

2019 NSDUH, Supporting Statement
Attachment D – Question & Answer 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>**



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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.

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!

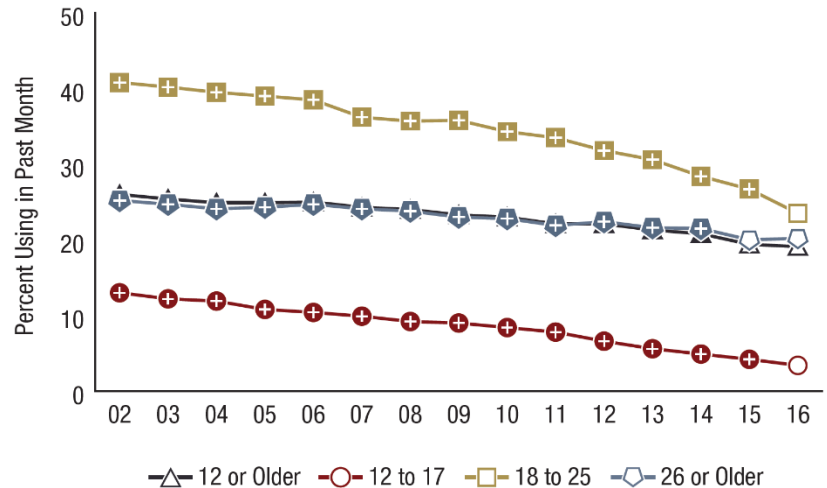
2019 NSDUH, Supporting Statement
Attachment R – NSDUH Highlights and
Newspaper Articles

SELECTED HIGHLIGHTS from the ***2016 National Survey on Drug Use and Health***

Past Month Cigarette Use among People Aged 12 or Older,
by Age Group: Percentages, 2002 - 2016

Tobacco Use

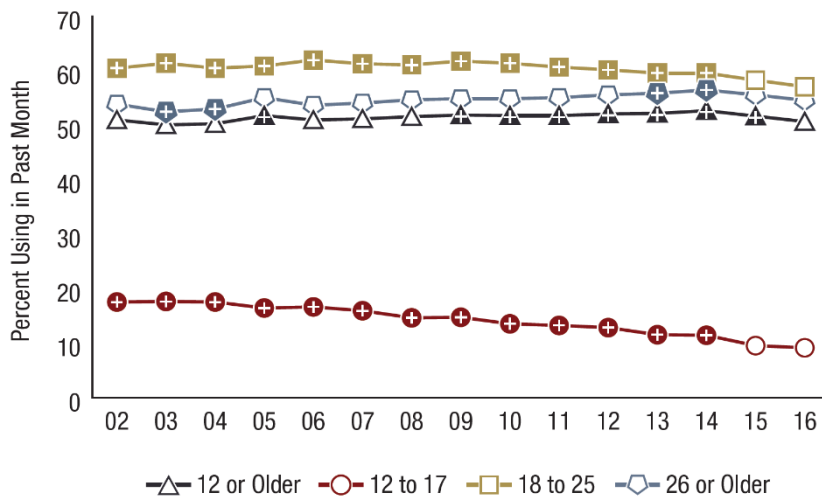
- An estimated 51.3 million Americans reported current use (during the past month) of cigarettes in 2016, which is 19.1 percent of the population aged 12 and older. Of these, 29.7 million were daily cigarette smokers.
- The graph to the right illustrates past month cigarette use among people age 12 or older.



+ Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

Alcohol Use

Past Month Alcohol Use among People Aged 12 or Older,
by Age Group: Percentages, 2002 - 2016



+ Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

- Slightly more than half of all Americans age 12 or older, 50.7 percent or an estimated 136.7 million persons, were current drinkers in the 2016 survey, which is lower than the 138.3 million persons (51.7 percent) reported in 2015. The graph on the left displays past month alcohol use by age group.
- Although consumption of alcoholic beverages is illegal for those under 21 years of age, 19.3 percent of this age group (7.3 million) were current drinkers in 2016.

