State Level Data
National Survey on Drug Use and Health

2021-2022

March 2024

VERMONT
DEPARTMENT OF HEALTH

National Survey on Drug Use and Health (NSDUH)

- **The Federal Government conducts this survey.**
- **The Vermont Department of Health does not have input on this survey.** This presentation is intended to provide the Vermont level data, with comparisons to the regional and national data.
- Comments or questions related to the survey can be directed to the Substance Abuse and Mental Health Services Administration (SAMHSA): NSDUH website link.

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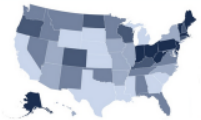
What is NSDUH?

Recent Changes to the Survey

Summary Data



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What is NSDUH?

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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
- Prior to 2020, NSDUH conducted face-to-face household interviews. Starting in 2020, NSDUH conducted both face-to-face household interviews and web-based interviews.
- 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 68,000 persons are interviewed annually
  - In 2022, NSDUH collected data from 71,369 respondents aged 12 or older
- 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, and again in 2020.
- The 2019/2020 data was retracted by SAMHSA due to concerns around methodology

Sample size and age distribution for NSDUH

Target number of completed interviews per state

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

Sample Age Distribution

Age Group	2022
12-17	21%
18-25	24%
26+	55%
26-34	16%
35-49	21%
50+	18%

Source: NSDUH Methodology

Recent changes to the survey

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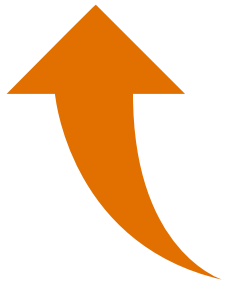
Do you have questions about the changes to the 2021-2022 NSDUH? There is a Frequently Asked Questions section on the NSDUH website.

Link to Frequently Asked Questions (FAQs)



2022 NSDUH Frequently Asked Questions

General Questions

1. Is the NSDUH data from 2022 comparable with data from 2021?
2. Is it appropriate to combine 2022 data with previous years' data?
3. Is SAMHSA planning to release state-level and substate-level estimates using 2022 data?
4. Did the coronavirus disease 2019 (COVID-19) pandemic affect data collection for the 2022 NSDUH?

What's New/What's Changed

1. Substance Use Treatment and Mental Health Treatment
2. Nicotine Vaping and Marijuana Vaping
3. Modes of Marijuana Use
4. Illegally Made Fentanyl

Is it appropriate to combine 2022 data with previous years' data?

The 2022 NSDUH data may be combined with 2021 data for pooled estimates. When creating pooled estimates, the 2021 updated weights and the 2022 weights should each be divided by the number of years being combined (two, in this case). The pooled estimates should use the new weights for 2021 that have been adjusted to the same mode proportions as the 2022 weights.

When the 2022 NSDUH public-use file (PUF) is released, the 2021 PUF will also be updated with adjusted weights to allow for comparison between the two years. The 2021 restricted-use file (RUF) will also include the adjusted weights.

As with the 2021 NSDUH data, the 2022 NSDUH data should not be combined with data from 2020 or prior years for a variety of methodological reasons.

Other changes

Detailed information about changes on the following topics can be found on the NSDUH Website.

- Substance Use Treatment and Mental Health Treatment
- Nicotine Vaping and Marijuana Vaping
- Modes of Marijuana Use
- Illegally Made Fentanyl

These changes began with 2022 data collection. As a result, estimates on the above topics cannot be compared with data from 2021 or prior.

Additional resources: comparisons of population percentages

Statistical significance data:

- This is not available for 2018-2019 through 2021-2022 due to methodology changes in 2020 and 2021
- Change from 2017-2018 to 2018-2019
- Change from 2016-2017 to 2017-2018
- Change from 2015-2016 to 2016-2017
- Change from 2014-2015 to 2015-2016
- Change from 2013-2014 to 2014-2015
- Change from 2012-2013 to 2013-2014
- Change from 2011-2012 to 2012-2013

Example:

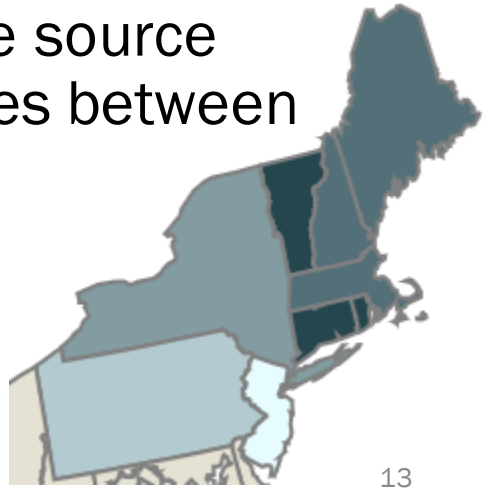
Table 1 *Illicit Drug Use in the Past Month*, by Age Group and State: Percentages, Annual Averages, and *P* Values from Tests of Differences between Percentages, 2017-2018 and 2018-2019 NSDUHs

