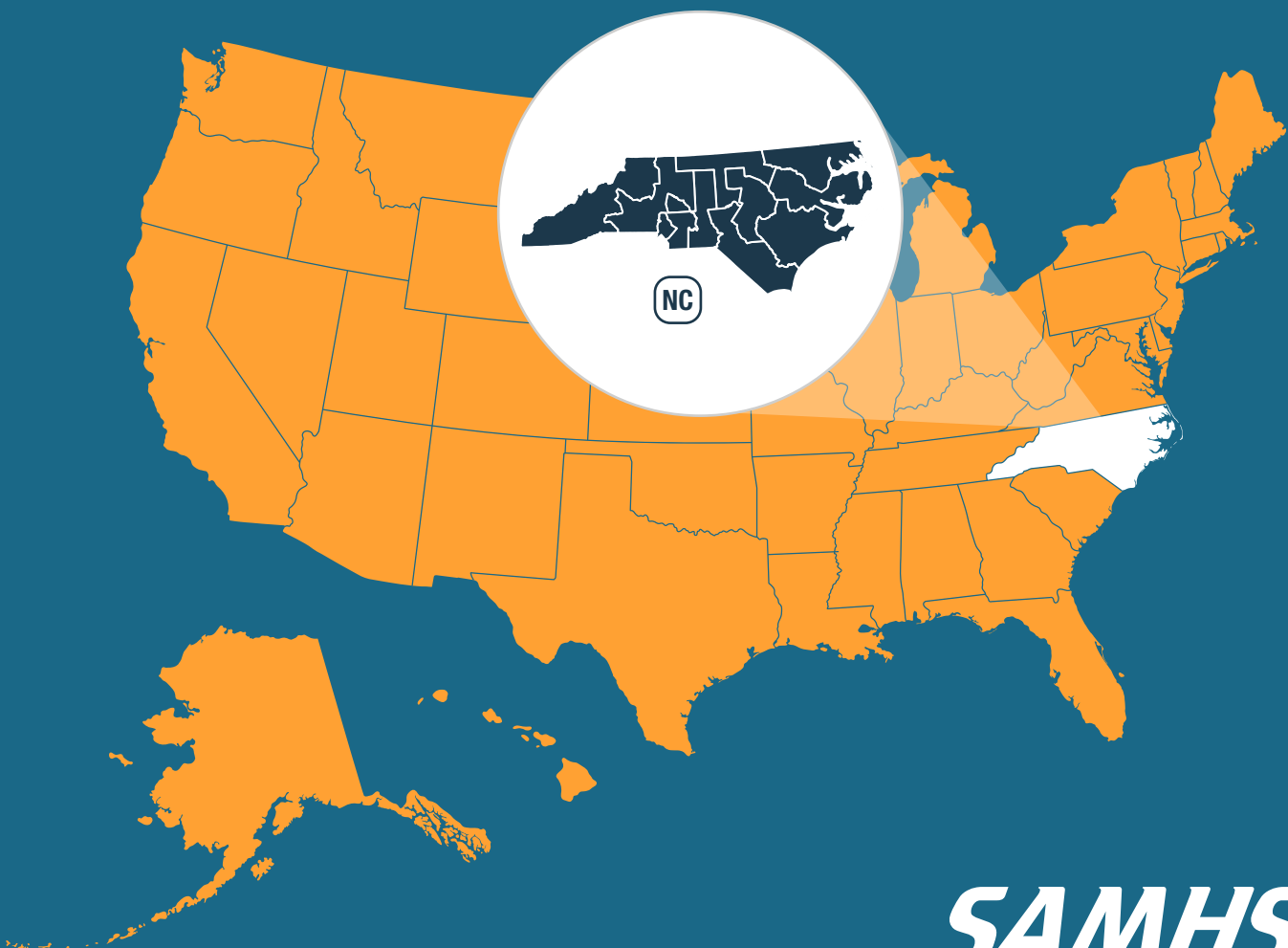


# Behavioral Health Barometer

**North Carolina | Volume 8**



Indicators as Measured in the 2021-2023  
**National Surveys on Drug Use and Health**



***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

# Behavioral Health Barometer, North Carolina, Volume 8:

## Indicators as Measured in the 2021-2023 National Surveys on Drug Use and Health

This publication was prepared for the Substance Abuse and Mental Health Services Administration (SAMHSA) under contract number 75S20322C00001 with SAMHSA, U.S. Department of Health and Human Services (HHS). Carlos Graham served as contracting officer representative.

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

SAMHSA Publication No. PEP25-07-009  
Released 2025

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# Introduction

## Purpose of This Report

*Behavioral Health Barometer, North Carolina, Volume 8: Indicators as Measured in the 2021-2023 National Surveys on Drug Use and Health* provides an update on a series of topics that focus on substance use and mental health (collectively referred to as “behavioral health”) in North Carolina. The Substance Abuse and Mental Health Services Administration (SAMHSA) selected specific topics and indicators for this report to represent a cross-section of the key behavioral health indicators that are assessed in the 2021-2023 National Surveys on Drug Use and Health (NSDUHs). The intent of this report is to assist researchers, clinicians, policymakers, and the general public to better understand and improve the nation’s behavioral health.

## 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, halfway houses) aged 12 or older. The survey excludes people with no fixed address (e.g., people who are experiencing homelessness and not in shelters), military personnel on active duty, and residents of institutional group settings (e.g., jails, nursing homes, mental health institutions, and long-term care facilities).

## Methodological Information

All estimates presented are annual averages based on 3 years of combined data (2021-2023). Estimates are based on a small area estimation (SAE) methodology, a model-based methodology that incorporates auxiliary data, such as county and subcounty-level U.S. Census Bureau information, to improve the precision of the resulting estimates. The SAE methodology provides more precise estimates at the state and substate region level than those based solely on the NSDUH data (i.e., design-based estimates), particularly for states and substate regions with smaller sample sizes. To further improve the precision of substate estimates, 3 consecutive years of NSDUH data are used in the SAE modeling. To ensure internal consistency, it is desirable to have the national small area estimates (population-weighted averages of the substate-level small area estimates) exactly match the national design-based estimates. Thus, all estimates are benchmarked so the national small area estimate equals the national design-based estimate calculated with NSDUH data alone. The state-level estimates are population-weighted averages of the benchmarked substate region estimates. The U.S. census division-level estimates are population-weighted averages of the benchmarked state-level estimates. For more information about the SAE methodology (including benchmarking), see Section B of the *2021-2023 NSDUH: Guide to Substate Tables and Summary of Small Area Estimation Methodology*.<sup>1</sup>

Statistical tests to compare population percentages of (1) state versus national estimates, (2) state versus U.S. census division estimates, and (3) state versus substate region estimates were conducted. SAE modeling was used to account for correlations between substate, state, U.S. census division, and national estimates. Unless explicitly stated that a difference is not statistically significant, all statements that describe differences are significant at the .05 level. For more information on these statistical tests, see the *2021-2023 NSDUH: Guide to Comparison of Population Percentages across Geographies*.<sup>2</sup>

## **Organization of This Report**

This report is divided into sections based on content areas. Definitions of key measures and terms included in the report are presented before the sections begin. Sections on substance use among people aged 12 or older appear first, followed by sections on substance use disorder among people aged 12 or older. Sections on mental health and suicidal thoughts are presented separately among adolescents aged 12 to 17 and among adults aged 18 or older. Sections include text boxes describing the analyses and graphics, as well as explanatory notes. Endnotes appear near the end of the report. Appendix A includes a map and table explaining how the substate regions are defined.

# Definitions

## SUBSTANCE USE

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

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

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

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

## SUBSTANCE USE DISORDERS

**Substance use disorder (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 (DSM-5).<sup>3</sup> 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.

## 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,<sup>4</sup> excluding developmental disorders and SUDs.

**Serious mental illness (SMI) among adults** refers to the presence of a mental, behavioral, or emotional disorder in the past year that substantially interfered with or limited one or more major life activities. These estimates are based on indicators of AMI and SMI rather than direct measures of diagnostic criteria. 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.<sup>5</sup>

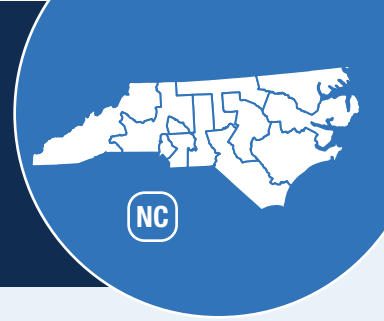
NSDUH respondents were classified as having a **major depressive episode (MDE)** in the past 12 months if (1) they had at least one period of 2 weeks or longer in the past year when for most of the day nearly every day they felt depressed or lost interest or pleasure in daily activities; and (2) they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

## SUICIDAL THOUGHTS AND BEHAVIORS

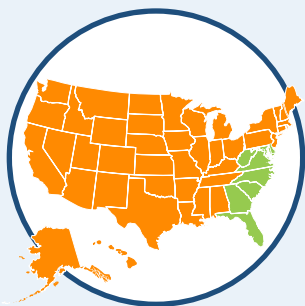
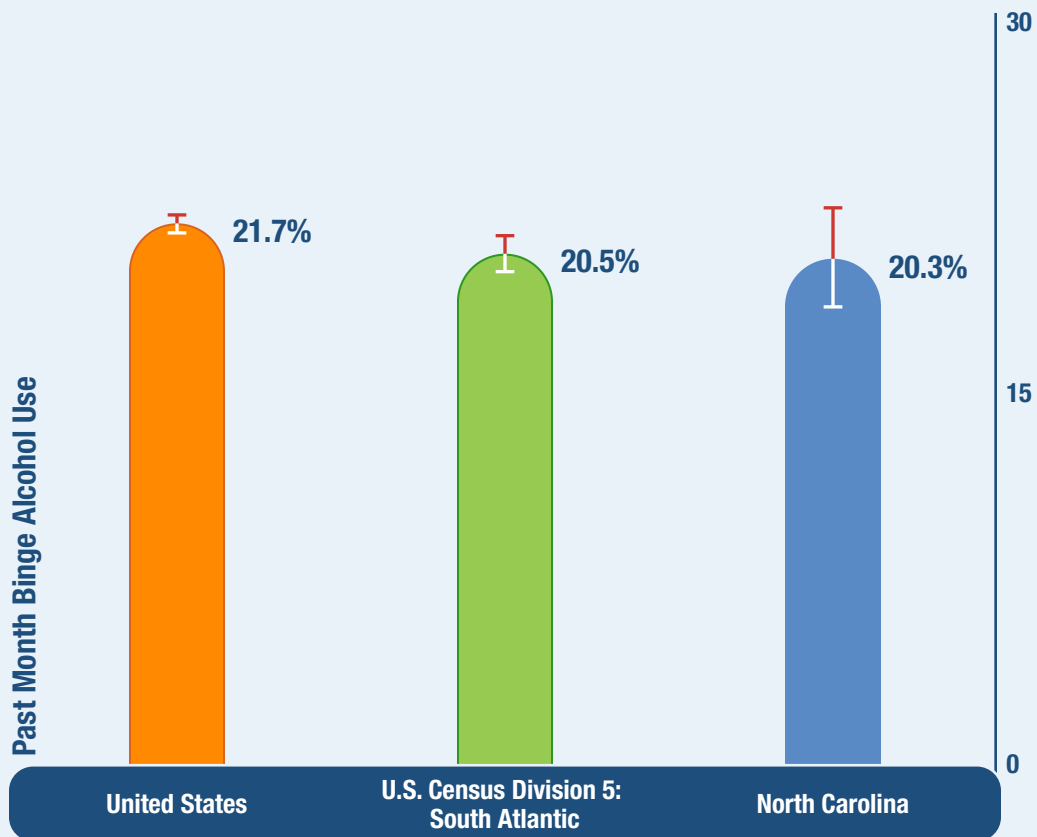
Respondents were asked whether they had seriously thought about killing themselves, made any plans to kill themselves, or tried to kill themselves at any time during the past 12 months. Estimates for **suicidal thoughts among adolescents** reflect the percentage who answered "yes" among all respondents. Respondents who answered "no," "I'm not sure," and "I don't want to answer" were grouped together as the "no" category. Thus, the estimates for suicidal thoughts among adolescents may be underestimated.

# Substance Use | Aged 12 or Older

## Binge Alcohol Use in the Past Month

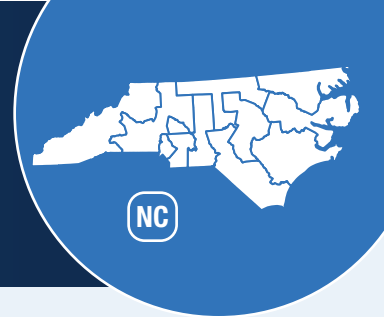


In 2021-2023, among people aged 12 or older in North Carolina, **20.3% engaged in binge drinking** in the past month. This estimate was **similar** to both the U.S. census division average (**20.5%**) and the national average (**21.7%**).

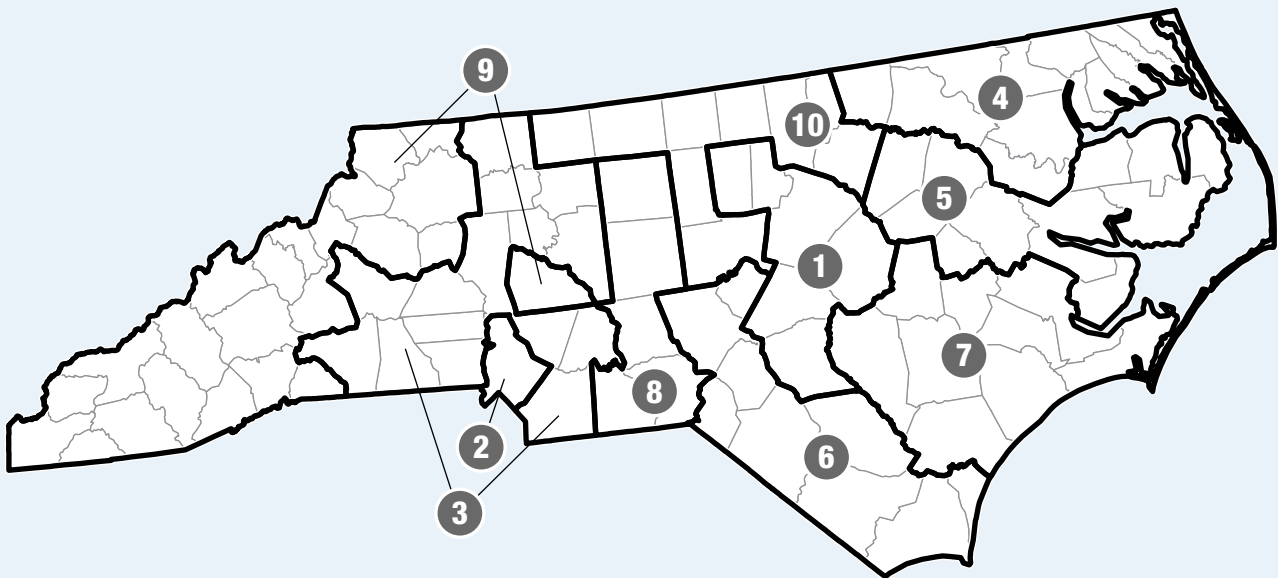


# Substance Use | Aged 12 or Older

## Binge Alcohol Use in the Past Month



In 2021-2023, compared with the **state** average (20.3%), the estimate for **binge alcohol use** in the past month among people aged 12 or older was **similar** for every substate region in North Carolina.



