

The National Survey on Drug Use and Health: 2020

Miriam E. Delphin-Rittmon, PhD
Assistant Secretary for Mental Health and Substance Use
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

July 2022



SAMHSA
Substance Abuse and Mental Health
Services Administration

About This Presentation

- The estimates in these slides have been rounded for the purposes of presentation. Any appearance of estimates not summing exactly to a known total are due to this rounding.
- Some slides present the same analysis across multiple years. The underlying populations from which these estimates are derived change across years since the number of people in the United States changes across years. Thus, a change in proportions does not equal a constant change in the weighted count.

National Survey on Drug Use and Health (NSDUH)

- NSDUH is a comprehensive household interview survey of substance use, substance use disorders, mental health, and the receipt of treatment services for these disorders in the United States.
- NSDUH covers the civilian, noninstitutionalized population, aged 12 or older:
 - Includes: Households, college dorms, homeless in shelters, civilians on military bases
- Sample includes all 50 states and DC

Who is Not Covered by NSDUH?

- Children under age 12
- Populations with potential serious mental health/substance use issues:
 - Institutionalized populations:
 - Incarcerated
 - Hospitalized
 - Nursing homes
 - Homeless populations not in homeless shelters

How Do We Use NSDUH?

- Provides a window into the state of substance use and mental health issues in the United States
- Provides insights that can be studied in the context of data from other agencies to help in decision-making about what types of resources are needed and where resources should be directed
- Helps to guide policy in addressing:
 - Problematic substance use
 - Prevalence of mental illness
 - The intersection of substance use and mental health issues
 - State-level treatment and prevention needs by providing data at the state level

Changes to NSDUH in 2020

- Data typically collected from January to December; **collected in Q1 and Q4 only during 2020**
- Changed to multi-mode collection in Q4 of 2020: **web survey added**
- Change from DSM-IV to **DSM-5** impacted SUD estimates
- **New and expanded item content:** nicotine vaping, receipt of telehealth services, adolescent suicide, COVID-19 impacts
- Approximately 67,500 persons are interviewed annually; the final 2020 sample consisted of **36,284 completed interviews**

Mental Illness and Substance Use Disorders in America in the Past Year: Among Adults Aged 18+

PAST YEAR, 2020 NSDUH, 18+

Among those with a substance use disorder:

4 IN 9 (44.4% or 17.2M) struggled with illicit drugs
7 IN 10 (71.4% or 27.6M) struggled with alcohol use
2 IN 13 (15.8% or 6.1M) struggled with illicit drugs and alcohol

Among those with a mental illness:

1 IN 4 (26.9% or 14.2M) had a serious mental illness

15.4%
(38.7 MILLION)
People aged 18
or older had a
substance use
disorder (SUD)

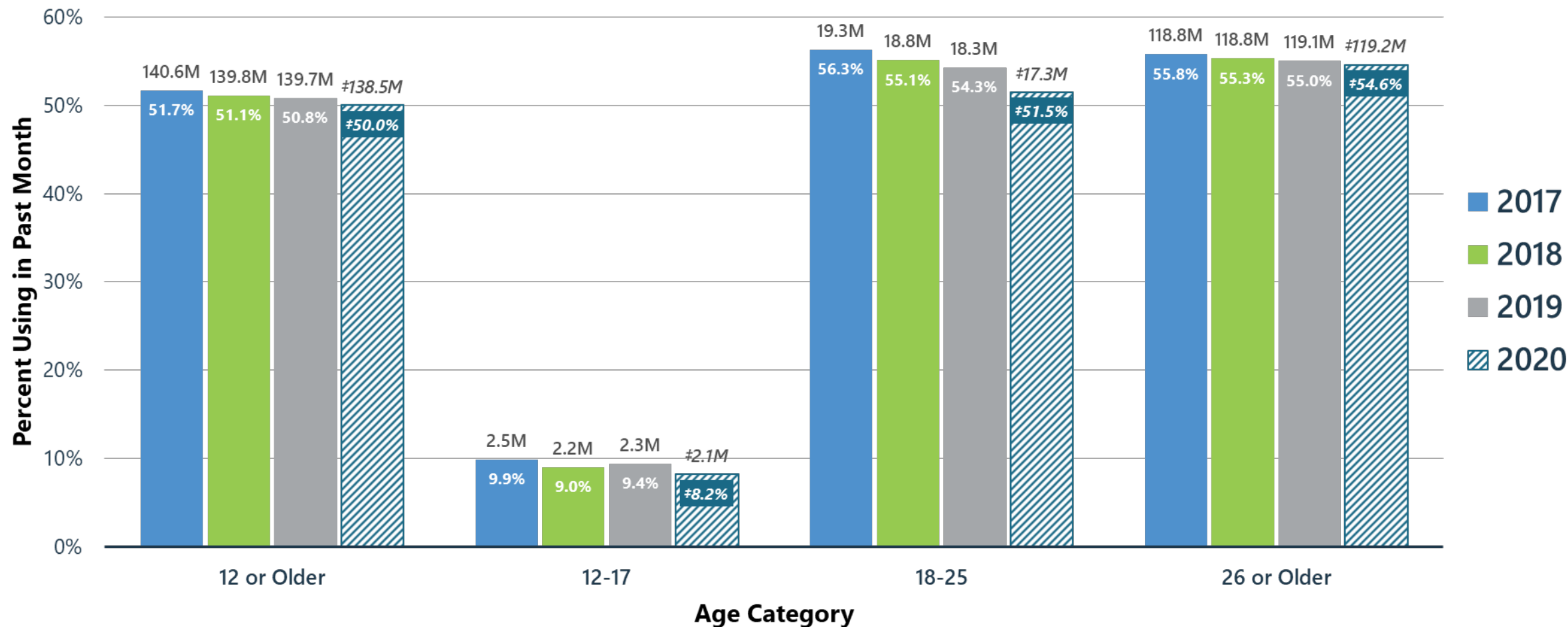
6.7%
(17.0 MILLION)
People 18 or older
had BOTH an SUD
and a mental
illness

21.0%
(52.9 MILLION)
People aged 18
or older had a
mental illness

In 2020, **29.3% (73.8M)** Americans had a
mental illness and/or substance use disorder.

Alcohol Use in Past Month: Among People Aged 12+

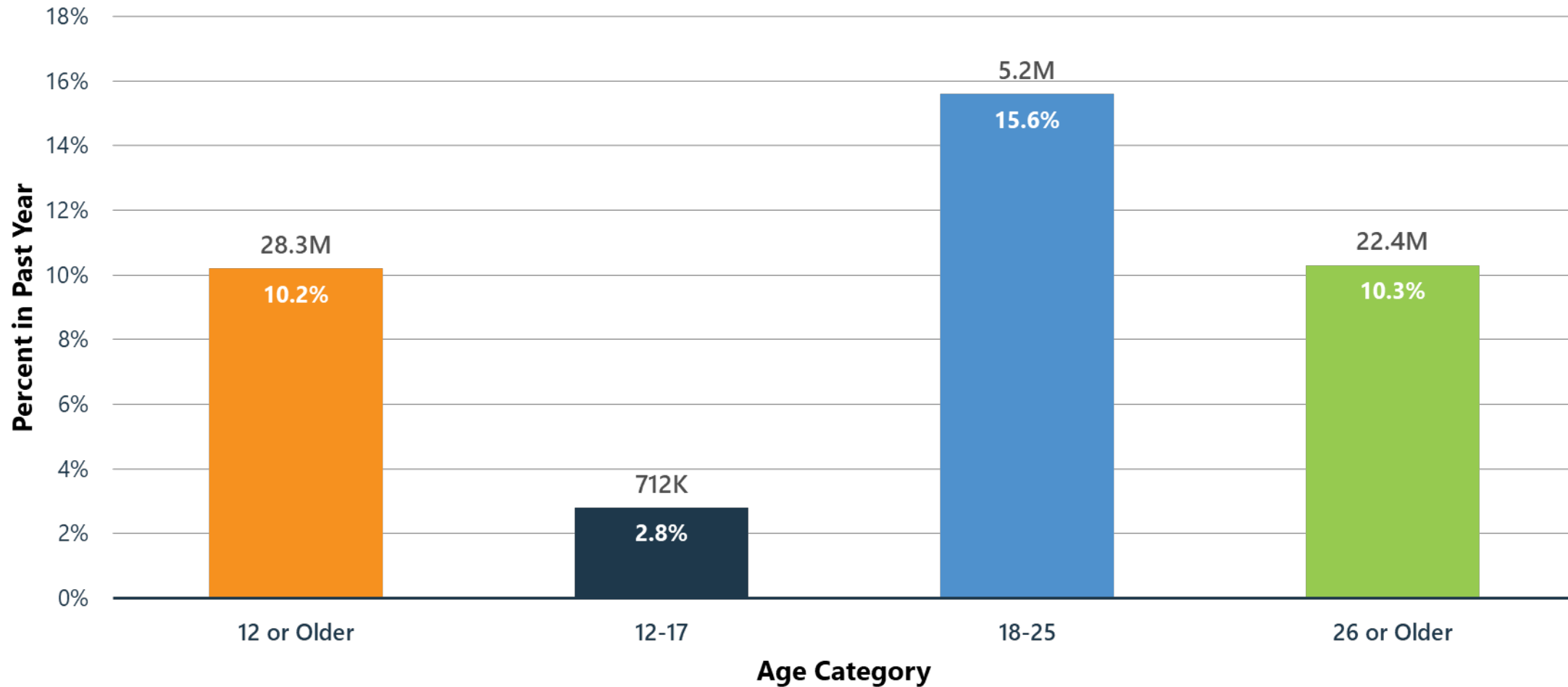
PAST MONTH, 2017-2020 NSDUH, 12+



† Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the 2020 National Survey on Drug Use and Health: Methodological Summary and Definitions for details.

Alcohol Use Disorder in Past Year: Among People Aged 12+

PAST YEAR, 2020 NSDUH, 12+

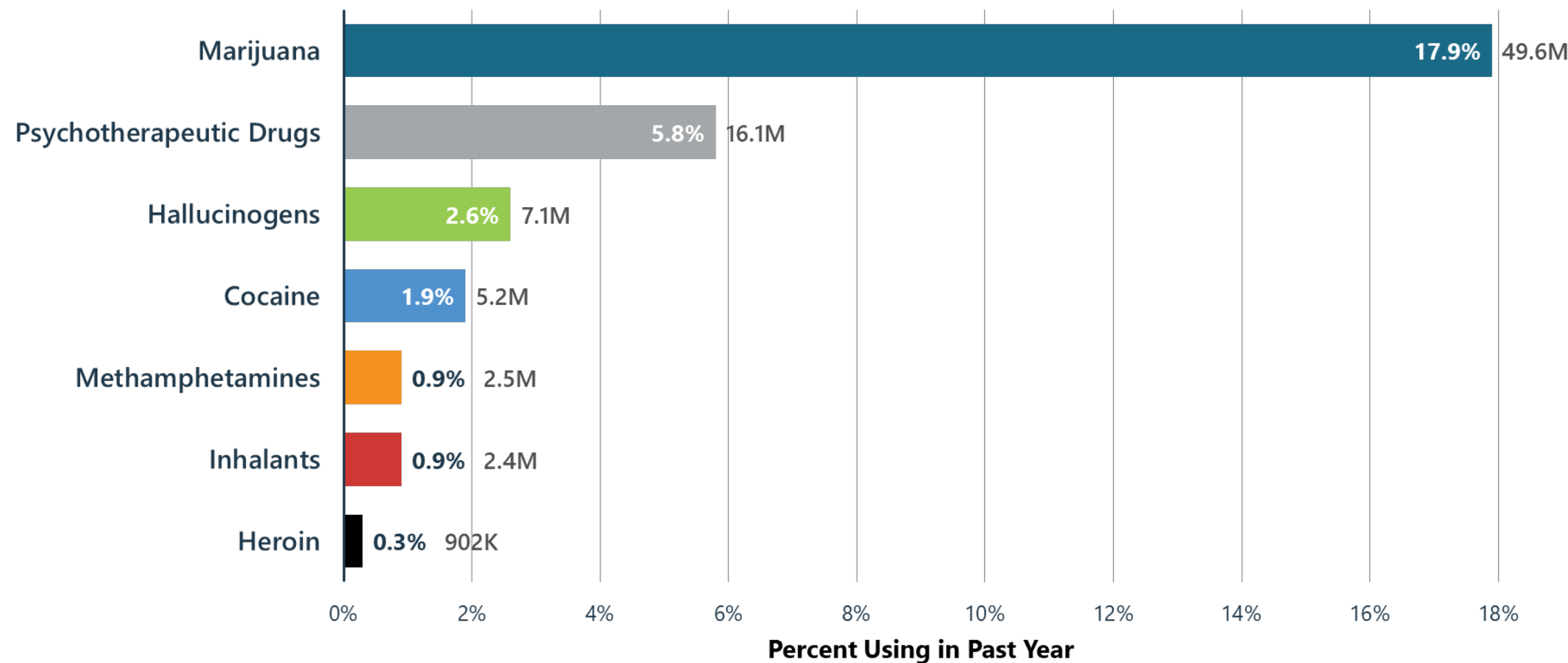


Summary: Alcohol Use in 2020

- **Among people aged 12 to 17 in 2020:**
 - 8.2 percent (or 2.1 million people) used alcohol in the past month
 - 2.8 percent (or 712,000 people) had an alcohol use disorder
- **Among people aged 18 to 25 in 2020:**
 - 51.5 percent (or 17.3 million people) used alcohol in the past month
 - 15.6 percent (or 5.2 million people) had an alcohol use disorder
- **Among people aged 26 or older in 2020:**
 - 54.6 percent (or 119.2 million people) used alcohol in the past month
 - 10.3 percent (or 22.4 million people) had an alcohol use disorder

Illicit Drug Use in Past Year: Among People Aged 12+

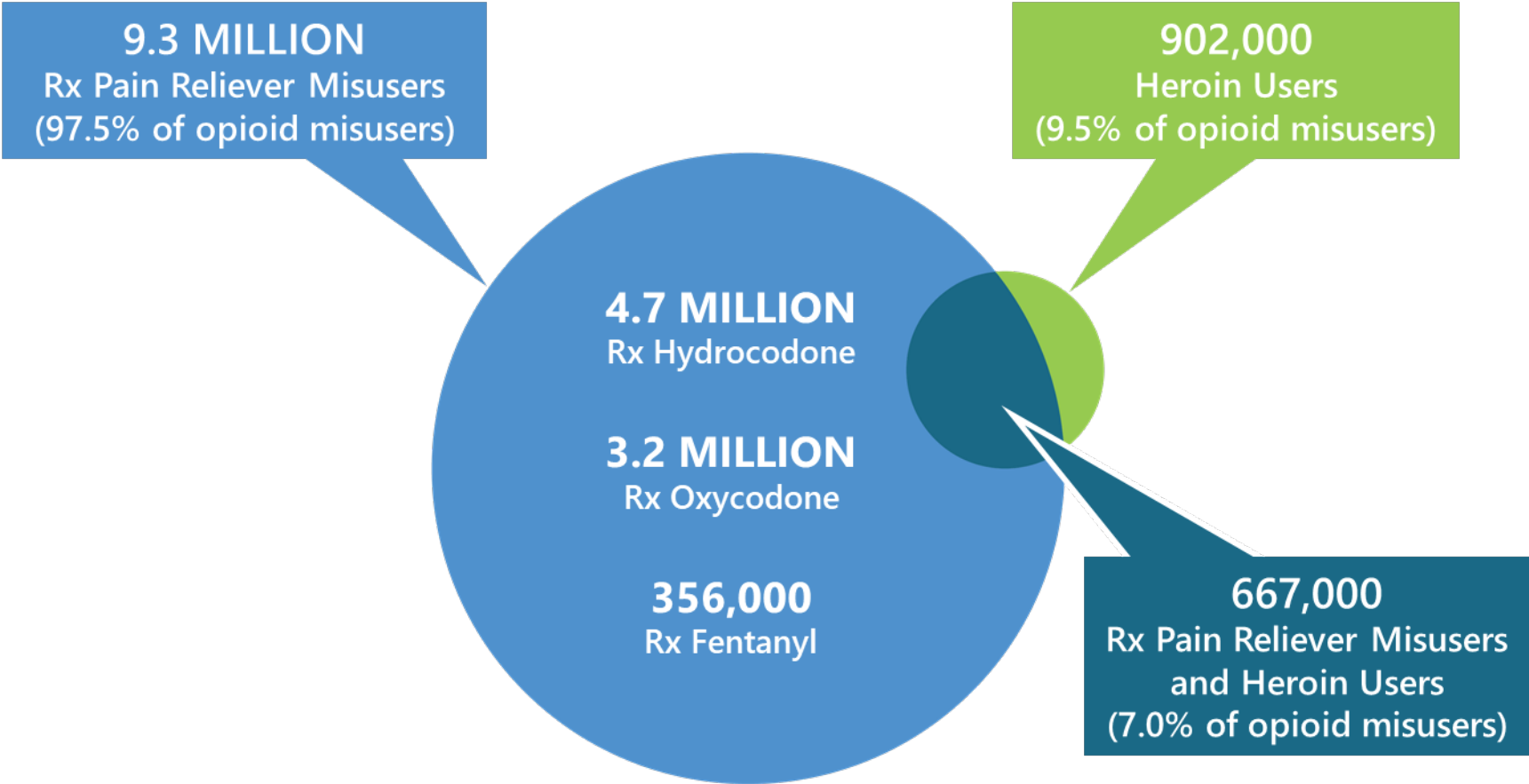
PAST YEAR, 2020 NSDUH, 12+



Prescription Pain Reliever Misuse and Heroin Use in Past Year: Among People Aged 12+

PAST YEAR, 2020 NSDUH, 12+

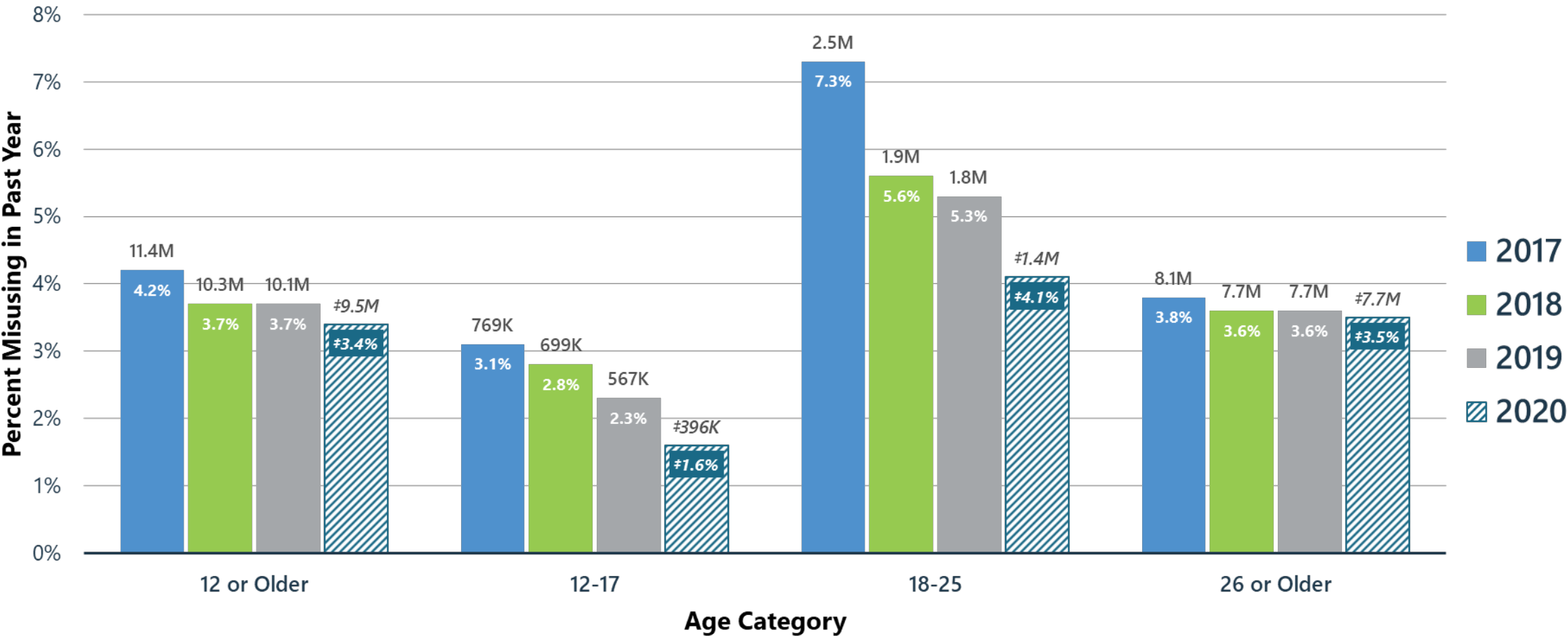
9.5 MILLION PEOPLE WITH OPIOID MISUSE (3.4% OF TOTAL POPULATION)



