

WEST REGION

Table 9 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in the West Region, 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}	8,790	520	2,174	6,097	8,270
Past Year Marijuana Use	11,639	809	3,047	7,783	10,830
Past Month Marijuana Use	7,675	442	1,999	5,234	7,233
Perceptions of Great Risk from Smoking Marijuana Once a Month	16,112	1,359	983	13,769	14,752
First Use of Marijuana ^{3,4}	817	291	368	157	525
Past Month Illicit Drug Use Other Than Marijuana ^{1,2}	2,408	152	592	1,664	2,256
Past Year Cocaine Use	1,596	42	599	955	1,554
Perceptions of Great Risk from Using Cocaine Once a Month	43,205	3,250	4,970	34,985	39,954
Past Year Heroin Use	174	3	41	130	171
Perceptions of Great Risk from Trying Heroin Once or Twice	53,498	3,808	6,655	43,035	49,690
Past Year Methamphetamine Use	520	13	99	409	507
Past Year Misuse of Pain Relievers ²	2,871	212	595	2,064	2,659
ALCOHOL					
Past Month Alcohol Use	32,657	541	4,501	27,615	32,116
Past Month Binge Alcohol Use ⁵	15,034	287	2,923	11,824	14,746
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	29,732	2,607	3,234	23,891	27,125
Past Month Alcohol Use ⁶ (Individuals Aged 12 to 20)	1,639	--	--	--	--
Past Month Binge Alcohol Use ^{5,6} (Individuals Aged 12 to 20)	1,011	--	--	--	--
TOBACCO PRODUCTS					
Past Month Tobacco Product Use ⁷	12,001	245	2,041	9,714	11,755
Past Month Cigarette Use	9,720	157	1,662	7,902	9,563
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	47,674	4,136	5,796	37,741	43,538
PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT					
Illicit Drug Use Disorder ^{1,2,8}	1,964	222	627	1,115	1,742
Pain Reliever Use Disorder ^{2,8}	375	33	62	279	342
Alcohol Use Disorder ⁸	3,697	126	871	2,700	3,571
Substance Use Disorder ^{1,2,8}	5,008	289	1,257	3,462	4,720
Needing But Not Receiving Treatment for Illicit Drug Use ^{1,2,9}	1,796	222	582	992	1,574
Needing But Not Receiving Treatment for Alcohol Use ⁹	3,583	119	860	2,605	3,464
Needing But Not Receiving Treatment for Substance Use ^{1,2,9}	4,749	272	1,182	3,296	4,477
PAST YEAR MENTAL HEALTH ISSUES					
Serious Mental Illness ^{4,10}	--	--	583	1,989	2,572
Any Mental Illness ^{4,10}	--	--	2,083	9,191	11,274
Received Mental Health Services ¹¹	--	--	1,065	6,727	7,792
Had Serious Thoughts of Suicide ¹²	--	--	833	1,756	2,588
Major Depressive Episode ^{4,13}	--	821	1,084	3,012	4,097

-- 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.

NOTE: The West region includes the following states: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming.

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.

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Table 10 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in the West Region, 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}	13.73	8.73	26.29	12.24	14.24
Past Year Marijuana Use	18.17	13.58	36.86	15.62	18.64
Past Month Marijuana Use	11.98	7.42	24.18	10.51	12.45
Perceptions of Great Risk from Smoking Marijuana Once a Month	25.14	22.83	11.89	27.64	25.38
First Use of Marijuana ^{3,4}	2.33	5.66	8.89	0.57	1.73
Past Month Illicit Drug Use Other Than Marijuana ^{1,2}	3.76	2.55	7.16	3.34	3.88
Past Year Cocaine Use	2.49	0.71	7.24	1.92	2.67
Perceptions of Great Risk from Using Cocaine Once a Month	67.48	54.58	60.09	70.23	68.78
Past Year Heroin Use	0.27	0.06	0.49	0.26	0.29
Perceptions of Great Risk from Trying Heroin Once or Twice	83.57	63.93	80.48	86.39	85.54
Past Year Methamphetamine Use	0.81	0.21	1.20	0.82	0.87
Past Year Misuse of Pain Relievers ²	4.48	3.56	7.20	4.14	4.58
ALCOHOL					
Past Month Alcohol Use	50.99	9.08	54.43	55.43	55.29
Past Month Binge Alcohol Use ⁵	23.47	4.82	35.35	23.73	25.39
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	46.42	43.77	39.10	47.96	46.69
Past Month Alcohol Use ⁶ (Individuals Aged 12 to 20)	18.09	--	--	--	--
Past Month Binge Alcohol Use ^{5,6} (Individuals Aged 12 to 20)	11.16	--	--	--	--
TOBACCO PRODUCTS					
Past Month Tobacco Product Use ⁷	18.74	4.12	24.68	19.50	20.24
Past Month Cigarette Use	15.18	2.63	20.10	15.86	16.46
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	74.44	69.45	70.09	75.76	74.95
PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT					
Illicit Drug Use Disorder ^{1,2,8}	3.07	3.73	7.58	2.24	3.00
Pain Reliever Use Disorder ^{2,8}	0.59	0.55	0.76	0.56	0.59
Alcohol Use Disorder ⁸	5.77	2.11	10.54	5.42	6.15
Substance Use Disorder ^{1,2,8}	7.82	4.85	15.20	6.95	8.12
Needing But Not Receiving Treatment for Illicit Drug Use ^{1,2,9}	2.80	3.72	7.04	1.99	2.71
Needing But Not Receiving Treatment for Alcohol Use ⁹	5.59	1.99	10.40	5.23	5.96
Needing But Not Receiving Treatment for Substance Use ^{1,2,9}	7.42	4.57	14.29	6.62	7.71
PAST YEAR MENTAL HEALTH ISSUES					
Serious Mental Illness ^{4,10}	--	--	7.05	3.99	4.43
Any Mental Illness ^{4,10}	--	--	25.19	18.45	19.41
Received Mental Health Services ¹¹	--	--	12.88	13.51	13.42
Had Serious Thoughts of Suicide ¹²	--	--	10.07	3.52	4.45
Major Depressive Episode ^{4,13}	--	13.79	13.11	6.05	7.05

-- Not available.

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

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