State	12+ (2017-2018)	12+ (2018-2019)	12+ (*P* Value)	12-17 (2017-2018)	12-17 (2018-2019)	12-17 (*P* Value)	18-25 (2017-2018)	18-25 (2018-2019)	18-25 (*P* Value)	26+ (2017-2018)	26+ (2018-2019)	26+ (*P* Value)	18+ (2017-2018)	18+ (2018-2019)	18+ (*P* Value)
Total U.S.	11.43[a]	12.34	0.000	7.96[a]	8.37	0.033	24.04	24.40	0.275	9.82[a]	10.90	0.000	11.78[a]	12.73	0.000
Northeast	11.88[a]	12.86	0.000	8.31	8.56	0.502	26.53	26.58	0.944	9.96[a]	11.21	0.000	12.20[a]	13.25	0.000
Midwest	11.01[a]	11.87	0.000	7.90	8.15	0.374	23.80	24.37	0.356	9.29[a]	10.30	0.000	11.32[a]	12.25	0.000
South	9.60[a]	10.34	0.000	7.24	7.38	0.598	20.94	20.84	0.866	8.08[a]	9.05	0.000	9.84[a]	10.64	0.000
West	14.39[a]	15.54	0.000	8.93[a]	10.03	0.007	27.29	28.44	0.141	12.95[a]	14.14	0.000	14.95[a]	16.10	0.000
Alabama	10.74	10.59	0.800	7.77	7.02	0.325	21.12	20.58	0.711	9.43	9.44	0.994	11.04	10.94	0.886
Alaska	18.05	18.78	0.389	9.19	9.81	0.504	27.48[b]	30.90	0.064	17.66	18.02	0.734	19.02	19.76	0.431
Arizona	12.46	12.67	0.782	7.42	7.71	0.722	22.20	22.20	0.999	11.47	11.71	0.791	12.98	13.17	0.815
Arkansas	10.69[a]	9.45	0.035	6.75	6.52	0.749	18.76	17.14	0.234	9.87[b]	8.58	0.074	11.11[a]	9.76	0.036
California	13.44[a]	15.20	0.000	8.53[a]	10.41	0.002	26.81[b]	28.83	0.066	11.82[a]	13.57	0.000	13.94[a]	15.68	0.000
Colorado	19.64	19.24	0.639	10.92	11.55	0.574	36.37	35.68	0.713	18.00	17.56	0.676	20.51	20.00	0.583
Connecticut	14.34	14.17	0.827	10.45[b]	8.81	0.087	32.64[a]	28.94	0.042	11.83	12.42	0.509	14.71	14.69	0.974
Delaware	13.13[b]	14.32	0.084	9.90	9.94	0.970	28.48	29.73	0.455	11.25[b]	12.62	0.100	13.43[b]	14.73	0.083
District of Columbia	19.91	19.06	0.345	10.51	10.56	0.964	35.08	33.35	0.382	17.75	17.06	0.535	20.44	19.54	0.342
Florida	10.71[b]	11.45	0.076	8.35	7.90	0.429	24.51	23.20	0.219	9.08[a]	10.24	0.022	10.91[b]	11.75	0.063
Georgia	9.51[b]	10.29	0.089	6.89	6.80	0.885	21.74	20.97	0.523	7.82[a]	9.00	0.040	9.80[b]	10.68	0.082
Hawaii	10.26[a]	11.81	0.021	6.50	7.09	0.437	18.62	20.89	0.137	9.52[a]	11.11	0.048	10.60[a]	12.24	0.024
Idaho	9.44	10.15	0.160	7.45	7.50	0.943	17.49[b]	20.04	0.072	8.38	8.90	0.400	9.68	10.47	0.157
Illinois	11.01[a]	12.04	0.017	8.27	8.28	0.989	24.51	23.57	0.444	9.19[a]	10.68	0.005	11.29[a]	12.42	0.017
Indiana	11.85	12.53	0.250	7.79	8.60	0.309	24.66	26.93	0.170	10.15	10.57	0.566	12.28	12.95	0.308
Iowa	9.39	9.17	0.654	7.30	7.83	0.469	20.04	18.95	0.476	7.77	7.64	0.829	9.60	9.31	0.580
Kansas	8.81[a]	10.05	0.022	6.49	6.84	0.605	17.44	18.83	0.344	7.59[a]	8.93	0.040	9.07[a]	10.40	0.024
Kentucky	10.22[a]	11.43	0.050	7.18	6.99	0.803	18.75	19.66	0.520	9.21[b]	10.64	0.061	10.53[a]	11.87	0.046
Louisiana	9.64	9.41	0.629	6.59	6.33	0.712	21.53	21.03	0.732	8.10	7.96	0.812	9.96	9.73	0.664
Maine	17.53	18.88	0.130	11.32	12.28	0.395	36.55	36.54	0.997	15.64	17.25	0.125	18.05	19.42	0.152
Maryland	11.55[b]	12.73	0.053	8.82	8.26	0.503	26.51	28.03	0.390	9.62[b]	10.98	0.059	11.82[a]	13.17	0.042
Massachusetts	15.84	16.94	0.142	11.30	11.03	0.807	34.16	33.58	0.756	13.19[b]	14.74	0.089	16.25	17.46	0.136
Michigan	14.38[a]	15.45	0.035	9.44	8.87	0.426	30.15	31.86	0.173	12.35[b]	13.54	0.058	14.87[a]	16.09	0.028
Minnesota	10.65	11.34	0.179	7.70	8.18	0.555	23.41	24.24	0.603	9.01	9.73	0.225	10.96	11.67	0.205
Mississippi	8.71	9.17	0.329	6.45	6.66	0.775	18.13	19.17	0.478	7.40	7.83	0.446	8.96	9.45	0.348
Missouri	10.22	10.61	0.471	7.62	7.52	0.892	21.61	22.72	0.443	8.72	9.08	0.580	10.49	10.92	0.454
Montana	15.80	16.32	0.479	10.99	11.58	0.583	29.03	31.39	0.198	14.25	14.51	0.763	16.25	16.77	0.520

See notes at end of table. (continued)

General Notes

- When the trend data isn't available for the full period 2011/12 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 has a **red** box around it, it means there is a statistically different change that is undesirable. When it is **green**, 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



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Substance use in Vermont is often the same or worse than the US and Northeast – there is no category where VT is significantly better

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+	Higher	Higher
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	Same
Past year methamphetamine use age 12+	Same	Same
Past year opioid misuse age 12+	Same	Same
Past year pain reliever misuse age 12+	Same	Same

Bold red label means VT is significantly worse than indicated geographic region; green label indicates VT is significantly better

Data Source: National Survey on Drug Use and Health, 2021-2022

Substance use in Vermont is often the same or worse than the US and Northeast – there is no category where VT is significantly better

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+	Higher	Same
Alcohol use disorder in the past year age 12+	Same	Same
Any substance use disorder in the past year age 12+	Higher	Higher
Drug use disorder in the past year age 12+	Higher	Higher
Opioid use disorder in the past year 12+	Same	Same

