

**Table 16.1 *Illicit Drug Use in the Past Month and Illicit Drug Use Other Than Marijuana in the Past Month* in Iowa among Individuals Aged 12 or Older, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**

State/Substate Region	Illicit Drug Use in the Past Month		Illicit Drug Use Other Than Marijuana in the Past Month	
	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval
<b>Iowa</b>	8.58	(7.50 - 9.79)	3.20	(2.65 - 3.86)
Central	9.90	(7.92 - 12.31)	3.75	(2.72 - 5.14)
North Central	8.02	(6.24 - 10.26)	3.04	(2.13 - 4.33)
Northeast	8.95	(7.21 - 11.07)	3.18	(2.38 - 4.23)
Northwest	6.83	(5.24 - 8.85)	2.92	(2.08 - 4.09)
Southeast	8.82	(7.03 - 11.01)	3.02	(2.20 - 4.14)
Southwest	7.99	(6.06 - 10.48)	3.23	(2.30 - 4.53)

NOTE: For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

NOTE: Estimates along with the 95 percent Bayesian confidence (credible) intervals are based on a survey-weighted hierarchical Bayes estimation approach and generated by Markov Chain Monte Carlo techniques.

NOTE: 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. 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.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

**Table 16.2 *Marijuana Use in the Past Year, Marijuana Use in the Past Month, Average Annual Initiation Estimates (Expressed as Percentages of the At-Risk Population) of First Use of Marijuana, and Perceptions of Great Risk from Smoking Marijuana Once a Month* in Iowa among Individuals Aged 12 or Older, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**

State/Substate Region	Marijuana Use in the Past Year		Marijuana Use in the Past Month		First Use of Marijuana <sup>1</sup>		Perceptions of Great Risk from Smoking Marijuana Once a Month	
	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval
<b>Iowa</b>	11.53	(10.33-12.86)	6.53	(5.63-7.57)	1.87	(1.62-2.15)	23.17	(21.28-25.18)
Central	13.46	(11.08-16.25)	7.69	(6.00-9.81)	2.43	(1.93-3.05)	20.61	(17.26-24.43)
North Central	11.31	(8.97-14.16)	6.28	(4.67-8.39)	1.85	(1.41-2.41)	22.43	(18.86-26.46)
Northeast	11.74	(9.74-14.09)	7.06	(5.56-8.92)	1.74	(1.39-2.17)	22.80	(19.66-26.27)
Northwest	9.12	(7.21-11.47)	5.17	(3.82-6.97)	1.48	(1.16-1.90)	28.28	(24.18-32.77)
Southeast	12.34	(10.16-14.91)	6.44	(4.96-8.33)	2.06	(1.63-2.59)	22.05	(18.90-25.55)
Southwest	9.67	(7.42-12.49)	5.68	(4.08-7.85)	1.59	(1.21-2.08)	24.27	(20.38-28.63)

NOTE: For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

NOTE: Estimates along with the 95 percent Bayesian confidence (credible) intervals are based on a survey-weighted hierarchical Bayes estimation approach and generated by Markov Chain Monte Carlo techniques.

<sup>1</sup> 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 is based on a respondent's age at the time of the interview, not his or her age at first use. The Bayesian confidence (credible) intervals presented for Average Annual Estimates of First Use of Marijuana use a simultaneous solution for the First Use of Marijuana and Never Used Marijuana outcomes, which had age group-specific random effects that were allowed to be correlated across the two outcomes. The associated Markov Chain Monte Carlo chains were used to calculate the posterior variance. For details, see Section B of the "2017-2018 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

**Table 16.3 Cocaine Use in the Past Year, Perceptions of Great Risk from Using Cocaine Once a Month, Heroin Use in the Past Year, and Perceptions of Great Risk from Trying Heroin Once or Twice in Iowa among Individuals Aged 12 or Older, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**

State/Substate Region	Cocaine Use in the Past Year		Perceptions of Great Risk from Using Cocaine Once a Month		Heroin Use in the Past Year		Perceptions of Great Risk from Trying Heroin Once or Twice	
	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval
<b>Iowa</b>	1.31	(0.99-1.73)	69.80	(67.82 - 71.71)	0.20	(0.10 - 0.40)	83.26	(81.73 - 84.70)
Central	1.35	(0.86-2.11)	68.78	(65.08 - 72.26)	0.18	(0.08 - 0.42)	82.28	(79.30 - 84.91)
North Central	1.49	(0.92-2.39)	69.16	(65.17 - 72.88)	0.21	(0.10 - 0.47)	83.12	(80.28 - 85.62)
Northeast	1.40	(0.91-2.15)	69.26	(65.77 - 72.54)	0.19	(0.09 - 0.42)	83.65	(80.95 - 86.04)
Northwest	1.13	(0.69-1.85)	71.62	(67.88 - 75.07)	0.22	(0.10 - 0.49)	83.18	(80.11 - 85.86)
Southeast	1.20	(0.76-1.90)	70.04	(66.58 - 73.30)	0.21	(0.09 - 0.47)	83.24	(80.59 - 85.60)
Southwest	1.30	(0.77-2.17)	70.43	(66.18 - 74.35)	0.19	(0.08 - 0.44)	84.45	(81.33 - 87.13)

NOTE: For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

NOTE: Estimates along with the 95 percent Bayesian confidence (credible) intervals are based on a survey-weighted hierarchical Bayes estimation approach and generated by Markov Chain Monte Carlo techniques.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

**Table 16.4 *Methamphetamine Use in the Past Year and Pain Reliever Misuse in the Past Year* in Iowa among Individuals Aged 12 or Older, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**

State/Substate Region	Methamphetamine Use in the Past Year		Pain Reliever Misuse in the Past Year <sup>1</sup>	
	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval
<b>Iowa</b>	0.79	(0.50 - 1.26)	4.22	(3.59 - 4.96)
Central	0.68	(0.36 - 1.27)	4.14	(3.20 - 5.35)
North Central	0.89	(0.47 - 1.68)	3.97	(3.03 - 5.19)
Northeast	0.74	(0.40 - 1.35)	4.36	(3.41 - 5.56)
Northwest	0.77	(0.40 - 1.51)	4.10	(3.16 - 5.32)
Southeast	0.89	(0.48 - 1.63)	4.38	(3.40 - 5.62)
Southwest	0.85	(0.43 - 1.69)	4.15	(3.17 - 5.42)

NOTE: For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

NOTE: Estimates along with the 95 percent Bayesian confidence (credible) intervals are based on a survey-weighted hierarchical Bayes estimation approach and generated by Markov Chain Monte Carlo techniques.

<sup>1</sup> 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.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

**Table 16.5 *Alcohol Use in the Past Month, Binge Alcohol Use in the Past Month, and Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week in Iowa among Individuals Aged 12 or Older, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs***

State/Substate Region	Alcohol Use in the Past Month		Binge Alcohol Use in the Past Month <sup>1</sup>		Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	
	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval
<b>Iowa</b>	58.59	(56.27 - 60.87)	29.06	(27.08 - 31.13)	34.37	(32.30 - 36.51)
Central	60.58	(56.38 - 64.62)	30.16	(26.59 - 33.99)	33.92	(30.41 - 37.61)
North Central	60.10	(55.29 - 64.71)	28.56	(24.80 - 32.66)	34.50	(30.80 - 38.40)
Northeast	58.85	(54.79 - 62.79)	30.67	(27.17 - 34.41)	33.00	(29.69 - 36.49)
Northwest	57.20	(52.48 - 61.80)	28.06	(24.21 - 32.26)	35.74	(32.03 - 39.63)
Southeast	58.62	(54.45 - 62.67)	27.77	(24.32 - 31.51)	35.15	(31.80 - 38.65)
Southwest	54.71	(49.42 - 59.90)	27.94	(23.81 - 32.47)	34.69	(30.56 - 39.06)

NOTE: For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

NOTE: Estimates along with the 95 percent Bayesian confidence (credible) intervals are based on a survey-weighted hierarchical Bayes estimation approach and generated by Markov Chain Monte Carlo techniques.

<sup>1</sup> 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.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

**Table 16.6 *Alcohol Use in the Past Month and Binge Alcohol Use in the Past Month among Individuals Aged 12 to 20* in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**

State/Substate Region	Alcohol Use in the Past Month among Individuals Aged 12 to 20		Binge Alcohol Use in the Past Month among Individuals Aged 12 to 20 <sup>1</sup>	
	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval
<b>Iowa</b>	22.84	(20.65 - 25.20)	14.83	(13.11 - 16.73)
Central	21.12	(17.52 - 25.23)	13.62	(10.79 - 17.05)
North Central	28.48	(23.49 - 34.05)	17.66	(13.67 - 22.51)
Northeast	24.94	(21.16 - 29.14)	16.68	(13.65 - 20.22)
Northwest	21.14	(17.15 - 25.78)	13.56	(10.50 - 17.34)
Southeast	22.13	(18.05 - 26.83)	14.09	(11.09 - 17.73)
Southwest	18.42	(14.48 - 23.15)	12.76	(9.70 - 16.62)

NOTE: For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

NOTE: Estimates along with the 95 percent Bayesian confidence (credible) intervals are based on a survey-weighted hierarchical Bayes estimation approach and generated by Markov Chain Monte Carlo techniques.

<sup>1</sup> 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.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

**Table 16.7 Tobacco Product Use in the Past Month, Cigarette Use in the Past Month, and Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day in Iowa among Individuals Aged 12 or Older, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**

State/Substate Region	Tobacco Product Use in the Past Month <sup>1</sup>		Cigarette Use in the Past Month		Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	
	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval
<b>Iowa</b>	26.26	(24.36 - 28.25)	20.94	(19.25 - 22.73)	65.06	(62.90 - 67.16)
Central	25.49	(22.21 - 29.09)	20.57	(17.51 - 24.01)	64.79	(61.27 - 68.16)
North Central	25.84	(22.47 - 29.52)	19.81	(16.61 - 23.46)	64.30	(60.77 - 67.68)
Northeast	27.04	(23.89 - 30.44)	21.12	(18.42 - 24.10)	64.84	(61.56 - 67.99)
Northwest	26.92	(23.49 - 30.66)	21.88	(18.59 - 25.56)	63.68	(59.93 - 67.26)
Southeast	25.97	(22.79 - 29.44)	21.04	(18.12 - 24.29)	66.11	(62.83 - 69.25)
Southwest	25.87	(22.13 - 29.99)	20.76	(17.20 - 24.84)	66.76	(63.15 - 70.19)

NOTE: For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

NOTE: Estimates along with the 95 percent Bayesian confidence (credible) intervals are based on a survey-weighted hierarchical Bayes estimation approach and generated by Markov Chain Monte Carlo techniques.

<sup>1</sup> Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

**Table 16.8 *Illicit Drug Use Disorder in the Past Year, Pain Reliever Use Disorder in the Past Year, Alcohol Use Disorder in the Past Year, and Substance Use Disorder in the Past Year* in Iowa among Individuals Aged 12 or Older, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**

State/Substate Region	Illicit Drug Use Disorder in the Past Year <sup>1,2</sup>		Pain Reliever Use Disorder in the Past Year <sup>2</sup>		Alcohol Use Disorder in the Past Year		Substance Use Disorder in the Past Year <sup>1,2</sup>	
	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval
<b>Iowa</b>	2.55	(2.09-3.11)	0.71	(0.52-0.98)	6.60	(5.68-7.65)	8.50	(7.47-9.66)
Central	2.57	(1.90-3.48)	0.86	(0.49-1.50)	7.50	(5.78-9.68)	9.37	(7.48-11.67)
North Central	2.87	(2.09-3.94)	0.61	(0.35-1.04)	6.90	(5.24-9.03)	9.15	(7.20-11.55)
Northeast	2.64	(1.95-3.55)	0.82	(0.48-1.39)	6.80	(5.25-8.76)	8.70	(7.03-10.73)
Northwest	2.31	(1.69-3.16)	0.62	(0.36-1.08)	6.17	(4.65-8.16)	7.94	(6.18-10.14)
Southeast	2.55	(1.88-3.46)	0.61	(0.36-1.03)	6.00	(4.58-7.83)	8.00	(6.37-10.01)
Southwest	2.35	(1.66-3.30)	0.64	(0.35-1.16)	6.03	(4.38-8.24)	7.62	(5.85-9.89)

NOTE: For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

NOTE: Estimates along with the 95 percent Bayesian confidence (credible) intervals are based on a survey-weighted hierarchical Bayes estimation approach and generated by Markov Chain Monte Carlo techniques.

NOTE: 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).

<sup>1</sup> Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine.

<sup>2</sup> 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.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

**Table 16.9** *Needing But Not Receiving Treatment at a Specialty Facility for Illicit Drug Use in the Past Year, Needing But Not Receiving Treatment at a Specialty Facility for Alcohol Use in the Past Year, and Needing But Not Receiving Treatment at a Specialty Facility for Substance Use in the Past Year in Iowa among Individuals Aged 12 or Older, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs*

State/Substate Region	Needing But Not Receiving Treatment at a Specialty Facility for Illicit Drug Use in the Past Year <sup>1</sup>		Needing But Not Receiving Treatment at a Specialty Facility for Alcohol Use in the Past Year		Needing But Not Receiving Treatment at a Specialty Facility for Substance Use in the Past Year <sup>1</sup>	
	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval
<b>Iowa</b>	2.35	(1.93 - 2.85)	6.40	(5.53 - 7.39)	7.71	(6.75 - 8.80)
Central	2.46	(1.80 - 3.36)	6.87	(5.33 - 8.80)	8.51	(6.68 - 10.78)
North Central	2.61	(1.88 - 3.61)	6.98	(5.36 - 9.04)	8.35	(6.52 - 10.63)
Northeast	2.35	(1.76 - 3.13)	6.61	(5.14 - 8.45)	7.87	(6.31 - 9.78)
Northwest	2.14	(1.54 - 2.96)	6.14	(4.69 - 7.99)	7.09	(5.55 - 9.01)
Southeast	2.34	(1.69 - 3.22)	5.93	(4.58 - 7.64)	7.36	(5.81 - 9.29)
Southwest	2.20	(1.56 - 3.09)	5.80	(4.29 - 7.81)	6.86	(5.18 - 9.03)

NOTE: For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

NOTE: Estimates along with the 95 percent Bayesian confidence (credible) intervals are based on a survey-weighted hierarchical Bayes estimation approach and generated by Markov Chain Monte Carlo techniques.

NOTE: Respondents were classified as needing substance use treatment if they met the criteria for an 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.

<sup>1</sup> Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. 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.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

**Table 16.10 *Serious Mental Illness in the Past Year, Any Mental Illness in the Past Year, and Received Mental Health Services in the Past Year* in Iowa among Adults Aged 18 or Older, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**

State/Substate Region	Serious Mental Illness in the Past Year <sup>1</sup>		Any Mental Illness in the Past Year <sup>1</sup>		Received Mental Health Services in the Past Year <sup>2</sup>	
	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval
<b>Iowa</b>	4.86	(4.11 - 5.73)	19.09	(17.38 - 20.93)	18.16	(16.45 - 20.00)
Central	4.88	(3.80 - 6.25)	19.78	(16.94 - 22.96)	18.71	(15.91 - 21.87)
North Central	4.90	(3.80 - 6.30)	18.91	(16.11 - 22.08)	17.25	(14.49 - 20.42)
Northeast	4.89	(3.84 - 6.20)	19.29	(16.62 - 22.27)	17.80	(15.28 - 20.64)
Northwest	4.46	(3.40 - 5.81)	17.00	(14.28 - 20.11)	16.08	(13.46 - 19.10)
Southeast	5.14	(4.05 - 6.51)	20.31	(17.40 - 23.56)	19.79	(16.94 - 23.00)
Southwest	4.72	(3.60 - 6.16)	18.12	(15.08 - 21.62)	18.67	(15.68 - 22.08)

NOTE: For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

NOTE: Estimates along with the 95 percent Bayesian confidence (credible) intervals are based on a survey-weighted hierarchical Bayes estimation approach and generated by Markov Chain Monte Carlo techniques.

