



State Level Data National Survey on Drug Use and Health

2018 - 2019

February 2021

National Survey on Drug Use and Health (NSDUH)

- Comprehensive household interview survey of substance use, substance use disorders, mental health, and the receipt of treatment services for these disorders
- Collected face-to-face by field interviewers who read less sensitive questions to respondents and transition respondents to audio computer assisted self-interviewing for sensitive items
- NSDUH covers the civilian, noninstitutionalized population, aged 12 or older:
 - Includes: Households, college dorms, homeless in shelters, civilians on military bases
 - Excludes: Active military, long-term hospital residents, prison populations, homeless not in shelters
- Sample includes all 50 states and DC
- Approximately 67,500 persons are interviewed annually
- Data collected from January to December

What is NSDUH?

- Conducted by Substance Abuse and Mental Health Services Administration (SAMHSA) - states do NOT have the ability to add or change questions
- Data summarized for the US, States, and Substate Areas
- Methodology is described [here](#) – it is complex and survey data are adjusted in many ways prior to reporting
- Probability sampling methods are used
- Reported numbers are estimates and sampling errors are included in the data tables
- Participants are given \$30 for participating in the study
- NSDUH underwent a partial redesign in 2015 resulting in broken trends

Sample Size and age distribution for NSDUH

Number of interviews per state

State	Target Number of Completed Interviews, 2013	Target Number of Completed Interviews per Year, 2014 to 2022
California	3,600	4,560
Florida	3,600	3,300
New York	3,600	3,300
Texas	3,600	3,300
Illinois	3,600	2,400
Michigan	3,600	2,400
Ohio	3,600	2,400
Pennsylvania	3,600	2,400
Georgia	900	1,500
New Jersey	900	1,500
North Carolina	900	1,500
Virginia	900	1,500
Hawaii	900	967
Remaining States, Each	900	960

Sample Age Distribution

Age Group	2013	2014-2022
12-17	33%	25%
18-25	33%	25%
26+	33%	50%
26-34	9%	15%
35-49	13%	20%
50+	11%	15%

Source: [NSDUH Methodology](#)

Sources

There is an on-line tool with the measures [here](#). This allows selection by measure, state, and age group.

SAMHSA Maps – these show state level rates for more measures and age groups than included in this presentation.

- [2018/2019](#)
- [2017/2018](#)
- [2016/2017](#)
- [2015/2016](#)
- [2014/2015](#)
- [2013/2014](#)

Sources

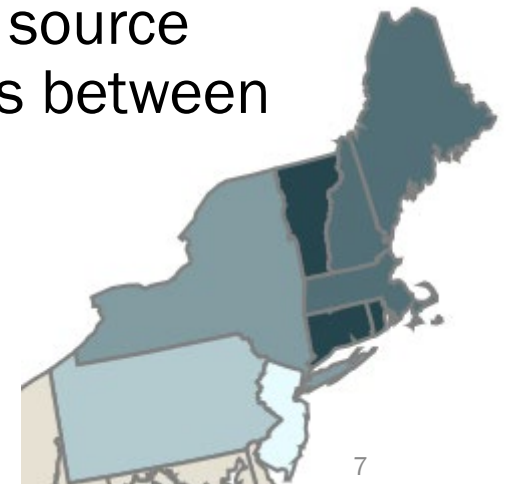
Statistical significance data:

- [Change from 2017/18 to 2018/19](#)
- [Change from 2016/17 to 2017/18](#)
- [Change from 2015/16 to 2016/17](#)
- [Change from 2014/15 to 2015/16](#)
- [Change from 2013/14 to 2014/15](#)
- [Change from 2012/13 to 2013/14](#)
- [Change from 2011/12 to 2012/13](#)
- [Change from 2010/11 to 2011/12](#)
- [Change from 2009/10 to 2010/11](#)

Significance for earlier years is not readily available

General Notes

- When the trend data isn't available for the full period 2010/11 forward it means either the data aren't available (heroin, methamphetamine) or the question changed and is no longer comparable (pain reliever misuse, binge drinking, risk of smoking marijuana, illicit drug use disorder, substance use disorder)
- When the data label is **Red** and bold, it means there is a statistically different change that is undesirable. When it is **Green** and bold, it is a desirable change. The change may be at the 0.05 or 0.10 level. Refer to the source data if that information is needed. Significance prior to the changes between 2009/2010 and 2010/11 are not readily available.
- Northeast states include: CT, ME, MA, NH, NJ, NY, PA, RI, and VT



Summary data

Takeaways – There was more good news than bad news in the 2018/2019 Vermont NSDUH results, especially for people age 18-25

- **Good news:** Measures with significant improvement between 2017/18 and 2018/19 were:
 - Past month illicit drug use other than marijuana by people age 18-25
 - Past year cocaine use in year by people age 18-25
 - Past year pain reliever misuse by people age 18-25
 - Past month tobacco use by people age 12+, 18+, and 18-25
 - Past month cigarette use by people age 12+, 18+, and 18-25
 - Past year alcohol use disorder in people age 18-25
 - Past year substance use disorder in the past year in people age 18-25
- **Bad news:**
 - Perception of great risk from having five or more drinks of an alcohol beverage once or twice a week for people age 12+ and 18+ worsened significantly between 2017/18 and 2018/19
 - Vermont has the highest past month use of marijuana in the nation for all age groups except 26+.

Takeaways – Vermont compared to the US and Northeast 2018/2019

Measure	Compared to the Northeast, Vermont is:	Compared to the US, Vermont is:
Past month alcohol use age 12+	Higher	Higher
Past month binge alcohol use age 12+	Same	Same
Past month marijuana use age 12+	Higher	Higher
Perceived great risk from smoking marijuana once a month age 12+	Lower	Lower
Trying marijuana for the first time age 12+	Higher	Higher
Past year cocaine use age 12+	Same	Higher
Past year methamphetamine use age 12+	Same	Same
Past year heroin use age 12+	Same	Same
Past year pain reliever misuse age 12+	Same	Same

Bold **red** or **green** label indicates a significant difference

Takeaways – Vermont compared to the US and Northeast 2018/2019

Measure	Compared to the Northeast, Vermont is:	Compared to the US, Vermont is:
Past month tobacco use age 12+	Higher	Same
Past month cigarette use age 12+	Same	Same
Alcohol use disorder in the past year age 12+	Same	Higher
Any substance use disorder in the past year age 12+	Higher	Higher
Any illicit drug use disorder in the past year age 12+	Same	Higher

Bold **red** or **green** label indicates a significant difference

US – general information

Epidemiology of Substance Use – United States

In 2019 19.3 million people aged 18+ had a substance use disorder (NSDUH)

For comparison

- 34.2 million people have diabetes (CDC, 2020)
- 16 million have COPD (CDC, 2018)
- 1.8 million estimated new cases of cancer in 2020 (NIH, 2020)

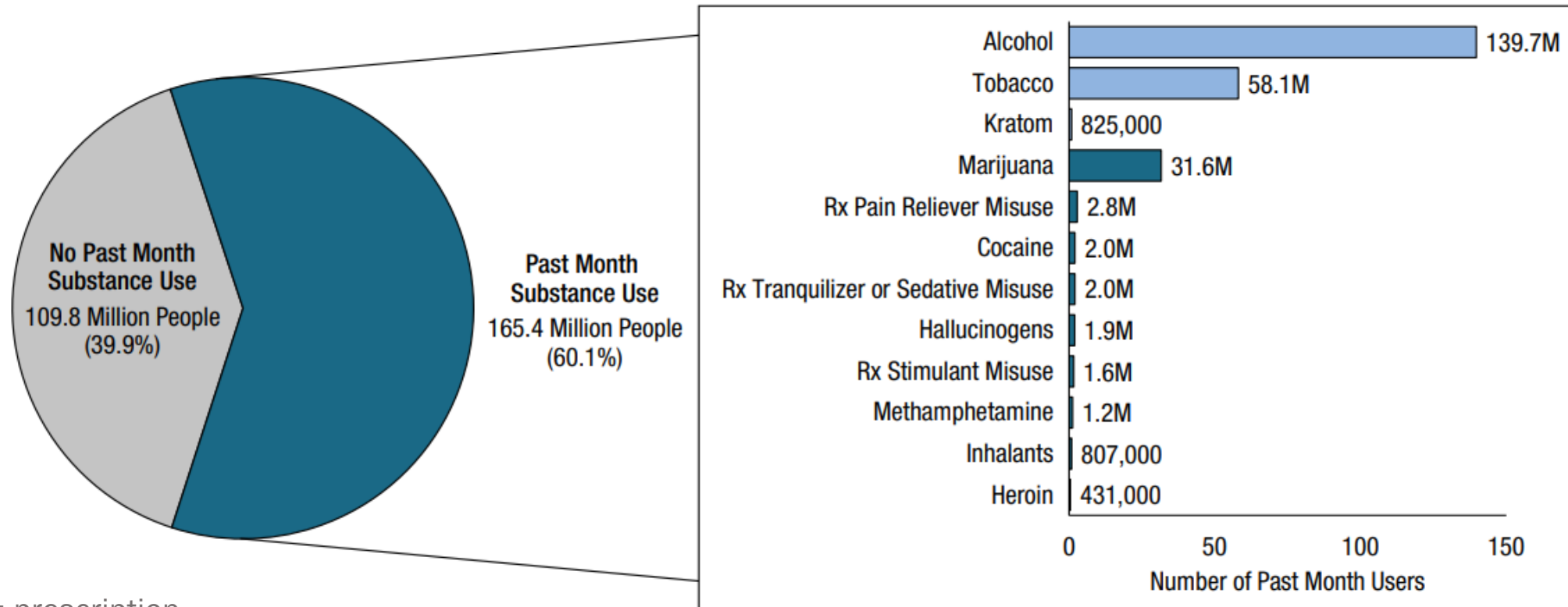
10.1 million report misusing opioids (NSDUH, 2019)

- 9.7 million reporting misusing prescription pain relievers only
- 745,000 report using heroin
- 404,000 report both using heroin and misusing prescription pain relievers

Treatment for Substance Use Disorders (NSDUH, 2019)

- 10.3% of people with a substance use disorder in 2019 received treatment

Over 60% of people age 12 and older in the US used at least one potentially addictive substance in the past month in 2019.



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.

Data Source: National Survey on Drug Use and Health, 2019

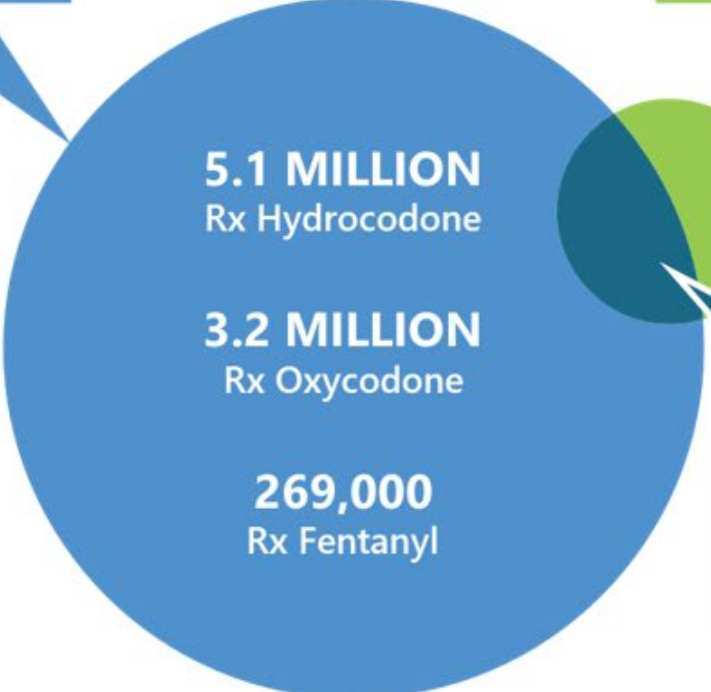
Progress on the opioid epidemic: prevalence is decreasing

PAST YEAR, 2019 NSDUH, 12+

10.1 MILLION PEOPLE WITH OPIOID MISUSE (3.7% OF TOTAL POPULATION)

9.7 MILLION
Rx Pain Reliever Misusers
(96.6% of opioid misusers)

745,000
Heroin Users
(7.4% of opioid misusers)



Modest decline overall for each opioid category except prescribed fentanyl (no change)

404,000
Rx Pain Reliever Misusers and Heroin Users
(4.0% of opioid misusers)

Estimated People Misusing Opioids - US

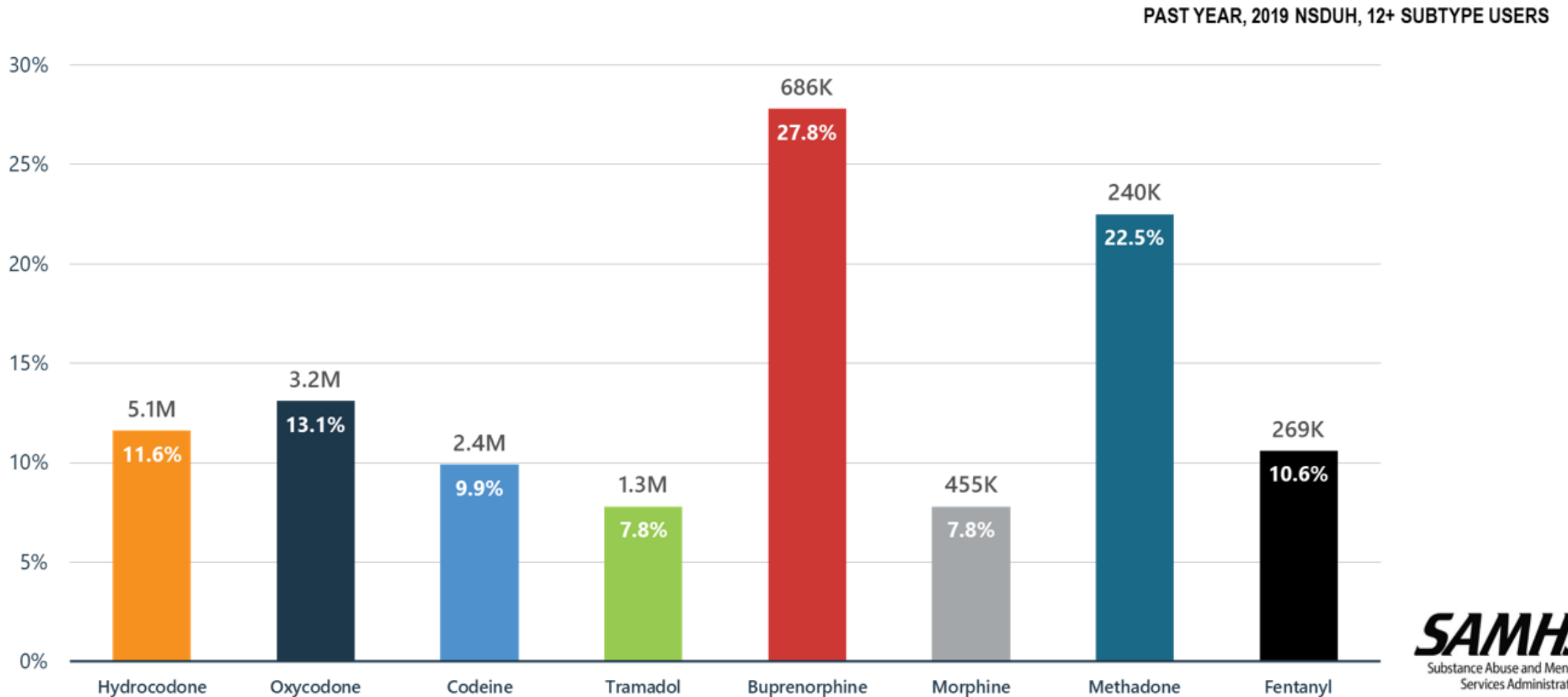
2016	11.8M
2017	11.4M
2018	10.3M
2019	10.1M

Rx = prescription.

Opioid misuse is defined as heroin use or prescription pain reliever misuse.

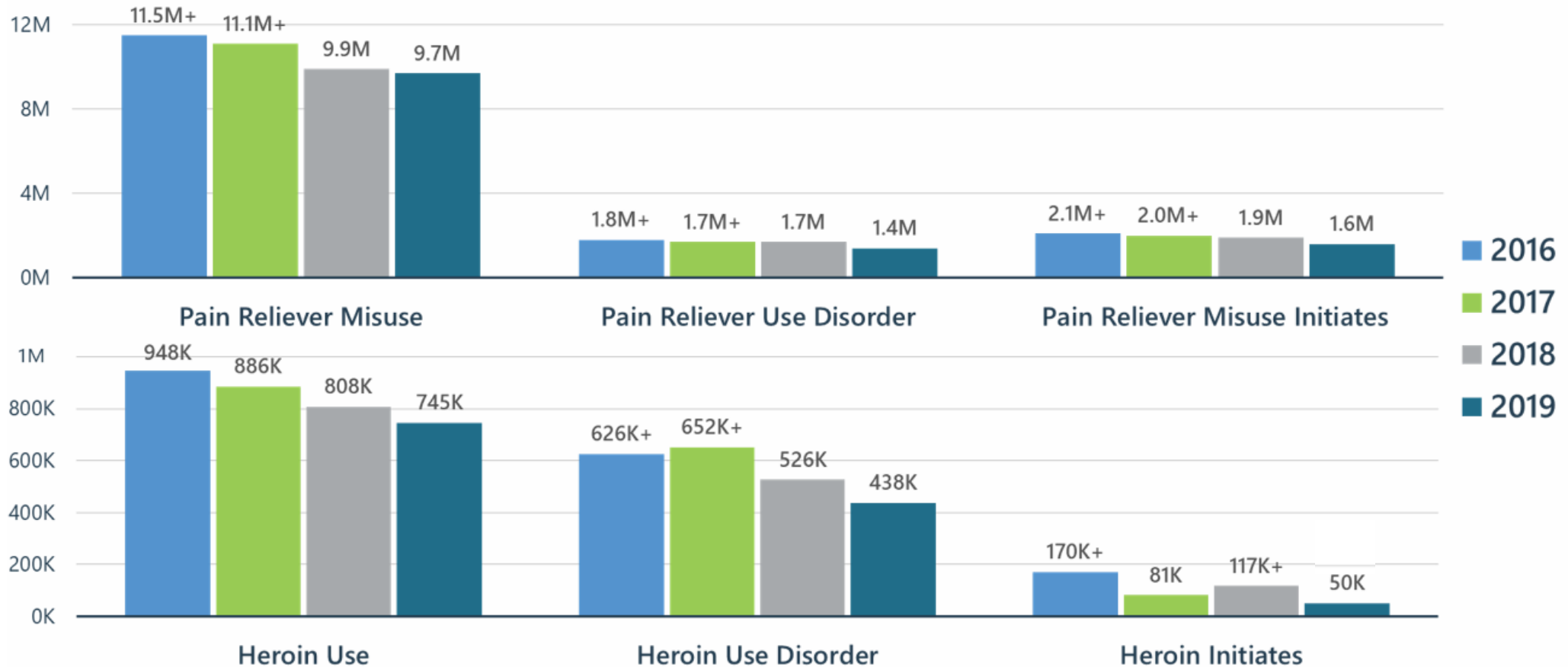
Data Source: National Survey on Drug Use and Health, 2019

Buprenorphine is the most commonly misused opioid subtype



Both pain reliever misuse and heroin use have been decreasing

PAST YEAR, 2016-2019 NSDUH, 12+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Substance use disorder and mental illness are common in the US

PAST YEAR, 2019 NSDUH, 18+

Among those with a substance use disorder:

- 2 IN 5 (38.5% or 7.4M) struggled with illicit drugs
- 3 IN 4 (73.1% or 14.1M) struggled with alcohol use
- 1 IN 9 (11.5% or 2.2M) struggled with illicit drugs and alcohol

7.7%
(19.3 MILLION)
People aged 18
or older had a
substance use
disorder (SUD)

3.8%
(9.5 MILLION)
People 18 or older
had BOTH an SUD
and a mental
illness

Among those with a mental illness:

- 1 IN 4 (25.5% or 13.1M) had a serious mental illness

20.6%
(51.5 MILLION)
People aged 18
or older had a
mental illness

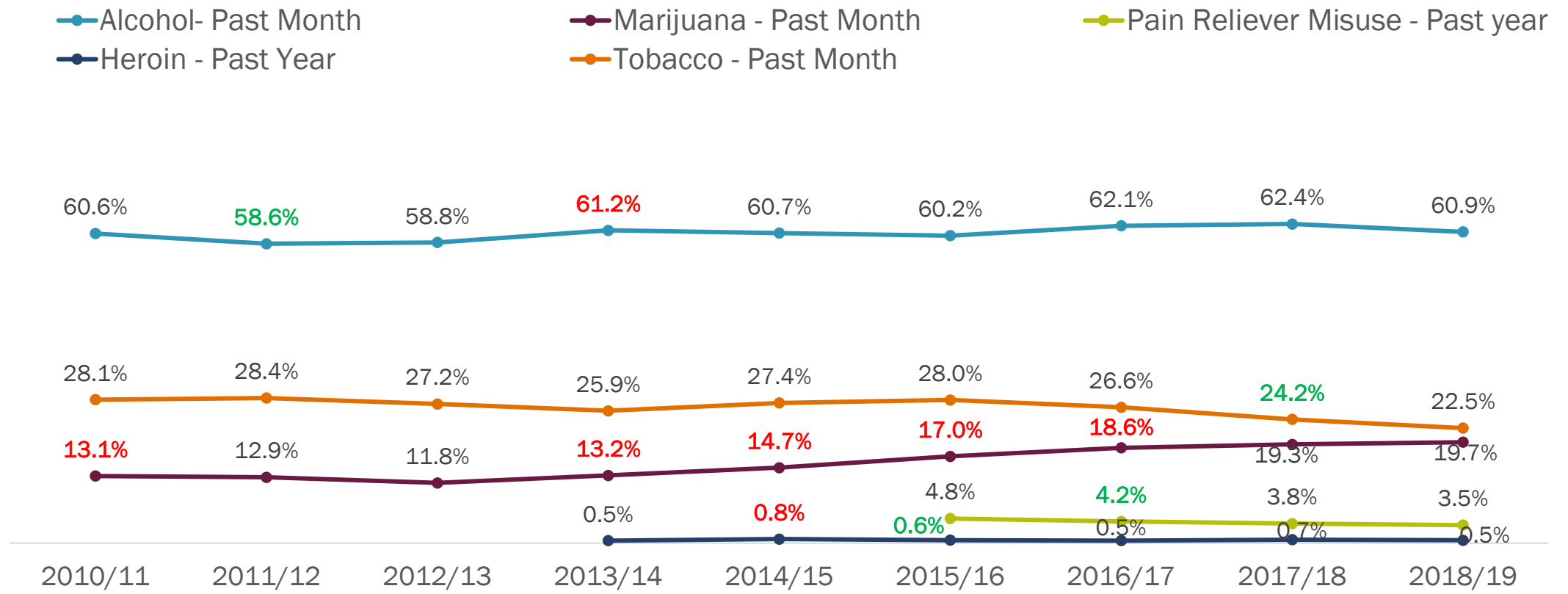
In 2019, **61.2M** Americans had a mental illness and/or substance use disorder—an increase of 5.9% over 2018 composed entirely of increases in mental illness.

Significant changes in opioid use, dependence and treatment in the US, 2019

- **Significant decrease in prescription opioid misuse across all age groups**
 - Majority continue to obtain from friends/relatives and from healthcare provider/prescriber underscoring the need for ongoing education of practitioners, appropriate pain management, and partnership with states to monitor opioid analgesic prescribing
- Buprenorphine continues to have a high rate of misuse relative to other prescribed opioids
- Decline in overall heroin use from 2016-2019 with some differences among age groups
 - 57% decline in young adult (18-25) heroin use between 2018 and 2019
- Heroin Use Disorder
 - Young adult heroin use disorder decreased significantly compared to 2018 and was steady in adults 26 and older
- Total with opioid use disorder (OUD) decreased significantly from 2.0M in 2018 to 1.6M in 2019
- There was a 23% increase in the number of people receiving medication assisted treatment (MAT) between 2018 and 2019

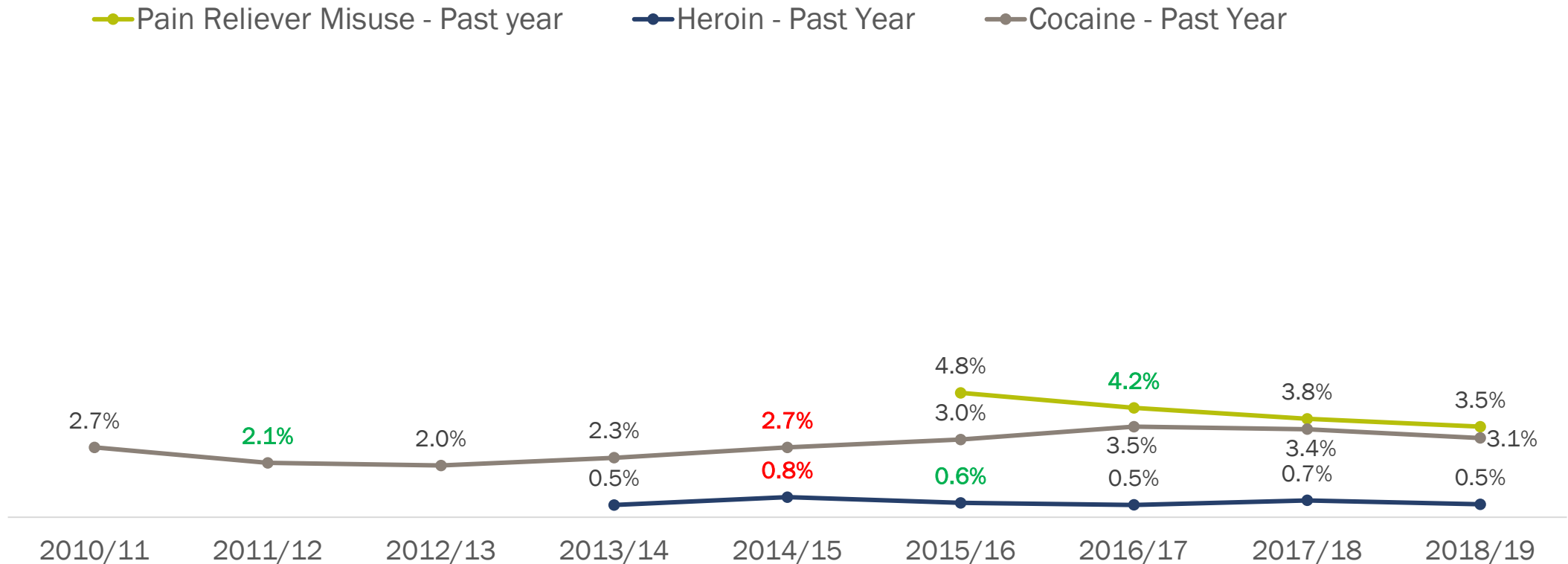
Vermont Data

Of Vermonters age 12+ using selected substances, alcohol is the mostly commonly used substance.