Bold red label means VT is significantly worse than indicated geographic region; green label indicates VT is significantly better

Data Source: National Survey on Drug Use and Health, 2021-2022

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Epidemiology of Substance Use – United States

In 2022 48.7 million people aged 12+ had a substance use disorder (NSDUH, 2022)

For comparison

- 38.4 million people have diabetes (CDC, 2021)
- 15.7 million have COPD (CDC, 2018)
- 1.6 million estimated new cases of cancer (CDC, 2020)

8.9 million report misusing opioids (NSDUH, 2022)

- 7.9 million reporting misusing prescription pain relievers only
- 461,000 report using heroin only
- 587,000 report both using heroin and misusing prescription pain relievers

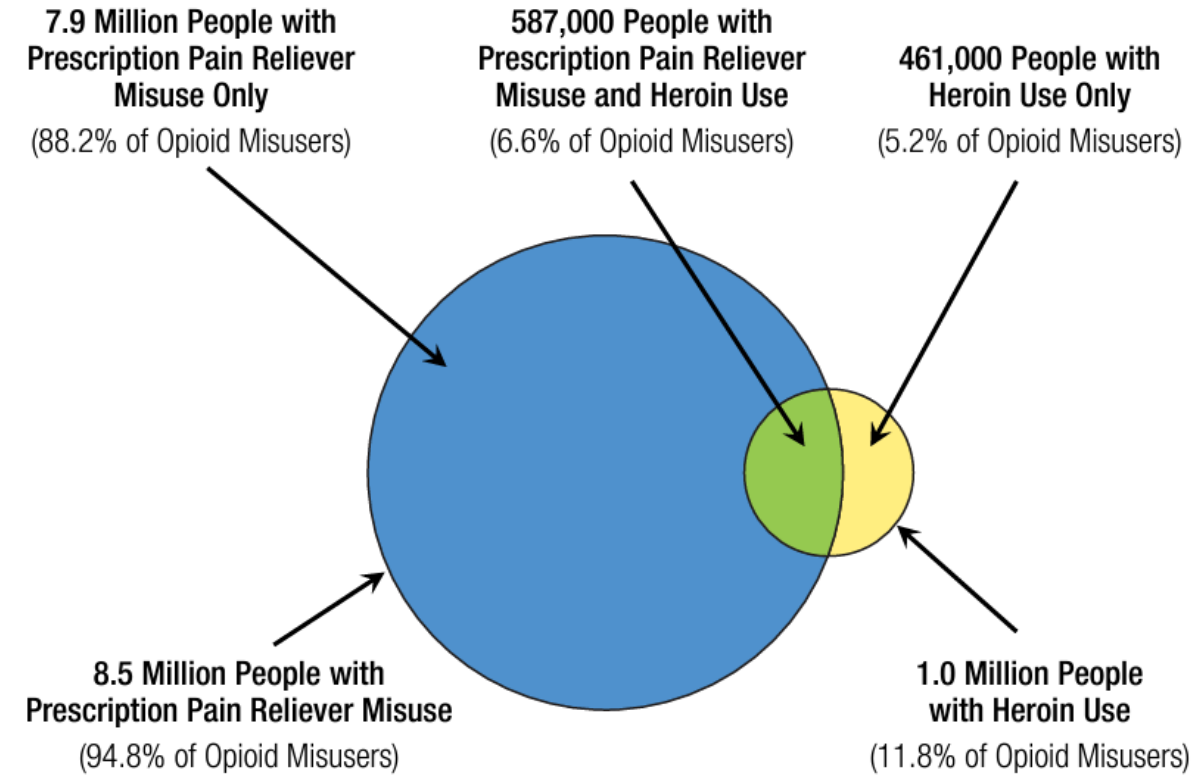
Treatment for Substance Use Disorders (NSDUH, 2022)

- 24.0% of people with a substance use disorder in 2022 received treatment
- 97.5% of people with a substance use disorder did not seek or think they needed treatment

Progress on the opioid epidemic: the number of people misusing opioids continued to decrease in 2022.

Estimated People Misusing Opioids - US

2016	11.8M
2017	11.4M
2018	10.3M
2019	10.1M
2020	9.5M
2021	9.2M
2022	8.9M



8.9 Million People Aged 12 or Older with Past Year Opioid Misuse

Note: These estimates do not include illegally made fentanyl.