### Substate Region Estimate and Statistical Significance

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- ⬅ Region estimate is significantly **lower** than state average

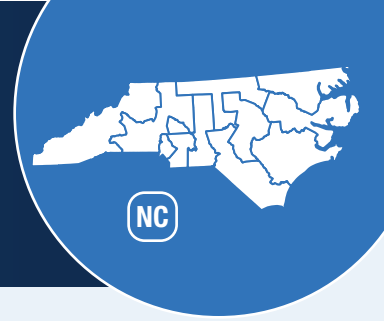
	Substate Region	Small Area Estimate	95% Confidence Interval	
			(Lower)	(Upper)
1	Alliance Health 1	21.2%	18.3%	24.4%
2	Alliance Health 2	21.0%	17.3%	25.1%
3	Partners Health Management	20.1%	16.7%	24.0%
4	Trillium Health Resources 1	19.1%	14.9%	24.1%
5	Trillium Health Resources 2	21.9%	17.7%	26.8%
6	Trillium Health Resources 3	19.9%	16.4%	23.9%
7	Trillium Health Resources 4	20.8%	16.6%	25.7%
8	Trillium Health Resources 5	19.0%	15.5%	23.1%
9	Vaya Health 1	18.7%	14.9%	23.1%
10	Vaya Health 2	20.0%	16.1%	24.6%

NC = North Carolina.

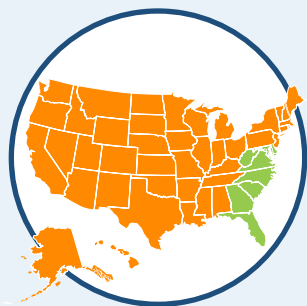
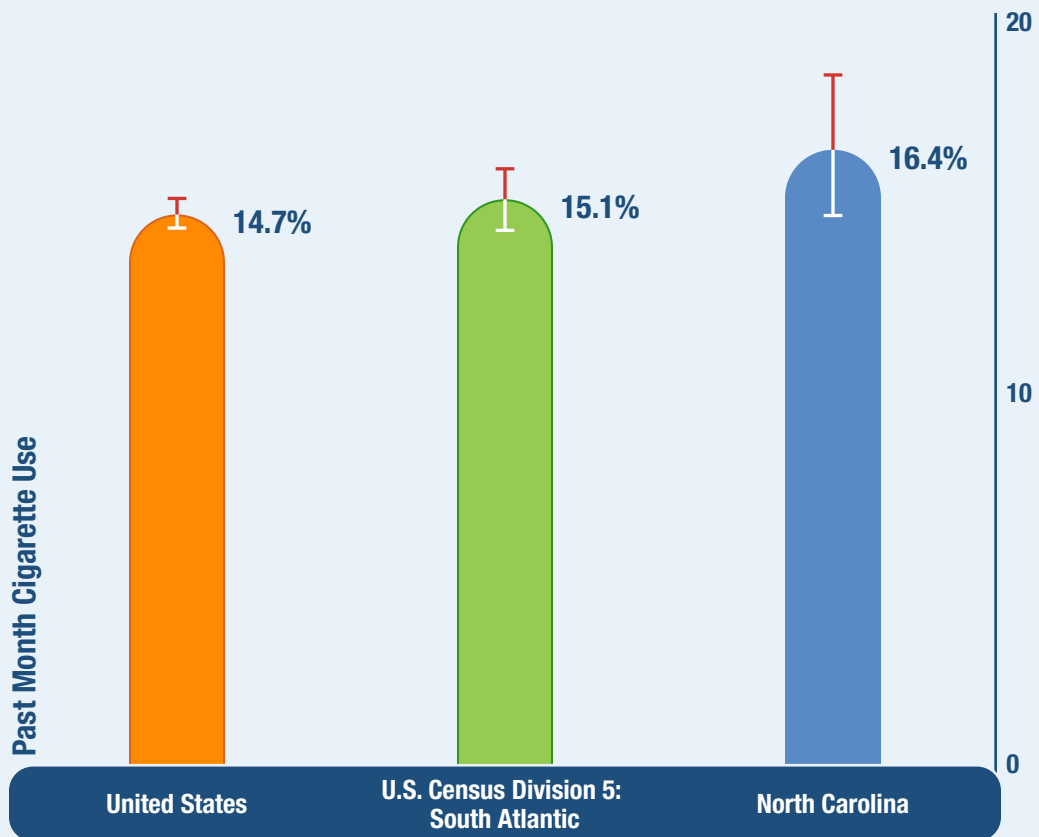
See Appendix A for definitions of North Carolina substate regions.

# Substance Use | Aged 12 or Older

## Cigarette Use in the Past Month

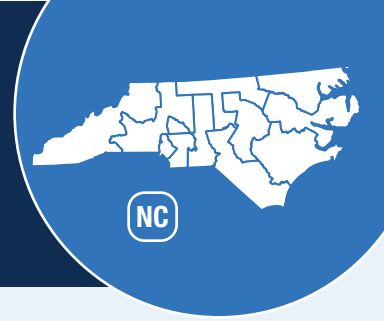


In 2021-2023, among people aged 12 or older in North Carolina, **16.4%** used cigarettes in the past month. This estimate was **similar** to the U.S. census division average (**15.1%**) but **higher** than the national average (**14.7%**).

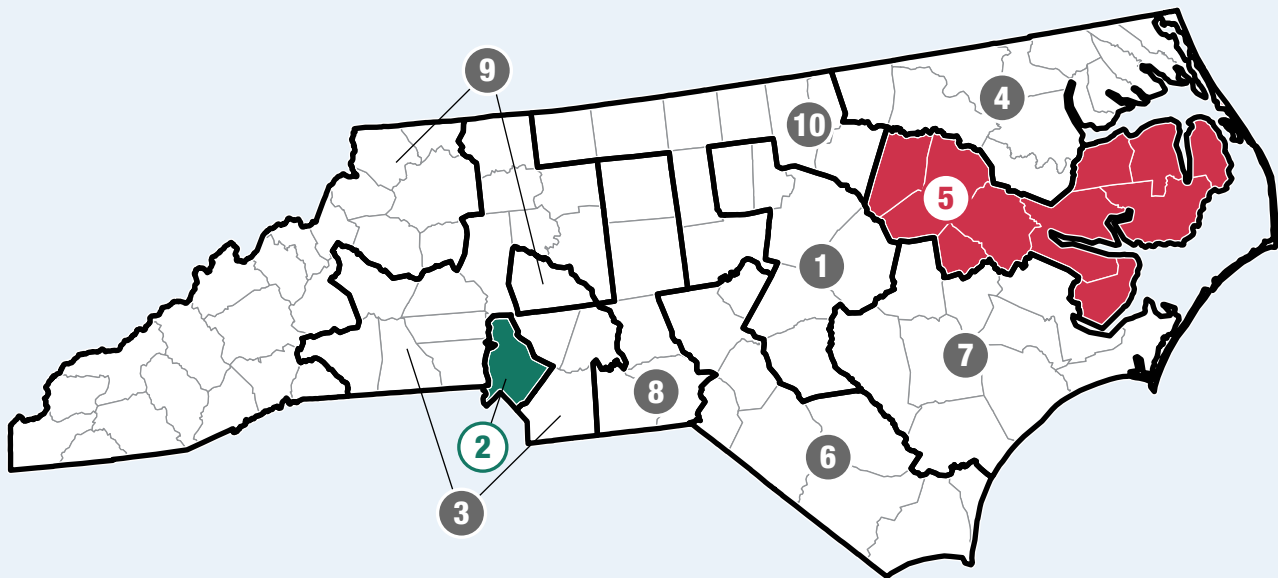


# Substance Use | Aged 12 or Older

## Cigarette Use in the Past Month



In 2021-2023, compared with the **state average (16.4%)**, the estimate for **cigarette use** in the past month among people aged 12 or older was **higher** for Trillium Health Resources 2, **lower** for Alliance Health 2, and **similar** for the remaining substate regions in North Carolina.



### Substate Region Estimate and Statistical Significance

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- Region estimate is significantly **lower** than state average

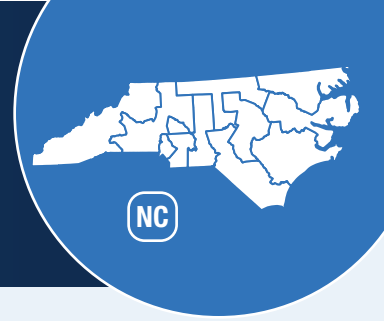
	Substate Region	Small Area Estimate	95% Confidence Interval	
			(Lower)	(Upper)
1	Alliance Health 1	14.8%	12.1%	18.0%
2	Alliance Health 2	11.4%	8.8%	14.7%
3	Partners Health Management	17.1%	13.8%	21.1%
4	Trillium Health Resources 1	18.7%	13.9%	24.8%
5	Trillium Health Resources 2	21.4%	16.6%	27.1%
6	Trillium Health Resources 3	18.1%	14.5%	22.5%
7	Trillium Health Resources 4	19.2%	14.7%	24.7%
8	Trillium Health Resources 5	16.8%	13.1%	21.4%
9	Vaya Health 1	15.9%	12.4%	20.2%
10	Vaya Health 2	18.6%	14.5%	23.6%

NC = North Carolina.

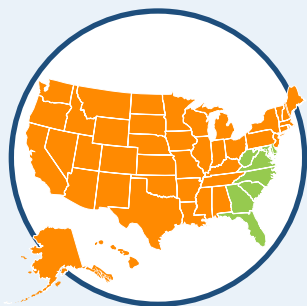
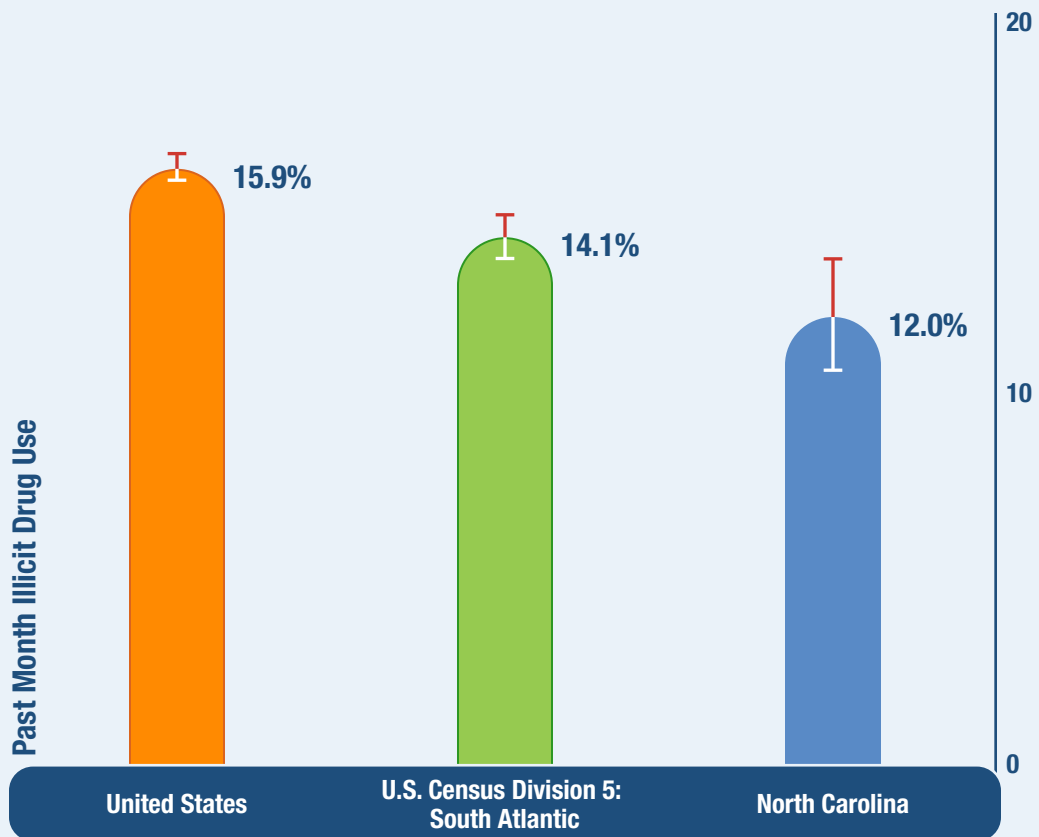
See Appendix A for definitions of North Carolina substate regions.

# Substance Use | Aged 12 or Older

## Illicit Drug Use in the Past Month

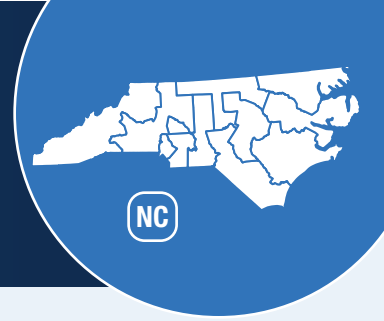


In 2021-2023, among people aged 12 or older in North Carolina, **12.0% used illicit drugs** in the past month. This estimate was **lower** than both the U.S. census division average (**14.1%**) and the national average (**15.9%**).

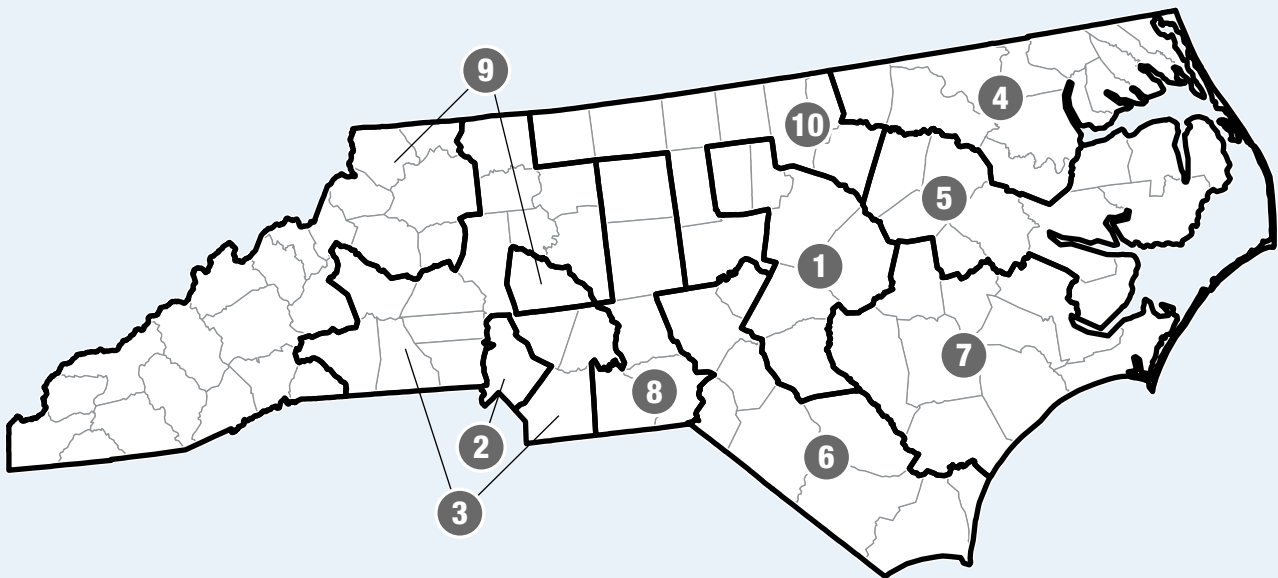


# Substance Use | Aged 12 or Older

## Illicit Drug Use in the Past Month



In 2021-2023, compared with the **state** average (12.0%), the estimate for **illicit drug use** in the past month among people aged 12 or older was **similar** for every substate region in North Carolina.



