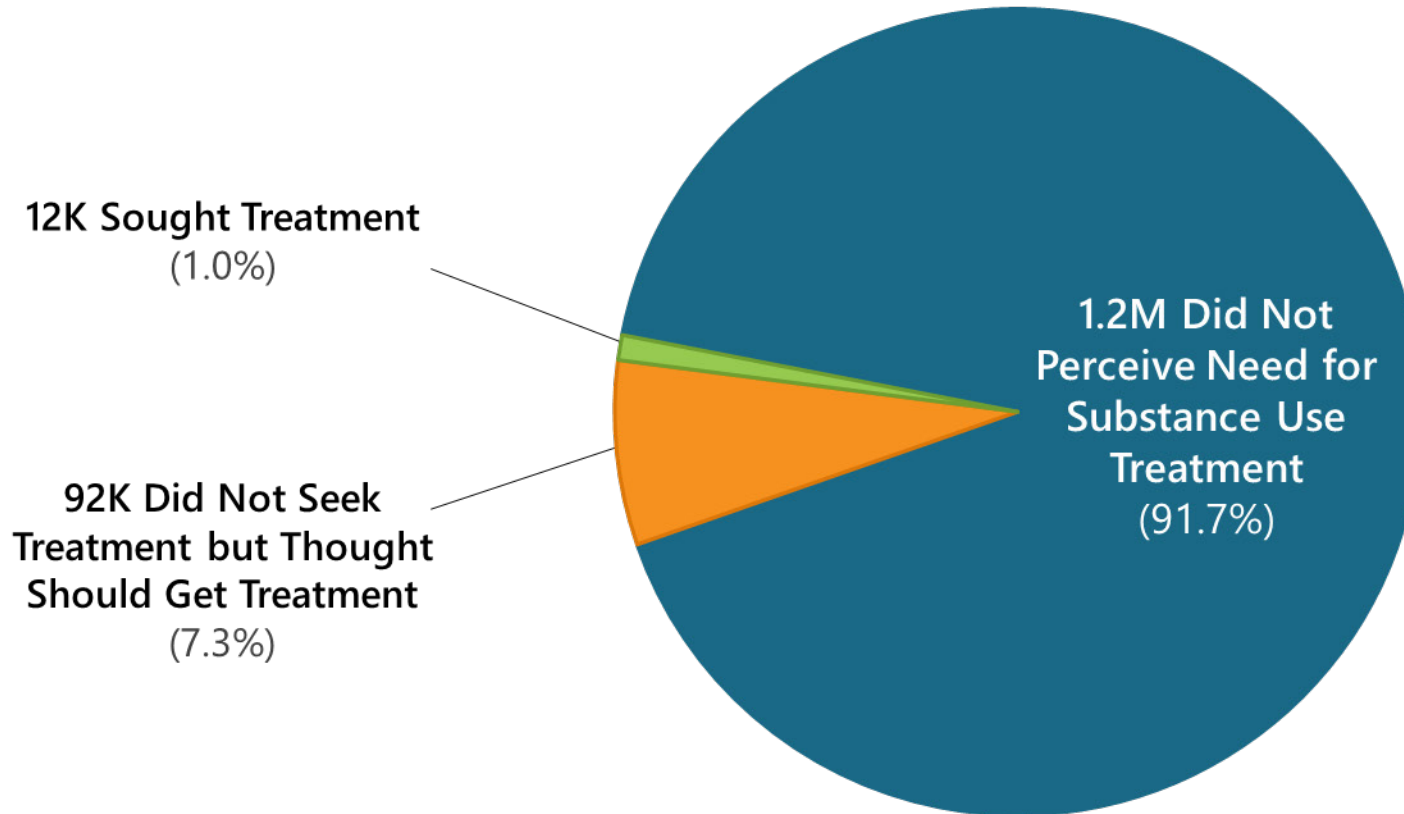


- **Multiracial** people were **more likely** than White, Black, Hispanic, and Asian people to have an SUD

\* 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.

# Perceived Need for Substance Use Treatment: Among Multiracial People Aged 12 or Older with a Past Year Substance Use Disorder Who Did Not Receive Substance Use Treatment in the Past Year



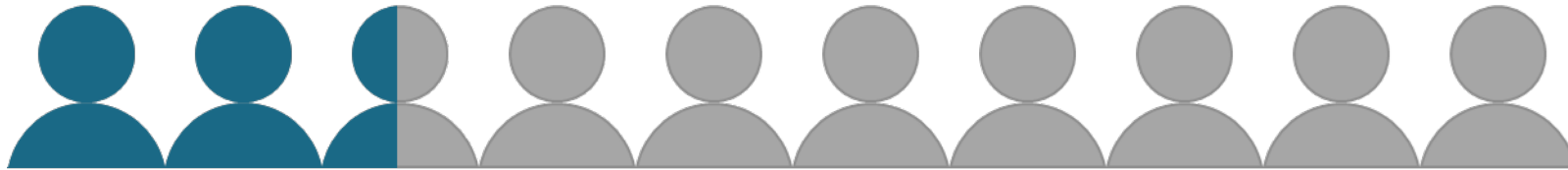
- Nearly all Multiracial people with a substance use disorder who did not receive substance use treatment **did not think they needed treatment**

**1.3 Million Multiracial People with a Substance Use Disorder Who Did Not Receive Substance Use Treatment**



# Major Depressive Episode: Among Adolescents Aged 12 to 17

# Past Year Major Depressive Episode (MDE): Among Multiracial Adolescents Aged 12 to 17



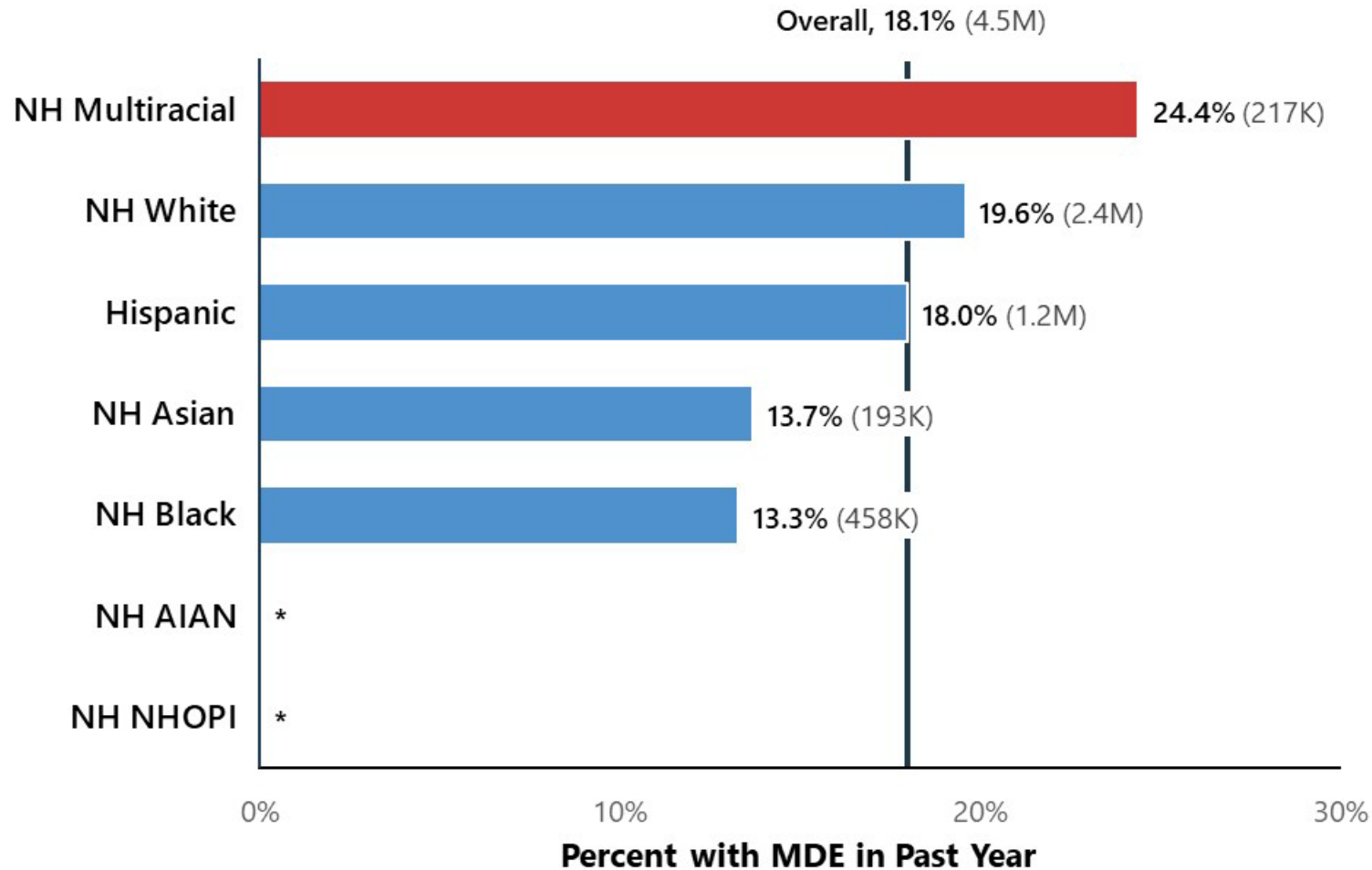
- In 2023, **1 in 4 (24.4%) Multiracial adolescents** had a major depressive episode in the past year



- **4 in 5 (80.8%) Multiracial adolescents with MDE** had severe impairment

Note: Adolescent respondents with unknown MDE data were excluded.