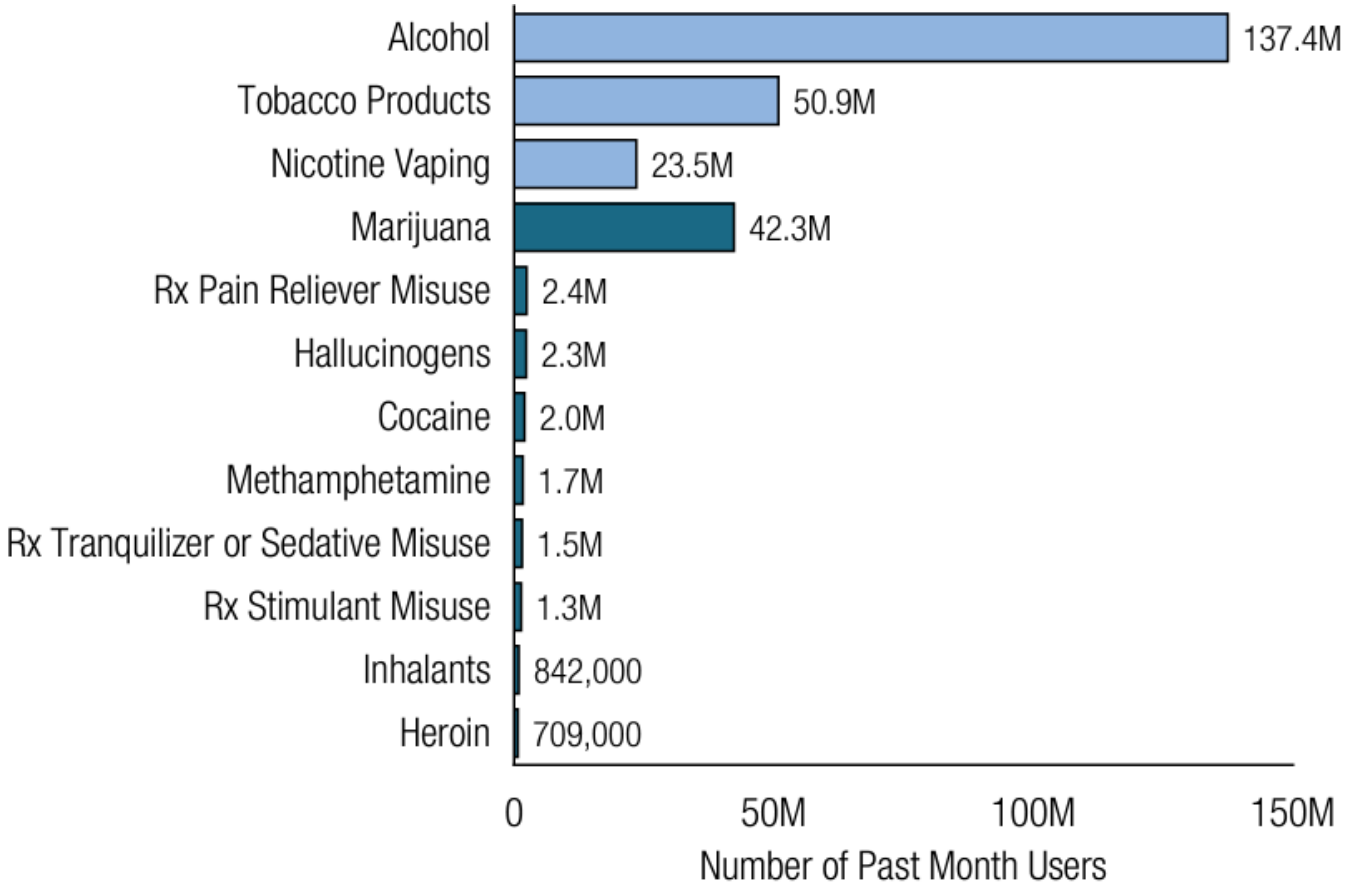
SAMHSA
Substance Abuse and Mental Health Services Administration

Data Source: National Survey on Drug Use and Health, 2021-2022

Alcohol was the most used substance in the past month among people aged 12 and older in the US in 2022.

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.

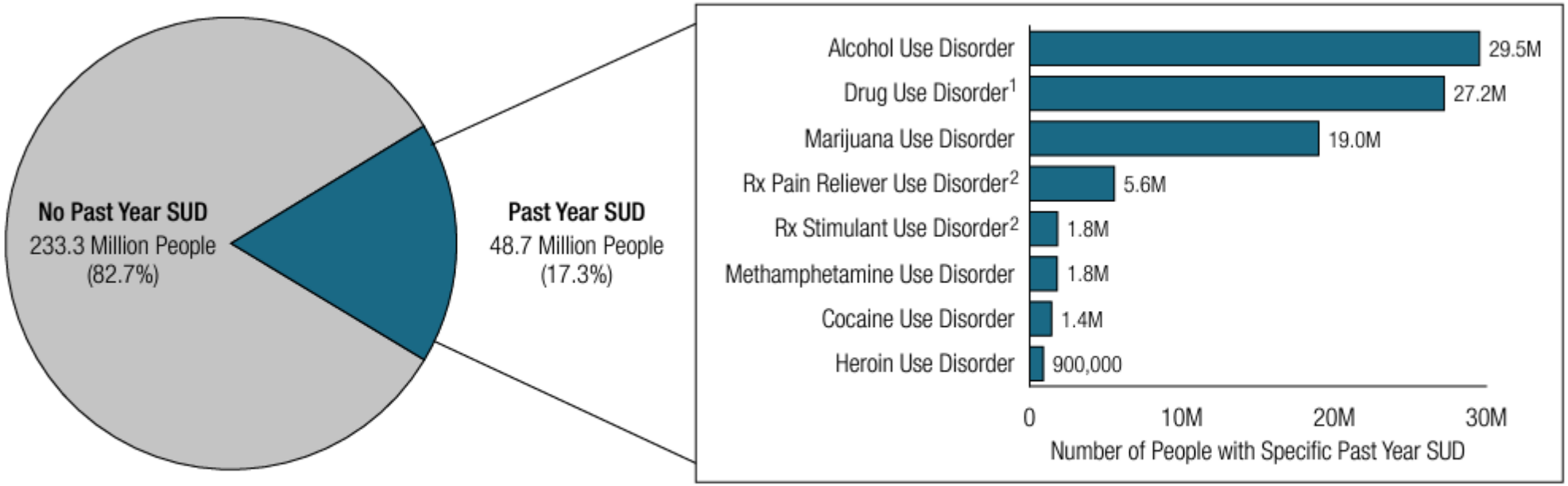


SAMHSA
Substance Abuse and Mental Health Services Administration

Source: Past Month General Substance Use and Nicotine Vaping: Among People Aged 12 or Older; 2022. National Survey on Drug Use and Health, 2022

Alcohol use disorder was the most common past year substance use disorder among people 12+ (2022).

Figure 31. Past Year Substance Use Disorder (SUD): Among People Aged 12 or Older; 2022



Rx = prescription.

