

**Attachment I**  
**QFT Q&A Brochure**

# Answers to your questions

If you have more questions  
about NSDUH, please call  
**1-800-848-4079**  
or visit our Web site at  
**<http://nsduhweb.rti.org>**



For more information on SAMHSA or  
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## National Survey on Drug Use and Health



Sponsored by the U.S. Department of Health and Human  
Services and the Substance Abuse and Mental Health Services  
Administration. Conducted by RTI International.

*RTI International is a trade name of Research Triangle Institute.*

## What Is the National Survey on Drug Use and Health?

The National Survey on Drug Use and Health (NSDUH) provides up-to-date information on alcohol, tobacco, and drug use, mental health and other health-related issues in the United States. NSDUH is directed by the Substance Abuse and Mental Health Services Administration (SAMHSA), part of the U.S. Department of Health and Human Services (DHHS). The study is being conducted by RTI International, a nonprofit research organization.

NSDUH began in 1971 and is conducted every year. This year almost 70,000 people from across the United States will be interviewed for this important study.

Information from NSDUH is used to support prevention and treatment programs, monitor substance use trends, estimate the need for treatment facilities and assist with the creation of government policy.



# Answers to Your Important Questions about the National Survey on Drug Use and Health

## Why Should I Participate?

You are important! Your household was one of only a few in this area selected for this study, and no other household or person can take your place.

Every person who is chosen and completes the full interview will receive \$30 in cash at the end of the interview in appreciation for their help.

If chosen for an interview, you will represent the residents of your community and help us gather important information that is needed to make sound policy decisions.

Your participation also provides vital information to researchers and local, state and federal agencies to design education, treatment and prevention programs and receive funding to support these efforts.

## What if I Do Not Smoke, Drink or Use Drugs?

In order to know the percentage of people who smoke, drink or use drugs, we also need to know how many people do not.

The responses of people who do not use these substances are just as important as the responses of people who do.

While some questions ask about drug knowledge and experience, other questions ask about a number of health-related topics relevant for all people. You do not need to know anything about drugs to answer the questions.

## How Was I Chosen?

Household addresses, not specific people, are randomly selected through scientific methods. Once a household has been selected, it cannot be replaced for any reason. This assures that NSDUH accurately represents the many different types of people in the United States.

A professional RTI interviewer will visit your household to ask several general questions that only take a few minutes to answer. Afterwards, one or possibly two members of your household may be asked to complete the full interview. It is possible that no one in your household will be chosen for the interview.



## What Will Happen During the Interview?

An interviewer will conduct the interview with each selected person using a laptop computer. No prior computer skills are necessary.

Participants will answer most of the interview questions in private, entering their responses directly into the computer. For other questions, the interviewer will read the questions aloud and enter the participant's responses into the computer.

The interview takes about one hour to complete. Persons who complete the full interview will receive \$30 at the end of the interview as a token of our appreciation.

All information collected for this study will be kept confidential and used only for statistical purposes, as required by federal law – the Confidential Information Protection and Statistical Efficiency Act of 2002 (CIPSEA).

## What Is the Substance Abuse and Mental Health Services Administration?

SAMHSA is an agency in the U.S. Department of Health and Human Services (DHHS). SAMHSA was created to improve the lives of people with or at risk for mental and substance use disorders.

NSDUH is used to help this mission by gathering data on substance use, problems related to substance use, and mental health problems in the United States. The numbers of people who use various substances, or have problems related to substance use or mental health, are important for planning treatment and prevention services.

SAMHSA selects a qualified survey research organization to administer NSDUH.

RTI International, a nonprofit research organization, is under contract with SAMHSA to conduct NSDUH.

***Your household has been chosen at random, but no one else can take your place. Your participation matters!***

## **Attachment J**

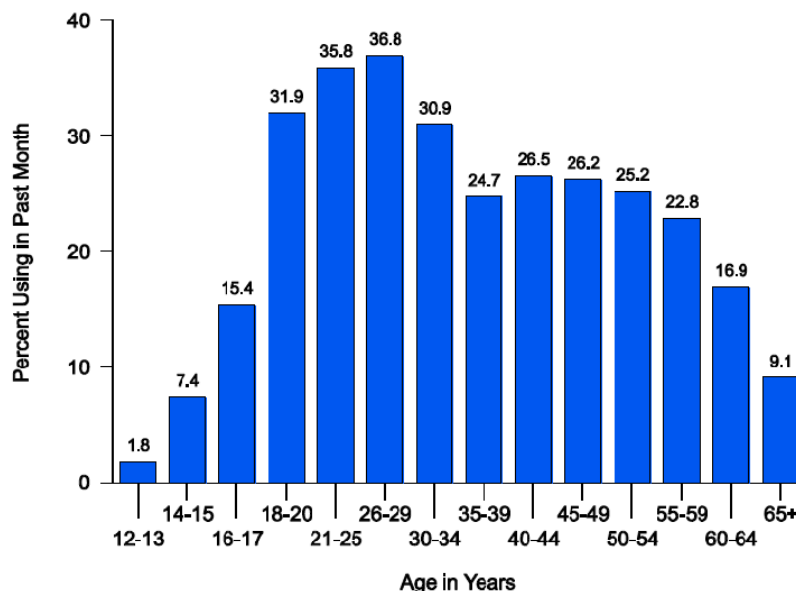
### **QFT NSDUH Highlights and Articles**