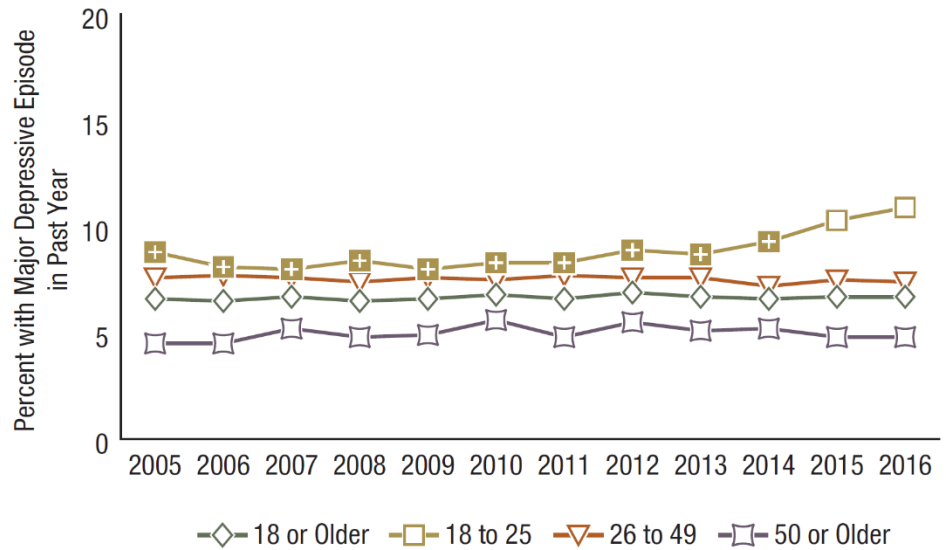
Illicit Drug Use

- An estimated 28.6 million Americans were current users of illicit drugs in 2016, meaning they used an illicit drug at least once during the 30 days prior to the interview. This estimate represents 10.6 percent of the population 12 years old or older.
- Marijuana is the most commonly used illicit drug, with an estimated 24.0 million current users, or 8.9 percent of the population 12 years old or older, which is higher than the 2015 rate of 8.3 percent. In 2016, an estimated 6.2 million (2.3 percent) misused prescription-type psychotherapeutic drugs in the past month.

Major Depressive Episode in the Past Year among Adults Aged 18 or Older, by Age Group: Percentages, 2005 – 2016

Mental Health

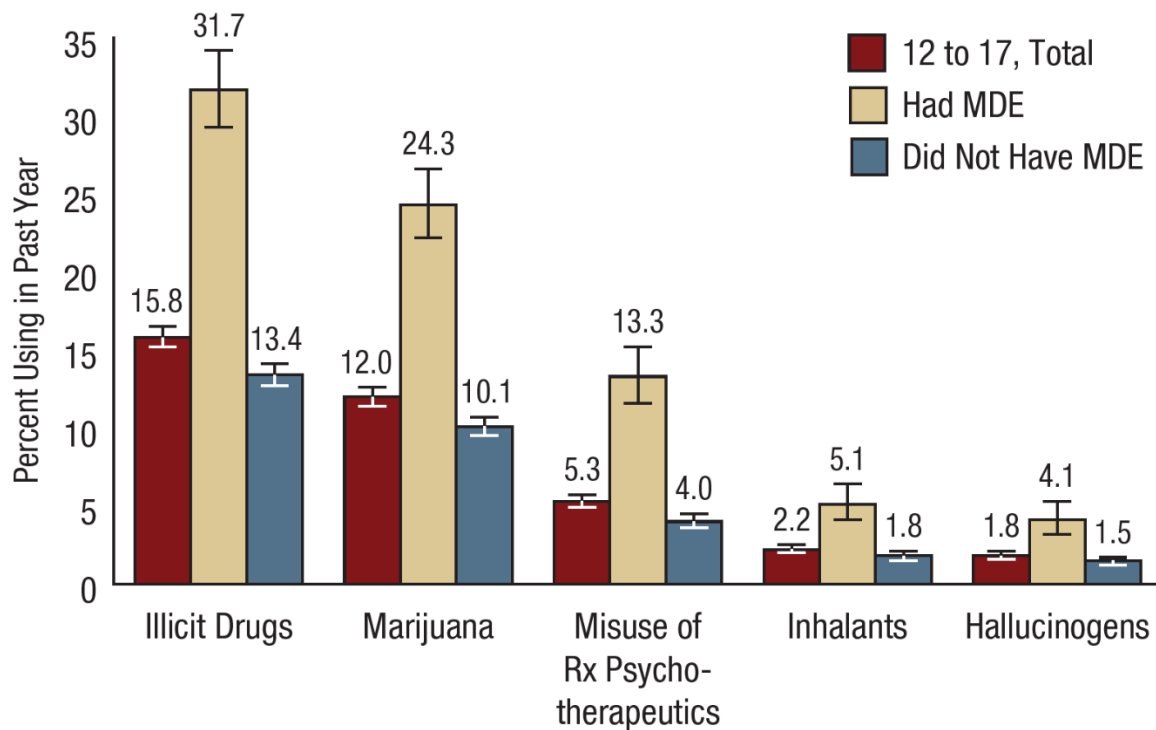
- In 2016, an estimated 16.2 million adults, or 6.7 percent of the population aged 18 or older, had at least one major depressive episode (MDE) in the past 12 months. Among adults, the percentage having MDE in the past year varied by age, as shown in the graph to the right.



+ Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

- Adolescents aged 12 to 17 with past year MDE were more likely than those without MDE to have used an illicit drug in the past year (31.7 vs. 13.4 percent). Youths with past year MDE were more likely to be users of illicit substances, as shown in the graph below.

Past Year Illicit Drug Use among Youths Aged 12 to 17, by Past Year Major Depressive Episode (MDE) Status: Percentages, 2016



Substance Abuse and Mental Health Services Administration. (2017). *Key Substance Use and Mental Health Indicators in the United States: Results from the 2016 National Survey on Drug Use and Health* (HHS Publication No. SMA 17-5044, NSDUH Series H-52).

Recent articles about the National Survey on Drug Use and Health

From *THE LOS ANGELES TIMES*, May 26, 2016 (online)

1.2 million college students drink alcohol on a typical day, and more than 703,000 use weed

By ROSANNA XIA

There's a lot more going on at colleges these days than just studying.

On any given day, 1.2 million full-time students are drinking alcohol and more than 703,000 are using marijuana, according to a report released Thursday by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA).

More than 2,100 of these students are drinking for the first time, and about 1,300 are getting their first taste of weed.

An additional 239,000 part-time college students drink alcohol on a typical day, and 195,000 of them use marijuana.

The estimates come from data collected between 2011 to 2014 by the National Survey on Drug Use and Health, which tracks substance use among Americans. About 25,400 college students participated in the survey, representing about 9 million full-time students and 2 million who take classes part-time.

The results suggest that roughly 60% of full-time college students drank alcohol at least once in the past month. That includes the 39% who engaged in binge drinking -- which SAMHSA defines as consuming at least four drinks on one occasion for women and at least five for men -- and the 13% who said they had been binge-drinking at least five times in the last 30 days.

On the days that full-time college students do drink, the average number of beers, cocktails and shots of liquor consumed on a typical day was about four.

Marijuana was the most widely used illicit drug, but there were many others, according to the report.

About 11,300 full-time college students used cocaine on an average day, 9,808 used hallucinogens such as LSD or ecstasy, and more than 4,500 said they used heroin. These figures included 447 first-time cocaine users and 649 who tried hallucinogens for the first time.

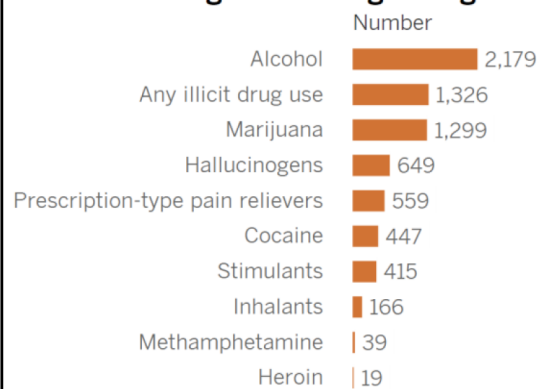
The authors of the report also noted that, on an average day, 559 full-time college students abused prescription pain relievers for the first time, and 415 tried stimulants recreationally.