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

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

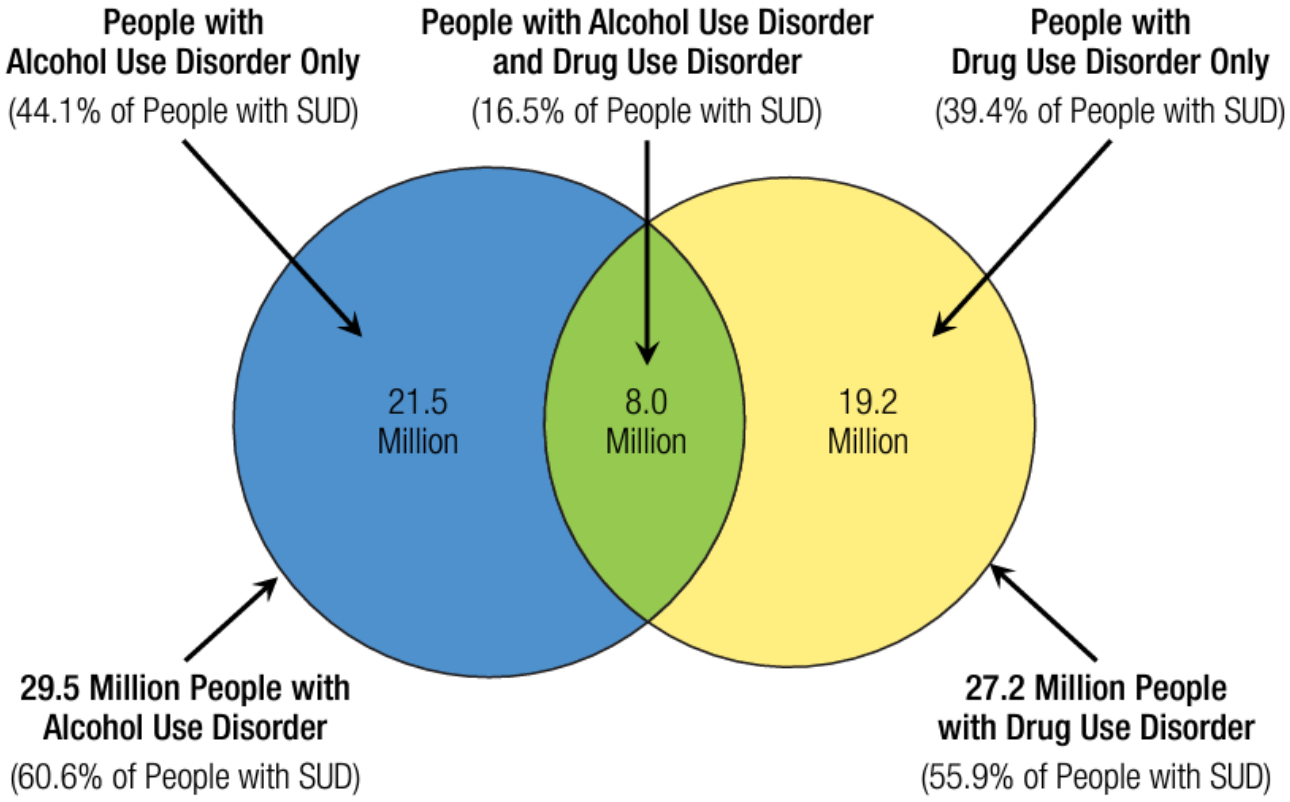
[2] Includes data from all past year users of the specific prescription drug.

SAMHSA
Substance Abuse and Mental Health Services Administration

Data Source: National Survey on Drug Use and Health, 2021-2022

In the US, many people have both alcohol and drug use disorders.

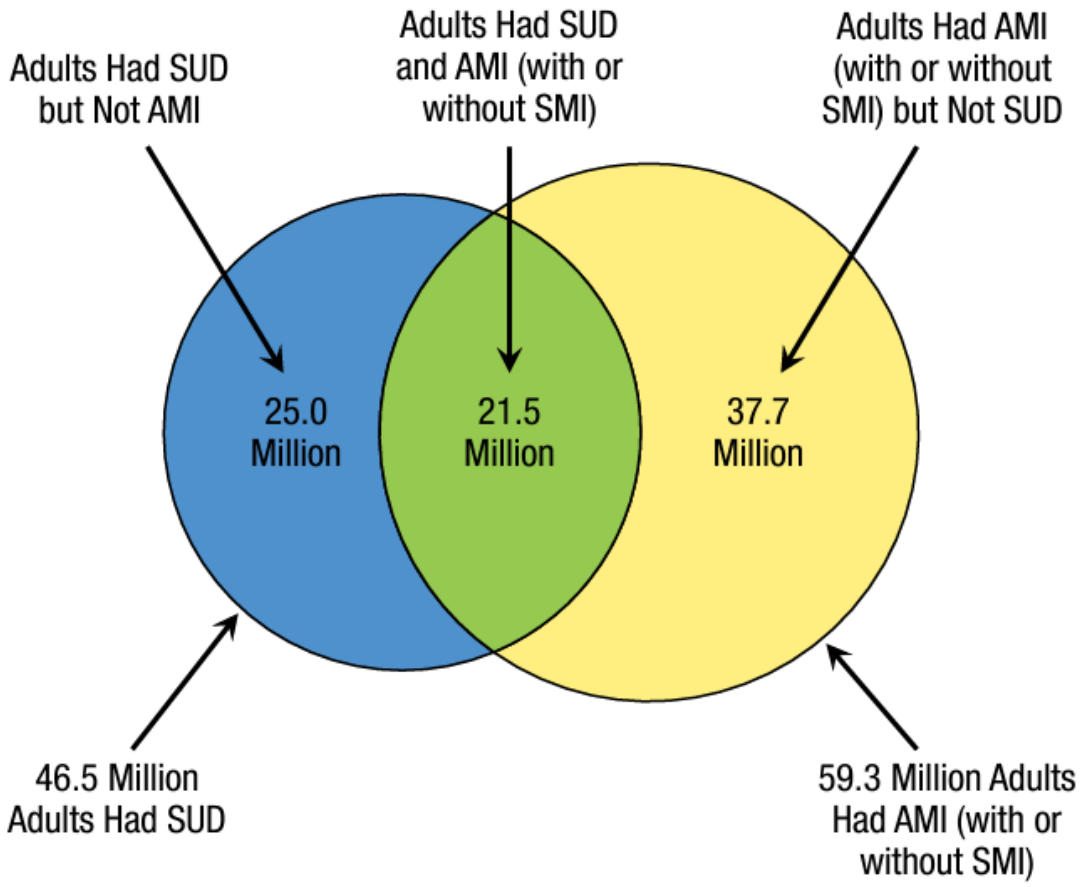
Alcohol Use Disorder and Drug Use Disorder in the Past Year: Among People Aged 12 or Older with a Past Year Substance Use Disorder (SUD); 2022



Data Source: National Survey on Drug Use and Health, 2021-2022

Substance use disorder and mental illness are common in the US.