# SELECTED HIGHLIGHTS from the 2010 National Survey on Drug Use and Health

Past Month Cigarette Use among Persons Aged 12 or Older, by Age: 2010

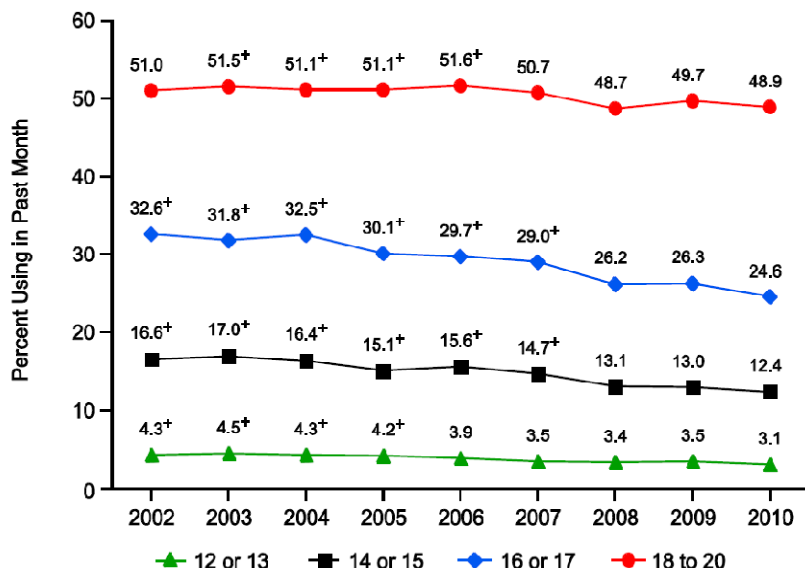
## Tobacco Use

- An estimated 69.6 million Americans reported current use (during the past month) of a tobacco product in 2010, which is 27.4 percent of the population aged 12 and older. About 58.3 million (23.0 percent) smoked cigarettes.
- The graph to the right illustrates past month cigarette use among persons age 12 or older.



## Alcohol Use

Current Alcohol Use among Persons Aged 12-20, by Age: 2002-2010



<sup>†</sup> Difference between this estimate and the 2010 estimate is statistically significant at the .05 level.

- Slightly more than half of all Americans age 12 or older, 51.8 percent or 131.3 million persons, were current drinkers in the 2010 survey, which is similar to the 130.6 million persons (51.9 percent) reported in 2009.
- Although consumption of alcoholic beverages is illegal for those under 21 years of age, 26.3 percent of this age group (10.0 million) were current drinkers in 2010. The graph on the left displays the current use of alcohol for 12–20 year olds from 2002 through 2010.

