

2019 National Survey on Drug Use and Health: African Americans

Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

September 2020



SAMHSA
Substance Abuse and Mental Health
Services Administration

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 is collected face-to-face by field interviewers who read less sensitive questions to respondents and transition respondents to audio computer assisted self-interviewing for sensitive items.
- NSDUH covers the civilian, noninstitutionalized population, aged 12 or older:
 - Includes: Households, college dorms, homeless in shelters, civilians on military bases
 - Excludes: Active military, long-term hospital residents, prison populations, homeless not in shelters
- Sample includes all 50 states and DC
- Approximately 67,500 persons are interviewed annually
- Data collected from January to December

How Do We Use NSDUH?

- Provides a window into the state of substance use and mental health issues in the United States
- Helps to guide policy directions in addressing:
 - problem substances
 - prevalence of mental illness
 - intersection of substance use and mental health issues
 - 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

Mental Illness and Substance Use Disorders in America among African American Adults (≥ 18 y.o.)

PAST YEAR, 2019 NSDUH, African American 18+

Among African Americans with a substance use disorder:

- 4 IN 9 (43.8% or 993K)** struggled with illicit drugs
- 2 IN 3 (67.4% or 1.5M)** struggled with alcohol use
- 1 IN 9 (11.1% or 252K)** struggled with illicit drugs and alcohol

Among African Americans with a mental illness:

- 2 IN 9 (23.0% or 1.2M)** had a serious mental illness

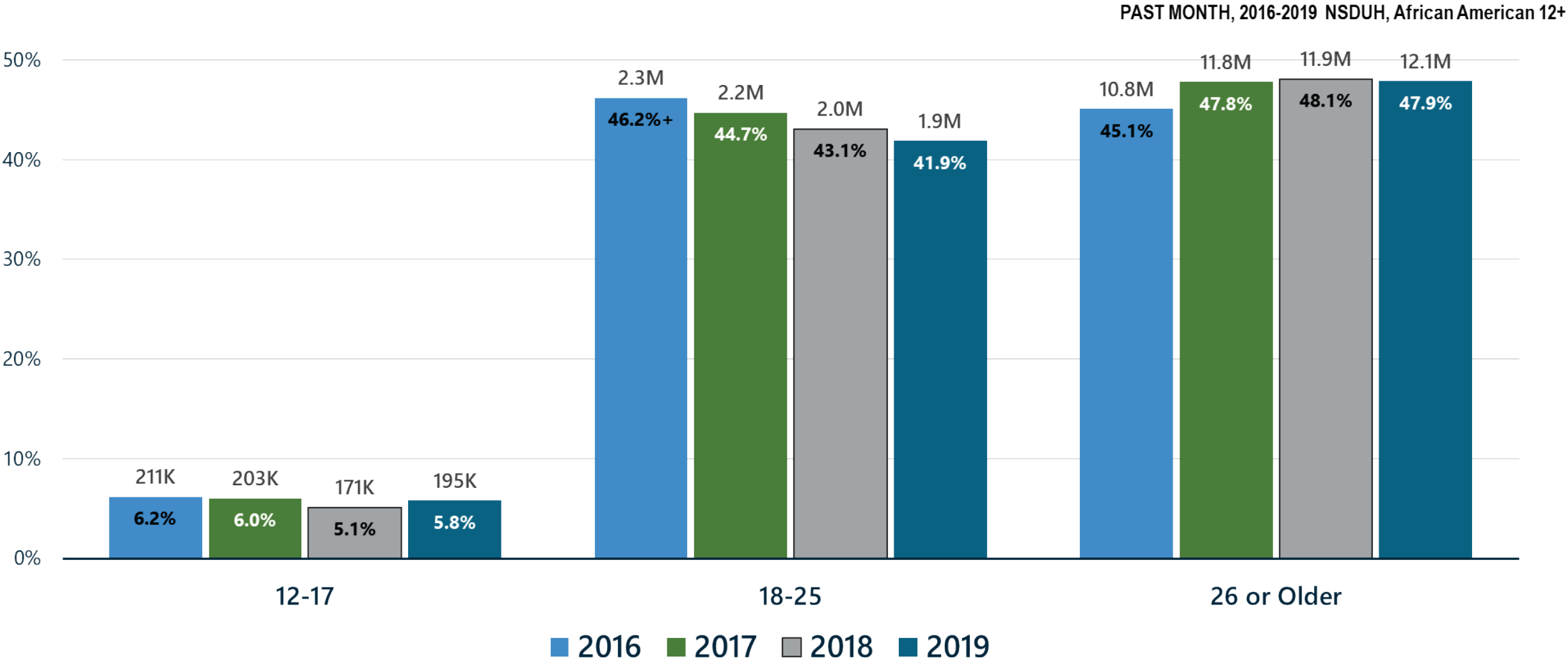
7.6%
(2.3 MILLION)
People aged 18
or older had a
substance use
disorder (SUD)

3.2%
(947,000)
People 18 or older
had BOTH an SUD
and a mental
illness

17.3%
(5.2 MILLION)
People aged 18
or older had a
mental illness

In 2019, **6.5M** African Americans had a mental illness and/or substance use disorder—an increase of 10.1% over 2018 composed of increases in both SUD and mental illness.

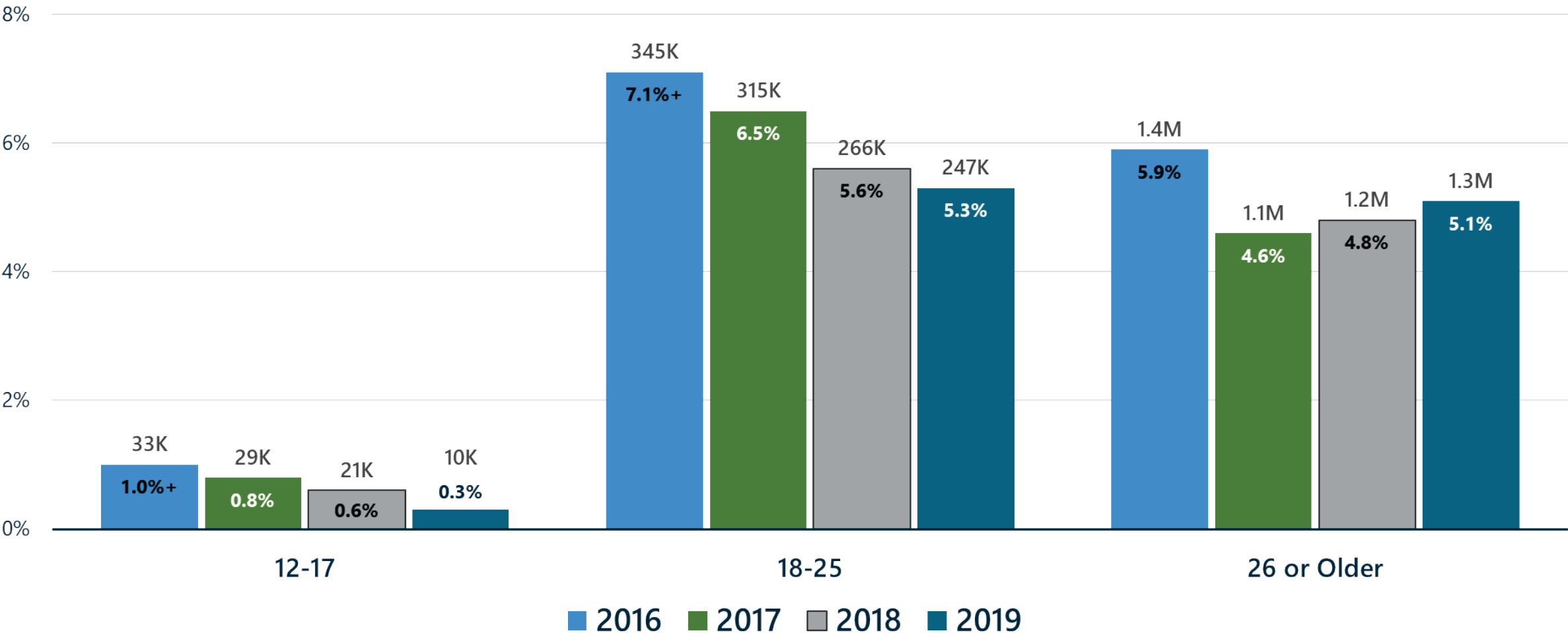
Alcohol Use among African Americans



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Alcohol Use Disorder among African Americans

PAST YEAR, 2016-2019 NSDUH, African American 12+



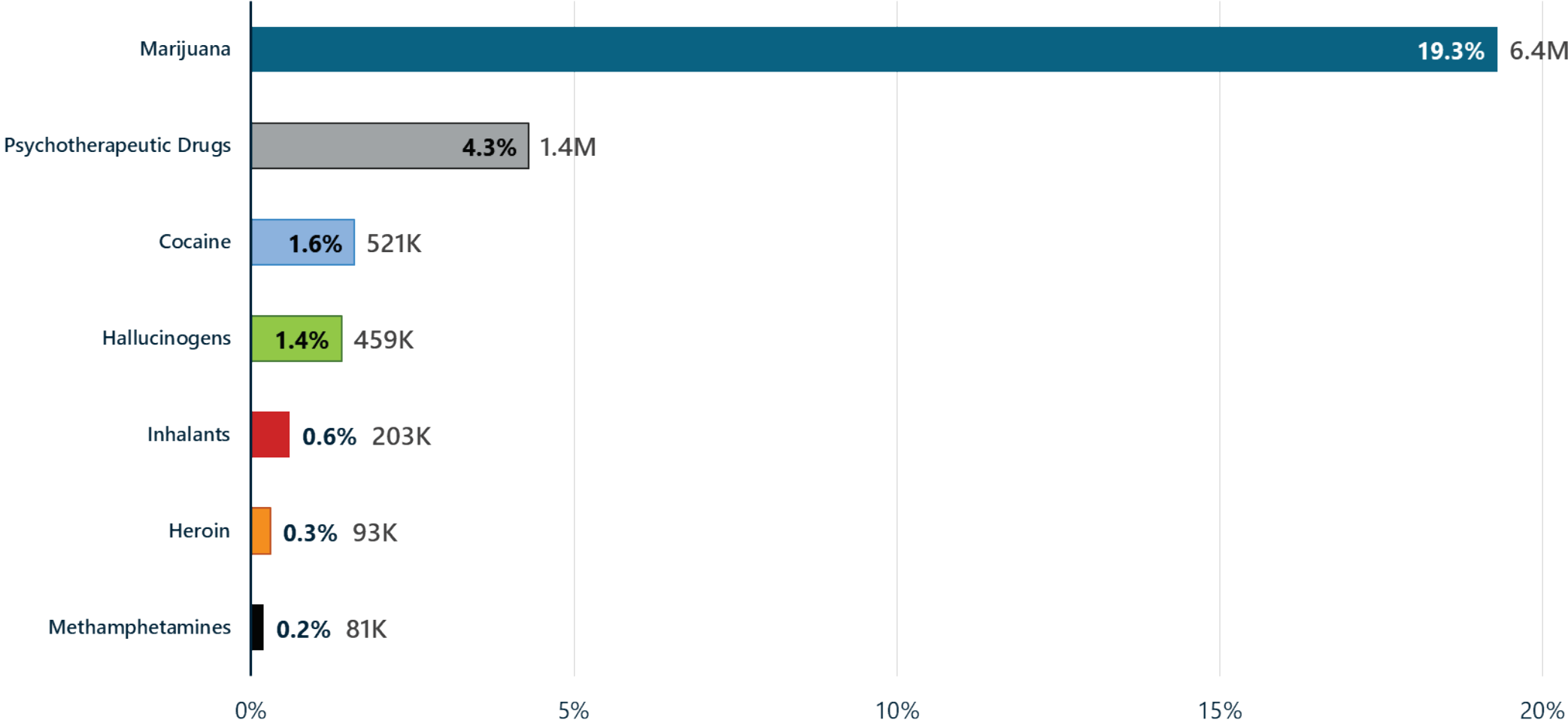
+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Summary: Alcohol Use in 2019

- Past month alcohol use remained stable in all age groups of the African American population during 2018-2019. There was a significant decrease in past month alcohol use from 2016 among African Americans ages 18-25.
- There have been significant decreases in alcohol use disorder among African Americans ages 12-17 and ages 18-25 since 2016.
- SAMHSA will continue its prevention programs:
 - SAMHSA Prevention Technology Transfer Centers produce resources and materials related to alcohol misuse prevention
 - CSAP 'Talk They Hear You' focuses on underage drinking
 - CSAP requires Partnerships for Success grantees to emphasize underage drinking prevention
 - CSAT has promoted SBIRT for alcohol use in all programs including CJ, PPW, adolescent treatment, HIV and homeless programs
 - CSAT has funded SBIRT training in medical residencies and other healthcare practitioner programs which screen for hazardous alcohol use and use disorders

Illicit Drug Use among African Americans: Major Concerns: Opioids, Marijuana, Methamphetamines

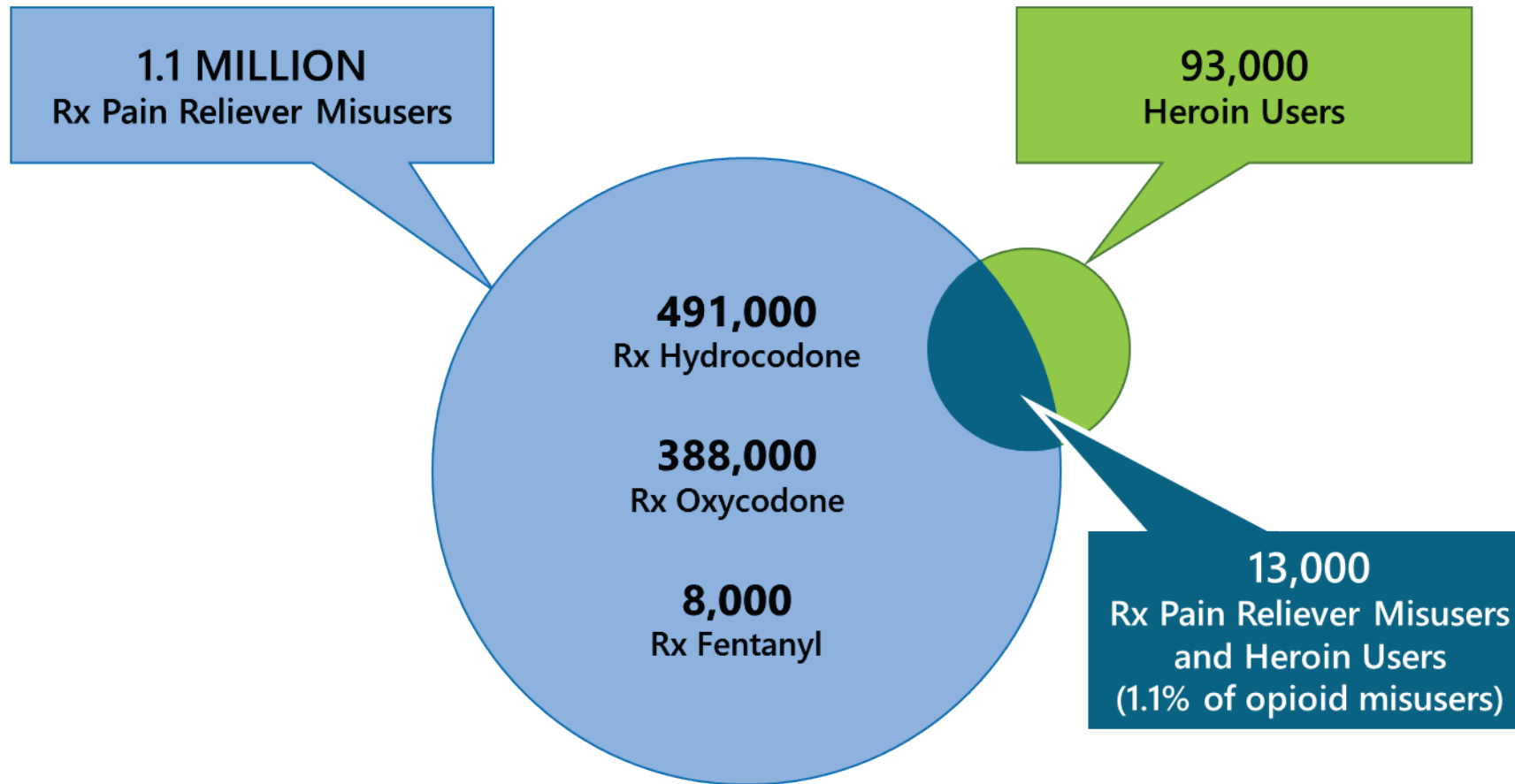
PAST YEAR, 2019 NSDUH, African American 12+