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

Opioid Misuse in Past Year: Among People Aged 12+

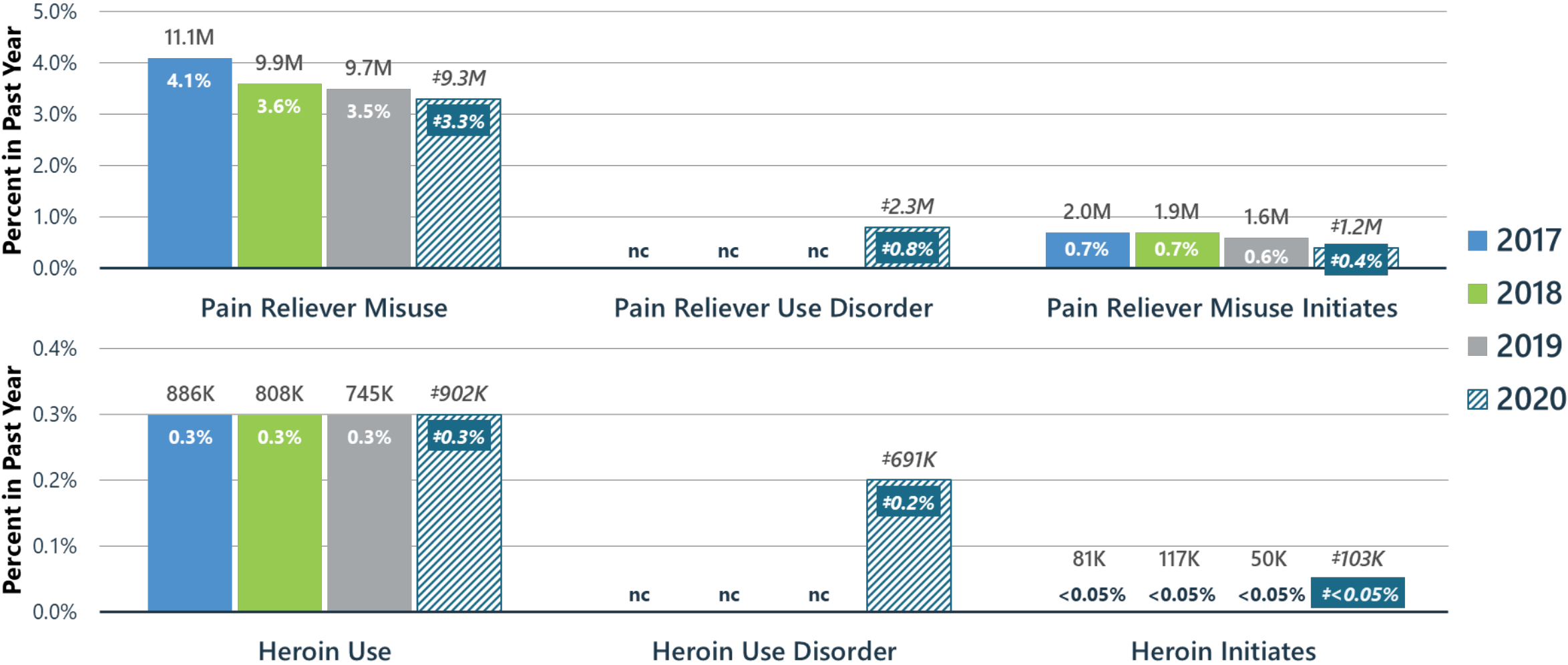
PAST YEAR, 2017-2020 NSDUH, 12+



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Prescription Pain Reliever Misuse and Heroin Use in Past Year: Among People Aged 12+

PAST YEAR, 2017-2020 NSDUH, 12+

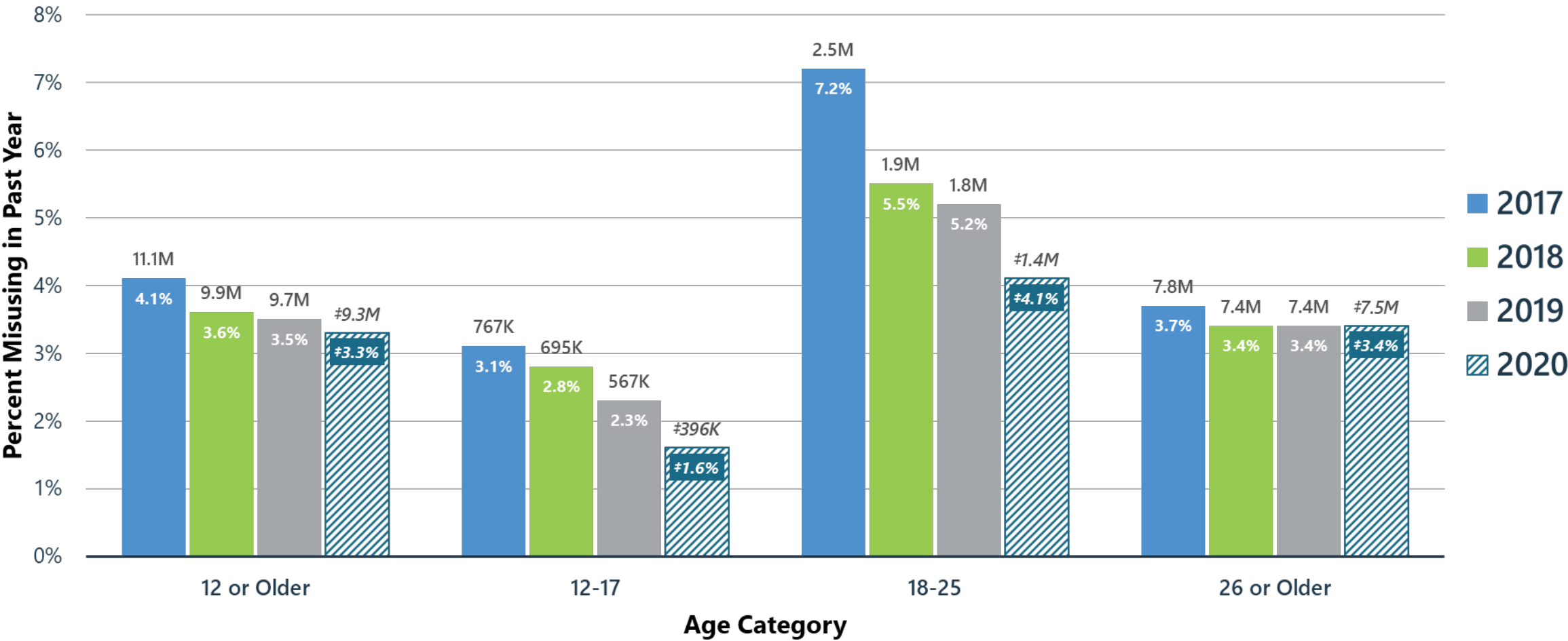


nc = Not comparable.

* Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the 2020 National Survey on Drug Use and Health: Methodological Summary and Definitions for details.

Prescription Pain Reliever Misuse in Past Year: Among People Aged 12+

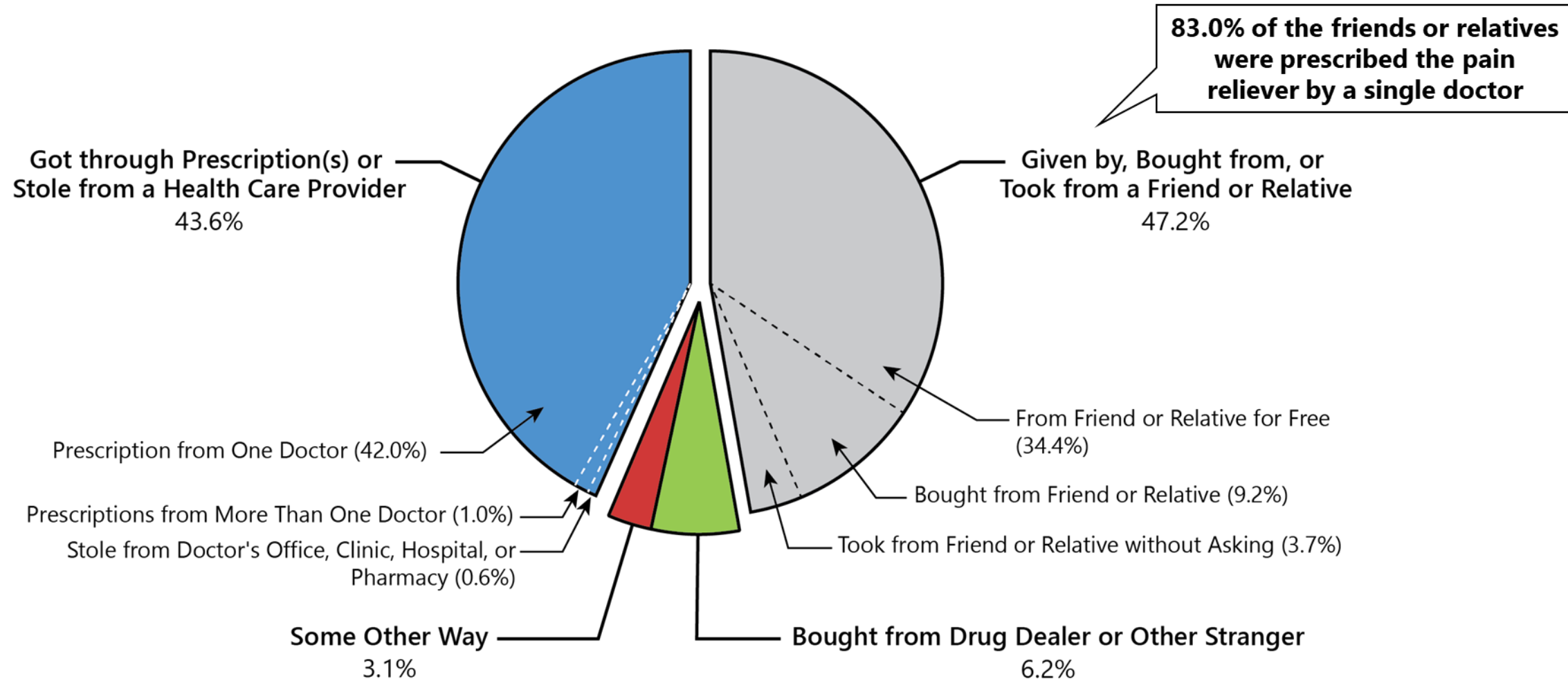
PAST YEAR, 2017-2020 NSDUH, 12+



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Sources Where Pain Relievers Were Obtained for Most Recent Misuse in Past Year: Among People Aged 12+ Who Misused Prescription Pain Relievers in Past Year

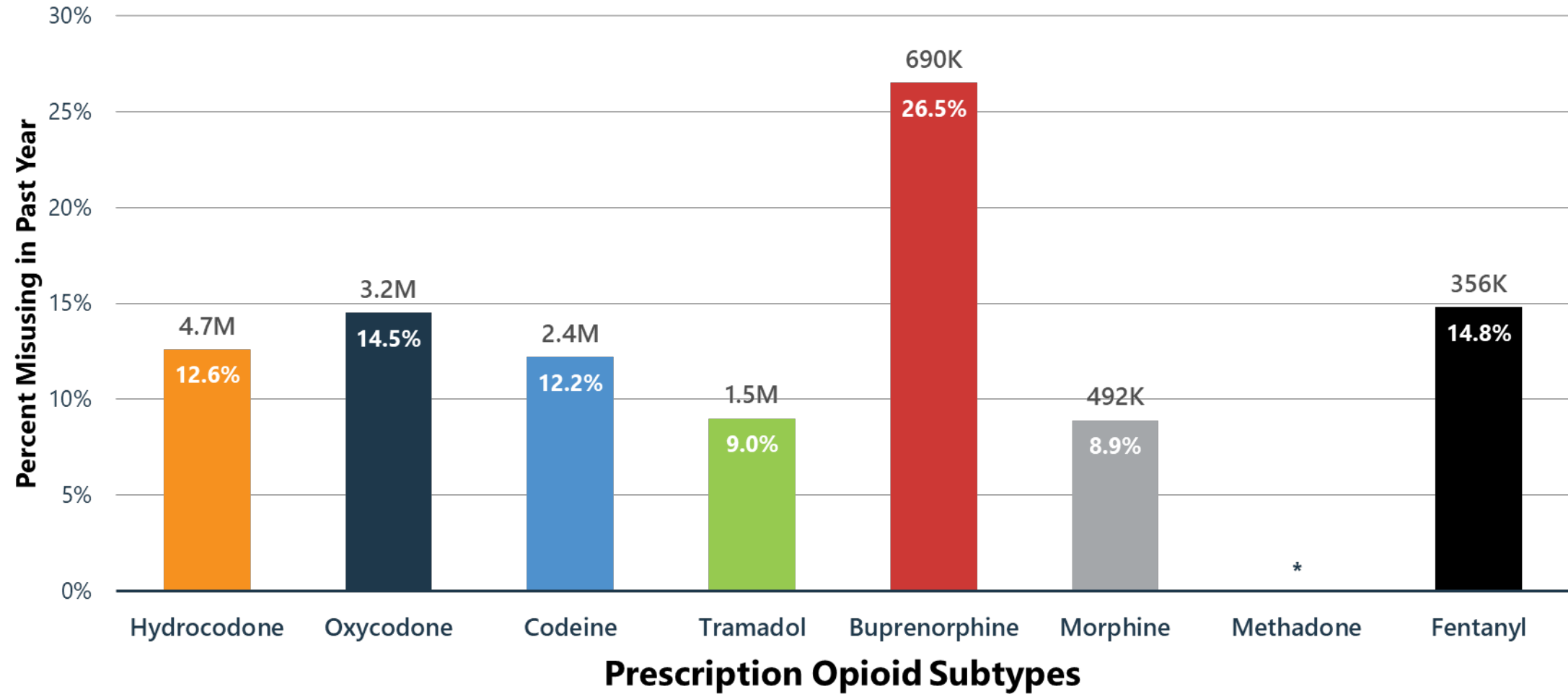
PAST YEAR, 2020 NSDUH, 12+



9.3 Million People Aged 12 or Older Who Misused Pain Relievers in the Past Year

Misuse of Prescription Opioid Subtypes in Past Year: Among People Aged 12+ Who Had Any Use of the Prescription Opioid

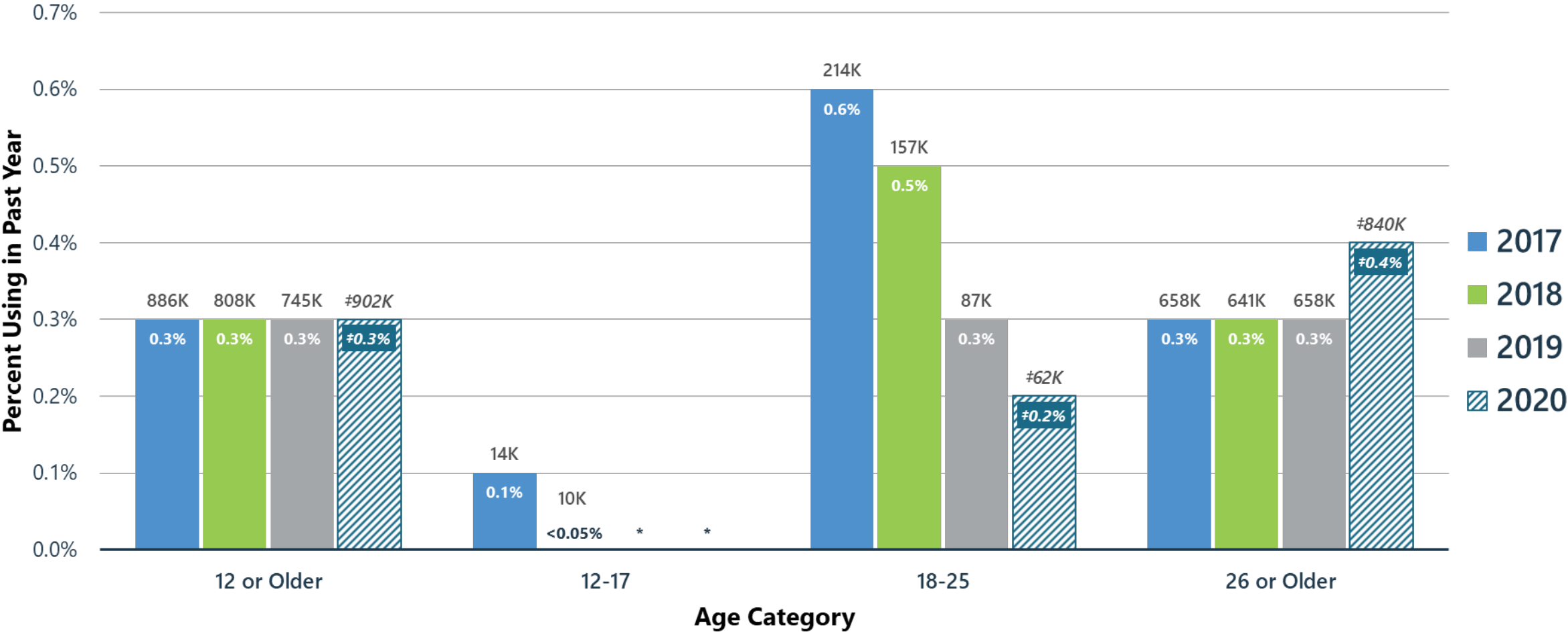
PAST YEAR, 2020 NSDUH, 12+ SUBTYPE USERS



* Estimate not shown due to low precision.