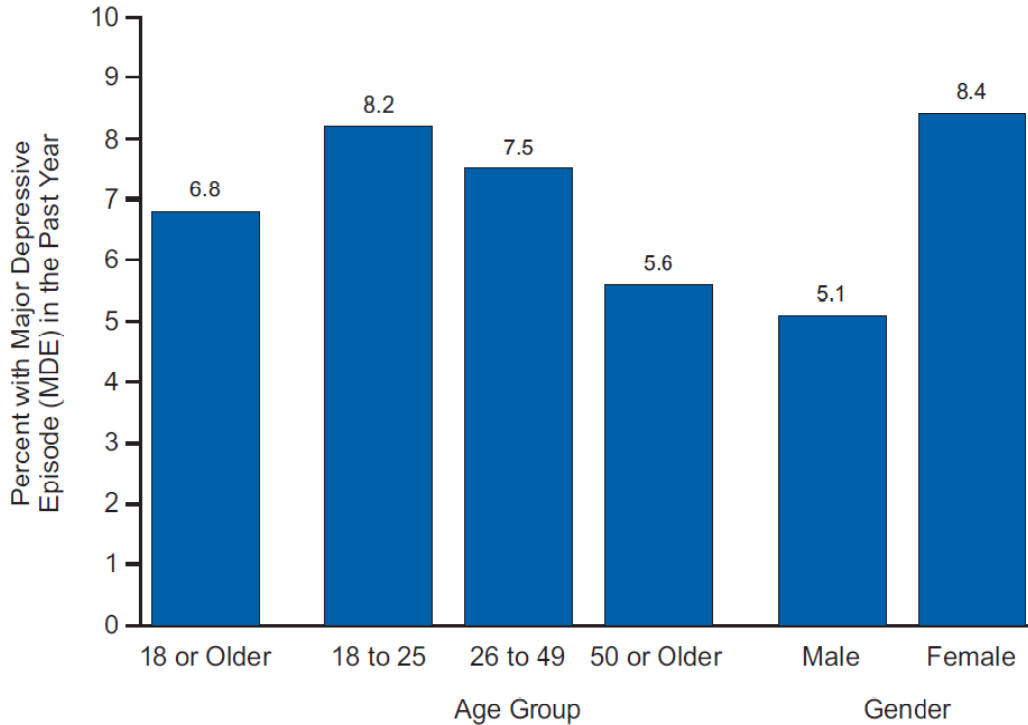
## Illicit Drug Use

- An estimated 22.6 million Americans were current users of illicit drugs in 2010, meaning they used an illicit drug at least once during the 30 days prior to the interview. This estimate represents 8.9 percent of the population 12 years old or older.
- Marijuana is the most commonly used illicit drug, with an estimated 17.4 million current users, or 6.9 percent of the population 12 years old or older, similar to the 2009 rate of 6.6 percent. Similar to 2009, an estimated 1.5 million persons were current users of cocaine, while 695,000 currently used Ecstasy.

**Mental Health**

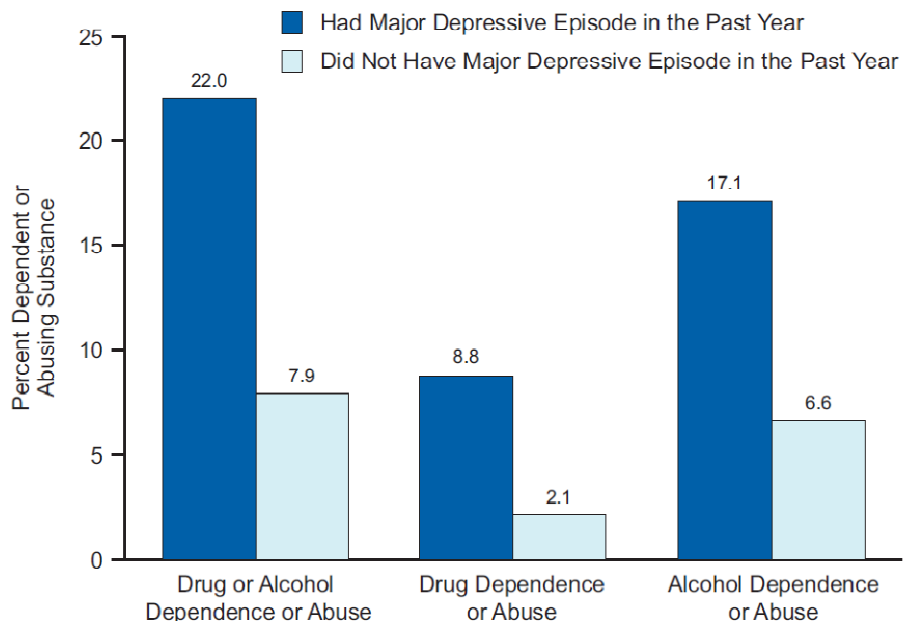
- In 2010, an estimated 15.5 million adults, or 6.8 percent of the population aged 18 or older, had at least one major depressive episode (MDE) in the past 12 months. Among adults, the percentage having MDE in the past year varied by age and gender, as shown in the graph below.

Major Depressive Episode in the Past Year among Adults Aged 18 or Older, by Age and Gender: 2010



Substance Dependence or Abuse among Adults Aged 18 or Older, by Major Depressive Episode in the Past Year: 2010

- Persons with past year MDE were more likely than those without MDE to have used an illicit drug in the past year (28.6 vs. 13.8 percent).
- Similarly, substance dependence or abuse was more prevalent among persons with MDE than among those without MDE (22.0 vs. 7.9 percent), as shown in the graph to the right.



## Recent newspaper articles about the National Survey on Drug Use and Health

*As seen in September 8, 2011 online edition of USA TODAY*

### **National drug survey shows big drop in methamphetamine use**

By Donna Leinwand Leger, USA TODAY

Drug use among college-age adults is increasing, driven largely by an increase marijuana use, a national drug-use survey has found.

