

WASHINGTON

Table 105 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in Washington, by Age Group: Estimated Numbers (in Thousands), Annual Averages Based on 2016-2017 NSDUHs

Measure	12+	12-17	18-25	26+	18+
ILLICIT DRUGS					
Past Month Illicit Drug Use ^{1,2}	1,034	56	204	774	978
Past Year Marijuana Use	1,378	80	312	986	1,298
Past Month Marijuana Use	938	48	196	694	890
Perceptions of Great Risk from Smoking Marijuana Once a Month	1,154	101	74	979	1,053
First Use of Marijuana ^{3,4}	94	27	38	29	67
Past Month Illicit Drug Use Other Than Marijuana ^{1,2}	236	15	53	168	222
Past Year Cocaine Use	143	4	48	91	139
Perceptions of Great Risk from Using Cocaine Once a Month	3,910	272	412	3,227	3,639
Past Year Heroin Use	26	0	5	20	26
Perceptions of Great Risk from Trying Heroin Once or Twice	4,985	323	574	4,088	4,662
Past Year Methamphetamine Use	45	1	9	35	44
Past Year Misuse of Pain Relievers ²	303	18	52	233	284
ALCOHOL					
Past Month Alcohol Use	3,388	54	447	2,887	3,334
Past Month Binge Alcohol Use ⁵	1,392	27	280	1,085	1,365
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	2,450	195	250	2,005	2,255
Past Month Alcohol Use ⁶ (Individuals Aged 12 to 20)	145	--	--	--	--
Past Month Binge Alcohol Use ^{5,6} (Individuals Aged 12 to 20)	85	--	--	--	--
TOBACCO PRODUCTS					
Past Month Tobacco Product Use ⁷	1,259	29	208	1,022	1,230
Past Month Cigarette Use	1,012	18	163	831	994
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	4,345	352	481	3,512	3,993
PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT					
Illicit Drug Use Disorder ^{1,2,8}	215	22	59	133	192
Pain Reliever Use Disorder ^{2,8}	42	3	6	33	39
Alcohol Use Disorder ⁸	373	12	78	283	361
Substance Use Disorder ^{1,2,8}	525	28	114	383	497
Needing But Not Receiving Treatment for Illicit Drug Use ^{1,2,9}	193	21	54	118	172
Needing But Not Receiving Treatment for Alcohol Use ⁹	366	11	76	279	355
Needing But Not Receiving Treatment for Substance Use ^{1,2,9}	489	27	104	358	462
PAST YEAR MENTAL HEALTH ISSUES					
Serious Mental Illness ^{4,10}	--	--	52	249	301
Any Mental Illness ^{4,10}	--	--	184	1,094	1,277
Received Mental Health Services ¹¹	--	--	110	865	975
Had Serious Thoughts of Suicide ¹²	--	--	75	209	283
Major Depressive Episode ^{4,13}	--	75	93	384	477

-- Not available.

NOTE: Estimates are based on a survey-weighted hierarchical Bayes estimation approach.

NOTE: Estimated numbers appearing as 0 in this table mean that the estimate is greater than 0 but less than 500 because estimated numbers are shown in thousands.

¹ Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Illicit Drug Use Other Than Marijuana includes the misuse of prescription psychotherapeutics or the use of cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine.² Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.³ First Use of Marijuana is defined as follows: *Average annual number of marijuana initiates* = $X_1 \div 2$, where X_1 is the number of marijuana initiates in the past 24 months.⁴ For details, see Section B of the "2016-2017 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.⁵ Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.⁶ Underage drinking is defined for individuals aged 12 to 20; therefore, the "12+" estimate reflects that age group and not individuals aged 12 or older.⁷ Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or "snus"), cigars, or pipe tobacco.⁸ Substance Use Disorder is defined as meeting criteria for illicit drug or alcohol dependence or abuse. Dependence or abuse is based on definitions found in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).⁹ Respondents were classified as needing substance use treatment if they met the criteria for illicit drug or alcohol use disorder as defined in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) or received treatment for illicit drug or alcohol use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center). Needing But Not Receiving Substance Use Treatment refers to respondents who are classified as needing illicit drug or alcohol treatment, but who did not receive illicit drug or alcohol treatment at a specialty facility.¹⁰ Mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, assessed by the Mental Health Surveillance Study (MHSS) *Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders—Fourth Edition—Research Version—Axis I Disorders* (MHSS-SCID), which is based on the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV). Any mental illness (AMI) includes adults with any mental disorder regardless of whether their disorder resulted in functional impairment. Serious mental illness (SMI) includes adults with any mental disorder that resulted in serious functional impairment.¹¹ Mental health services are defined as having received inpatient treatment/counseling or outpatient treatment/counseling or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use.¹² Respondents were asked, "At any time in the past 12 months, did you seriously think about trying to kill yourself?" If they answered "Yes," they were categorized as having serious thoughts of suicide in the past year.¹³ Major depressive episode (MDE) is defined as in the 5th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5), which specifies a period of at least 2 weeks when an individual experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms. There are minor wording differences in the questions in the adult and adolescent MDE modules. Therefore, data from youths aged 12 to 17 were not combined with data from adults aged 18 or older to produce an estimate for those aged 12 or older.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016 and 2017.