Progress on the Opioid Epidemic: Prescription Pain Reliever Misuse among African Americans

PAST YEAR, 2019 NSDUH, African American 12+

1.1 MILLION AFRICAN AMERICANS WITH OPIOID MISUSE (3.4% OF TOTAL POPULATION)

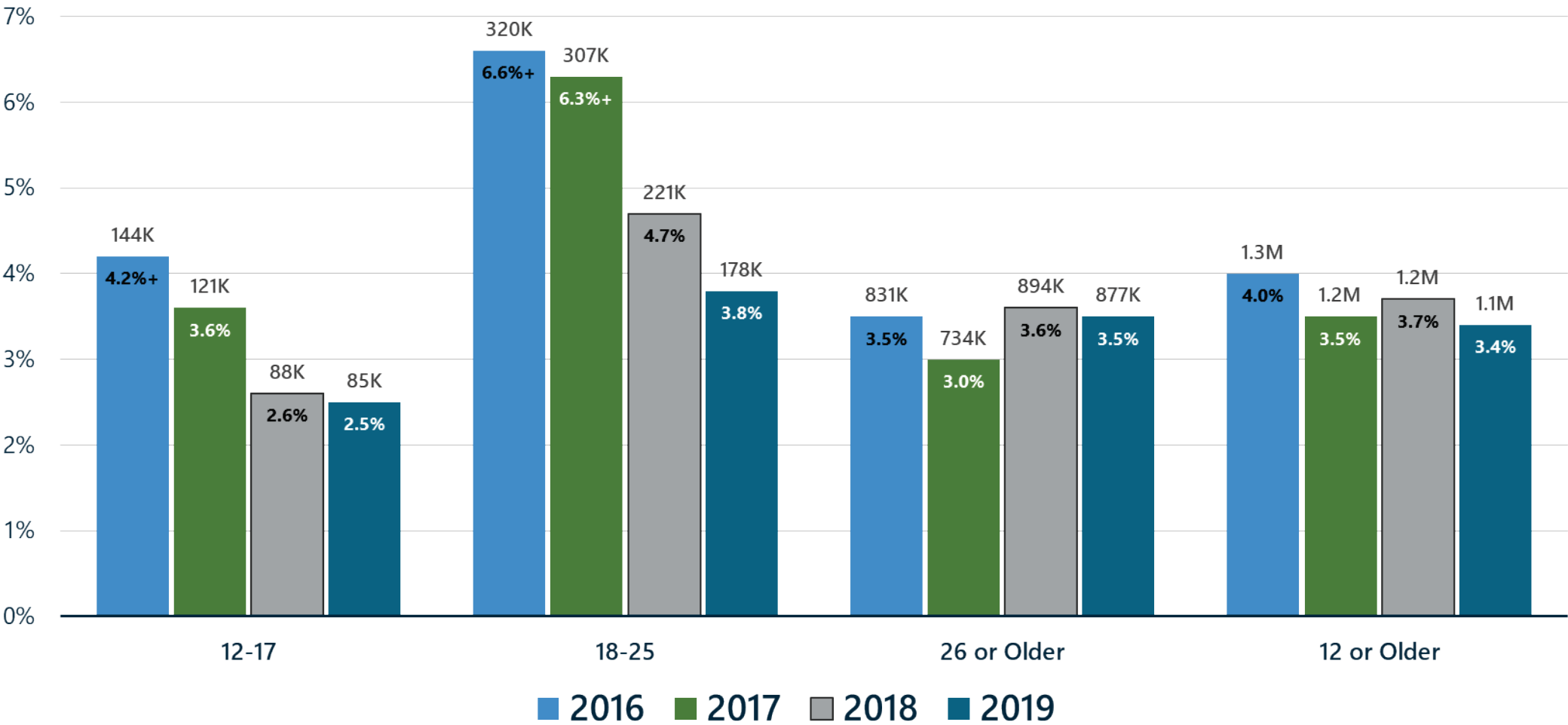


Rx = prescription.

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

Opioid Misuse among African Americans

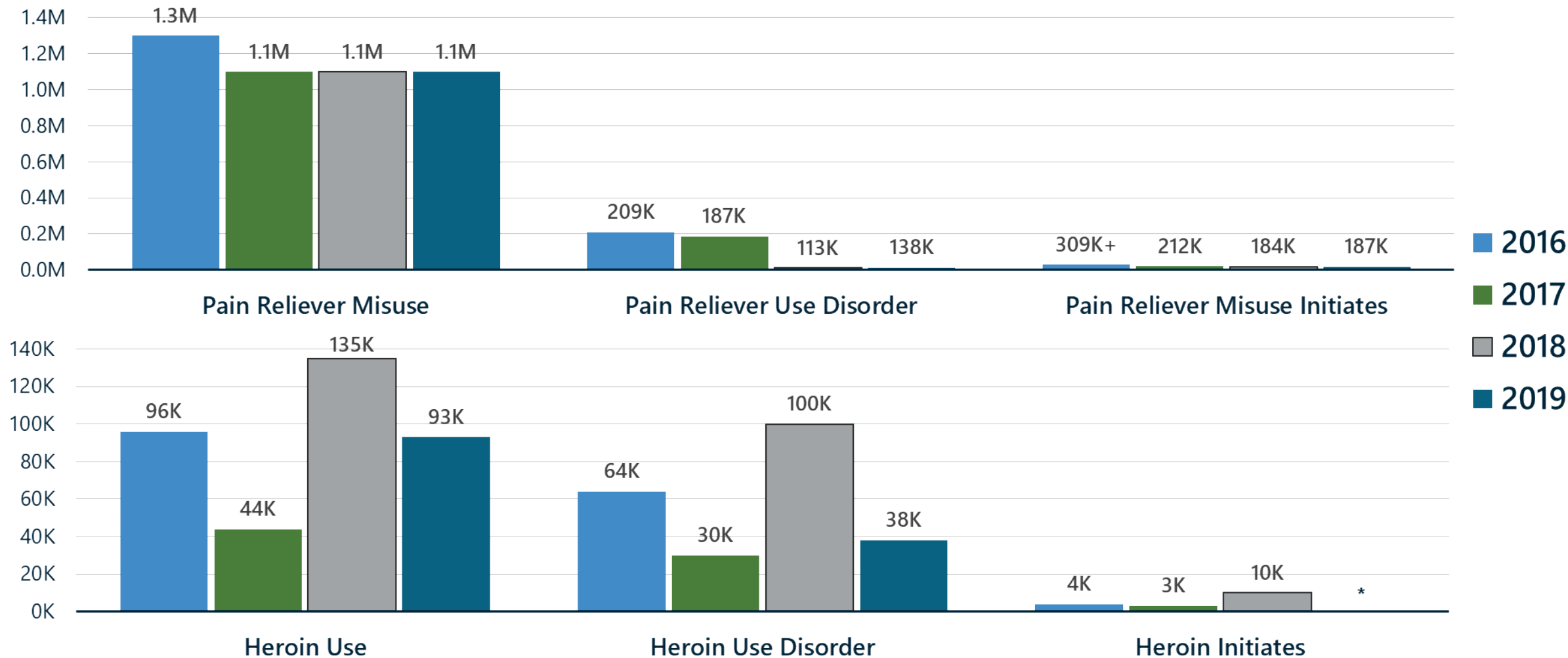
PAST YEAR, 2016-2019 NSDUH, African American 12+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Prescription Pain Reliever Misuse and Heroin Use among African Americans

PAST YEAR, 2016-2019 NSDUH, African American 12+

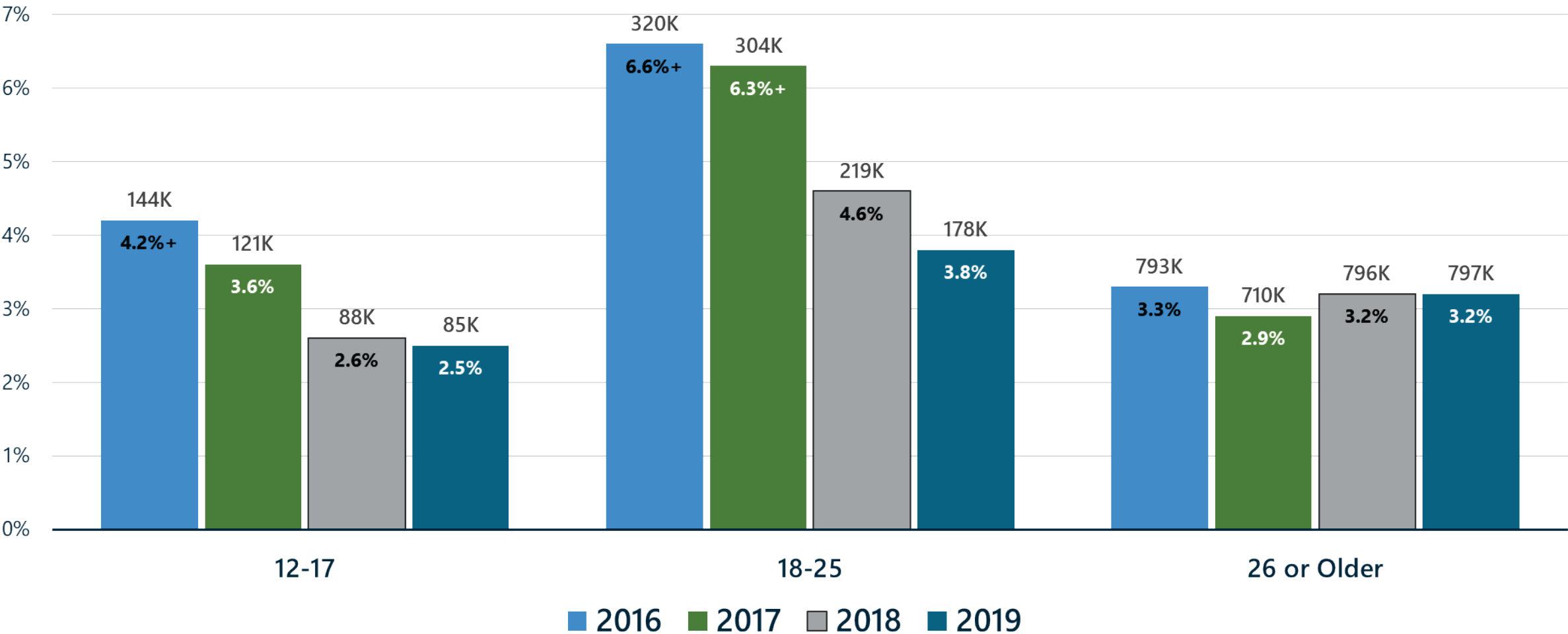


* Estimate not shown due to low precision.

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Prescription Pain Reliever Misuse among African Americans

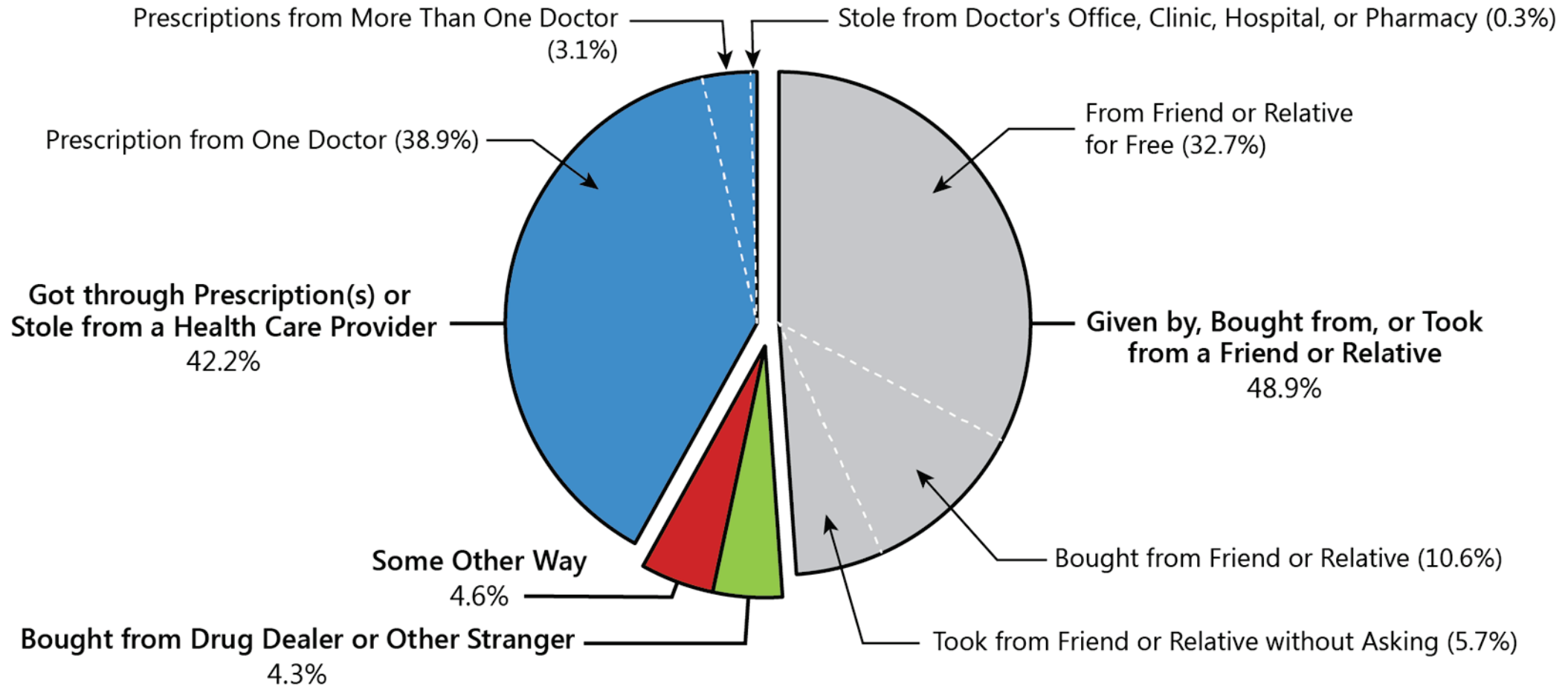
PAST YEAR, 2016-2019 NSDUH, African American 12+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Sources Where Pain Relievers Were Obtained for Most Recent Misuse among African Americans Who Misused Prescription Pain Relievers