<sup>1</sup> 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. As such, these estimates are based on indicators of AMI and SMI rather than direct measures of diagnostic status. For details, see Section B of the "2017-2018 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.

<sup>2</sup> 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.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

**Table 16.11 *Had Serious Thoughts of Suicide in the Past Year and Major Depressive Episode in the Past Year* in Iowa among Adults Aged 18 or Older, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**

State/Substate Region	Had Serious Thoughts of Suicide in the Past Year <sup>1</sup>		Major Depressive Episode in the Past Year <sup>2</sup>	
	Estimate	95% Confidence Interval	Estimate	95% Confidence Interval
<b>Iowa</b>	4.87	(4.09 - 5.79)	7.84	(6.87 - 8.93)
Central	5.00	(3.89 - 6.42)	8.18	(6.59 - 10.10)
North Central	4.81	(3.76 - 6.14)	7.57	(6.07 - 9.40)
Northeast	5.18	(4.05 - 6.61)	7.97	(6.49 - 9.76)
Northwest	4.23	(3.27 - 5.46)	6.52	(5.14 - 8.25)
Southeast	5.04	(3.96 - 6.40)	8.63	(7.03 - 10.56)
Southwest	4.50	(3.46 - 5.84)	7.51	(5.91 - 9.49)

NOTE: For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

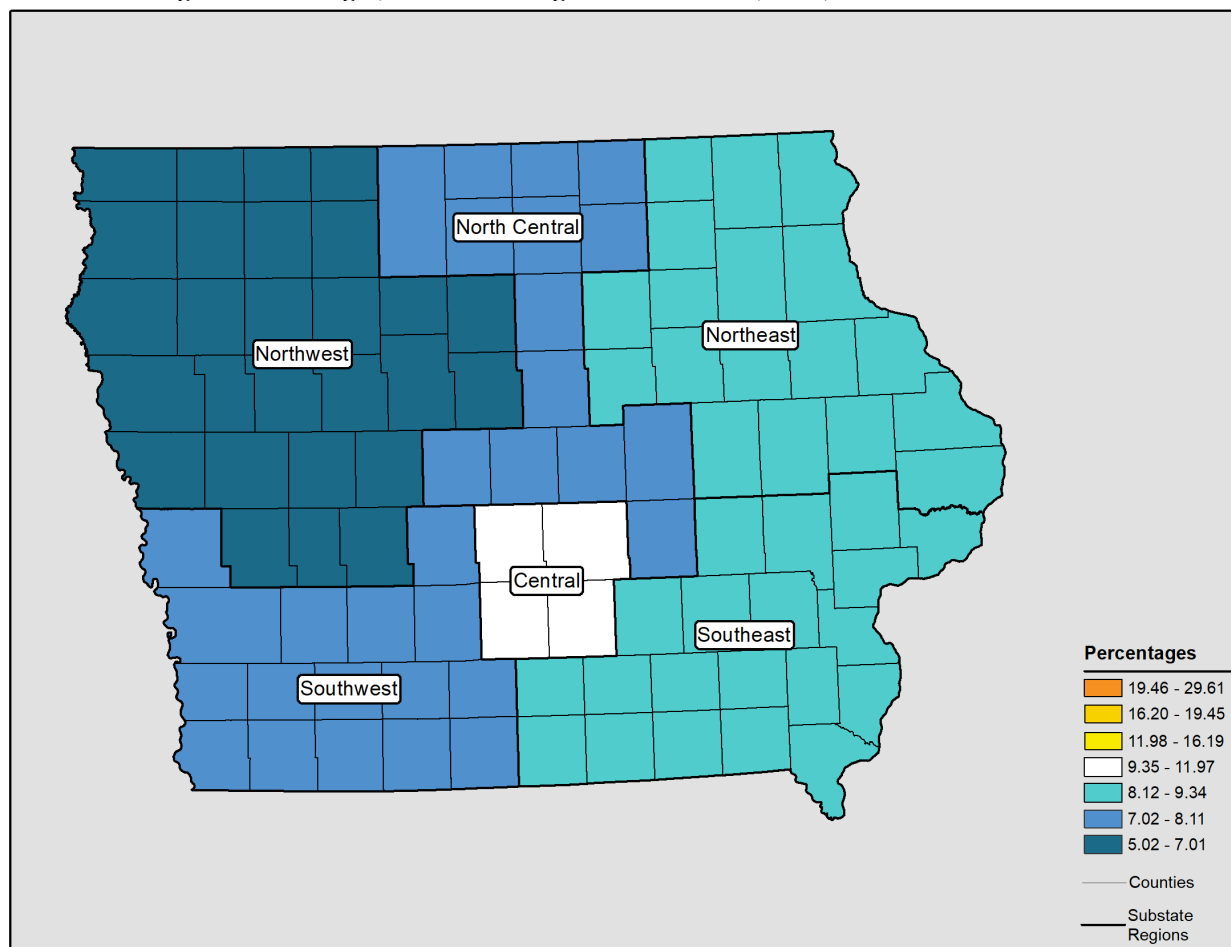
NOTE: Estimates along with the 95 percent Bayesian confidence (credible) intervals are based on a survey-weighted hierarchical Bayes estimation approach and generated by Markov Chain Monte Carlo techniques.

<sup>1</sup> 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.

<sup>2</sup> 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. For details, see Section B of the "2017-2018 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

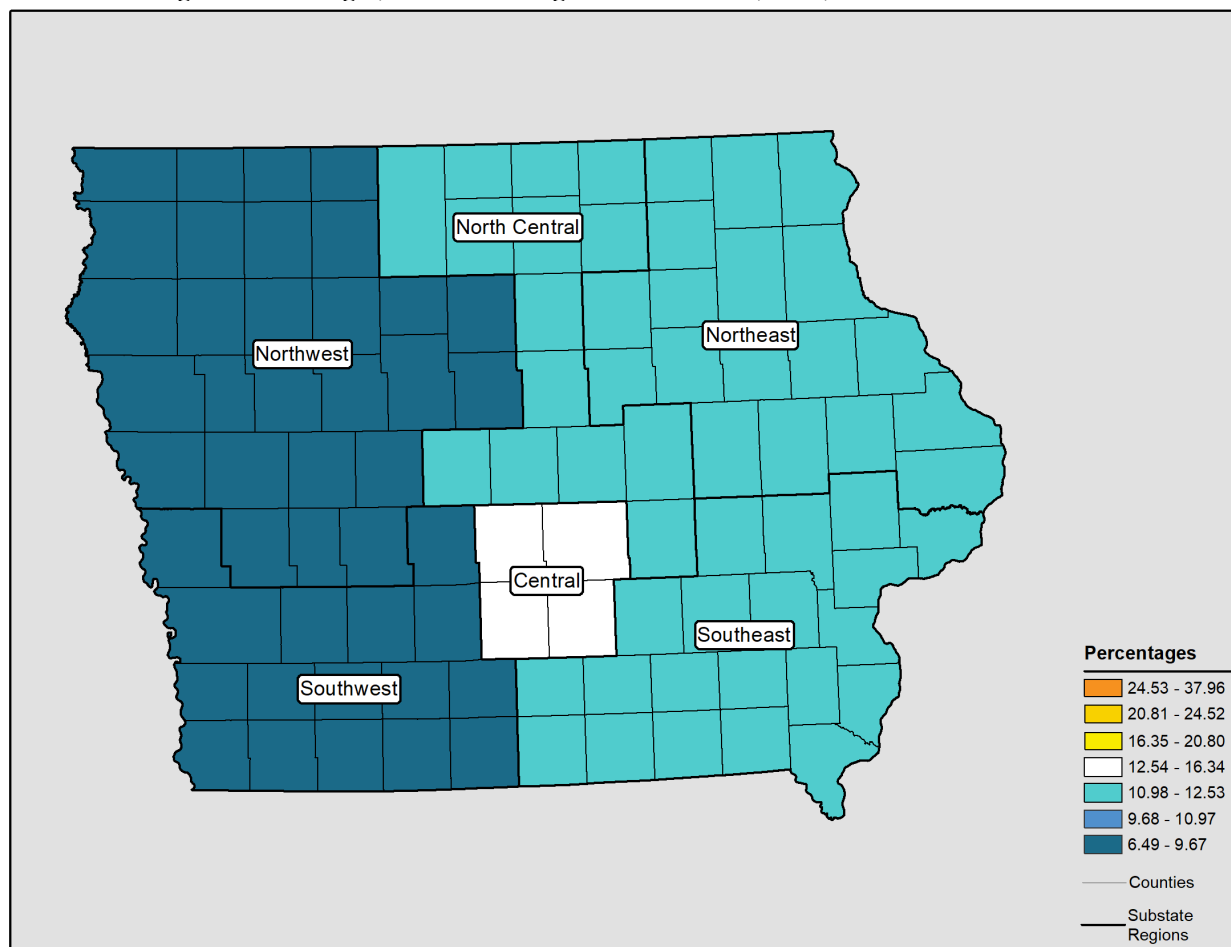
**Figure 16.1 *Illicit Drug Use in the Past Month* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

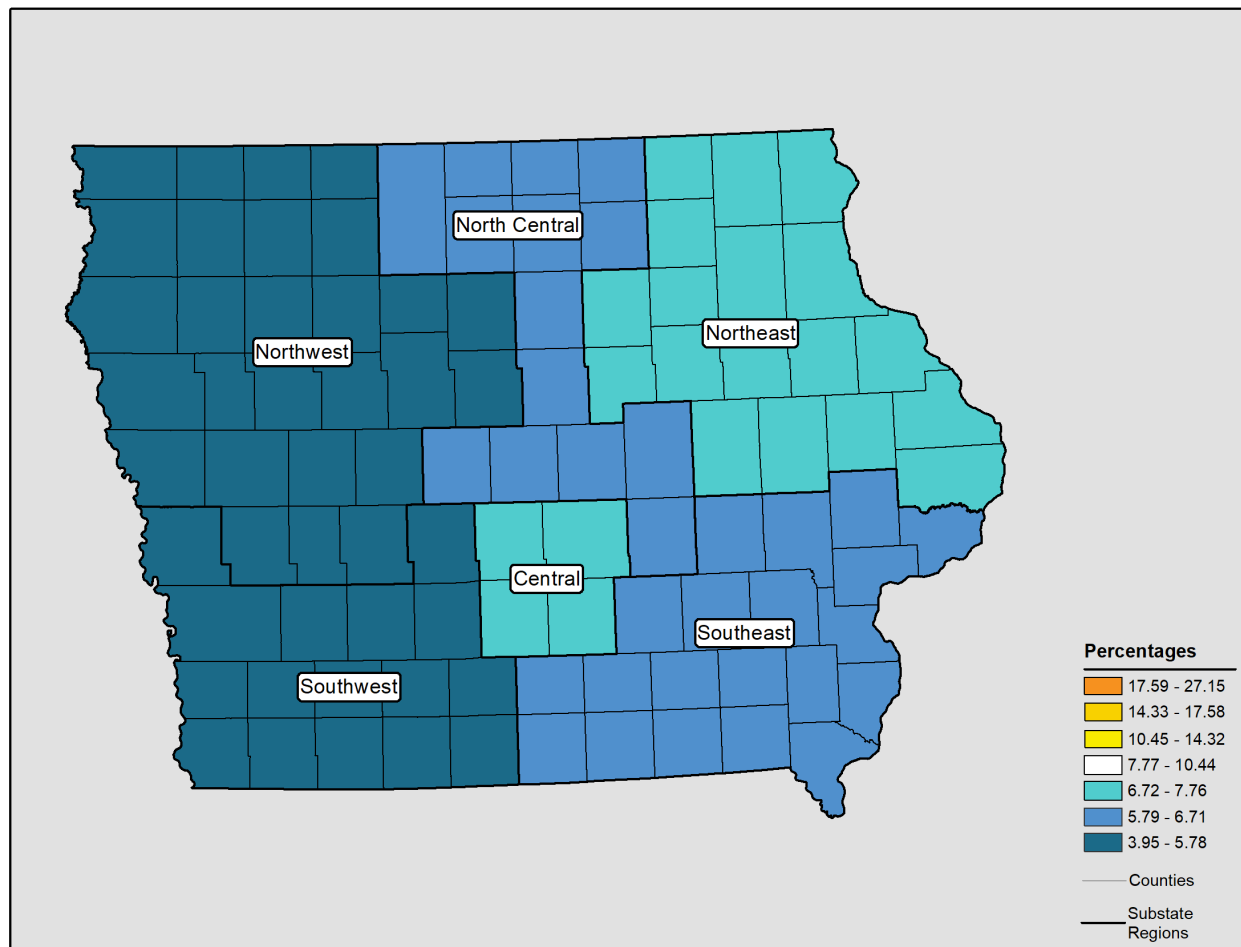
**Figure 16.2 *Marijuana Use in the Past Year* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

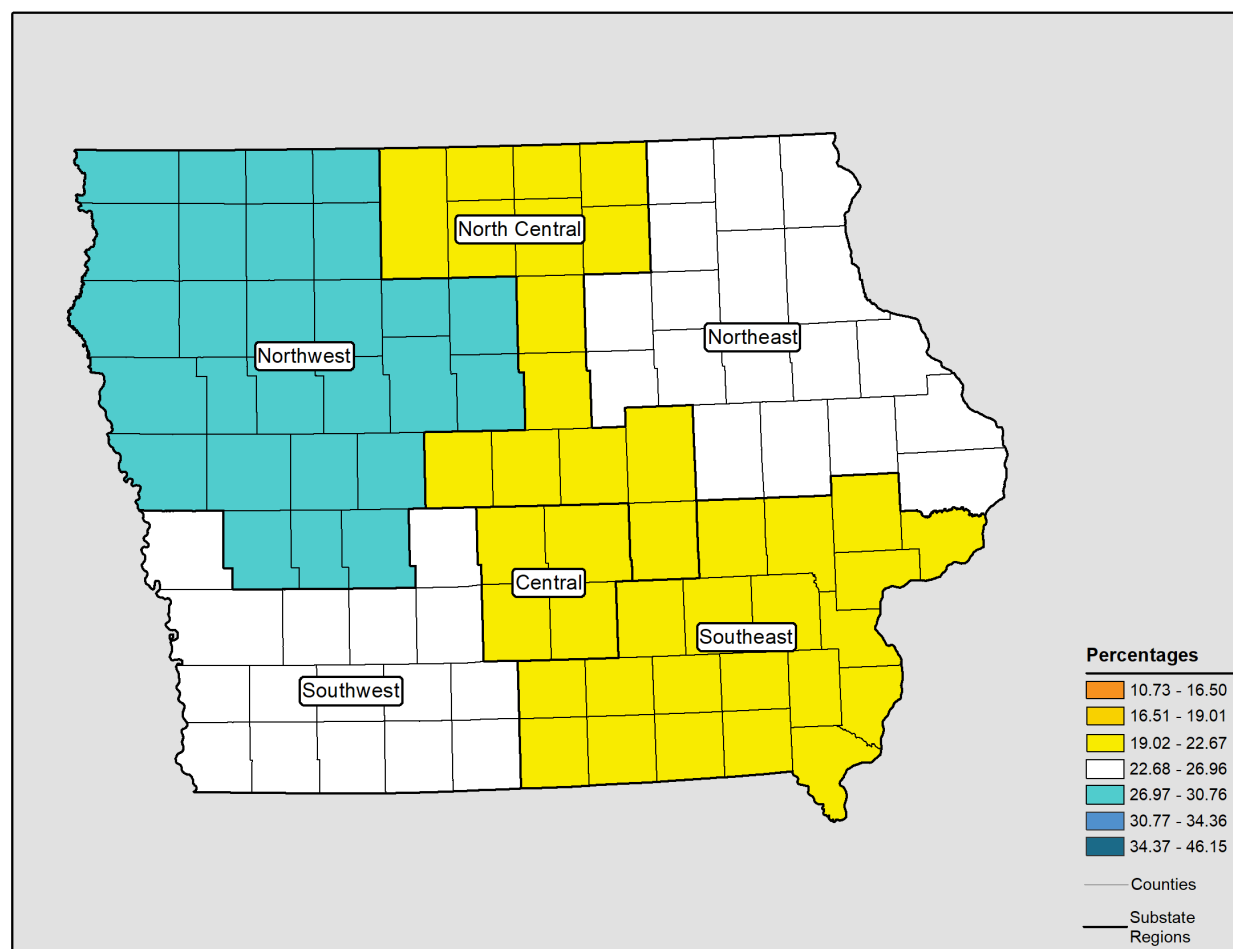
**Figure 16.3 *Marijuana Use in the Past Month* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