Past Year Substance Use Disorder (SUD) and Any Mental Illness (AMI): Among Adults Aged 18 or Older; 2022

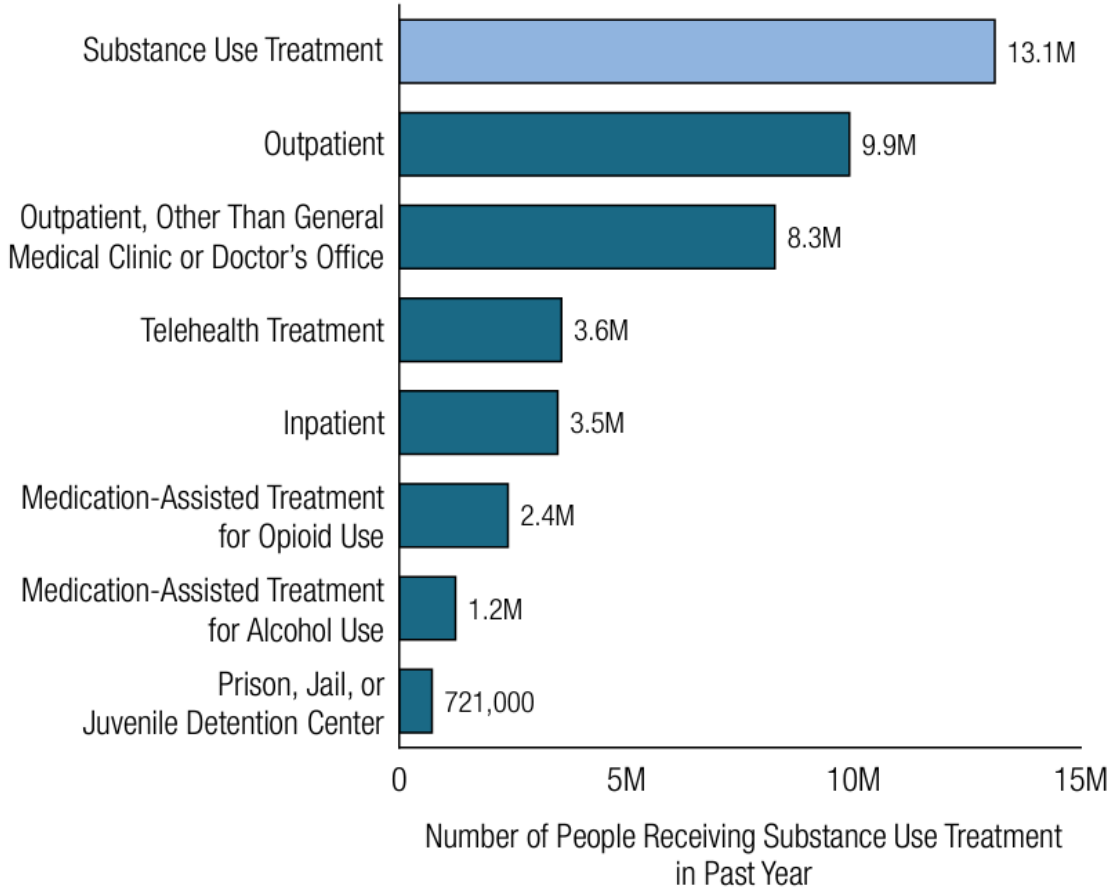


SAMHSA
Substance Abuse and Mental Health Services Administration

Data Source: National Survey on Drug Use and Health, 2021-2022

Substance use treatment is provided in a variety of places in the US.

Types and Locations of Substance Use Treatment in the Past Year: Among People Aged 12 or Older; 2022



Note: Locations where people received substance use treatment are not mutually exclusive because respondents could report that they received treatment in more than one location in the past year.

Data Source: National Survey on Drug Use and Health, 2021-2022

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Why aren't there state-level estimates for 2020?

"Ordinarily, SAMHSA produces state-level estimates by pooling two years of NSDUH data to increase sample sizes. However, methodological investigations have found that the unusual societal circumstances in 2020 and the resulting methodological revisions to NSDUH data collection have affected the comparability of 2020 estimates with estimates from 2019 and earlier. Consequently, estimates that involve combining data from 2020 with previous years are not presented. SAMHSA regrets the inconvenience."

Source: 2020 National Survey on Drug Use and Health (NSDUH) Releases

Why is it not appropriate to compare estimates from 2021 and 2022 with estimates from 2018-2019 and earlier years?