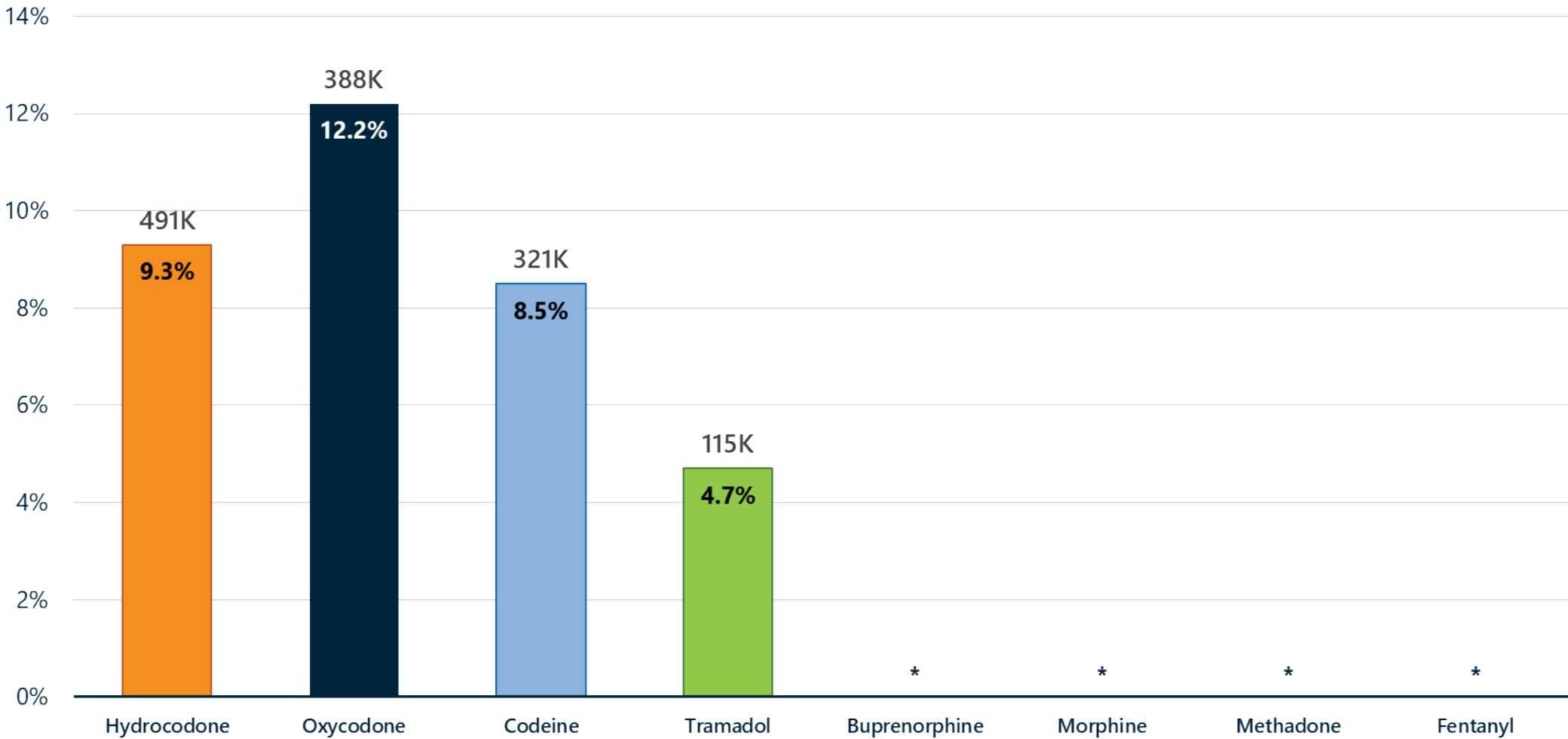
PAST YEAR, 2019 NSDUH, African American 12+



1.1 Million African Americans Aged 12 or Older Who Misused Prescription Pain Relievers in the Past Year

Misuse of Prescription Opioid Subtypes among African Americans

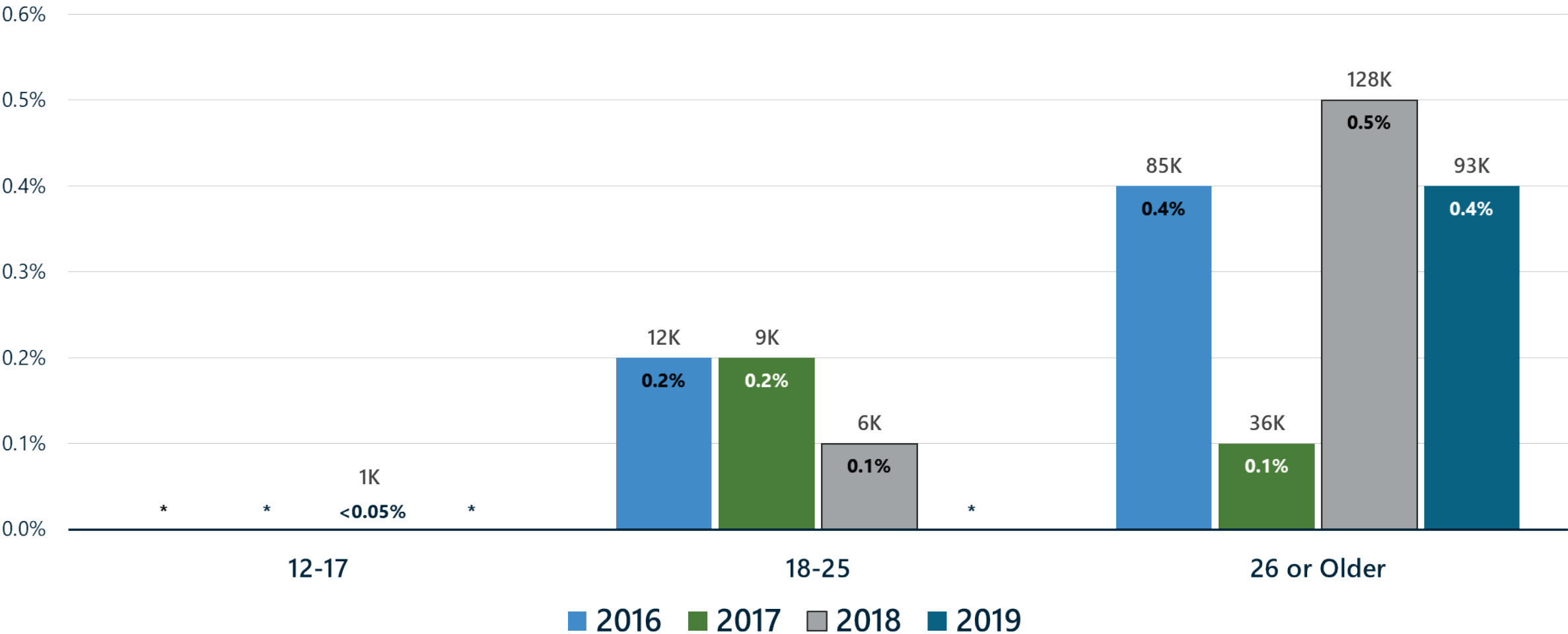
PAST YEAR, 2019 NSDUH, African American 12+ SUBTYPE USERS



* Estimate not shown due to low precision.

Heroin Use among African Americans

PAST YEAR, 2016-2019 NSDUH, African American 12+

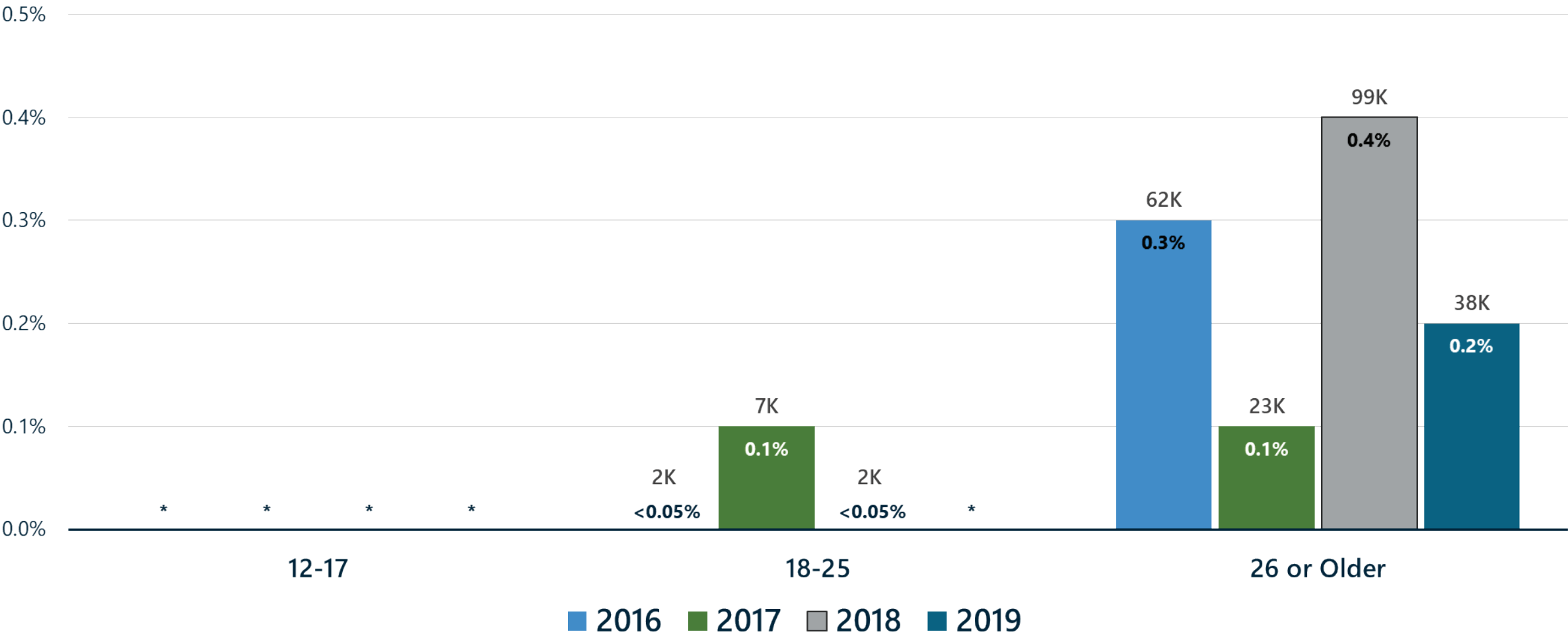


* Estimate not shown due to low precision.

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

Heroin-Related Opioid Use Disorder among African Americans

PAST YEAR, 2016-2019 NSDUH, African American 12+

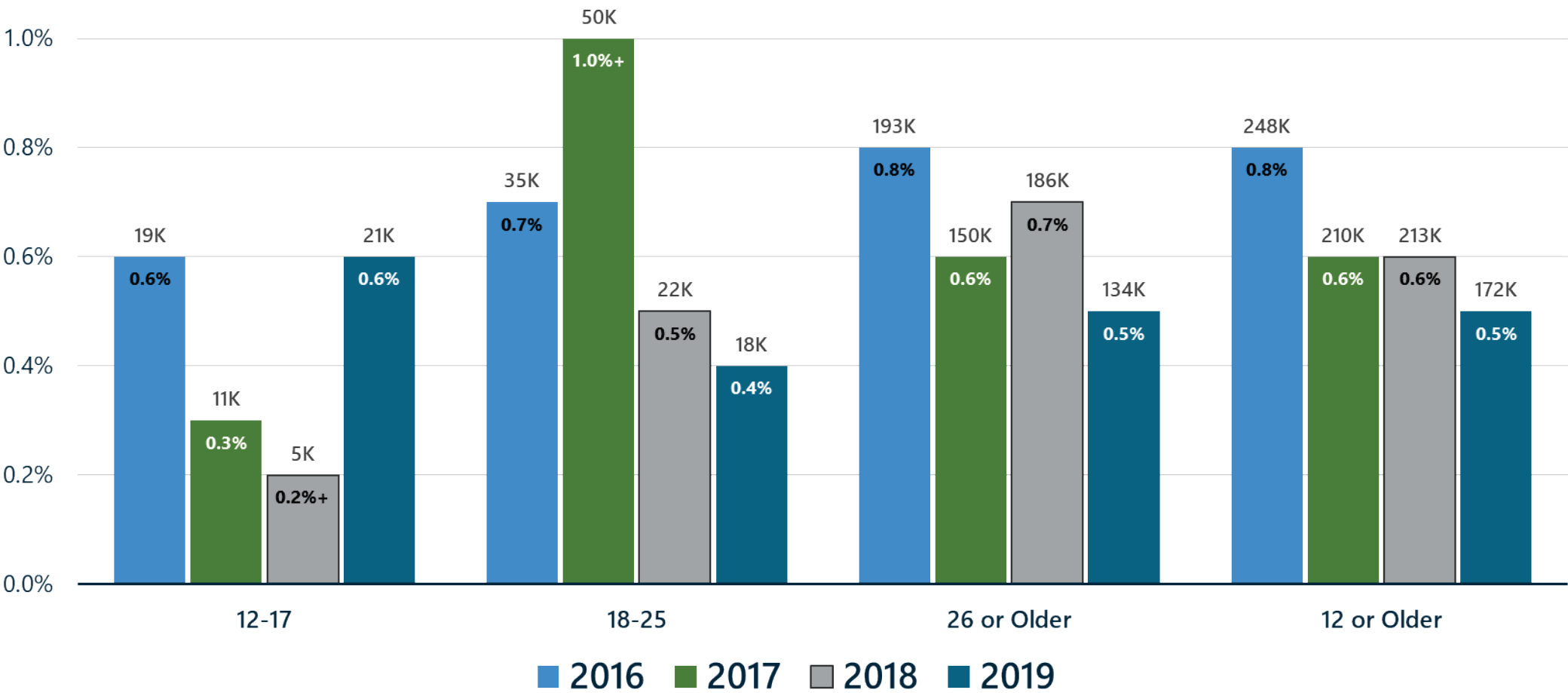


* Estimate not shown due to low precision.

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

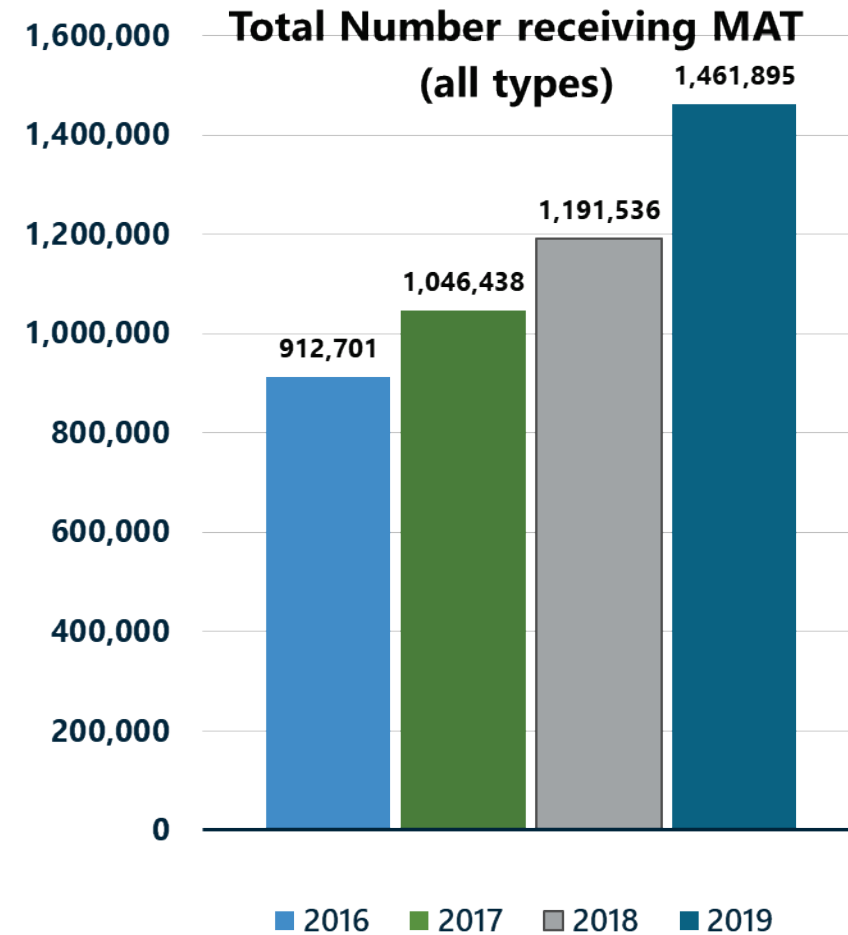
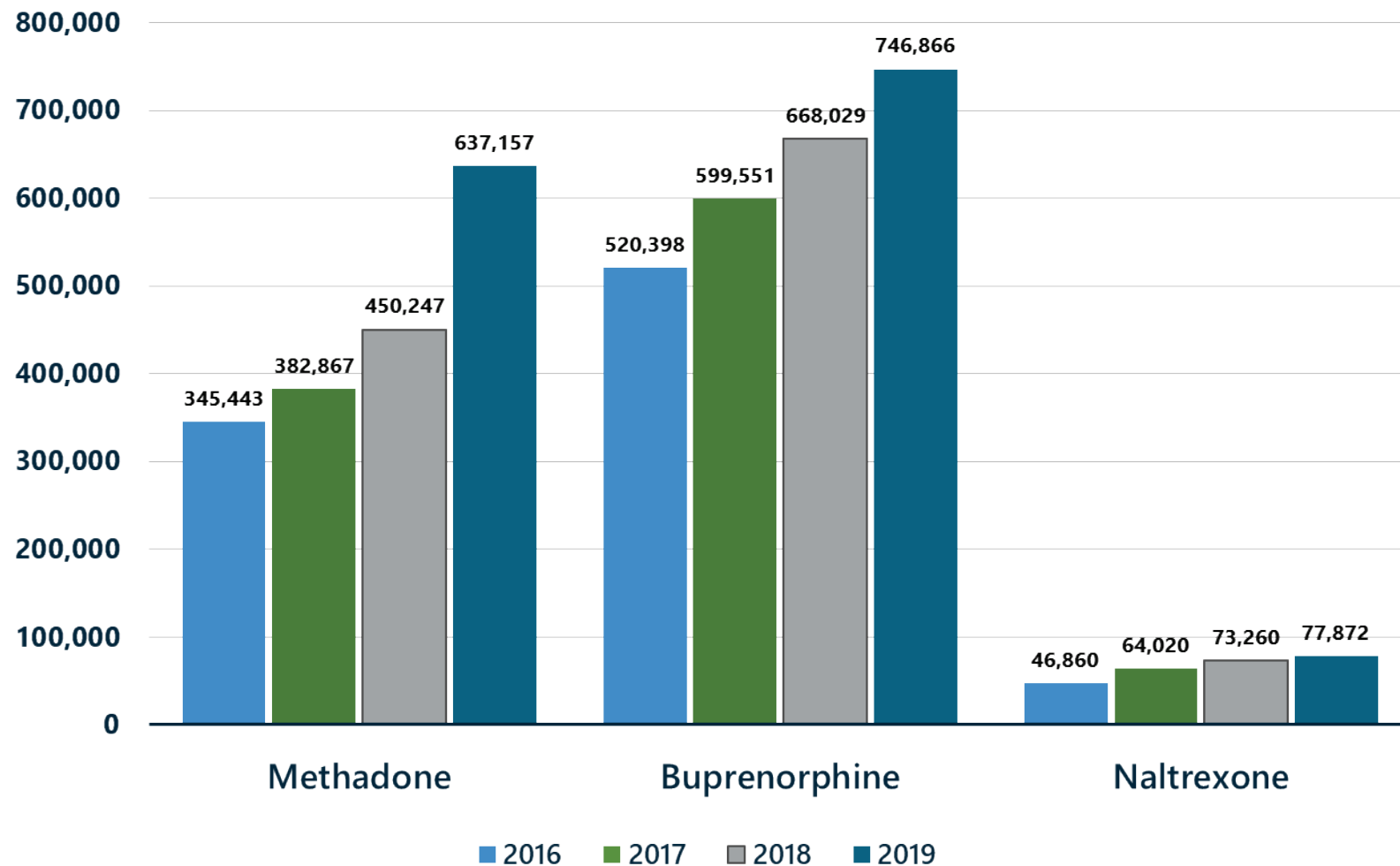
Opioid Use Disorder among African Americans