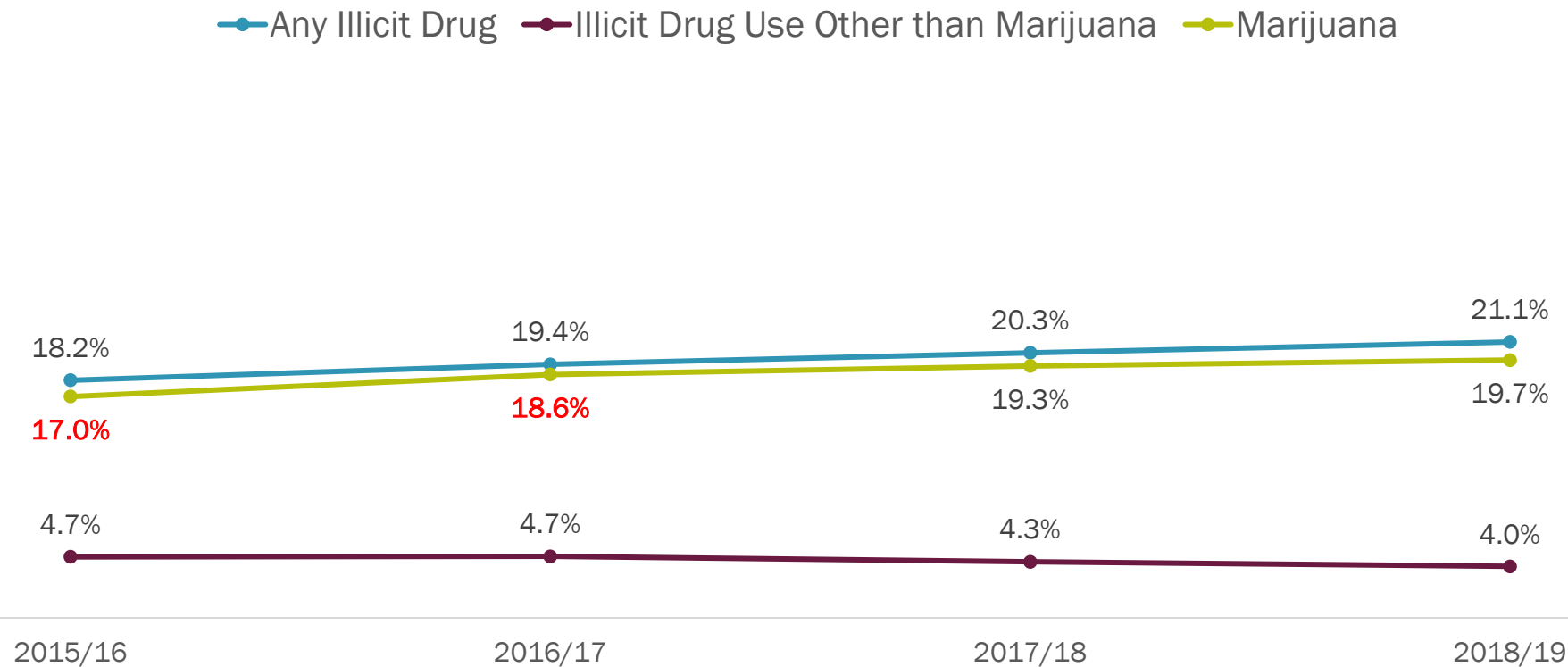
Bold red or green label indicates a significant change from previous year

Fewer than five percent of Vermonters age 12+ used cocaine or opioids in the last year.



Bold red or green label indicates a significant change from previous year

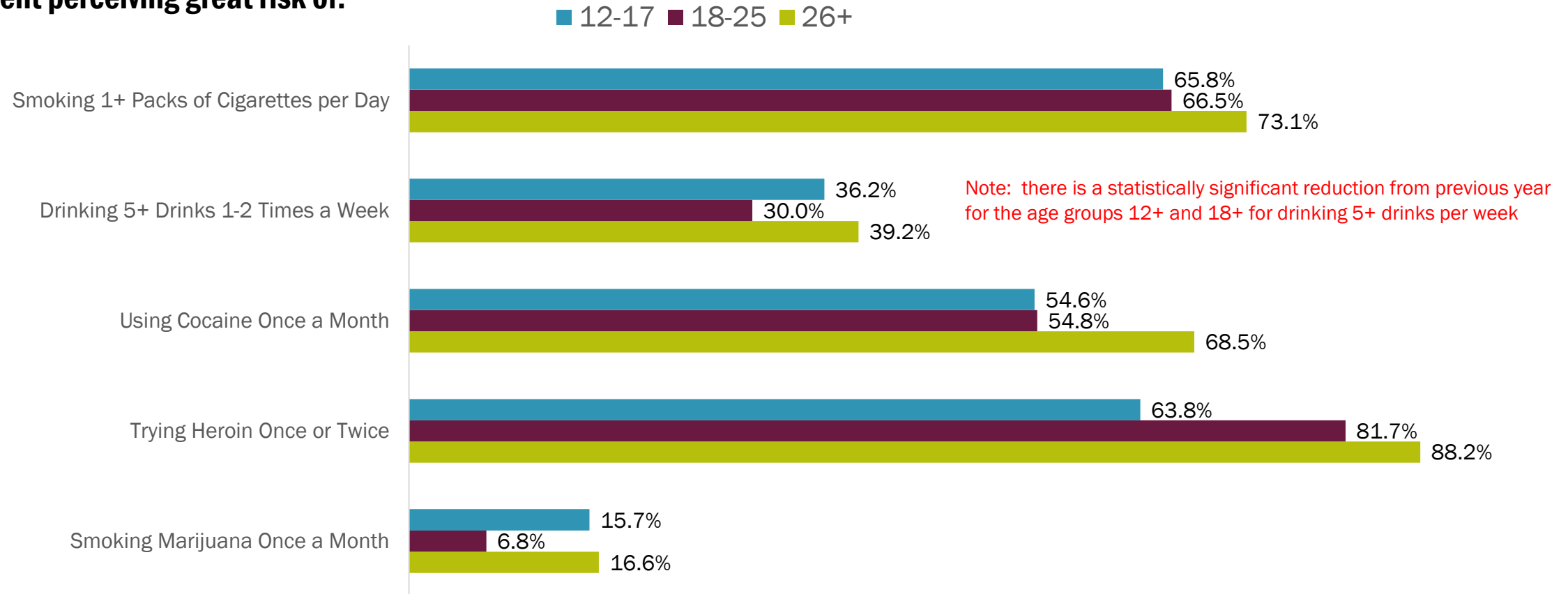
High rates of past month drug use by Vermonters age 12+ aligns closely with rates of marijuana use.



Bold red or green label indicates a significant change from previous year

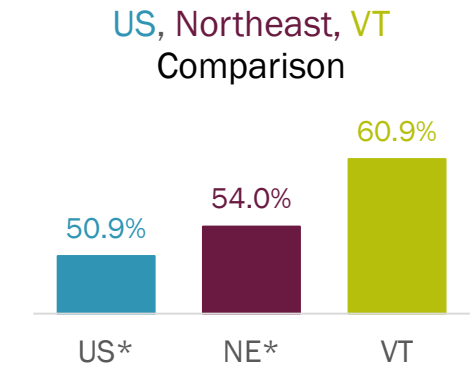
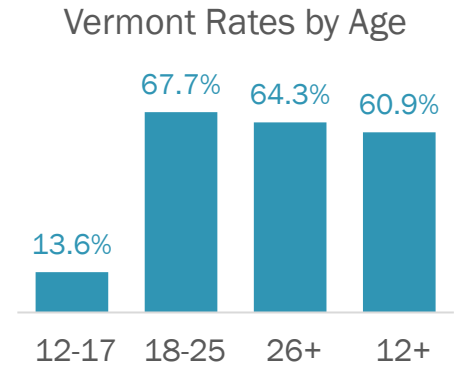
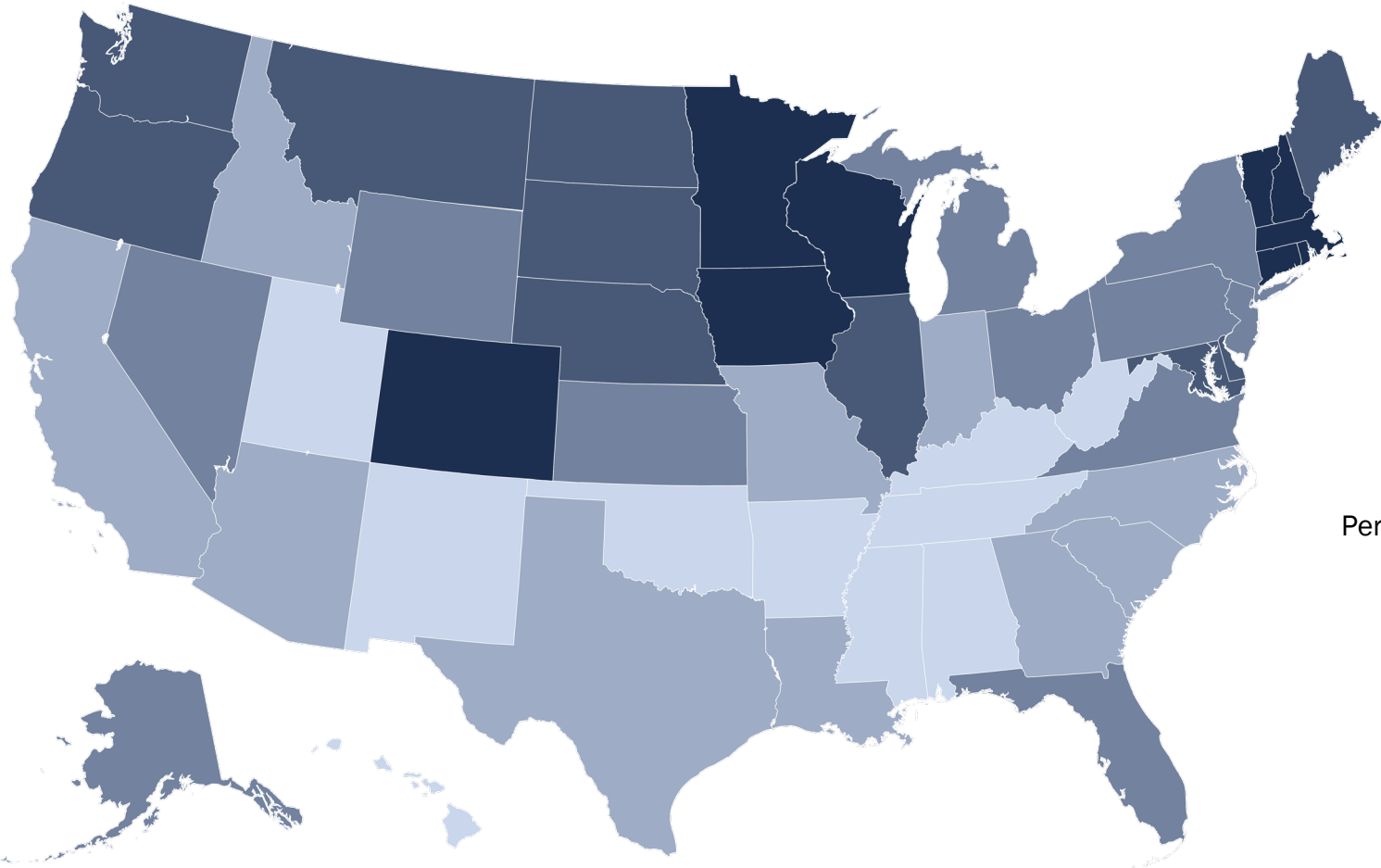
The percentage of Vermonters perceiving great risk of using substances in 2018/2019 varies by age and substance, with marijuana being lowest for all age groups. Perception of great risk of trying heroin is lowest among those age 12-17.

Percent perceiving great risk of:



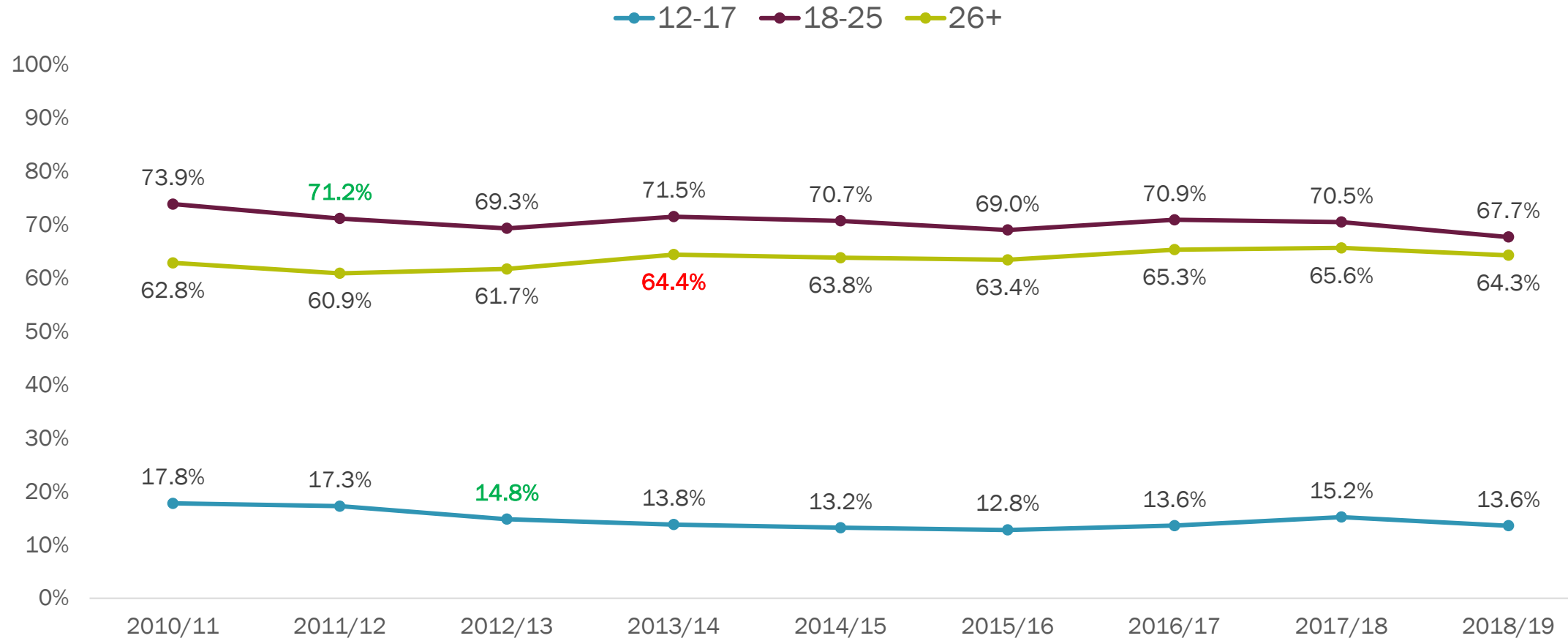
Alcohol

Vermont past month alcohol use among people age 12+ is among the highest in the US (2018-2019). This is true of all age groups.



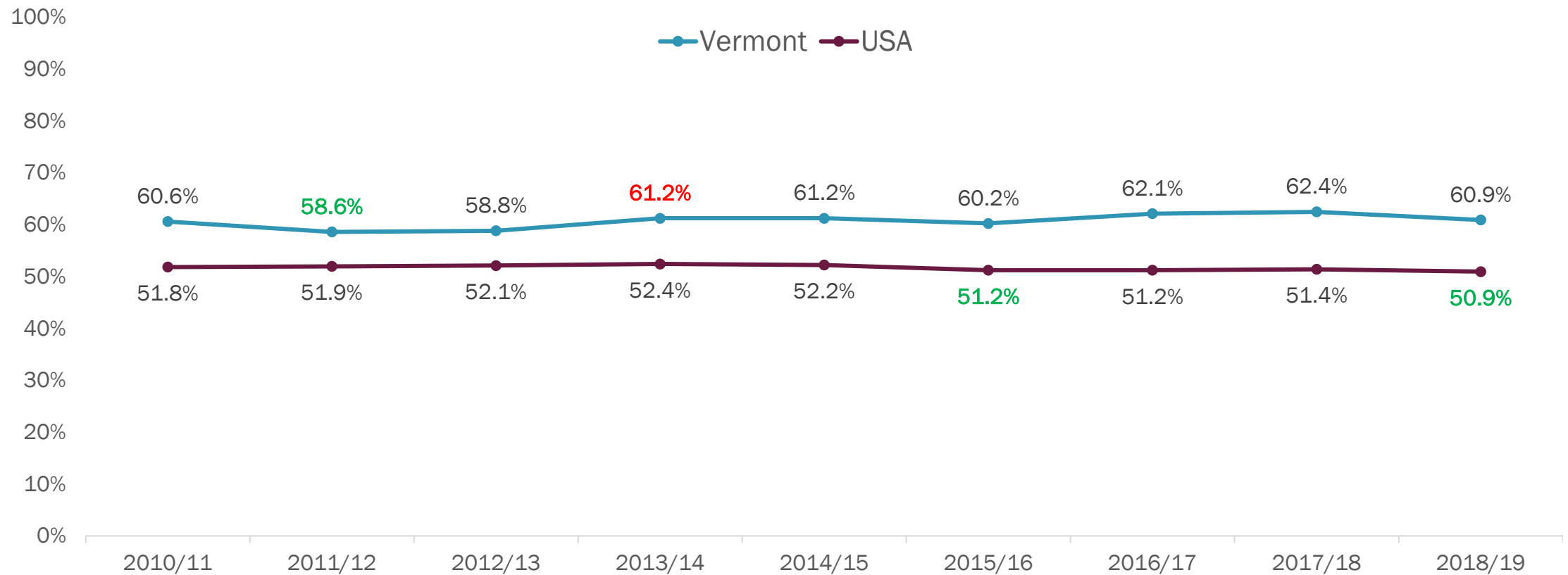
*VT is statistically higher than both the Northeast and US

The percentage of Vermonters age 18-25 using alcohol in the past month is consistently higher than that of other age groups



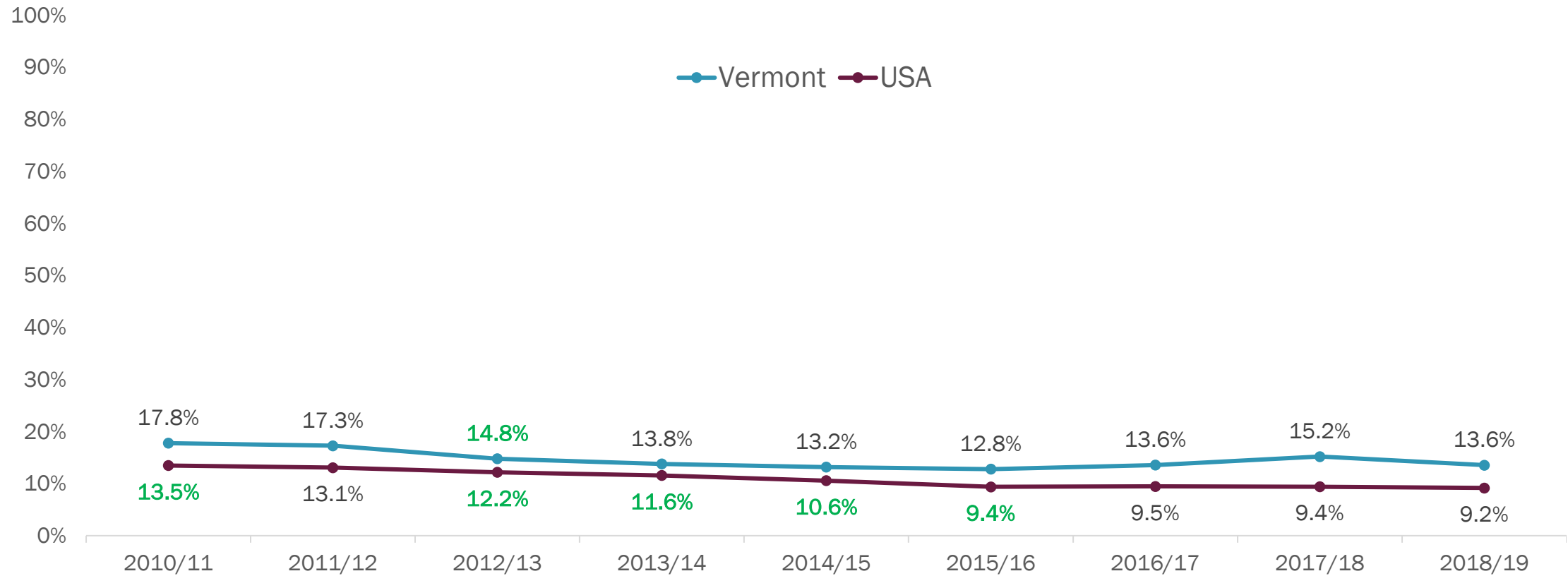
Bold red or green label indicates a significant change from previous year

The percentage of Vermonters age 12+ using alcohol in the past month is consistently higher than the national average.



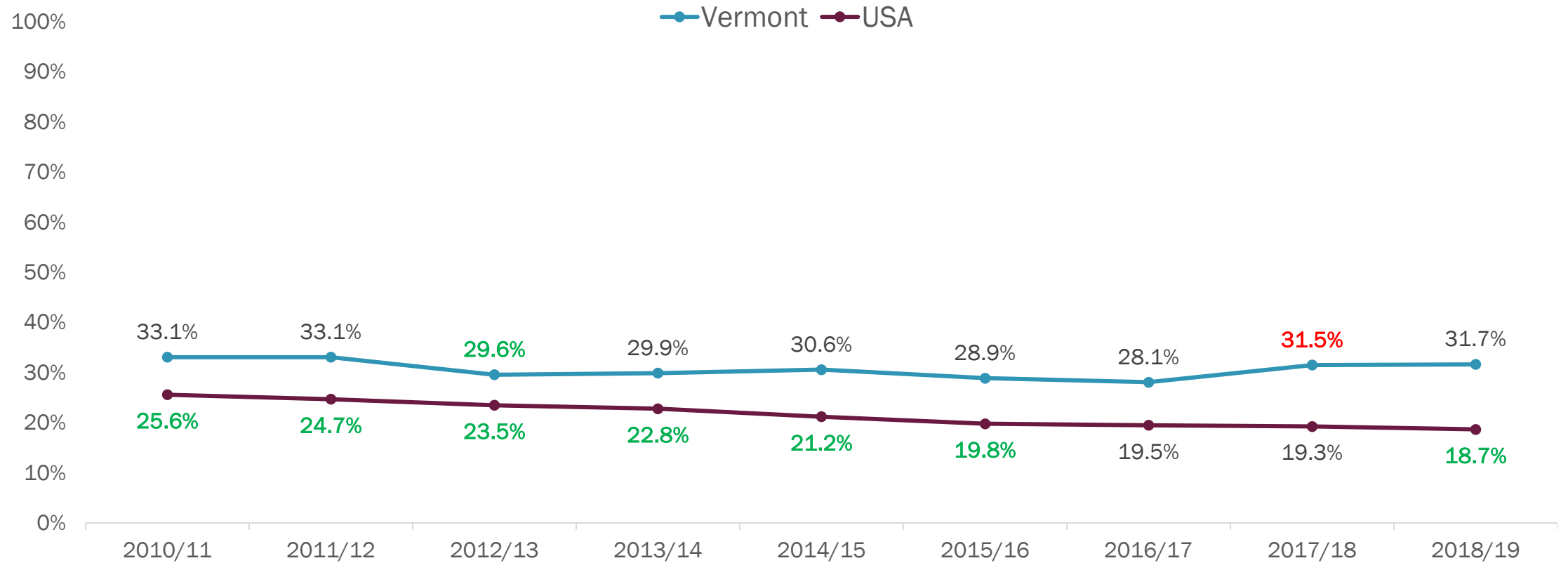
Bold red or green label indicates a significant change from previous year

The percentage of Vermonters age 12-17 using alcohol in the past month is consistently higher than the national average