Heroin Use in Past Year: Among People Aged 12+

PAST YEAR, 2017-2020 NSDUH, 12+

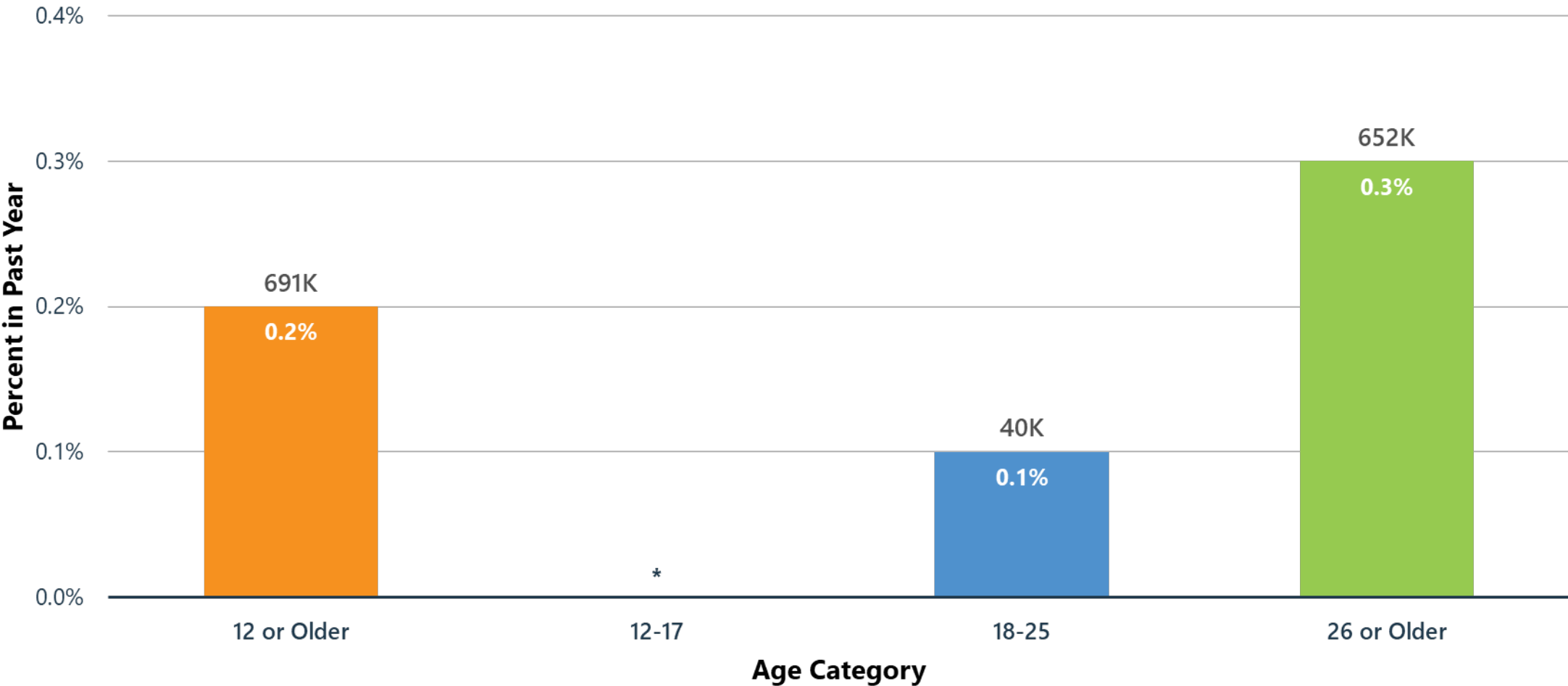


* Estimate not shown due to low precision.

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Heroin Use Disorder in Past Year: Among People Aged 12+

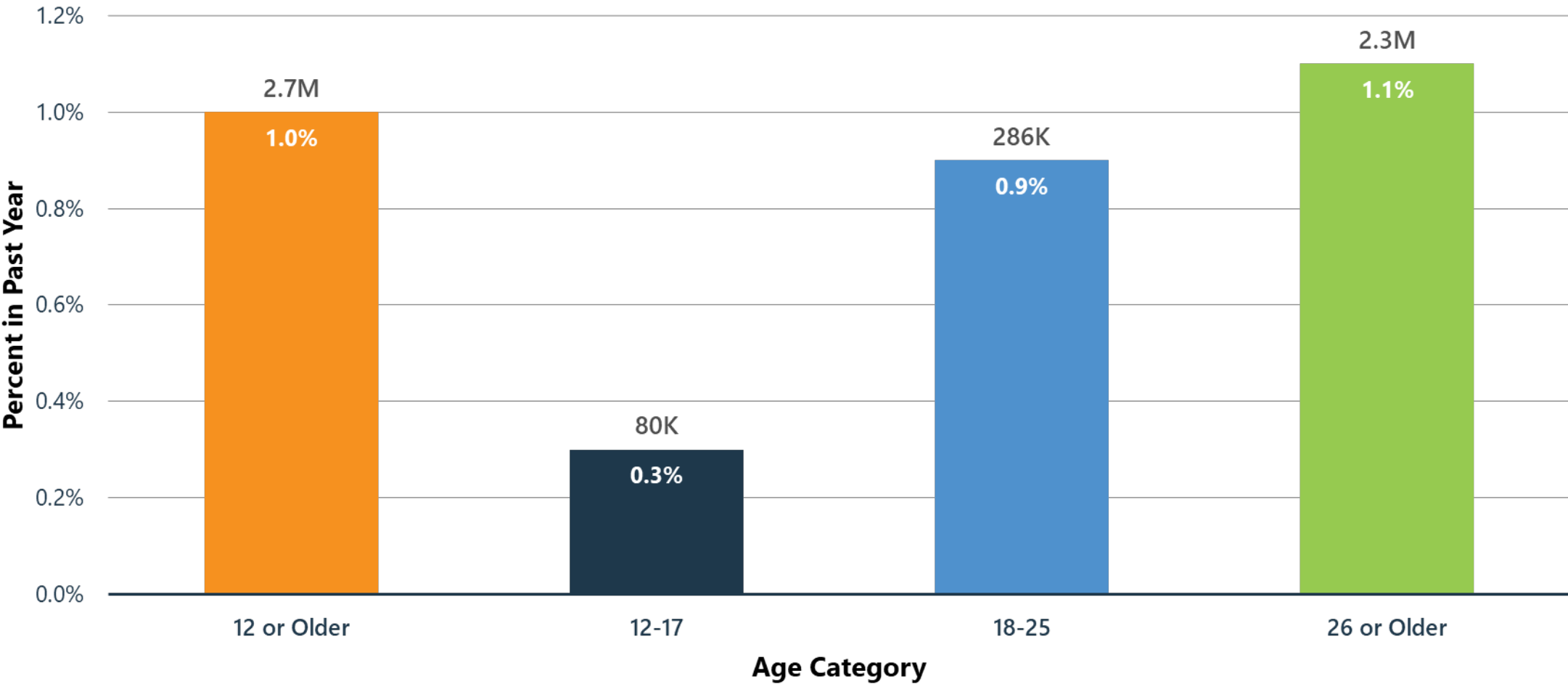
PAST YEAR, 2020 NSDUH, 12+



* Estimate not shown due to low precision.

Opioid Use Disorder in Past Year: Among People Aged 12+

PAST YEAR, 2020 NSDUH, 12+



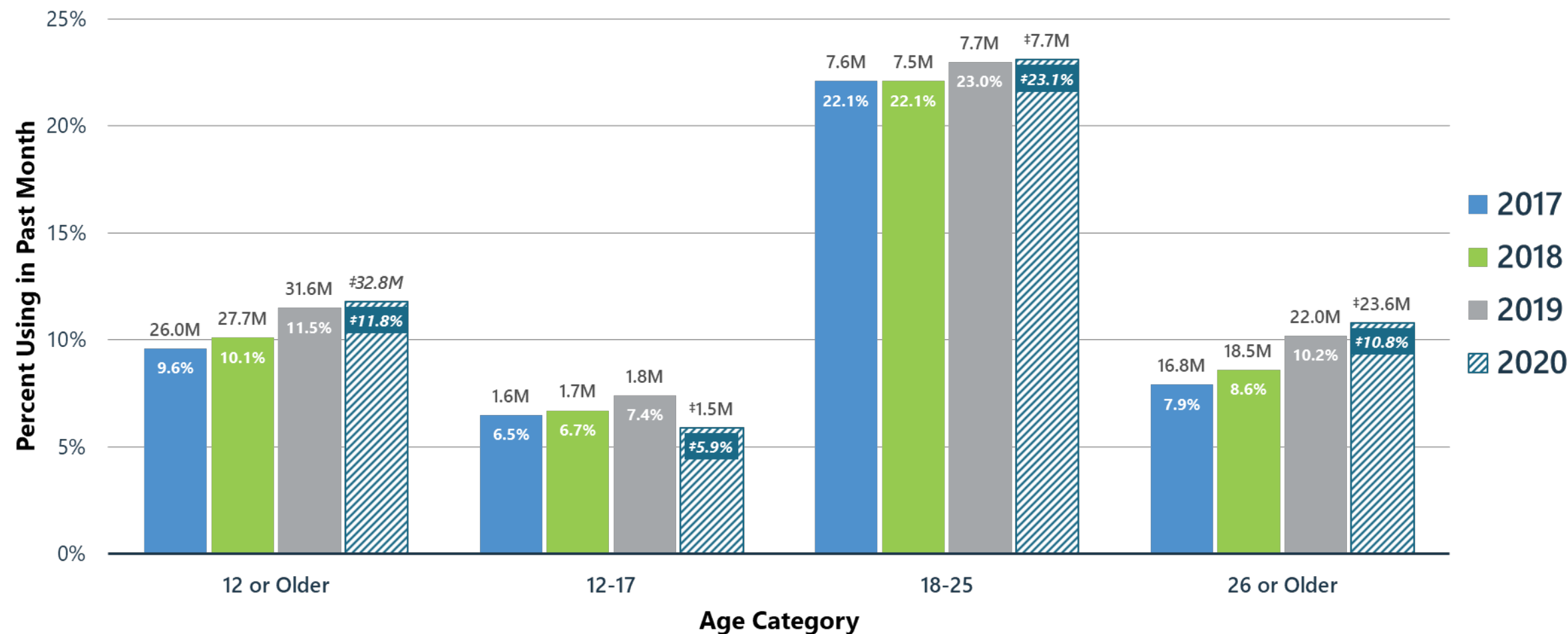
Summary: Opioid Misuse in 2020

- Opioid misuse is primarily driven by prescription pain reliever misuse
- Buprenorphine continues to be the opioid with the highest percentage of users acknowledging misuse of the medication
- Most prescription pain relievers that are misused are obtained from a prescription to the misuser or given to the misuser for free by a friend or relative
- **Among people aged 26 or older in 2020:**
 - 3.4 percent (or 9.5 million people) misused opioids in the past year
 - 1.0 percent (or 2.7 million people) had an opioid use disorder

Other Illicit Substances

Marijuana Use in Past Month: Among People Aged 12+

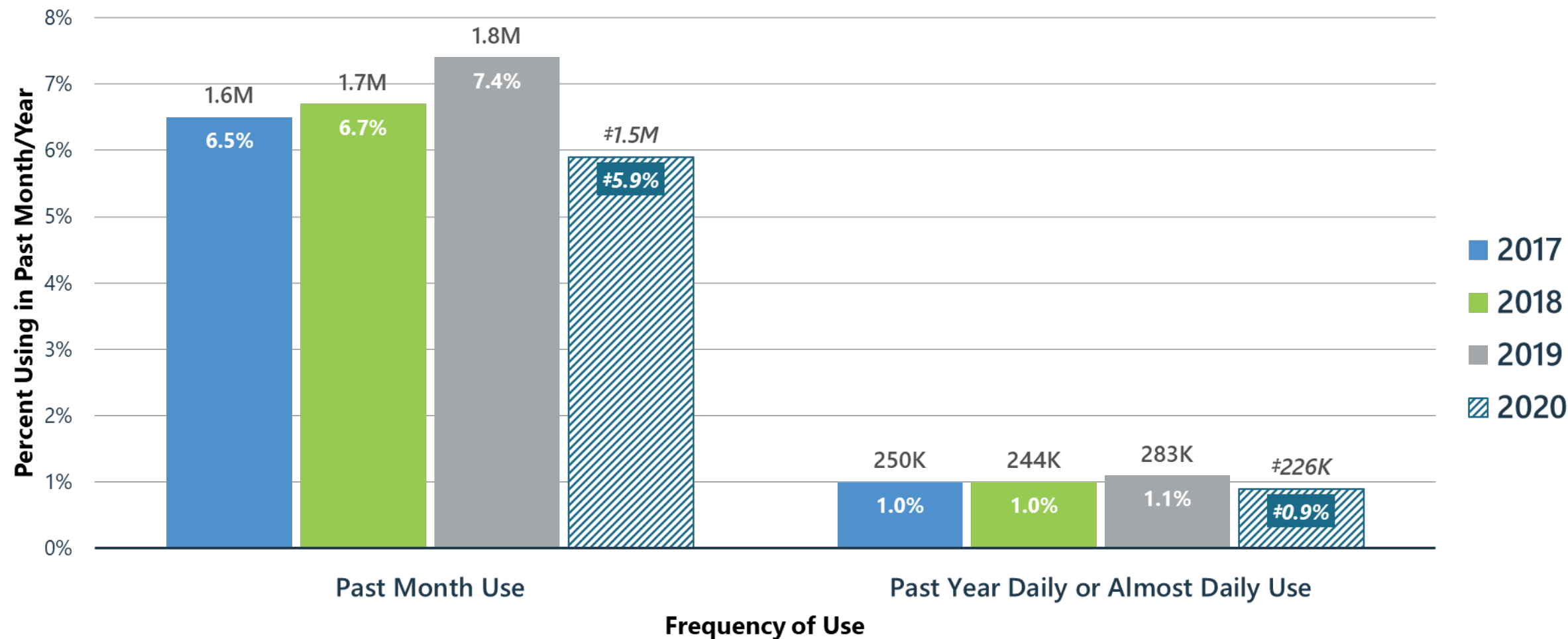
PAST MONTH, 2017-2020 NSDUH, 12+



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Frequency of Marijuana Use: Among Youths Aged 12-17