PAST YEAR, 2016-2019 NSDUH, African American 12+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Treatment Gains: Number of Individuals Receiving Pharmacotherapy for Opioid Use Disorder (MAT)



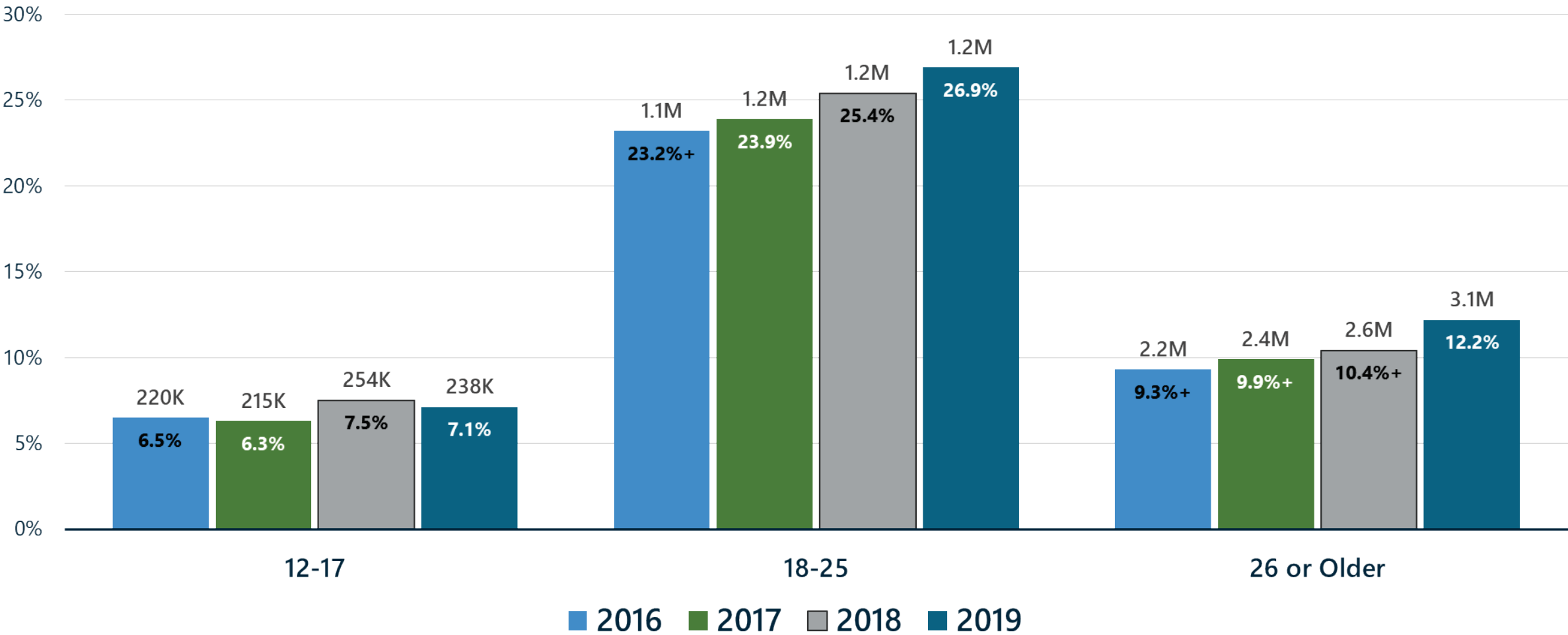
Summary: Opioid Misuse in the United States in 2019

- Opioid misuse continues to decrease in African Americans across all age groups. There are significant decreases for ages 12-17 and 18-25 since 2016.
- Prescription pain reliever misuse significantly decreased in African Americans ages 12-25 since 2017 and remains stable in ages 26 and older.
- Heroin-related opioid use disorder slightly decreased for African Americans ages 26 and older.
- Despite much progress, opioid use disorder significantly increased in African Americans ages 12-17.

Other Illicit Substances

Past Month Marijuana Use for All Age Groups among African Americans

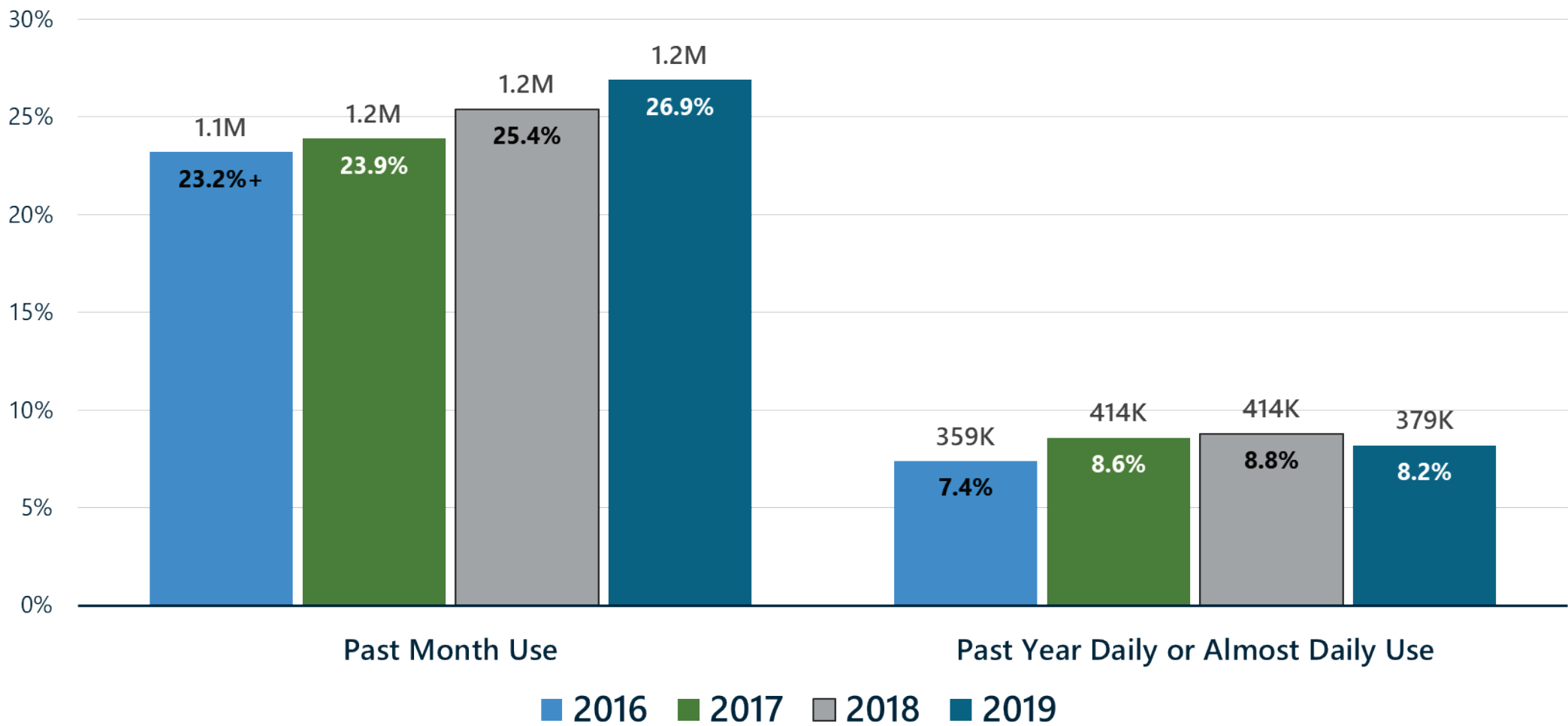
PAST MONTH, 2016-2019 NSDUH, African American 12+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Marijuana Use among African American Young Adults (18-25 y.o.)

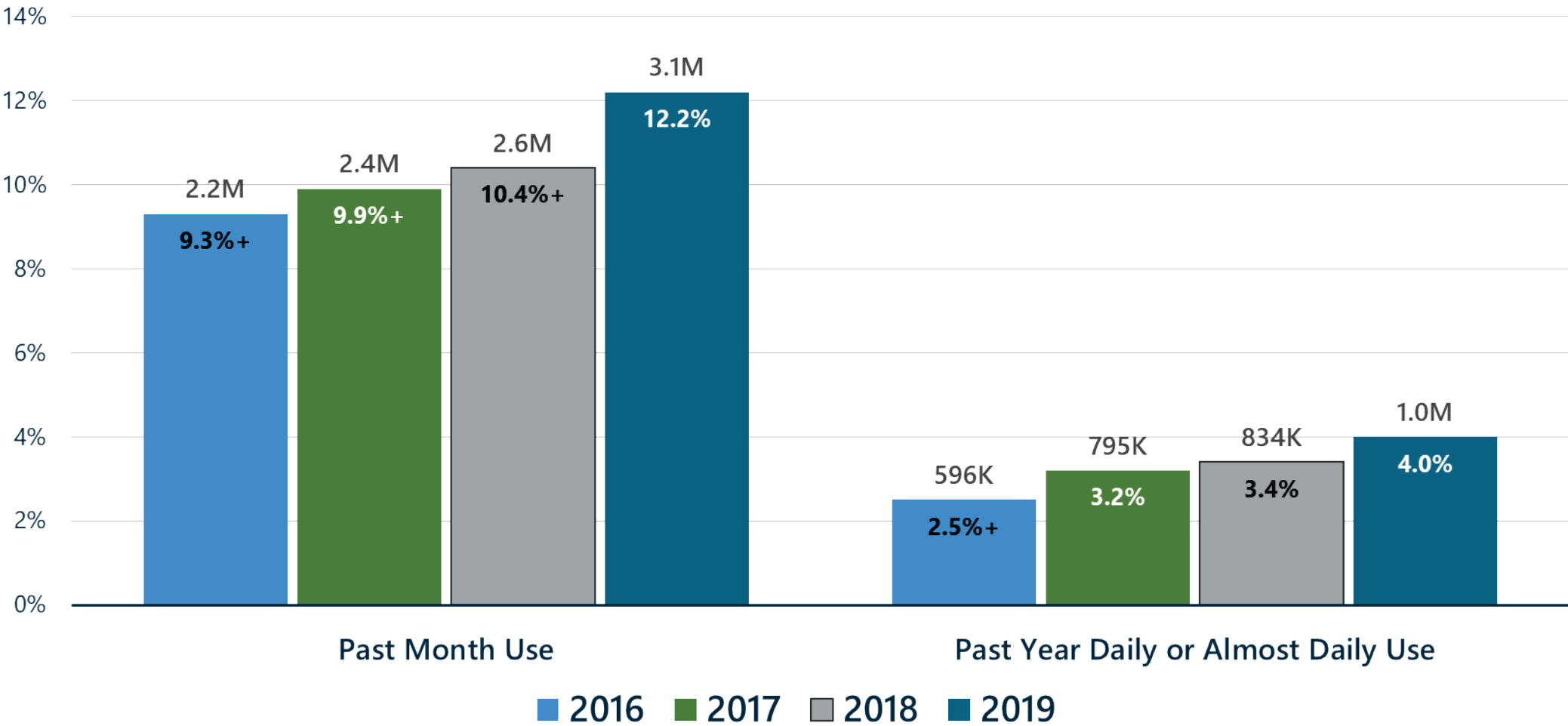
PAST MONTH/YEAR, 2016-2019 NSDUH, African American 18-25



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Significant Increase in Marijuana Use among African American Adults 26+

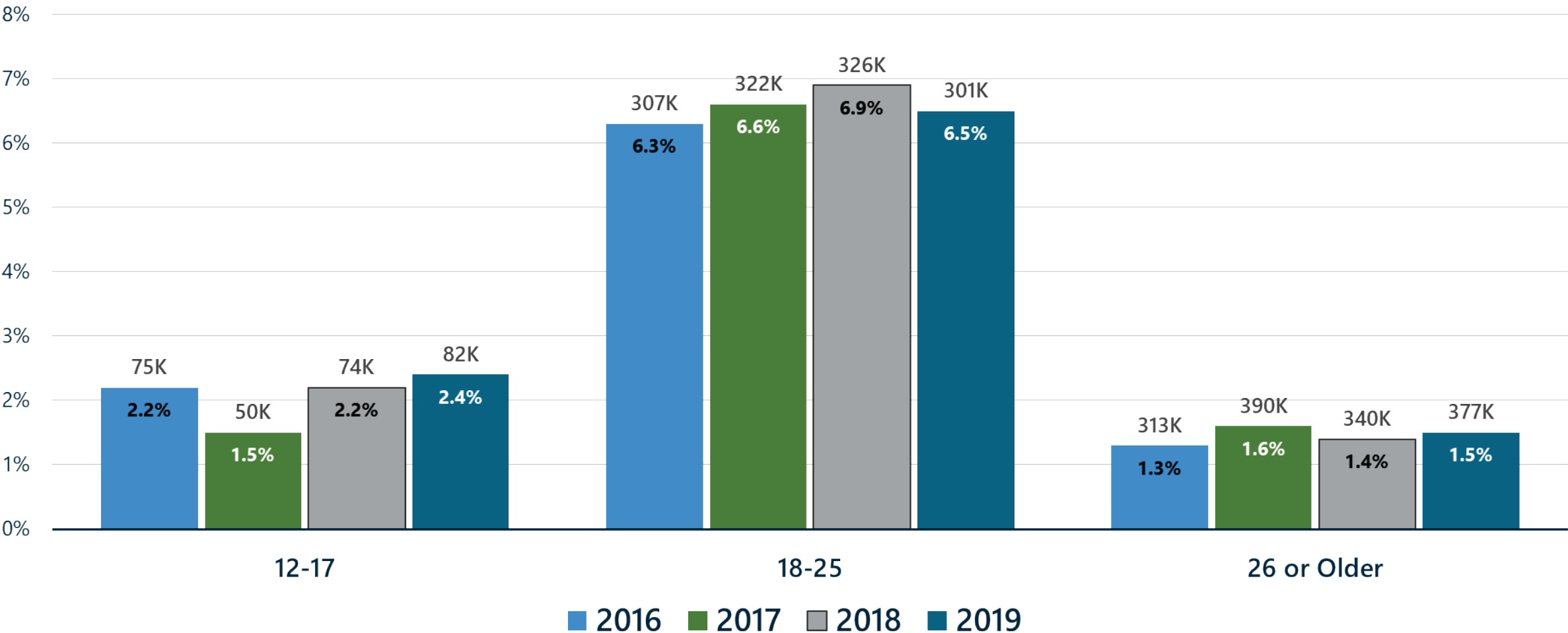
PAST MONTH/YEAR, 2016-2019 NSDUH, African American 26+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