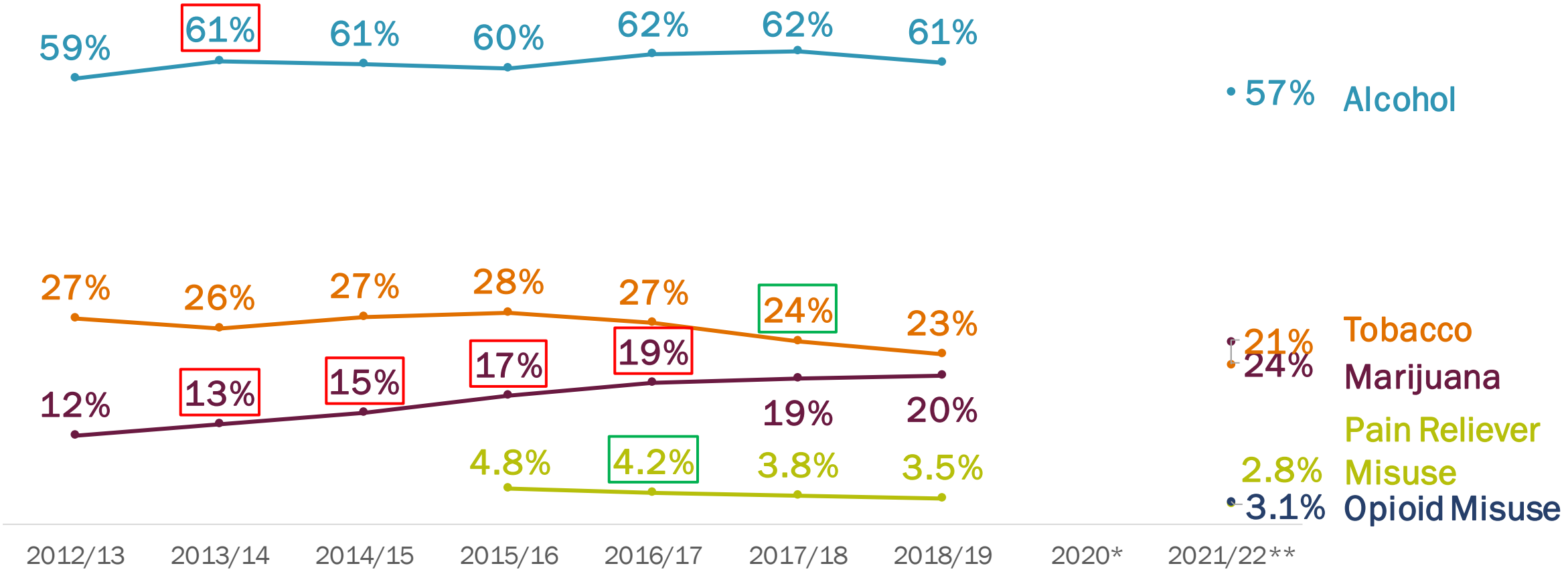
"We found that estimates based on web interviews are different from estimates based on in-person interviews. First, we found that the demographics of each mode differed significantly. That is to say, the composition of the people answering by web differed from the composition of the people answering in-person (i.e. by gender, race, education, etc.). Secondly, in addition to demographic differences, we also found that in-person respondents were more likely to be users of certain substances and were more likely to have experienced mental health issues. These differences are often called a mode effect because the differences are observed between the two modes of data collection."

Source: State Data Tables and Reports from the 2021-2022 NSDUH

Of Vermonters aged 12+ using selected substances, alcohol was the mostly commonly used substance.

*There are not state-level estimates for 2020. **2021/22 estimates are not comparable with estimates from 2019 or earlier.

Red or green box around the label indicates a significant change from the previous year.
Alcohol, marijuana, and tobacco are reported past month use. Pain reliever and opioid misuse are reported past year use.



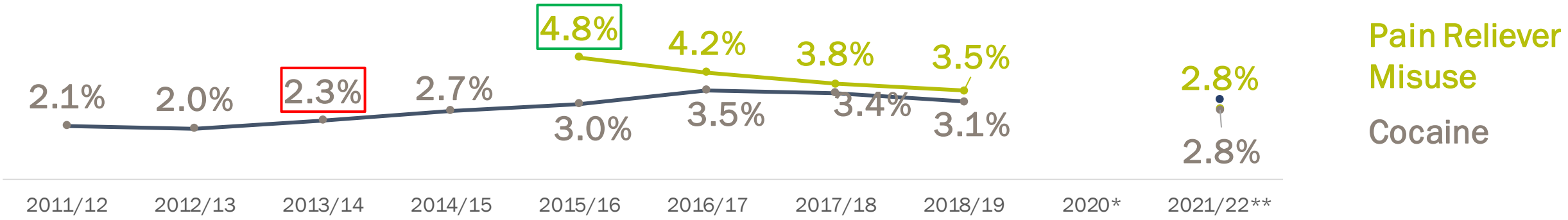
Source: National Survey on Drug Use and Health, 2011-2022

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

*There are not state-level estimates for 2020. **2021/22 estimates are not comparable with estimates from 2019 or earlier.

Red or green box around the label indicates a significant change from the previous year.
Pain reliever misuse, heroin, and cocaine are reported past year use.

Heroin use decreased to a point where it wasn't measurable at the state level in 2021. Past year opioid use was 3.1% in 2021/2022.

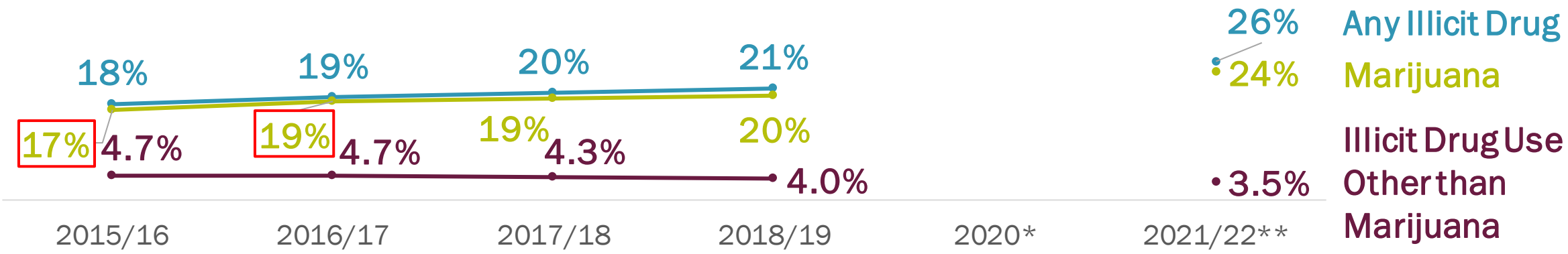


Source: National Survey on Drug Use and Health, 2011-2022

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

*There are not state-level estimates for 2020. **2021/22 estimates are not comparable with estimates from 2019 or

Red or green box around the label indicates a significant change from the previous year.