Nearly one in 10 Americans report regularly using illegal drugs, including marijuana, cocaine, heroin, hallucinogens, inhalants or prescription drugs used recreationally, according to the National Survey on Drug Use and Health made public today. The survey, sponsored by the federal Substance Abuse and Mental Health Services Administration (SAMHSA), collects the data from interviews with 67,500 randomly selected people 12 years or older.

Marijuana, with 17.4 million regular users, is by far the most commonly used drug. Its popularity is growing: 6.9% of the population reported using marijuana regularly, up from 5.8% in 2007. Among 12- to 17-year-olds, 7.4% reported having used marijuana in the past month, about the same as last year.

Drug use among young adults 18 to 25 has inched up steadily from 19.6% in 2008 to 21.5% in 2010. Marijuana use in that group rose from 16.5% in 2008 to 18.5% in 2010.

Gil Kerlikowske, director of the Office of National Drug Control Policy, attributed the uptick in marijuana use to the increase in the number of states that have approved it for medical use. Delaware in May became the 16th state to approve medical marijuana.

"People keep calling it medicine, and that's the wrong message for young people to hear," Kerlikowske said.

Marijuana use rates rise and fall in states that allow medical marijuana in the same fashion as they do in other states, said Bill Piper, director of national affairs for the Drug Policy Alliance, which advocates decriminalizing marijuana.

"In the field of medicine, whether or not a youth might abuse something doesn't determine whether or not an adult should have access to a medication and whether a doctor should prescribe it," Piper said.

Rebecca McGoldrick, 21, a Brown University senior smokes marijuana to get relief from pain and nausea caused by fibromyalgia.

"Most of my friends are still unaware of its legal status as a medicine," said McGoldrick, who is involved with Students for a Sensible Drug Policy, which advocates decriminalization of drug use.

The legal status didn't influence whether they smoked marijuana, she said.

"I have plenty of friends who choose to use it and plenty who don't choose to," she said. "I think it's an alternative to alcohol for some people."

Among young adults age 18 to 25 in 2010, 40.6% reported binge drinking, defined as having five or more drinks on the same occasion on at least one day in the month before taking the survey, about the same rate as 2009.

Meanwhile, methamphetamine use, which raced across the USA for a decade, has declined sharply. The number of past-month users fell from 731,000 in 2006 to 353,000 in 2010.

Since methamphetamine emerged as a problem drug in 2001, states have outlawed or restricted the sale of ingredients used to concoct homemade meth, such as pseudoephedrine found in cold medicines such as Sudafed.

"We've seen better attention for law enforcement and policy changes. You can't get all the Sudafed you want anymore," said Peter Delany, director of the Center for Behavioral Health Statistics and Quality at SAMHSA.

The percentage of the population that used prescription drugs, such as narcotic painkillers, for non-medical reasons stayed at 2.7%. The survey found that 55% of them got the drugs free from a friend or relative; 11.4% bought them from a friend or relative, and 5% stole them from a friend or relative. Just 4% purchased them from a drug dealer.

When the Centers for Disease Control and Prevention called prescription-drug abuse a public health epidemic, Kerlikowske said, law enforcement agencies cracked down on doctors who write thousands of prescriptions with little or no medical examination, and states created programs to monitor the prescribing of narcotics.

"I think we're starting to see some positive results, but we're by no means out of the woods," Kerlikowske said.

On Wednesday, the Drug Enforcement Administration clamped down on "bath salts," the nickname for a synthetic drug that some public health experts have identified as an emerging drug problem. The synthetic drugs, often sold at convenience stores under names such as "Cloud Nine" or "Ivory Wave," allegedly mimic the effects of cocaine or LSD and can cause hallucinations and paranoia. The American Association of Poison Control Centers has logged 4,137 reports of illness from those drugs as of July 31, up from 302 calls in 2010.

The DEA used its emergency powers to temporarily control the sale of three synthetic stimulants, Mephedrone, MDPV and Methylone, used to make the salts. The action makes possessing or selling the chemicals illegal in the United States for at least a year while the DEA and the Department of Health and Human Services study them.