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

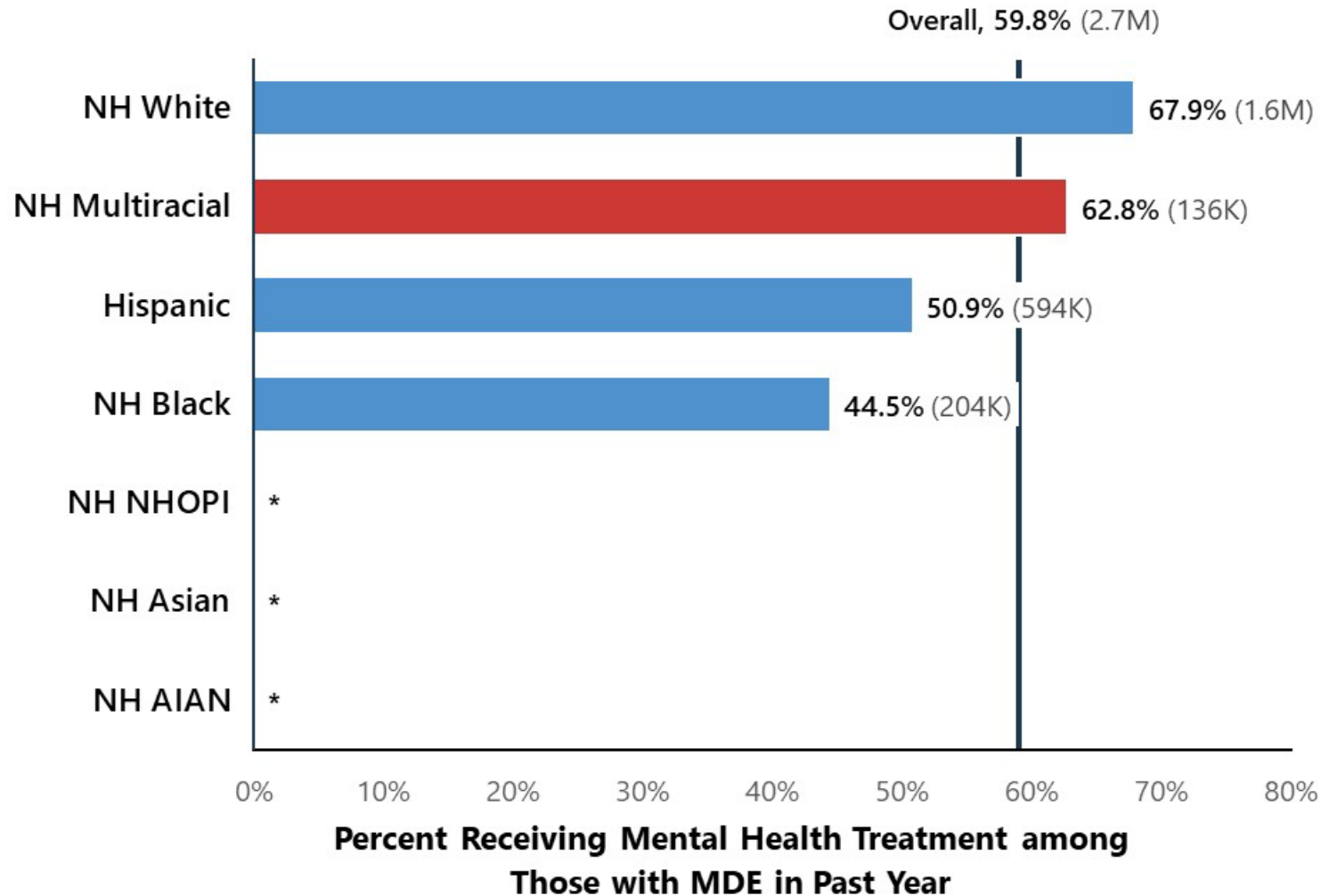


- **Multiracial** adolescents were **more likely** to have an MDE than Asian and Black adolescents

\* 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.

# Received Mental Health Treatment in the Past Year by Racial and Ethnic Groups: Among Adolescents Aged 12 to 17 with a Past Year Major Depressive Episode (MDE)

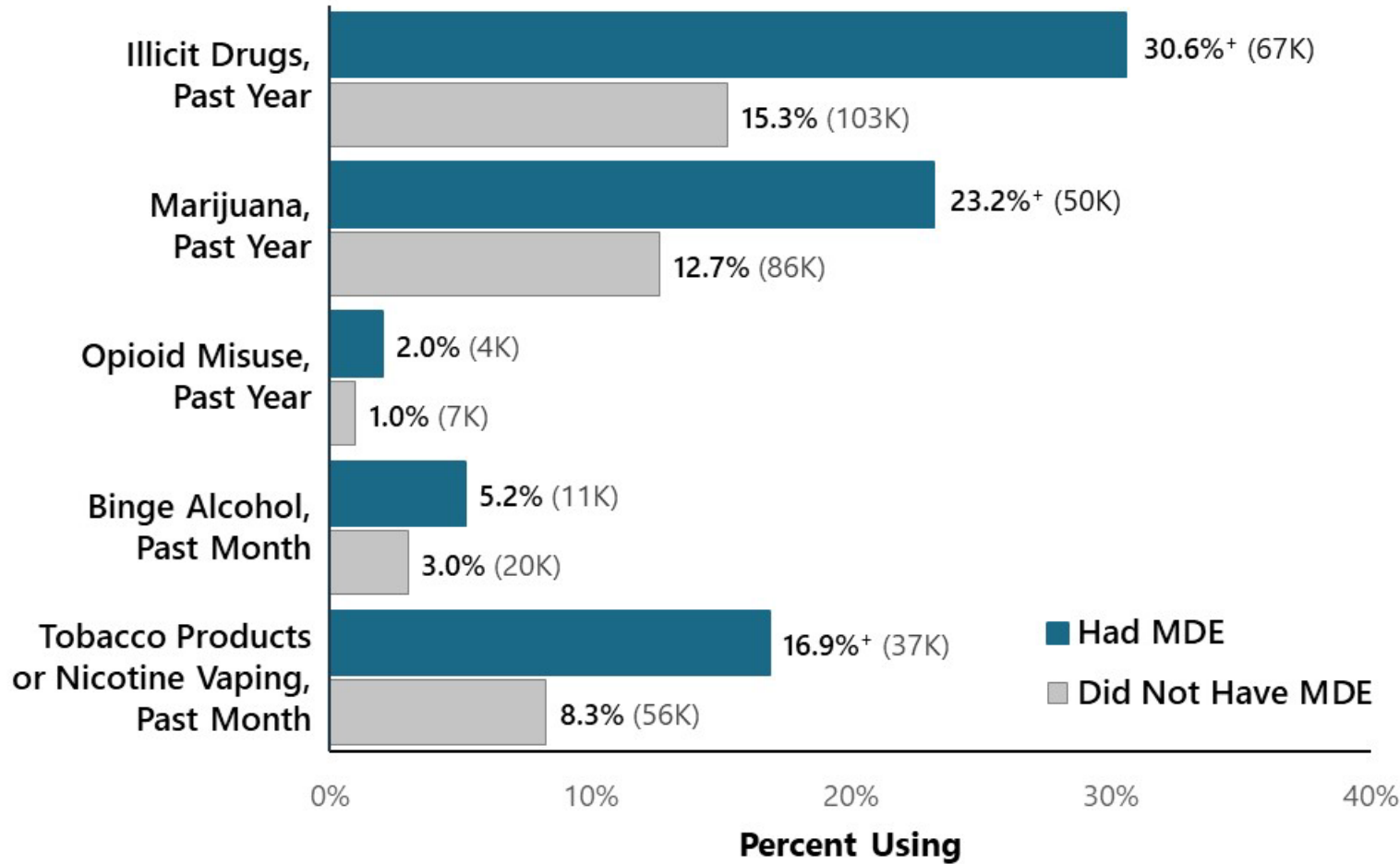


- **Multiracial** adolescents who had an MDE were **more likely** to receive mental health treatment than Black adolescents

\* Low precision; no estimate reported.