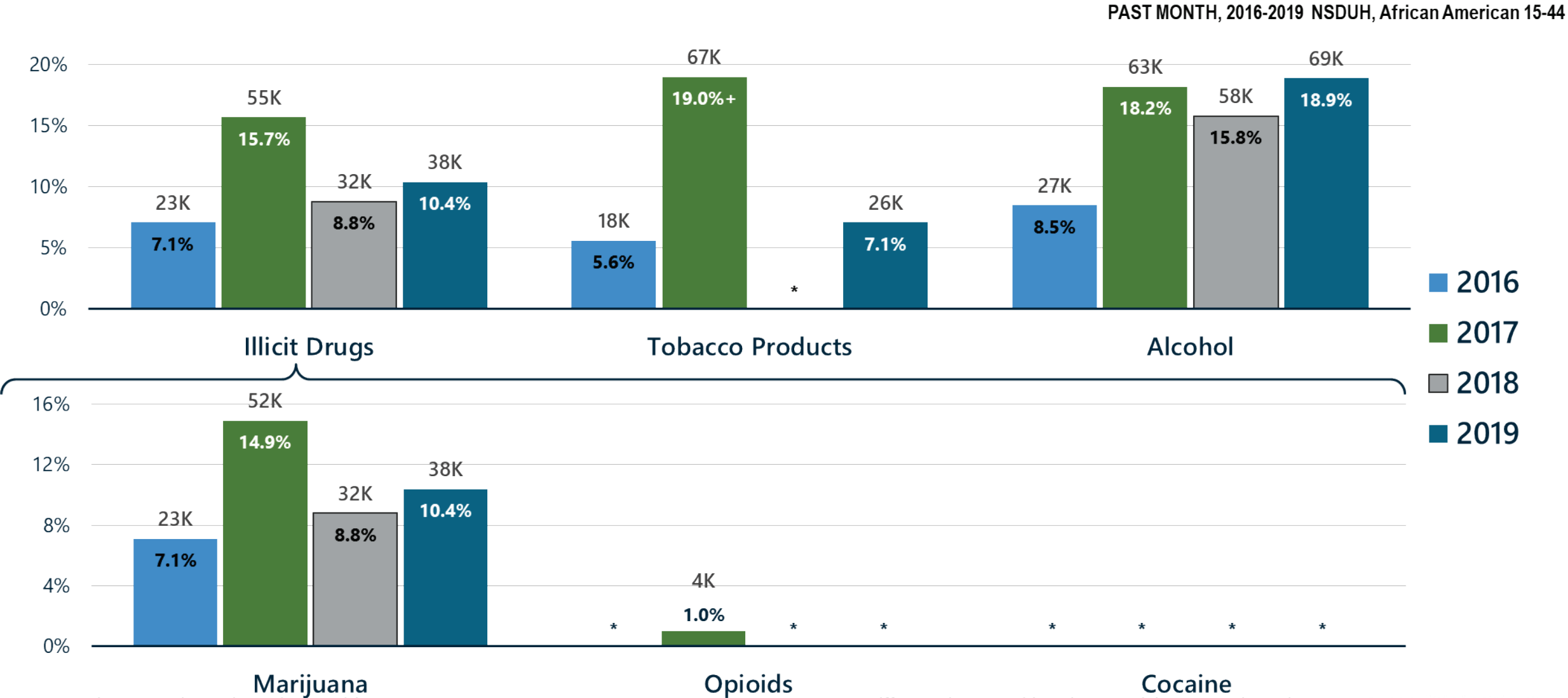
Marijuana Use Disorder among African Americans

PAST YEAR, 2016-2019 NSDUH, African American 12+



No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

Past Month Substance Use among African American Pregnant Women

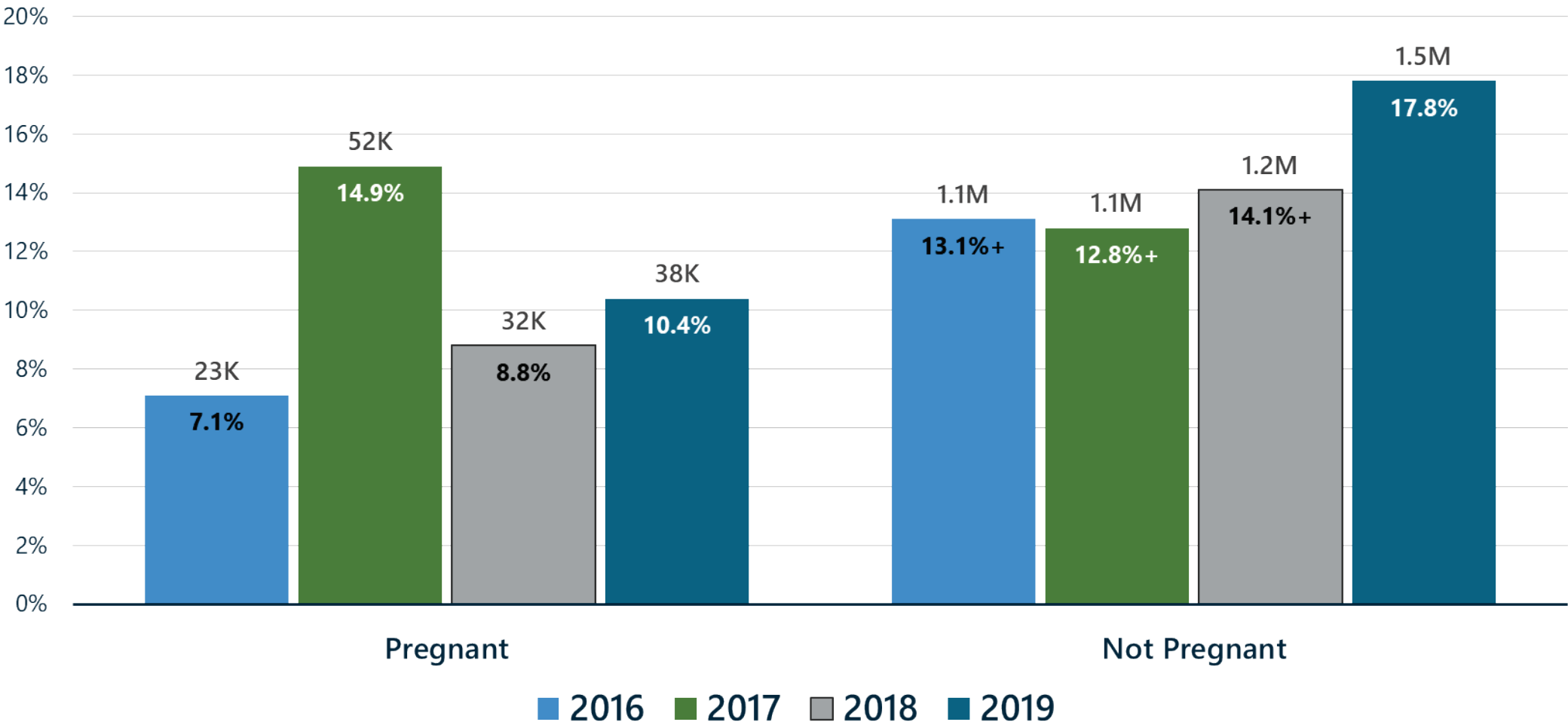


* Estimate not shown due to low precision.

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Marijuana Use among African American Women by Pregnancy Status

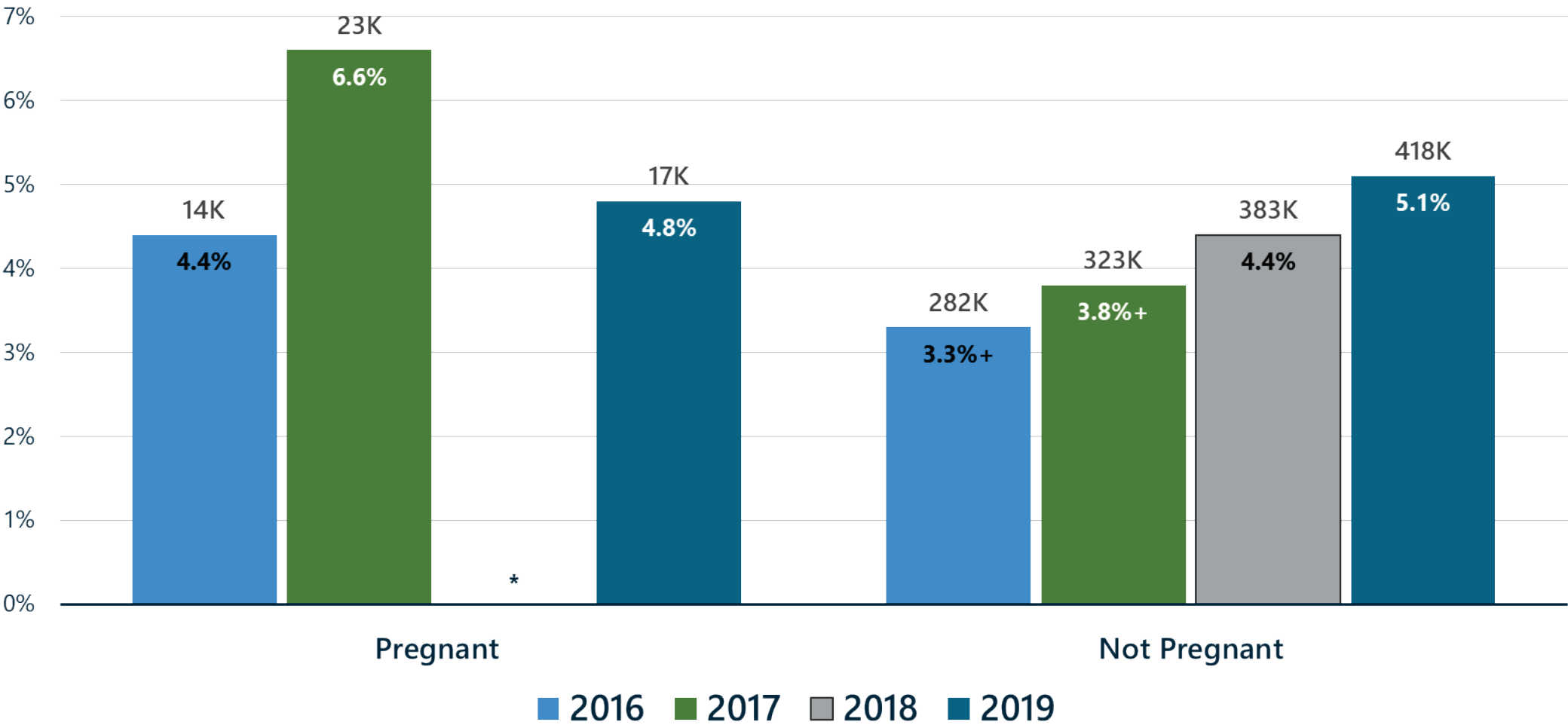
PAST MONTH, 2016-2019 NSDUH, African American 15-44



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Daily or Almost Daily Marijuana Use among African American Women by Pregnancy Status

PAST YEAR, 2016-2019 NSDUH, African American 15-44



* Estimate not shown due to low precision.

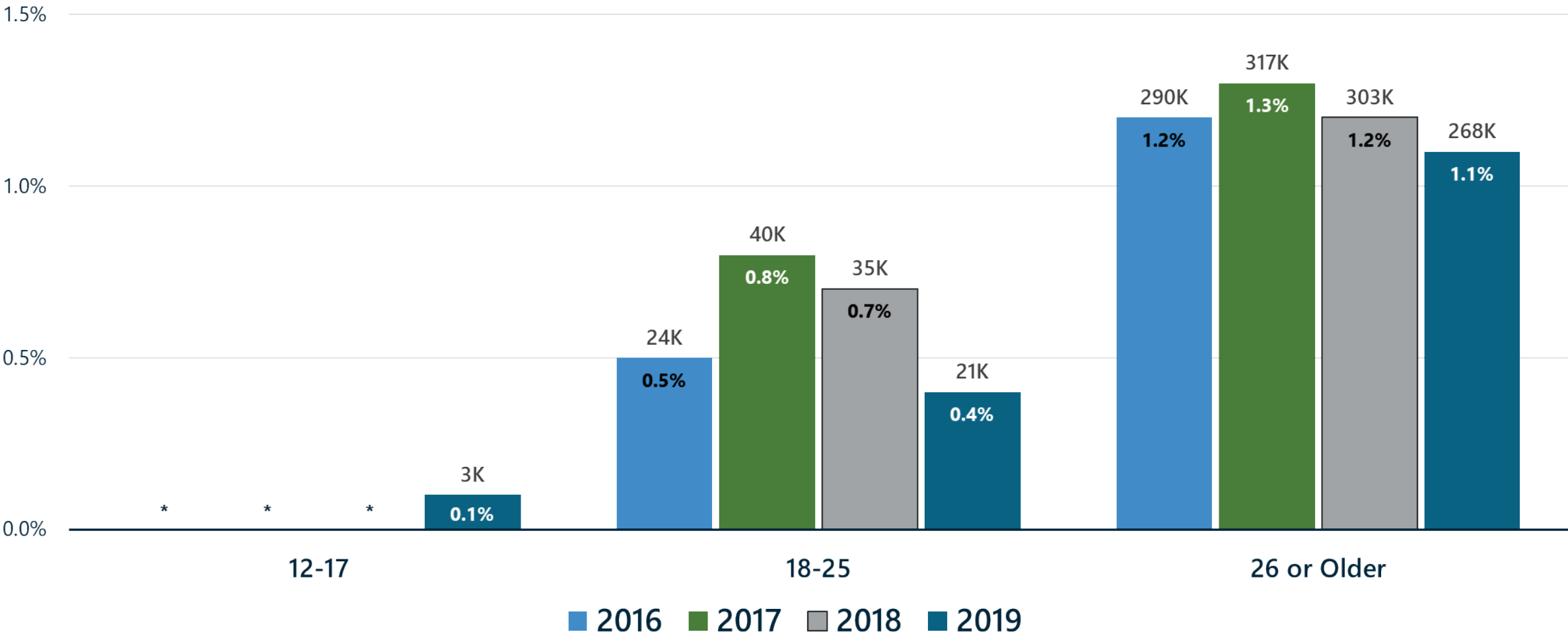
+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Marijuana Use: Health Concerns

- There were significant increases in past month marijuana use and daily/almost daily marijuana use for African Americans ages 26 and older compared to 2016.
- Past month substance use for illicit drugs, tobacco products, alcohol, and marijuana in pregnant women have all slightly increased since 2018.
- Daily or almost daily marijuana use among African American women has slightly increased in pregnant women, and significantly increased since 2017 in women aged 15-44 that are not pregnant.