**Substate Region Estimate and Statistical Significance**

- > Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- < Region estimate is significantly **lower** than state average

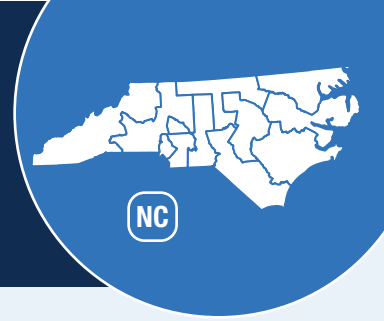
	Substate Region	Small Area Estimate	95% Confidence Interval	
			(Lower)	(Upper)
1	Alliance Health 1	13.1%	10.8%	15.7%
2	Alliance Health 2	12.3%	9.6%	15.7%
3	Partners Health Management	11.0%	8.6%	14.0%
4	Trillium Health Resources 1	11.0%	7.7%	15.4%
5	Trillium Health Resources 2	12.1%	9.0%	16.0%
6	Trillium Health Resources 3	12.1%	9.3%	15.5%
7	Trillium Health Resources 4	12.1%	8.8%	16.5%
8	Trillium Health Resources 5	11.5%	8.6%	15.1%
9	Vaya Health 1	12.7%	9.7%	16.4%
10	Vaya Health 2	10.4%	7.6%	14.0%

NC = North Carolina.

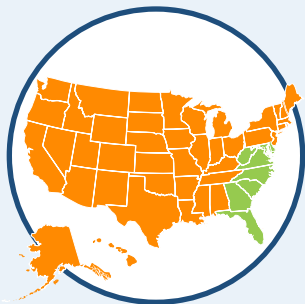
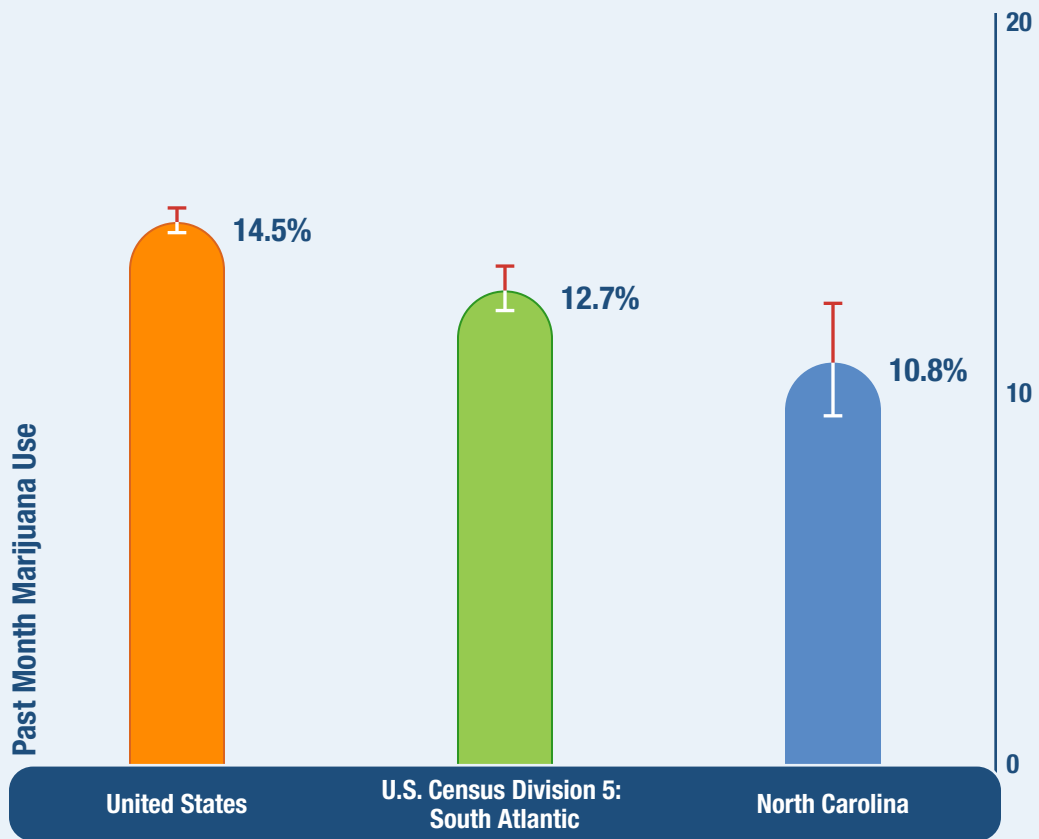
See Appendix A for definitions of North Carolina substate regions.

# Substance Use | Aged 12 or Older

## Marijuana Use in the Past Month

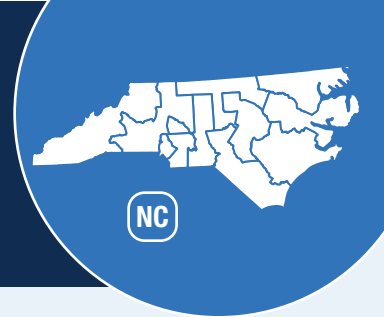


In 2021-2023, among people aged 12 or older in North Carolina, **10.8%** used marijuana in the past month. This estimate was **lower** than both the U.S. census division average (**12.7%**) and the national average (**14.5%**).

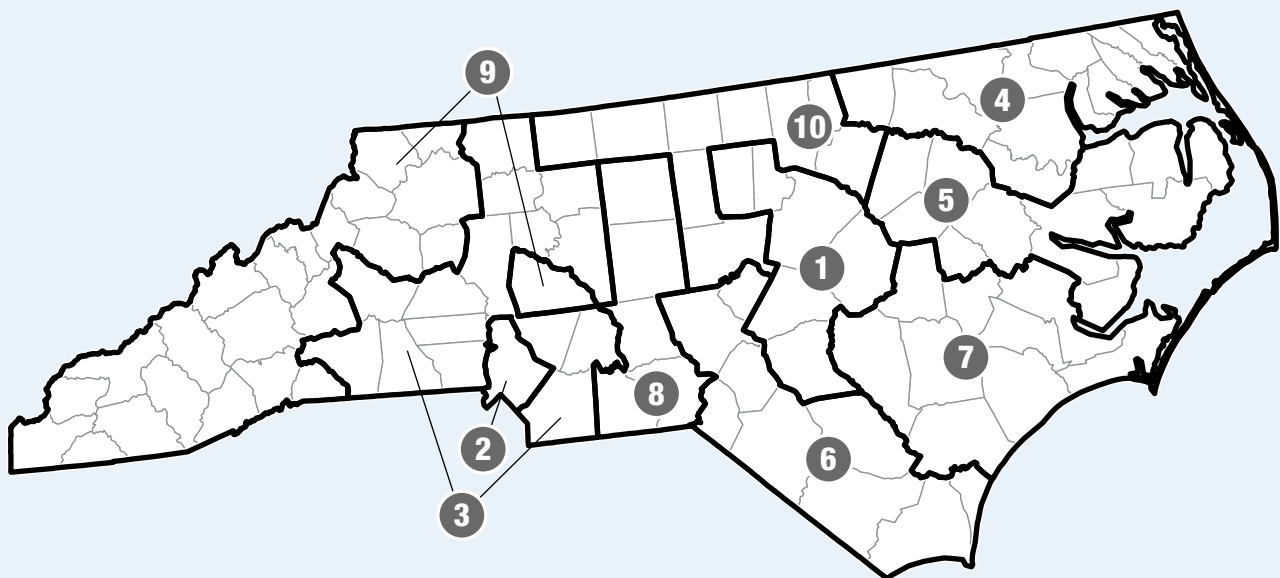


# Substance Use | Aged 12 or Older

## Marijuana Use in the Past Month



In 2021-2023, compared with the **state** average (10.8%), the estimate for **marijuana use** in the past month among people aged 12 or older was **similar** for every substate region in North Carolina.



**Substate Region Estimate and Statistical Significance**

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- ⬅ Region estimate is significantly **lower** than state average

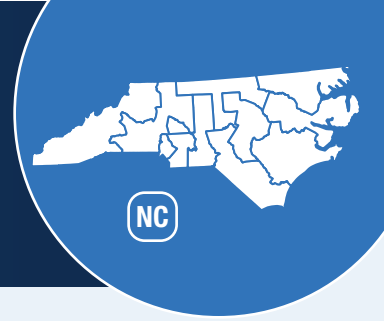
	Substate Region	Small Area Estimate	95% Confidence Interval	
			(Lower)	(Upper)
1	Alliance Health 1	11.8%	9.5%	14.5%
2	Alliance Health 2	10.7%	8.0%	14.0%
3	Partners Health Management	9.4%	7.3%	12.1%
4	Trillium Health Resources 1	10.2%	7.2%	14.2%
5	Trillium Health Resources 2	11.7%	8.7%	15.6%
6	Trillium Health Resources 3	11.6%	8.9%	14.9%
7	Trillium Health Resources 4	11.4%	8.3%	15.5%
8	Trillium Health Resources 5	10.1%	7.5%	13.4%
9	Vaya Health 1	11.6%	8.7%	15.3%
10	Vaya Health 2	9.2%	6.7%	12.4%

NC = North Carolina.

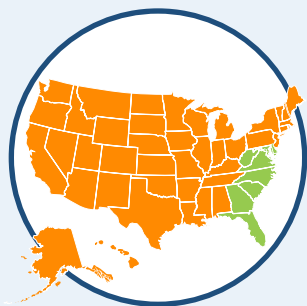
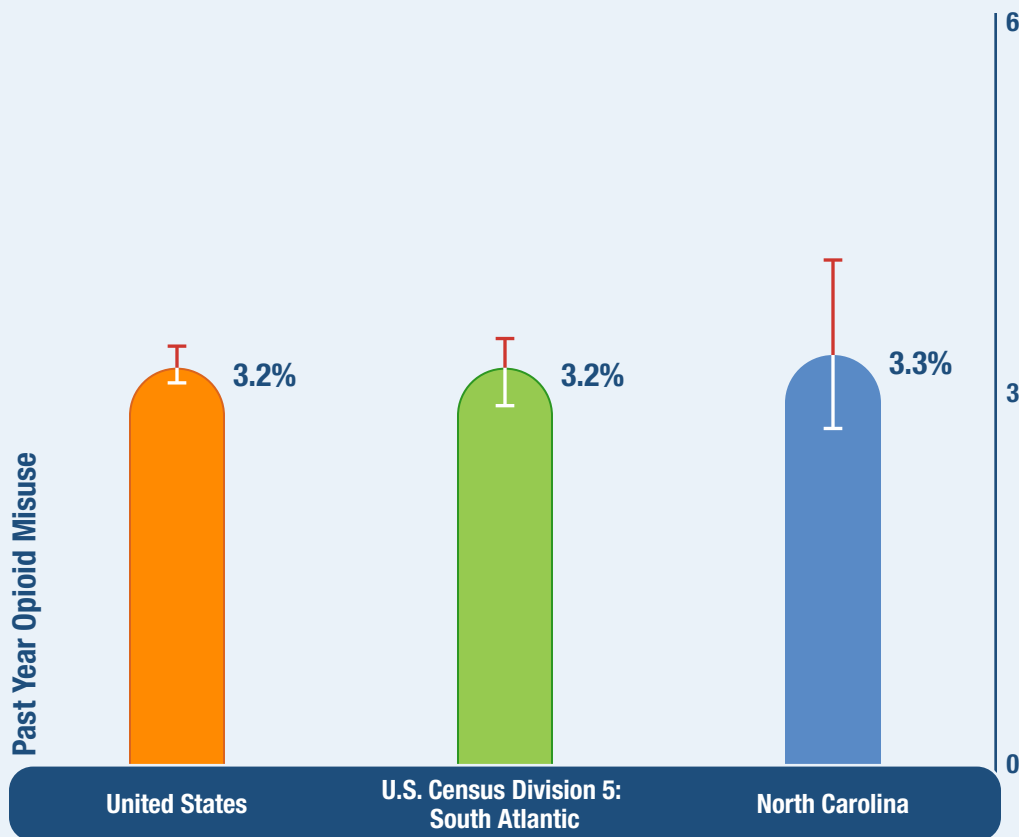
See Appendix A for definitions of North Carolina substate regions.

# Substance Use | Aged 12 or Older

## Opioid Misuse in the Past Year

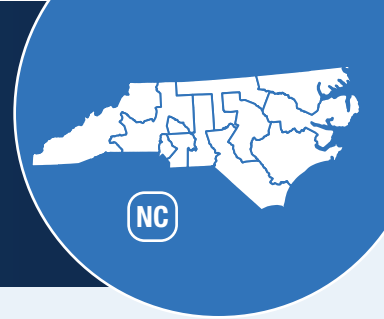


In 2021-2023, among people aged 12 or older in North Carolina, **3.3% misused opioids** in the past year. This estimate was **similar** to both the U.S. census division average (**3.2%**) and the national average (**3.2%**).