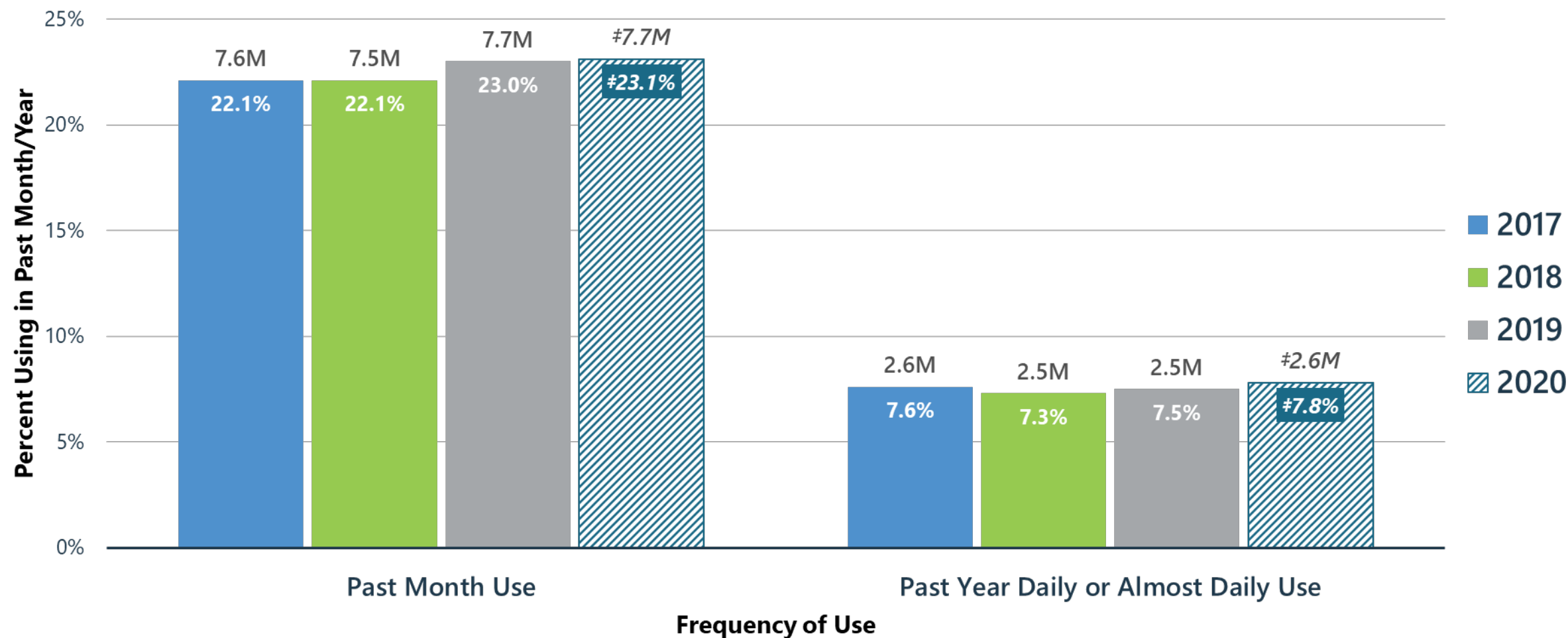
PAST MONTH/YEAR, 2017-2020 NSDUH, 12-17



† Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

Frequency of Marijuana Use: Among Young Adults Aged 18-25

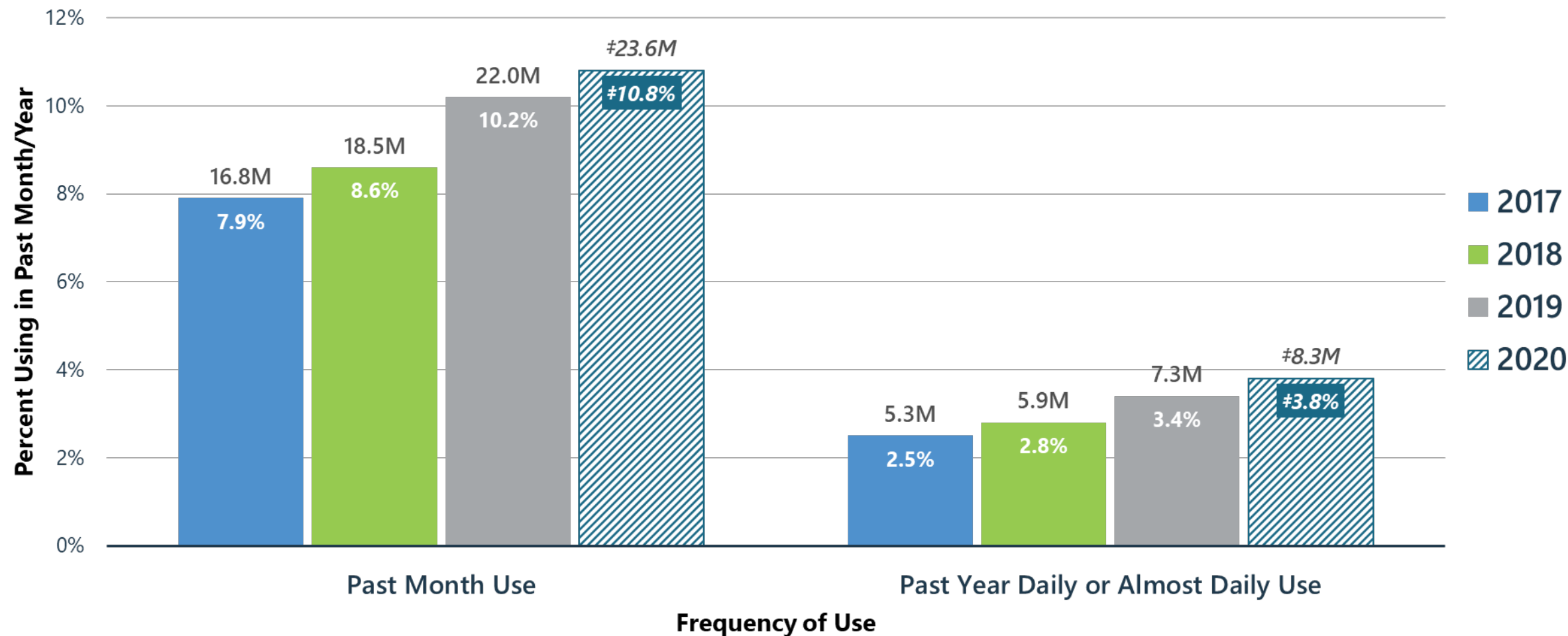
PAST MONTH/YEAR, 2017-2020 NSDUH, 18-25



† Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

Frequency of Marijuana Use: Among Adults Aged 26+

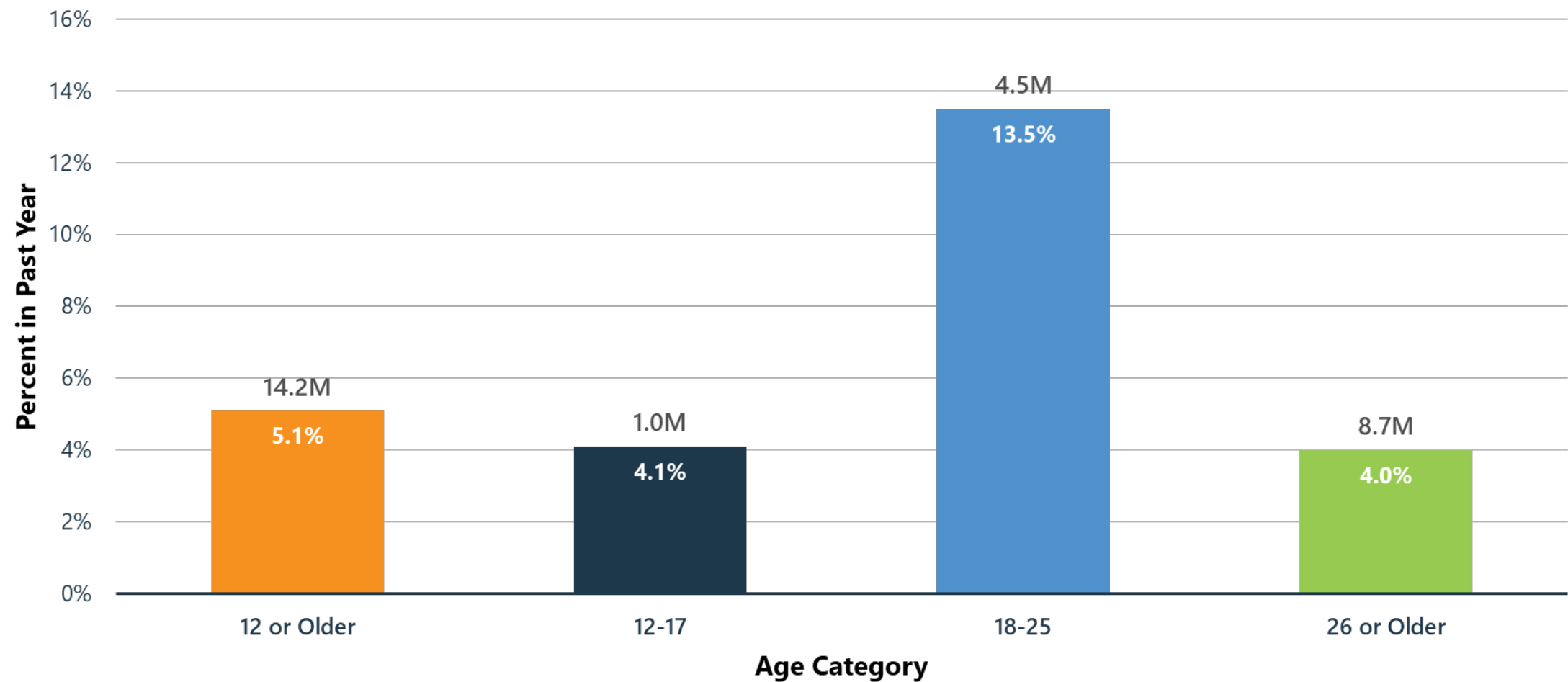
PAST MONTH/YEAR, 2017-2020 NSDUH, 26+



† Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the 2020 National Survey on Drug Use and Health: Methodological Summary and Definitions for details.

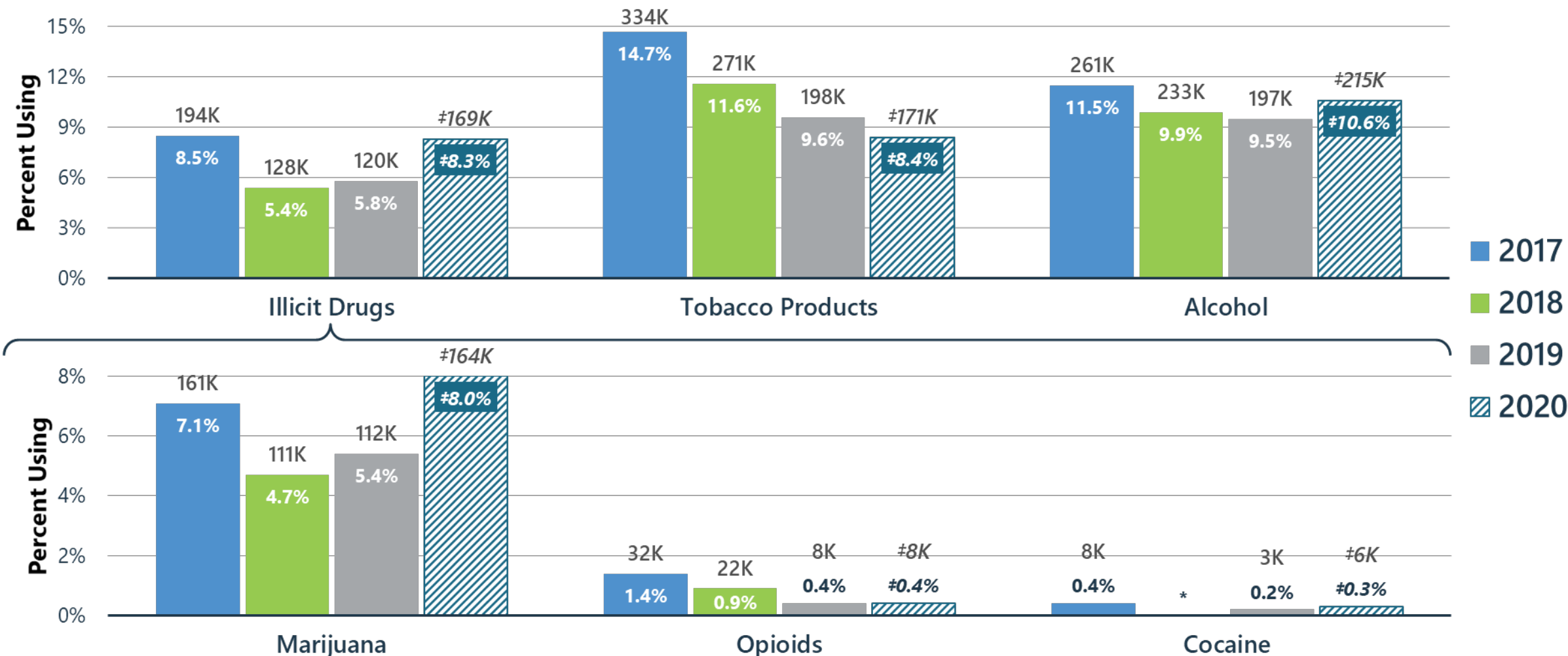
Marijuana Use Disorder in Past Year: Among People Aged 12+

PAST YEAR, 2020 NSDUH, 12+



Substance Use in Past Month: Among Pregnant Women Aged 15-44

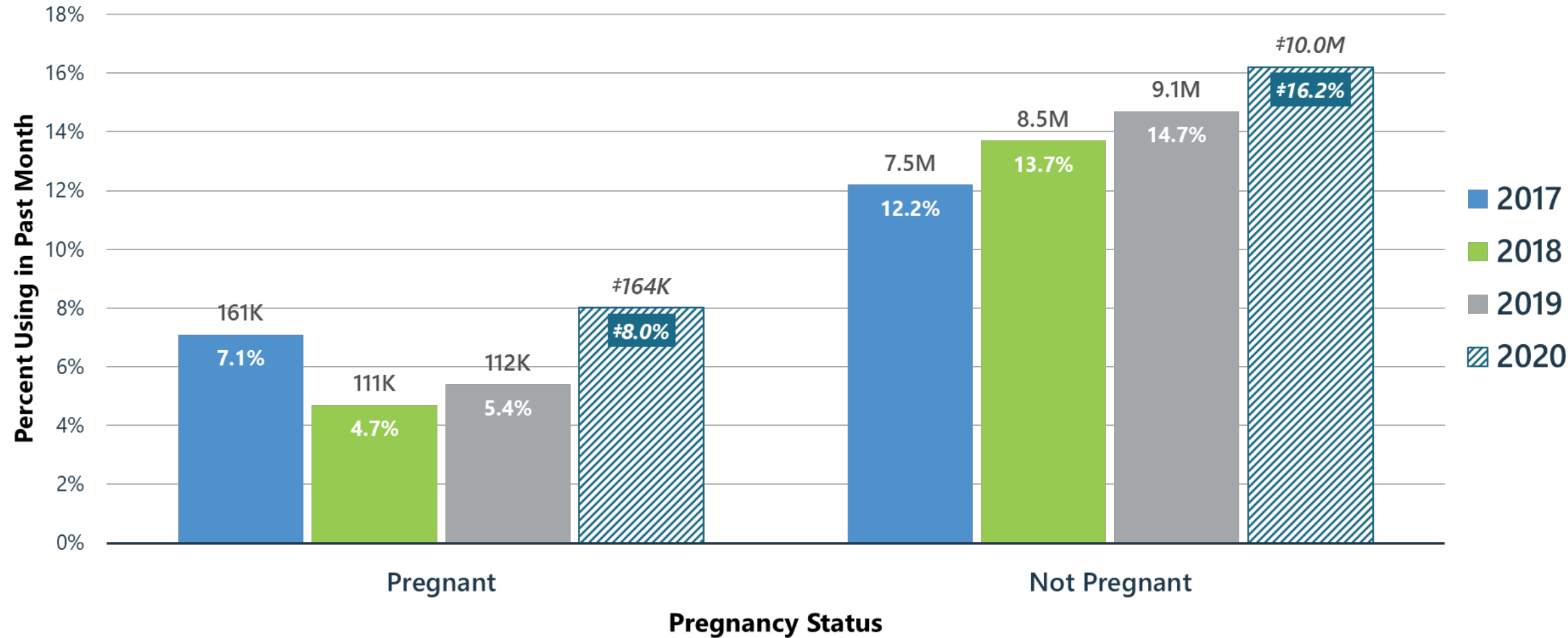
PAST MONTH, 2017-2020 NSDUH, PREGNANT WOMEN 15-44



* Estimate not shown due to low precision.
Tobacco products are defined as cigarettes, smokeless tobacco, cigars, and pipe tobacco.
* Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the 2020 National Survey on Drug Use and Health: Methodological Summary and Definitions for details.

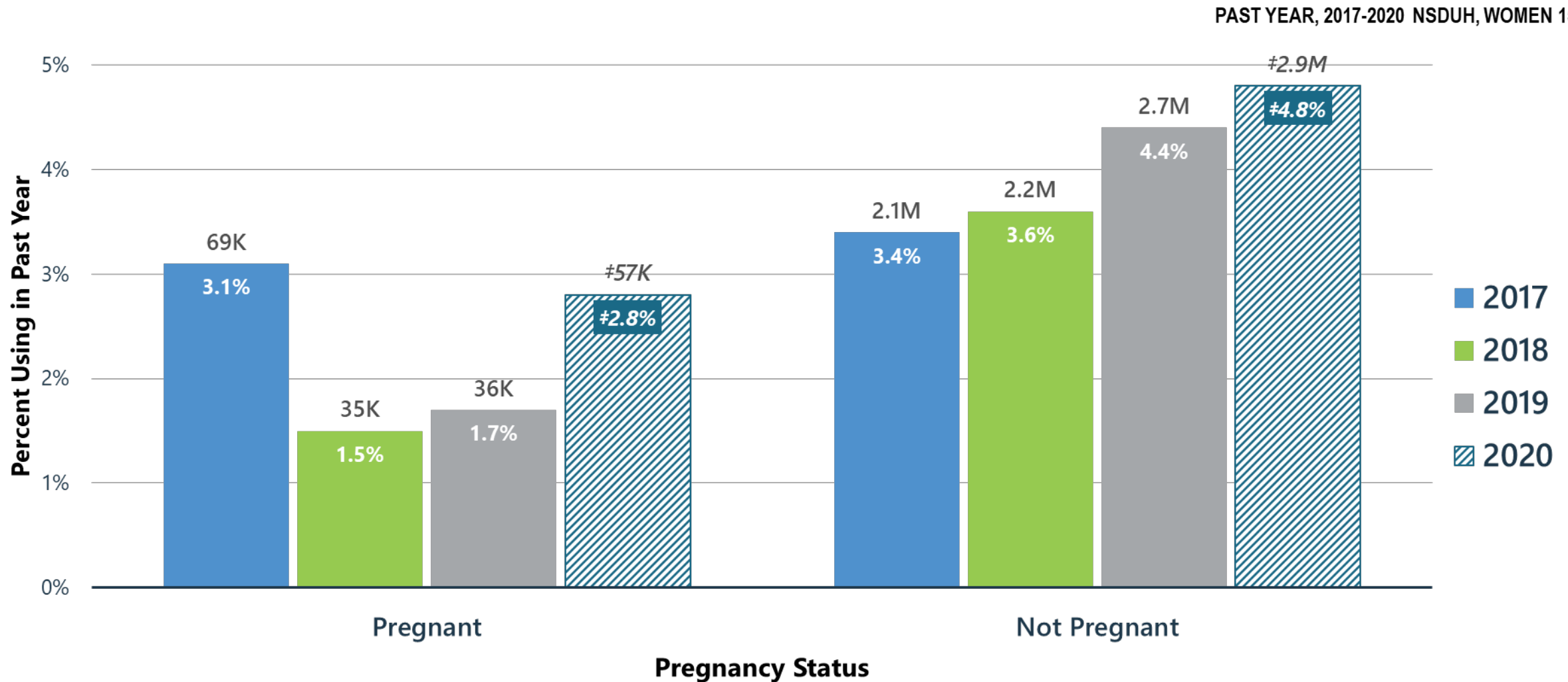
Marijuana Use in Past Month: Among Women Aged 15-44; By Pregnancy Status

PAST MONTH, 2017-2020 NSDUH, WOMEN 15-44



† Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the 2020 National Survey on Drug Use and Health: Methodological Summary and Definitions for details.

Daily or Almost Daily Marijuana Use in Past Year: Among Women Aged 15-44; By Pregnancy Status



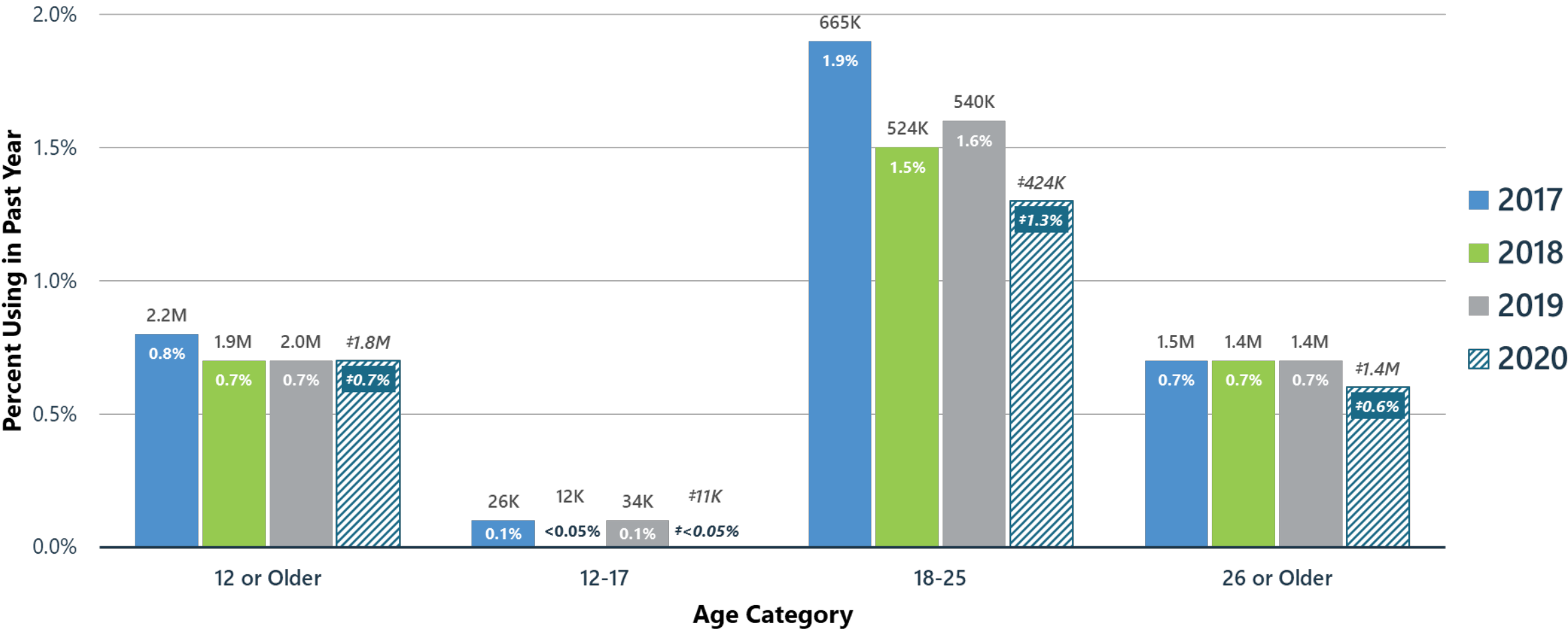
† Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the *2020 National Survey on Drug Use and Health: Methodological Summary and Definitions* for details.