Cocaine Use among African Americans

PAST MONTH, 2016-2019 NSDUH, African American 12+

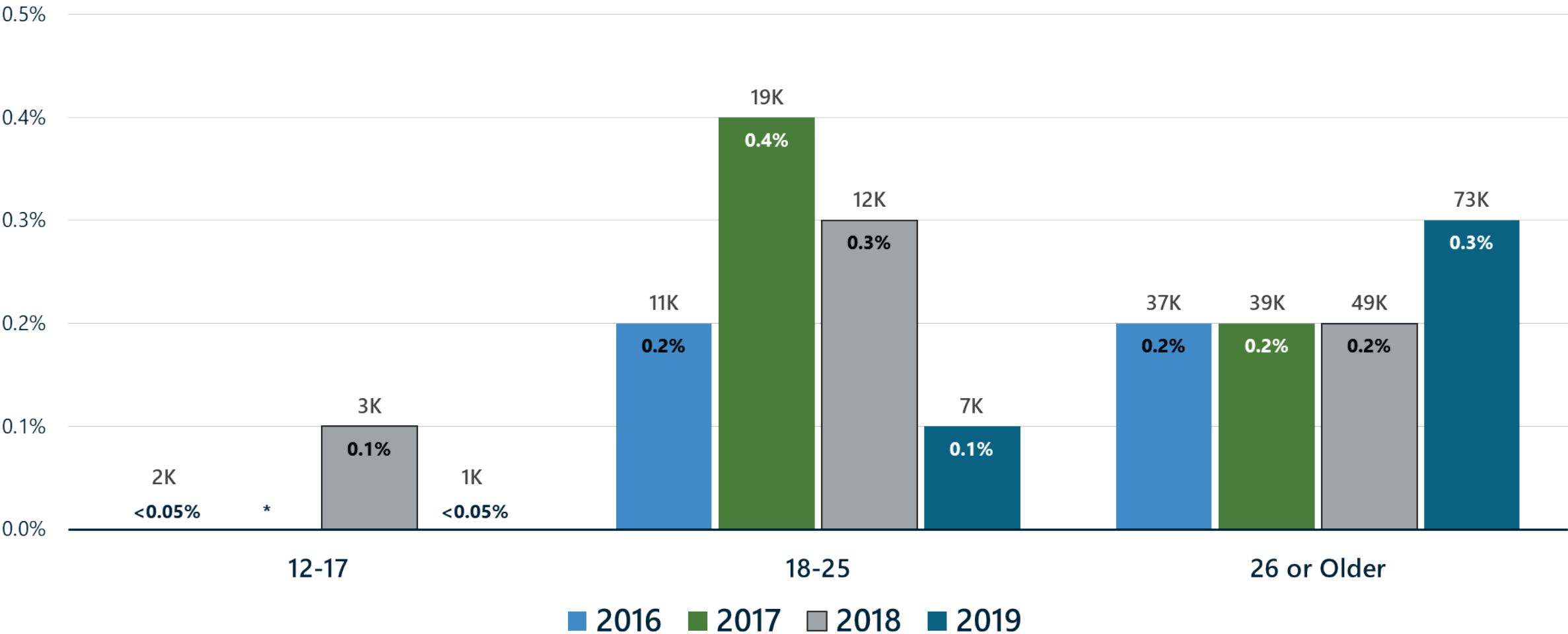


* Estimate not shown due to low precision.

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

Methamphetamine Use among African Americans

PAST YEAR, 2016-2019 NSDUH, African American 12+

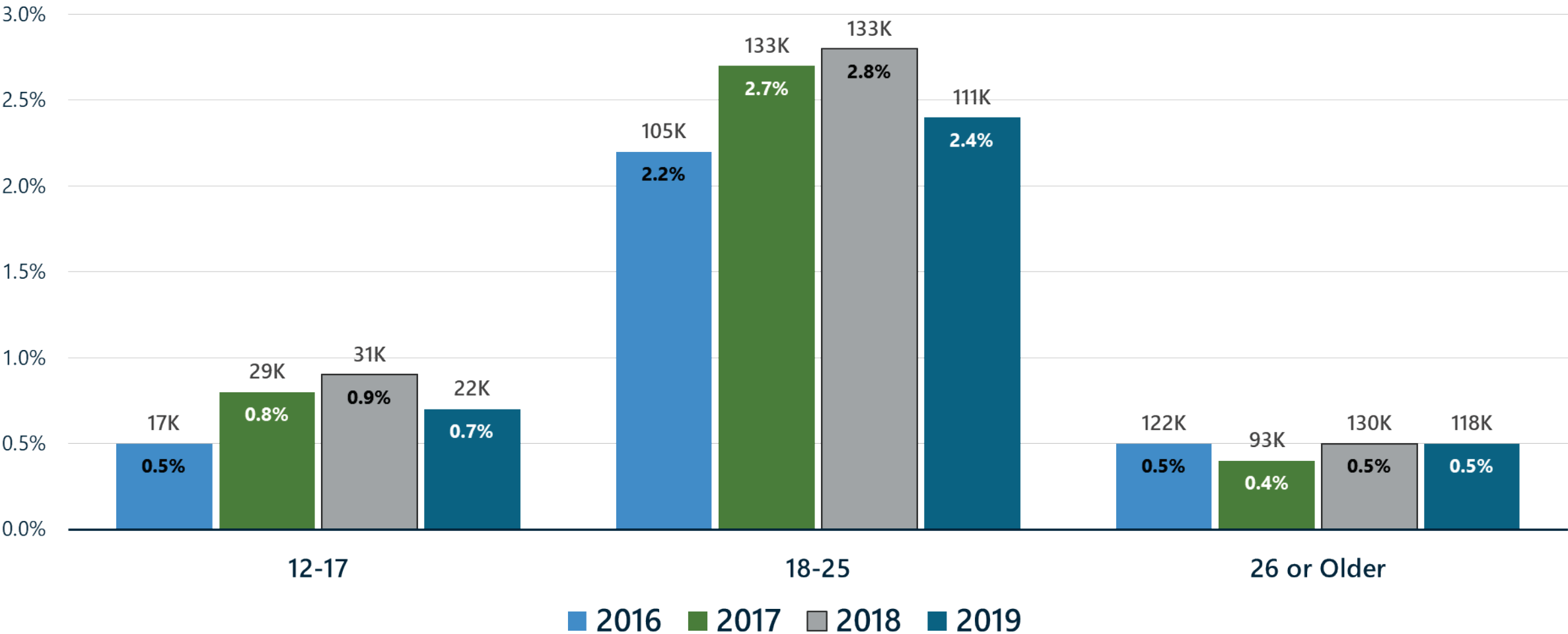


* Estimate not shown due to low precision.

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

Misuse of Prescription Stimulants among African Americans

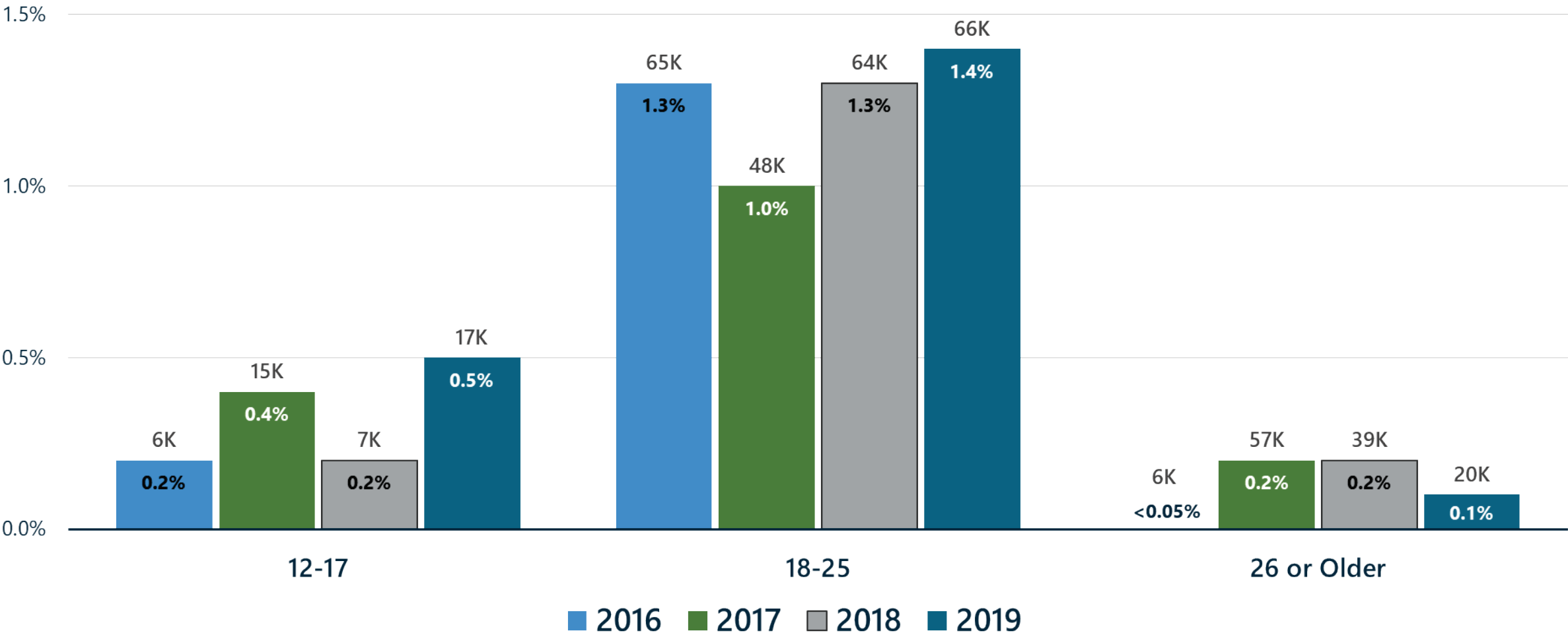
PAST YEAR, 2016-2019 NSDUH, African American 12+



No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

LSD Use among African Americans for All Age Groups

PAST YEAR, 2016-2019 NSDUH, African American 12+



Estimates represent past year use of LSD (lysergic acid diethylamide), a type of hallucinogen.

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

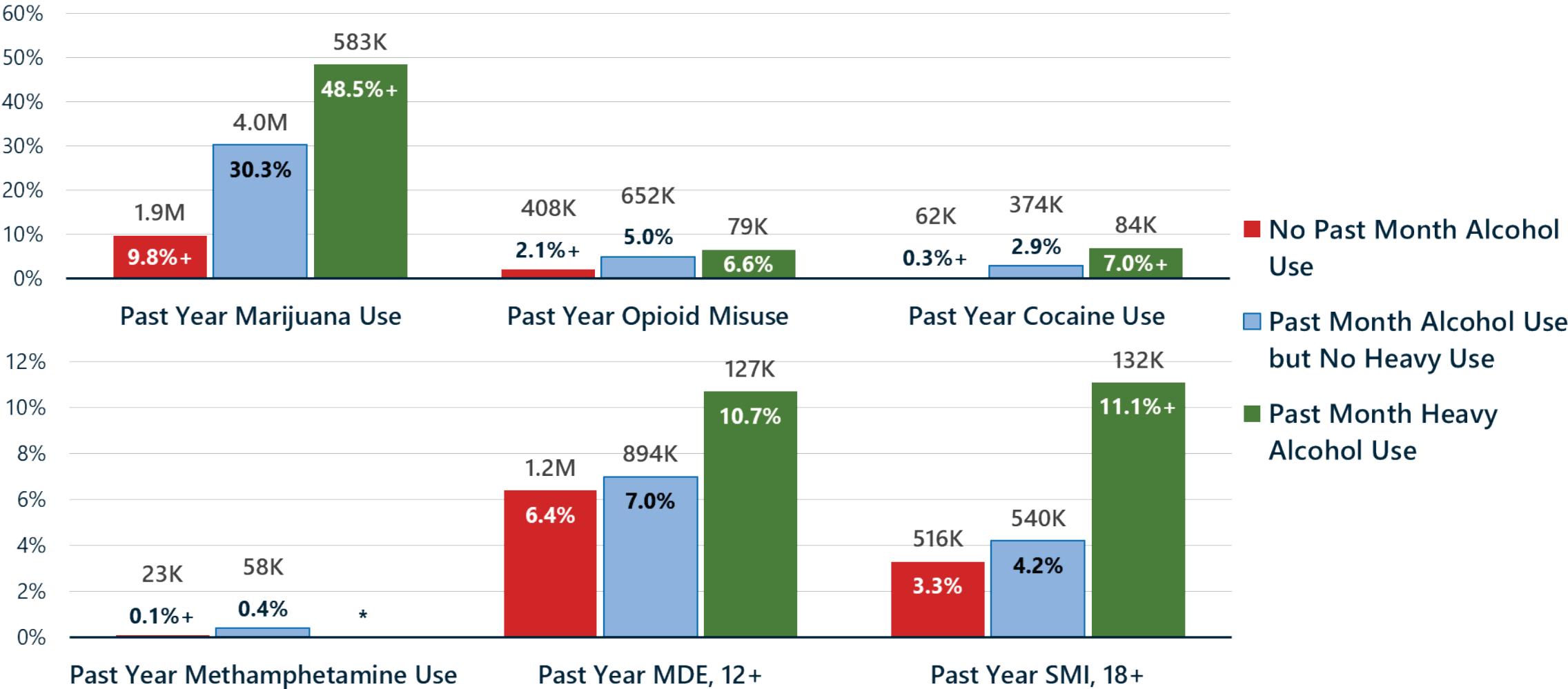
Summary: Other Substance Use in the United States in 2019 Compared to 2018

- There were no significant changes in cocaine and methamphetamine use across all ages in the African American population.
- Misuse of prescription stimulants in African Americans has slightly decreased in ages 12-17 and 18-25 and remained stable for ages 26 and older.
- LSD use for African Americans ages 12-17 and 18-25 has slightly increased.

Polysubstance Use and Mental Illness

Alcohol Use Related to Other Substance Use, MDE and SMI among African Americans

PAST YEAR/MONTH, 2019 NSDUH, African American 12+

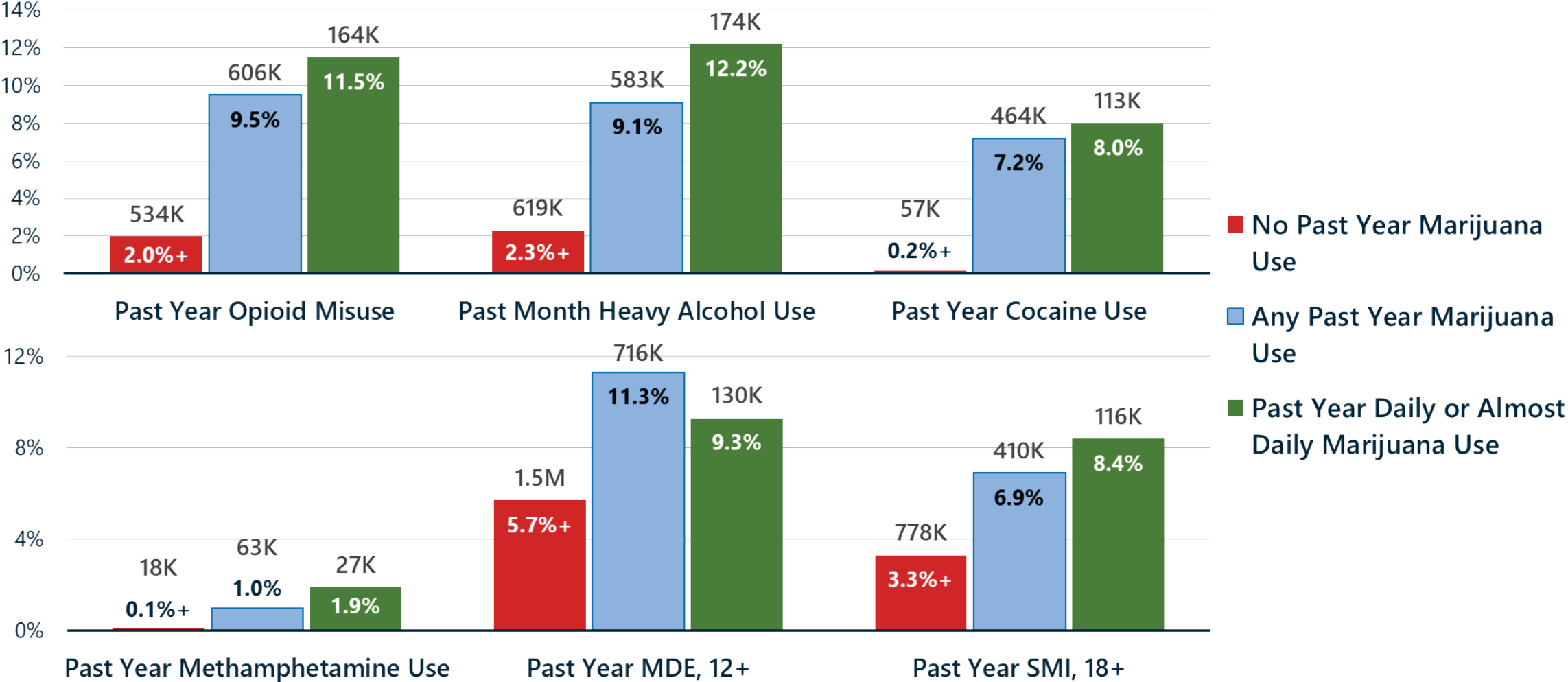


* Estimate not shown due to low precision.