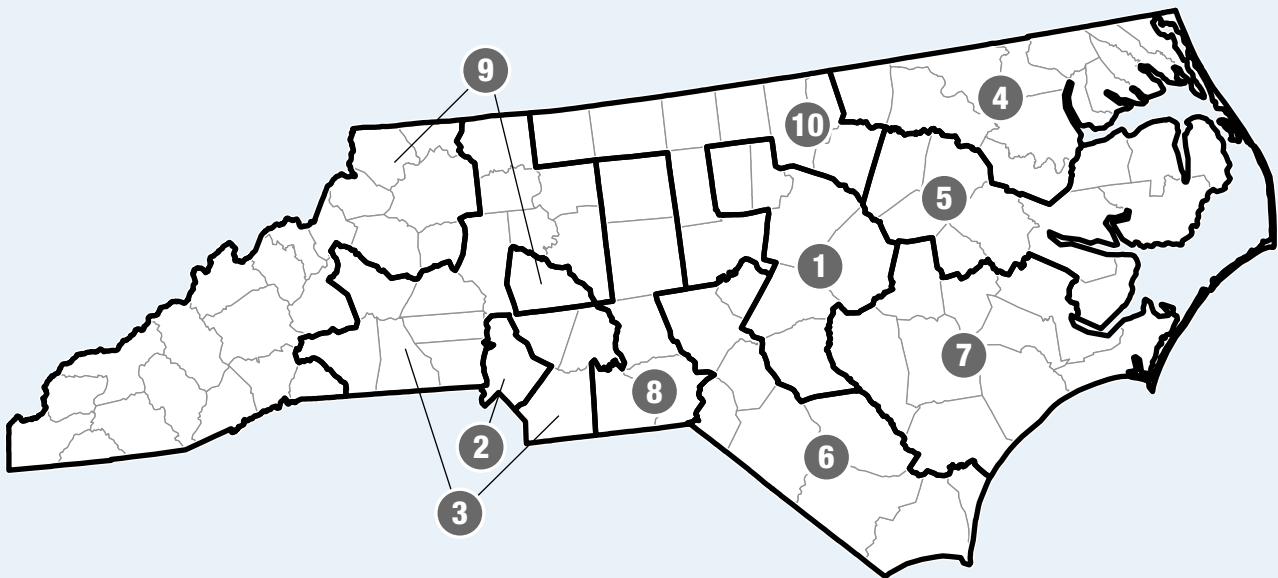


# Substance Use | Aged 12 or Older

## Opioid Misuse in the Past Year



In 2021-2023, compared with the **state** average (3.3%), the estimate for **opioid misuse** in the past year among people aged 12 or older was **similar** for every substate region in North Carolina.



### Substate Region Estimate and Statistical Significance

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- ⬅ Region estimate is significantly **lower** than state average

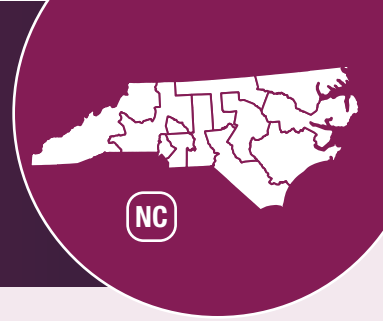
	Substate Region	Small Area Estimate	95% Confidence Interval	
			(Lower)	(Upper)
1	Alliance Health 1	3.1%	2.3%	4.2%
2	Alliance Health 2	3.3%	2.3%	4.7%
3	Partners Health Management	3.3%	2.4%	4.7%
4	Trillium Health Resources 1	3.5%	2.4%	5.1%
5	Trillium Health Resources 2	3.6%	2.6%	5.2%
6	Trillium Health Resources 3	3.4%	2.4%	4.8%
7	Trillium Health Resources 4	3.4%	2.3%	4.8%
8	Trillium Health Resources 5	3.3%	2.3%	4.8%
9	Vaya Health 1	3.4%	2.4%	4.8%
10	Vaya Health 2	3.6%	2.5%	5.1%

NC = North Carolina.

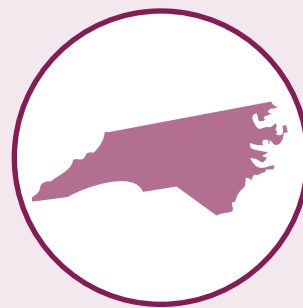
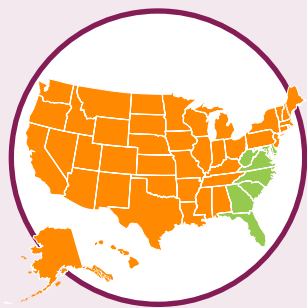
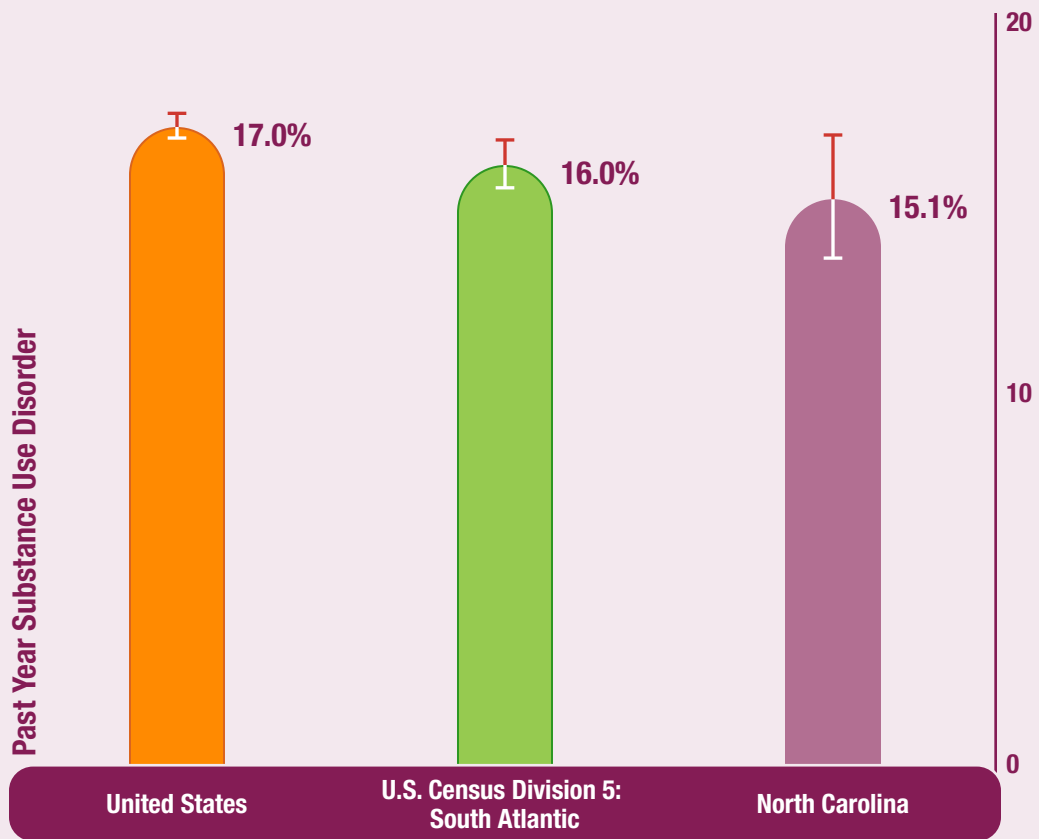
See Appendix A for definitions of North Carolina substate regions.

# Substance Use Disorders | Aged 12 or Older

## Substance Use Disorder in the Past Year

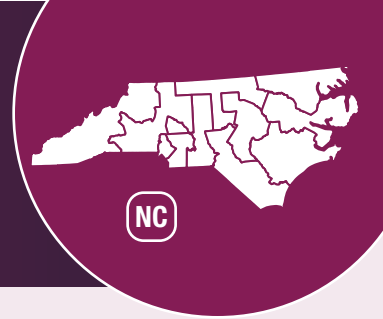


In 2021-2023, among people aged 12 or older in North Carolina, **15.1%** had a **substance use disorder** in the past year. This estimate was **similar** to the U.S. census division average (**16.0%**) but **lower** than the national average (**17.0%**).

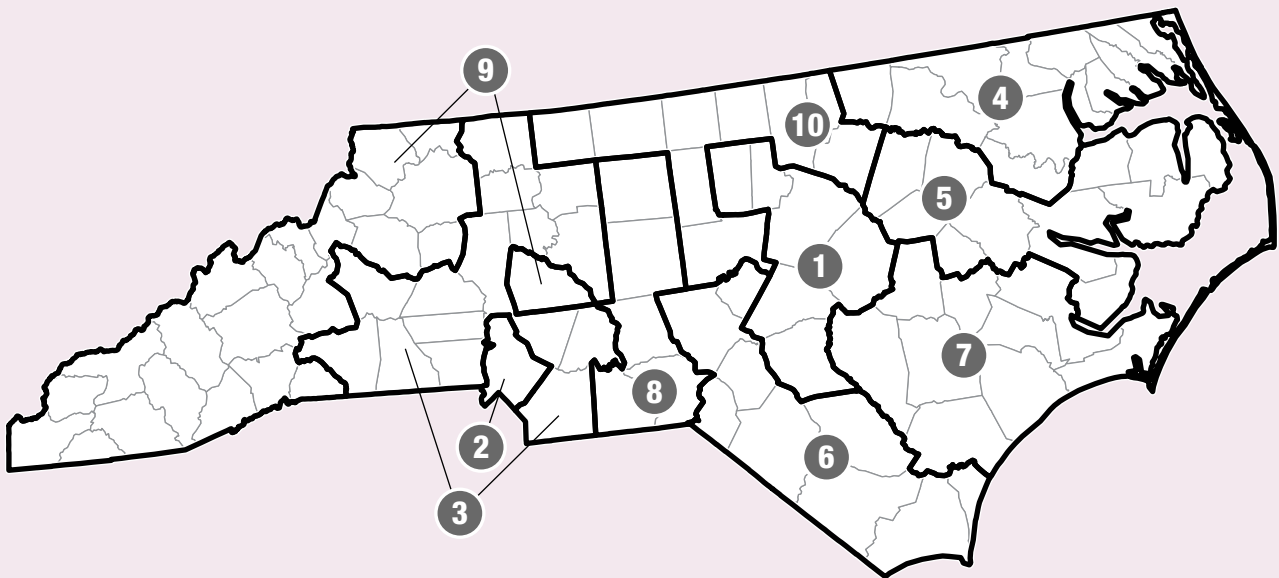


# Substance Use Disorders | Aged 12 or Older

## Substance Use Disorder in the Past Year



In 2021-2023, compared with the **state** average (15.1%), the estimate for **substance use disorder** in the past year among people aged 12 or older was **similar** for every substate region in North Carolina.



**Substate Region Estimate and Statistical Significance**

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- ⬅ Region estimate is significantly **lower** than state average

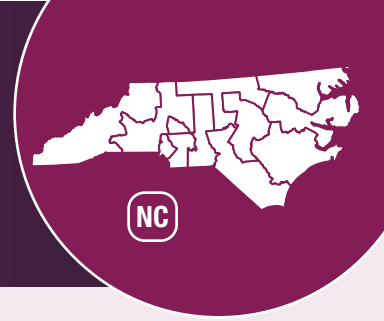
	Substate Region	Small Area Estimate	95% Confidence Interval	
			(Lower)	(Upper)
1	Alliance Health 1	16.0%	13.5%	18.9%
2	Alliance Health 2	14.2%	11.5%	17.5%
3	Partners Health Management	14.0%	11.4%	17.1%
4	Trillium Health Resources 1	14.1%	10.8%	18.1%
5	Trillium Health Resources 2	17.9%	14.2%	22.2%
6	Trillium Health Resources 3	15.4%	12.4%	19.1%
7	Trillium Health Resources 4	15.2%	12.0%	19.2%
8	Trillium Health Resources 5	14.1%	11.2%	17.5%
9	Vaya Health 1	15.3%	12.1%	19.2%
10	Vaya Health 2	15.3%	11.9%	19.4%

NC = North Carolina.

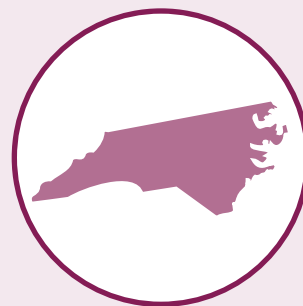
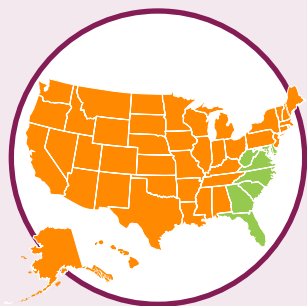
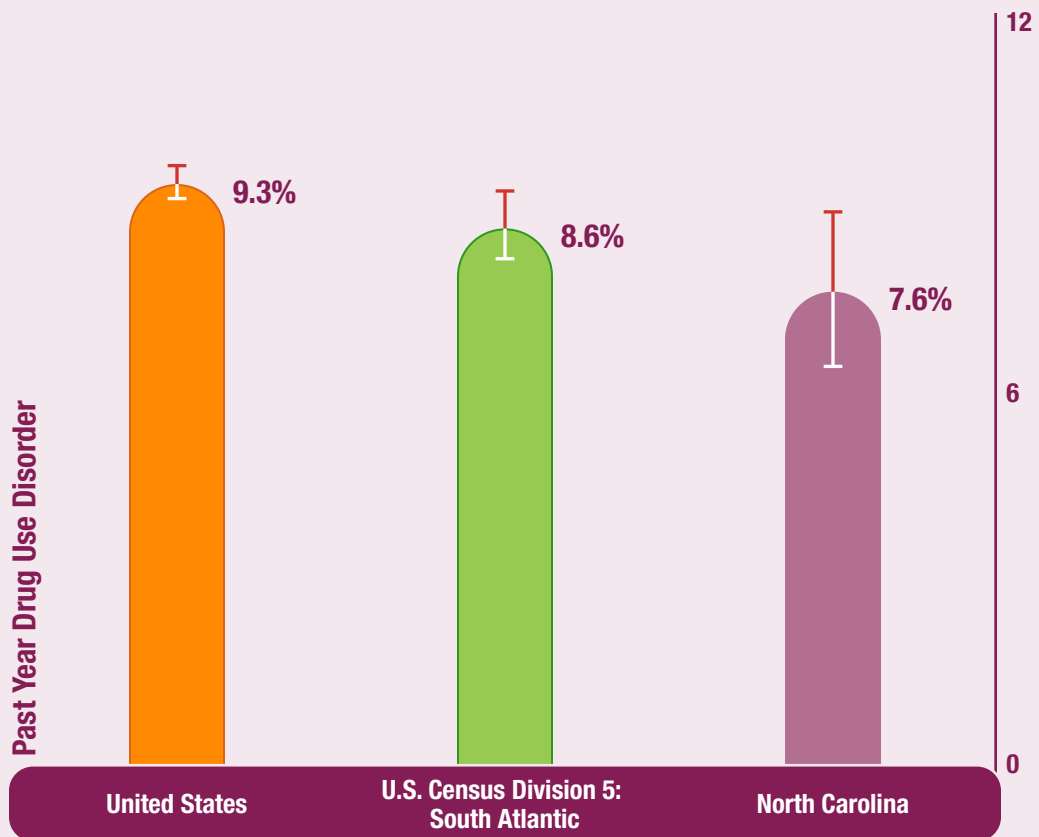
See Appendix A for definitions of North Carolina substate regions.