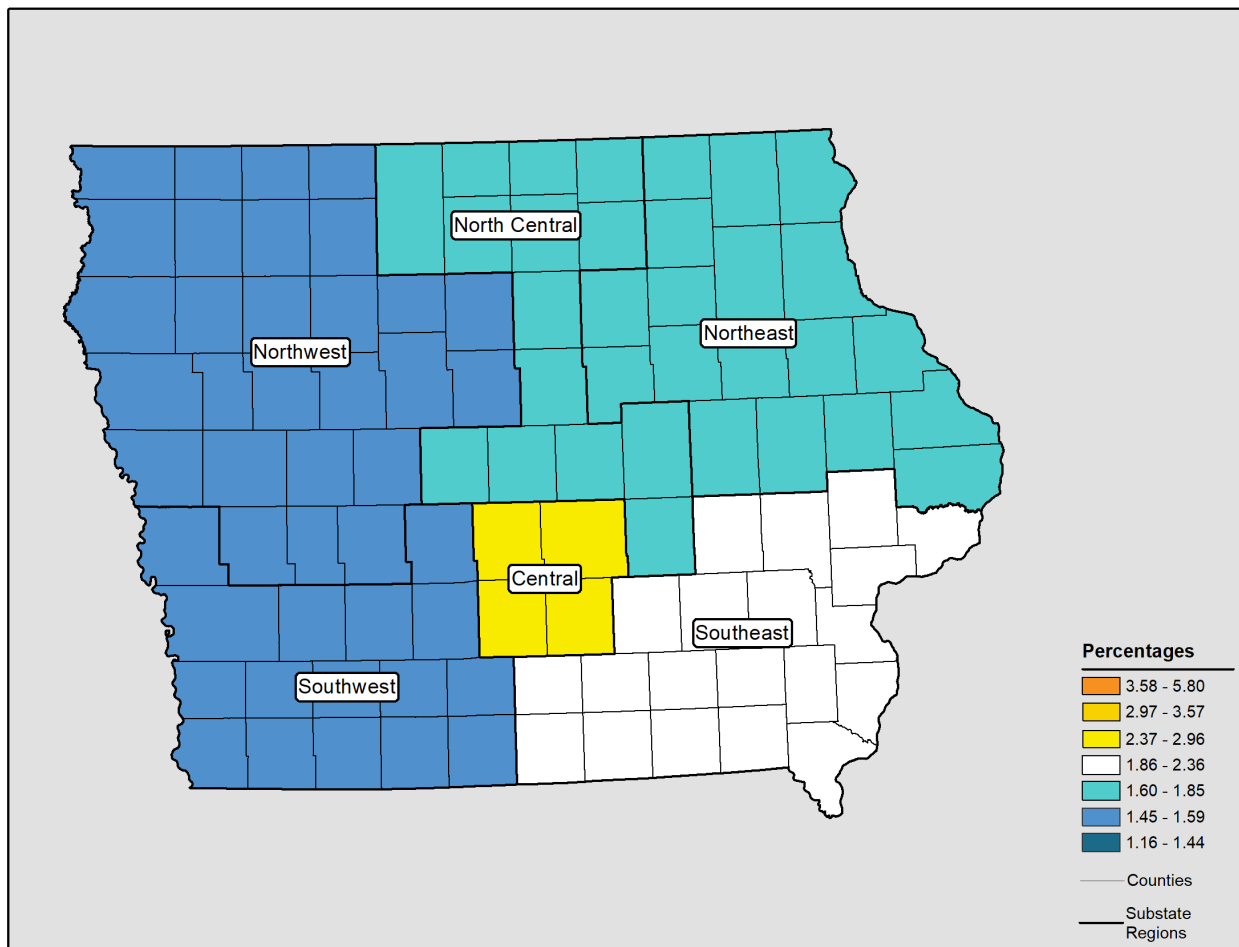
**Figure 16.4** *Perceptions of Great Risk from Smoking Marijuana Once a Month among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs*



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

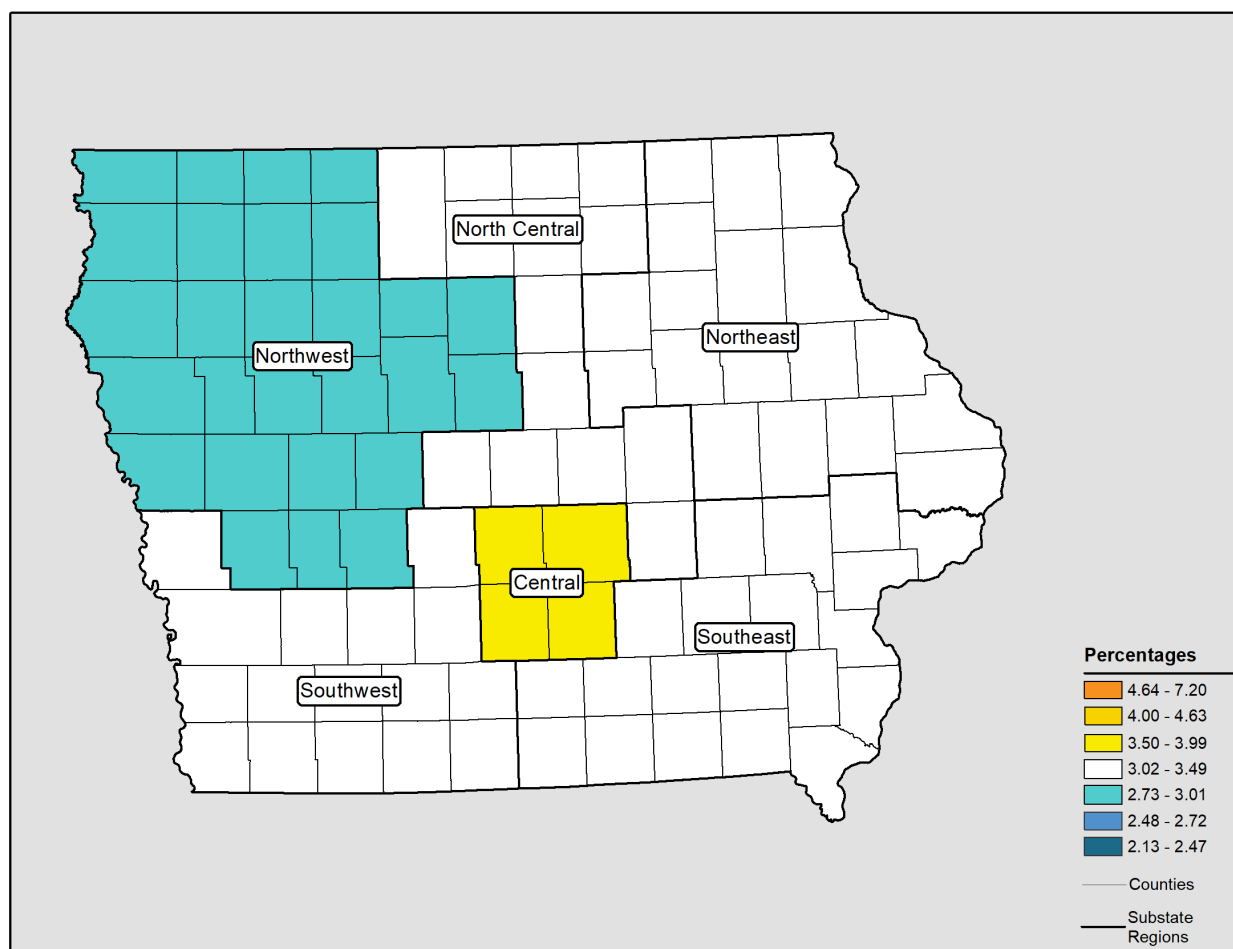
**Figure 16.5 *First Use of Marijuana* among Individuals Aged 12 or Older in Iowa, by Substate Region:  
Average Annual Initiation Estimates (Expressed as Percentages of the At-Risk Population) Based  
on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

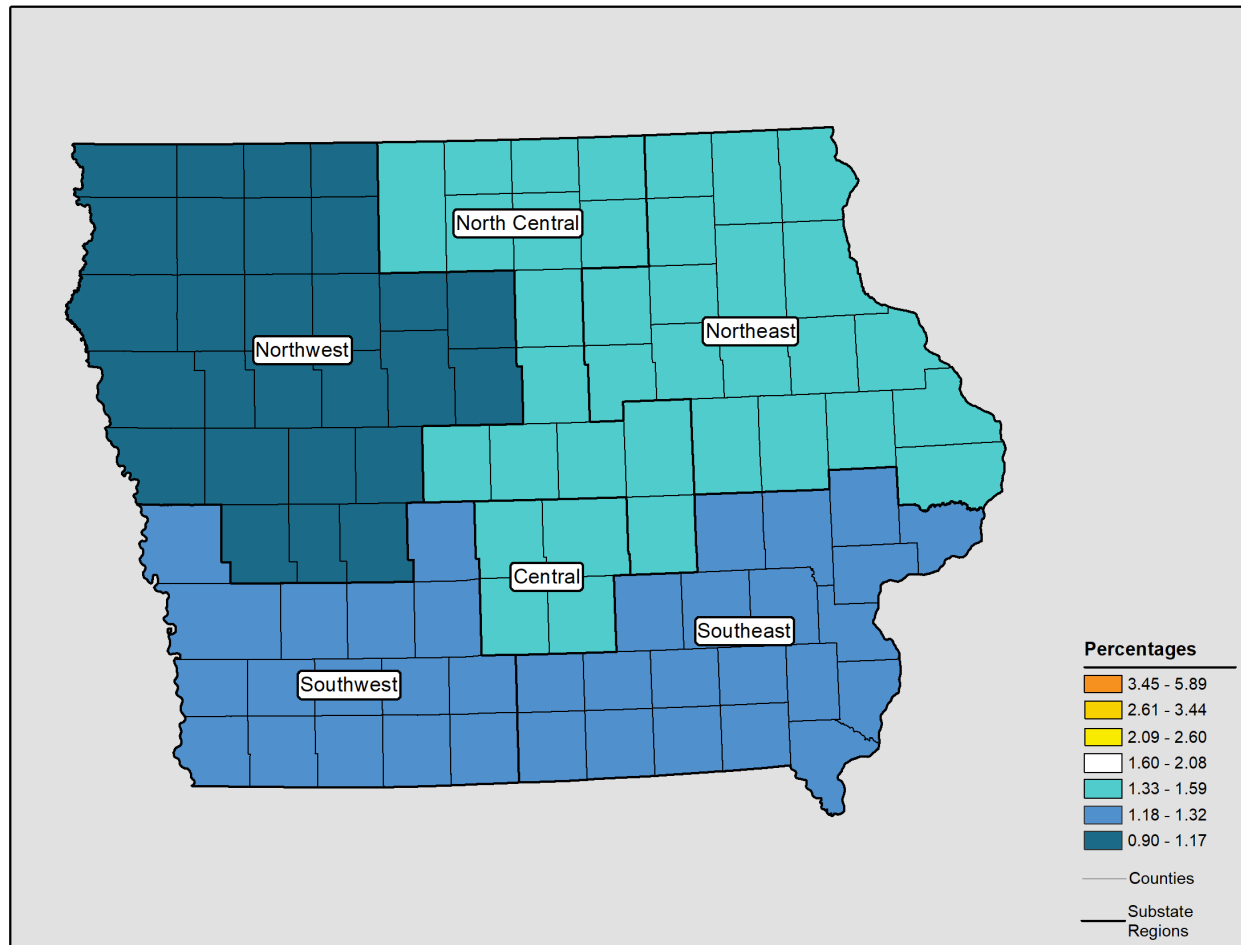
**Figure 16.6 *Illicit Drug Use Other Than Marijuana in the Past Month* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

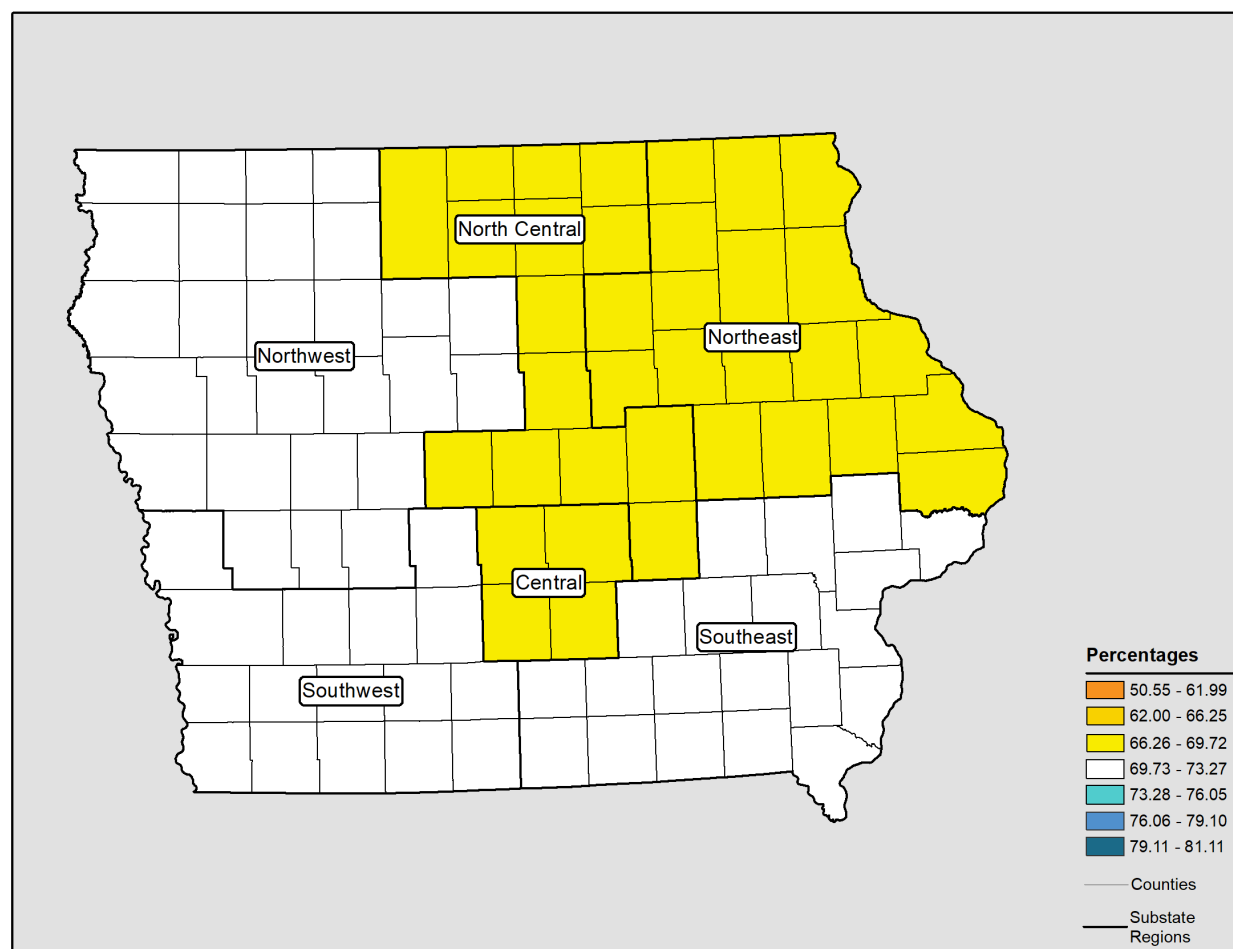
**Figure 16.7 Cocaine Use in the Past Year among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