Summary: Marijuana Use in 2020

- **Among people aged 12 to 17 in 2020:**
 - 5.9 percent (or 1.5 million people) used marijuana in the past month
 - 4.1 percent (or 1.0 million people) had a marijuana use disorder
- **Among people aged 18 to 25 in 2020:**
 - 23.1 percent (or 7.7 million people) used marijuana in the past month
 - 13.5 percent (or 4.5 million people) had a marijuana use disorder
- **Among people aged 26 or older in 2020:**
 - 10.8 percent (or 23.6 million people) used marijuana in the past month
 - 4.0 percent (or 8.7 million people) had a marijuana use disorder
- **Among pregnant women aged 15 to 44 in 2020:**
 - 8.0 percent (or 164,000 women) used marijuana in the past month

Cocaine Use in Past Year: Among People Aged 12+

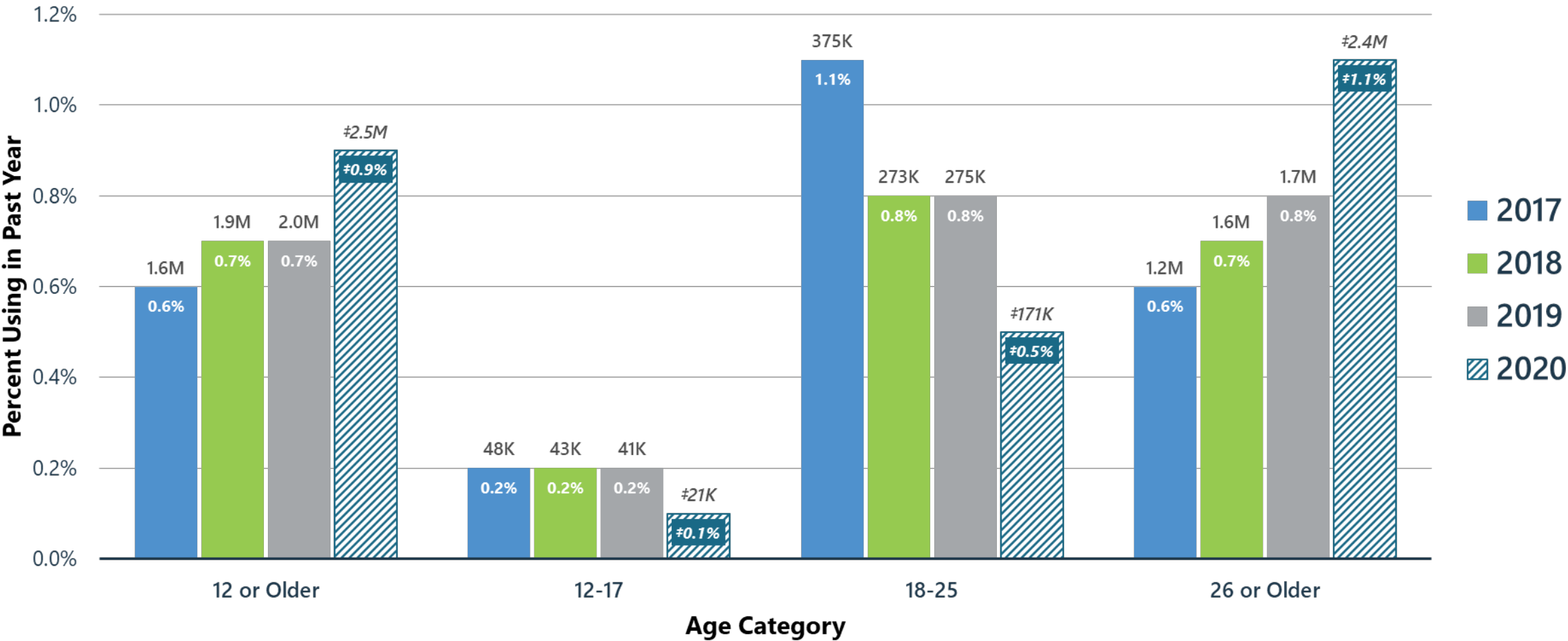
PAST YEAR, 2017-2020 NSDUH, 12+



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Methamphetamine Use in Past Year: Among People Aged 12+

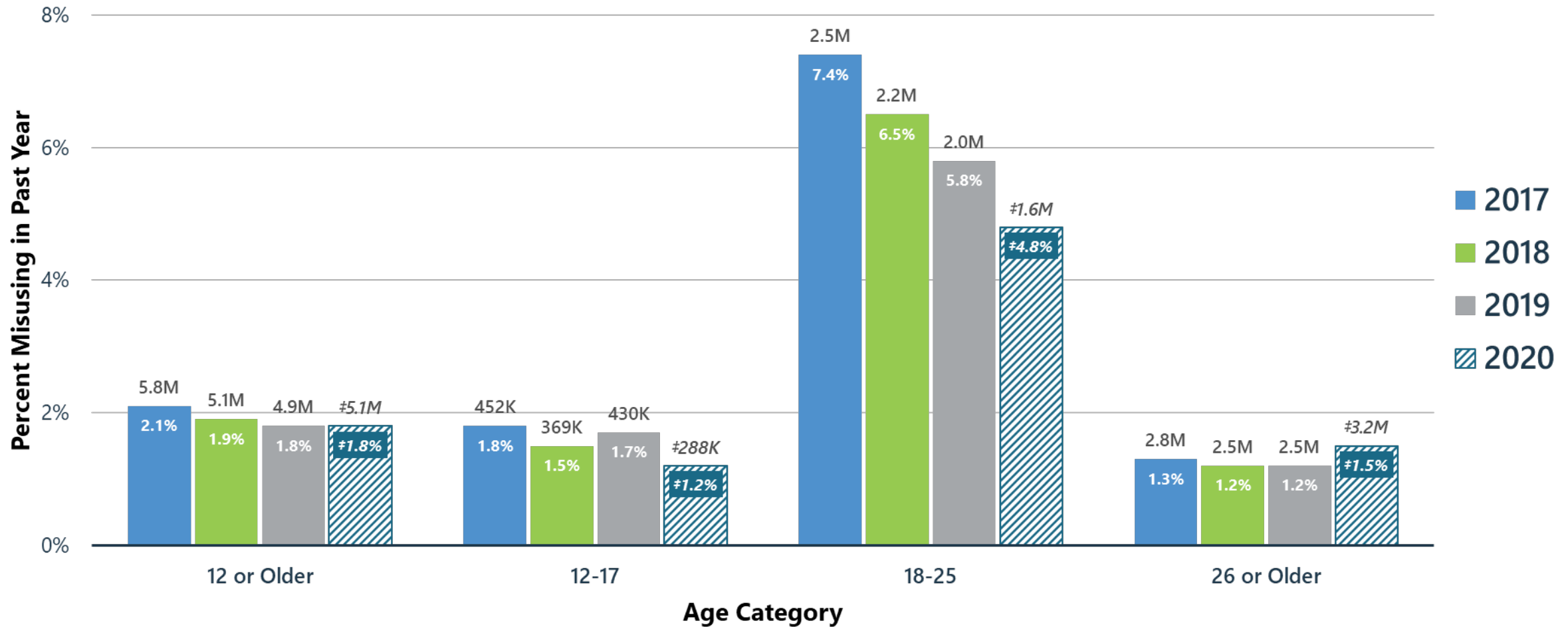
PAST YEAR, 2017-2020 NSDUH, 12+



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Misuse of Prescription Stimulants in Past Year: Among People Aged 12+

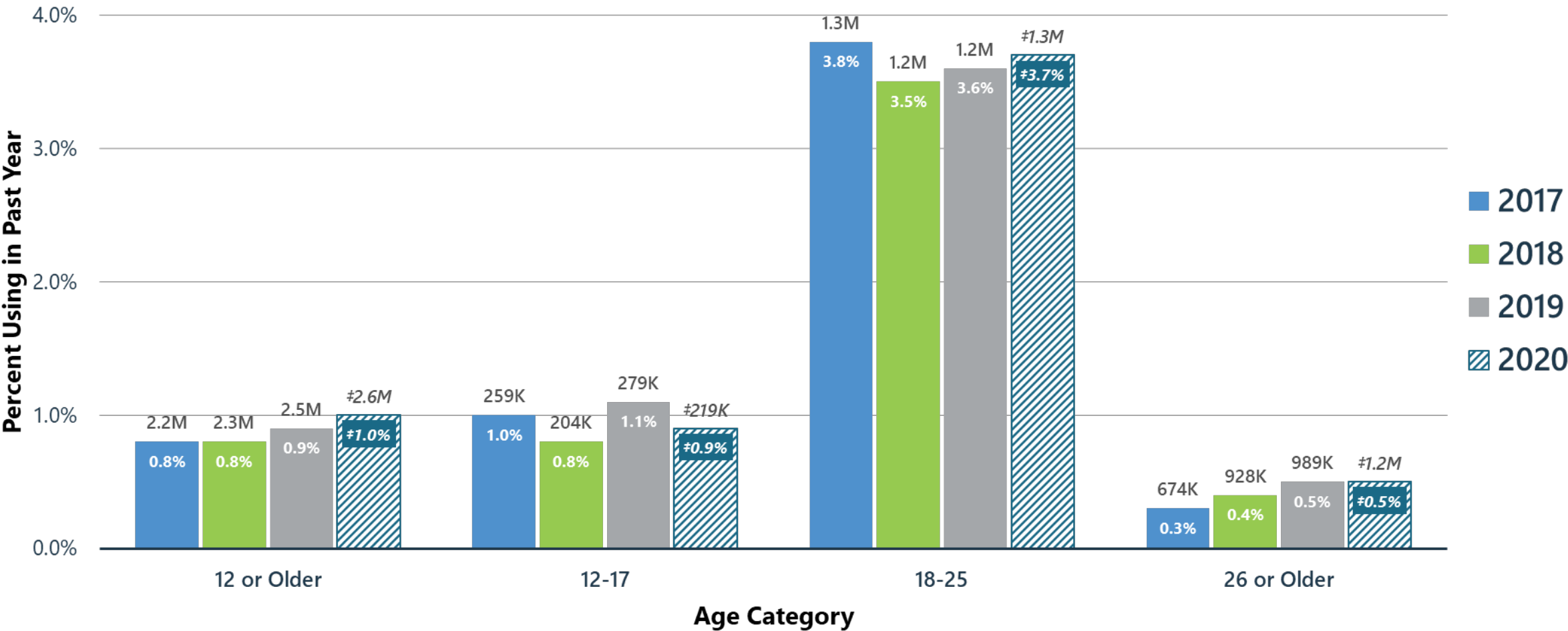
PAST YEAR, 2017-2020 NSDUH, 12+



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LSD Use in Past Year: Among People Aged 12+

PAST YEAR, 2017-2020 NSDUH, 12+



LSD = lysergic acid diethylamide.

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Summary: Other Substance Use in 2020

- **Among people aged 12 to 17 in 2020:**

- Less than 0.05 percent (or 11,000 people) used cocaine in the past year
- 0.1 percent (or 21,000 people) used methamphetamine in the past year
- 1.2 percent (or 288,000 people) misused prescription stimulants in the past year
- 0.9 percent (or 219,000 people) used LSD in the past year

- **Among people aged 18 to 25 in 2020:**

- 1.3 percent (or 424,000 people) used cocaine in the past year
- 0.5 percent (or 171,000 people) used methamphetamine in the past year
- 4.8 percent (or 1.6 million people) misused prescription stimulants in the past year
- 3.7 percent (or 1.3 million people) used LSD in the past year

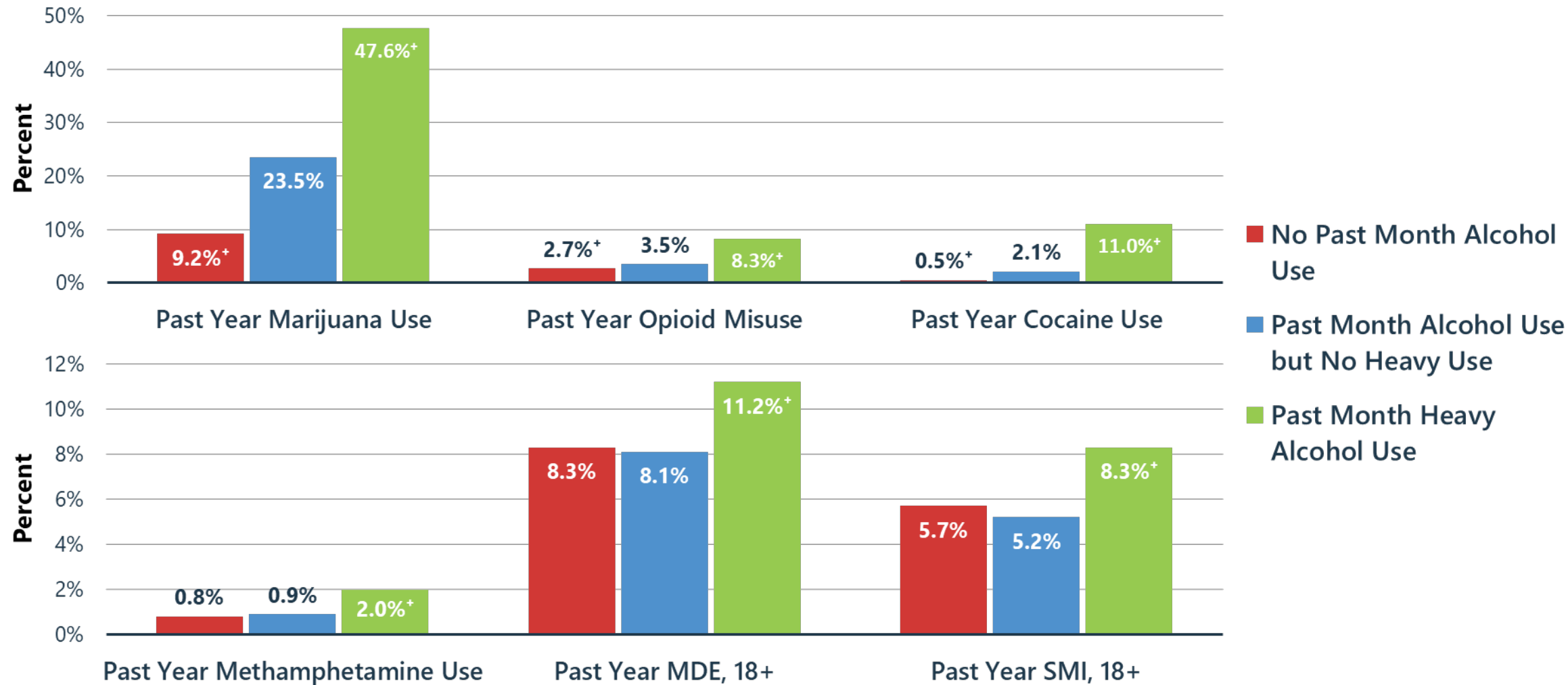
- **Among people aged 26 or older in 2020:**

- 0.6 percent (or 1.4 million people) used cocaine in the past year
- 1.1 percent (or 2.4 million people) used methamphetamine in the past year
- 1.5 percent (or 3.2 million people) misused prescription stimulants in the past year
- 0.5 percent (or 1.2 million people) used LSD in the past year

Polysubstance Use and Mental Illness

Substance Use in Past Year: Among People Aged 12+; Major Depressive Episode (MDE) and Serious Mental Illness (SMI) in Past Year: Among Adults Aged 18+; By Level of Alcohol Use in Past Month

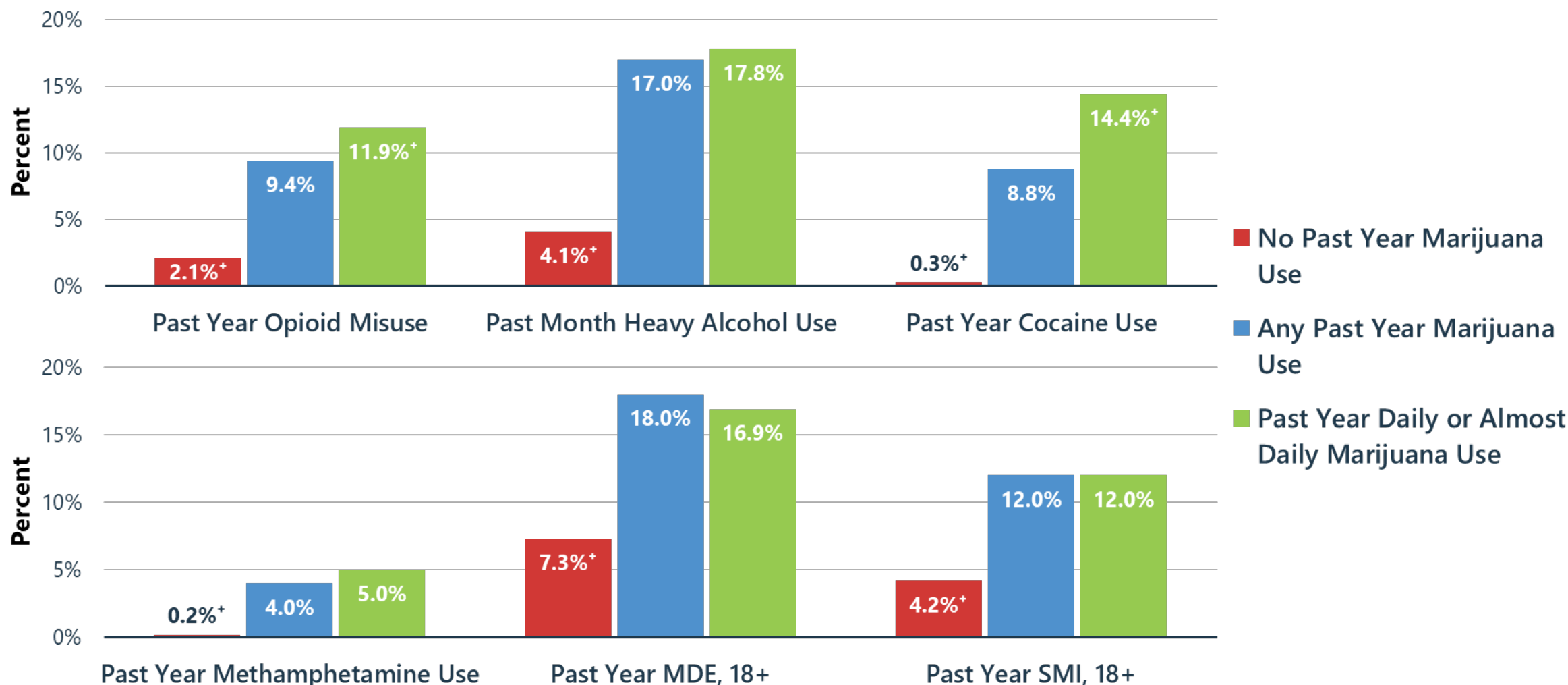
PAST YEAR/MONTH, 2020 NSDUH, 12+



+ Difference between this estimate and the estimate for people with past month use but not heavy alcohol use is statistically significant at the .05 level.
Estimates for Past Year MDE and Past Year SMI are among adults aged 18 or older.