# Substance Use Disorders | Aged 12 or Older

## Drug Use Disorder in the Past Year

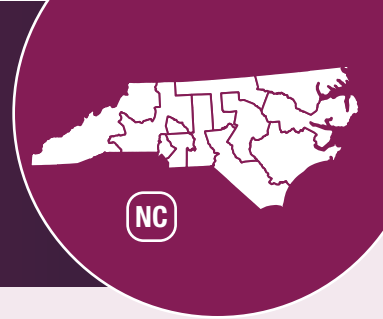


In 2021-2023, among people aged 12 or older in North Carolina, **7.6%** had a **drug use disorder** in the past year. This estimate was **similar** to the U.S. census division average (**8.6%**) but **lower** than the national average (**9.3%**).

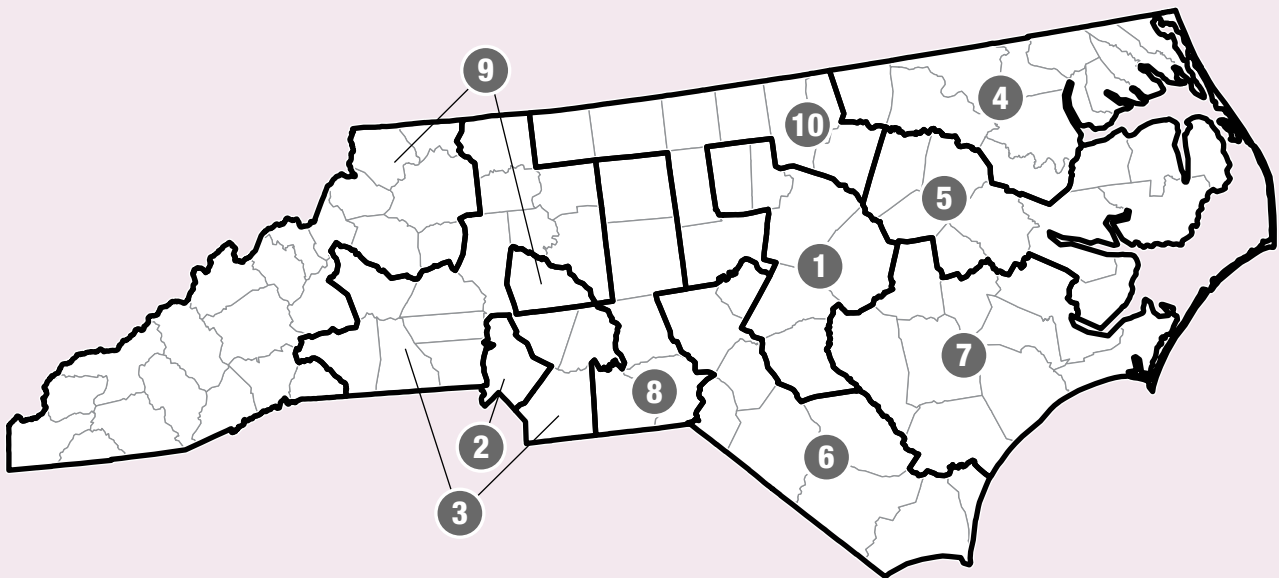


# Substance Use Disorders | Aged 12 or Older

## Drug Use Disorder in the Past Year



In 2021-2023, compared with the **state** average (7.6%), the estimate for **drug use disorder** in the past year among people aged 12 or older was **similar** for every substate region in North Carolina.



**Substate Region Estimate and Statistical Significance**

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- ⬅ Region estimate is significantly **lower** than state average

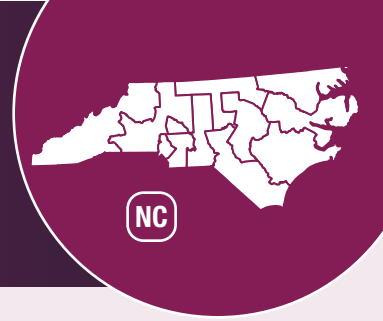
Substate Region	Small Area Estimate	95% Confidence Interval	
		(Lower)	(Upper)
1 <span style="color: gray;">⊖</span> Alliance Health 1	8.4%	6.5%	10.8%
2 <span style="color: gray;">⊖</span> Alliance Health 2	6.9%	4.9%	9.6%
3 <span style="color: gray;">⊖</span> Partners Health Management	6.7%	4.9%	9.0%
4 <span style="color: gray;">⊖</span> Trillium Health Resources 1	7.4%	5.0%	10.9%
5 <span style="color: gray;">⊖</span> Trillium Health Resources 2	8.7%	6.1%	12.1%
6 <span style="color: gray;">⊖</span> Trillium Health Resources 3	7.8%	5.7%	10.4%
7 <span style="color: gray;">⊖</span> Trillium Health Resources 4	8.0%	5.6%	11.4%
8 <span style="color: gray;">⊖</span> Trillium Health Resources 5	7.0%	5.0%	9.8%
9 <span style="color: gray;">⊖</span> Vaya Health 1	7.3%	5.2%	10.3%
10 <span style="color: gray;">⊖</span> Vaya Health 2	7.9%	5.6%	11.1%

NC = North Carolina.

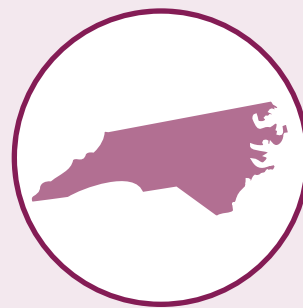
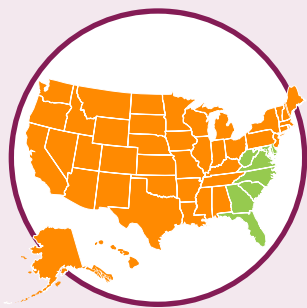
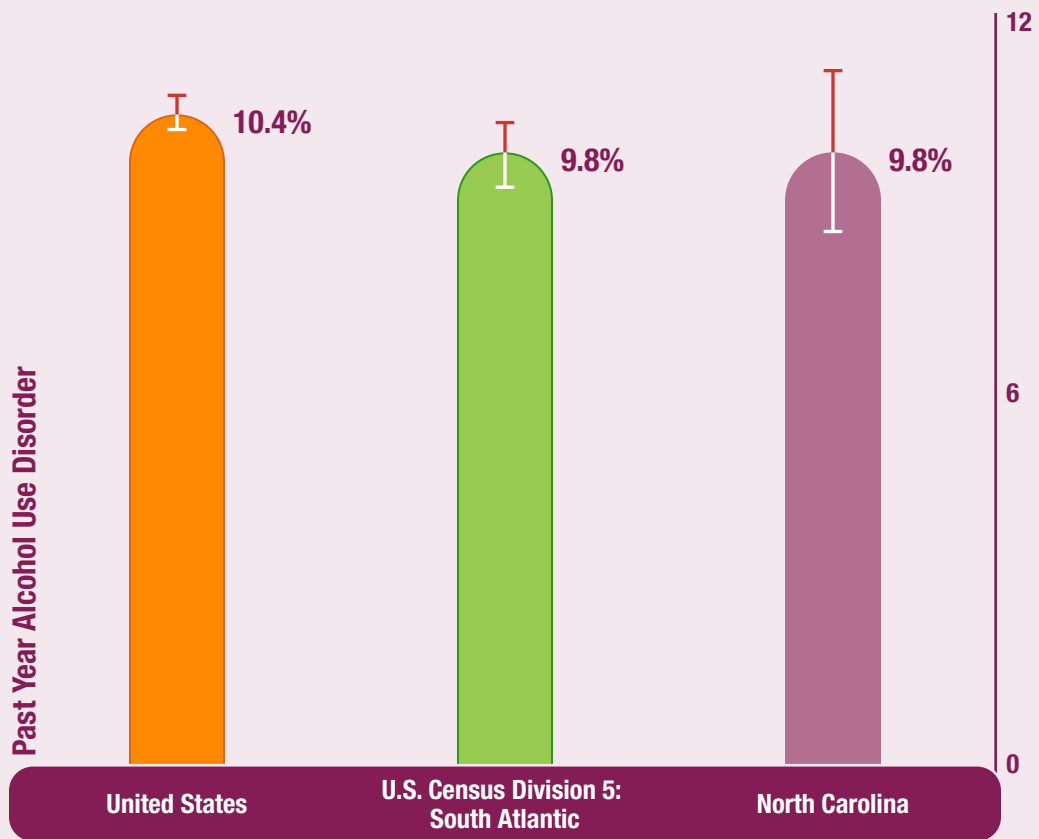
See Appendix A for definitions of North Carolina substate regions.

# Substance Use Disorders | Aged 12 or Older

## Alcohol Use Disorder in the Past Year

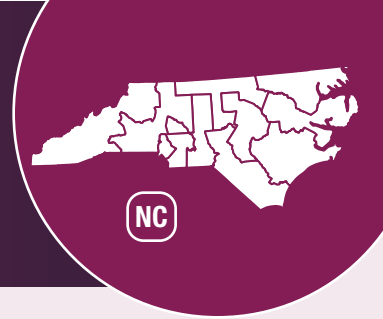


In 2021-2023, among people aged 12 or older in North Carolina, **9.8% had an alcohol use disorder** in the past year. This estimate was **similar** to both the U.S. census division average (**9.8%**) and the national average (**10.4%**).

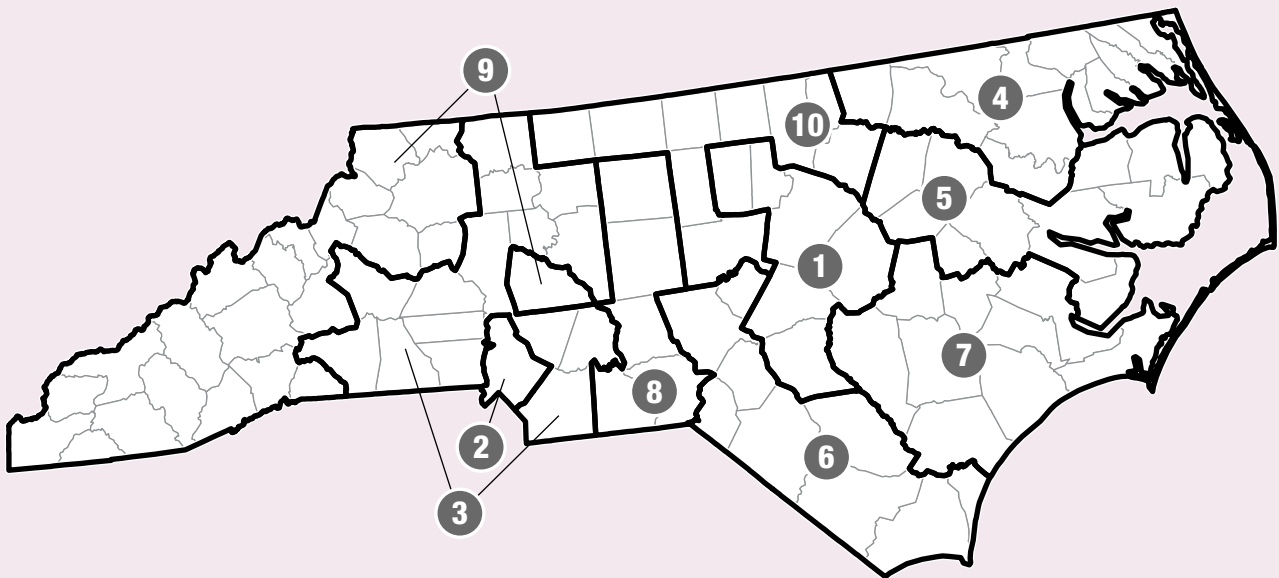


# Substance Use Disorders | Aged 12 or Older

## Alcohol Use Disorder in the Past Year



In 2021-2023, compared with the **state** average (9.8%), the estimate for **alcohol use disorder** in the past year among people aged 12 or older was **similar** for every substate region in North Carolina.



**Substate Region Estimate and Statistical Significance**

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- ⬅ Region estimate is significantly **lower** than state average

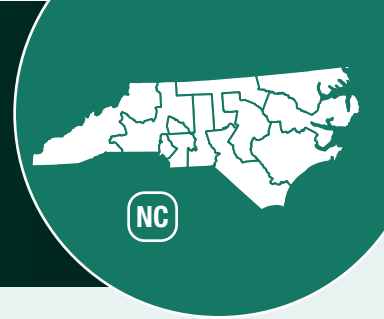
Substate Region	Small Area Estimate	95% Confidence Interval	
		(Lower)	(Upper)
1 <span style="color: gray;">⊖</span>	Alliance Health 1	10.8%	8.7% 13.3%
2 <span style="color: gray;">⊖</span>	Alliance Health 2	10.8%	8.3% 13.9%
3 <span style="color: gray;">⊖</span>	Partners Health Management	9.3%	7.1% 12.0%
4 <span style="color: gray;">⊖</span>	Trillium Health Resources 1	8.1%	5.7% 11.3%
5 <span style="color: gray;">⊖</span>	Trillium Health Resources 2	10.9%	8.1% 14.5%
6 <span style="color: gray;">⊖</span>	Trillium Health Resources 3	9.4%	7.1% 12.4%
7 <span style="color: gray;">⊖</span>	Trillium Health Resources 4	10.2%	7.5% 13.6%
8 <span style="color: gray;">⊖</span>	Trillium Health Resources 5	9.0%	6.7% 11.9%
9 <span style="color: gray;">⊖</span>	Vaya Health 1	8.2%	6.1% 11.0%
10 <span style="color: gray;">⊖</span>	Vaya Health 2	9.3%	6.7% 12.7%

NC = North Carolina.

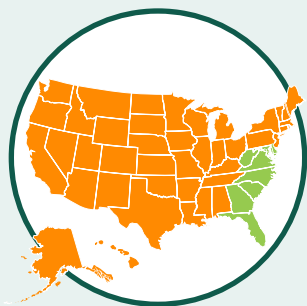
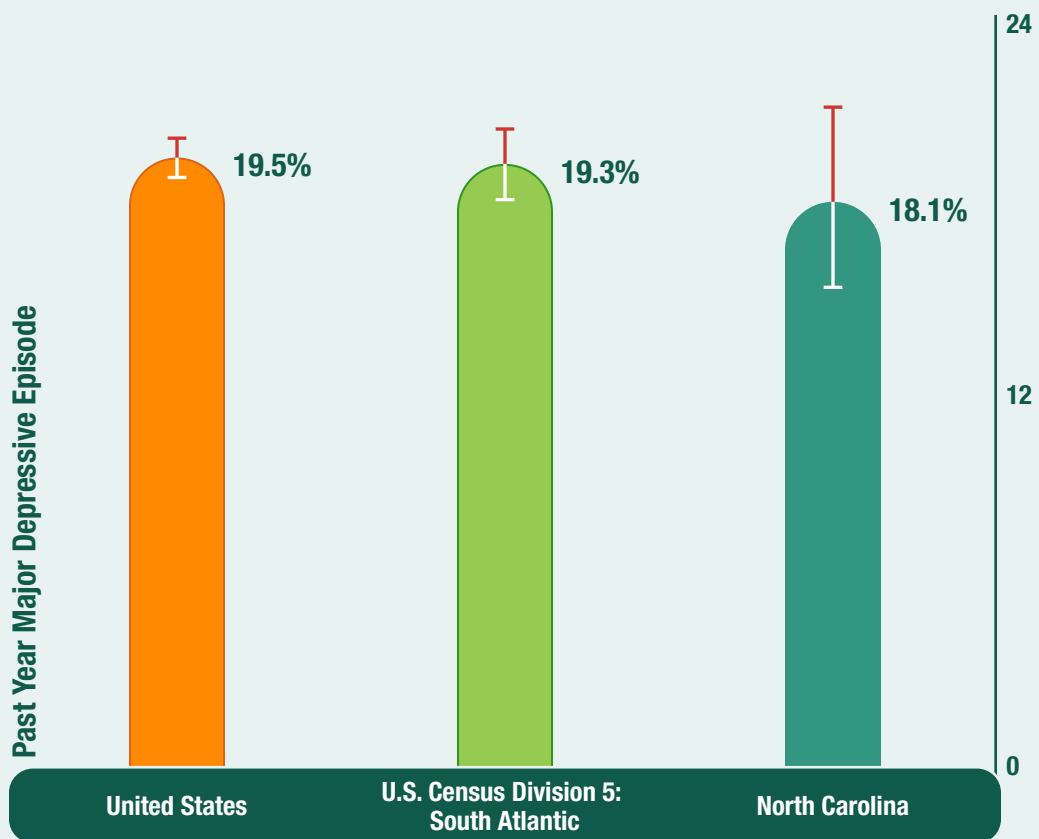
See Appendix A for definitions of North Carolina substate regions.