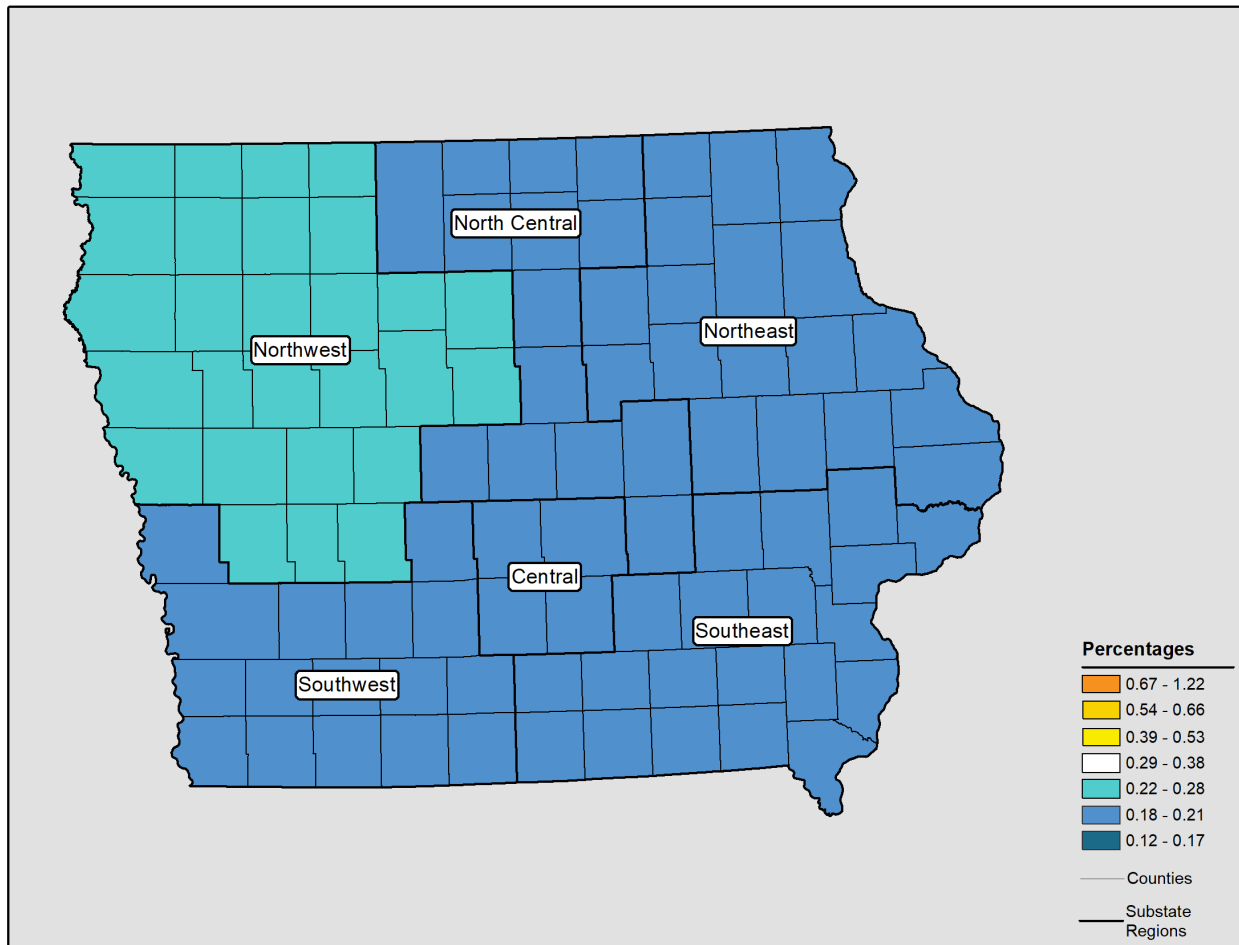
**Figure 16.8** *Perceptions of Great Risk from Using Cocaine Once a Month* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

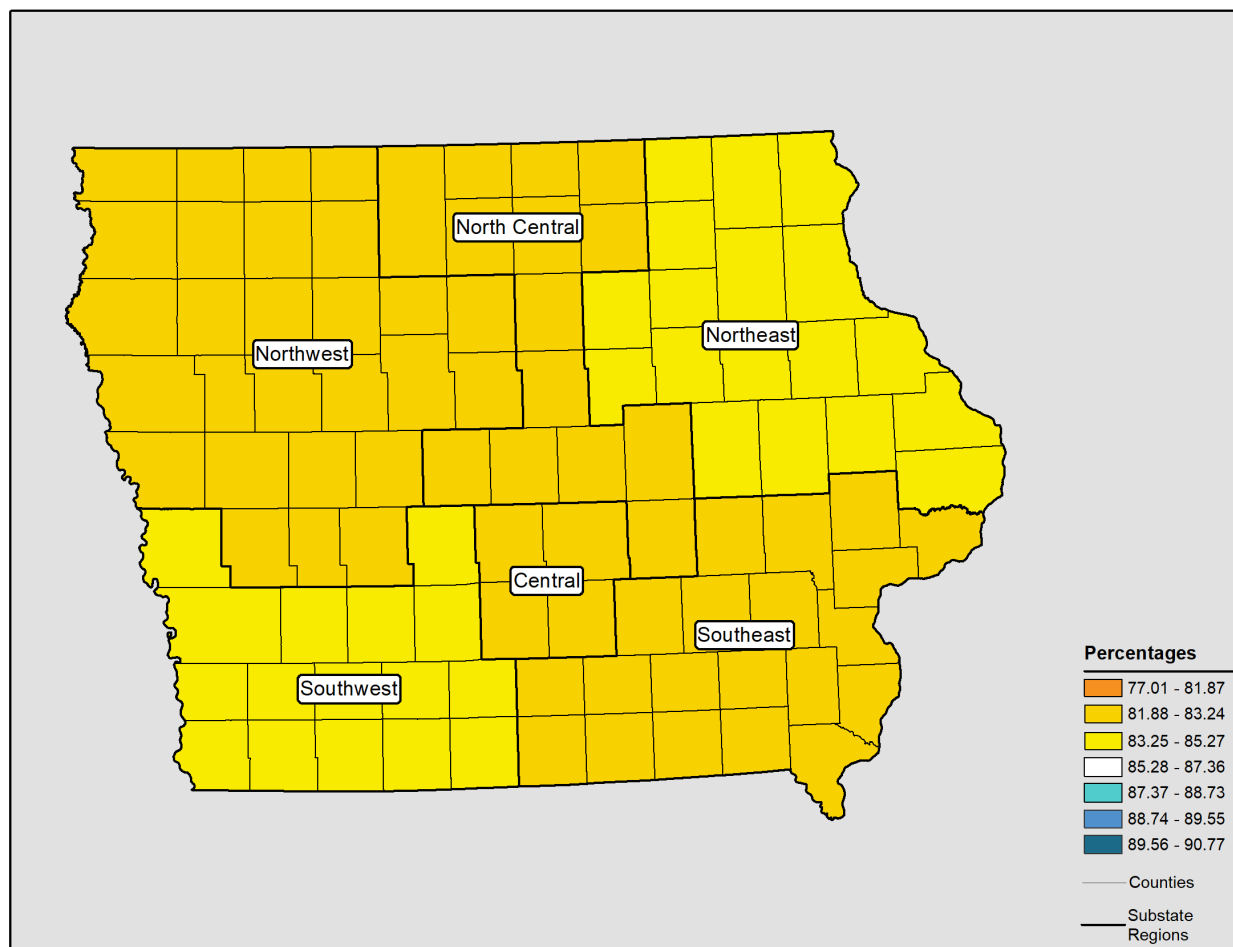
**Figure 16.9 Heroin Use in the Past Year among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

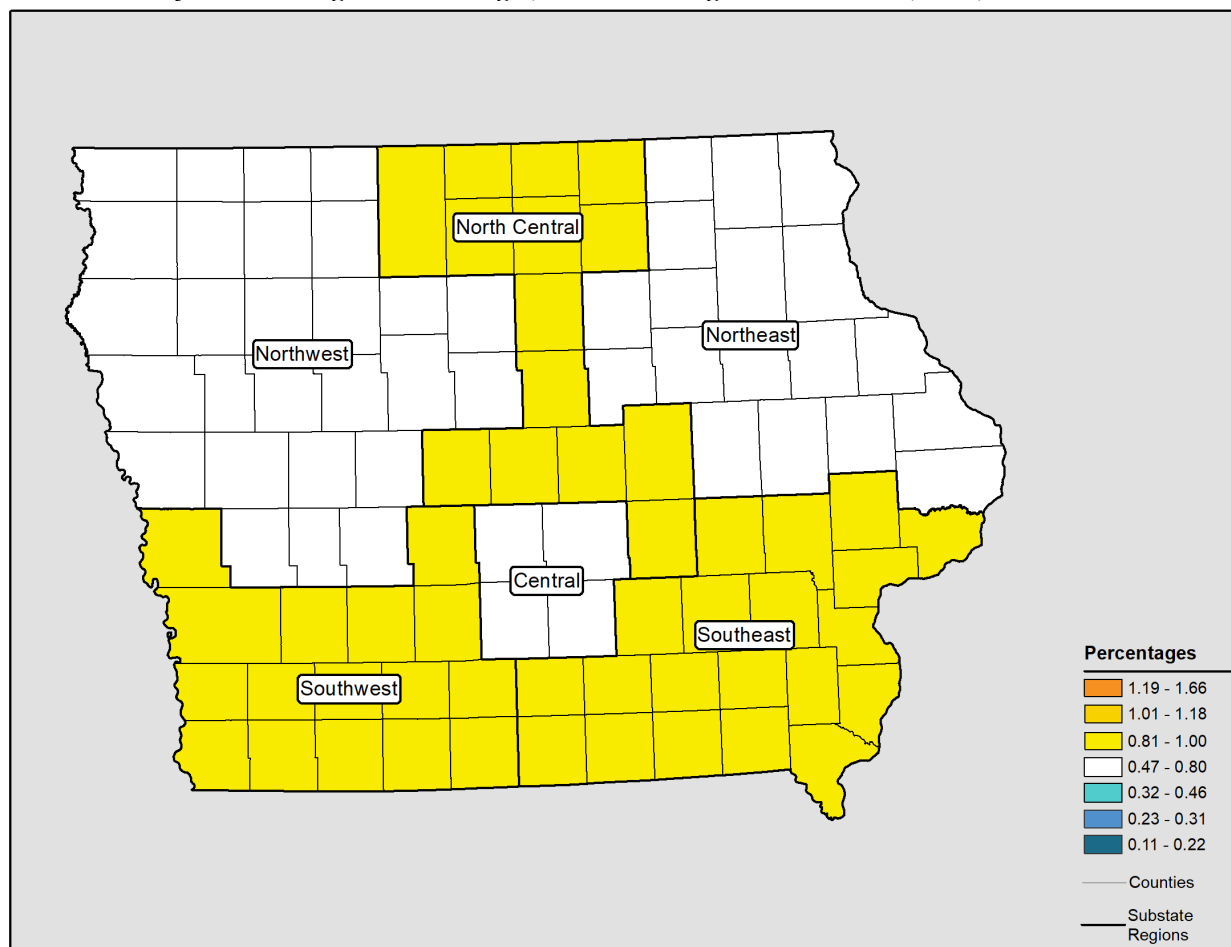
**Figure 16.10** *Perceptions of Great Risk from Trying Heroin Once or Twice among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs*



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

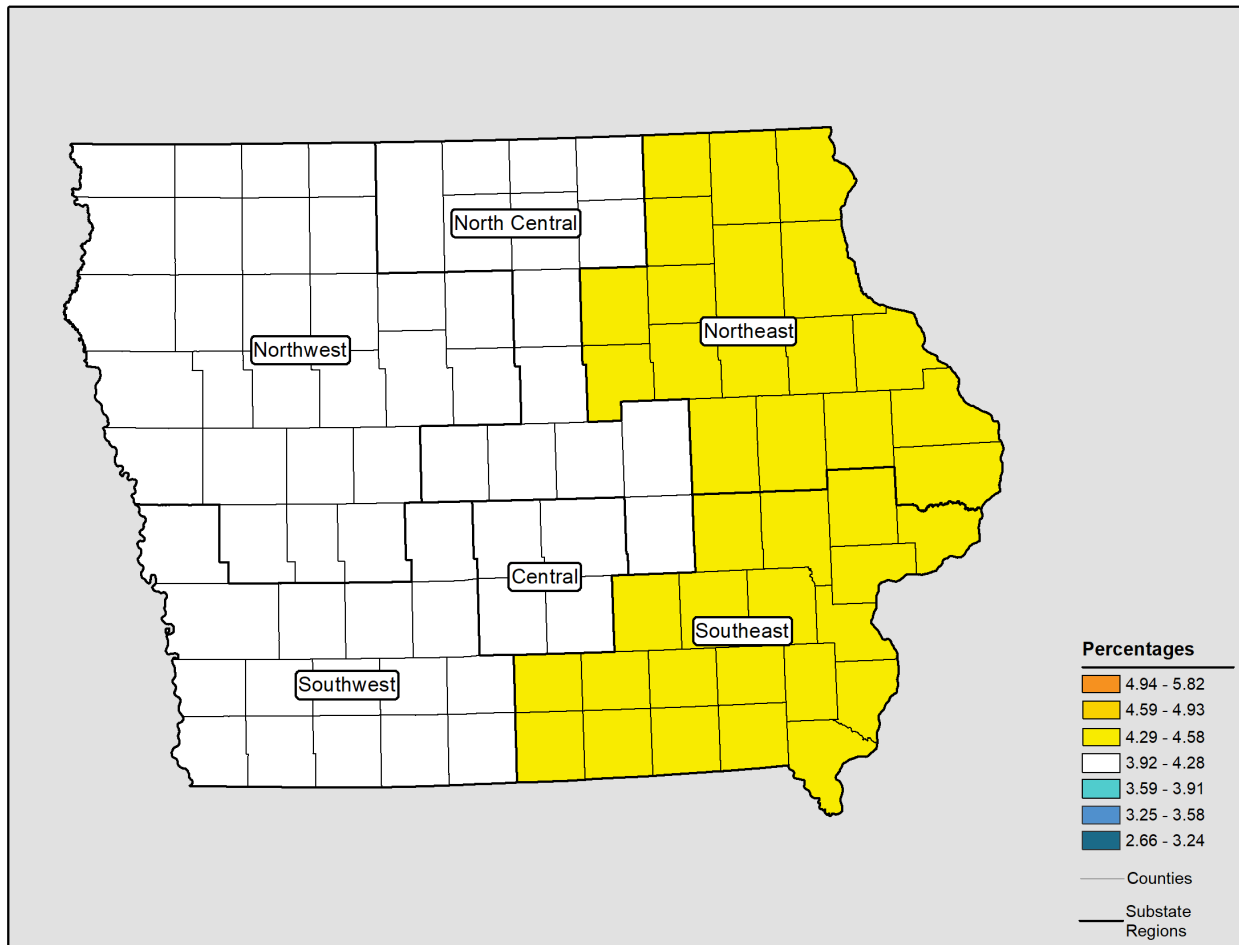
**Figure 16.11 *Methamphetamine Use in the Past Year* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