+ 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.

Marijuana Use Related to Other Substance Use, MDE and SMI among African Americans

PAST YEAR/MONTH, 2019 NSDUH, African American 12+



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

Comparison of Rates of Mental/Substance Use Disorders Associated with Marijuana Use among African Americans: National vs. Colorado Data from the National Survey on Drug Use and Health (2019)

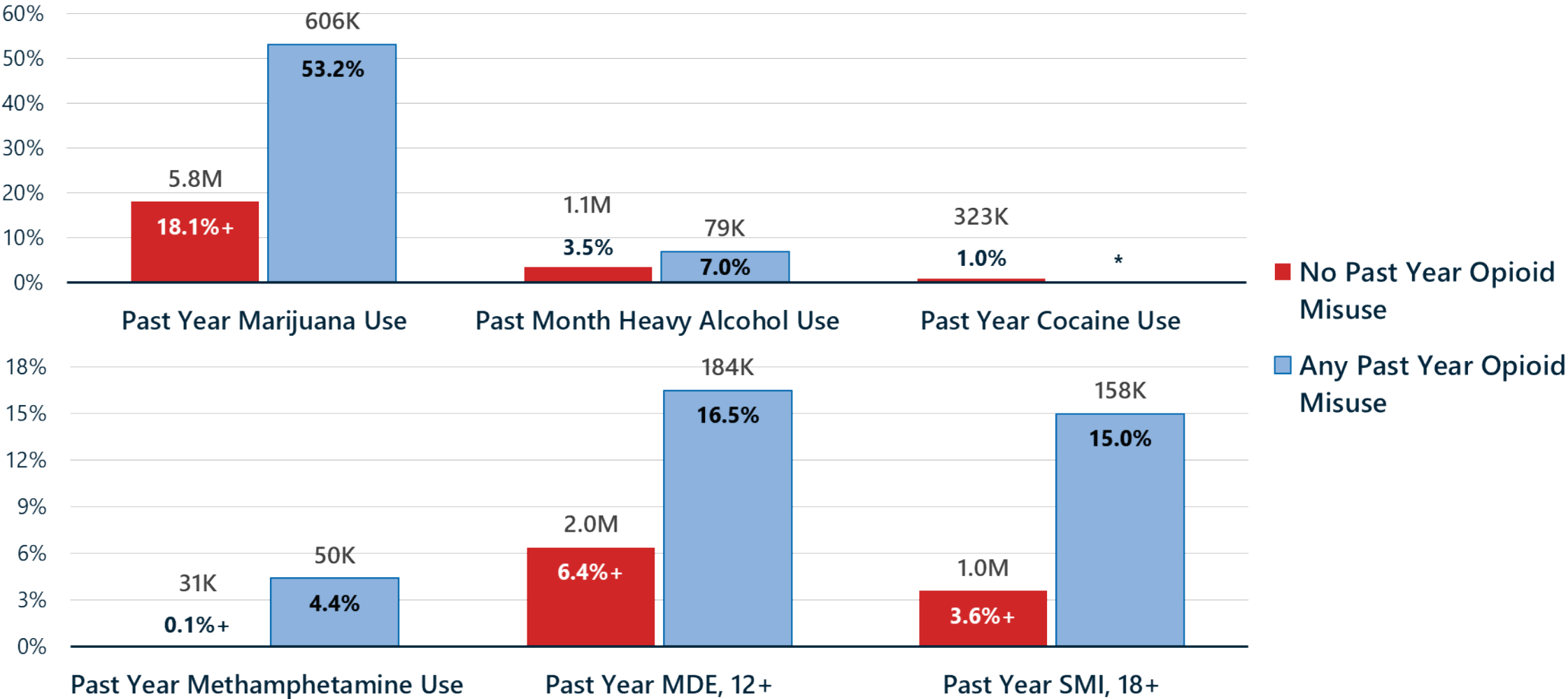
Measure/Age Group	National (%)	Colorado (%)	National vs. Colorado P-value
Past Month Marijuana Use (18-25 y)	26.9	*	*
Past Year Daily Marijuana Use (18-25y)	8.2	*	*
Past Month Marijuana Use (≥ 26y)	12.2	*	*
Substance Use Disorder (SUD) (18+)	7.6	*	*
Co-occurring SUD and SMI (18+)	1.2	*	*

* Estimate not shown due to low precision.

Estimates for Colorado are direct single-year estimates for 2019 and will differ from model-based estimates using data from 2018 and 2019.

Opioid Misuse Related to Other Substance Use, MDE and SMI among African Americans

PAST YEAR/MONTH, 2019 NSDUH, African American 12+

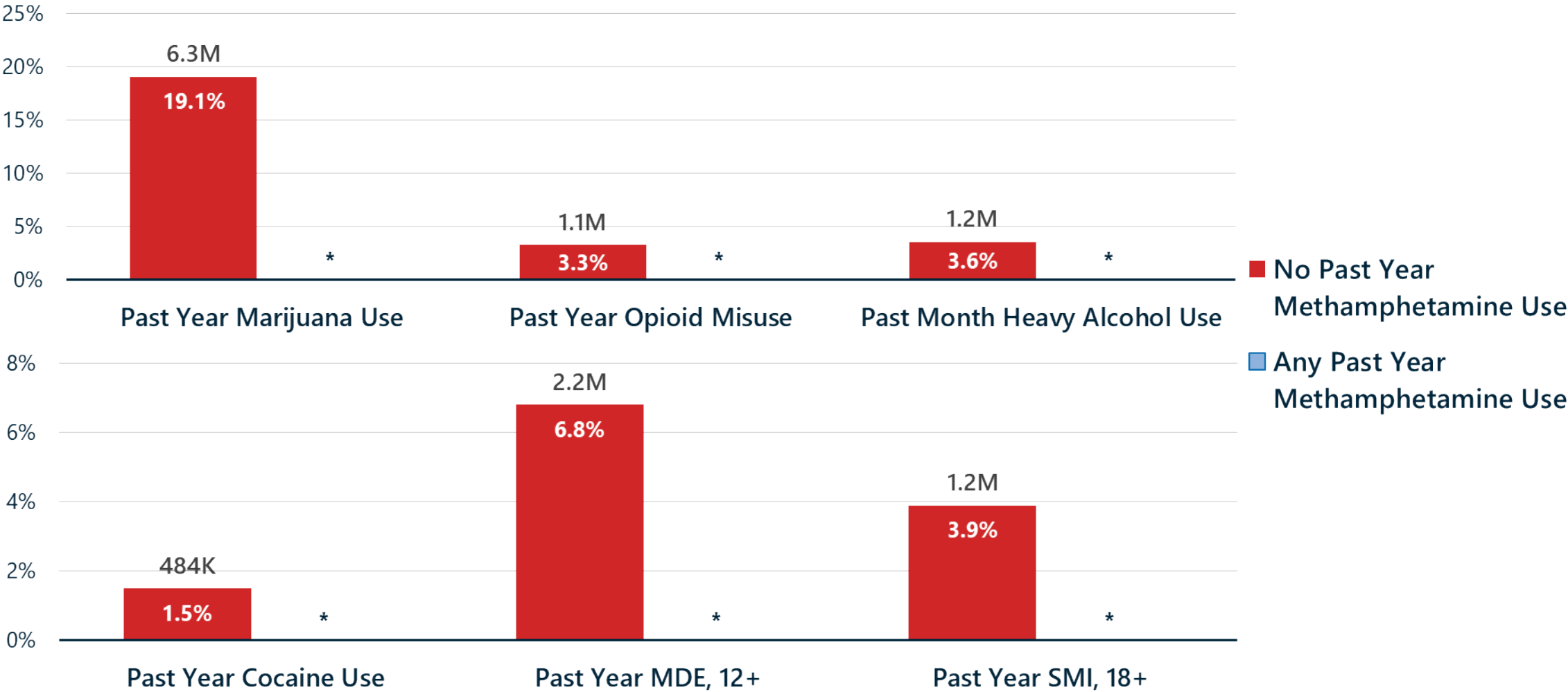


* Estimate not shown due to low precision.

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

Methamphetamine Use Related to Other Substance Use, MDE and SMI among African Americans

PAST YEAR/MONTH, 2019 NSDUH, African American 12+



* Estimate not shown due to low precision.

No differences between these estimates and the estimate for people with past year methamphetamine use are statistically significant at the .05 level.

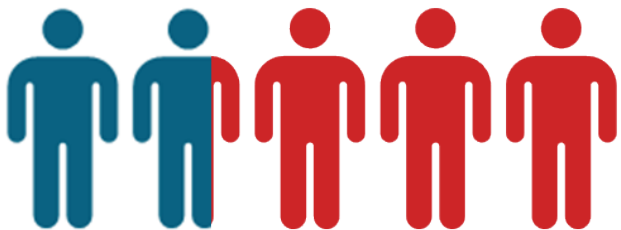
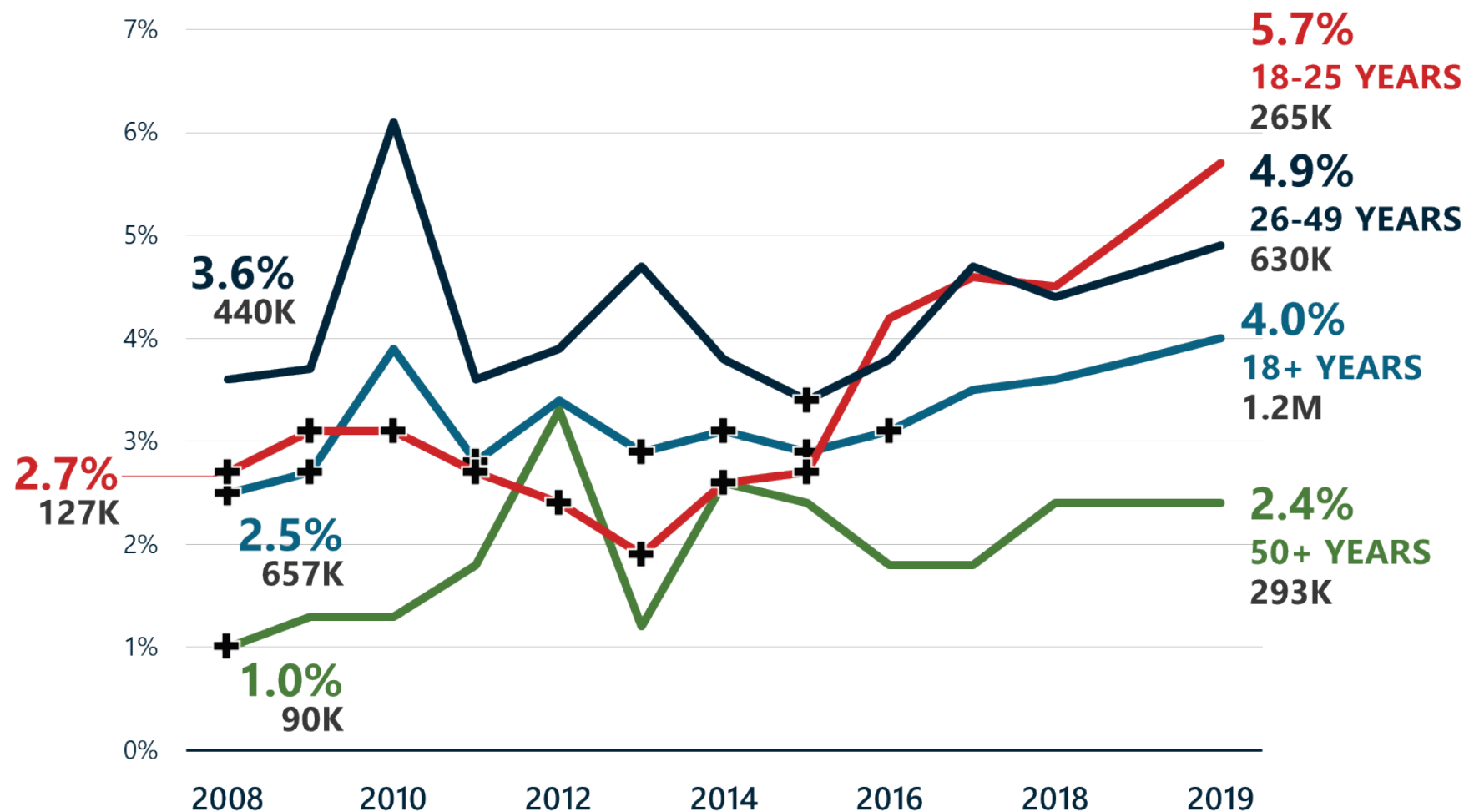
Summary

- Polysubstance use is common—if a person is having problems with one substance, they are likely using and 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) among African Americans

PAST YEAR, 2008-2019 NSDUH, African American 18+



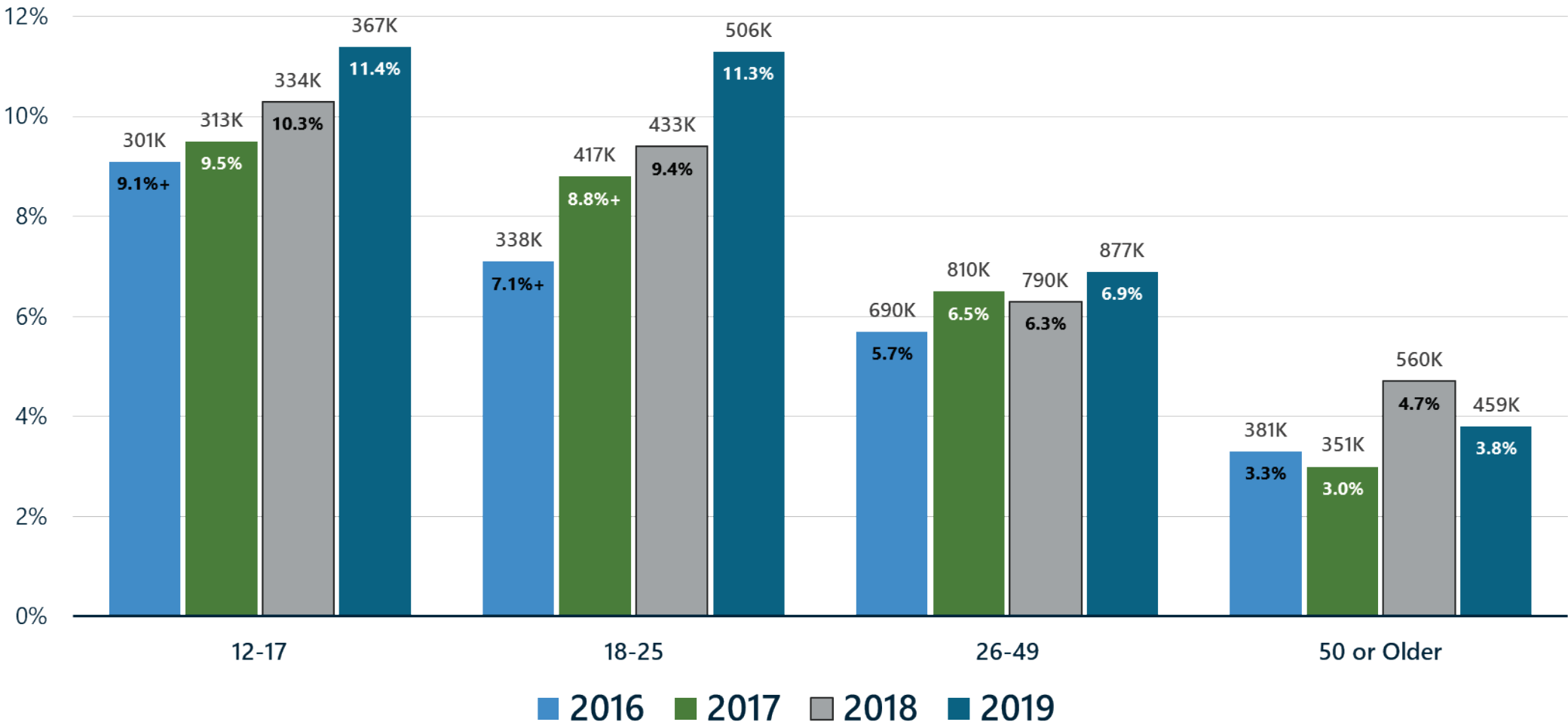
34.6%
91,000 AFRICAN AMERICAN YOUNG ADULTS WITH SMI RECEIVED TREATMENT IN 2019
65.4% got NO treatment