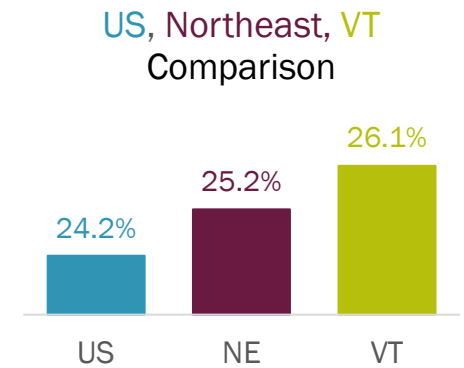
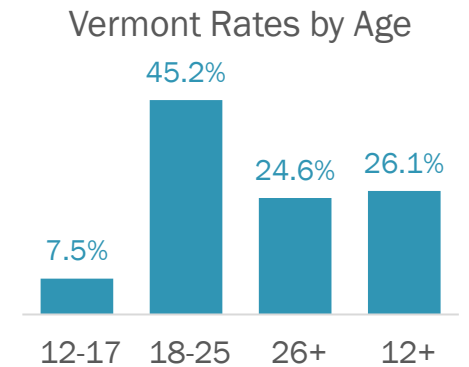
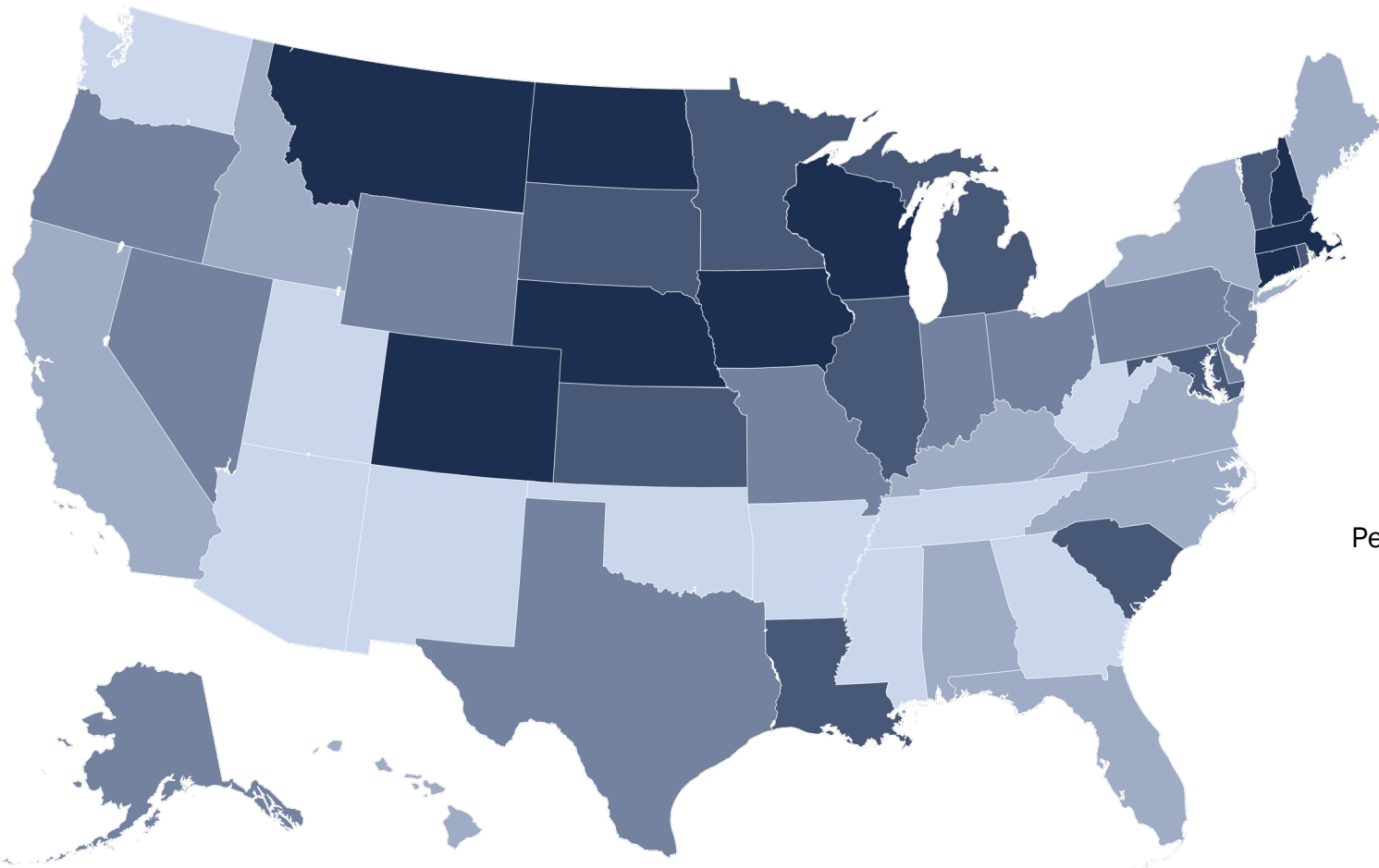
Bold red or green label indicates a significant change from previous year

The percentage of underage (12-20) Vermonters using alcohol in the past month is consistently higher than the national average



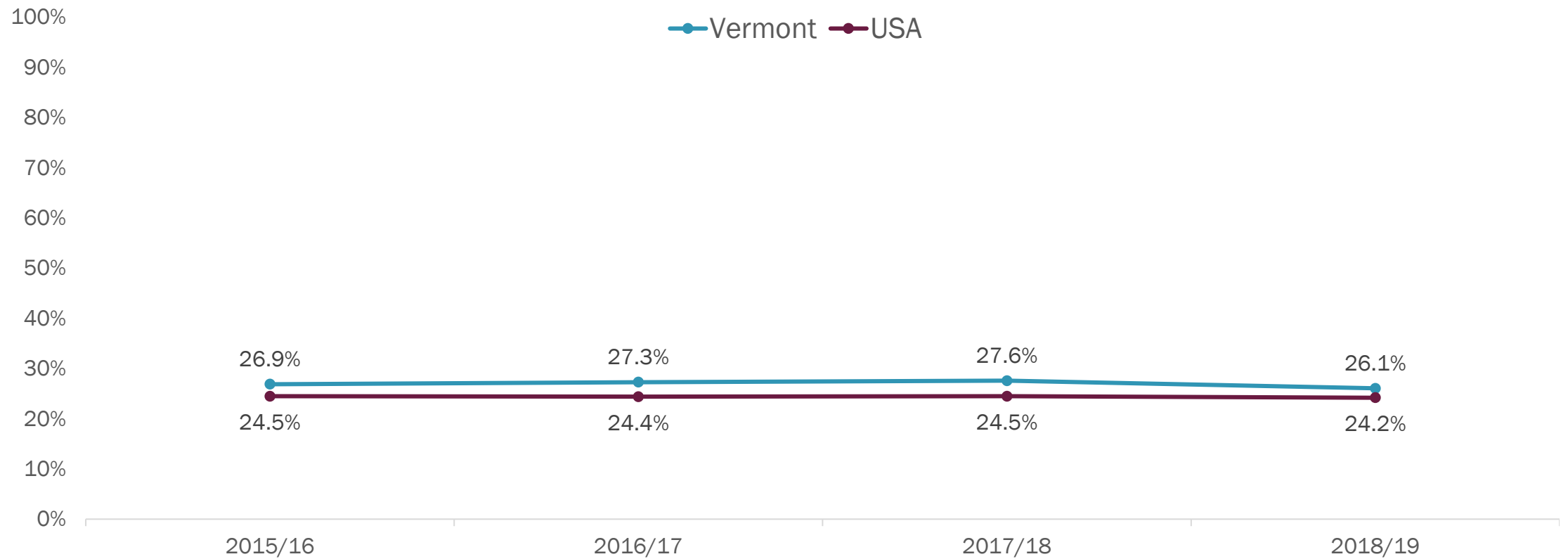
Bold red or green label indicates a significant change from previous year

Past month binge alcohol use among people age 12+ in Vermont is high (2018-2019).



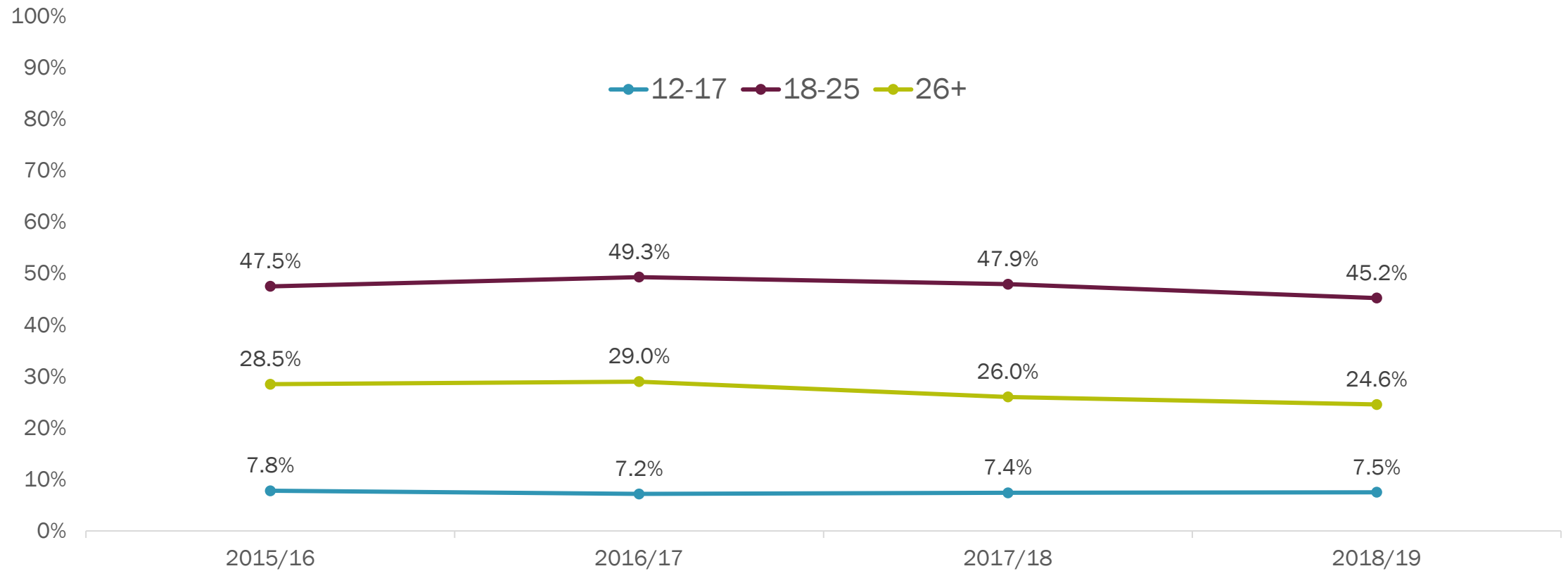
Vermont is statistically similar to the US and Northeast

The percentage of Vermonters age 12+ binge drinking in the past month is consistently higher than the national average and has not significantly changed.



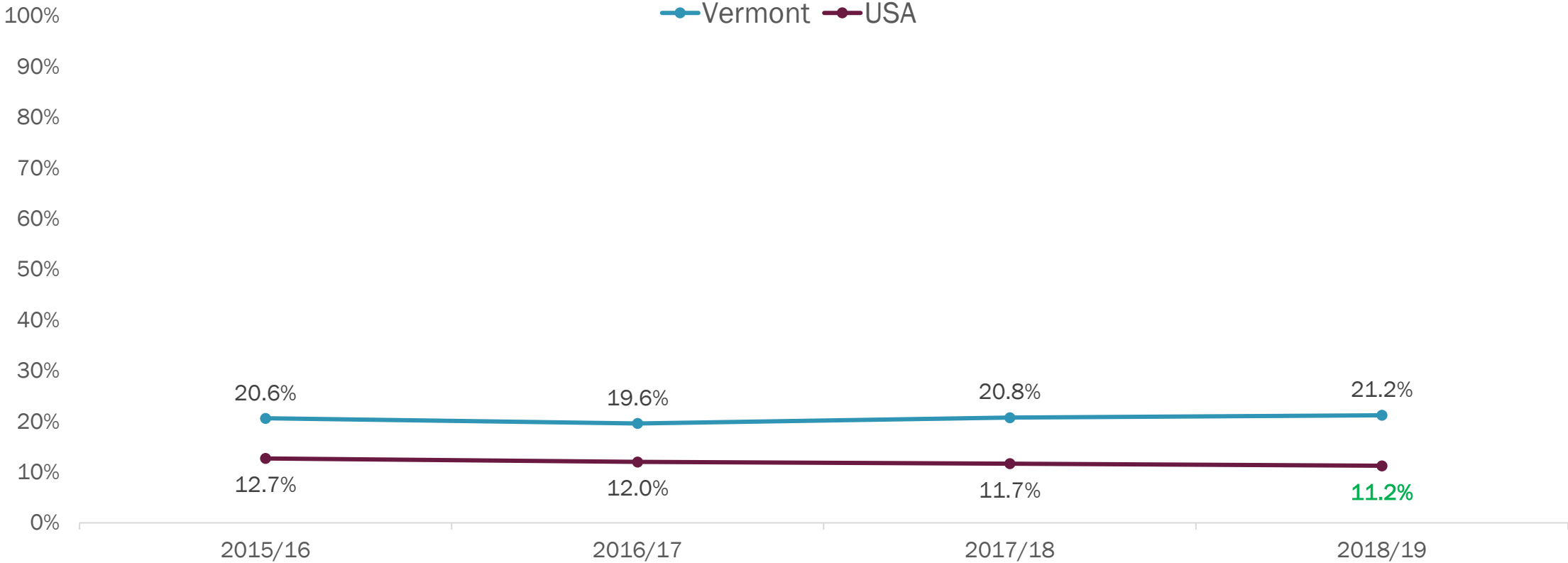
Bold red or green label indicates a significant change from previous year

The percentage of Vermonters age 18-25 binge drinking in the past month is consistently higher than that of other age groups.



Bold red or green label indicates a significant change from previous year

The percentage of underage (12-20) Vermonters binge drinking in the past month is consistently higher than the national average.



Bold red or green label indicates a significant change from previous year

Marijuana

Cannabis-related legislation in Vermont



May
2004

Marijuana legalized for
medical purposes



Jul
2018

Possession of 1
oz allowed for
people age 21+



June
2013

Marijuana
Decriminalized



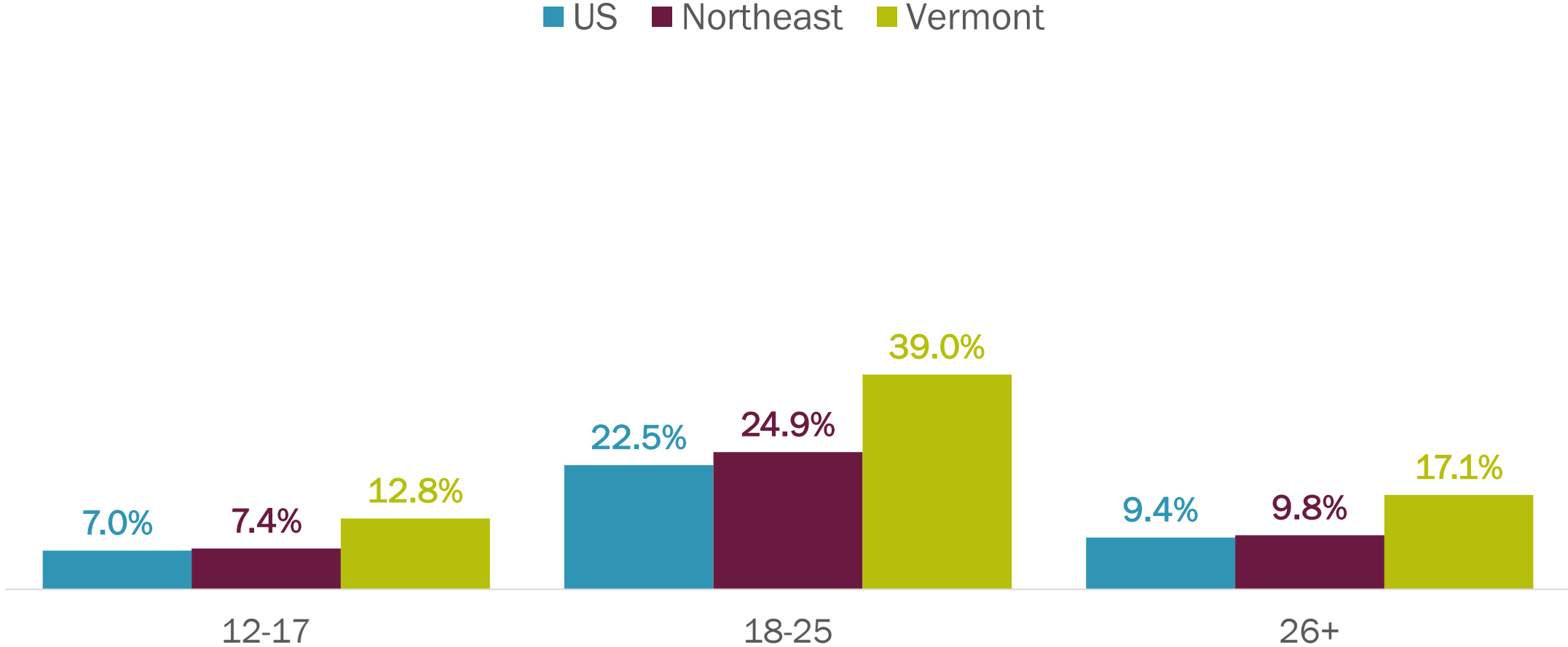
Oct
2020

S.54 Passed,
allowing legal adult
sales. Licensing to
begin spring 2022

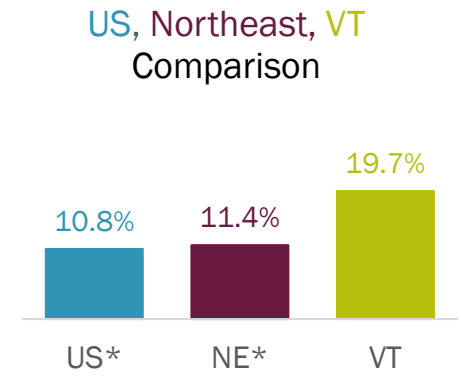
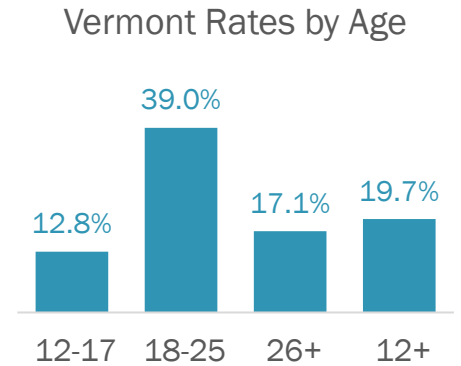
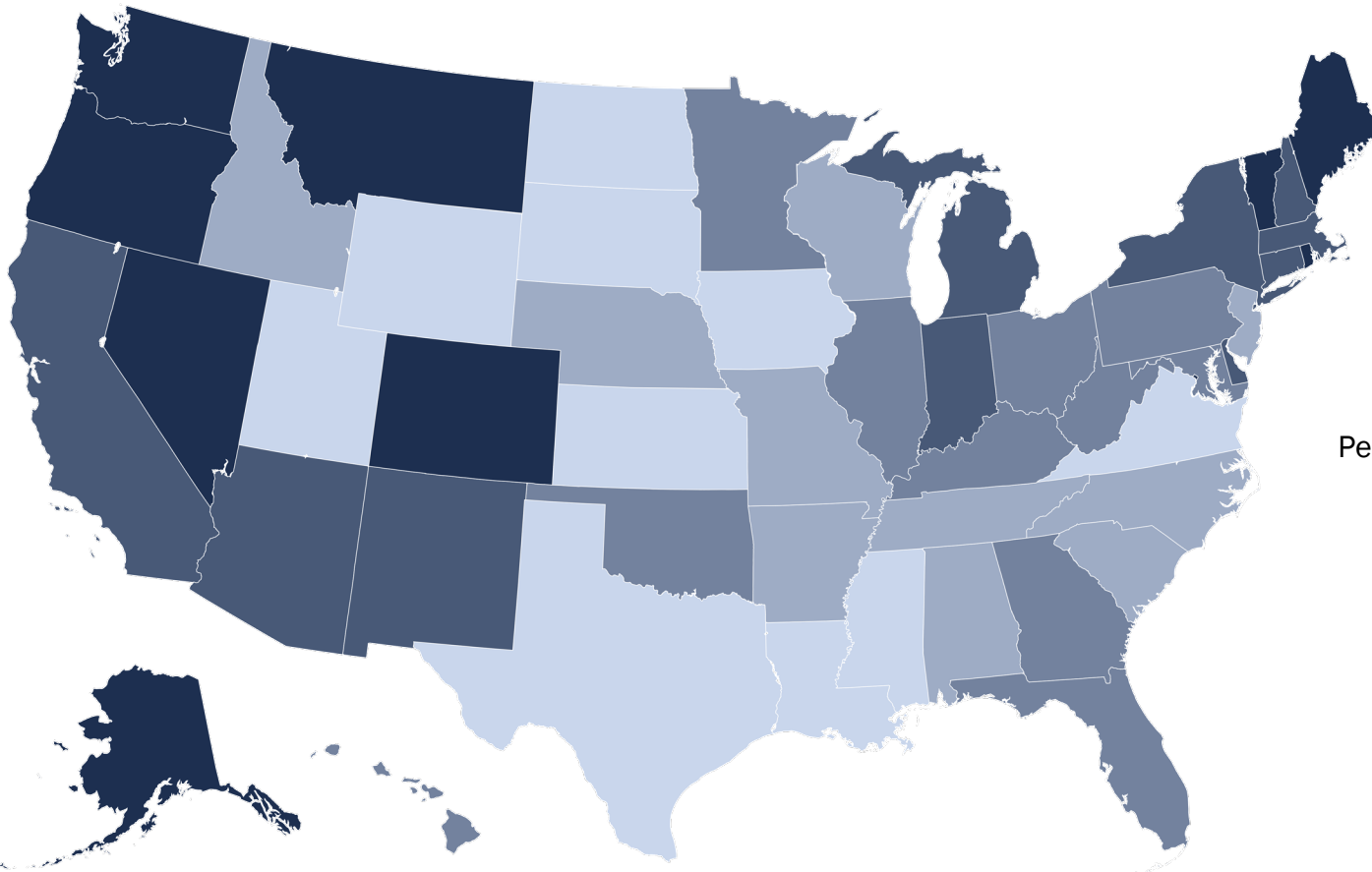
2003

2022

In 2018/2019 a significantly higher percentage of Vermonters used marijuana in the past month compared to the US and the Northeast, in each age group.



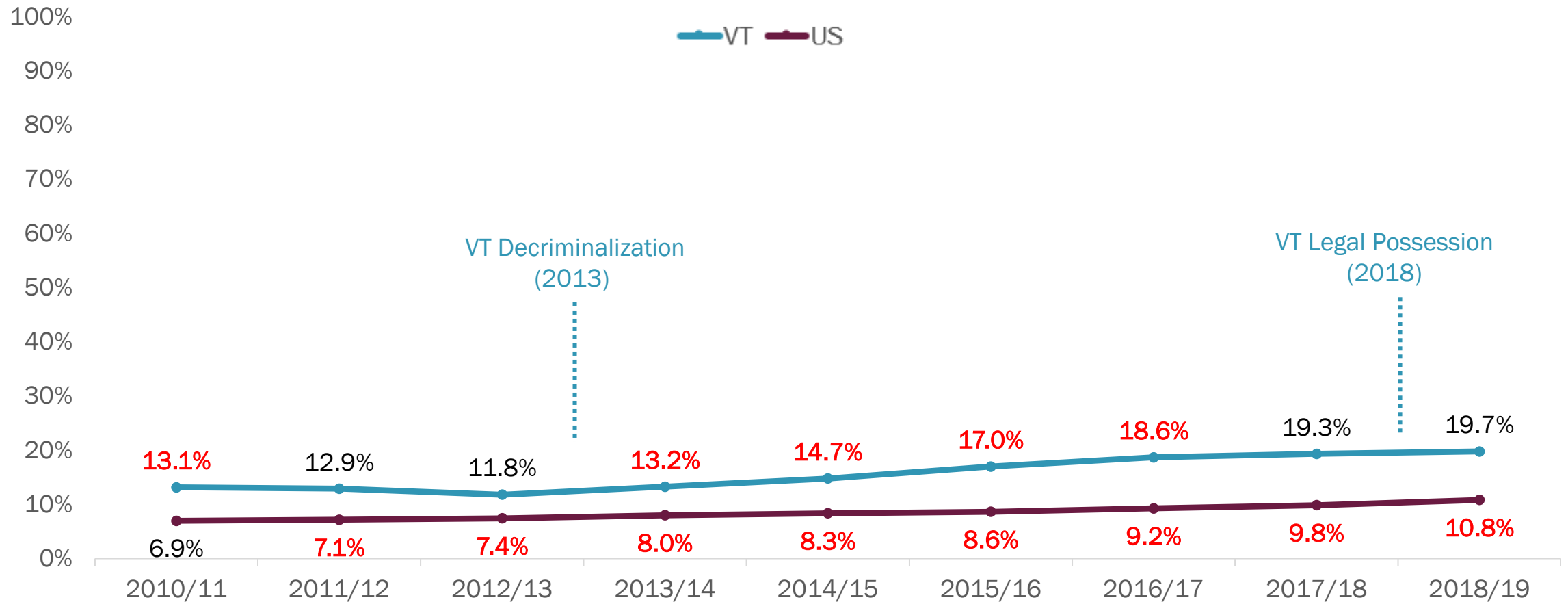
Vermont past month marijuana use among people age 12+ is among the highest in the US (2018-2019).



*VT is Statistically Higher than both the Northeast and US

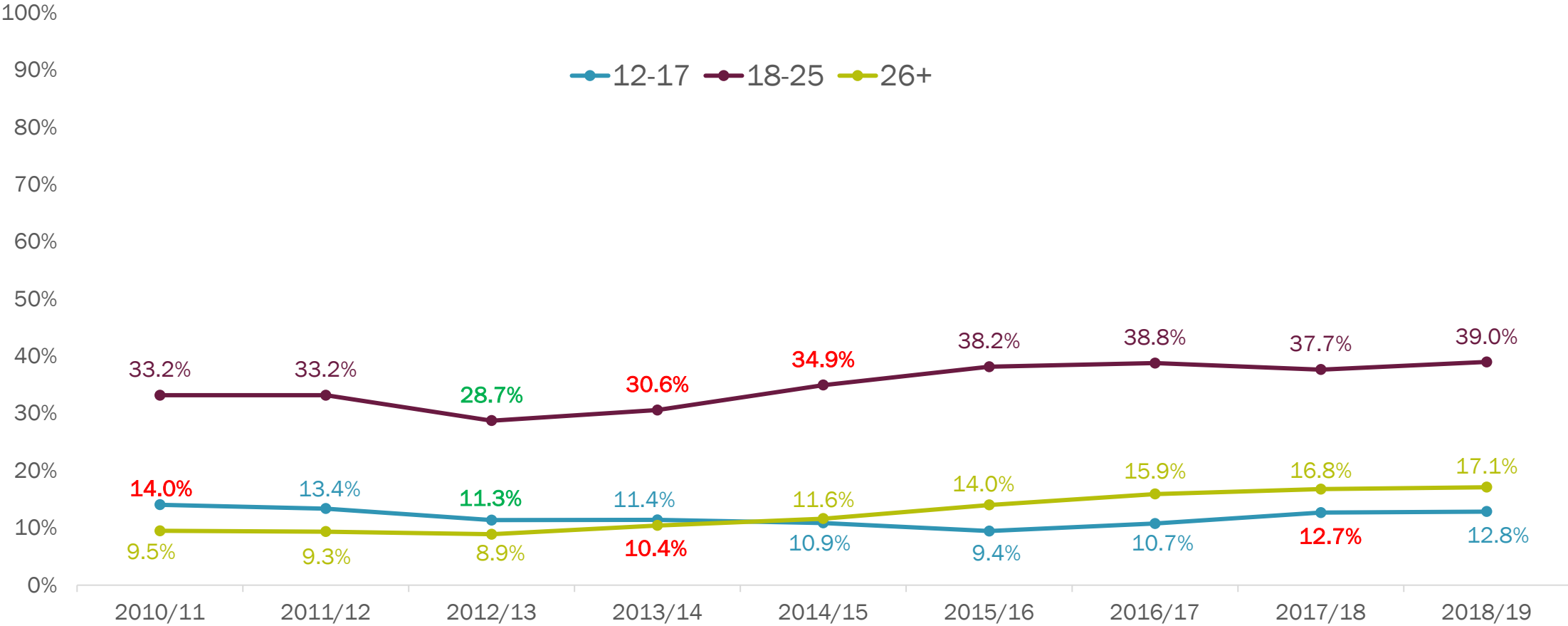
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The percentage of Vermonters age 12+ using marijuana in the past month is consistently higher than the national average. Vermont and US have both had significant increases in use.