WASHINGTON

Table 106 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in Washington, by Age Group: Percentages, Annual Averages Based on 2016-2017 NSDUHs

Measure	12+	12-17	18-25	26+	18+
ILLICIT DRUGS					
Past Month Illicit Drug Use ^{1,2}	16.87	10.50	27.56	15.93	17.48
Past Year Marijuana Use	22.49	14.97	42.12	20.30	23.21
Past Month Marijuana Use	15.30	8.96	26.48	14.28	15.90
Perceptions of Great Risk from Smoking Marijuana Once a Month	18.79	18.89	9.94	20.16	18.78
First Use of Marijuana ^{3,4}	2.91	5.81	10.30	1.02	2.36
Past Month Illicit Drug Use Other Than Marijuana ^{1,2}	3.86	2.71	7.21	3.47	3.97
Past Year Cocaine Use	2.33	0.70	6.52	1.87	2.49
Perceptions of Great Risk from Using Cocaine Once a Month	63.73	50.67	55.63	66.41	64.96
Past Year Heroin Use	0.42	0.07	0.72	0.42	0.46
Perceptions of Great Risk from Trying Heroin Once or Twice	81.28	60.23	77.58	84.13	83.26
Past Year Methamphetamine Use	0.73	0.19	1.20	0.72	0.78
Past Year Misuse of Pain Relievers ²	4.94	3.45	6.97	4.79	5.08
ALCOHOL					
Past Month Alcohol Use	55.23	10.05	60.41	59.42	59.55
Past Month Binge Alcohol Use ⁵	22.71	5.02	37.90	22.33	24.41
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	39.92	36.32	33.76	41.26	40.26
Past Month Alcohol Use ⁶ (Individuals Aged 12 to 20)	18.70	--	--	--	--
Past Month Binge Alcohol Use ^{5,6} (Individuals Aged 12 to 20)	10.98	--	--	--	--
TOBACCO PRODUCTS					
Past Month Tobacco Product Use ⁷	20.53	5.46	28.07	21.03	21.97
Past Month Cigarette Use	16.50	3.40	21.96	17.11	17.76
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	70.82	65.64	65.05	72.27	71.31
PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT					
Illicit Drug Use Disorder ^{1,2,8}	3.50	4.16	7.99	2.74	3.44
Pain Reliever Use Disorder ^{2,8}	0.69	0.54	0.82	0.68	0.70
Alcohol Use Disorder ⁸	6.09	2.29	10.55	5.82	6.45
Substance Use Disorder ^{1,2,8}	8.56	5.18	15.44	7.88	8.89
Needing But Not Receiving Treatment for Illicit Drug Use ^{1,2,9}	3.15	3.92	7.35	2.42	3.08
Needing But Not Receiving Treatment for Alcohol Use ⁹	5.97	2.00	10.31	5.74	6.35
Needing But Not Receiving Treatment for Substance Use ^{1,2,9}	7.97	4.99	14.09	7.36	8.26
PAST YEAR MENTAL HEALTH ISSUES					
Serious Mental Illness ^{4,10}	--	--	7.01	5.12	5.37
Any Mental Illness ^{4,10}	--	--	24.81	22.51	22.81
Received Mental Health Services ¹¹	--	--	14.86	17.81	17.42
Had Serious Thoughts of Suicide ¹²	--	--	10.08	4.30	5.06
Major Depressive Episode ^{4,13}	--	13.98	12.50	7.91	8.52

-- Not available.

NOTE: Estimates are based on a survey-weighted hierarchical Bayes estimation approach.

¹ Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Illicit Drug Use Other Than Marijuana includes the misuse of prescription psychotherapeutics or the use of cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine.² Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.³ First Use of Marijuana is defined as follows: $Average\ annual\ initiation\ of\ marijuana\ (\%) = 100 * \{ [X_1 \div (0.5 * X_1 + X_2)] \div 2 \}$, where X_1 is the number of marijuana initiates in the past 24 months and X_2 is the number of individuals who never used marijuana (with the at-risk population defined as $0.5 * X_1 + X_2$). Both of the computation components, X_1 and X_2 , are based on a survey-weighted hierarchical Bayes estimation approach. The age group shown is based on a respondent's age at the time of the interview, not his or her age at first use.⁴ For details, see Section B of the "2016-2017 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.⁵ Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.⁶ Underage drinking is defined for individuals aged 12 to 20; therefore, the "12+" estimate reflects that age group and not individuals aged 12 or older.⁷ Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or "snus"), cigars, or pipe tobacco.⁸ Substance Use Disorder is defined as meeting criteria for illicit drug or alcohol dependence or abuse. Dependence or abuse is based on definitions found in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).⁹ Respondents were classified as needing substance use treatment if they met the criteria for illicit drug or alcohol use disorder as defined in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) or received treatment for illicit drug or alcohol use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center). Needing But Not Receiving Substance Use Treatment refers to respondents who are classified as needing illicit drug or alcohol treatment, but who did not receive illicit drug or alcohol treatment at a specialty facility.¹⁰ Mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, assessed by the Mental Health Surveillance Study (MHSS) *Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders—Fourth Edition—Research Version—Axis I Disorders* (MHSS-SCID), which is based on the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV). Any mental illness (AMI) includes adults with any mental disorder regardless of whether their disorder resulted in functional impairment. Serious mental illness (SMI) includes adults with any mental disorder that resulted in serious functional impairment.¹¹ Mental health services are defined as having received inpatient treatment/counseling or outpatient treatment/counseling or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use.¹² Respondents were asked, "At any time in the past 12 months, did you seriously think about trying to kill yourself?" If they answered "Yes," they were categorized as having serious thoughts of suicide in the past year.¹³ Major depressive episode (MDE) is defined as in the 5th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5), which specifies a period of at least 2 weeks when an individual experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms. There are minor wording differences in the questions in the adult and adolescent MDE modules. Therefore, data from youths aged 12 to 17 were not combined with data from adults aged 18 or older to produce an estimate for those aged 12 or older.

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