# Mental Health | Aged 12 to 17

## Major Depressive Episode in the Past Year

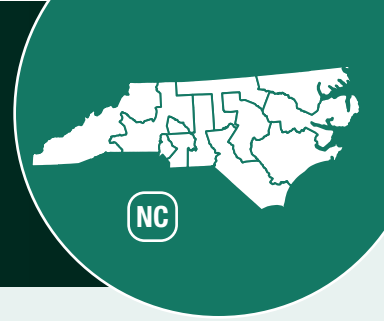


In 2021-2023, among adolescents aged 12 to 17 in North Carolina, **18.1% had at least one major depressive episode** in the past year. This estimate was **similar** to both the U.S. census division average (**19.3%**) and the national average (**19.5%**).

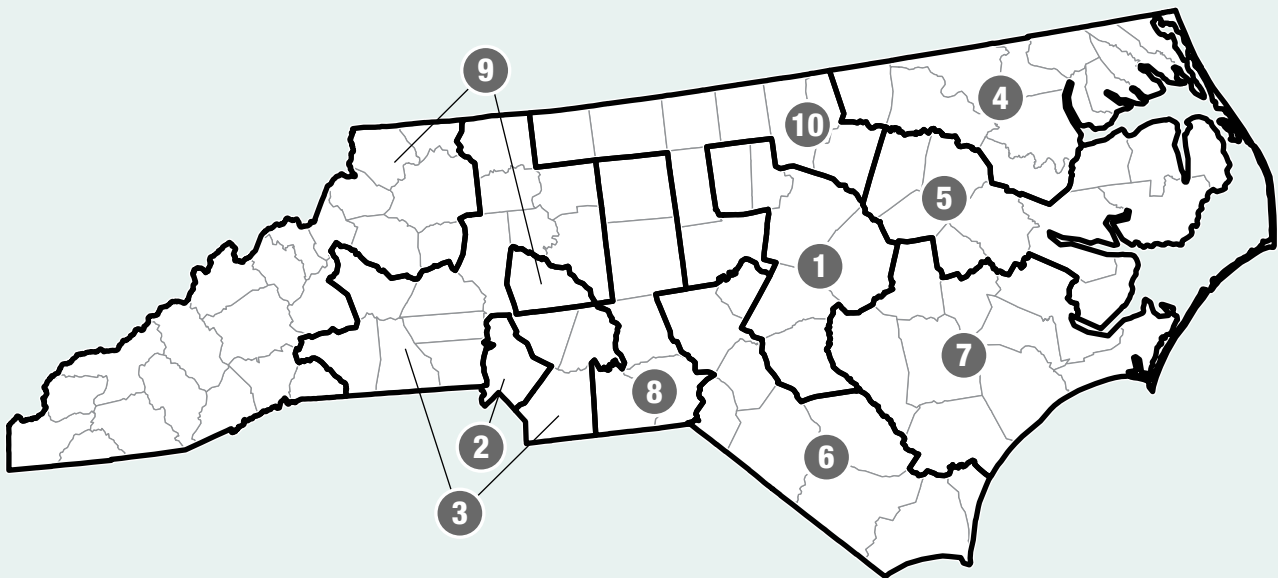


# Mental Health | Aged 12 to 17

## Major Depressive Episode in the Past Year



In 2021-2023, compared with the **state** average (18.1%), the estimate for **major depressive episode** in the past year among adolescents aged 12 to 17 was **similar** for every substate region in North Carolina.



### Substate Region Estimate and Statistical Significance

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- Region estimate is significantly **lower** than state average

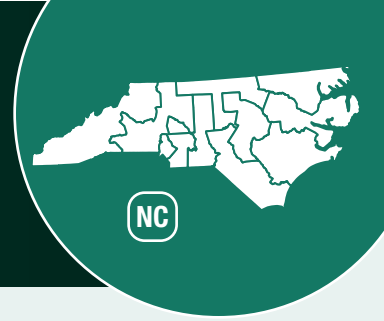
	Substate Region	Small Area Estimate	95% Confidence Interval	
			(Lower)	(Upper)
1	Alliance Health 1	17.5%	13.8%	22.0%
2	Alliance Health 2	18.5%	13.8%	24.4%
3	Partners Health Management	17.9%	13.5%	23.4%
4	Trillium Health Resources 1	17.6%	12.9%	23.6%
5	Trillium Health Resources 2	18.1%	13.5%	23.8%
6	Trillium Health Resources 3	18.1%	13.7%	23.4%
7	Trillium Health Resources 4	17.0%	12.6%	22.6%
8	Trillium Health Resources 5	18.2%	13.7%	23.7%
9	Vaya Health 1	19.2%	14.2%	25.4%
10	Vaya Health 2	19.5%	14.4%	25.9%

NC = North Carolina.

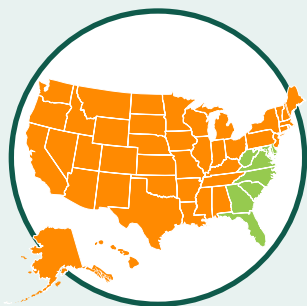
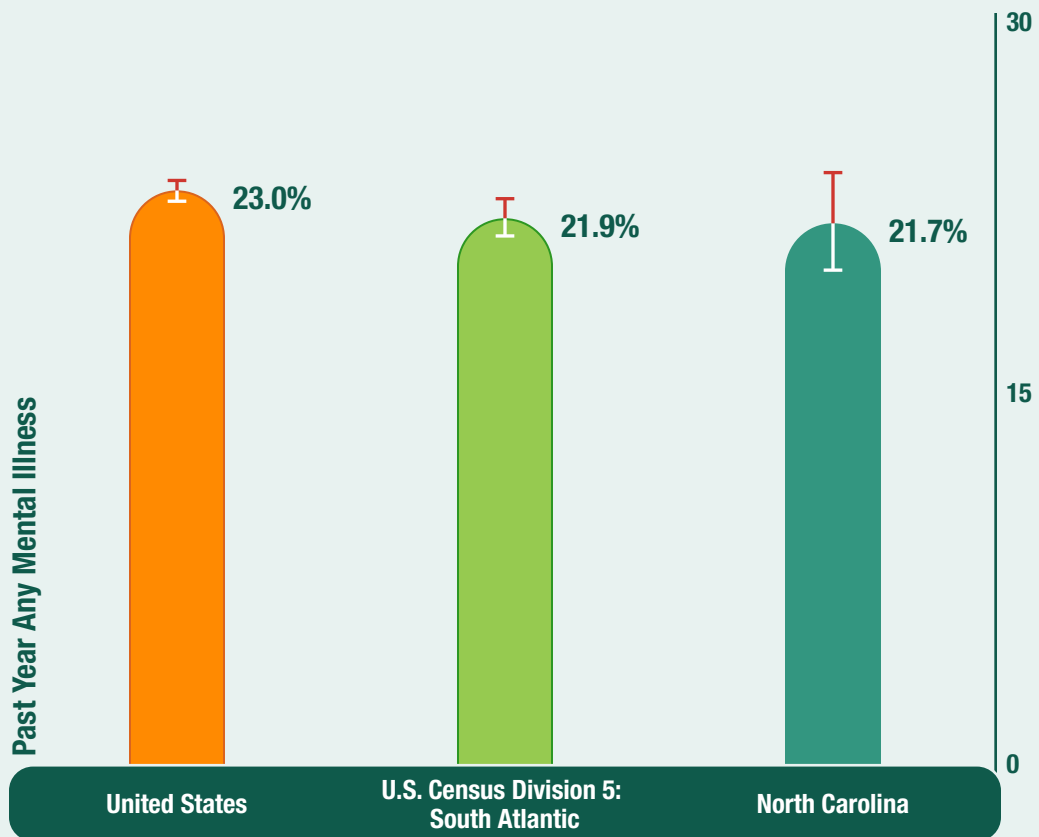
See Appendix A for definitions of North Carolina substate regions.

# Mental Health | Aged 18 or Older

## Any Mental Illness in the Past Year

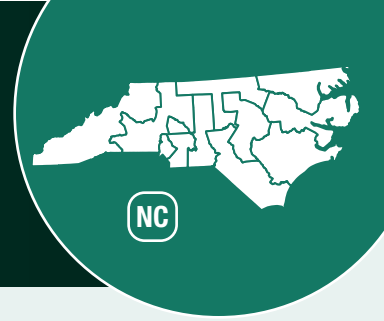


In 2021-2023, among adults aged 18 or older in North Carolina, **21.7% had any mental illness** in the past year. This estimate was **similar** to both the U.S. census division average (**21.9%**) and the national average (**23.0%**).

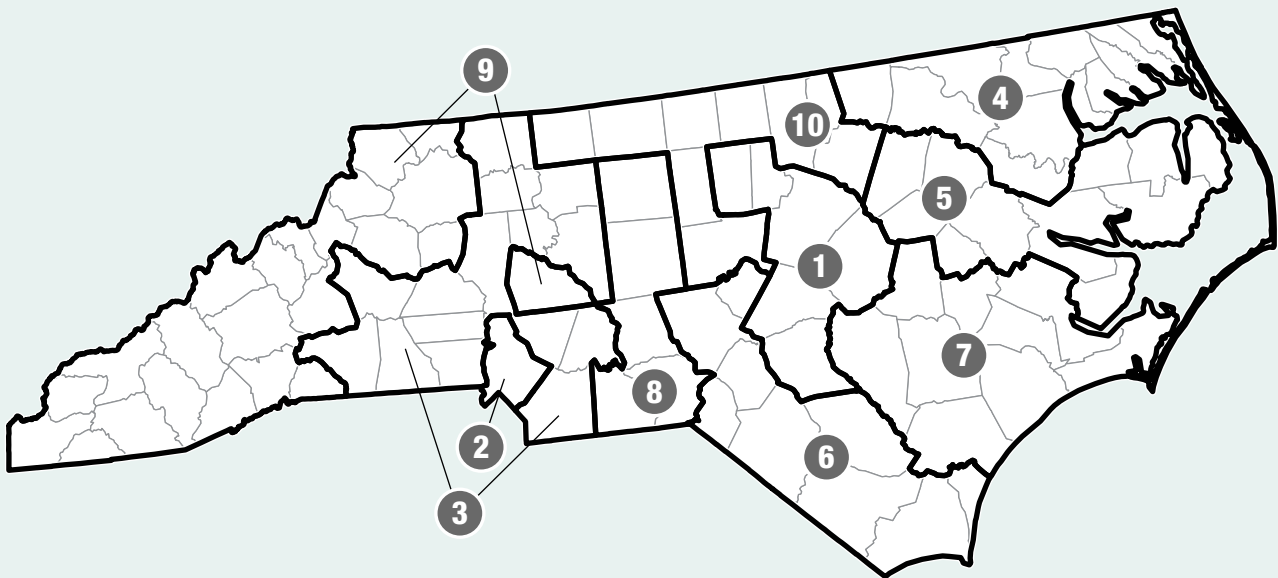


# Mental Health | Aged 18 or Older

## Any Mental Illness in the Past Year



In 2021-2023, compared with the **state** average (21.7%), the estimate for **any mental illness** in the past year among adults aged 18 or older was **similar** for every substate region in North Carolina.



### Substate Region Estimate and Statistical Significance

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- ⬅ Region estimate is significantly **lower** than state average

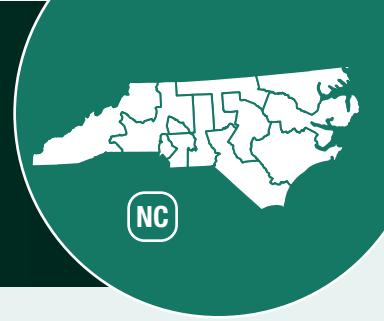
	Substate Region	Small Area Estimate	95% Confidence Interval	
			(Lower)	(Upper)
1	Alliance Health 1	23.2%	20.2%	26.6%
2	Alliance Health 2	20.6%	17.1%	24.5%
3	Partners Health Management	21.8%	18.4%	25.5%
4	Trillium Health Resources 1	20.8%	16.6%	25.8%
5	Trillium Health Resources 2	20.6%	16.8%	25.1%
6	Trillium Health Resources 3	20.1%	16.5%	24.2%
7	Trillium Health Resources 4	20.4%	16.6%	24.8%
8	Trillium Health Resources 5	22.3%	18.4%	26.7%
9	Vaya Health 1	22.1%	18.3%	26.5%
10	Vaya Health 2	21.8%	17.8%	26.5%

NC = North Carolina.