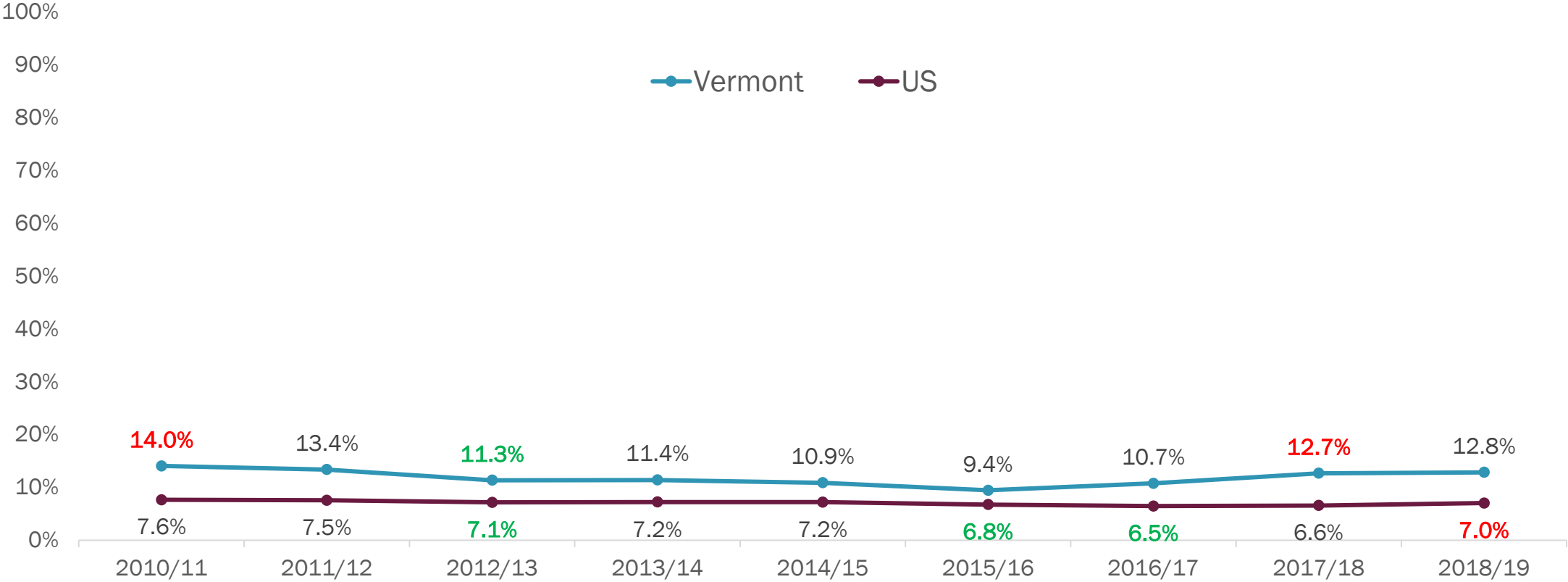
Bold red or green label indicates a significant change from previous

The percentage of Vermonters age 18-25 using marijuana in the past month is consistently higher than other age groups



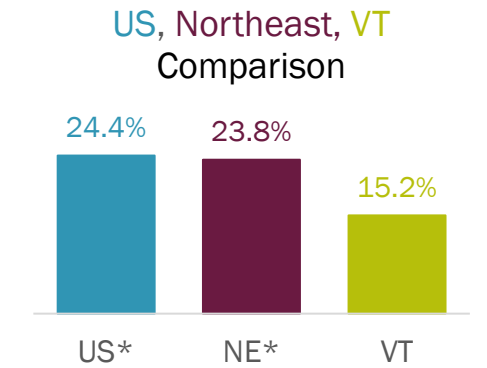
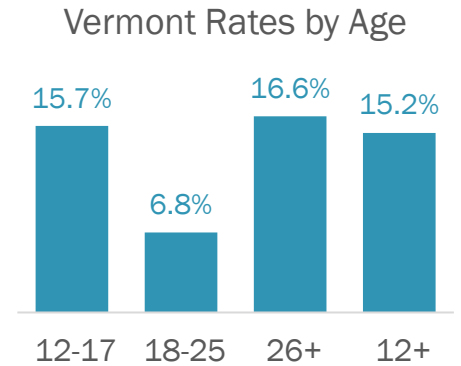
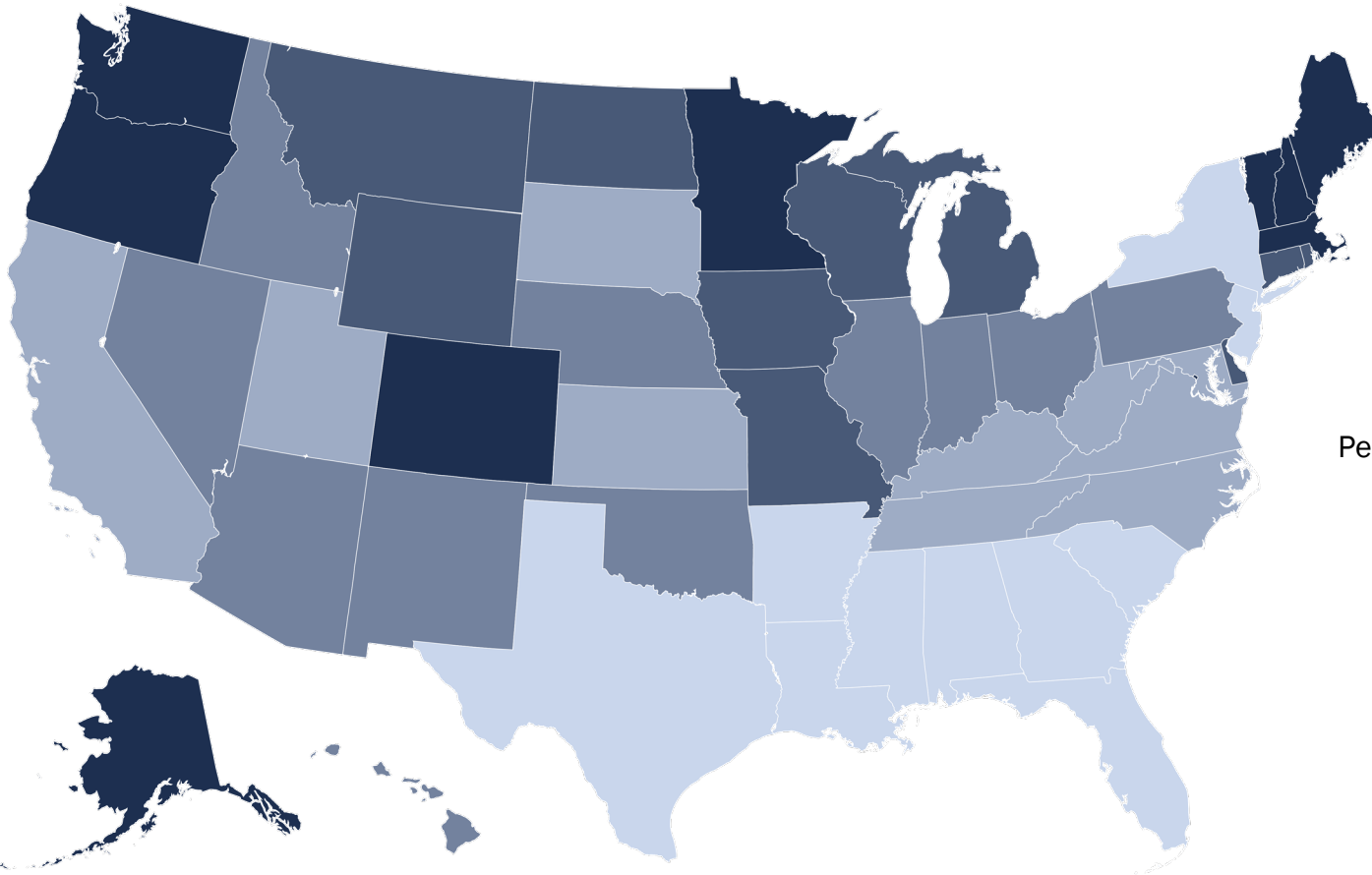
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The percentage of Vermonters age 12-17 using marijuana in the past month is consistently higher than the national average.



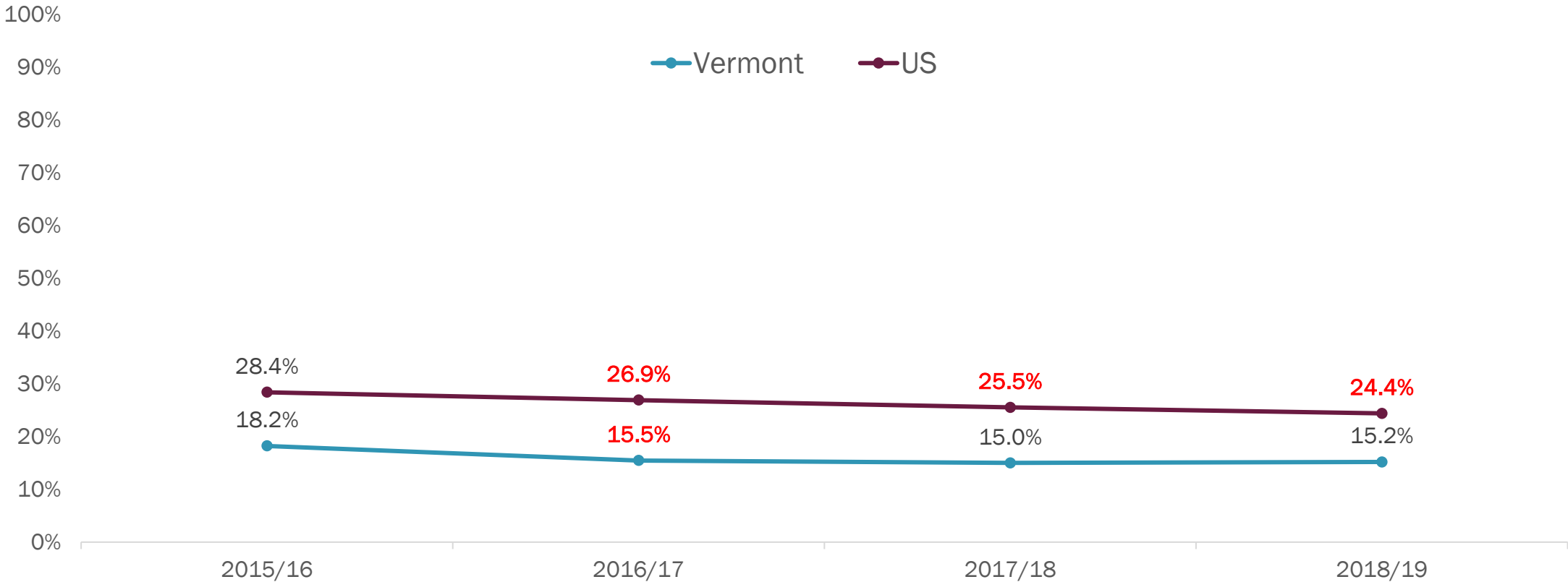
Bold red or green label indicates a significant change from previous year

Vermonters age 12+ are less likely to perceive great risk from smoking marijuana once a month than other US states. This is true of all age groups (2018-2019).



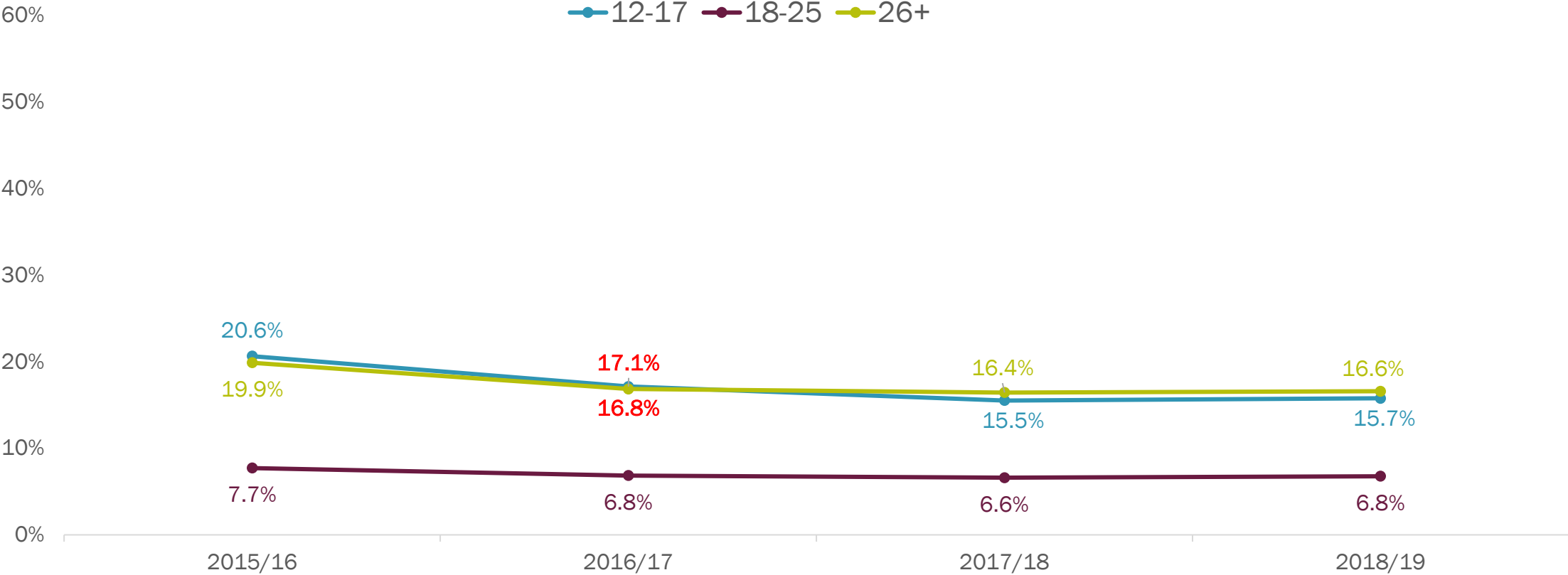
*VT is statistically different than both the Northeast and US

Vermonters age 12+ are less likely to perceive great risk from smoking marijuana once a month than the US as a whole.



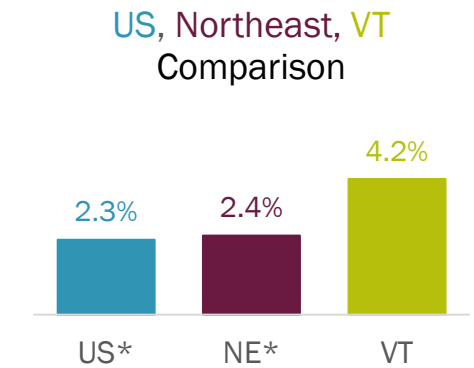
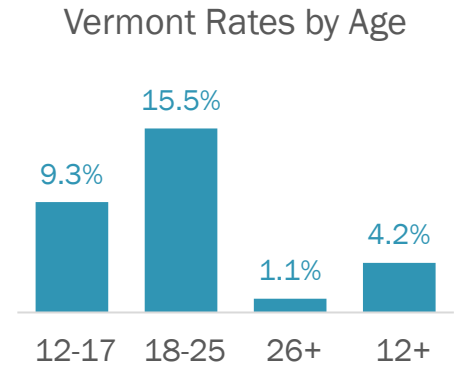
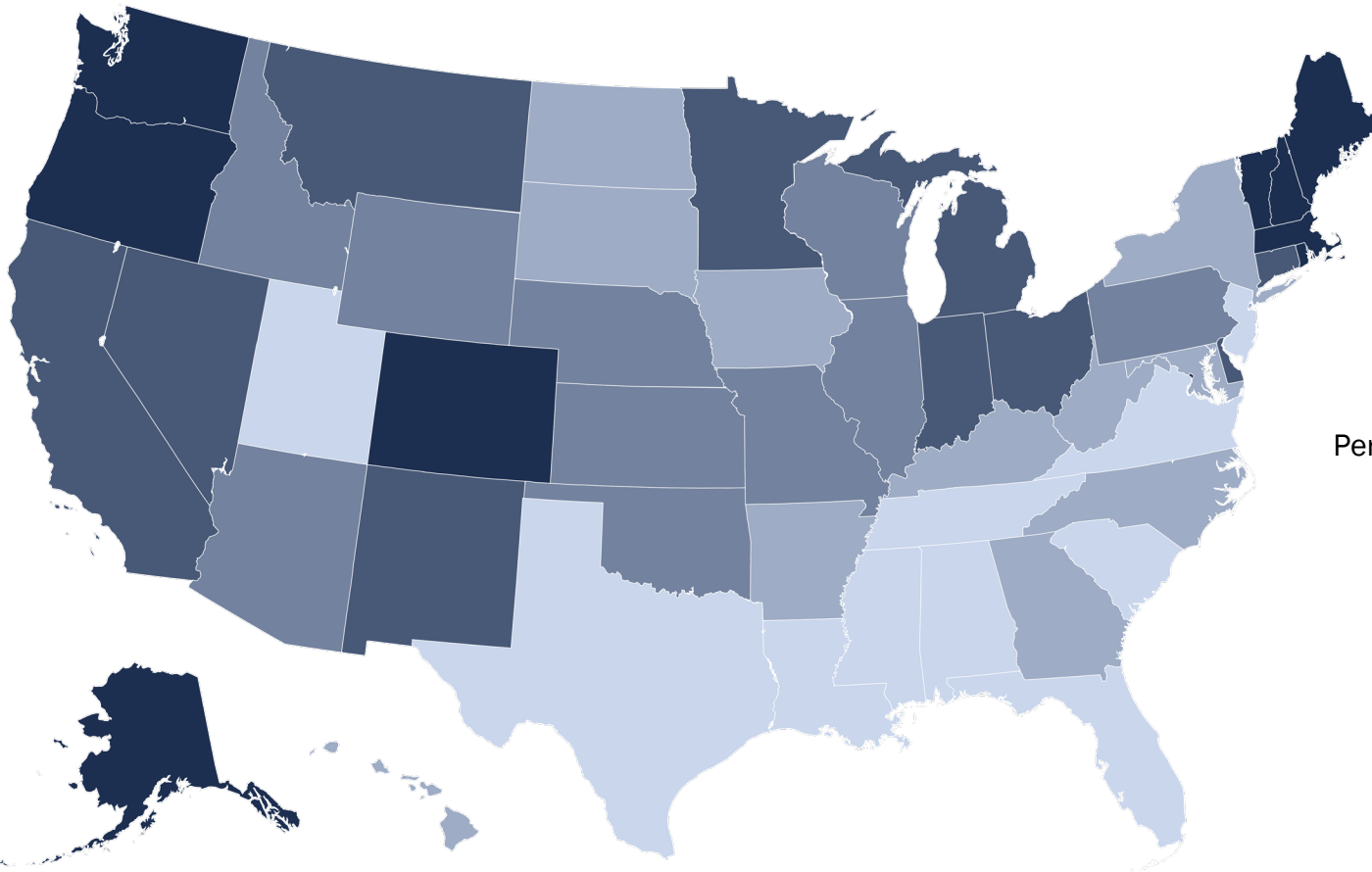
Bold red or green label indicates a significant change from previous year

The percentage of Vermonters age 18-25 perceiving great risk from smoking marijuana in the past month is consistently lower than that of other age groups



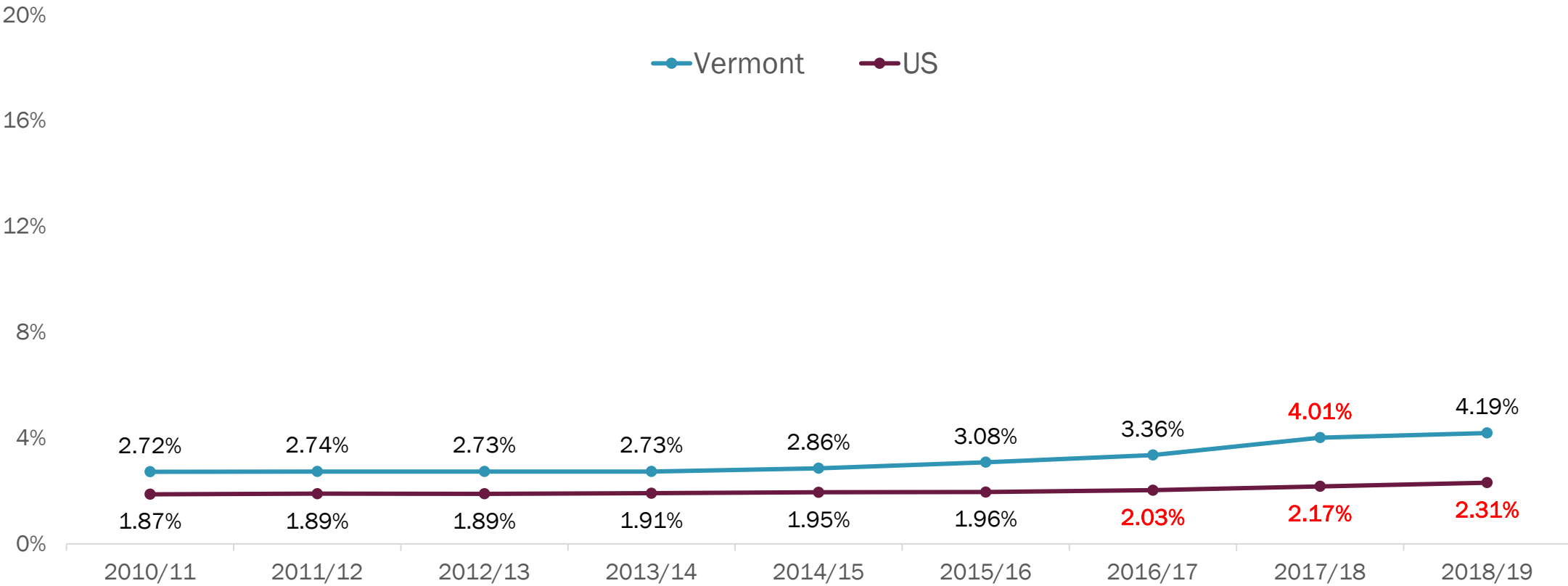
Bold red or green label indicates a significant change from previous year

Vermonters age 12+ are more likely to try marijuana for the first time than other US states (2018-2019).



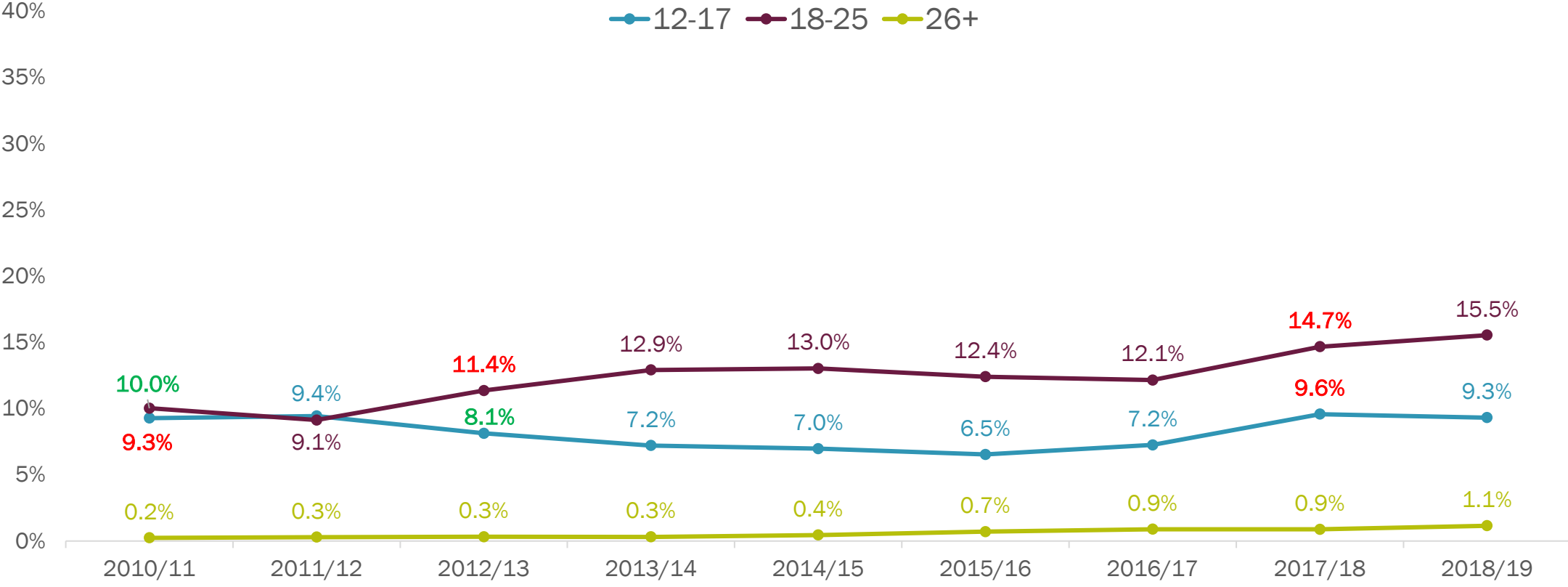
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The percentage of Vermonters age 12+ trying marijuana for the first time is consistently higher than the national average.