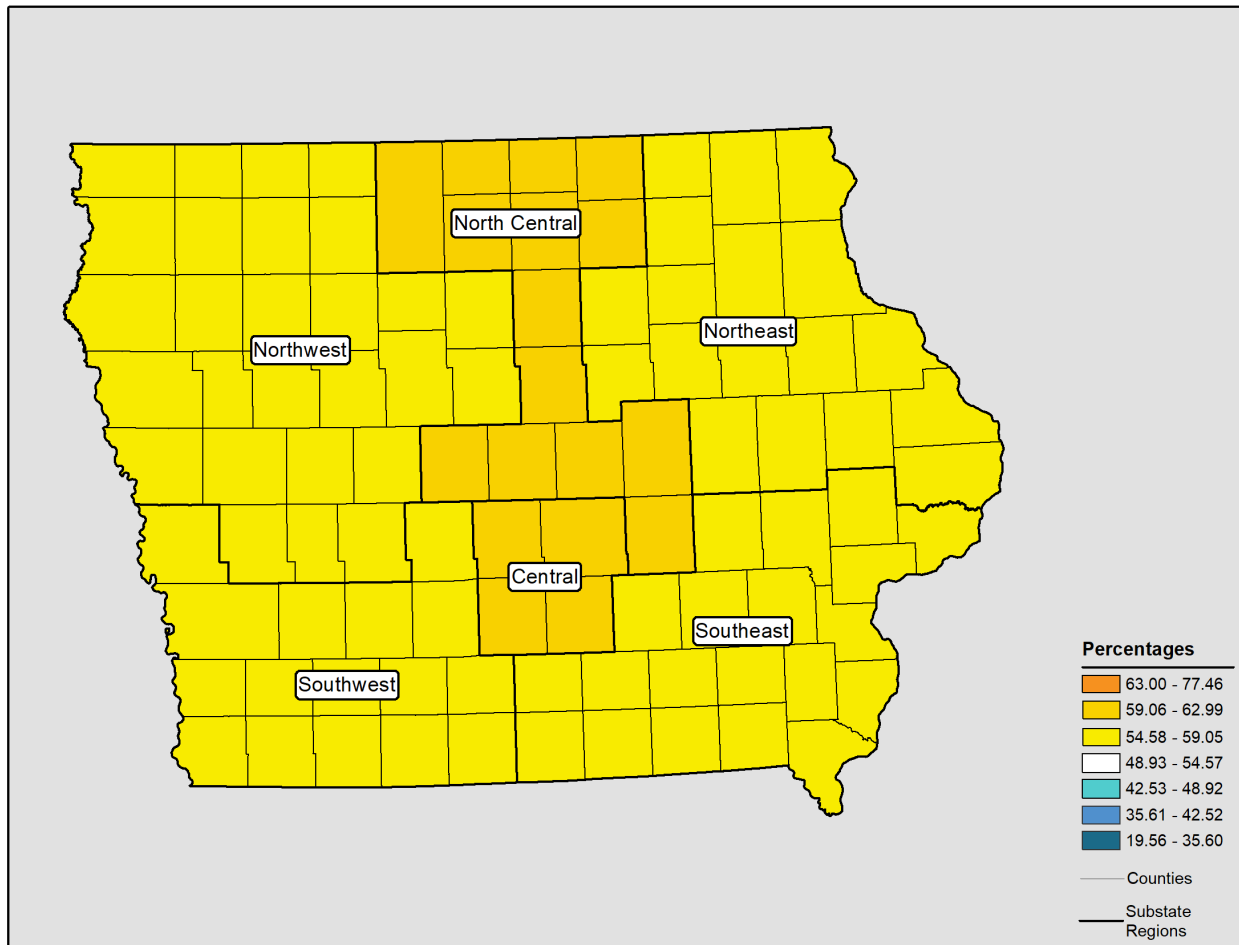
**Figure 16.12 *Pain Reliever Misuse in the Past Year* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

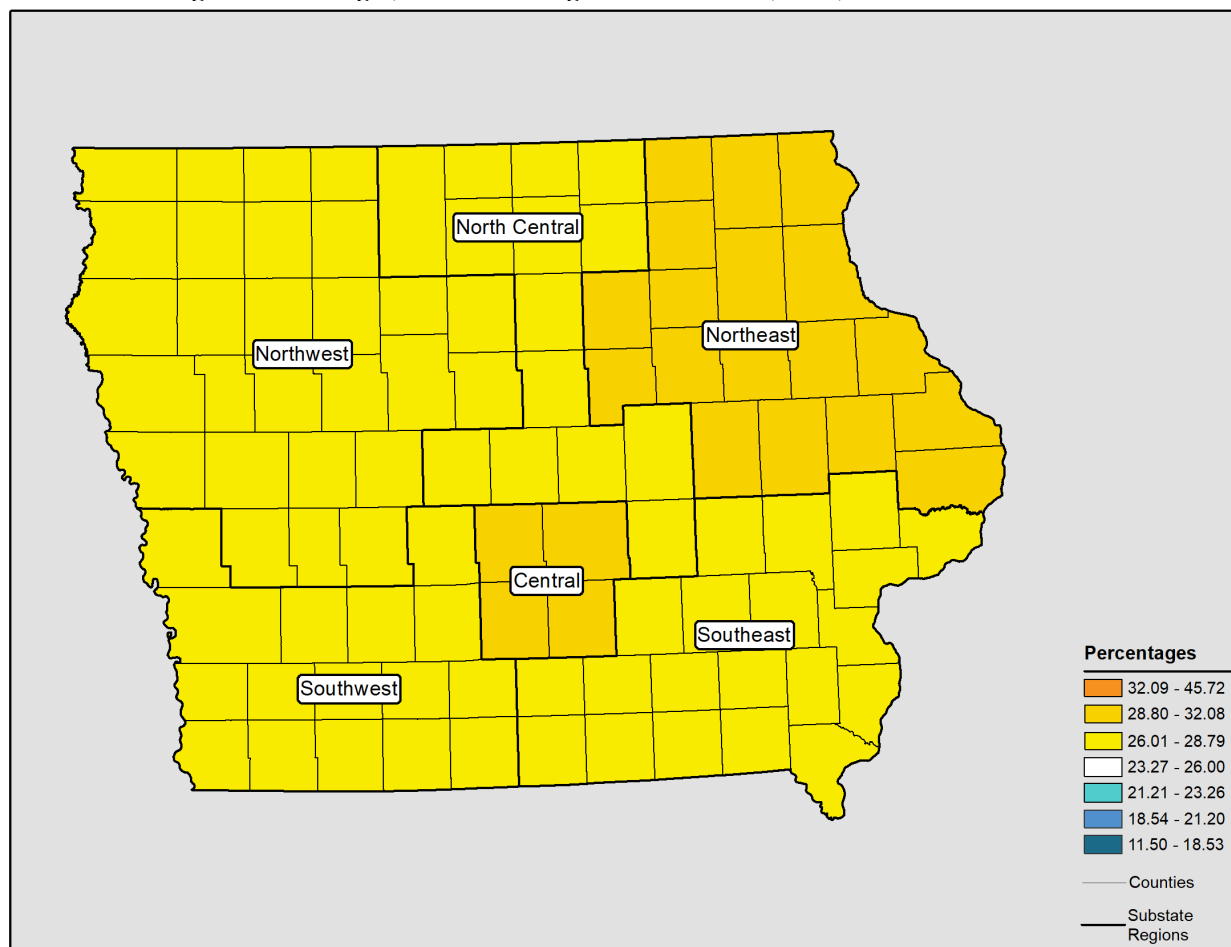
**Figure 16.13 *Alcohol Use in the Past Month* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

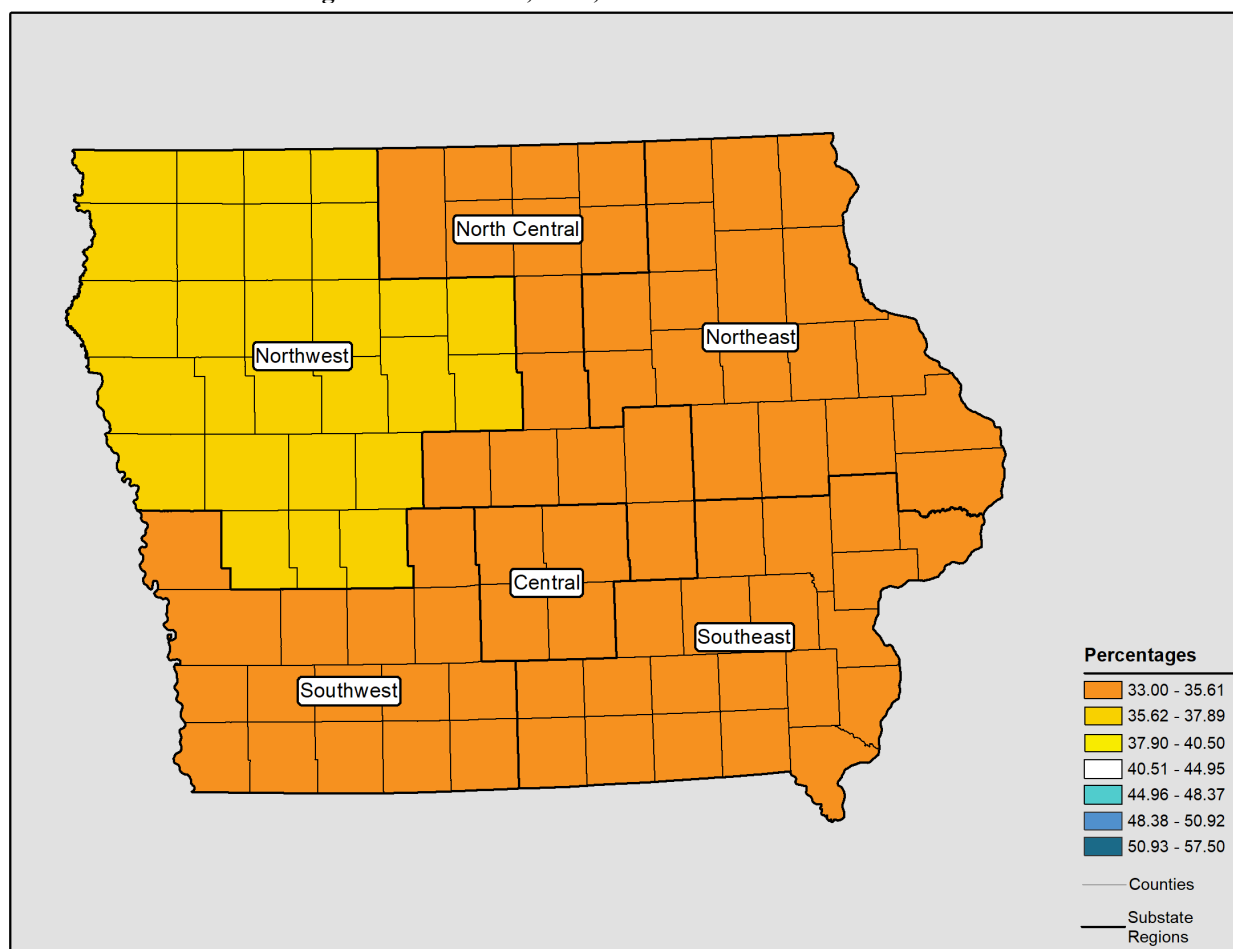
**Figure 16.14 *Binge Alcohol Use in the Past Month* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

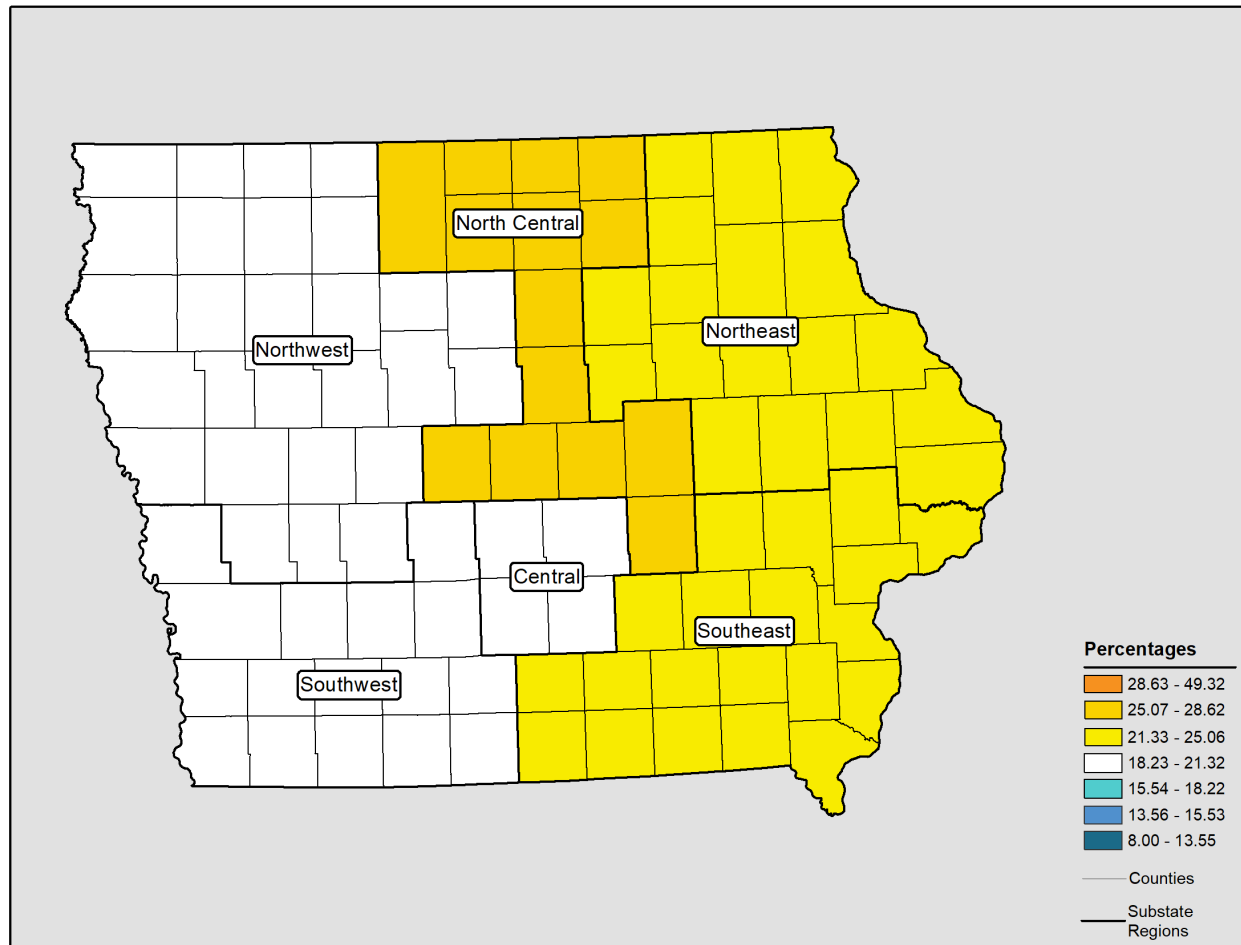
**Figure 16.15** *Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs*