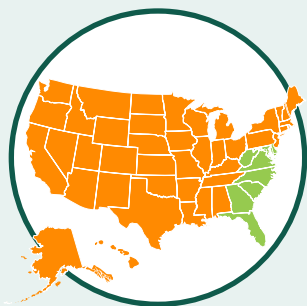
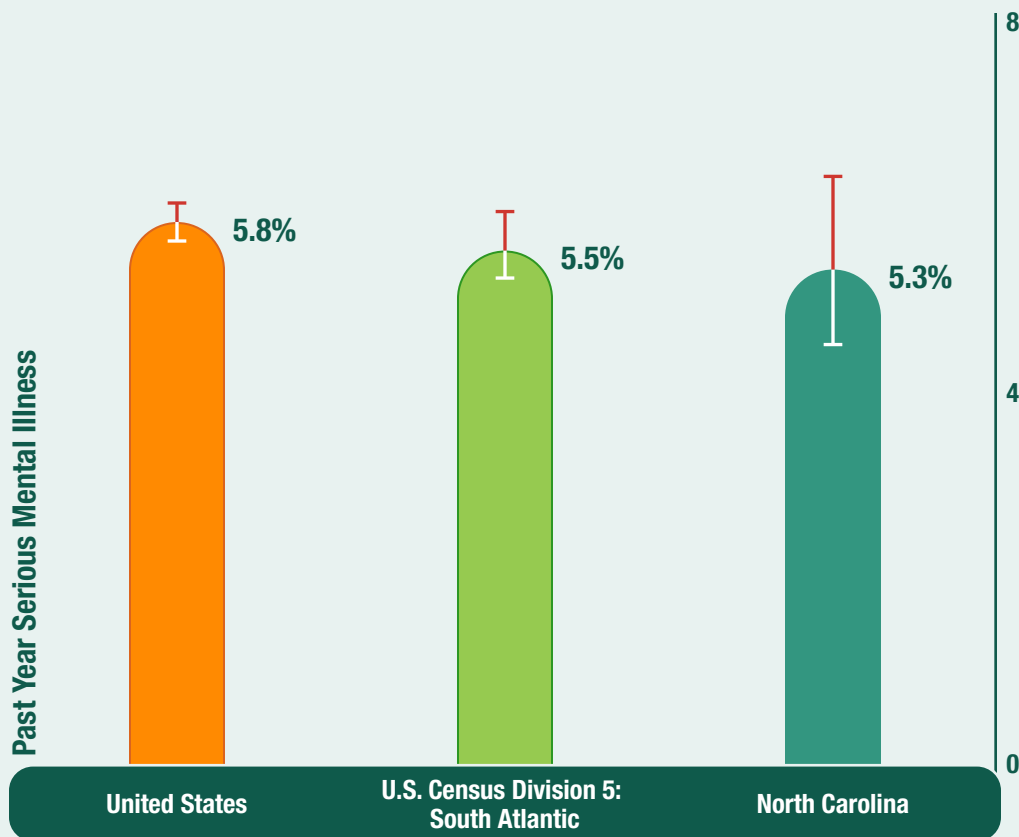
See Appendix A for definitions of North Carolina substate regions.

# Mental Health | Aged 18 or Older

## Serious Mental Illness in the Past Year

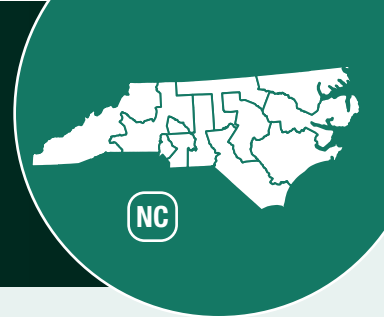


In 2021-2023, among adults aged 18 or older in North Carolina, **5.3% had serious mental illness** in the past year. This estimate was **similar** to both the U.S. census division average (**5.5%**) and the national average (**5.8%**).

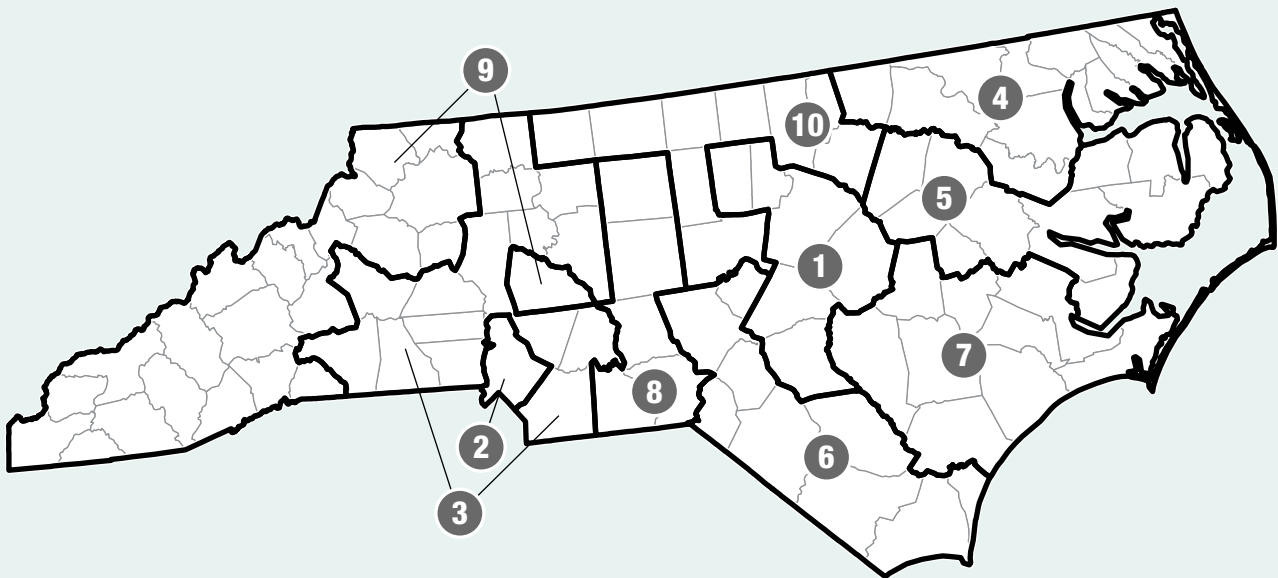


# Mental Health | Aged 18 or Older

## Serious Mental Illness in the Past Year



In 2021-2023, compared with the **state** average (5.3%), the estimate for **serious mental illness** in the past year among adults aged 18 or older was **similar** for every substate region in North Carolina.



### Substate Region Estimate and Statistical Significance

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- ⬅ Region estimate is significantly **lower** than state average

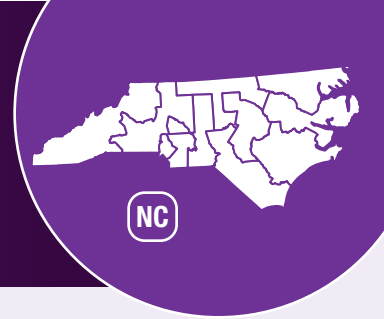
	Substate Region	Small Area Estimate	95% Confidence Interval	
			(Lower)	(Upper)
1	Alliance Health 1	5.8%	4.5%	7.4%
2	Alliance Health 2	4.7%	3.4%	6.3%
3	Partners Health Management	4.9%	3.7%	6.4%
4	Trillium Health Resources 1	4.9%	3.5%	6.8%
5	Trillium Health Resources 2	5.0%	3.7%	6.8%
6	Trillium Health Resources 3	5.6%	4.2%	7.4%
7	Trillium Health Resources 4	5.5%	4.0%	7.4%
8	Trillium Health Resources 5	5.3%	3.9%	7.2%
9	Vaya Health 1	5.8%	4.3%	7.8%
10	Vaya Health 2	5.3%	3.9%	7.3%

NC = North Carolina.

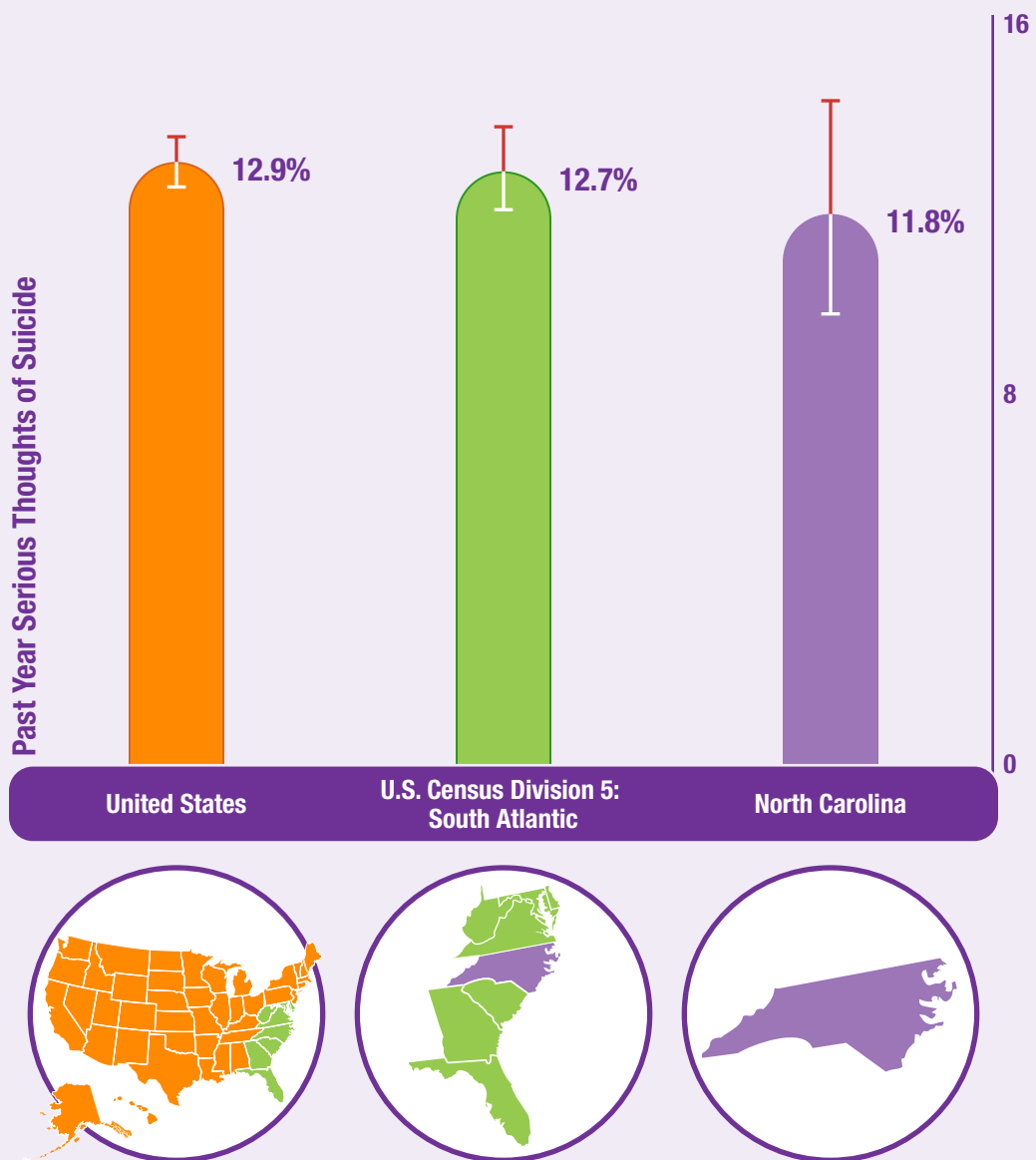
See Appendix A for definitions of North Carolina substate regions.

# Suicidal Thoughts and Behaviors | Aged 12 to 17

## Serious Thoughts of Suicide in the Past Year



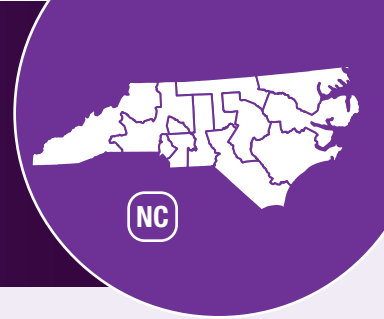
In 2021-2023, among adolescents aged 12 to 17 in North Carolina, **11.8% had serious thoughts of suicide** in the past year. This estimate was **similar** to both the U.S. census division average (**12.7%**) and the national average (**12.9%**).



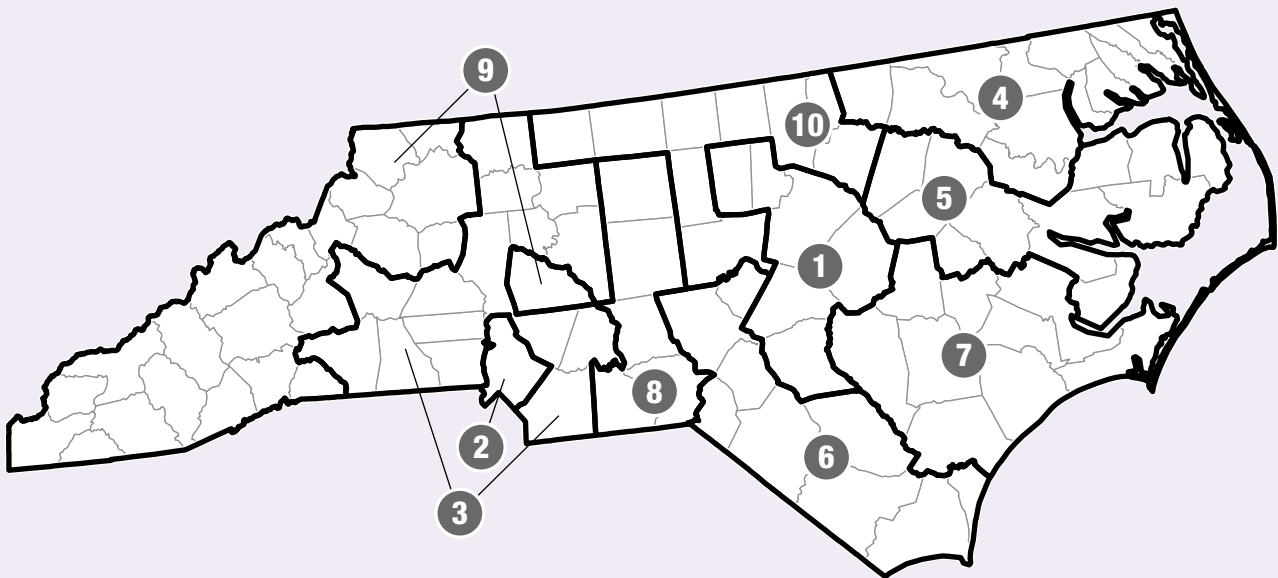
U.S. Census Division 5: South Atlantic = Delaware, District of Columbia, Florida, Georgia, Maryland, North Carolina, South Carolina, Virginia, and West Virginia; NC = North Carolina.

# Suicidal Thoughts and Behaviors | Aged 12 to 17

## Serious Thoughts of Suicide in the Past Year



In 2021-2023, compared with the **state** average (11.8%), the estimate for **serious thoughts of suicide** in the past year among adolescents aged 12 to 17 was **similar** for every substate region in North Carolina.



**Substate Region Estimate and Statistical Significance**

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- ⬅ Region estimate is significantly **lower** than state average

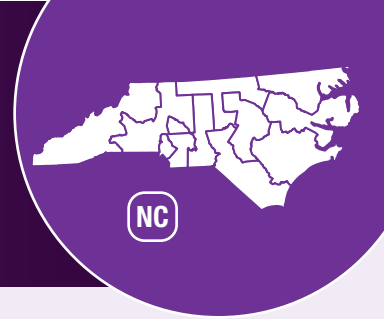
	Substate Region	Small Area Estimate	95% Confidence Interval	
			(Lower)	(Upper)
1	Alliance Health 1	11.5%	8.7%	15.2%
2	Alliance Health 2	12.2%	9.0%	16.3%
3	Partners Health Management	11.7%	8.7%	15.5%
4	Trillium Health Resources 1	12.1%	8.8%	16.3%
5	Trillium Health Resources 2	11.0%	8.1%	14.8%
6	Trillium Health Resources 3	11.5%	8.6%	15.2%
7	Trillium Health Resources 4	10.9%	8.0%	14.6%
8	Trillium Health Resources 5	12.0%	8.9%	16.0%
9	Vaya Health 1	12.4%	9.1%	16.6%
10	Vaya Health 2	12.5%	9.2%	16.7%

NC = North Carolina.