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# Substance Use by Major Depressive Episode (MDE) in the Past Year: Among Multiracial Adolescents Aged 12 to 17



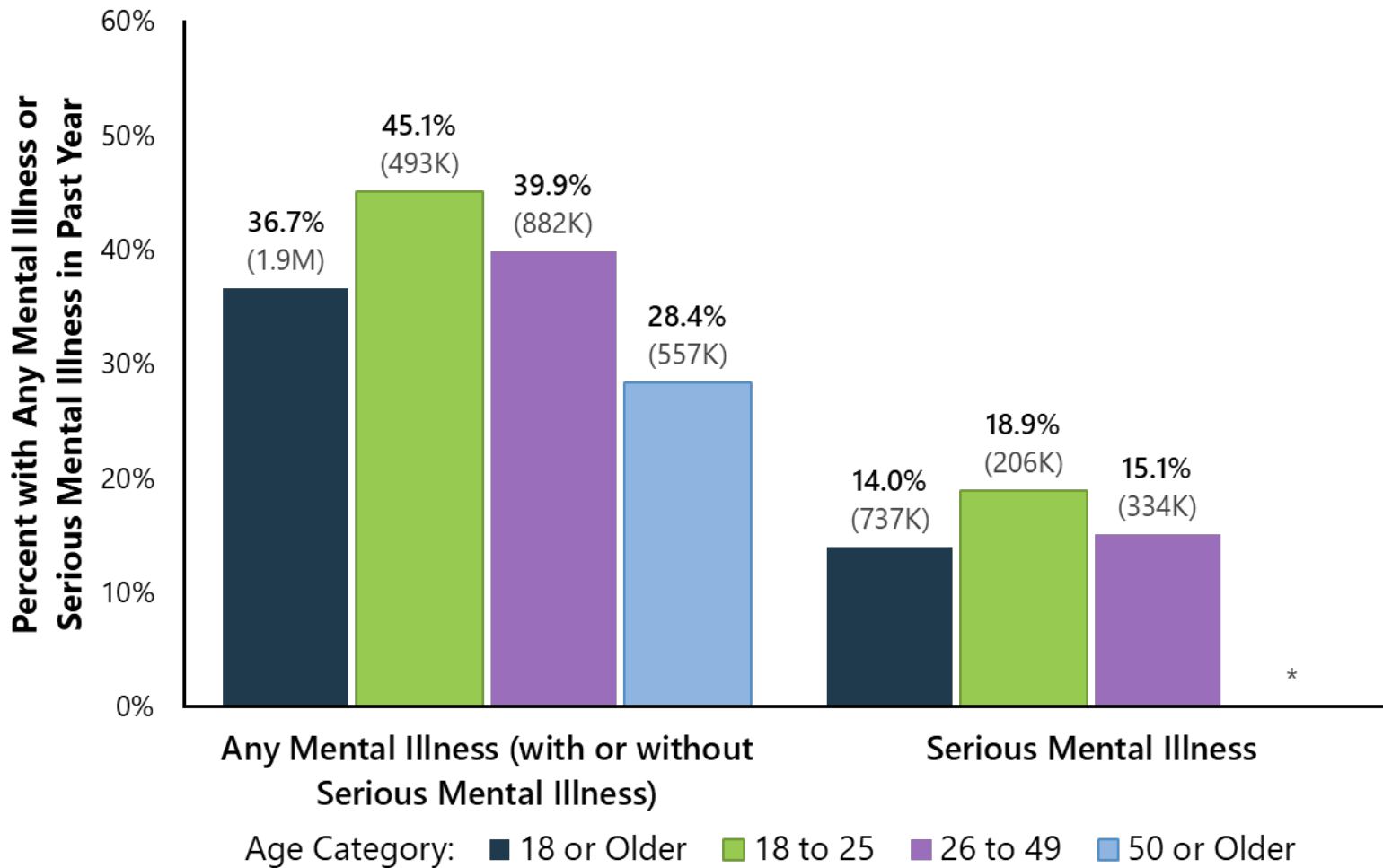
- Compared to Multiracial adolescents who did not have an MDE in the past year, those who did have an MDE were **more likely** to have:
  - Used illicit drugs in the past year
  - Used marijuana in the past year
  - Used tobacco products or vaped nicotine in the past month

+ Difference between this estimate and the estimate for adolescents without MDE is statistically significant at the .05 level.

Note: Adolescent respondents with unknown MDE data were excluded.

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

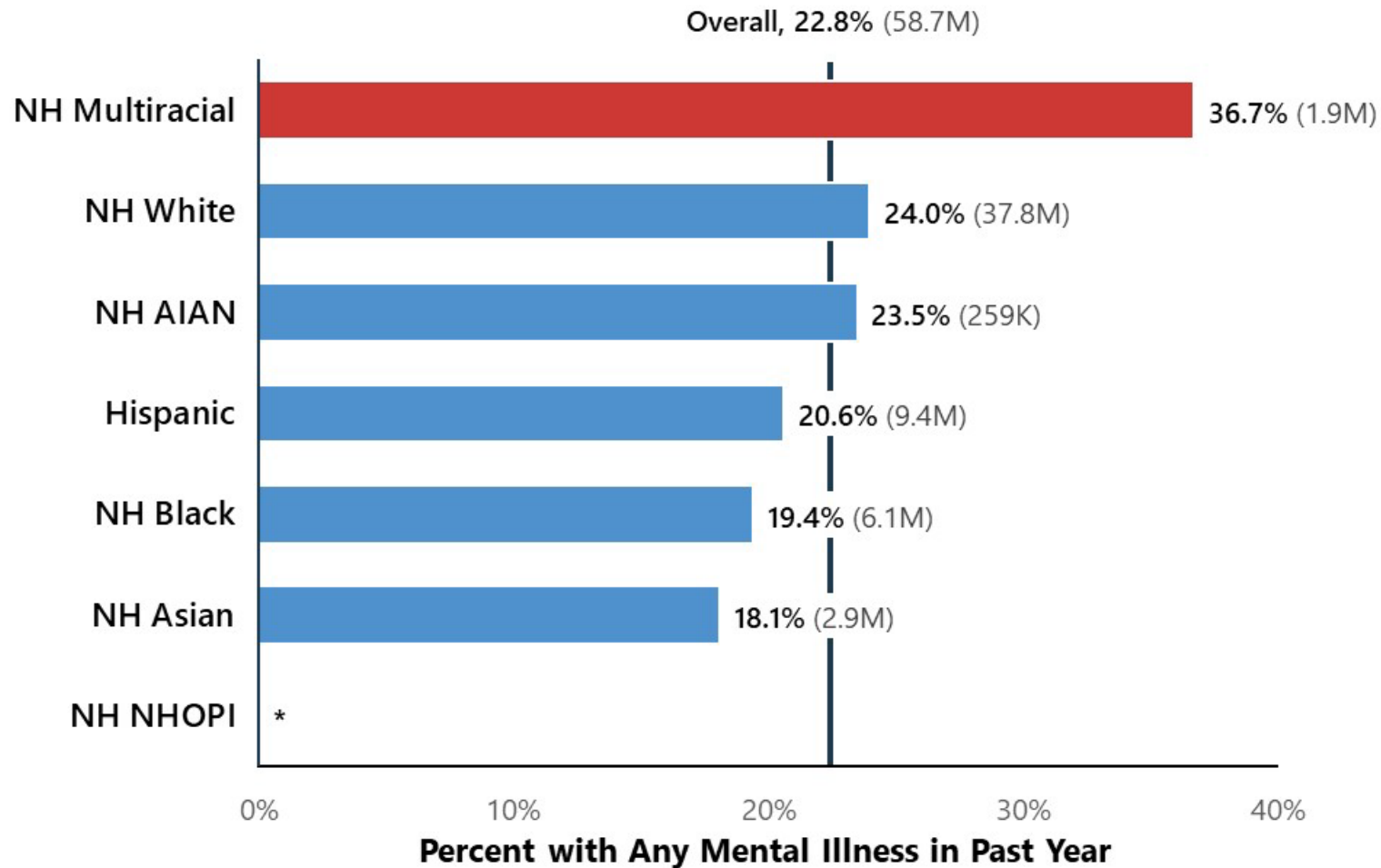
# Past Year Mental Illness: Among Multiracial Adults Aged 18 or Older



- Multiracial young adults aged **18 to 25** were **more likely** to have any mental illness than Multiracial adults aged 50 or older

\* Low precision; no estimate reported.