Substance Use in Past Year/Month: Among People Aged 12+; Major Depressive Episode (MDE) and Serious Mental Illness (SMI) in Past Year: Among Adults Aged 18+; By Level of Marijuana Use in Past Year

PAST YEAR/MONTH, 2020 NSDUH, 12+

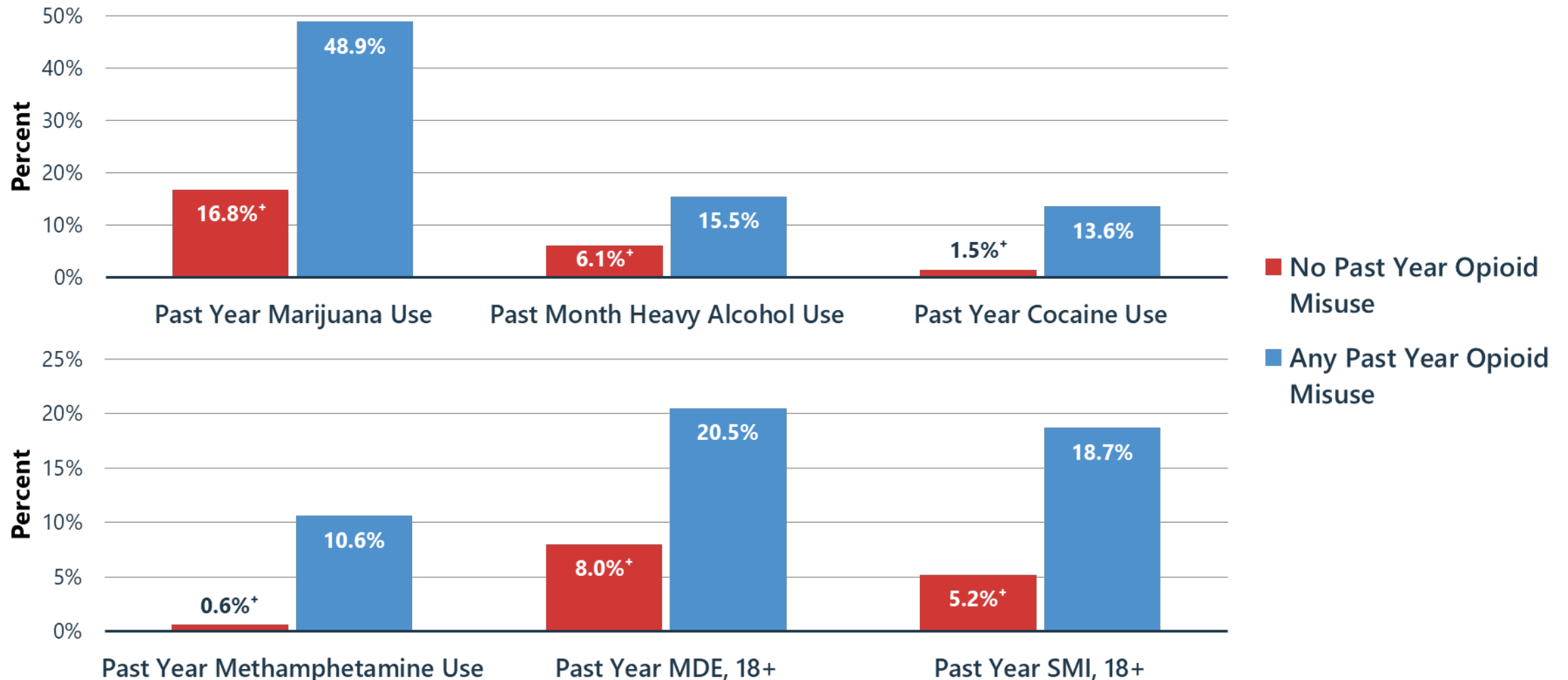


+ Difference between this estimate and the estimate for people with past year marijuana use is statistically significant at the .05 level.

Estimates for Past Year MDE and Past Year SMI are among adults aged 18 or older.

Substance Use in Past Year/Month: Among People Aged 12+; Major Depressive Episode (MDE) and Serious Mental Illness (SMI) in Past Year: Among Adults Aged 18+; By Level of Opioid Misuse in Past Year

PAST YEAR/MONTH, 2020 NSDUH, 12+

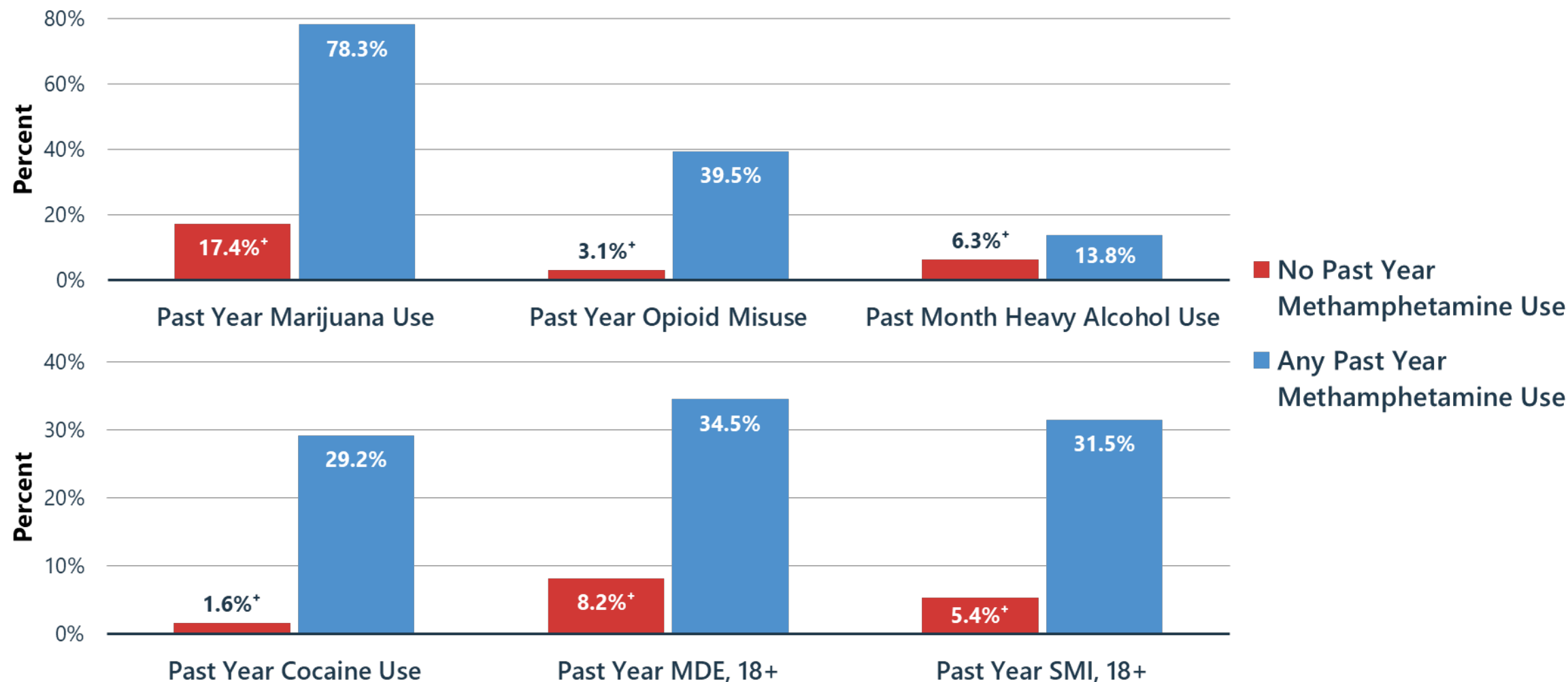


⁺ Difference between this estimate and the estimate for people with past year opioid misuse is statistically significant at the .05 level.

Estimates for Past Year MDE and Past Year SMI are among adults aged 18 or older.

Substance Use in Past Year/Month: Among People Aged 12+; Major Depressive Episode (MDE) and Serious Mental Illness (SMI) in Past Year: Among Adults Aged 18+; By Level of Methamphetamine Use in Past Year

PAST YEAR/MONTH, 2020 NSDUH, 12+



⁺ Difference between this estimate and the estimate for people with past year methamphetamine use is statistically significant at the .05 level.

Estimates for Past Year MDE and Past Year SMI are among adults aged 18 or older.

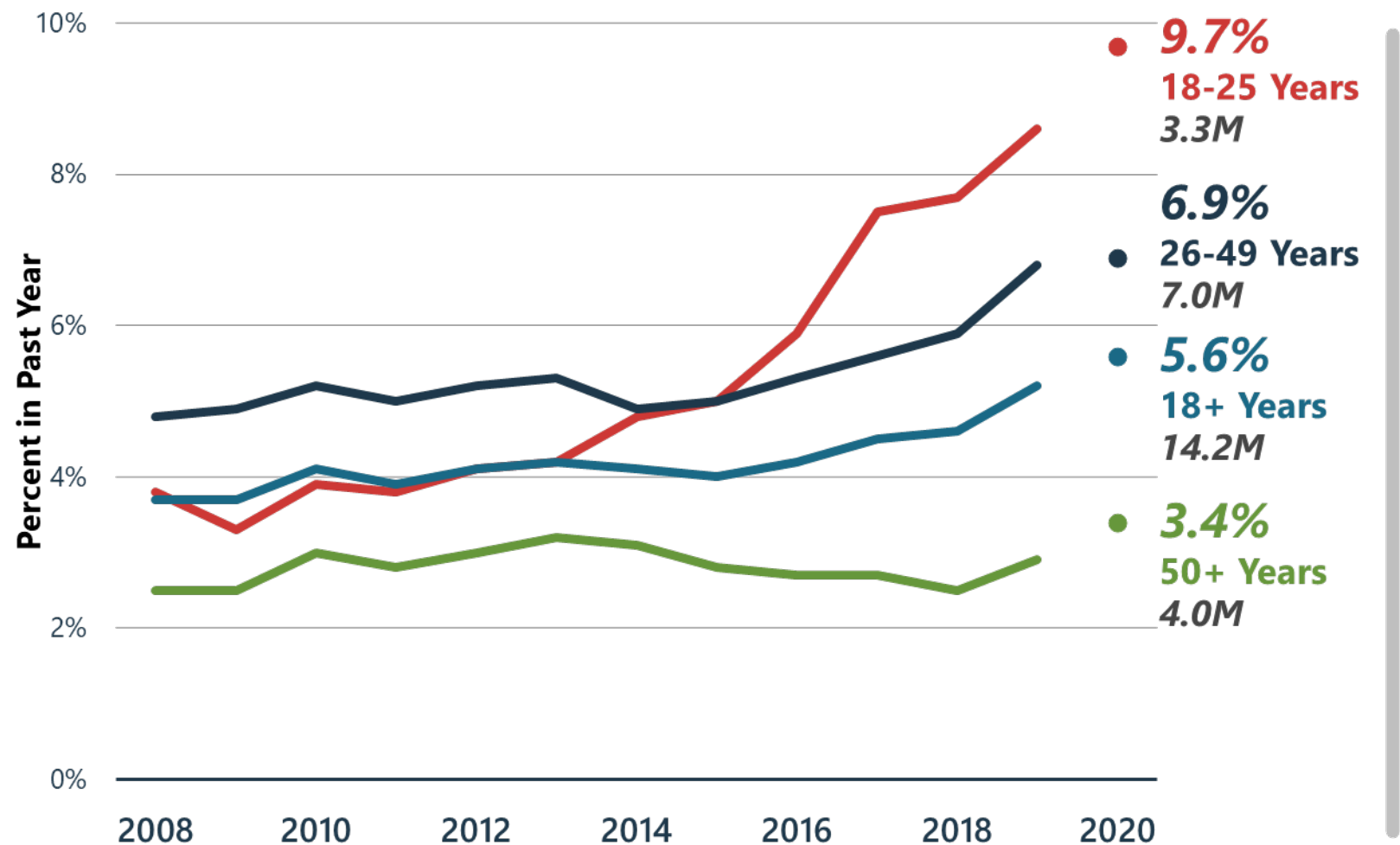
Summary

- Polysubstance use is common—if a person is having problems with one substance, they may be having problems with other substances
- Treatment providers must screen for and treat all substance use disorders and problem substance use
- Association of substance misuse and mental illness is clear—we must all do a better job of helping Americans understand these relationships and risks

Mental Health

Serious Mental Illness (SMI) in Past Year: Among Adults Aged 18+

PAST YEAR, 2008-2020 NSDUH, 18+



42.4% got NO treatment

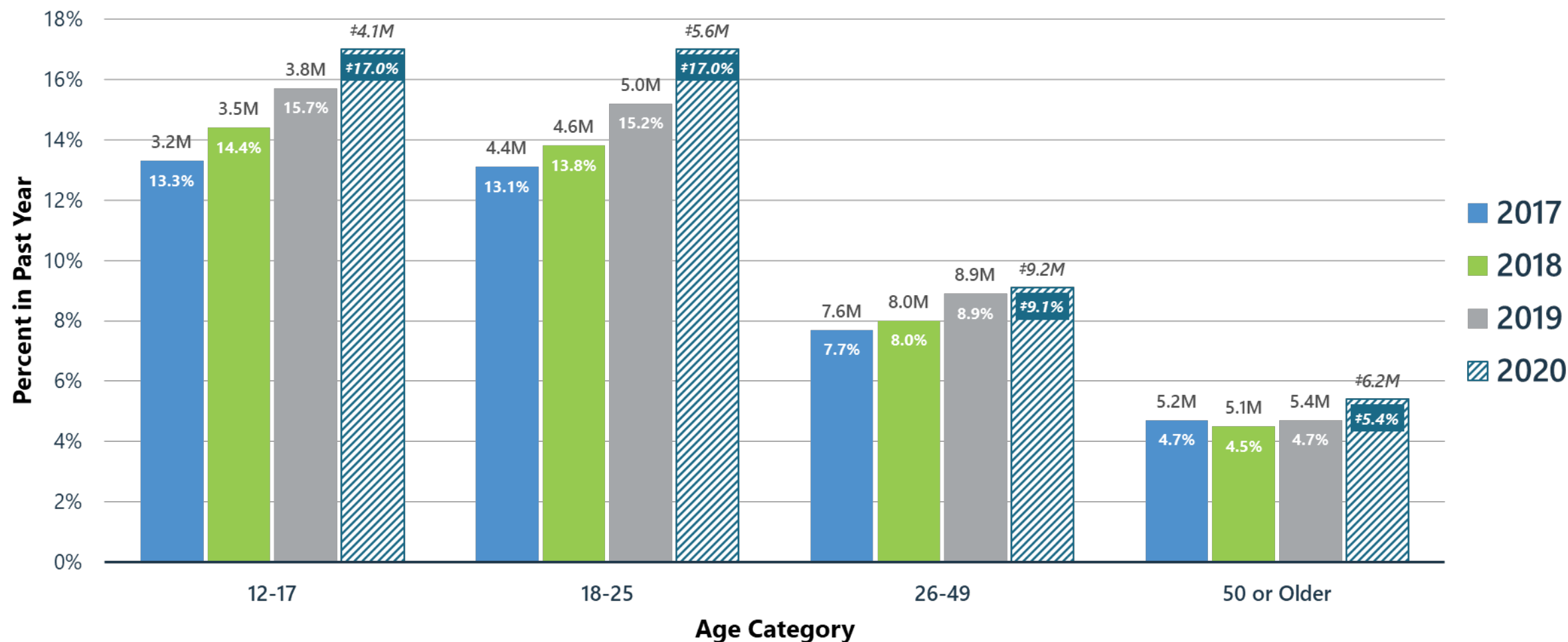


37.0% got NO treatment

There is no line between 2019 and 2020 to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the 2020 National Survey on Drug Use and Health: Methodological Summary and Definitions for details.

Major Depressive Episodes in Past Year: Among People Aged 12+

PAST YEAR, 2017-2020 NSDUH, 12+

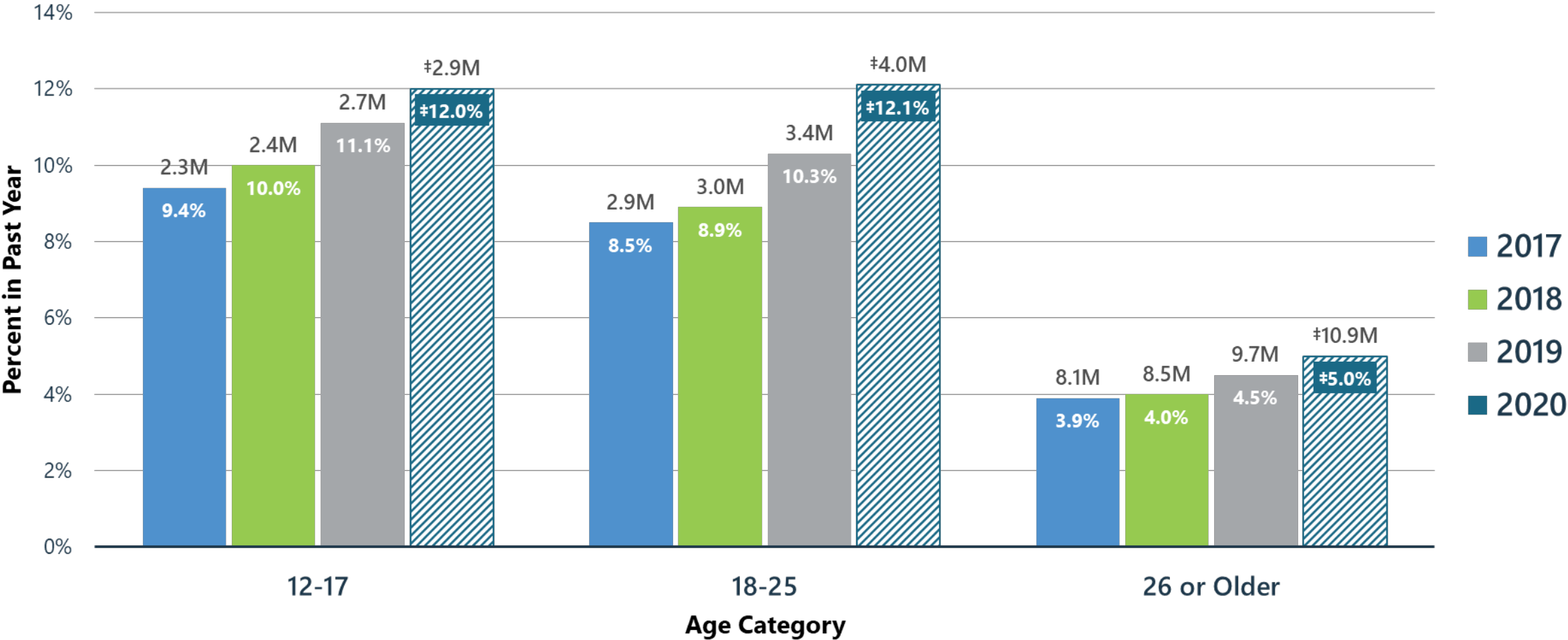


Note: The adult and youth MDE estimates are not directly comparable.

† Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the 2020 National Survey on Drug Use and Health: Methodological Summary and Definitions for details.

Major Depressive Episodes with Severe Impairment in Past Year: Among People Aged 12+

PAST YEAR, 2017-2020 NSDUH, 12+

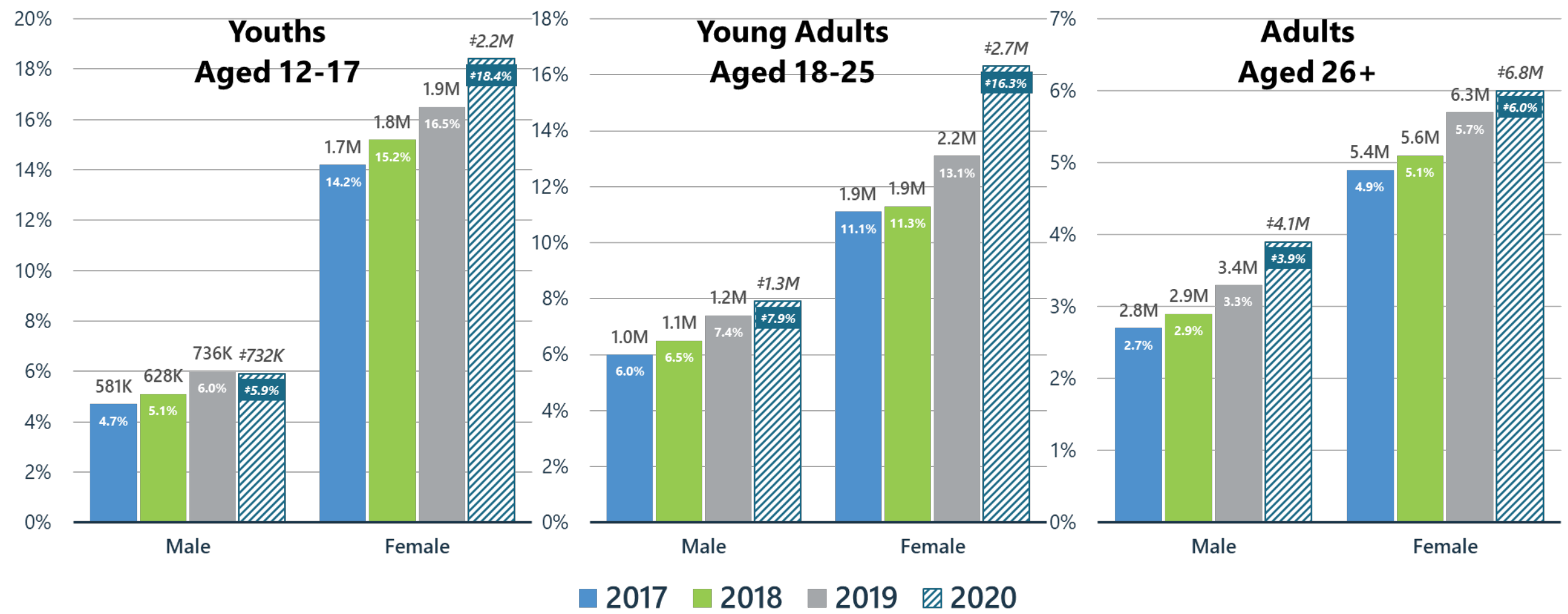


Note: The adult and youth MDE with Severe Impairment estimates are not directly comparable.