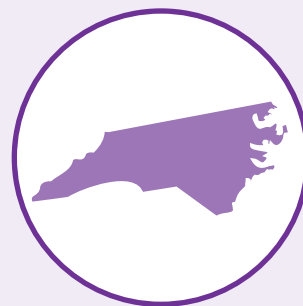
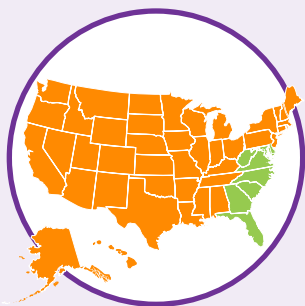
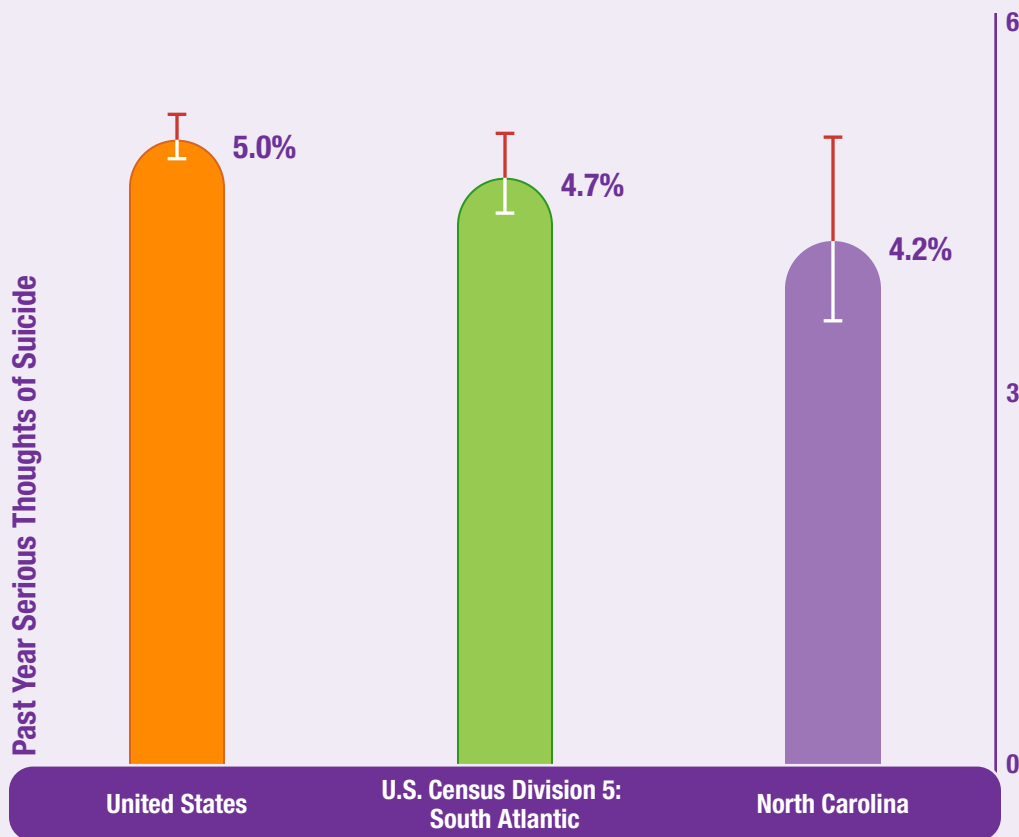
See Appendix A for definitions of North Carolina substate regions.

# Suicidal Thoughts and Behaviors | Aged 18 or Older

## Serious Thoughts of Suicide in the Past Year

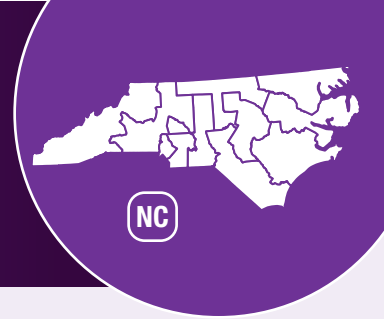


In 2021-2023, among adults aged 18 or older in North Carolina, **4.2%** had **serious thoughts of suicide** in the past year. This estimate was **similar** to the U.S. census division average (**4.7%**) but **lower** than the national average (**5.0%**).

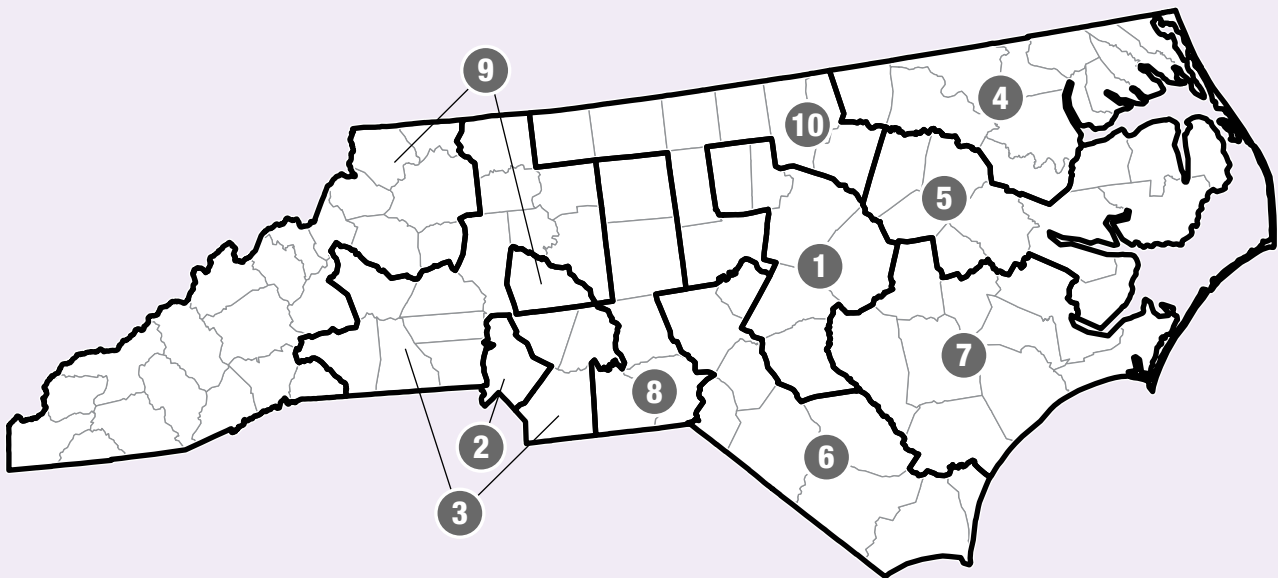


# Suicidal Thoughts and Behaviors | Aged 18 or Older

## Serious Thoughts of Suicide in the Past Year



In 2021-2023, compared with the **state** average (4.2%), the estimate for **serious thoughts of suicide** in the past year among adults aged 18 or older was **similar** for every substate region in North Carolina.



**Substate Region Estimate and Statistical Significance**

- Region estimate is significantly **higher** than state average
- ⊖ Region estimate is **similar** to state average
- ⬅ Region estimate is significantly **lower** than state average

Substate Region	Small Area Estimate	95% Confidence Interval		
		(Lower)	(Upper)	
1 <span style="color: gray;">⊖</span>	Alliance Health 1	4.5%	3.5%	5.8%
2 <span style="color: gray;">⊖</span>	Alliance Health 2	4.1%	3.1%	5.5%
3 <span style="color: gray;">⊖</span>	Partners Health Management	4.1%	3.1%	5.4%
4 <span style="color: gray;">⊖</span>	Trillium Health Resources 1	4.1%	3.0%	5.5%
5 <span style="color: gray;">⊖</span>	Trillium Health Resources 2	4.2%	3.2%	5.7%
6 <span style="color: gray;">⊖</span>	Trillium Health Resources 3	4.0%	3.0%	5.3%
7 <span style="color: gray;">⊖</span>	Trillium Health Resources 4	4.3%	3.2%	5.8%
8 <span style="color: gray;">⊖</span>	Trillium Health Resources 5	4.2%	3.1%	5.6%
9 <span style="color: gray;">⊖</span>	Vaya Health 1	4.2%	3.2%	5.7%
10 <span style="color: gray;">⊖</span>	Vaya Health 2	4.1%	3.0%	5.5%

NC = North Carolina.

See Appendix A for definitions of North Carolina substate regions.

# Endnotes

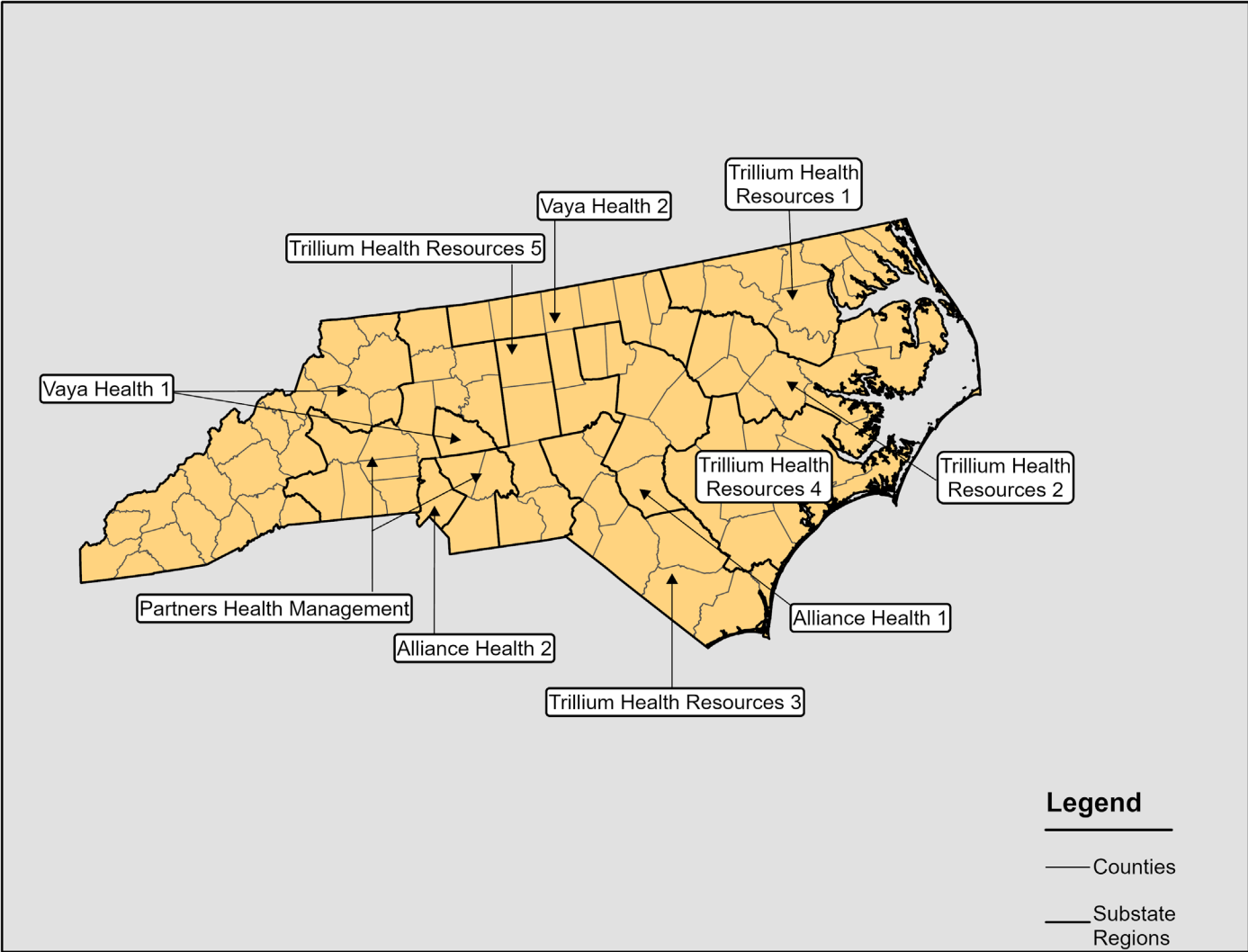
1. Center for Behavioral Health Statistics and Quality. (2025). *2021-2023 NSDUH: Guide to substate tables and summary of small area estimation methodology*. <https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health/national-releases>
2. Center for Behavioral Health Statistics and Quality. (2025). *2021-2023 NSDUH: Guide to comparison of population percentages across geographies*. <https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health/national-releases>
3. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596> 
4. American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders* (4th ed.).
5. 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/data-we-collect/nsduh-national-survey-drug-use-and-health/methodology/2023>

# Acknowledgments

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# Appendix A. Substate Region Definitions

Figure 1. NORTH CAROLINA – Substate Regions (defined in terms of counties)



# Appendix A. Substate Region Definitions

**Table 1. NORTH CAROLINA – 2021-2023 National Surveys on Drug Use and Health Substate Region Definitions (defined in terms of counties)**

The substate regions defined here were provided by the North Carolina Division of Mental Health, Developmental Disabilities, and Substance Abuse Services, Department of Health and Human Services, and are defined in terms of the state’s 100 counties (as defined from the 2010 decennial census).						
<b>Alliance Health 1</b>	<b>Alliance Health 2</b>	<b>Partners Health Management</b>		<b>Trillium Health Resources 1</b>		<b>Trillium Health Resources 2</b>
Cumberland Durham Harnett Johnston Orange Wake	Mecklenburg	Burke Cabarrus Catawba Cleveland Davidson Davie Forsyth Gaston	Iredell Lincoln Rutherford Stanly Surry Union Yadkin	Bertie Camden Chowan Currituck Gates Halifax Hertford Martin Northampton Pasquotank Perquimans Warren		Beaufort Dare Edgecombe Greene Hyde Nash Pamlico Pitt Tyrrell Washington Wilson
<b>Trillium Health Resources 3</b>	<b>Trillium Health Resources 4</b>	<b>Trillium Health Resources 5</b>	<b>Vaya Health 1</b>			<b>Vaya Health 2</b>
Bladen Brunswick Columbus Hoke Lee Moore New Hanover Robeson Scotland	Carteret Craven Duplin Jones Lenoir Onslow Pender Sampson Wayne	Anson Guilford Montgomery Randolph Richmond	Alexander Alleghany Ashe Avery Buncombe Caldwell Cherokee Clay	Graham Haywood Henderson Jackson Macon Madison McDowell Mitchell	Polk Rowan Swain Transylvania Watauga Wilkes Yancey	Alamance Caswell Chatham Franklin Granville Person Rockingham Stokes Vance

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