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



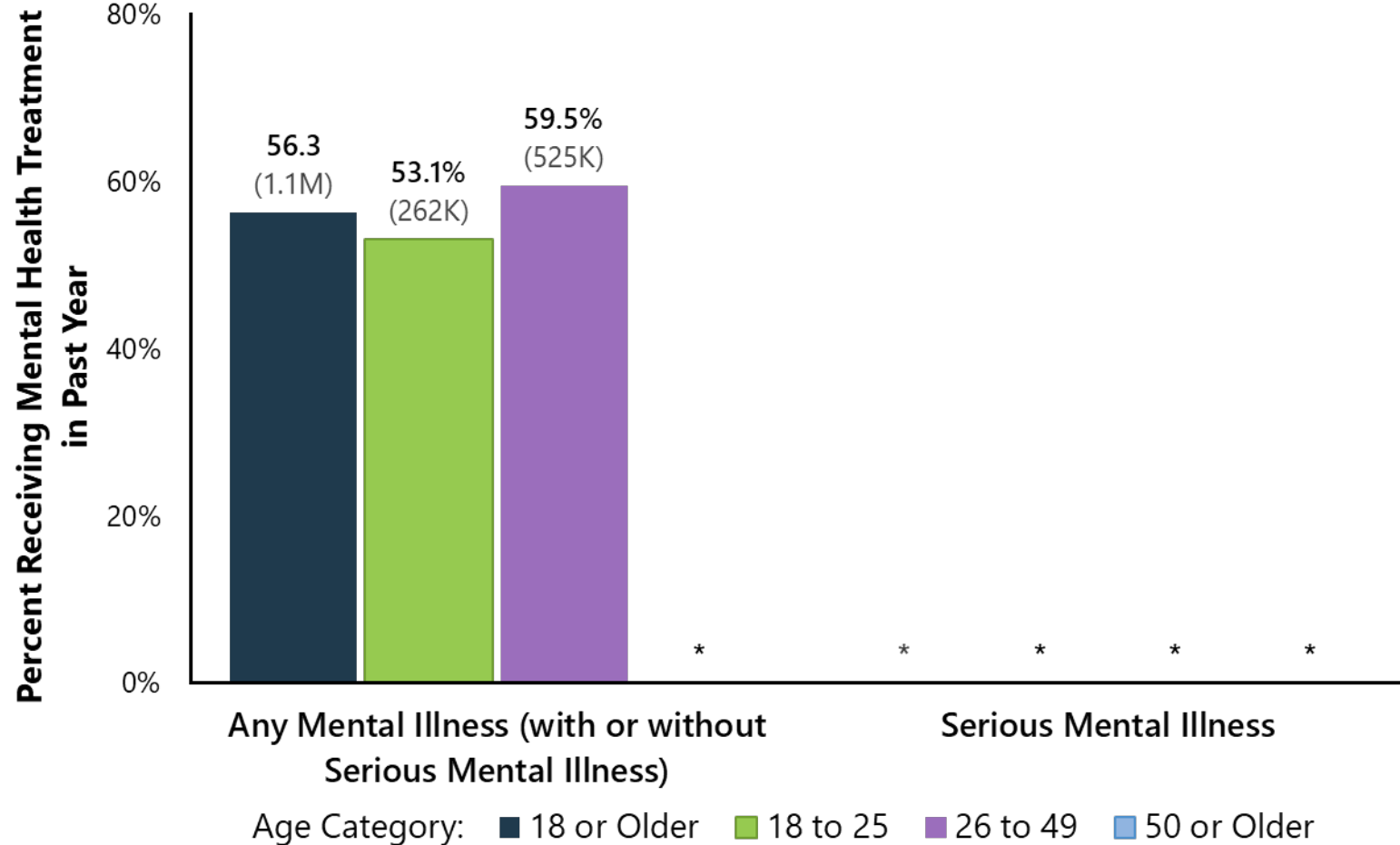
- **Multiracial** adults were **more likely** to have any mental illness than adults in most other racial or ethnic groups

\* 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.



# Receipt of Mental Health Treatment in the Past Year: Among Multiracial Adults Aged 18 or Older with Mental Illness in the Past Year

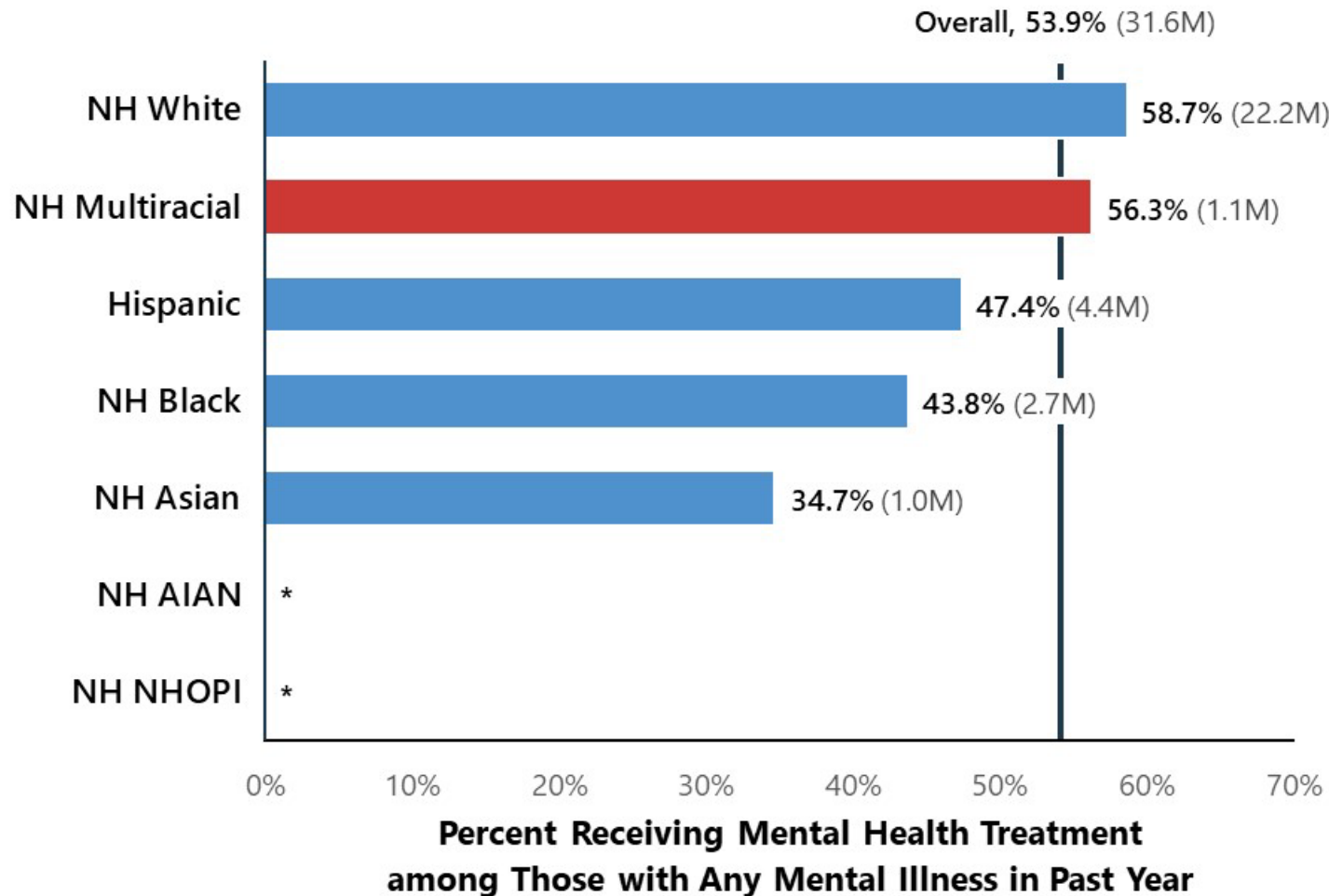


- **More than half** of Multiracial adults aged 18 or older with any mental illness received mental health treatment in the past year

\* Low precision; no estimate reported.