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Major Depressive Episodes with Severe Impairment in Past Year: Among People Aged 12+

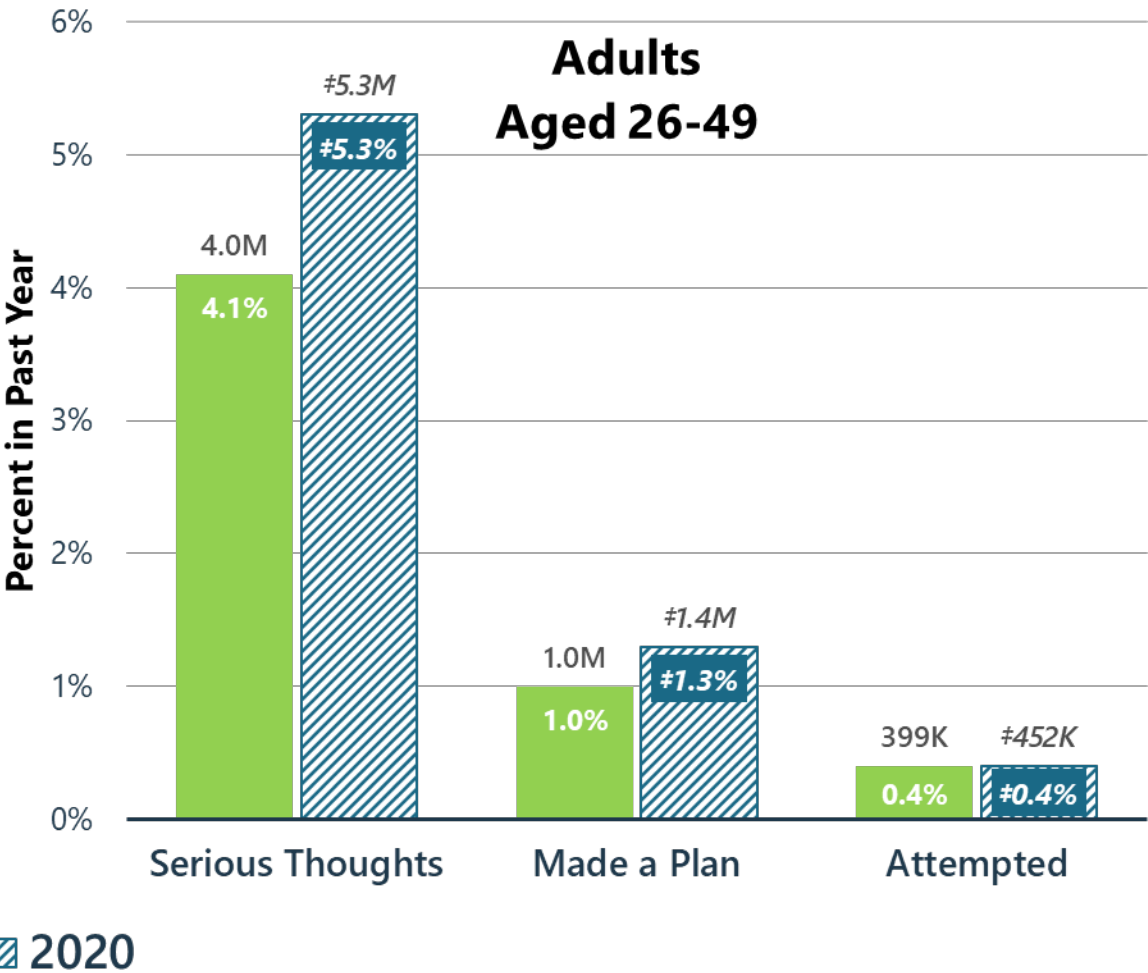
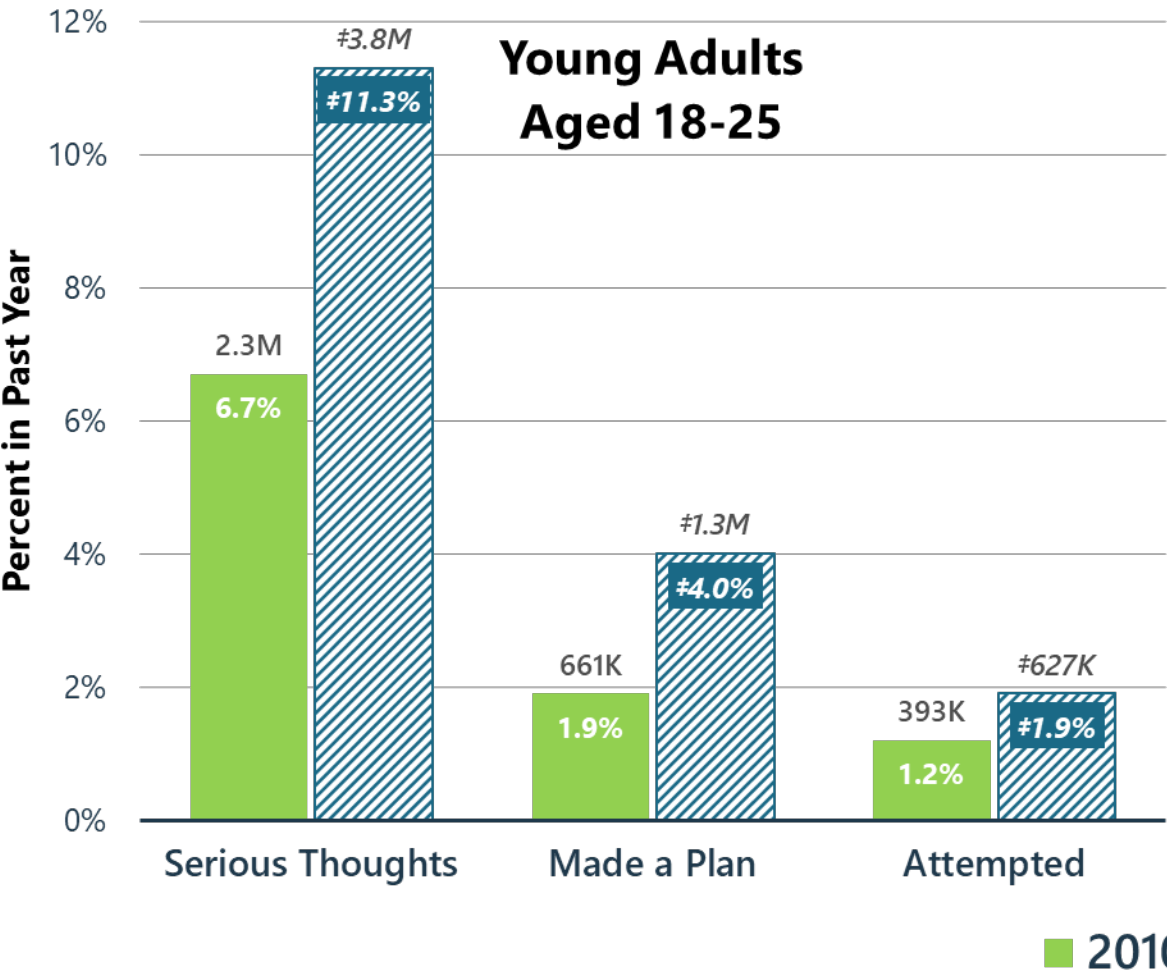
PAST YEAR, 2017-2020 NSDUH, 12+



Note: The adult and youth MDE with severe impairment estimates are not directly comparable.
* Estimates on the 2020 bars are italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed. See the 2020 National Survey on Drug Use and Health: Methodological Summary and Definitions for details.

Suicidal Thoughts, Plans, and Attempts in Past Year: Among Adults Aged 18-49

PAST YEAR, 2010 and 2020 NSDUH, 18-49

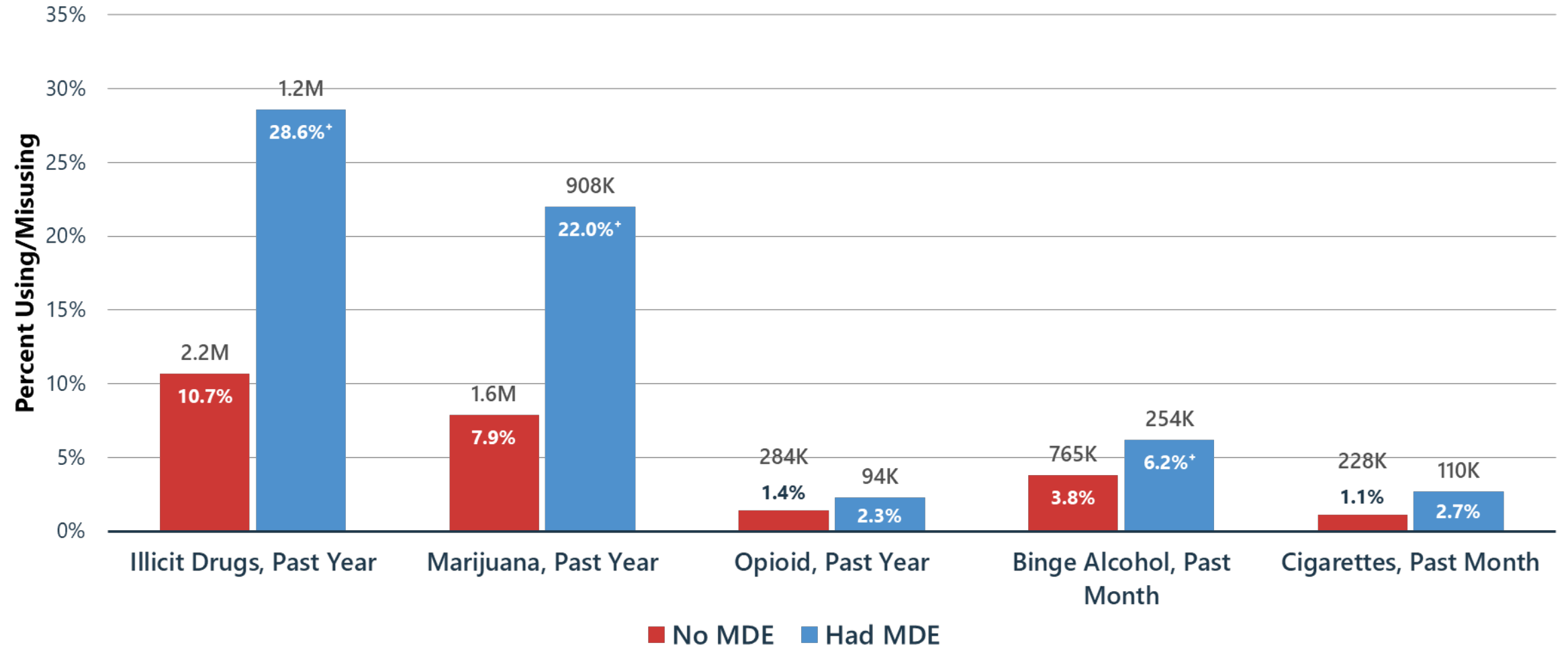


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Co-Occurring Mental and Substance Use Disorders

Substance Use in Past Year/Month: Among Youths Aged 12-17; By Past Year Major Depressive Episode (MDE) status

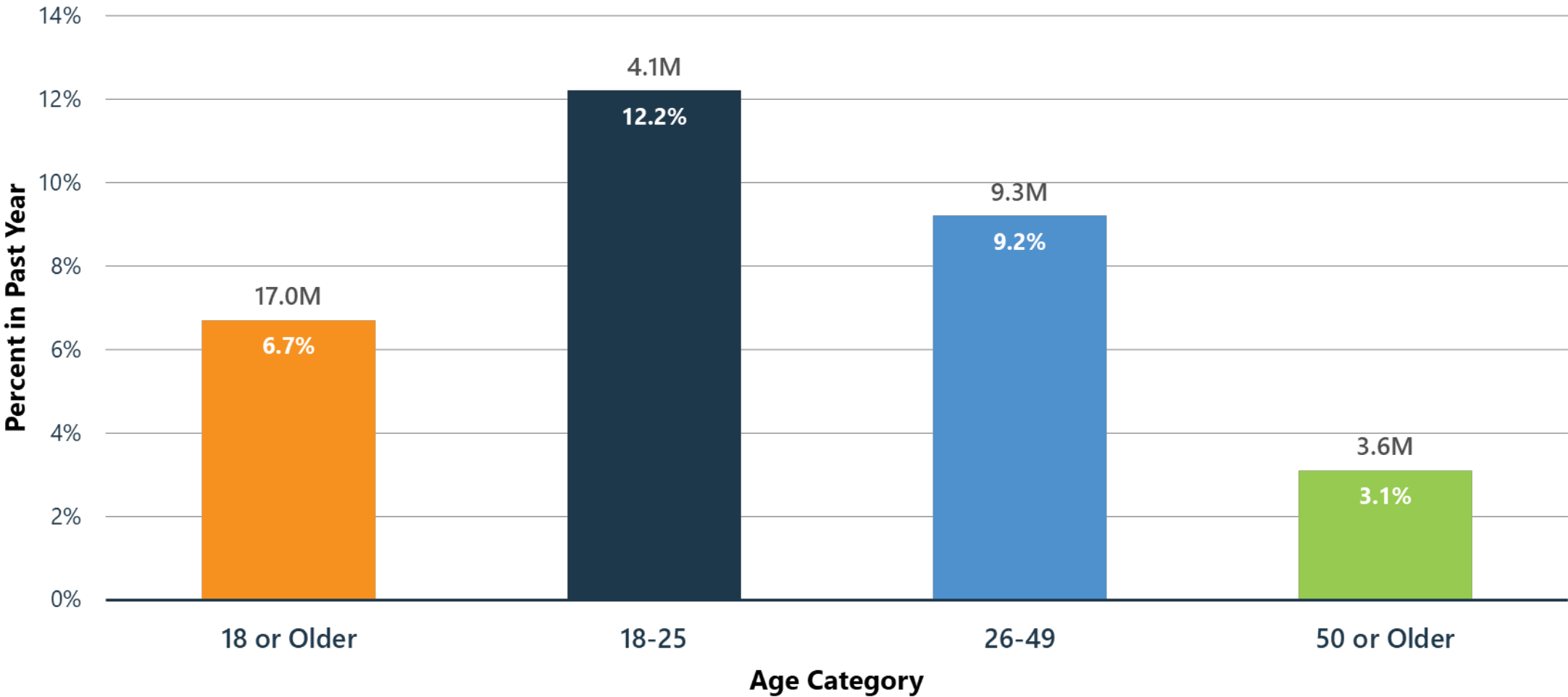
PAST YEAR/MONTH, 2020 NSDUH, 12-17



+ Difference between this estimate and the estimate for youths without MDE is statistically significant at the .05 level.

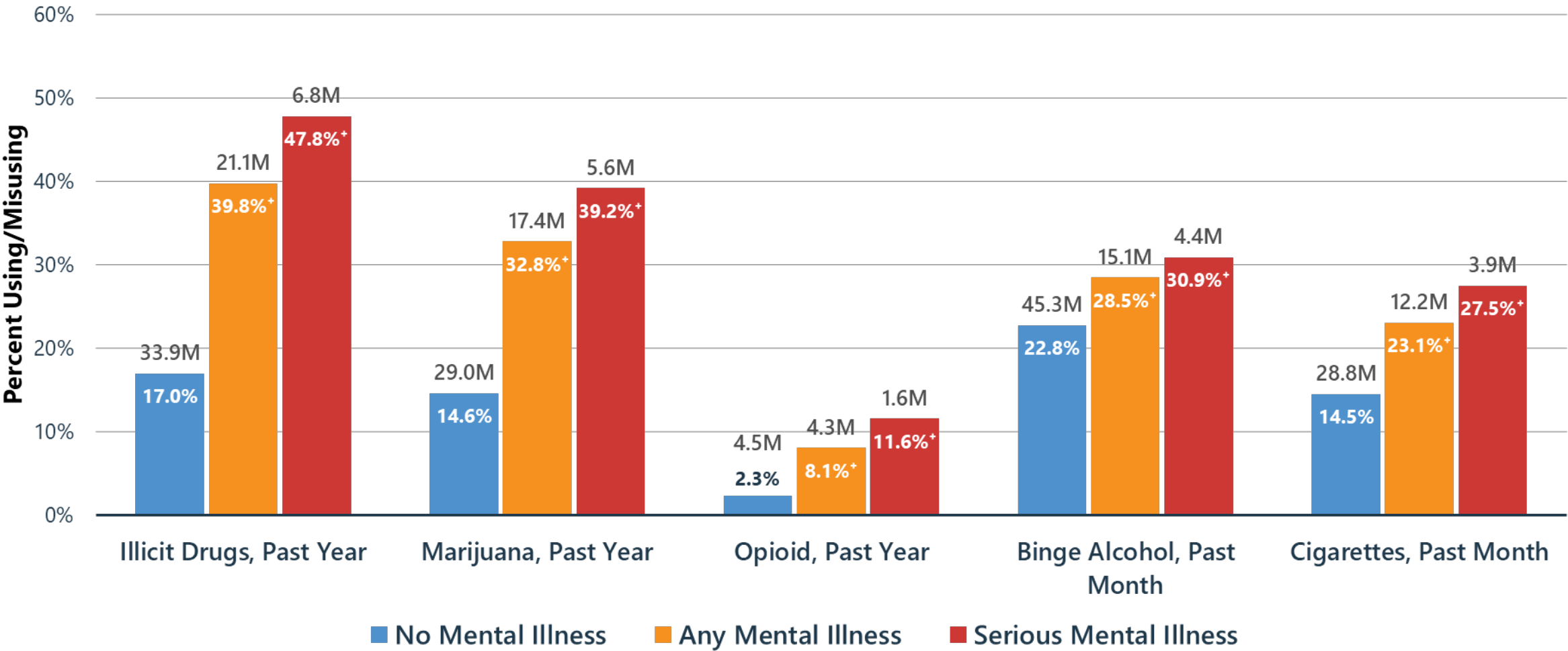
Co-Occurring Substance Use Disorder and Any Mental Illness in Past Year: Among Adults Aged 18+

PAST YEAR, 2020 NSDUH, 18+



Substance Use in Past Year/Month: Among Adults Aged 18+; By Mental Illness Status