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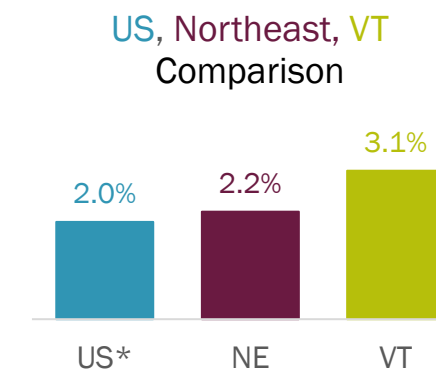
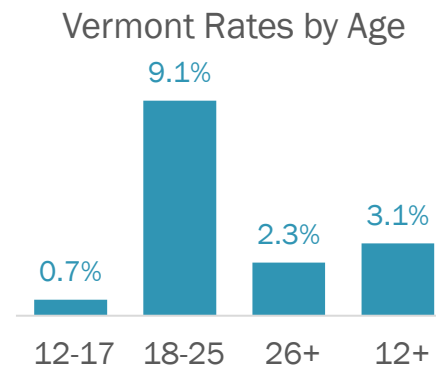
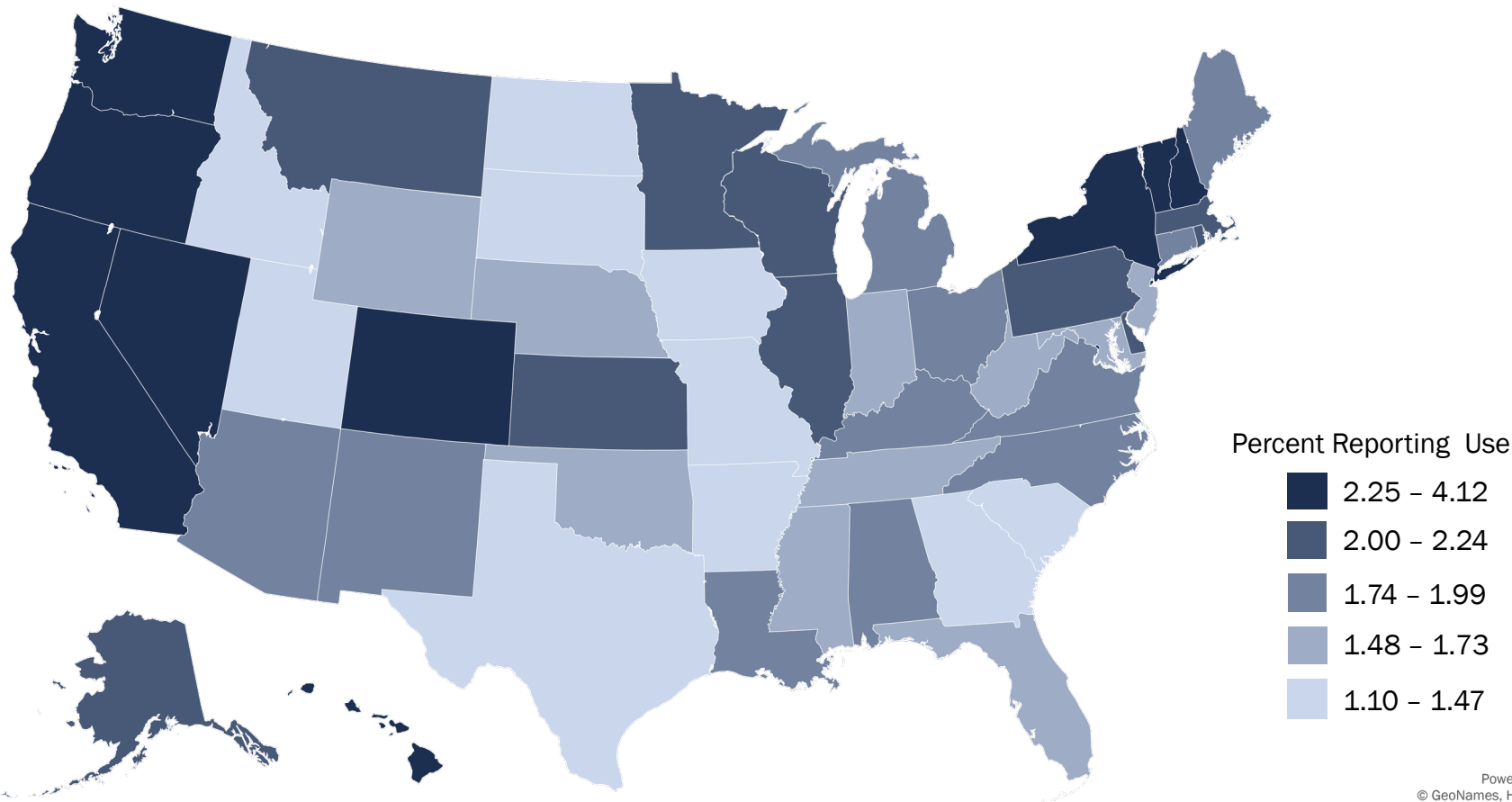
There were no significant increases in the percentage of Vermonters who tried marijuana for the first time in 2018/2019 compared to 2017/2018.



Bold red or green label indicates a significant change from previous year

Stimulants

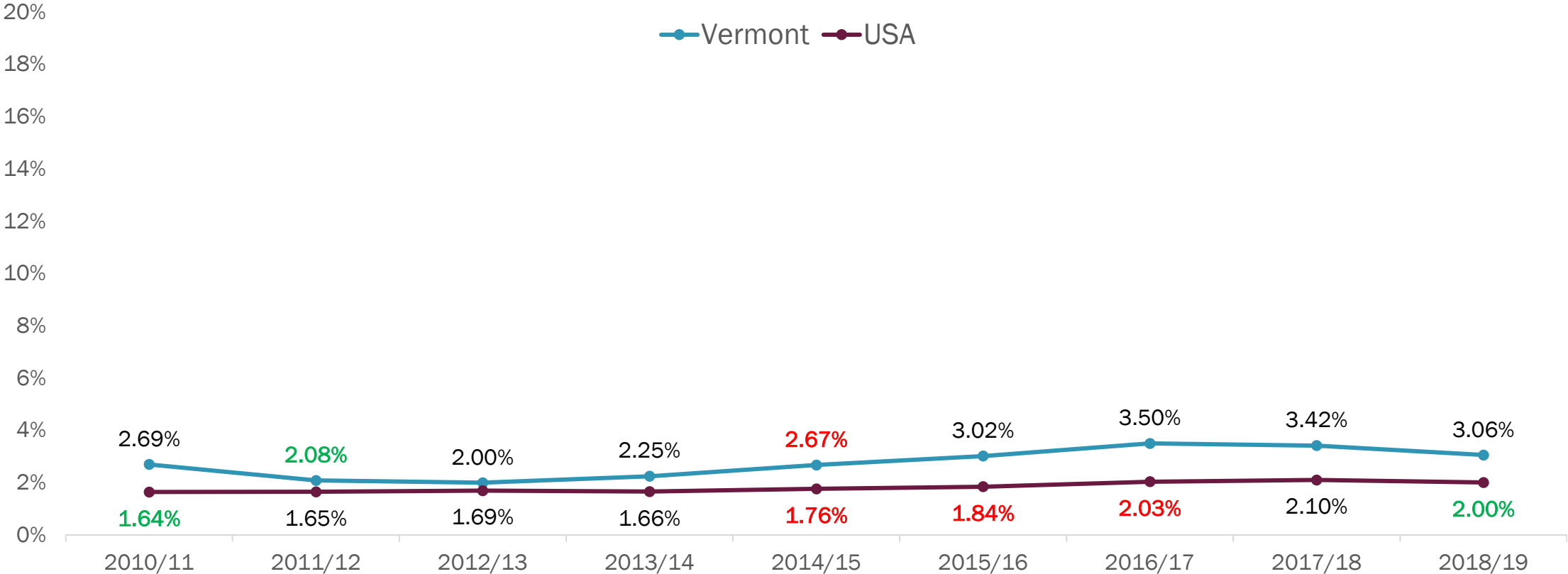
Vermont past year cocaine use among people age 12+ is among the highest in the US (2018-2019)



*VT is statistically higher than the US

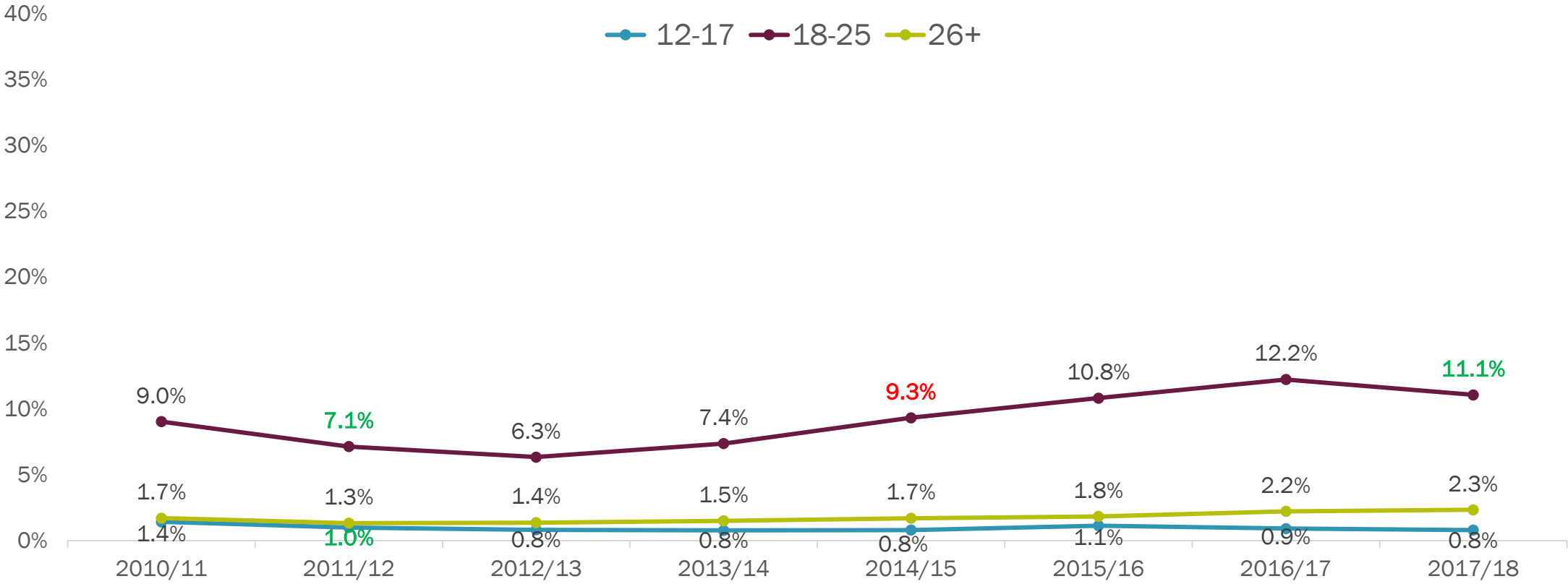
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The percentage of Vermonters age 12+ using cocaine in the past year is consistently higher than the national average.



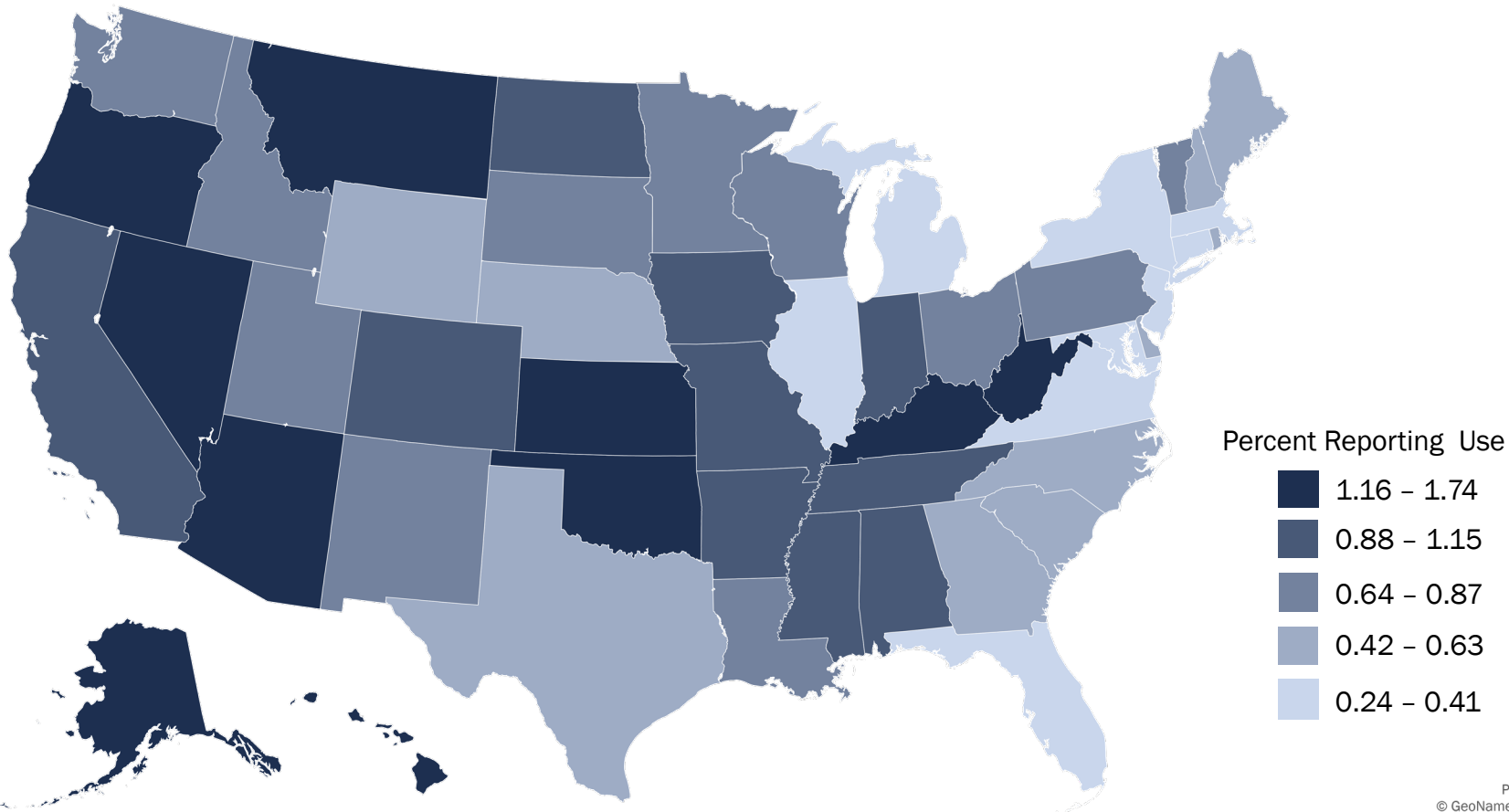
Bold red or green label indicates a significant change from previous year

Vermonters age 18-25 are most likely to have used cocaine in the past year.

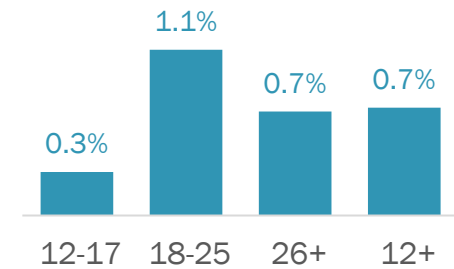


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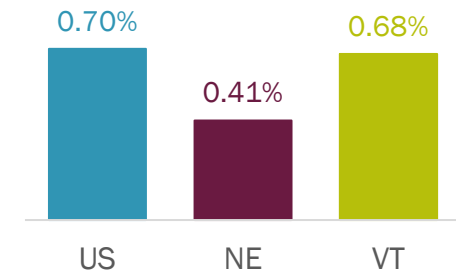
Vermont past year methamphetamine use among people age 12+ is similar to US and Northeast rates (2018-2019)



Vermont Rates by Age



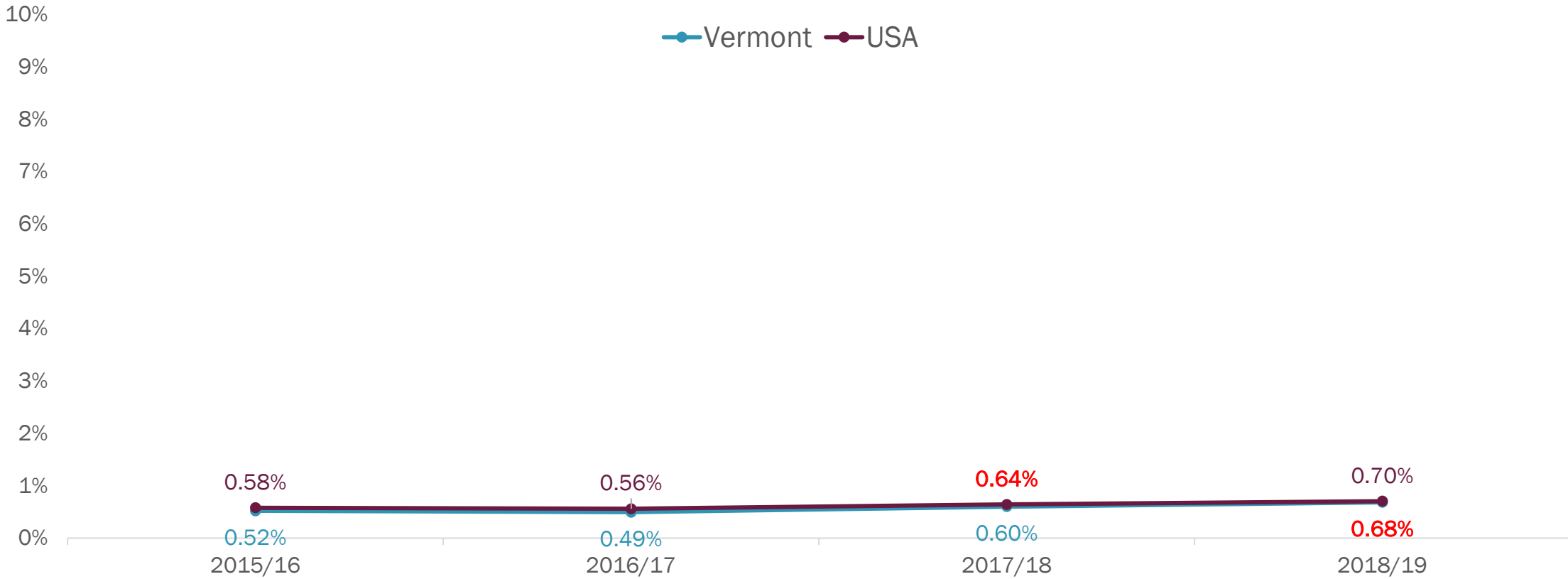
US, Northeast, VT Comparison



Vermont is statistically similar to the US and Northeast

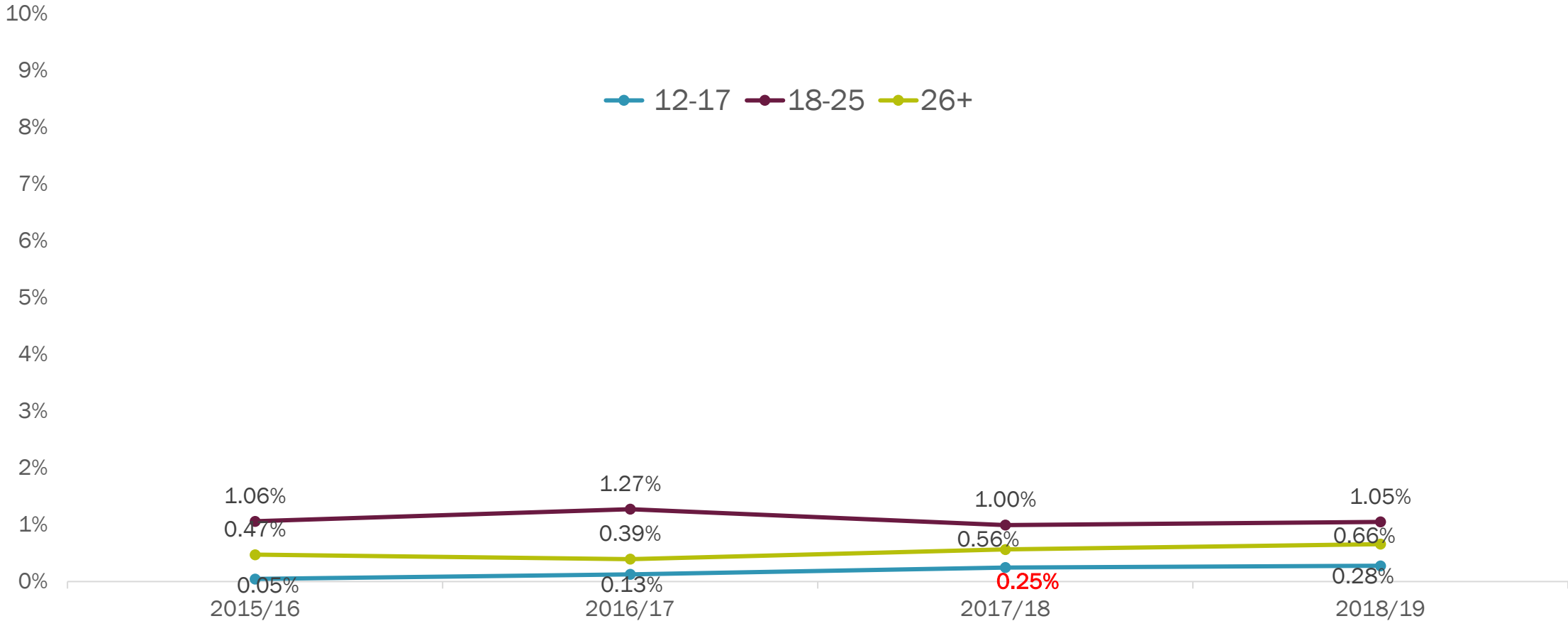
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The percentage of Vermonters age 12+ using methamphetamine in the past year is similar to the national average.



Bold red or green label indicates a significant change from previous year

Percent of Vermonters using methamphetamine in the past year is low in all age groups compared to other substances.

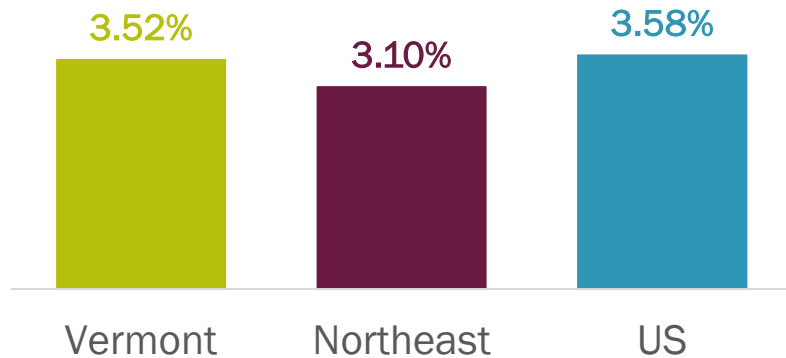


Bold red or green label indicates a significant change from previous year

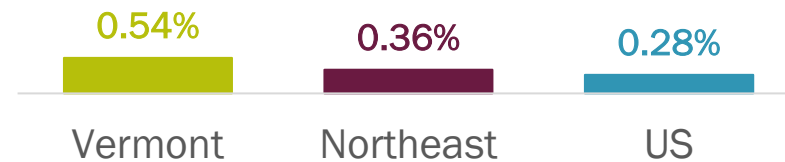
Opioids

Vermont's 2018 - 2019 past year pain reliever misuse and heroin use among people age 12+ is statistically similar to US and the Northeast .