Note: Mental health treatment includes treatment/counseling received as an inpatient or as an outpatient; use of prescription medication to help with mental health; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center.

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



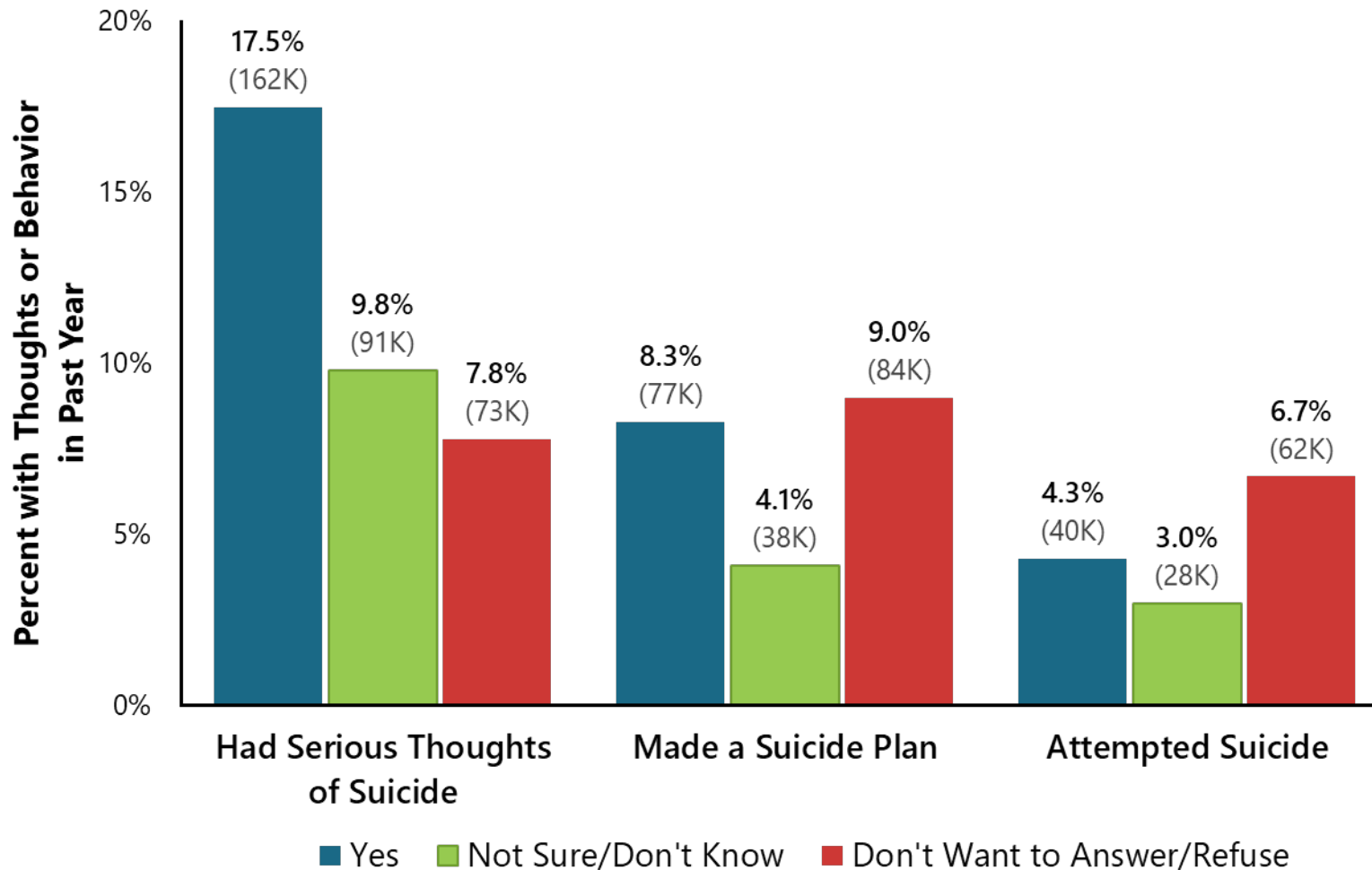
- **Multiracial** adults with mental illness were **more likely** to receive mental health treatment than Asian adults

\* Low precision; no estimate reported.

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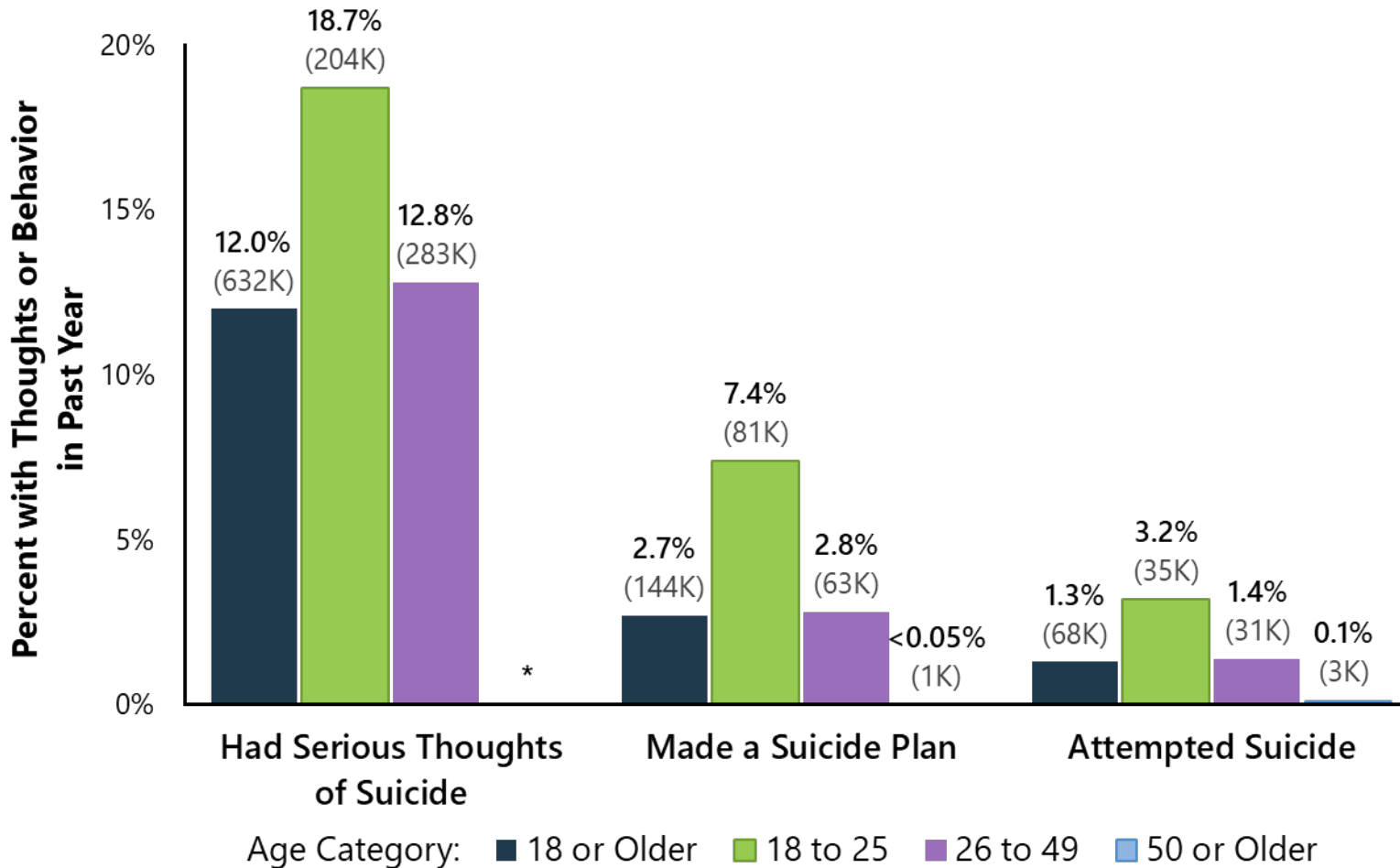
# Serious Thoughts of Suicide, Suicide Plans, and Suicide Attempts