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

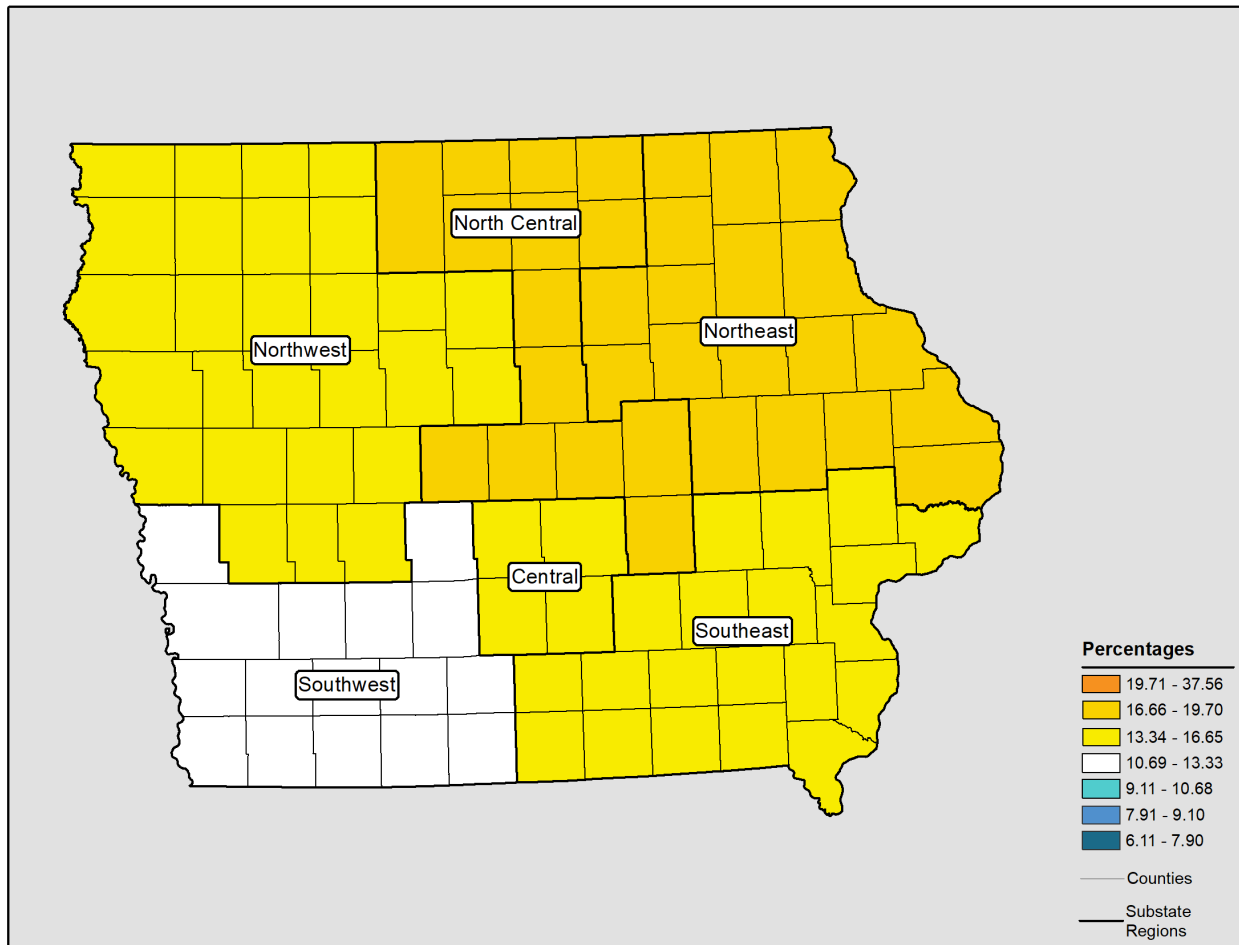
**Figure 16.16 *Alcohol Use in the Past Month among Individuals Aged 12 to 20 in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs***



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

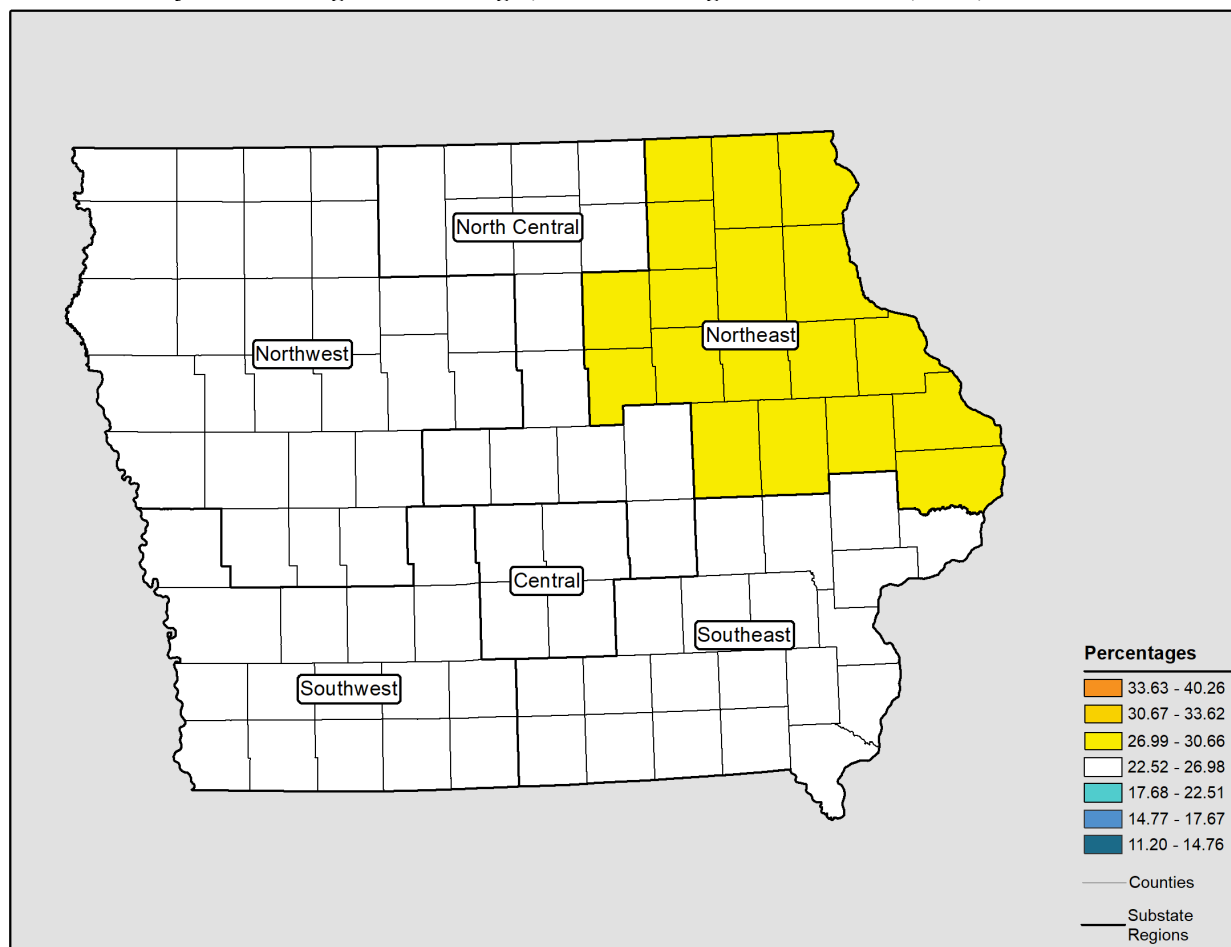
**Figure 16.17 Binge Alcohol Use in the Past Month among Individuals Aged 12 to 20 in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

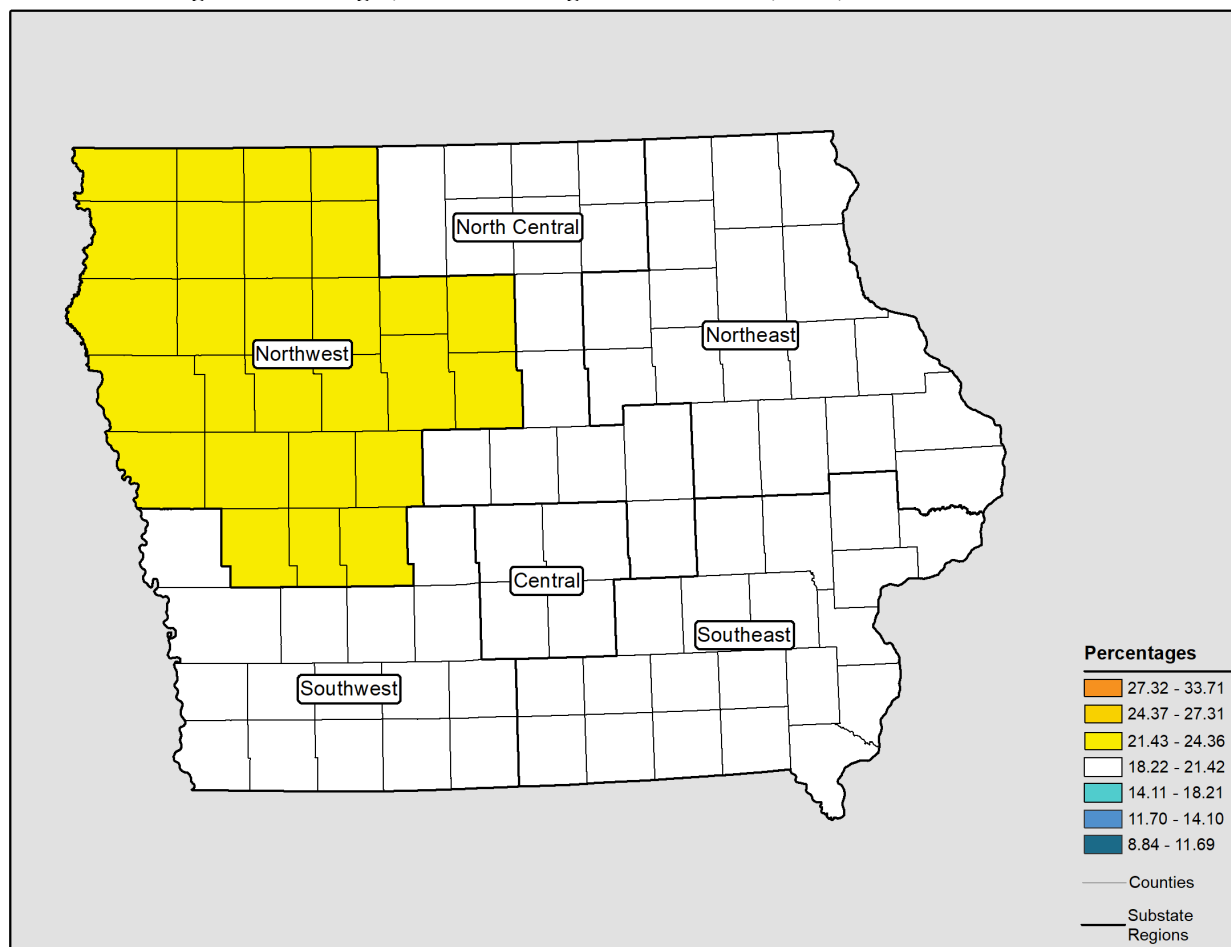
**Figure 16.18 Tobacco Product Use in the Past Month among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

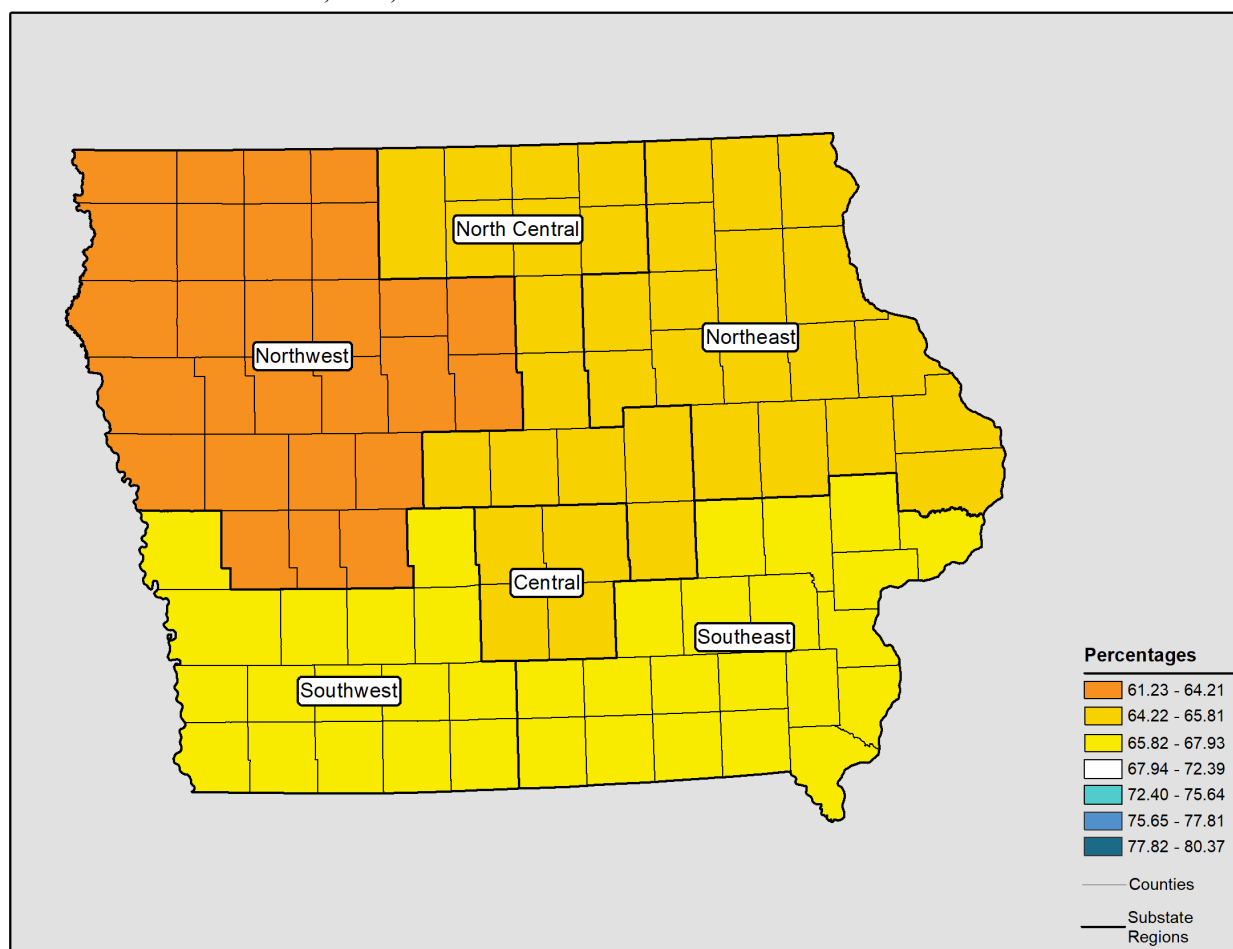
**Figure 16.19 Cigarette Use in the Past Month among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

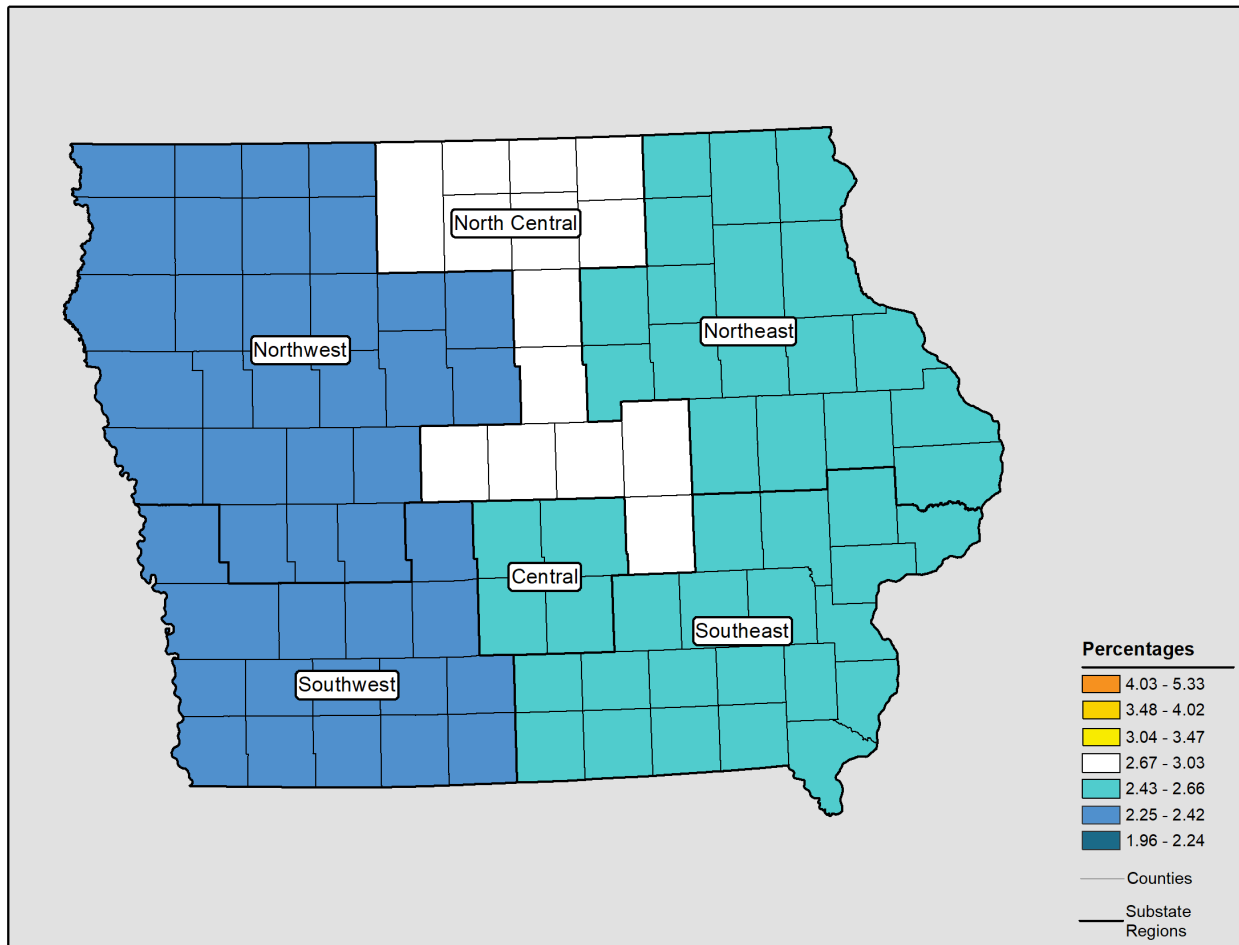
**Figure 16.20** *Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs*