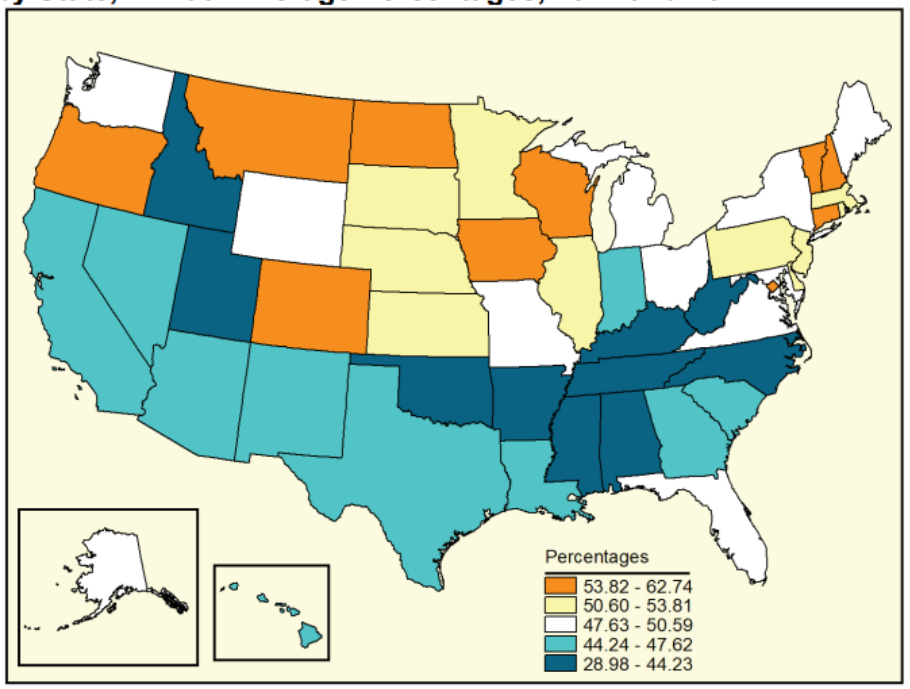


Source: National Survey on Drug Use and Health, 2015-2022

There are static maps showing prevalence estimates by state for 2021-2022 data

SAMHSA produces NSDUH National Maps of Prevalence Estimates that show 35 measures of substance use and mental health by age group and state.

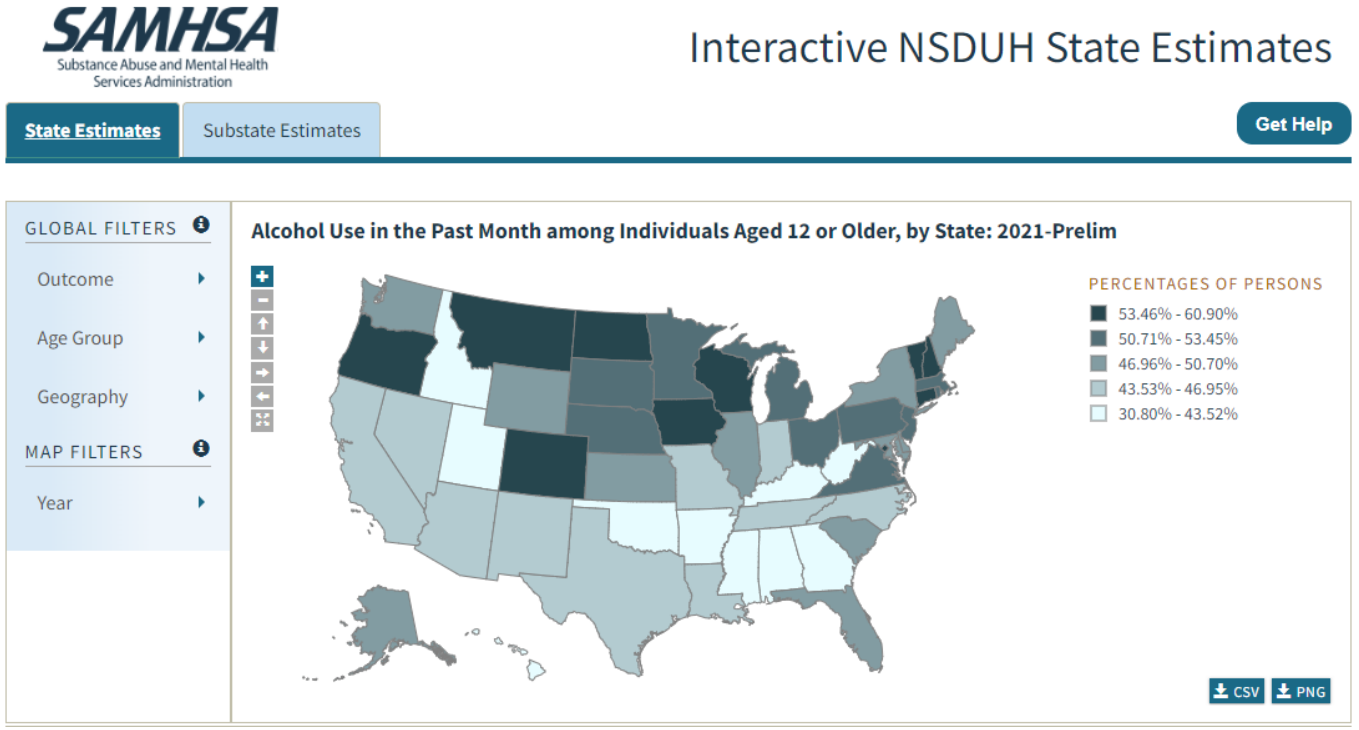
Figure 15a ***Alcohol Use in the Past Month: Among People Aged 12 or Older;*** **by State, Annual Average Percentages, 2021 and 2022**



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

To see Vermont-specific measures by age and over time as well as how VT compares to other states, please use this interactive tool

SAMHSA produces the Interactive NSDUH State Estimates to allow comparison between areas, examination of outcome changes over time, and comparison of data to related issues. 2021-2023 data will be released in 2025.



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DEPARTMENT OF HEALTH

Thank you!

Let's stay in touch.

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