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



- 17.5% of Multiracial adolescents had thoughts of suicide
- 8.3% made a suicide plan
- 4.3% 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

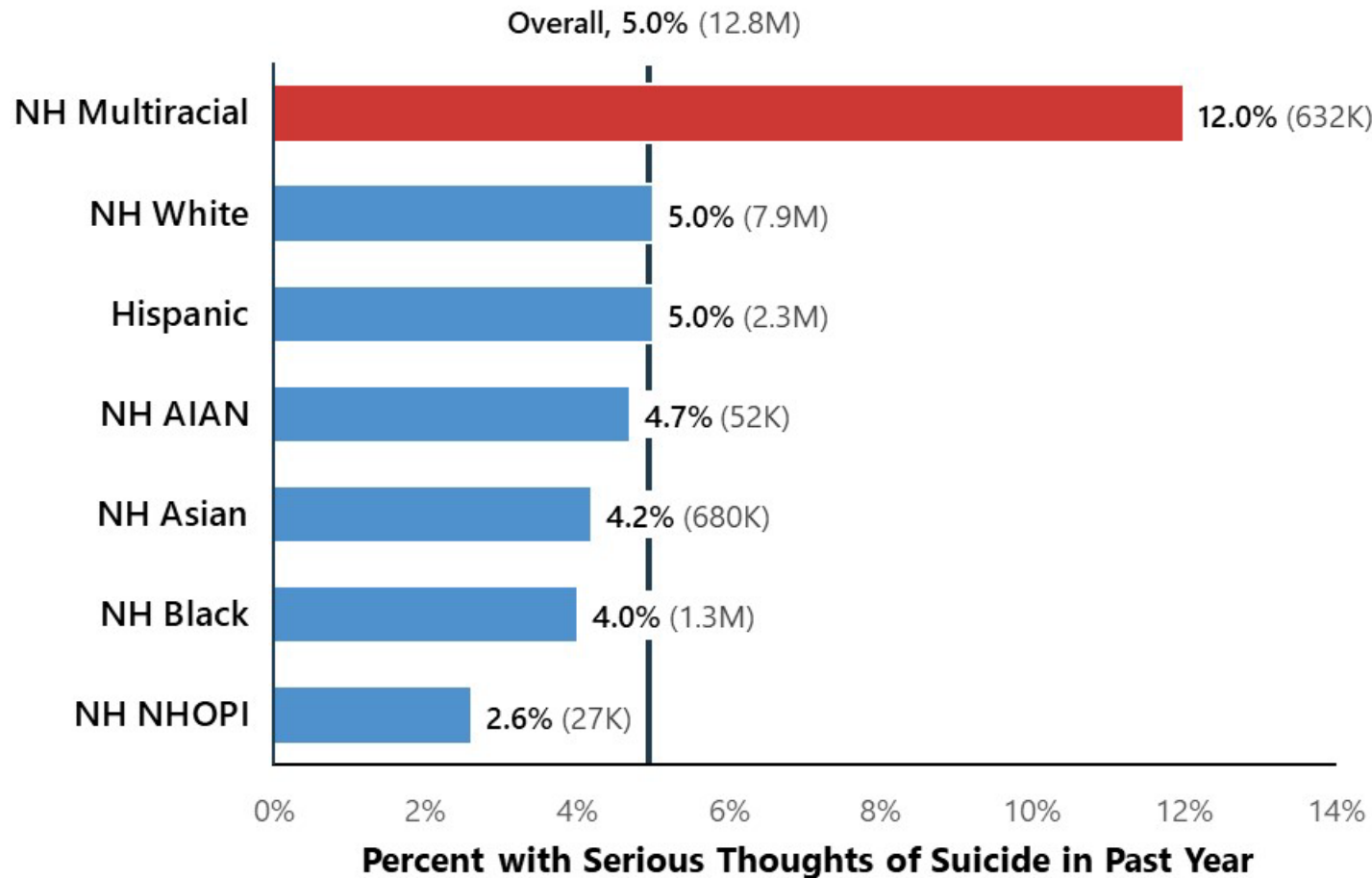
# Past Year Serious Thoughts of Suicide, Suicide Plans, or Suicide Attempts: Among Multiracial Adults Aged 18 or Older



- Percentages of Multiracial adults who made a suicide plan were **highest** among young adults aged **18 to 25**
- Percentages of Multiracial young adults aged **18 to 25** who attempted suicide were **higher** than Multiracial adults aged 50 or older

\* Low precision; no estimate reported.

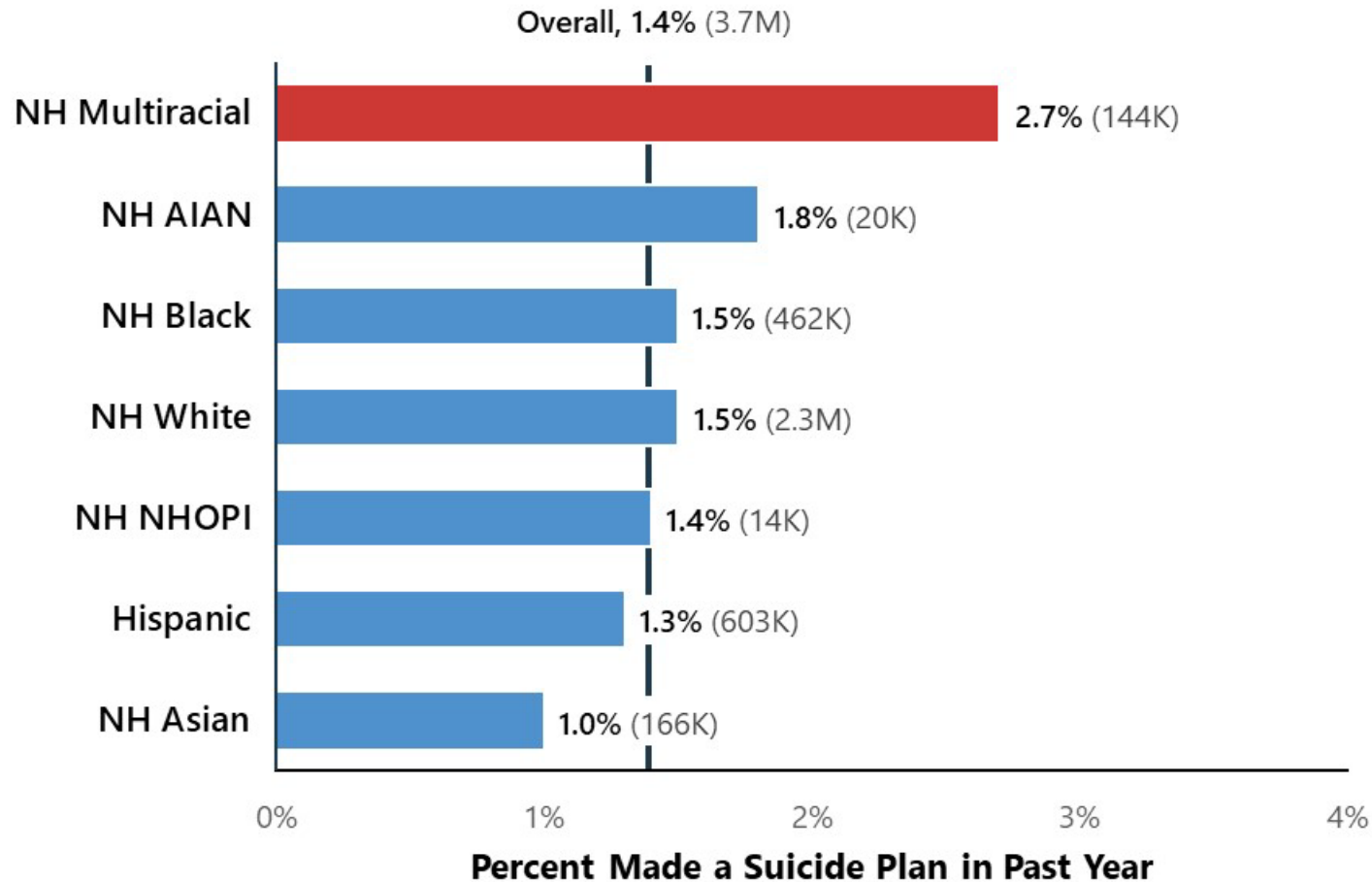
# Serious Thoughts of Suicide in the Past Year by Racial and Ethnic Groups: Among Adults Aged 18 or Older