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

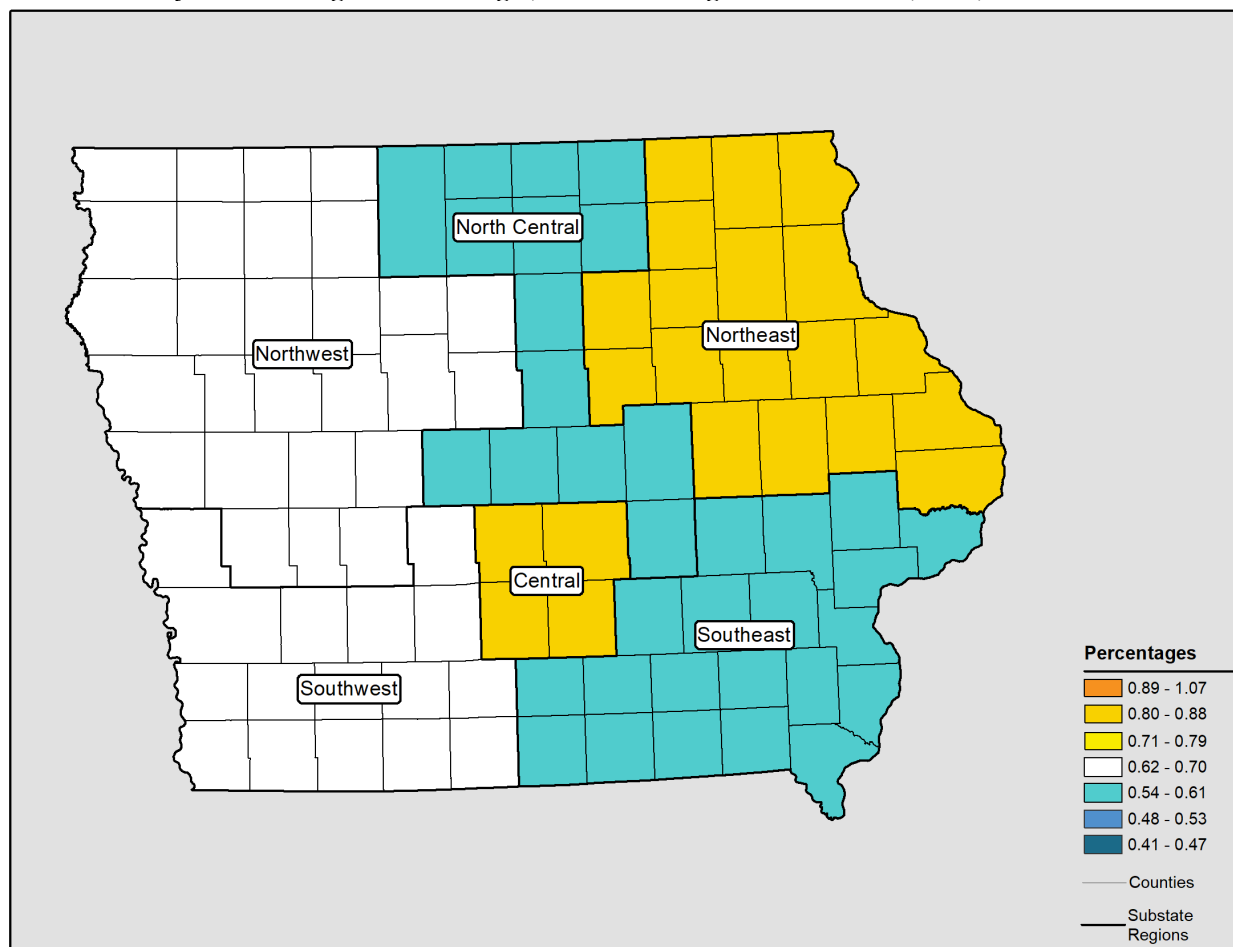
**Figure 16.21 *Illicit Drug Use Disorder in the Past Year* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

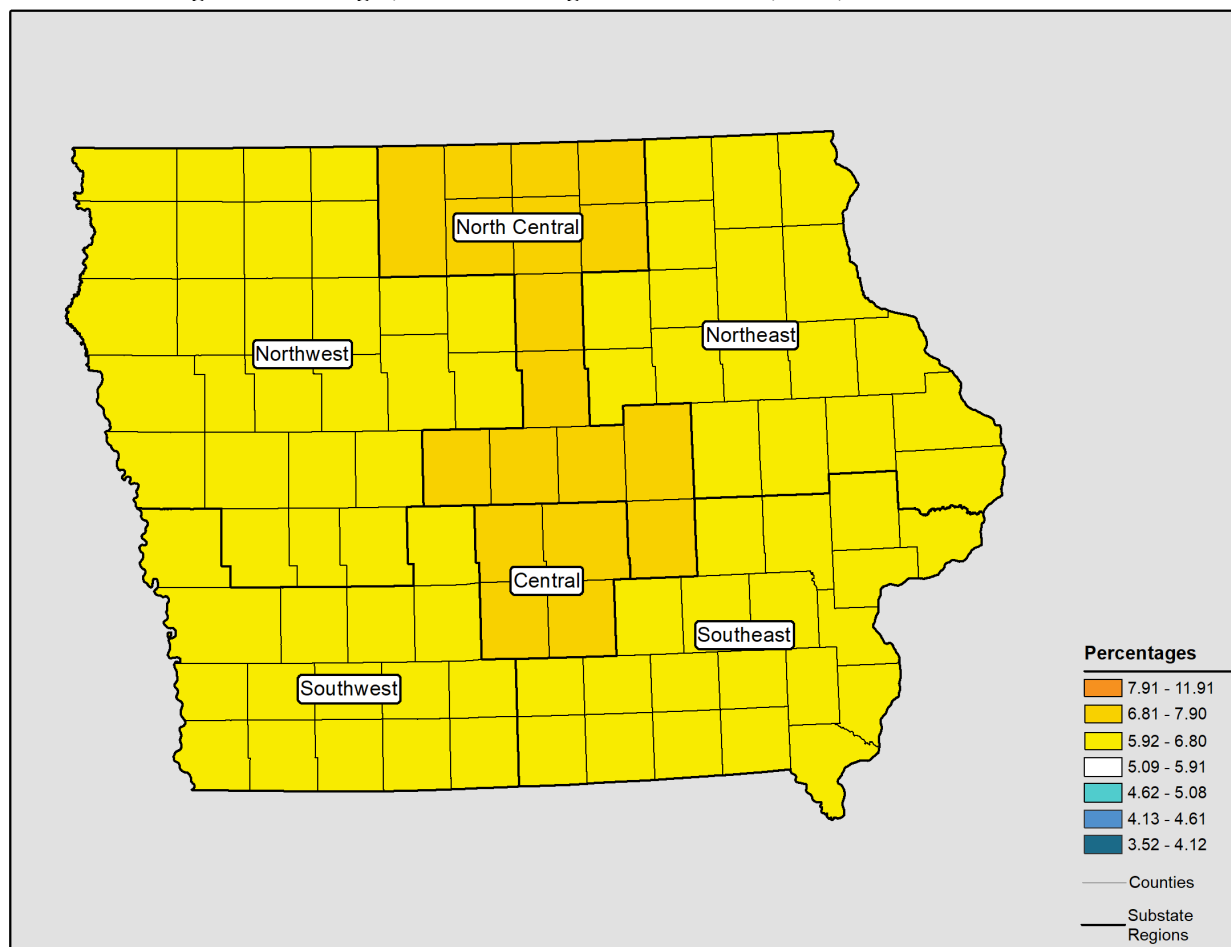
**Figure 16.22 *Pain Reliever Use Disorder in the Past Year* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

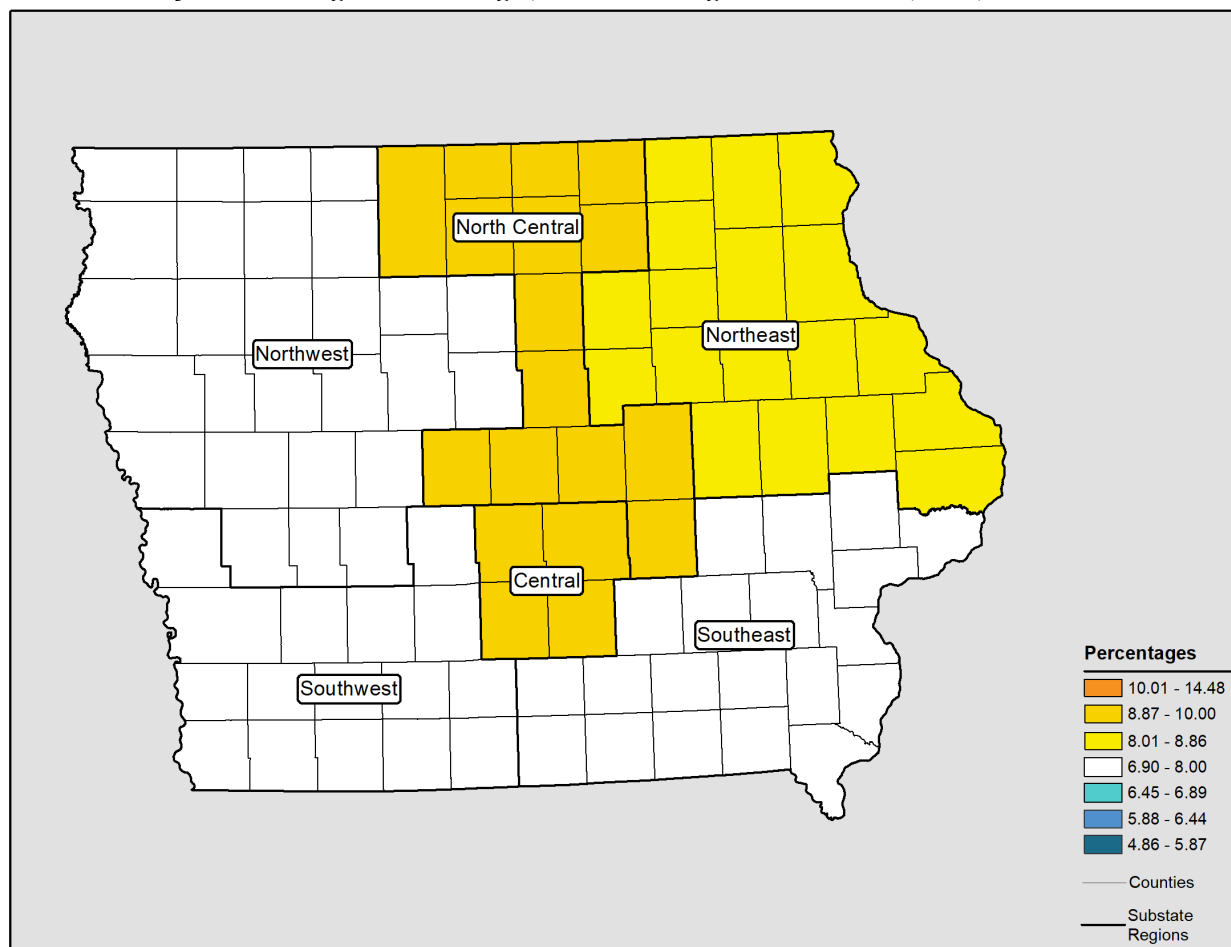
**Figure 16.23 *Alcohol Use Disorder in the Past Year* among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

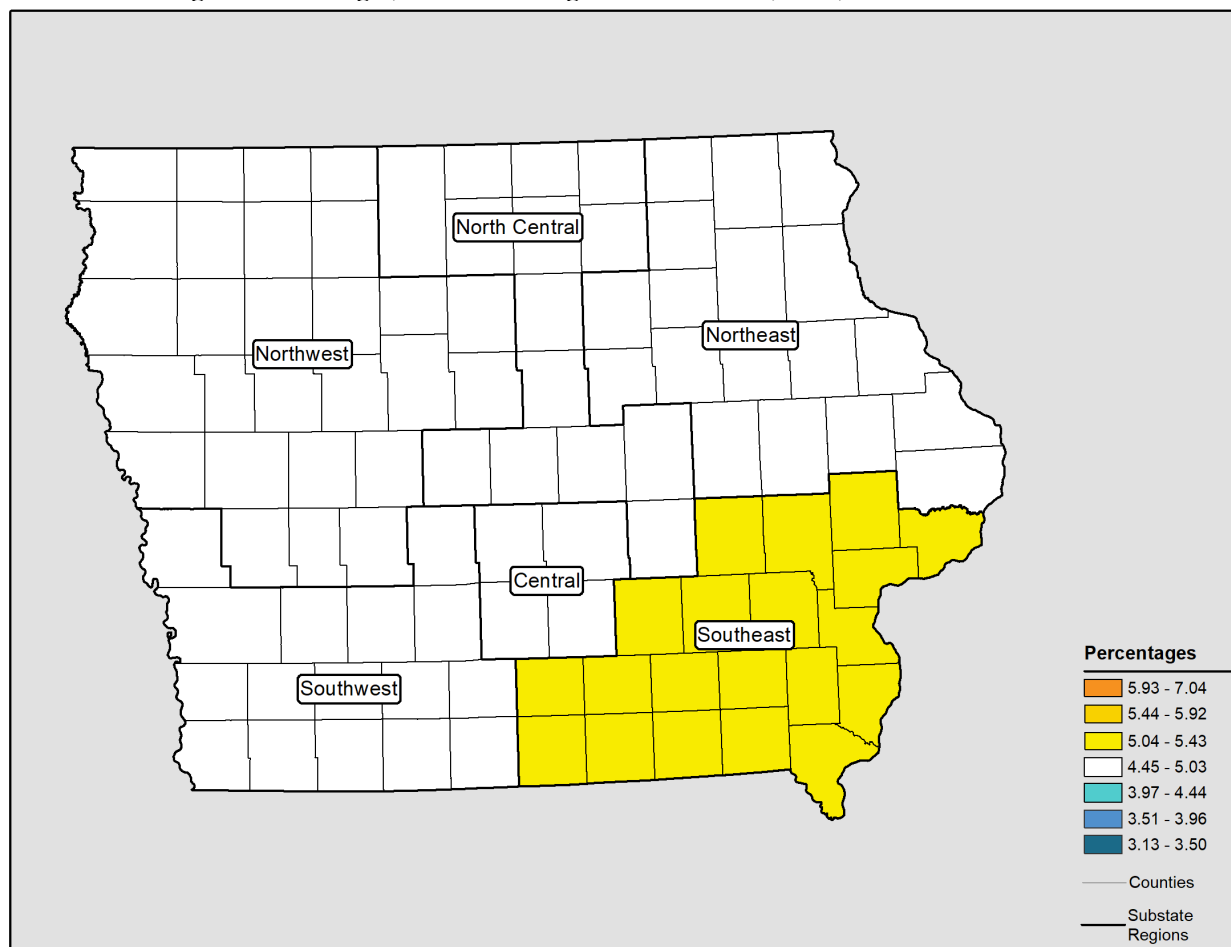
**Figure 16.24 Substance Use Disorder in the Past Year among Individuals Aged 12 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