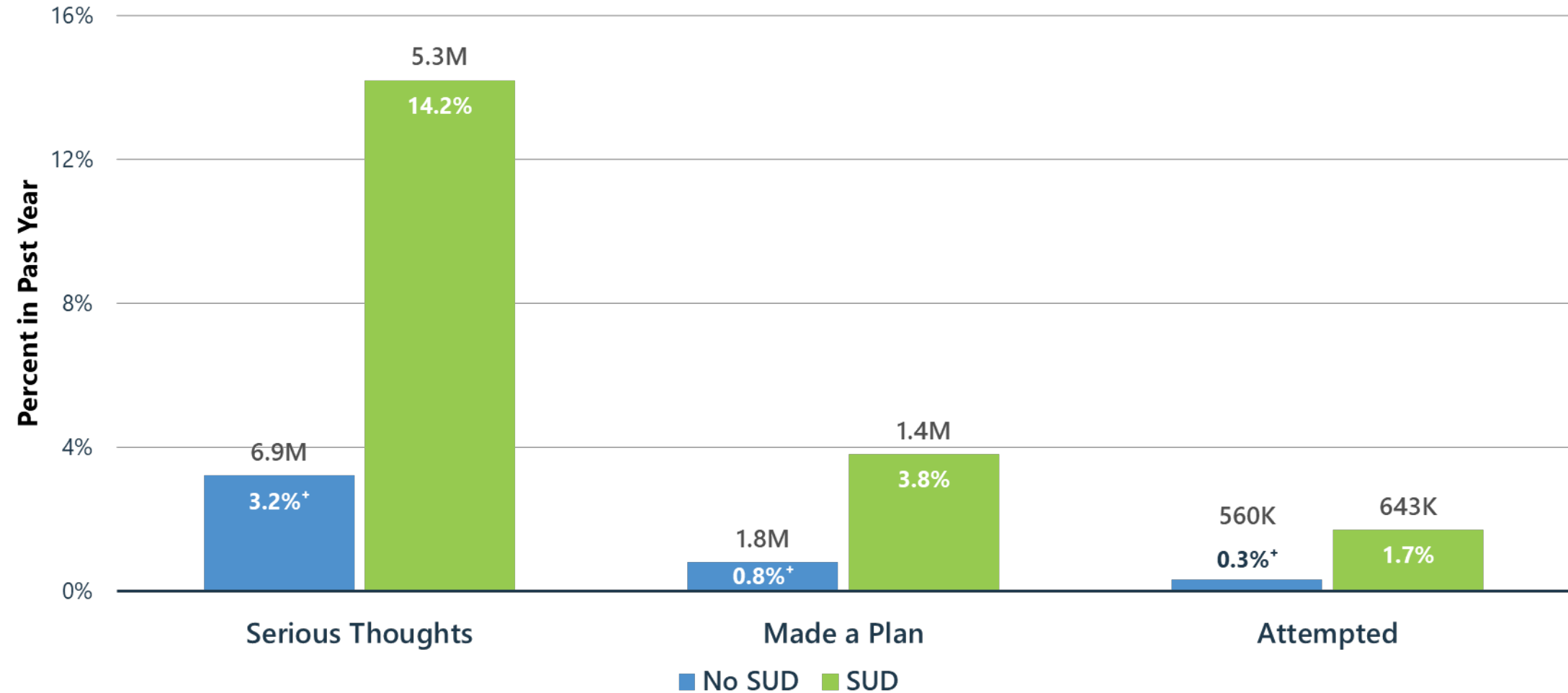
PAST YEAR/MONTH, 2020 NSDUH, 18+



+ Difference between this estimate and the estimate for adults without mental illness is statistically significant at the .05 level.

Suicidal Thoughts, Plans, and Attempts in Past Year: Among Adults Aged 18+; By Substance Use Disorder (SUD) Status

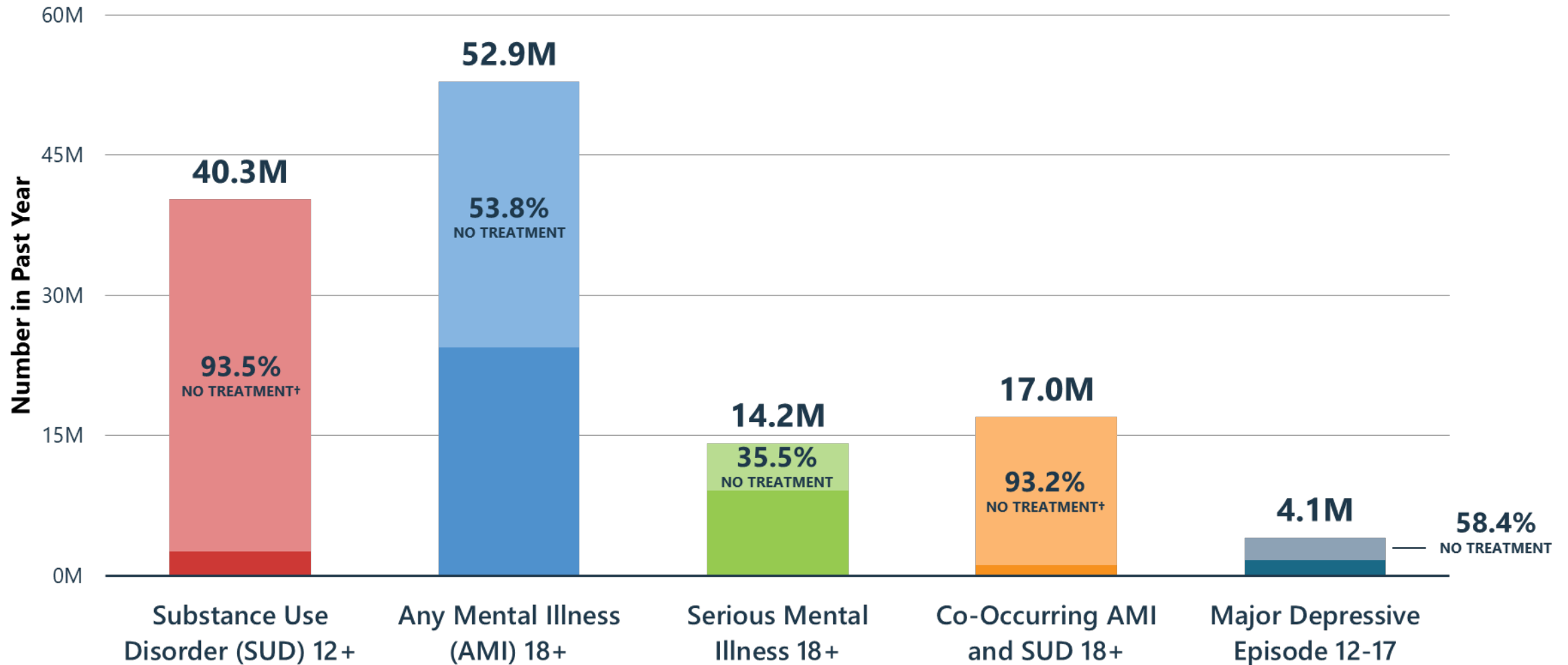
PAST YEAR, 2020 NSDUH, 18+



+ Difference between this estimate and the estimate for adults with SUD is statistically significant at the .05 level.

Did Not Receive Substance Use Treatment or Mental Health Services in Past Year: Among People Aged 12+

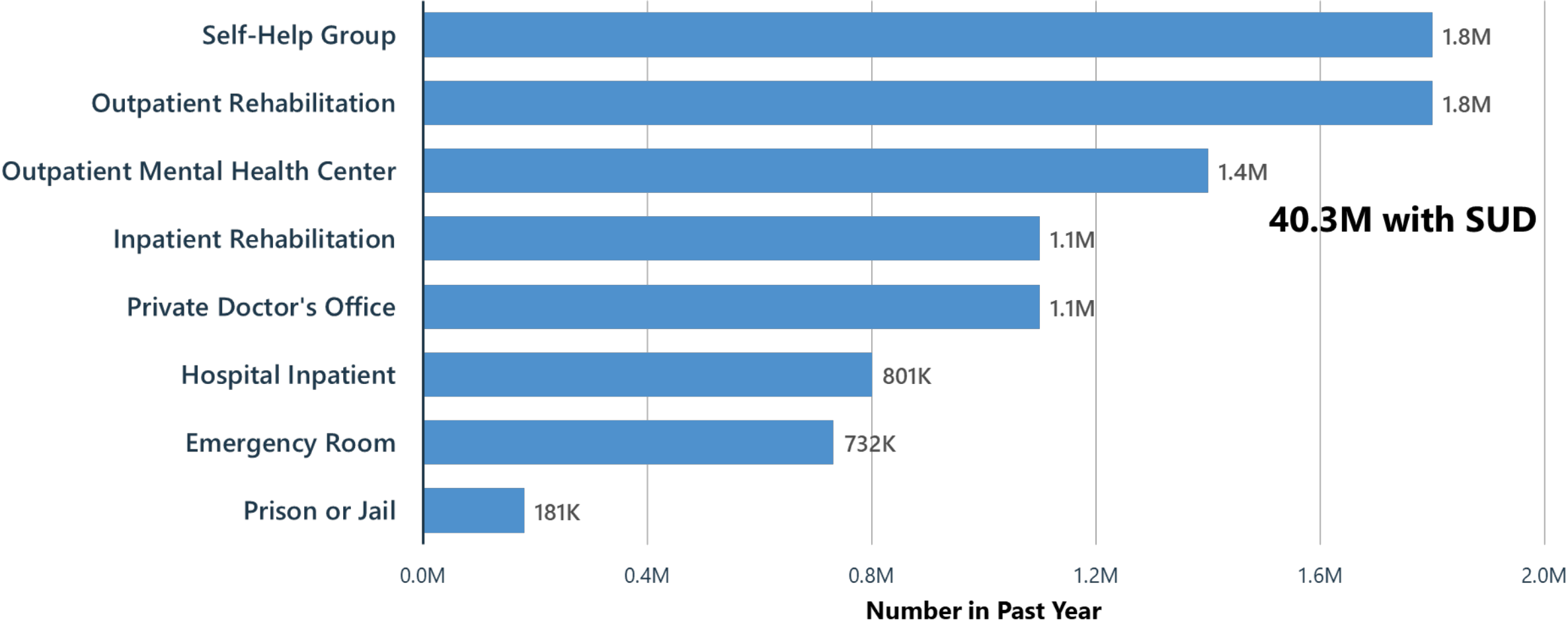
PAST YEAR, 2020 NSDUH, 12+



† No Treatment for SUD is defined as not receiving treatment at any location, such as a hospital (inpatient), rehabilitation facility (inpatient or outpatient), mental health center, emergency room, private doctor's office, self-help group, or prison/jail.

Locations Where Substance Use Treatment was Received in Past Year: Among People Aged 12+

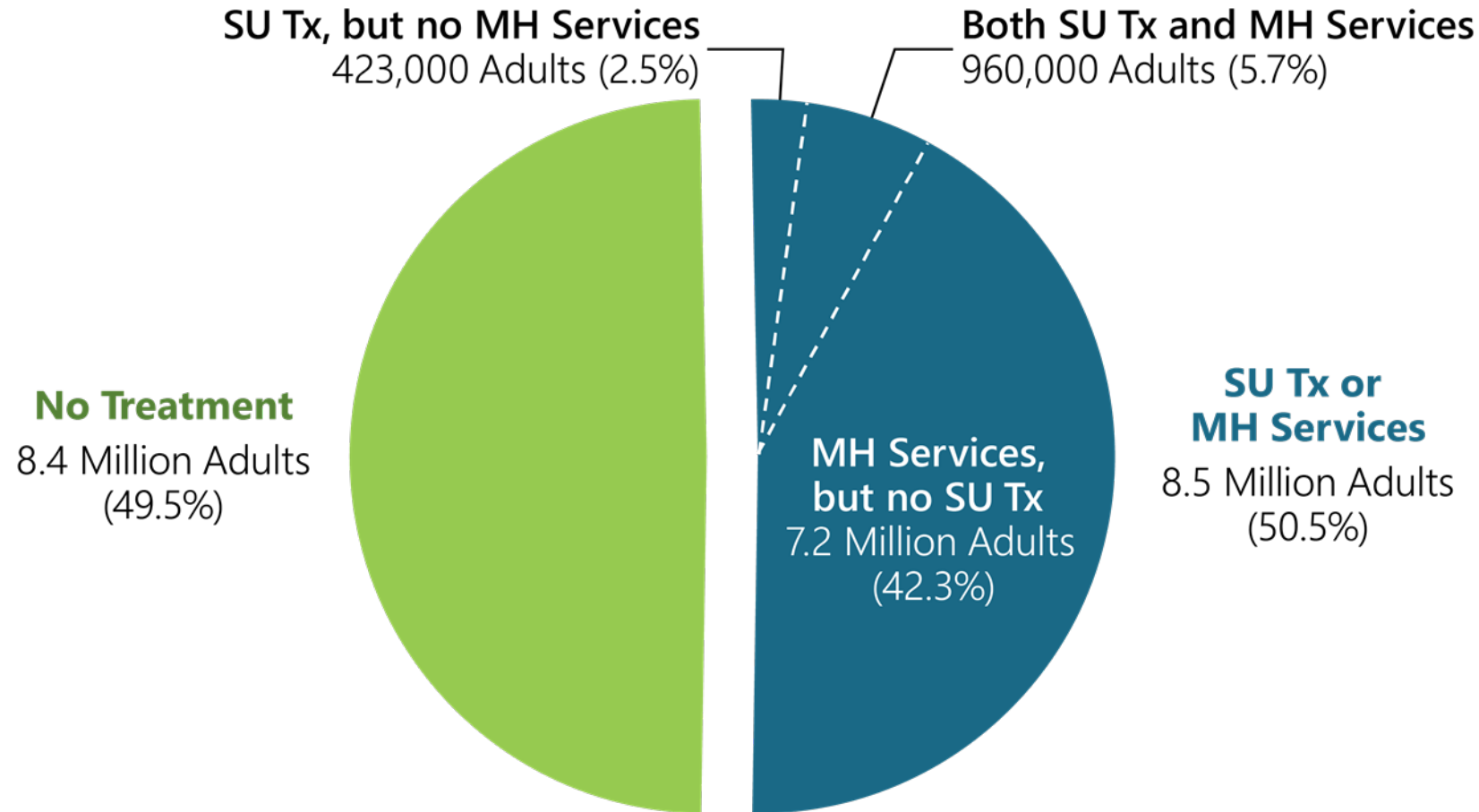
PAST YEAR, 2020 NSDUH, 12+



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.

Receipt of Substance Use Treatment at a Specialty Facility and/or Mental Health Services in Past Year: Among Adults Aged 18+ with Co-Occurring Substance Use Disorder (SUD) and Any Mental Illness (AMI)

PAST YEAR, 2020 NSDUH, 18+

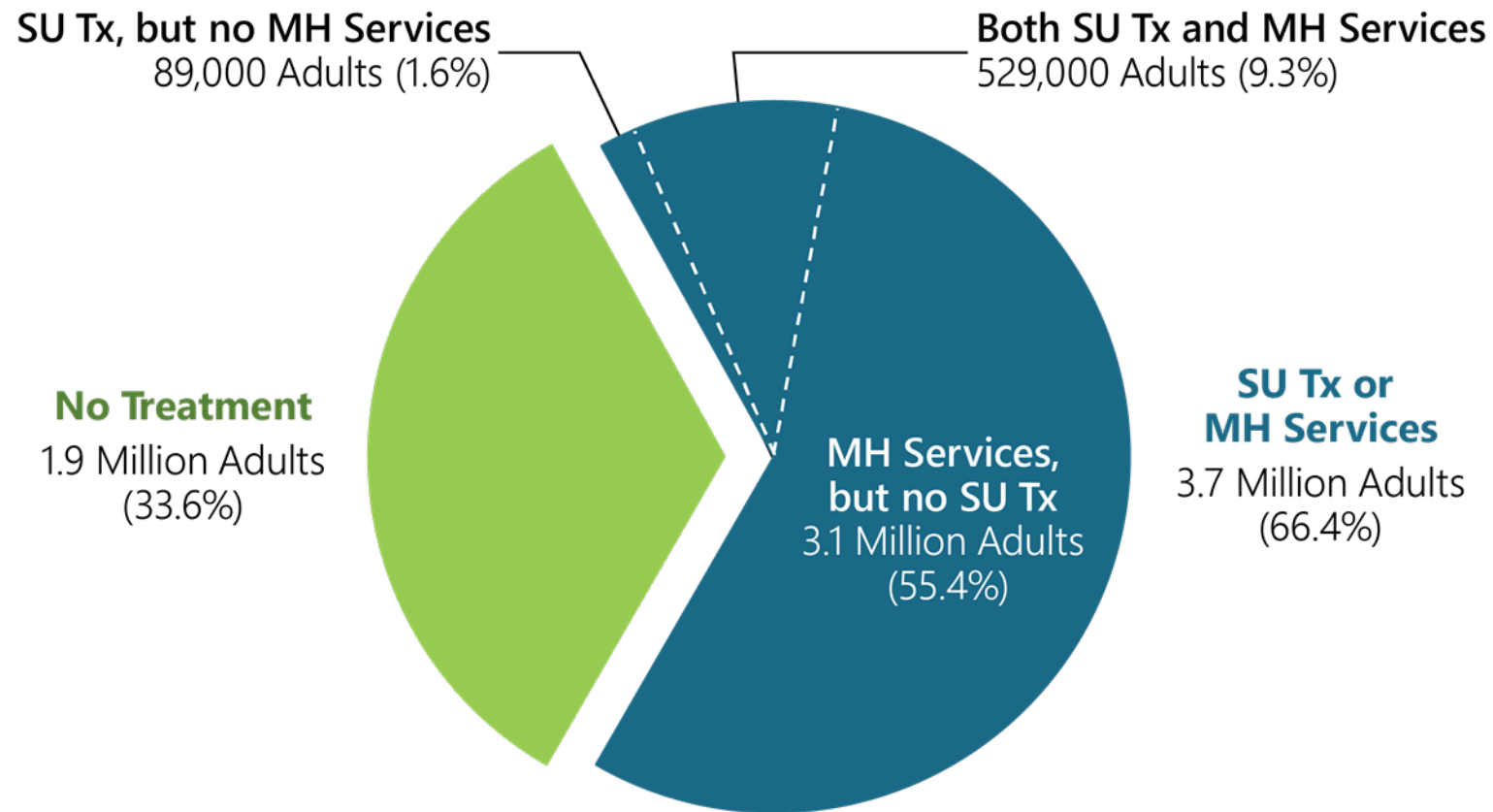


17.0 Million Adults with a Substance Use Disorder and Any Mental Illness

MH = mental health; SU Tx = substance use treatment.

Receipt of Substance Use Treatment at a Specialty Facility and/or Mental Health Services in Past Year: Among Adults Aged 18+ with Co-Occurring Substance Use Disorder (SUD) and Serious Mental Illness (SMI)

PAST YEAR, 2020 NSDUH, 18+



5.7 Million Adults with a Substance Use Disorder and Serious Mental Illness

MH = mental health; SU Tx = substance use treatment.
The percentages do not add to 100 percent due to rounding.

Summary: Mental Health/Co-Occurring Issues in the United States in 2020

- Co-occurring substance use and mental disorders are common.
- **Adolescents:**
 - Higher rates of substance use in youths who had MDE vs. youths who did not have MDE
- **Adults:**
 - Significantly higher rates of substance use among adults with mental illness vs. adults without mental illness
 - Significantly higher rates of suicidal thoughts and behaviors than those without a substance use disorder
 - Most adults with co-occurring issues do not receive treatment for both issues