- **Multiracial** adults were **more likely** to have serious thoughts of suicide than adults from all other racial or ethnic groups

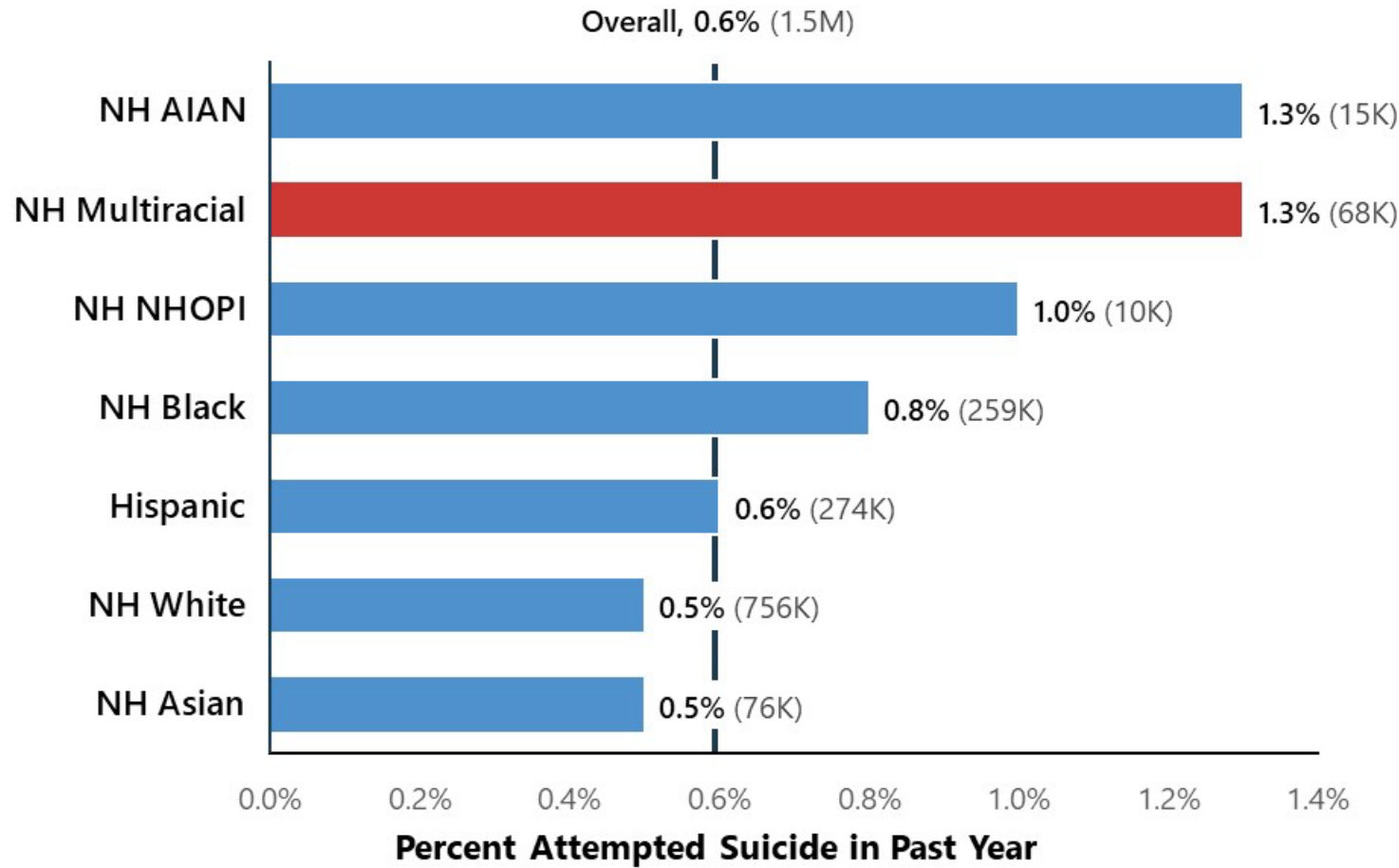
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# Made a Suicide Plan in the Past Year by Racial and Ethnic Groups: Among Adults Aged 18 or Older



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

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



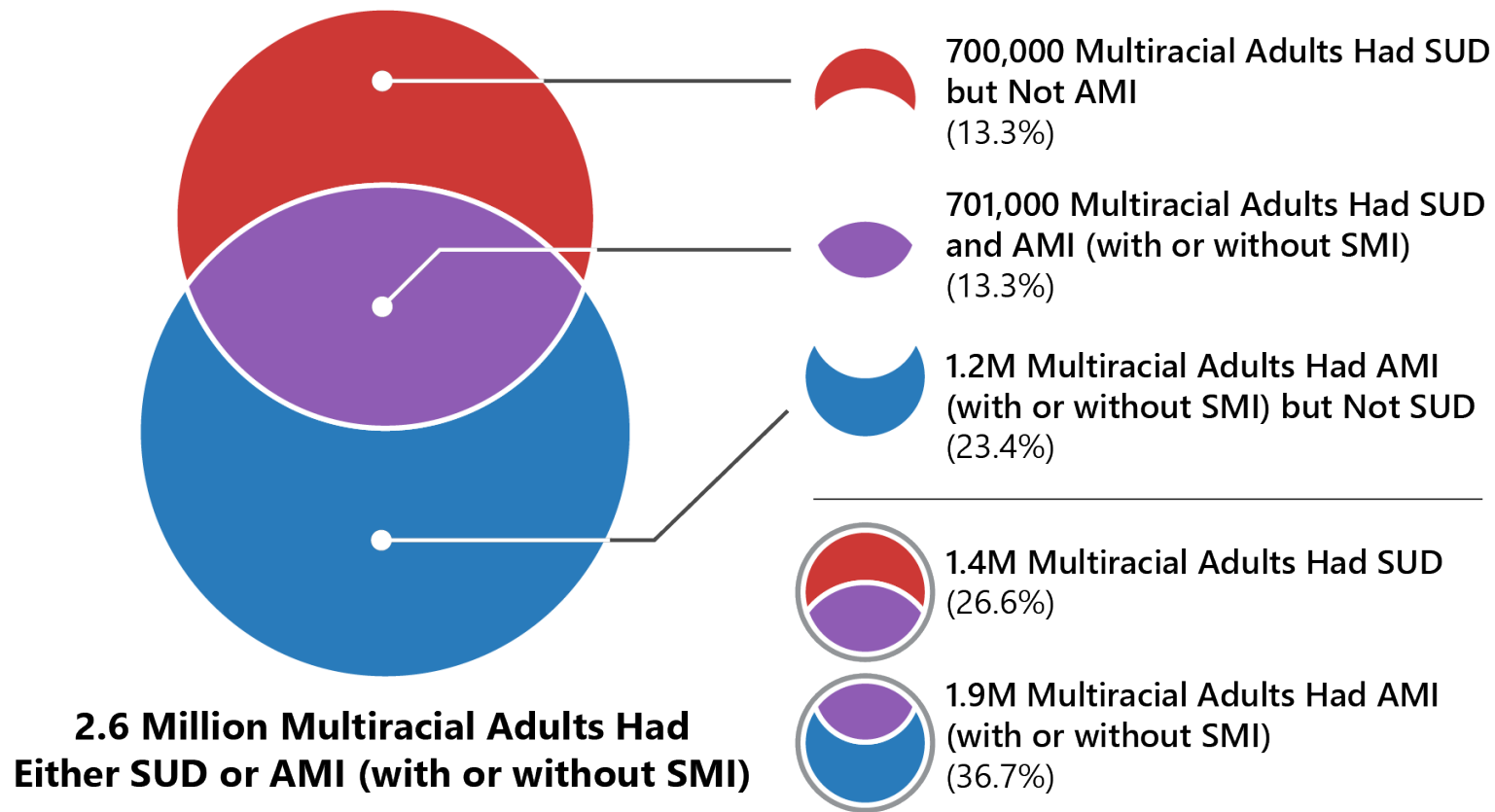
- **Multiracial** adults were **just as likely** to have attempted suicide as adults from all other racial or ethnic groups