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Article available online at: [www.usatoday.com/news/washington/story/2011-09-08/National-drug-survey-shows-big-drop-in-methamphetamine-use/50309360/1](http://www.usatoday.com/news/washington/story/2011-09-08/National-drug-survey-shows-big-drop-in-methamphetamine-use/50309360/1)

## Recent newspaper articles about the National Survey on Drug Use and Health

*As seen in December 9, 2010 print edition of USA TODAY*

# Study: 31 million drove after drinking

## But alcohol-impaired rates show decline

By Larry Copeland  
USA TODAY

Nearly one in eight drivers 16 and older drove under the influence of alcohol in the past year, and more than 4% drove under the influence of illicit drugs, says a federal government report that sheds alarming light on the problem of impaired driving in the USA.

An estimated 30.6 million people (13.2%) drove under the influence of alcohol, and an estimated 10.1 million (4.3%) drove under the influence of illicit drugs in the past year, according to the National Survey on Drug Use and Health. The estimates are based

on surveys of 213,350 people 16 and older from 2006 through 2009 by the Substance Abuse and Mental Health Services Administration (SAMSHA).

The survey did find some good news: Alcohol-impaired driving rates for the period 2006-09 compared with 2002-05 fell from 14.6% to 13.2%. Drugged-driving rates over the same periods fell from 4.8% to 4.3%.

"We can be pleasantly surprised that the numbers are going down," says Peter Delany, director of the Center for Behavioral Health Statistics and Quality. "That doesn't mean that they're great, but the numbers are going in the right direction. But it's not where we can rest on our laurels."

The survey found that younger drivers were more likely to admit getting behind the wheel after drinking or taking illicit drugs.

Rates of alcohol-impaired driving were 19.5% for people ages 16-25 compared with 11.8% for those 26 and older. Drugged-driving rates were about four times as high among the younger group, 11.4% compared with 2.8%.

Last year, 10,839 people died in drunken-driving crashes, 32% of all road deaths, the National Highway Traffic Safety Administration says. No such statistic is available for drugged driving; a survey of studies found that 18% of motor vehicle driver deaths involved drugs, SAMHSA says.

The findings mirror an AAA Foundation for Traffic Safety survey of

2,000 drivers in which 11% reported that they'd driven when they felt they were close to or over the legal alcohol limit; 50% said they'd done it more than once, says foundation CEO Peter Kissinger. "This is another instance of 'Do as I say, not as I do,'" he says. "In that same survey, 87% felt that drunk driving was a serious threat to their personal safety, and 98% said it was socially unacceptable to drink and drive. But we still have one in 10 drivers that are still doing it."

Five of the 10 states with the highest rates of impaired driving were in the Midwest: Minnesota, Nebraska, North Dakota, South Dakota and Wisconsin. Four of the nine states with the lowest rates were in the South: Alabama, Kentucky, Mississippi and West Virginia.

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Article also available online at: [www.usatoday.com/news/nation/2010-12-09-alcohol09\\_ST\\_N.htm](http://www.usatoday.com/news/nation/2010-12-09-alcohol09_ST_N.htm)

*As seen in September 8, 2011 online edition of REUTERS*

## Marijuana use rising in U.S., national survey shows

Editing by Jackie Frank

### Medical marijuana may be fueling increased use of pot; Meth use has fallen by half since 2006

Marijuana is increasingly becoming the drug of choice among young adults in the United States, while use of methamphetamines is waning, according to a national survey of drug use released on Thursday.

Overall, 8.9 percent of the U.S. population or 22.6 million Americans aged 12 and older used illicit drugs in 2010, up from 8.7 percent in 2009 and 8 percent in 2008, according to the survey by the Substance Abuse and Mental Health Services Administration.

Marijuana use appeared to be fueling the increase, with some 17.4 million Americans -- or 6.9 percent of the population -- saying they used marijuana in 2010, up from 14.4 million or 5.8 percent of the population in 2007.

Gil Kerlikowske, director of the Office of National Drug Control Policy in the United States, said increases are especially prominent in states in which medical marijuana use is legal.

"Emerging research reveals potential links between state laws permitting access to smoked medical marijuana and higher rates of marijuana use," Kerlikowske said in a statement.

According to the survey, 21.5 percent of young adults aged 18 to 25 used illicit drugs in 2010, up from 19.6 percent in 2008 to 21.2 percent in 2009.

"This increase was also driven in large part by a rise in the rate of current marijuana use among this population," Kerlikowske said.

Use of methamphetamines, meanwhile, has decreased, the survey found. The number of current meth users fell by about half between 2006 and 2010, with the number of people aged 12 and older who used meth dropping to 353,000 last year, down from 731,000 in 2006.

Cocaine use also fell, dropping to 1.5 million users in 2010, from 2.4 million in 2006, the survey found.

And among youths aged 12 to 17, drinking rates fell to 13.6 percent in 2010 from 14.7 percent in 2009; and smoking use fell to 10.7 percent in 2010, from 11.6 percent in 2009.

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