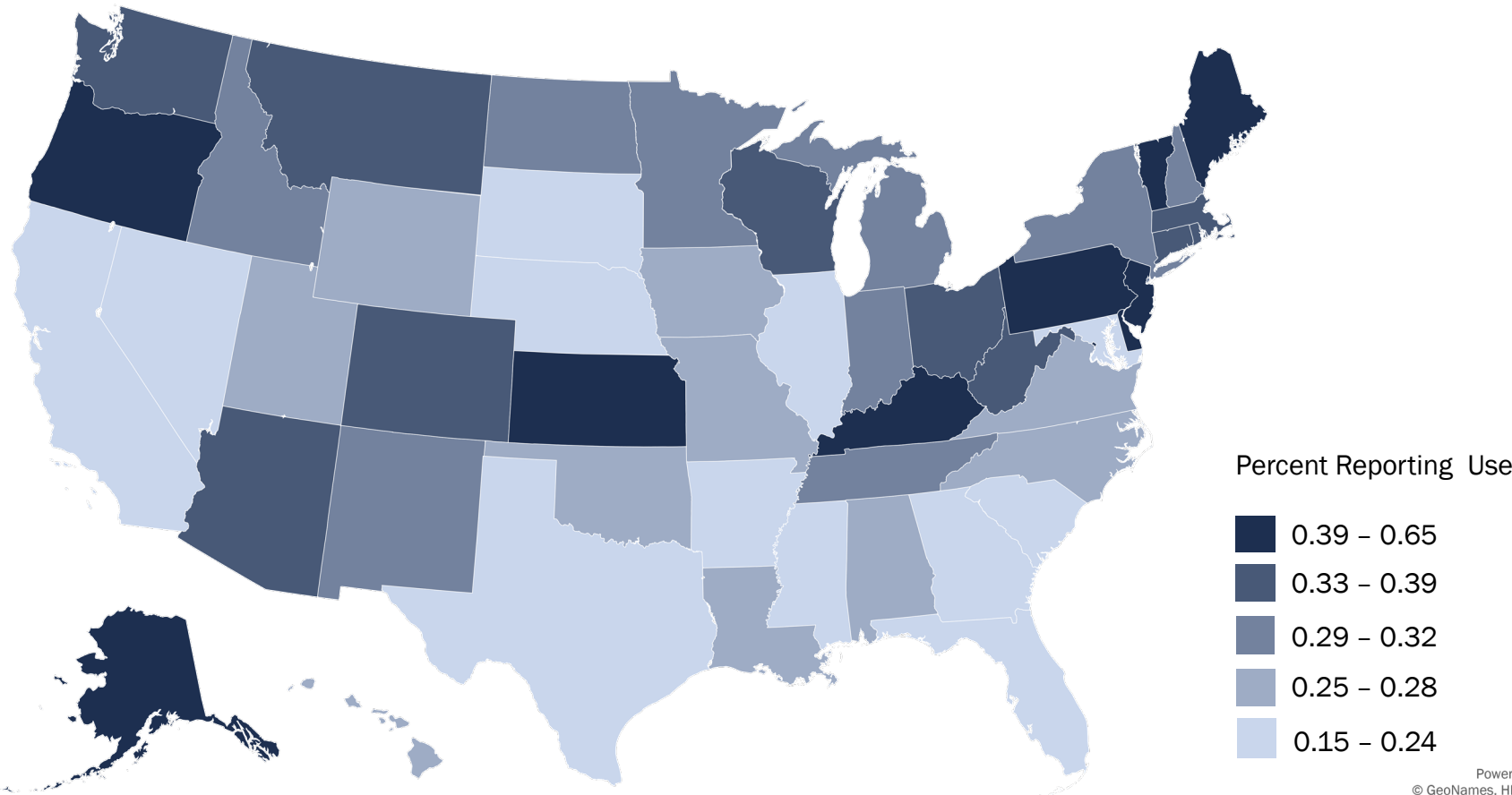
Past Year Pain Reliever Misuse



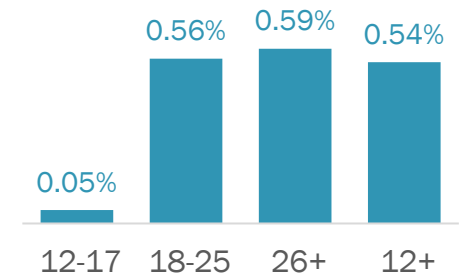
Past Year Heroin Use



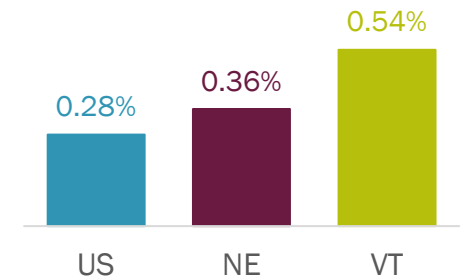
While Vermont appears to have one of the highest rates of past year heroin use in the US, it is statistically similar to both the US and Northeast (2018-2019)



Vermont Rates by Age

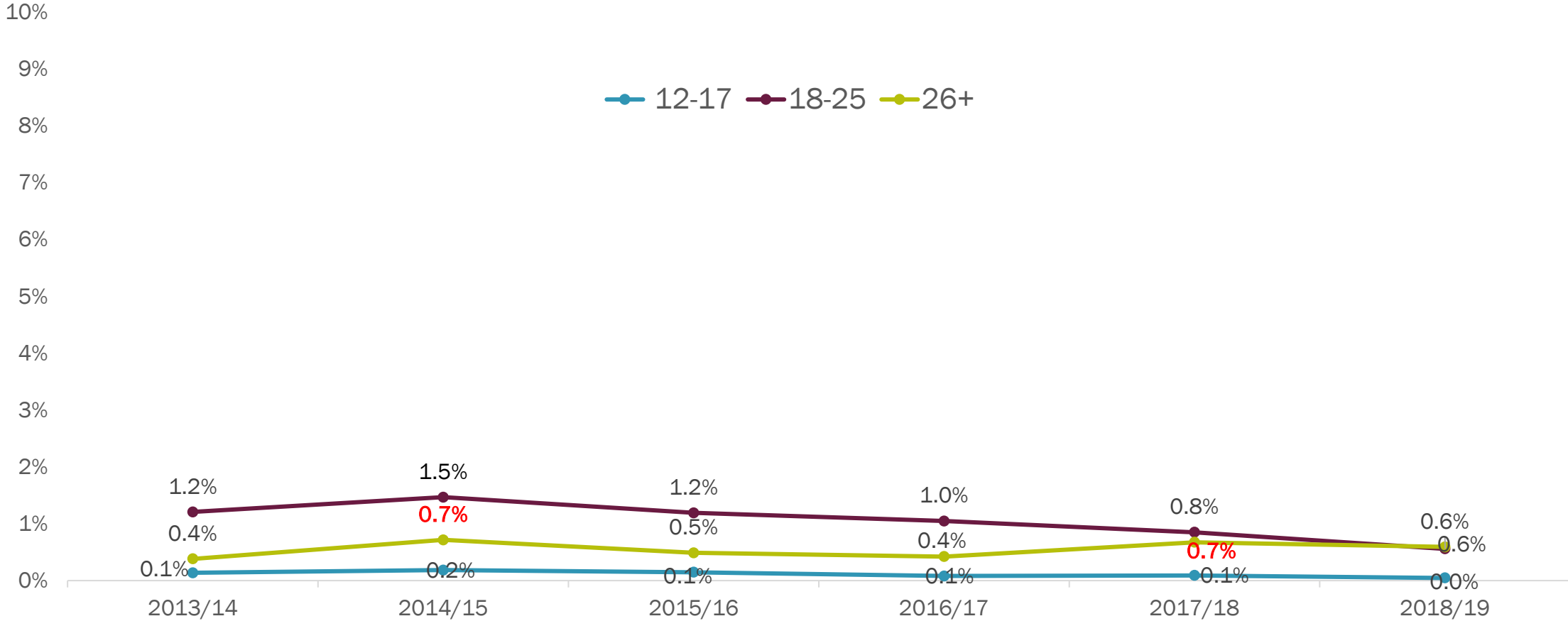


US, Northeast, VT Comparison



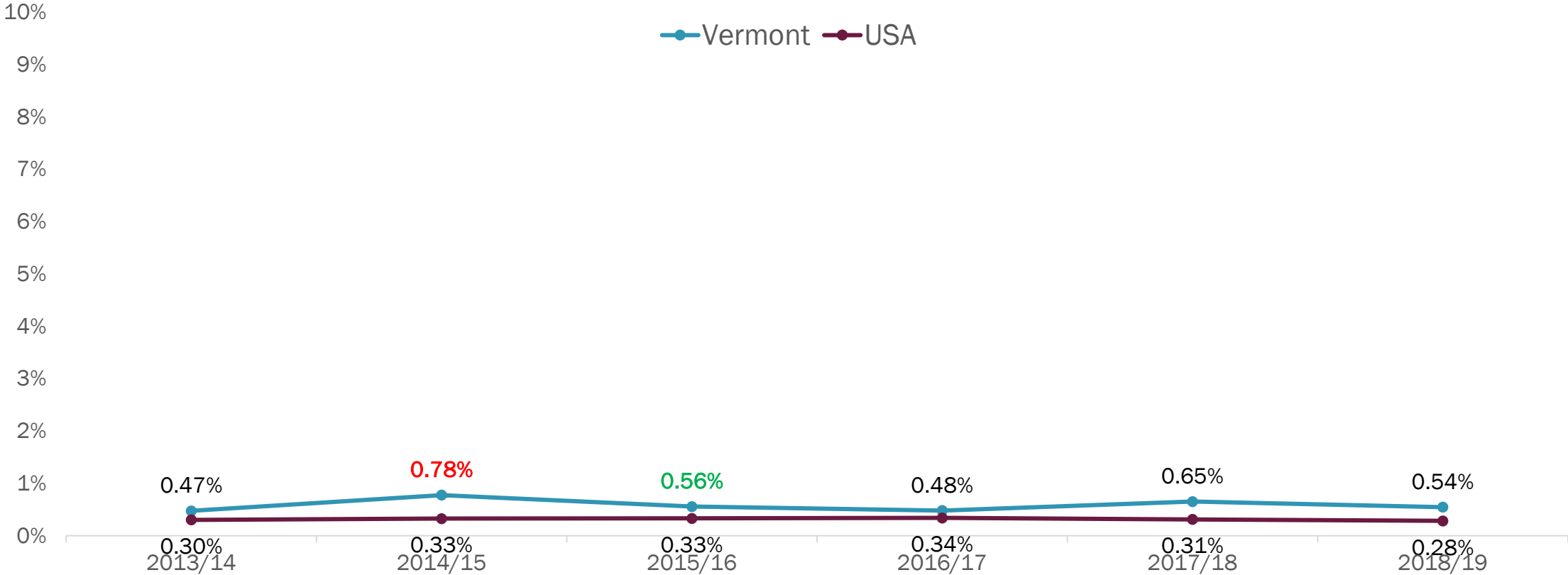
Vermont is statistically similar to both the US and Northeast

Vermonters Age 12-17 are less likely to use heroin in the past year compared to other age groups



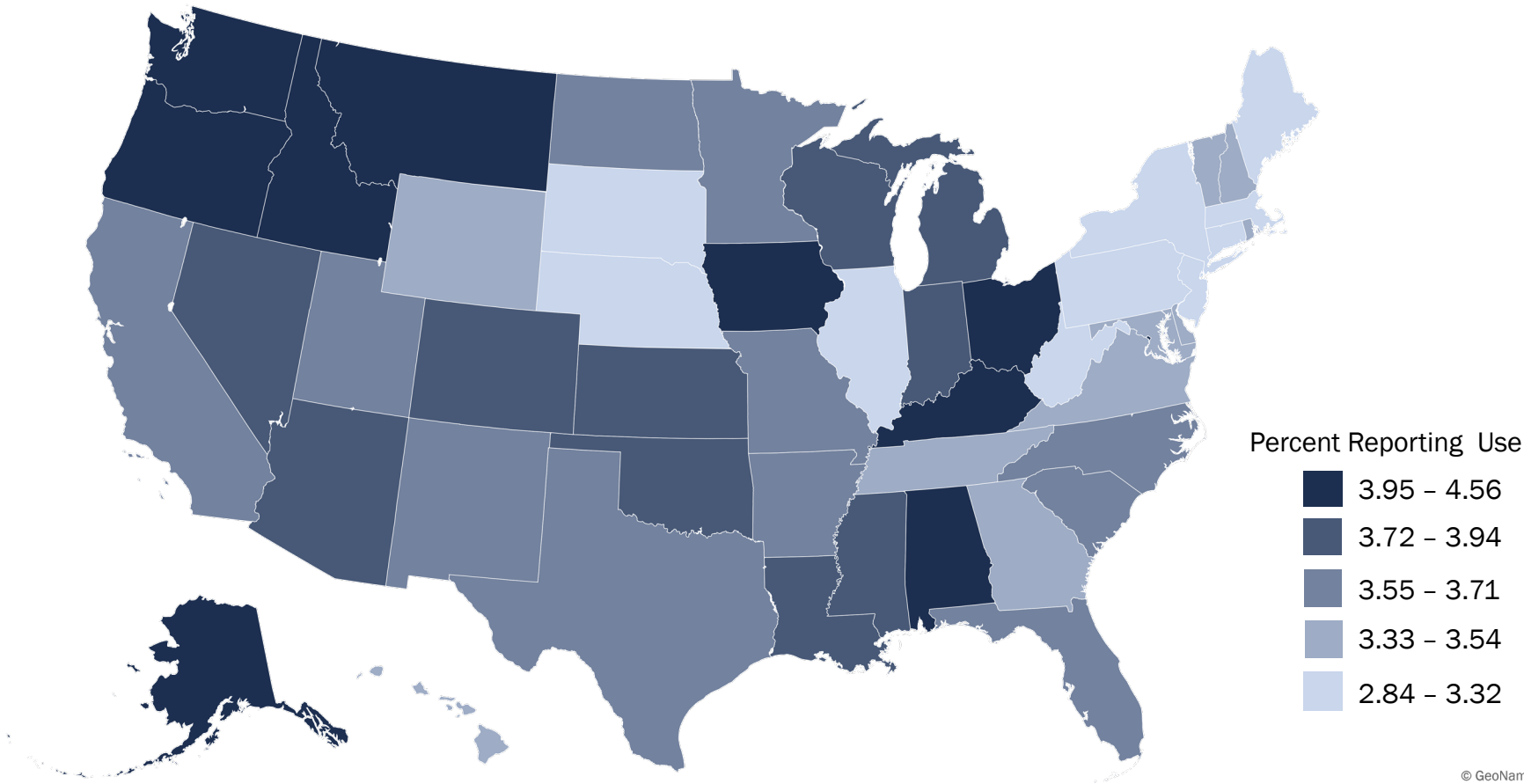
Bold red or green label indicates a significant change from previous year

The percentage of Vermonters age 12+ using heroin in the past year is similar to the national average

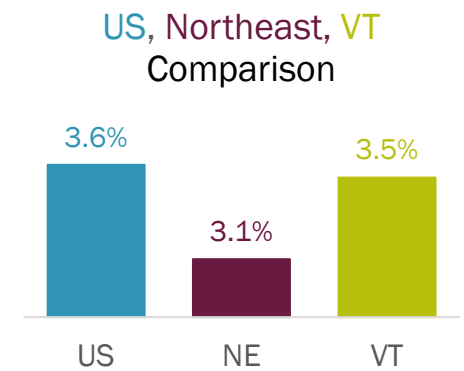
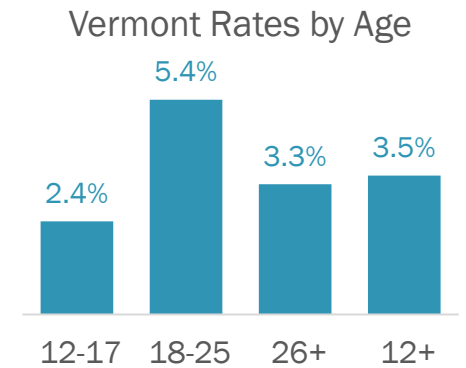


Bold red or green label indicates a significant change from previous year

Vermont past year pain reliever misuse among people age 12+ is similar to US and Northeast (2018-2019).

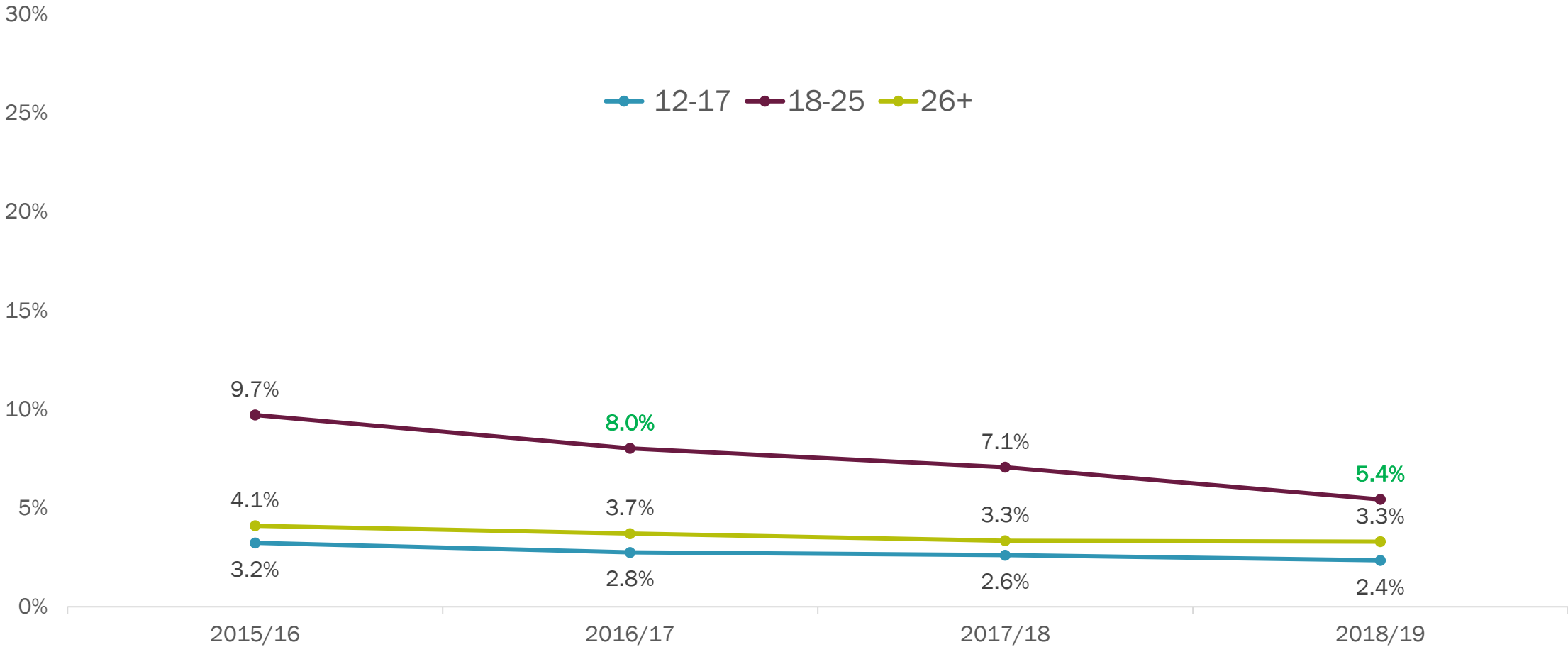


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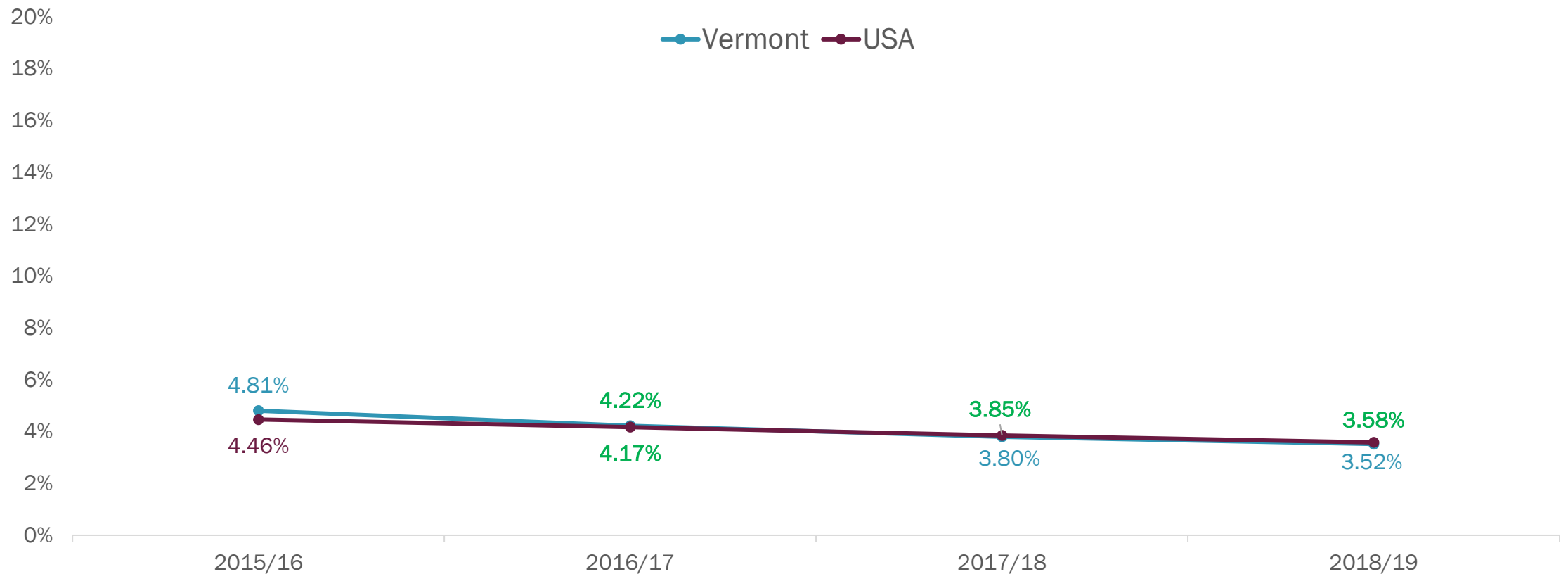
Vermont is statistically similar to both the US and Northeast

Vermonters age 18-25 are more likely to have misused pain relievers in the past year than other age groups.



Bold red or green label indicates a significant change from previous year

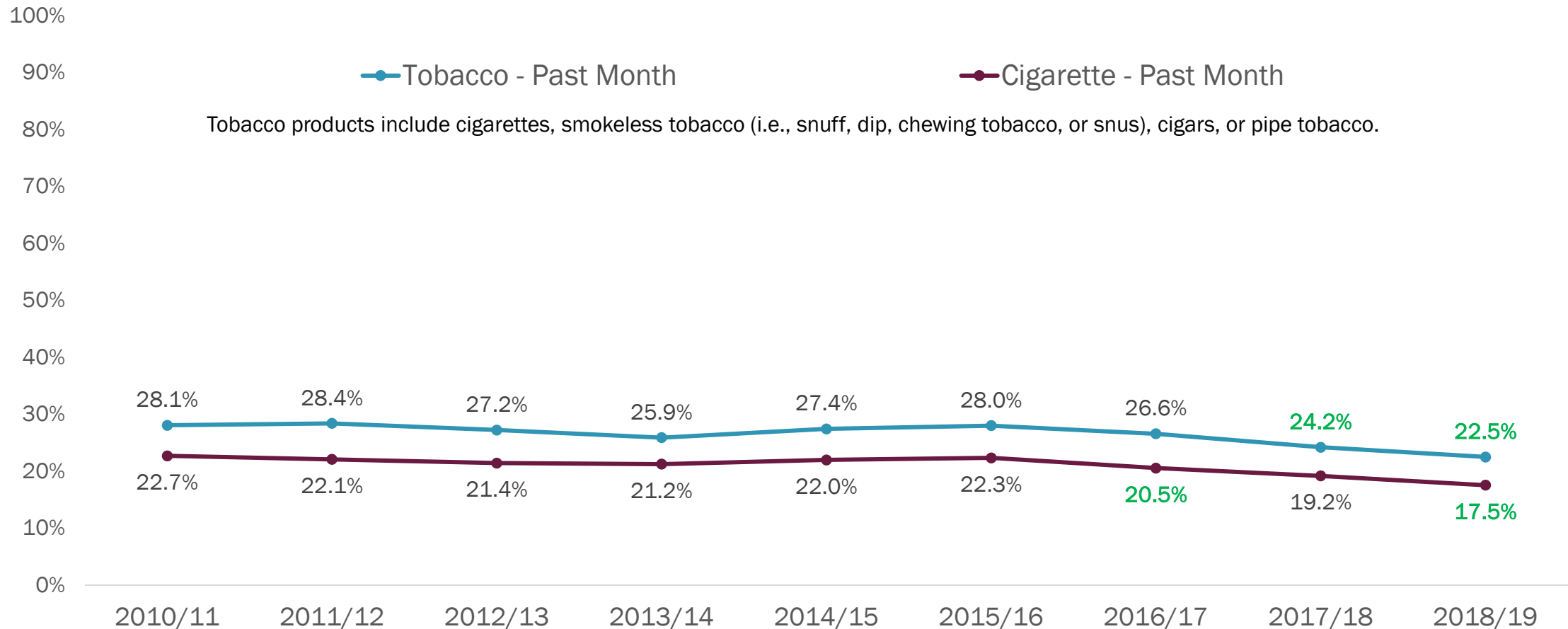
The percentage of Vermonters age 12+ misusing pain relievers in the past year is similar to the national average.



Bold red or green label indicates a significant change from previous year

Tobacco

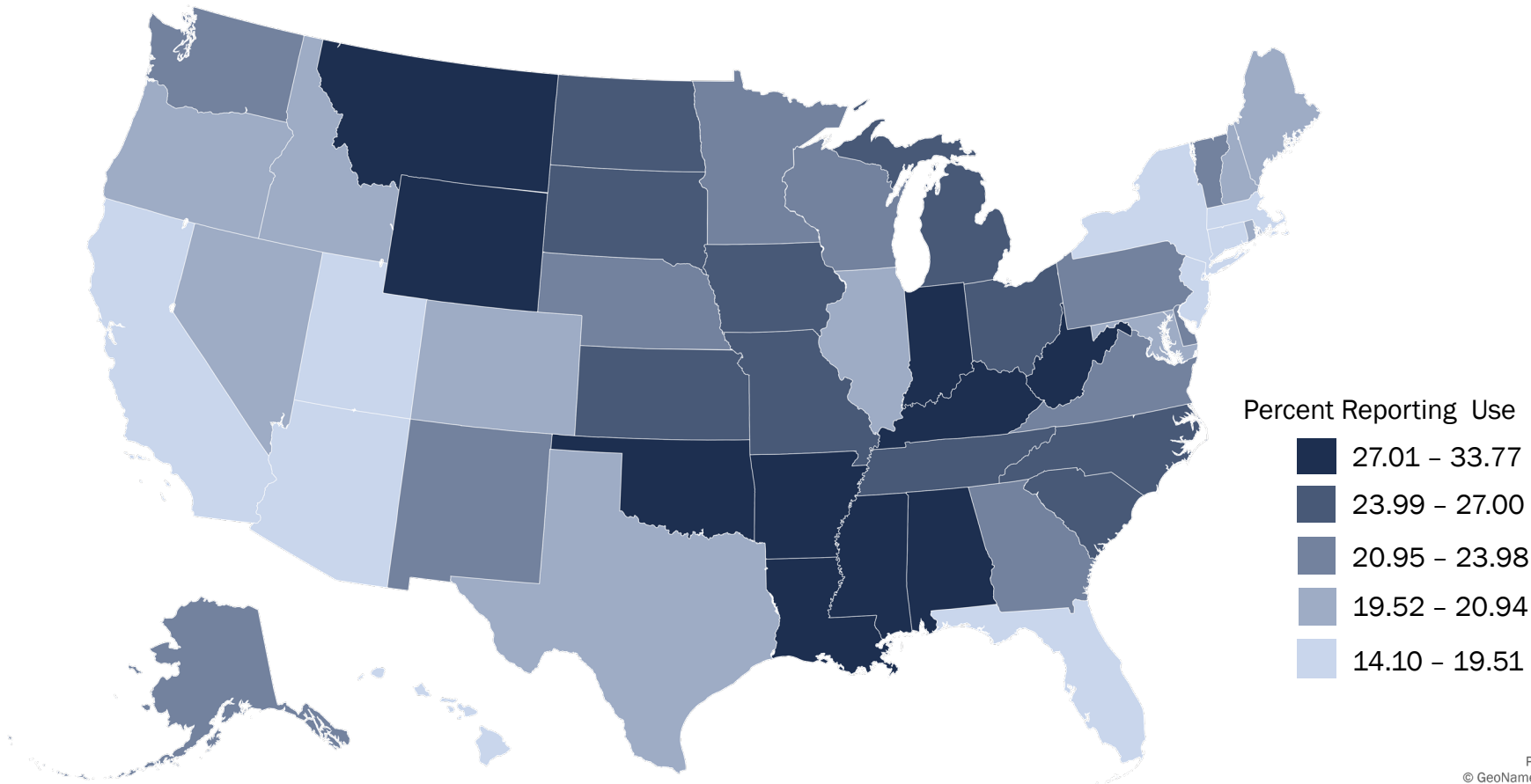
There have been significant decreases in the percent of Vermonters age 12+ using any tobacco and cigarettes in the past month.