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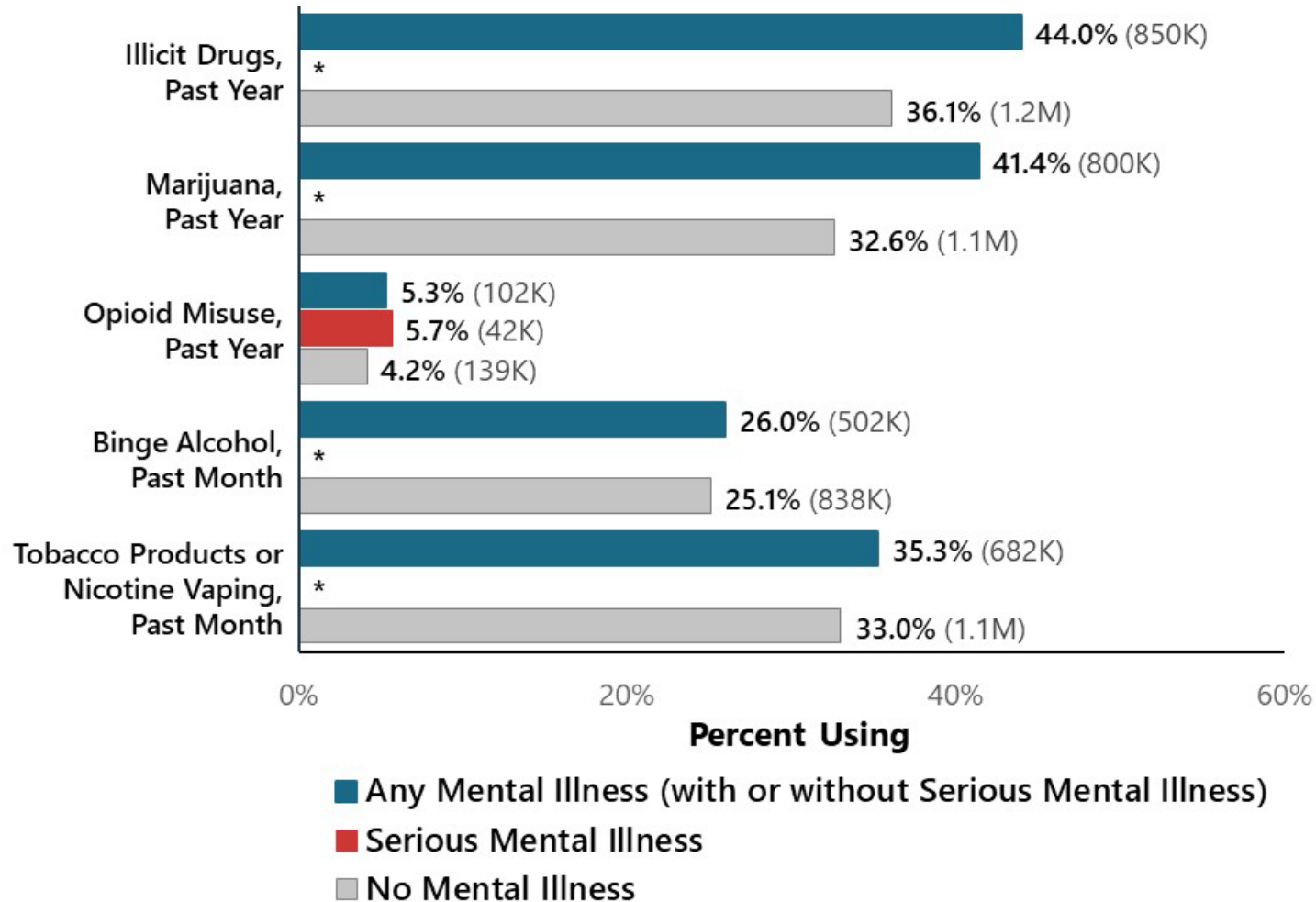
# Co-Occurring Substance Use Disorder and Mental Health

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



- **701,000 (13.3%)** Multiracial adults aged 18 or older had **co-occurring SUD and AMI**
- About half (**56.8%**) of all Multiracial young adults aged **18 to 25** had **SUD or AMI**

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



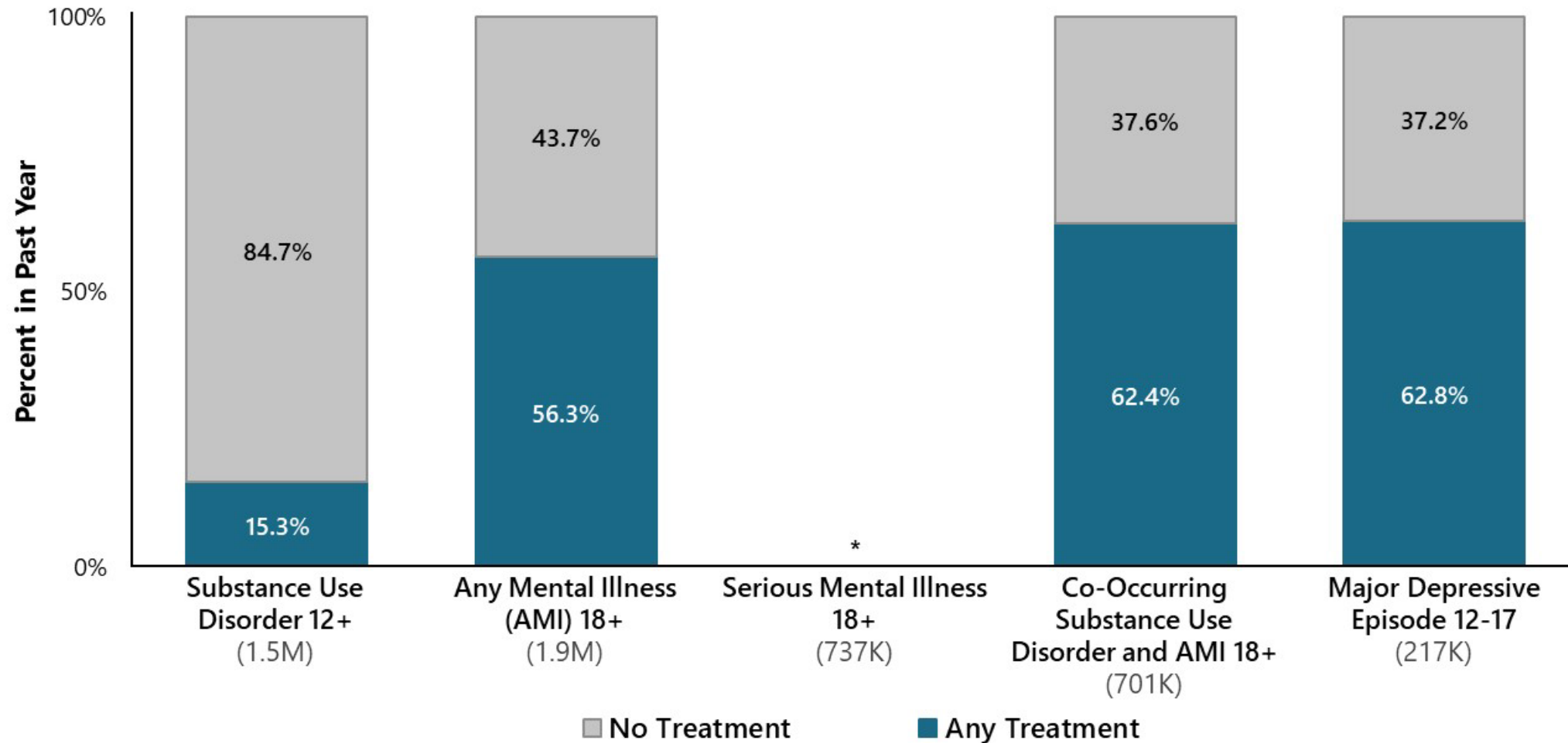
- There were **no differences** in substance use among Multiracial adults with or without mental illness

\* 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 Multiracial People Aged 12 or Older



\* Low precision; no estimate reported.

# Recovery: Among Multiracial Adults Aged 18 or Older



- **3 in 5 (56.3%)** Multiracial adults who thought they ever had a **mental health issue** considered themselves to be **recovering or in recovery**