"I think it's important to remind folks that these are still substances that get used by college students," said David Dean, a SAMHSA behavioral research scientist who specializes in adolescent and young adult health.

Although college students may be legal adults, their brains are still maturing, noted Dean, who didn't work on the new report.

"There's still a great deal of neurophysiological development that's going on in the early 20s," he said. "What we know is that using substances like alcohol, marijuana and any of the other illicit drugs captured [in the survey] can affect both short-term and long-term health and behavior."

First-time drug use among college students



Source: U.S. Substance Abuse and Mental Health Services Administration @latimesgraphics

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Article available online at: <http://www.latimes.com/science/sciencenow/la-sci-sn-college-students-alcohol-pot-20160526-snap-story.html>

Recent articles about the National Survey on Drug Use and Health

From LIVE SCIENCE, September 8, 2016 (online)

Drug Use in America: What the Numbers Say

By SARA G. MILLER

Nearly 21 million Americans ages 12 and older had a substance use problem in 2015, according to a new federal estimate.

Among those with a substance use disorder, three out of four people (or about 15.7 million) had a substance use disorder related to alcohol, Kana Enomoto, the principal deputy administrator of the Substance Abuse and Mental Health Services Administration (SAMHSA), said at a news conference today (Sept. 8).

In addition, 1 in 3 people with a substance use disorder had a disorder related to drug use, and 1 in 8 people had a disorder involving both drugs and alcohol, Enomoto said.

For the report, the federal government used the definitions of substance use disorders as they are explained in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders. People are considered to have a substance use disorder if, for example, they have strong urges to use a substance or can't control their use of it, or if their use impairs them in social situations or leads to risky behavior.

The report also said that an estimated 27.1 million people in the U.S. used an illegal drug in the past month. The national estimates are based on the findings of the National Survey on Drug Use and Health, an annual survey on drug use. The 2015 survey included interviews with about 67,500 people.

The survey also revealed that, in 2015, about 1 in 12 Americans needed some form of substance use treatment, Enomoto said. But only about 11 percent of these people actually received treatment, she said.

Drug use in the U.S.

Marijuana remains the most commonly used drug, Enomoto said. Among people who reported having used any drugs in the previous month, 87 percent said that they had used marijuana, she said.

And more people reported using marijuana during 2015 than during any single year between 2002 and 2013, according to SAMHSA. But notably, marijuana use didn't increase among adolescents, Enomoto said.

Rather, the overall increase was driven largely by more use of the drug among adults ages 26 and older, according to the report. In 2002, 4 percent of adults ages 26 and older who were surveyed reported using marijuana, but in 2015, that number was 6.5 percent.

Among those who reported using opioids in the past year, prescription drugs were the most common type used, Enomoto said. An estimated 3.8 million people in the U.S. currently misuse prescription pain relievers, according to the report.

An estimated 830,000 people in the U.S. used heroin in 2015, Enomoto said — more than double the number from 2002. She noted that there was a slight decrease, however, in heroin use from 2014 to 2015, but it was not statistically significant (meaning it could have been due to chance).

In addition, nearly 300,000 people knowingly used the drug fentanyl in the past year, Enomoto said. Fentanyl is a prescription painkiller that is up to 100 times more potent than morphine and is often linked to fatal overdoses. In many cases, people who use heroin may unknowingly use fentanyl, because heroin may be laced with fentanyl.

Prevention efforts are working

However, the findings also suggest that the prevention efforts do work to curb substance use, Enomoto said.

For example, although alcohol remains a problem among adolescents, the rate of teens who reported using alcohol in the past month has decreased significantly in the past 13 years, Enomoto said. In 2015, 9.6 percent of teens reported drinking in the past month — down from 17.6 percent of teens in 2002, according to the report.

There also has been a reduction in cigarette smoking among teens, Enomoto said. In 2002, nearly 1 in 8 teens reported having smoked in the past month, but in 2015, just 1 in 20 teens reported having smoked in the past month, according to the report.

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Article available online at:

<http://www.livescience.com/56026-drug-use-america-2015-report.html>