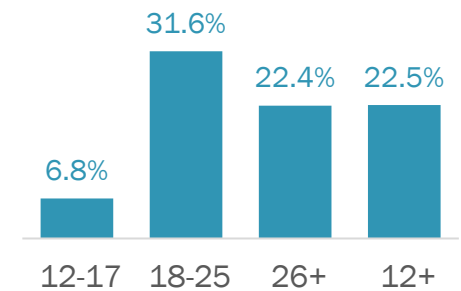
Bold red or green label indicates a significant change from previous year

Vermont past month use of any tobacco among people age 12+ is higher than Northeast and similar to US (2018-2019).

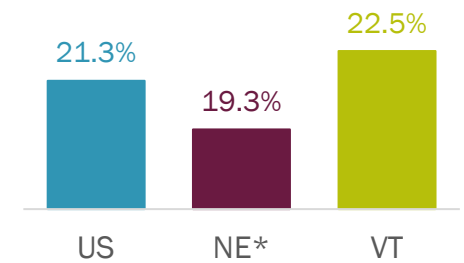
Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco.



Vermont Rates by Age



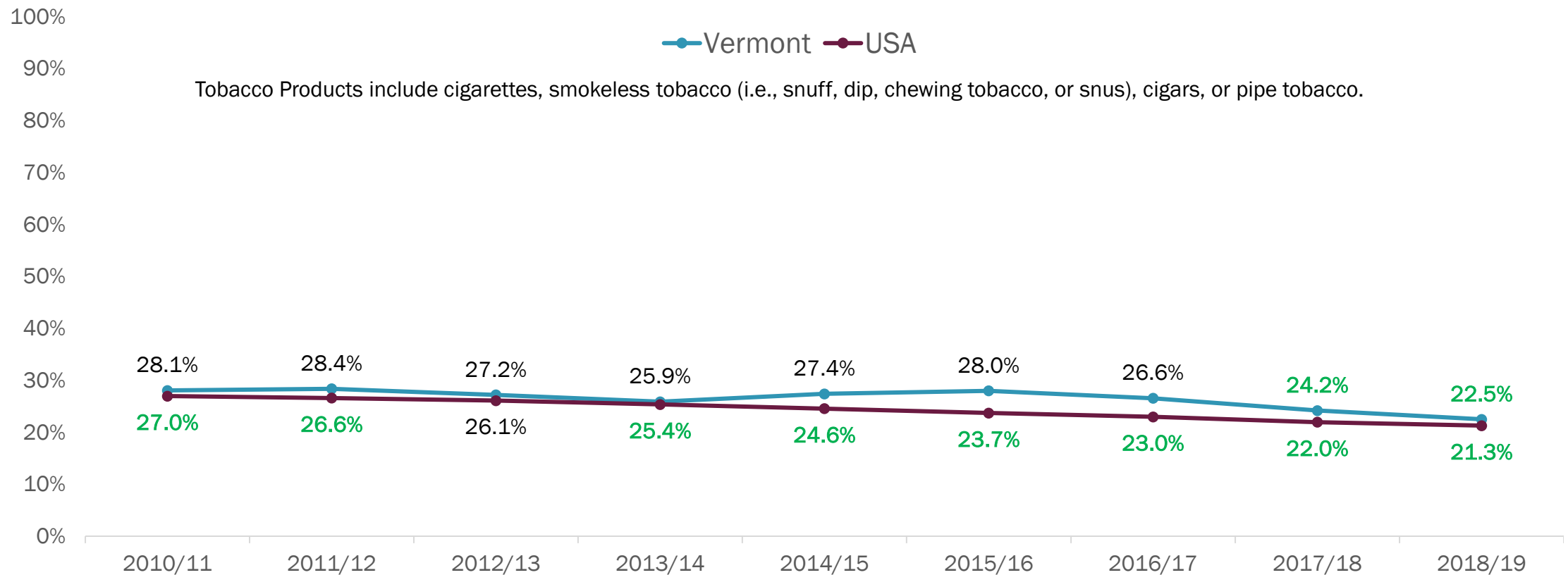
US, Northeast, VT Comparison



VT is statistically higher than the Northeast

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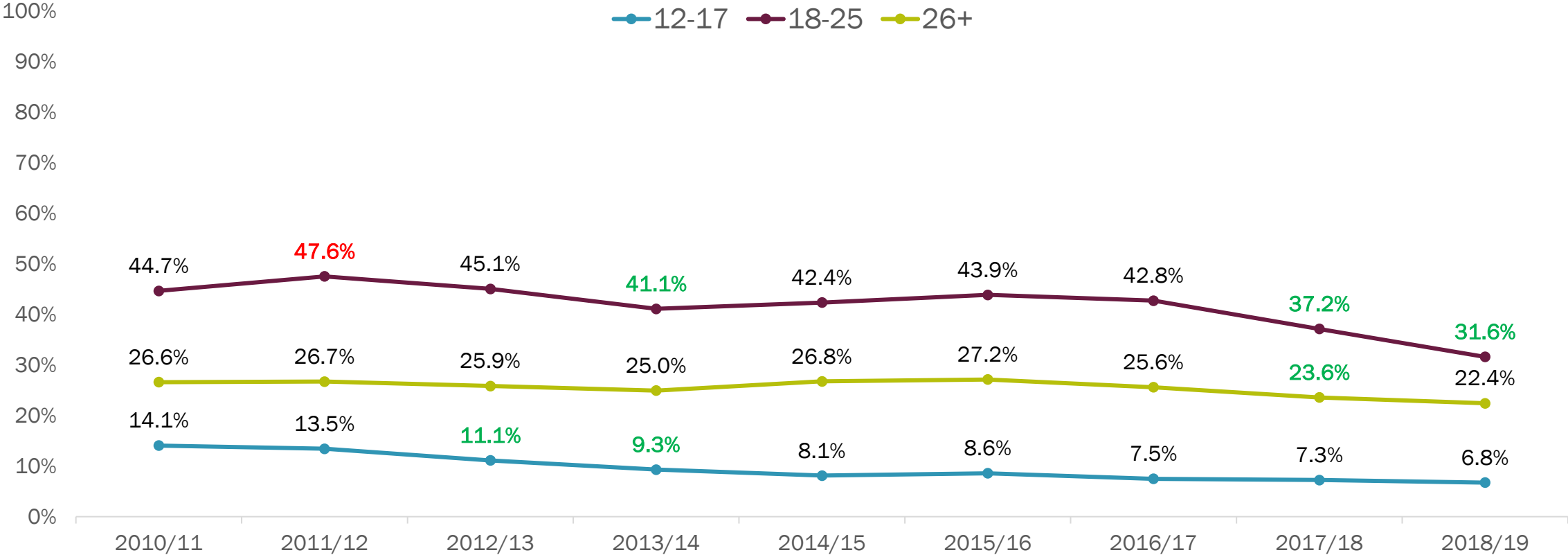
The percentage of Vermonters age 12+ using any tobacco in the past month is higher than the national average.



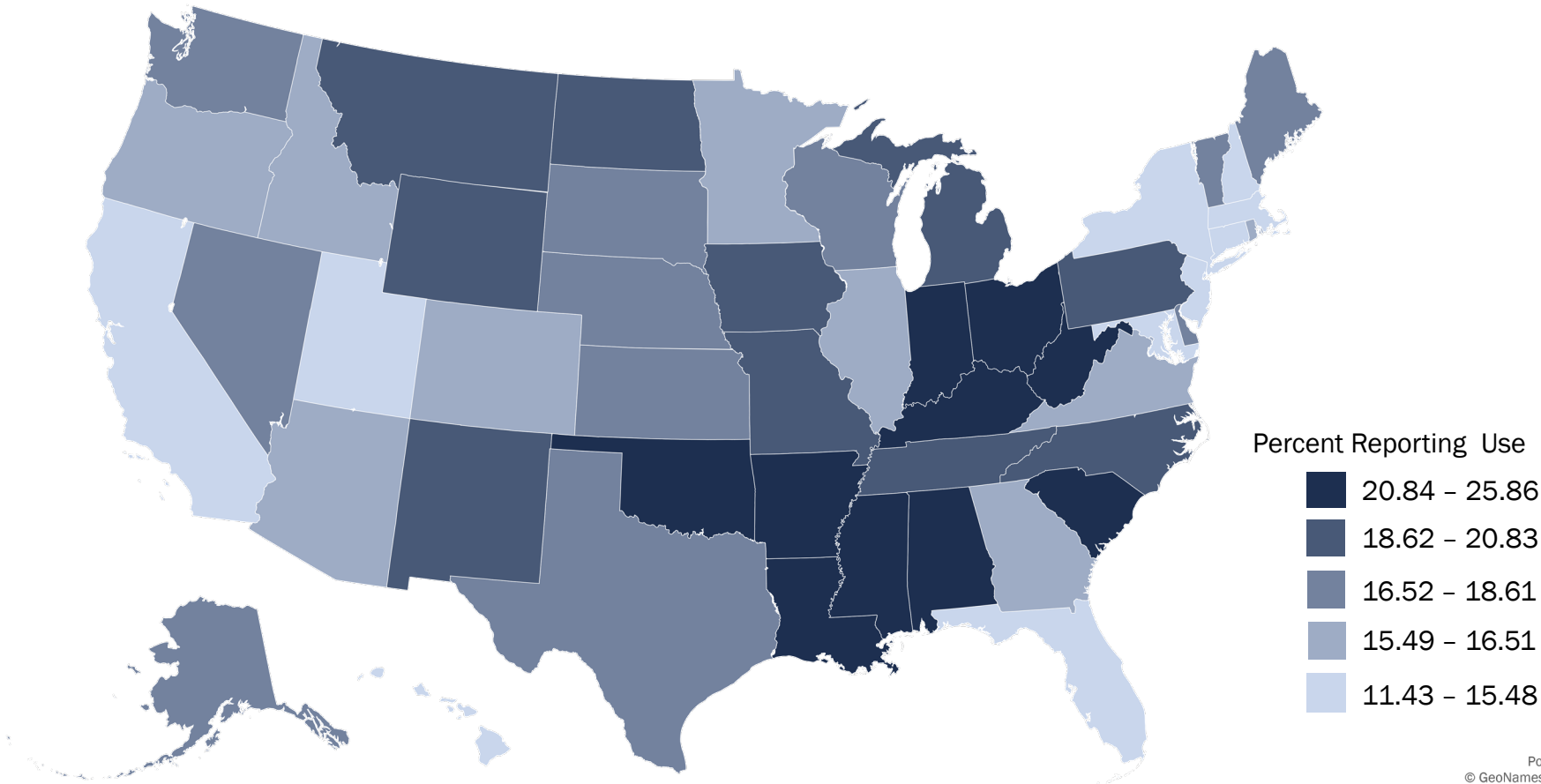
Bold red or green label indicates a significant change from previous year

The percentage of Vermonters age 18-25 using any tobacco product in the past month is consistently higher than other age groups but has had significant decreases over the past two reporting periods.

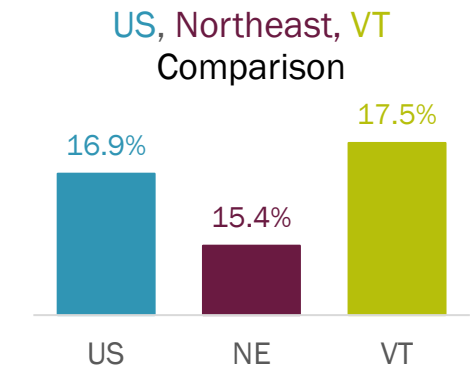
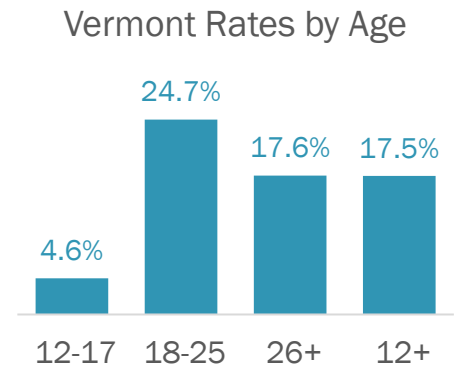
Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco.



Vermont past month use of cigarettes among people age 12+ is similar to Northeast and US (2018-2019).

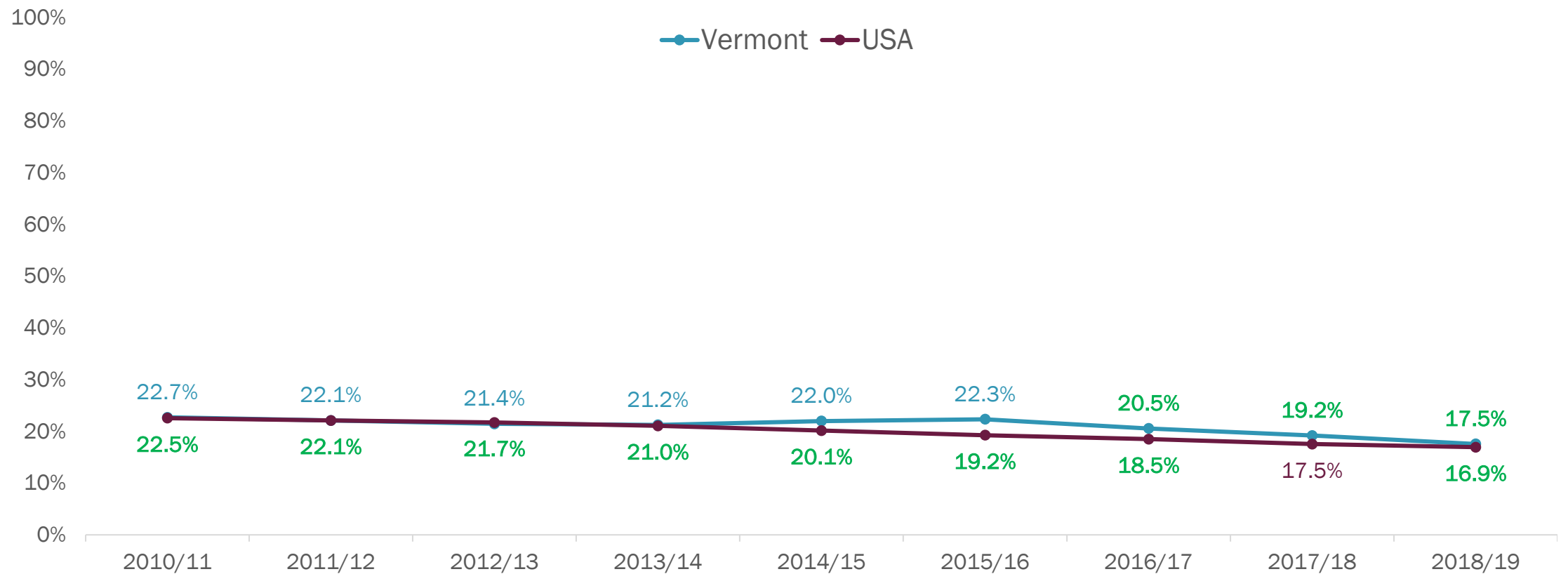


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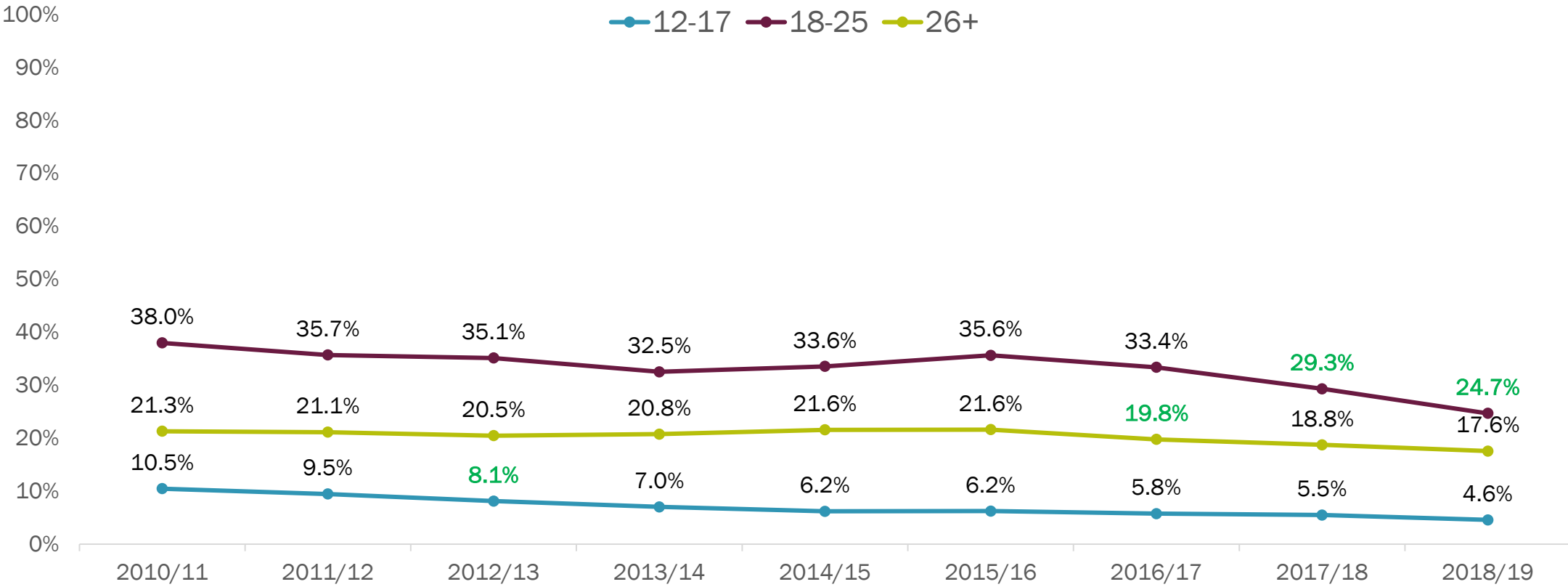
VT is statistically similar to the Northeast and US

The percentage of Vermonters age 12+ using cigarettes in the past month is slightly higher than the national average. Both are trending down.



Red or **green** label indicates a significant change from previous year

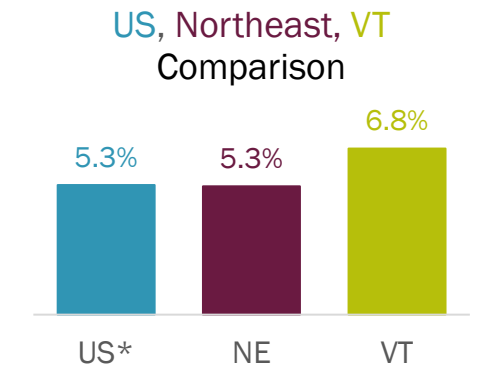
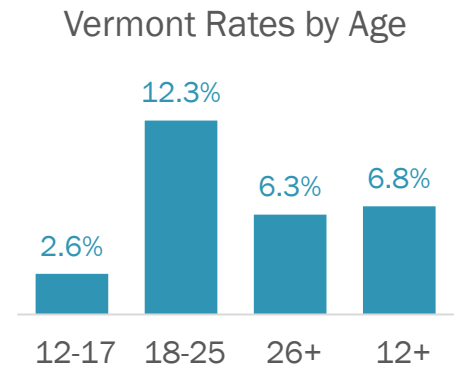
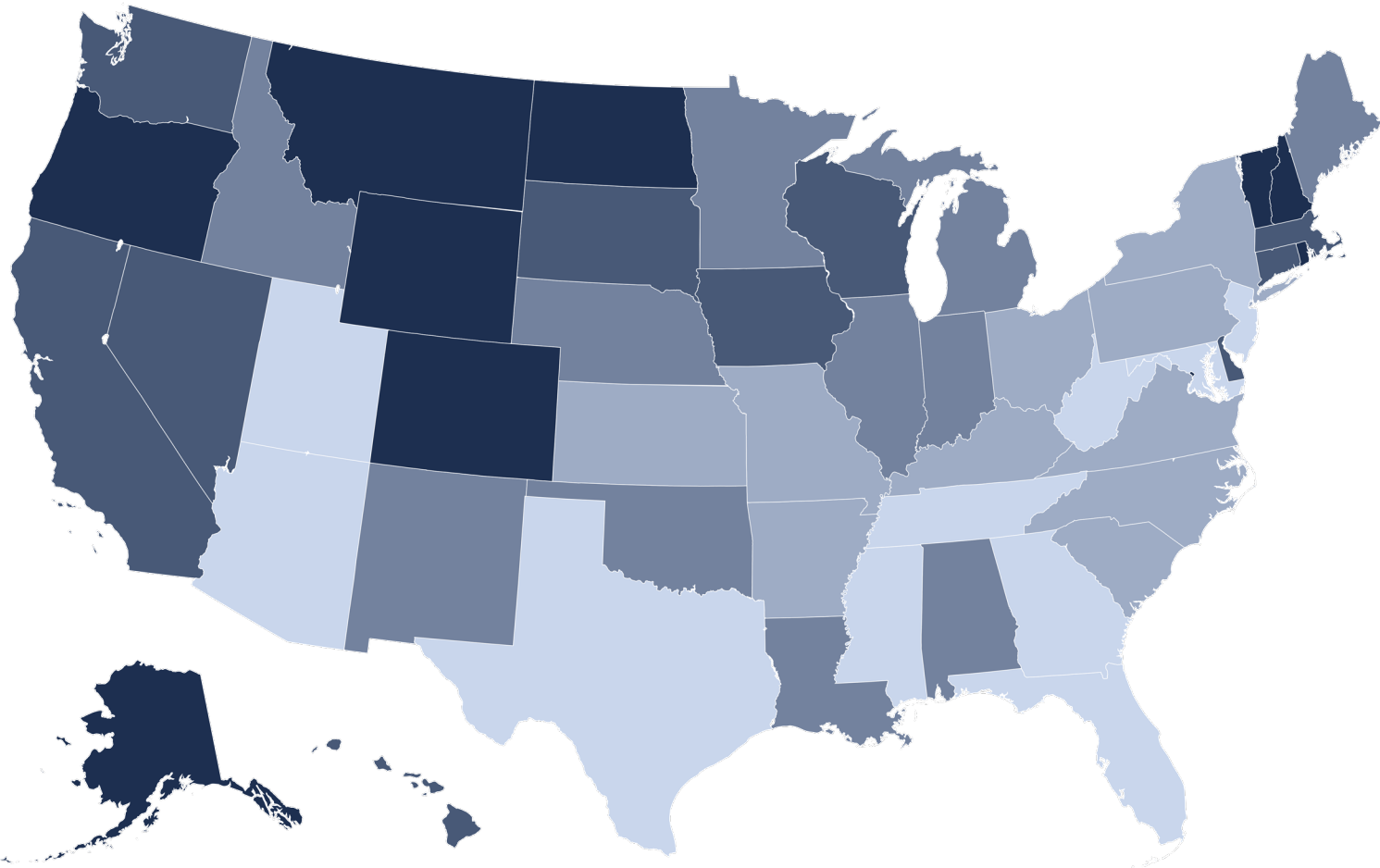
The percentage of Vermonters age 18-25 using cigarettes in the past month is consistently higher than that of other age groups but has been trending down.



Bold red or green label indicates a significant change from previous year

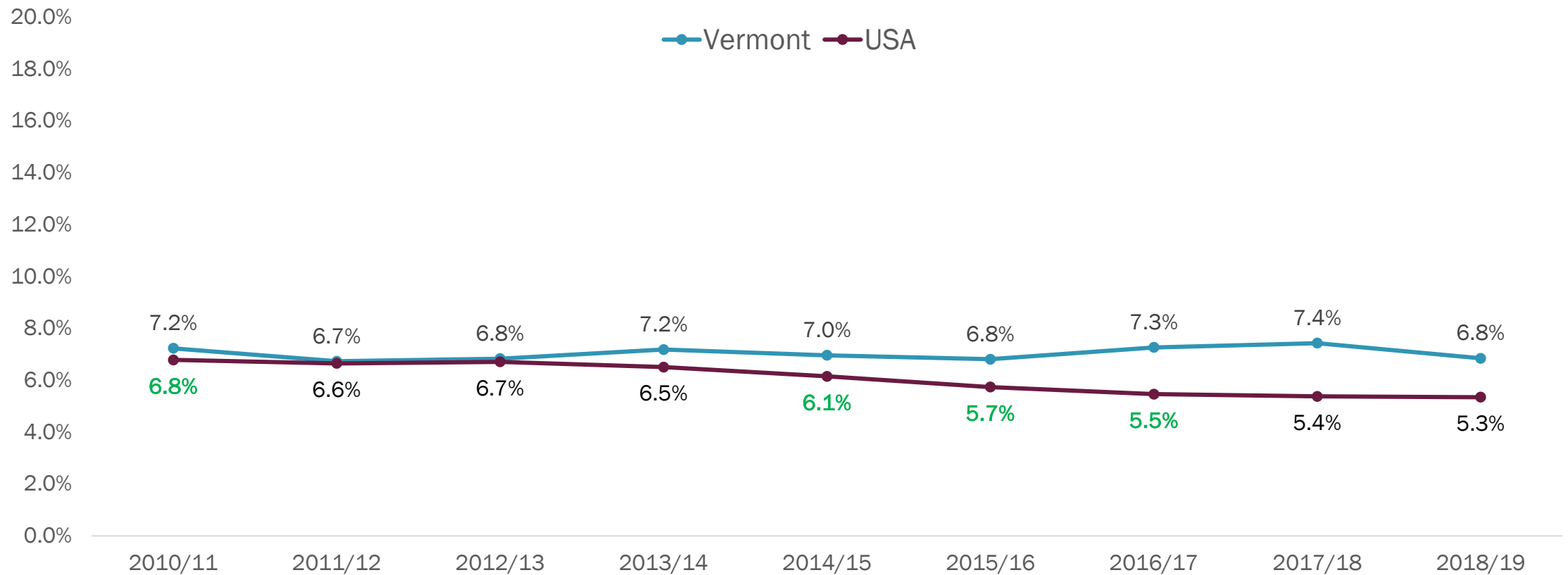
Substance Use Disorder

Alcohol use disorder in the past year among Vermonters age 12+ is among the highest in the US (2018-2019).