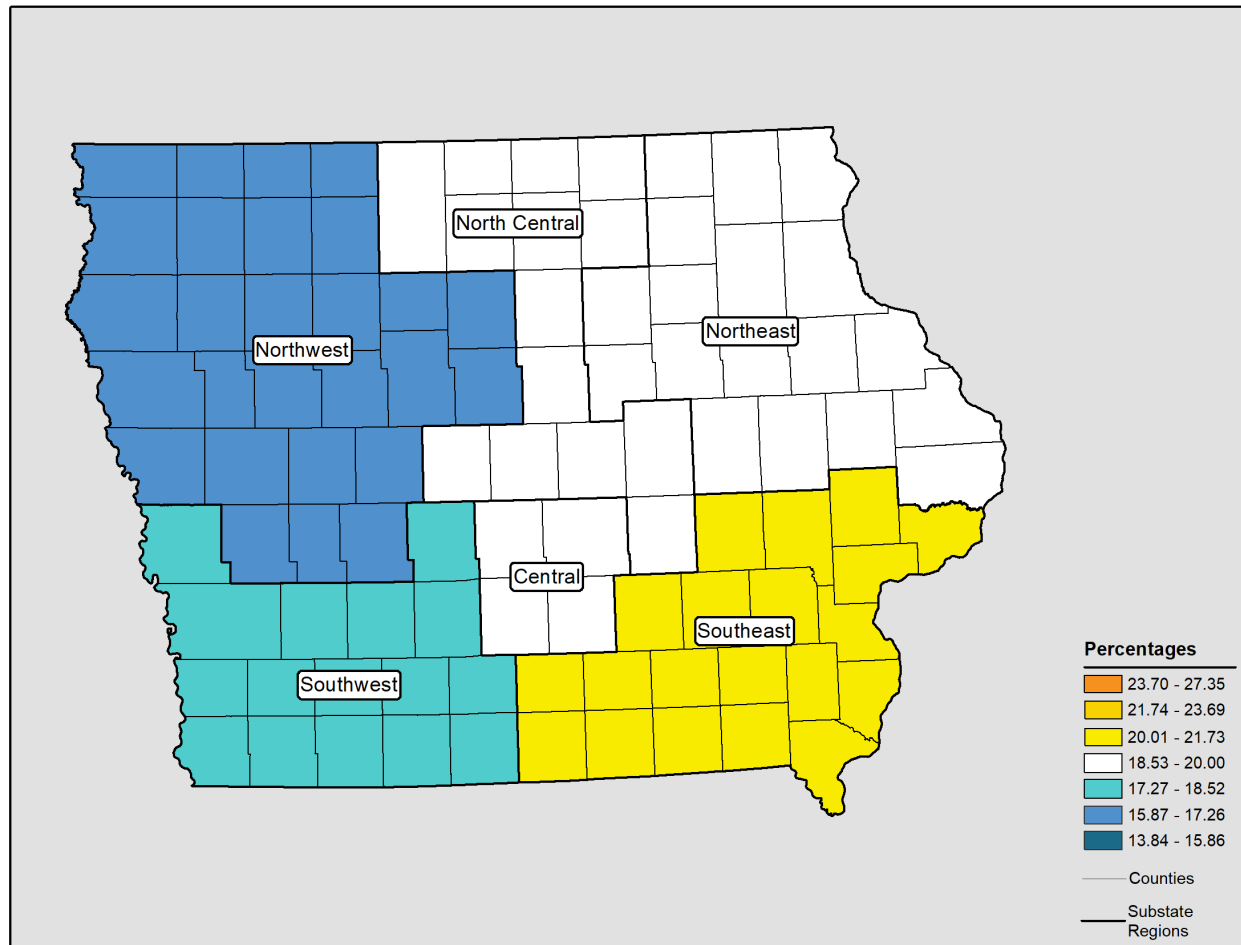
**Figure 16.25 *Serious Mental Illness in the Past Year among Adults Aged 18 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs***



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

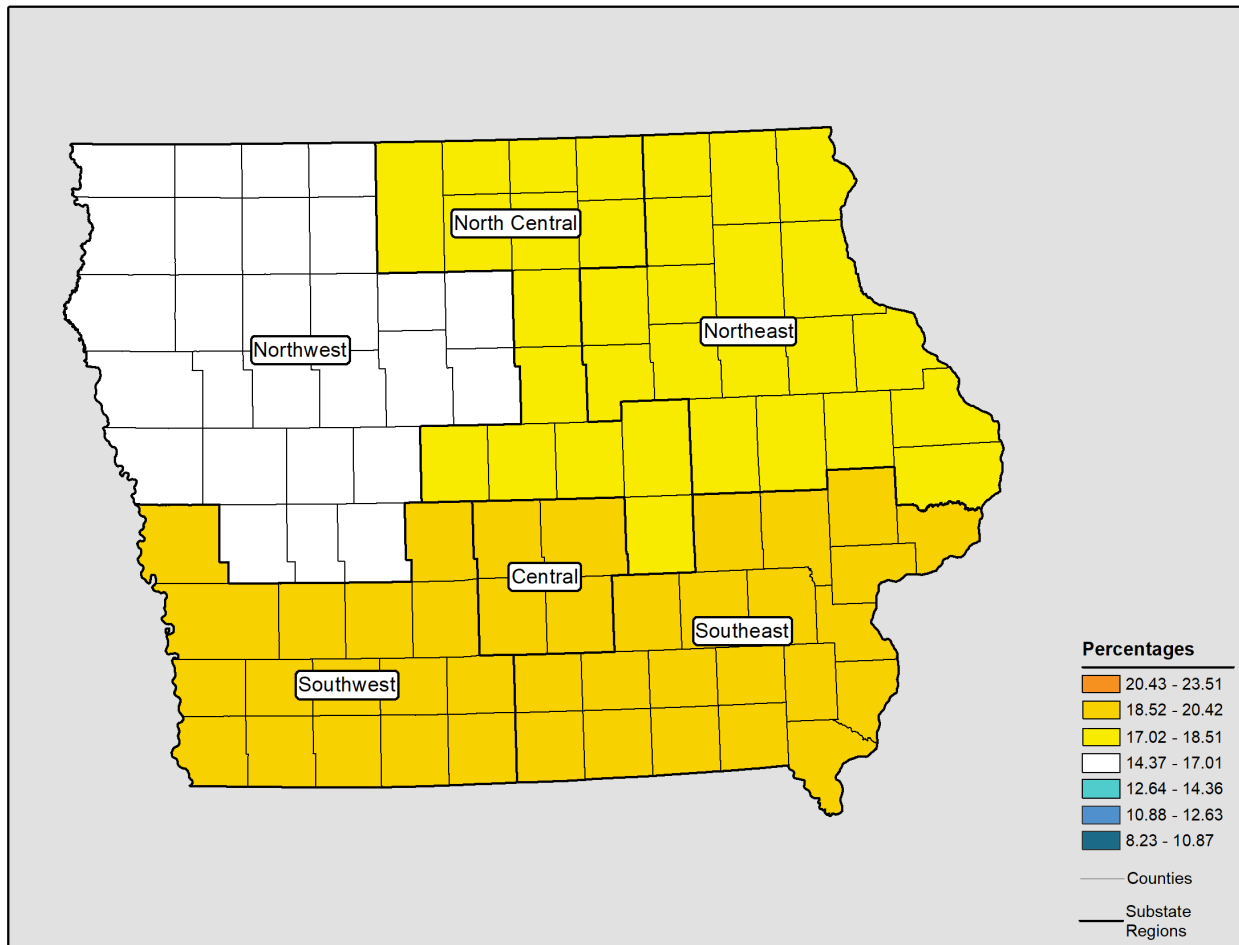
**Figure 16.26** *Any Mental Illness in the Past Year among Adults Aged 18 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs*



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

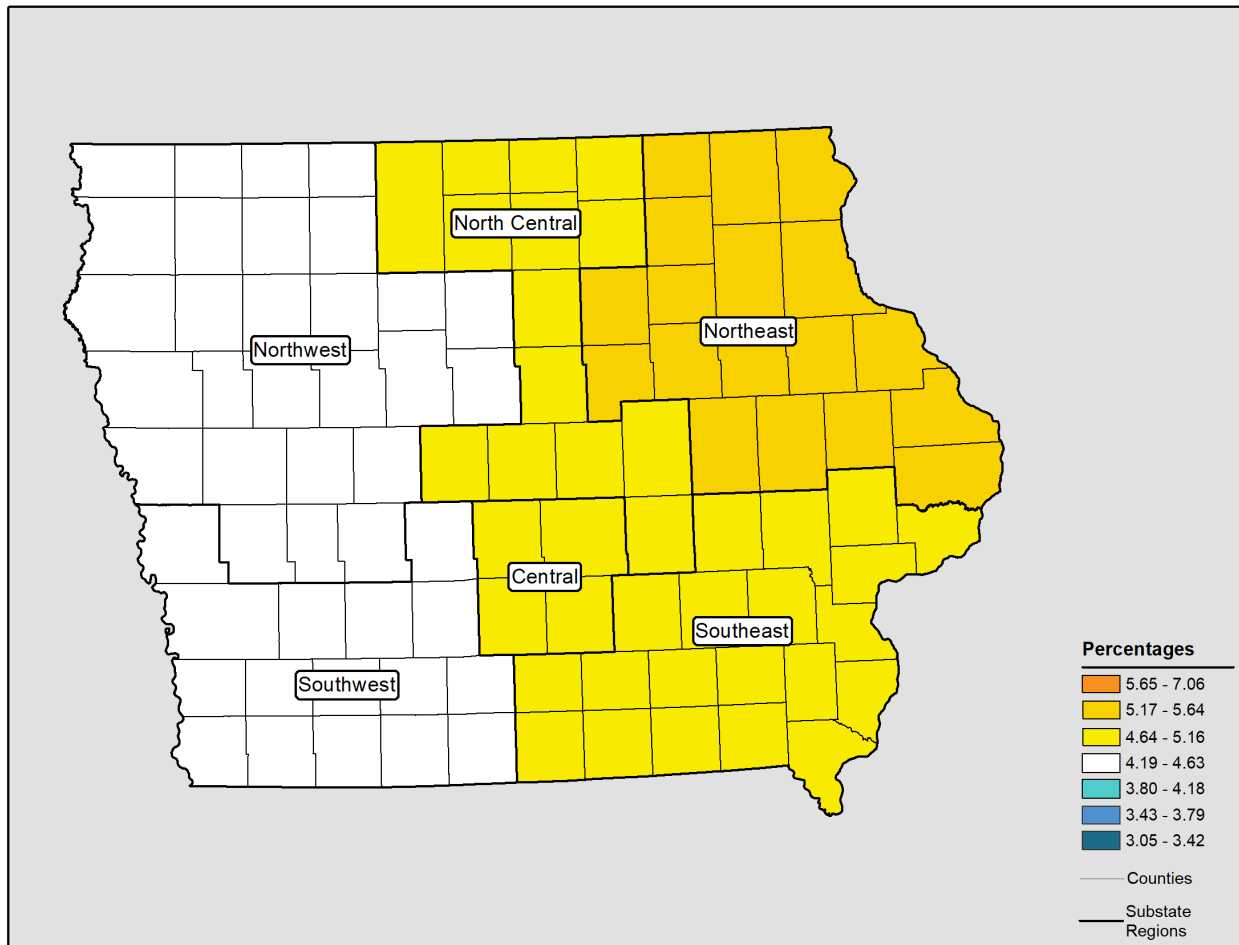
**Figure 16.27 *Received Mental Health Services in the Past Year among Adults Aged 18 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs***



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

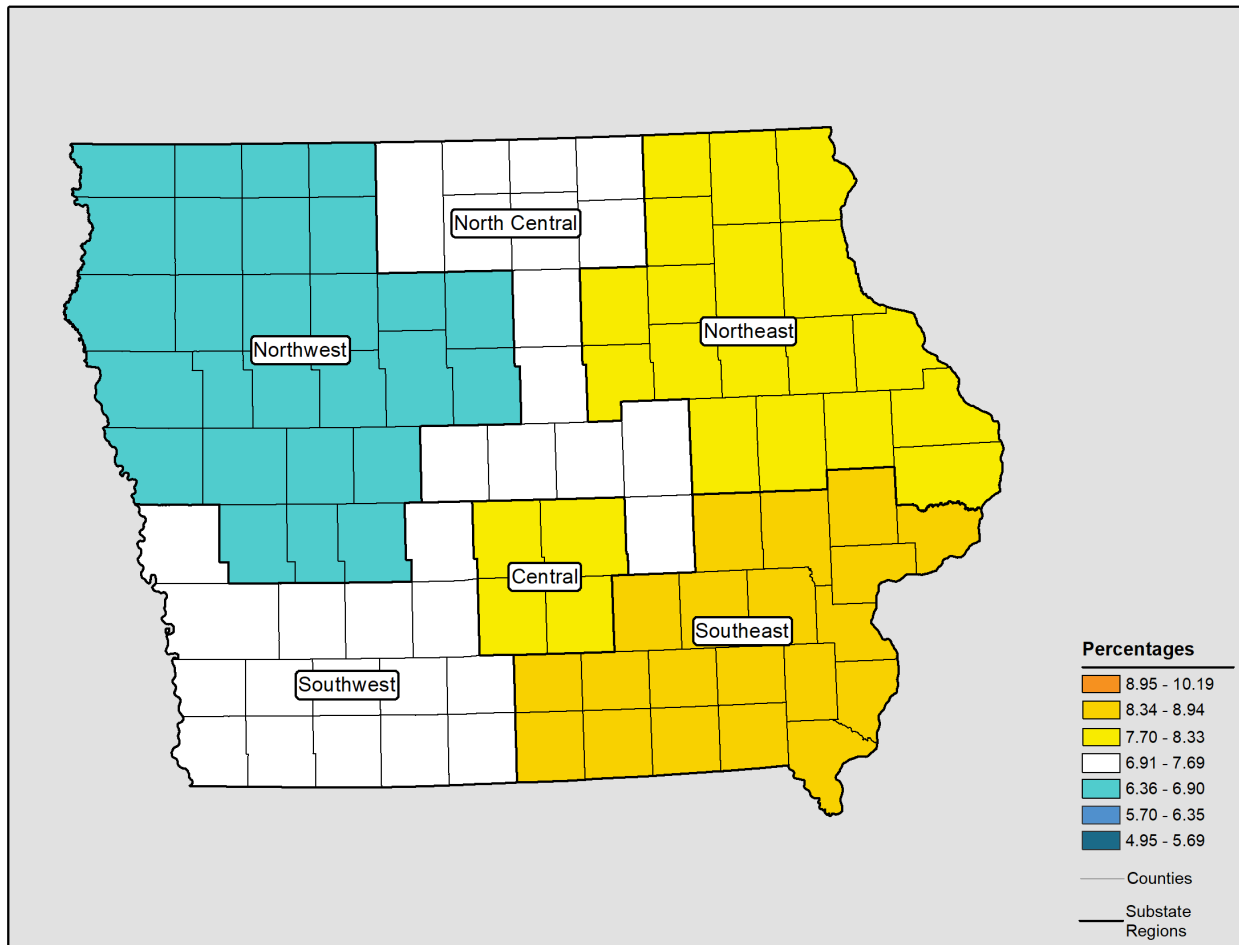
**Figure 16.28 *Had Serious Thoughts of Suicide in the Past Year* among Adults Aged 18 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.

**Figure 16.29 Major Depressive Episode in the Past Year among Adults Aged 18 or Older in Iowa, by Substate Region: Percentages, Annual Averages Based on 2016, 2017, and 2018 NSDUHs**



NOTE: The legend's ranges were created by dividing 395 substate regions, nationally, into 7 groups based on the magnitude of their percentages. For substate region definitions, see the "2016-2018 National Survey on Drug Use and Health Substate Region Definitions" at <https://www.samhsa.gov/data/>.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016, 2017, and 2018.