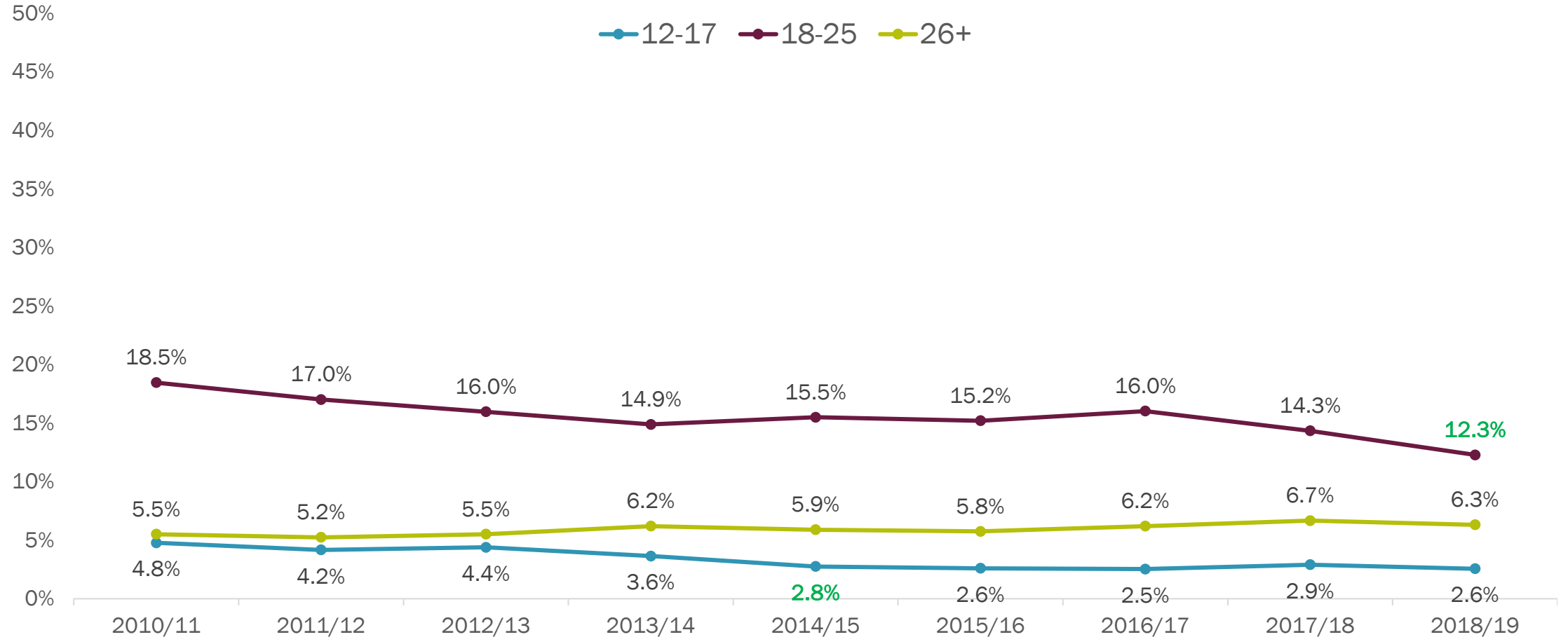
*VT is statistically higher than the US

National rates of alcohol use disorder among people age 12+ have been decreasing while Vermont's rate has remained consistent.



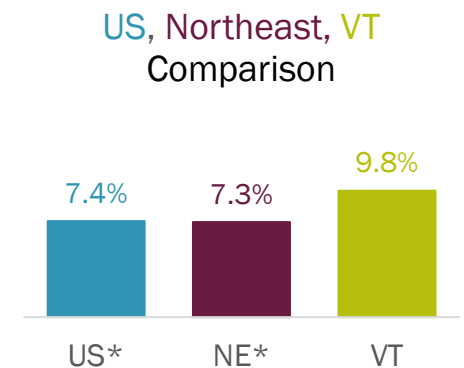
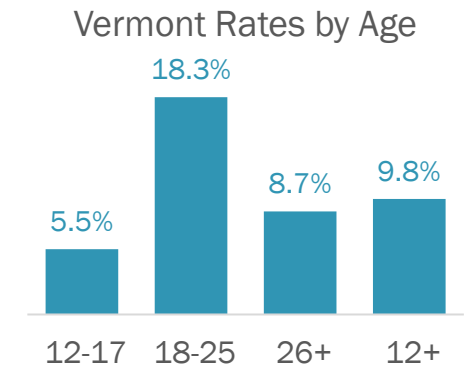
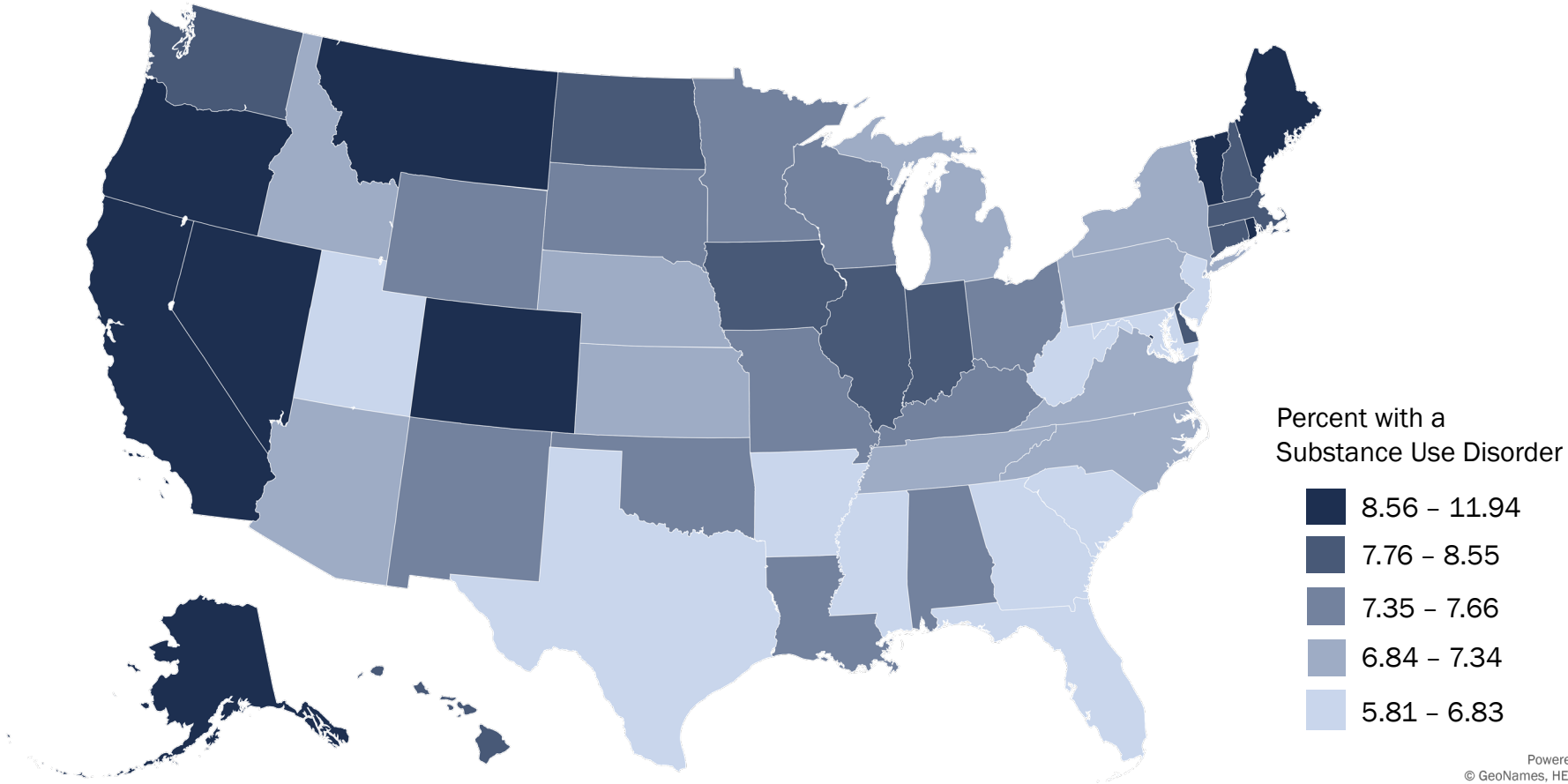
Bold red or green label indicates a significant change from previous year

The percentage of Vermonters age 18-25 with alcohol use disorder is consistently higher than other age groups.



Bold red or green label indicates a significant change from previous year

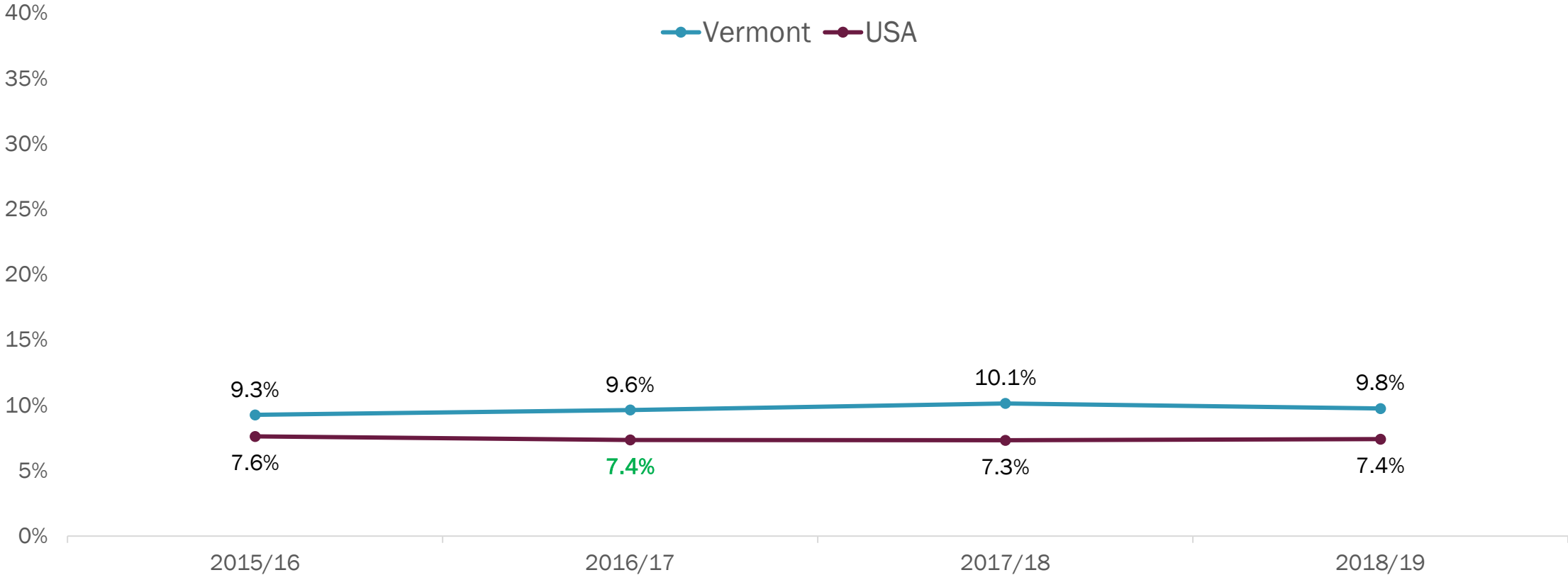
Past year any substance use disorder among Vermonters age 12+ is among the highest in the US (2018-2019).



*VT is statistically higher than both the Northeast and US

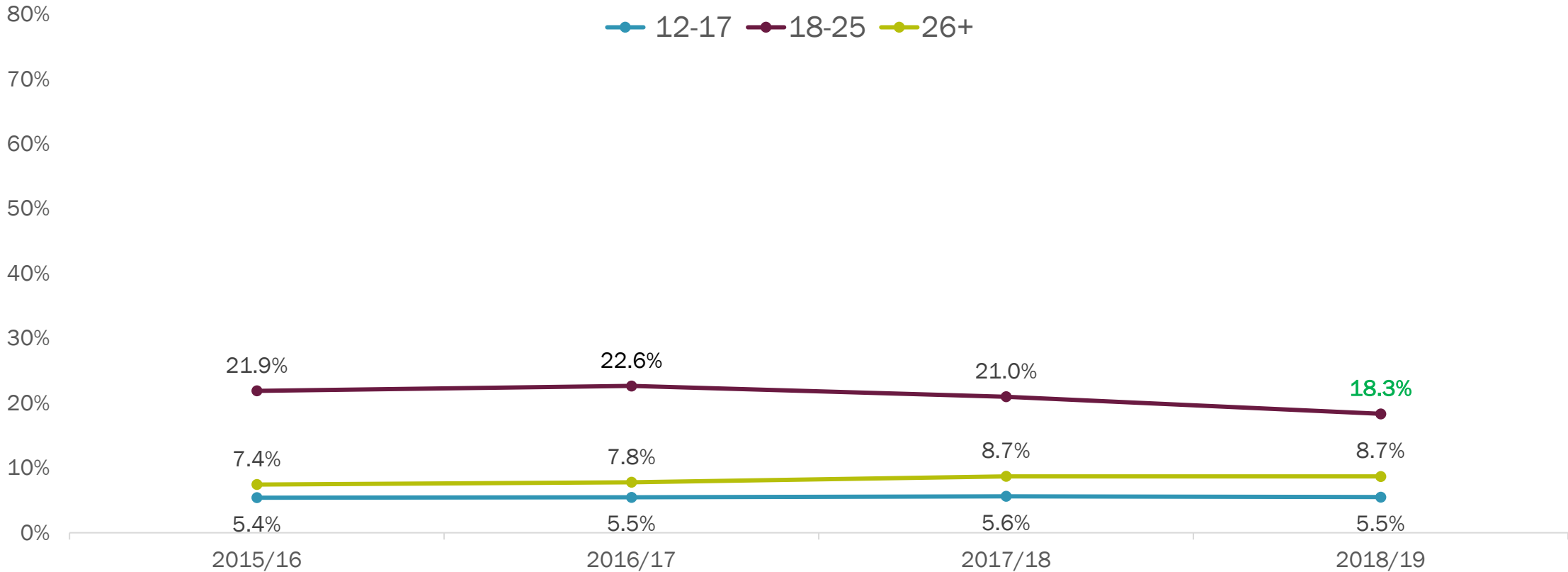
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The percentage of Vermonters age 12+ with any substance use disorder in the past year is consistently higher than the national average.



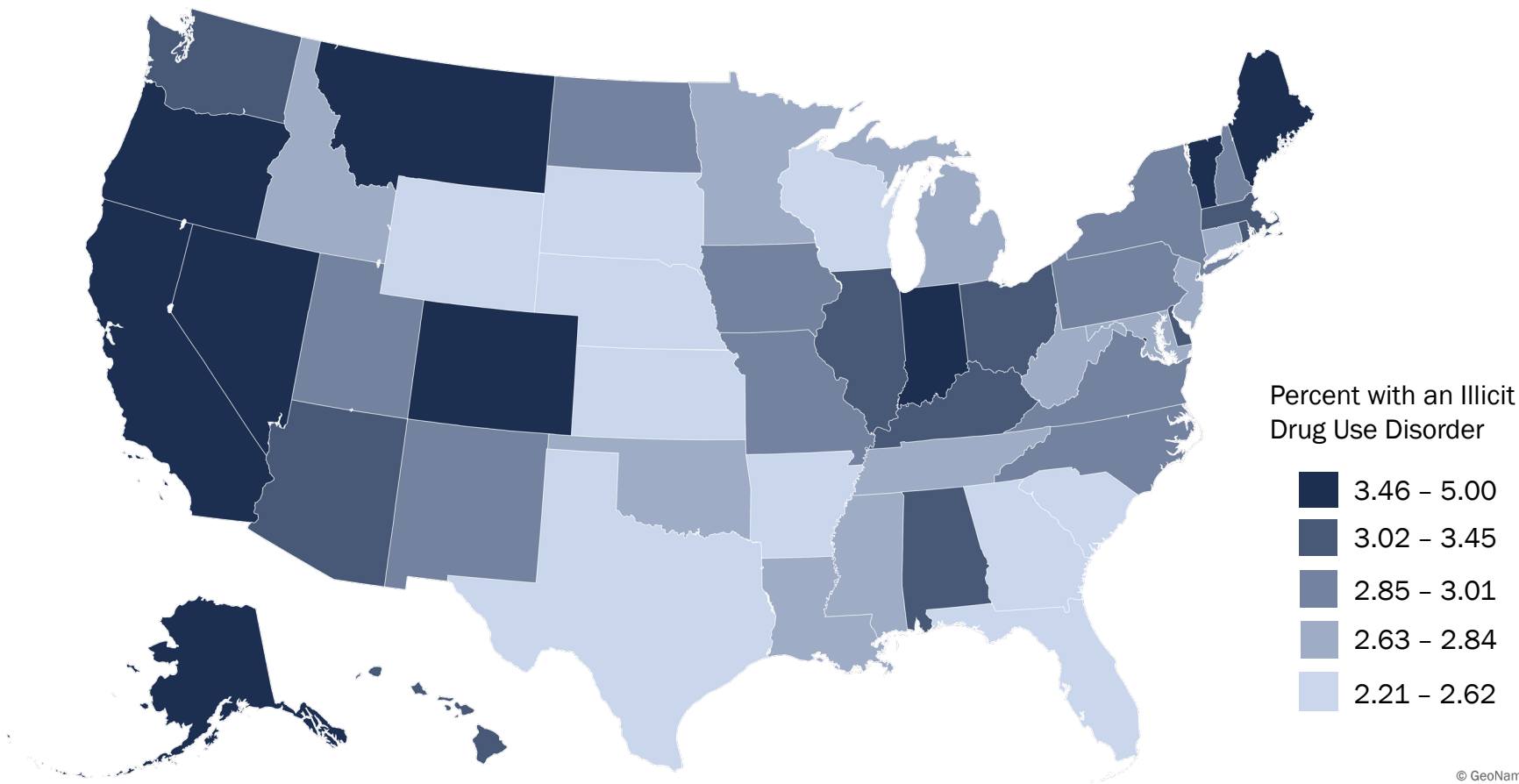
Bold red or green label indicates a significant change from previous year

Vermonters age 18-25 are most likely to have a substance use disorder in the past year.



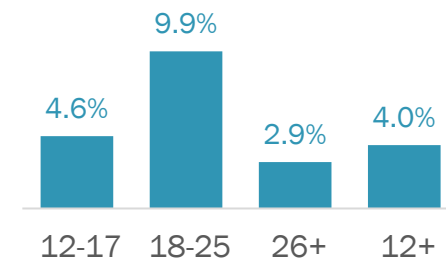
Bold red or green label indicates a significant change from previous year

Past year illicit drug use disorder among Vermonters age 12+ is among the highest in the US (2018-2019).

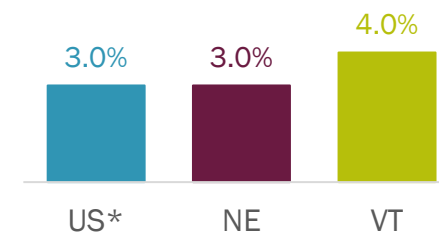


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Vermont Rates by Age

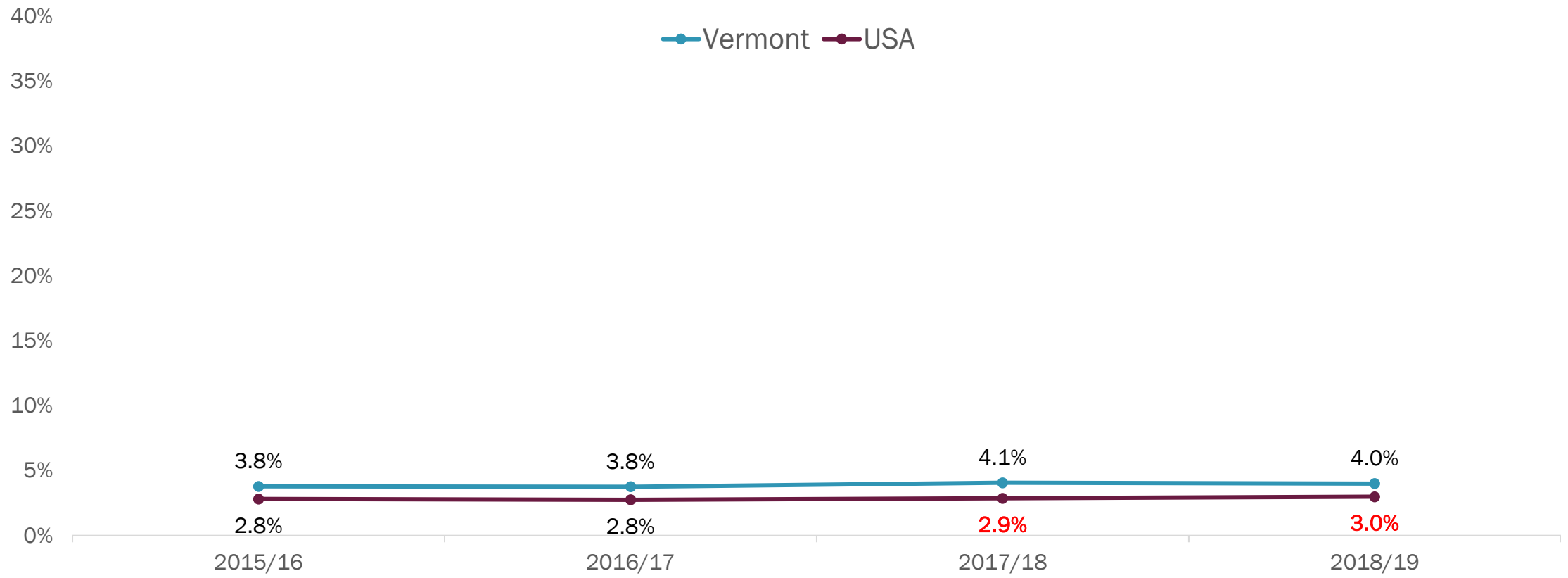


US, Northeast, VT Comparison



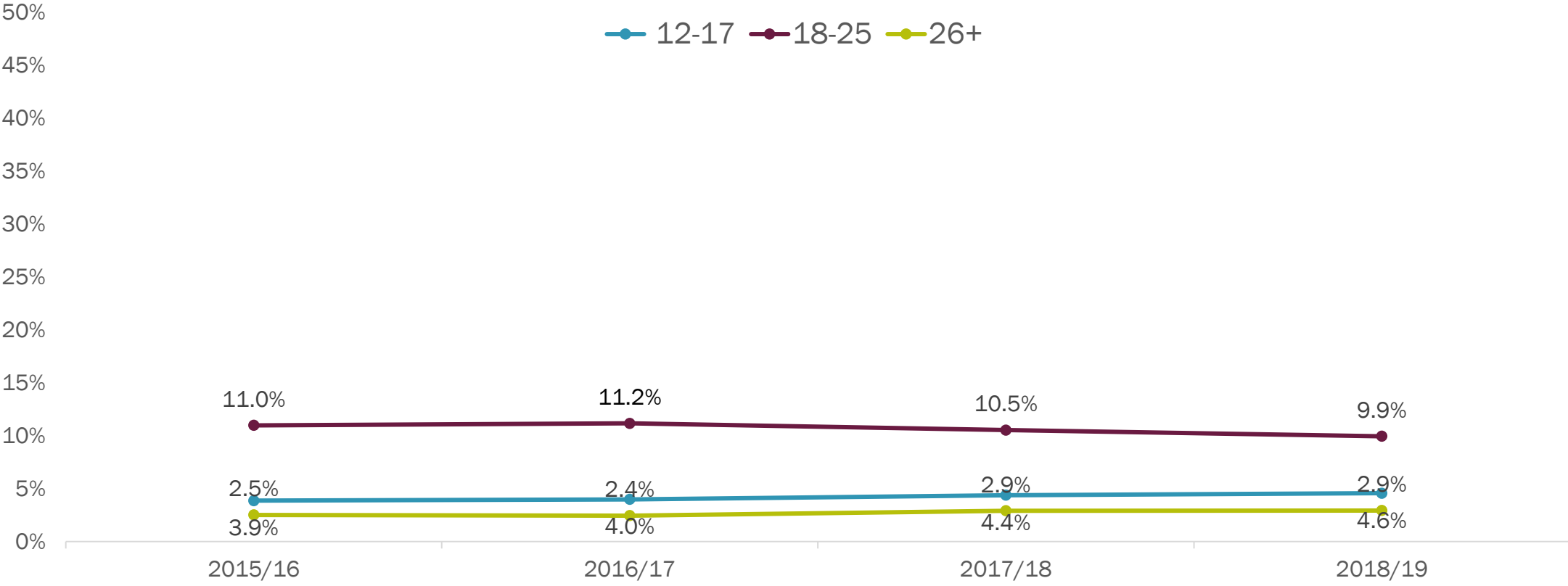
*VT is statistically higher than the US

The percentage of Vermonters age 12+ with illicit drug use disorder in the past year is consistently higher than the national average.



Bold red or green label indicates a significant change from previous year

Percent of Vermonters age 12+ with illicit drug use disorder in the past year has remained consistent.



Bold red or green label indicates a significant change from previous year



Thank you!

Let's stay in touch.

Email: Anne.VanDonsel@Vermont.gov

Web: www.healthvermont.gov

Social: [@healthvermont](https://twitter.com/healthvermont)