58.1%
366,000 AFRICAN AMERICAN ADULTS AGED 26-49 WITH SMI RECEIVED TREATMENT IN 2019
41.9% got NO treatment

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Major Depressive Episodes among African Americans

PAST YEAR, 2016-2019 NSDUH, African American 12+

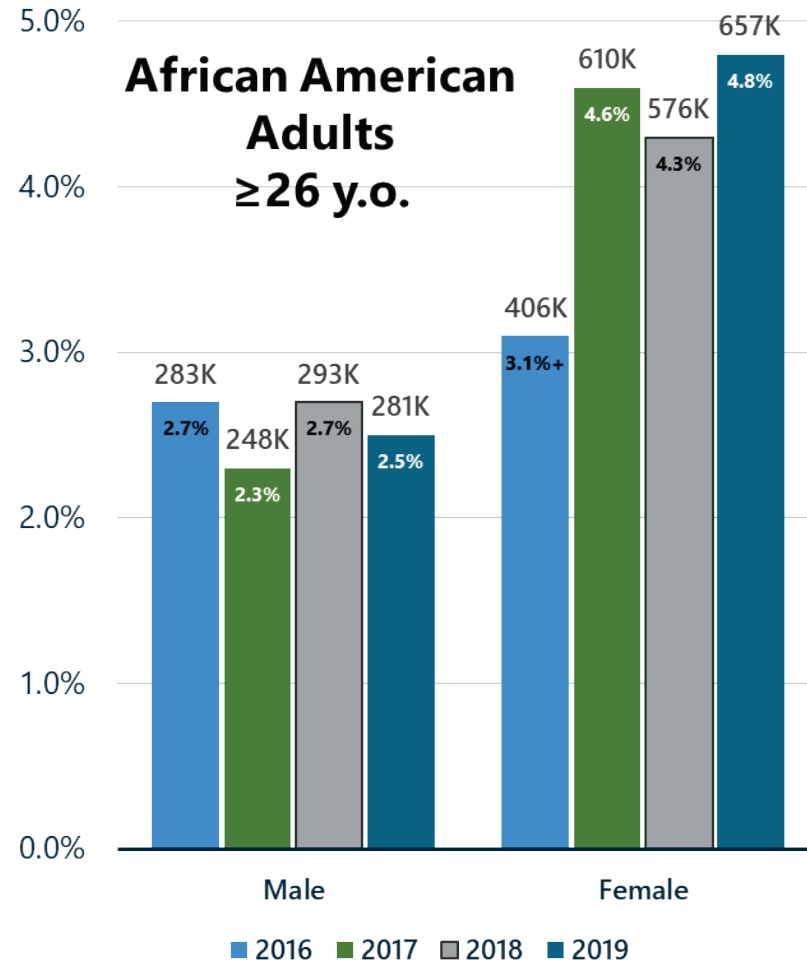
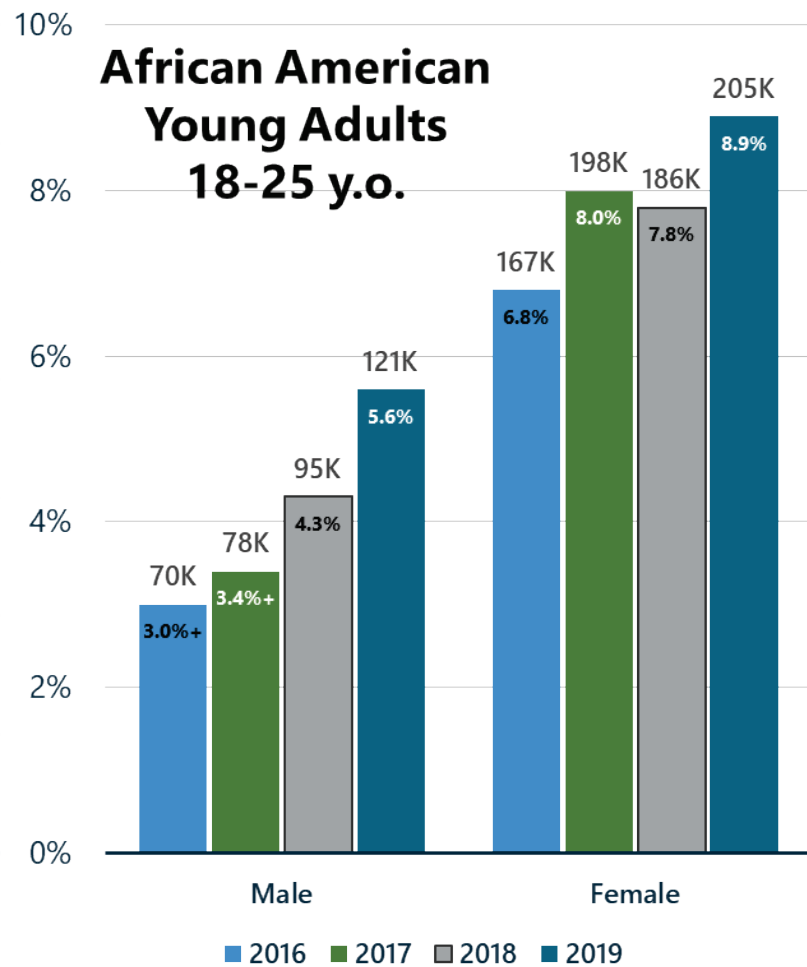
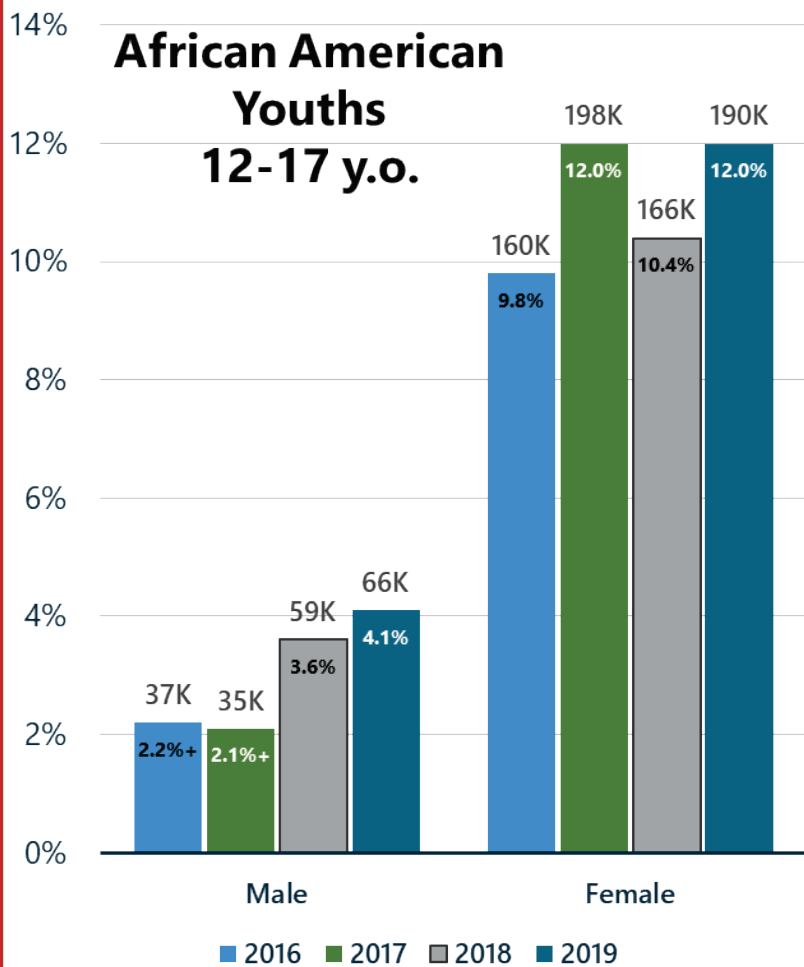


Note: The adult and youth MDE estimates are not directly comparable.

+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Major Depressive Episodes with Severe Impairment among African Americans

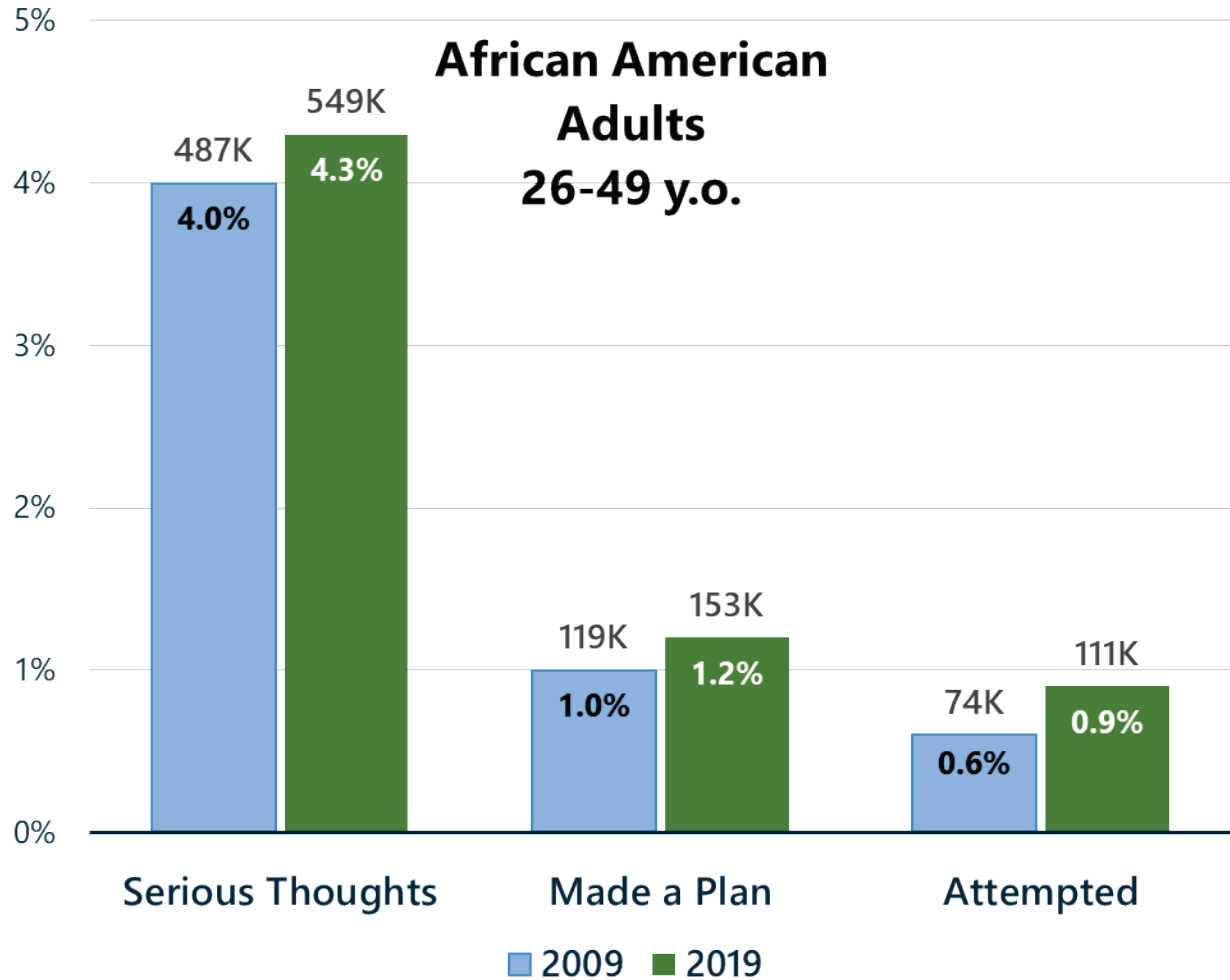
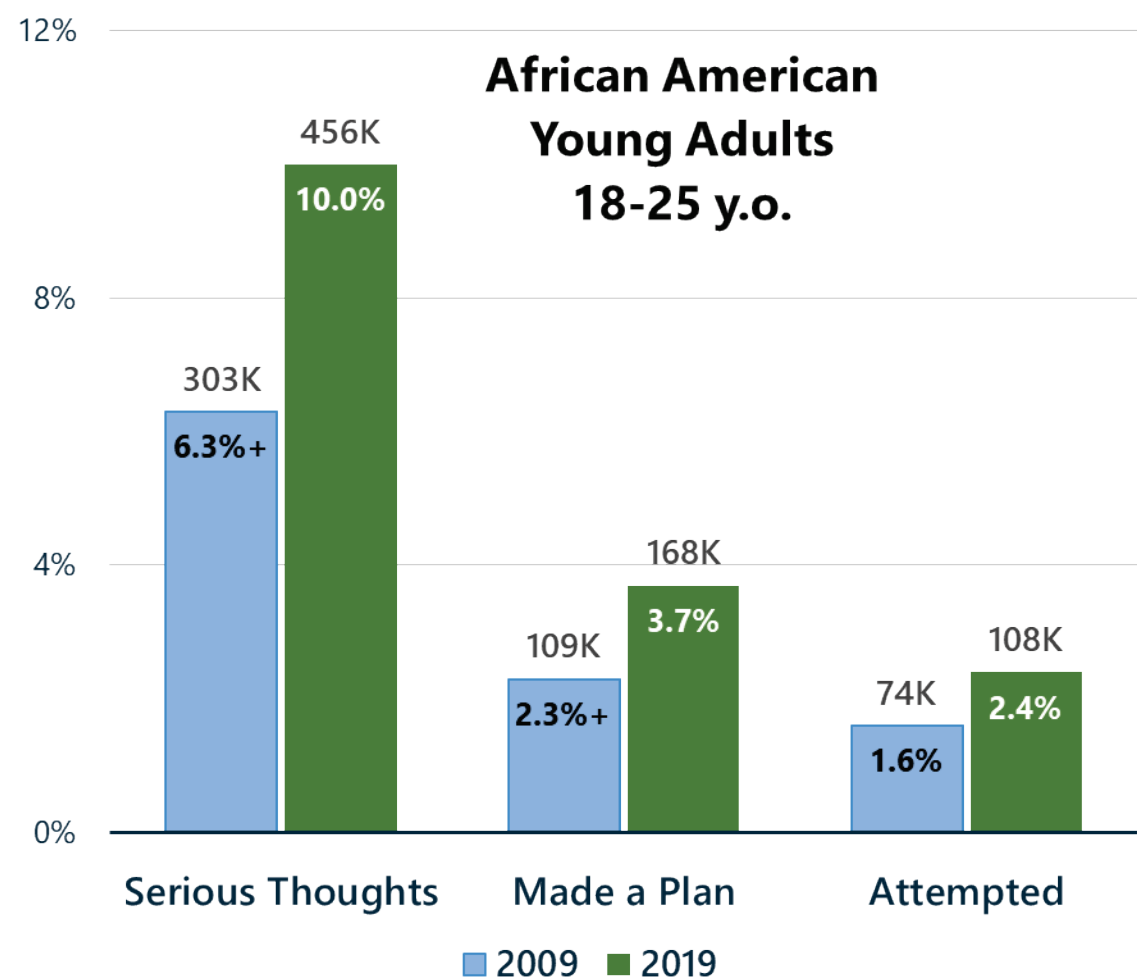
PAST YEAR, 2016-2019 NSDUH, African American 12+



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Suicidal Thoughts and Plans, and Attempts for African American Young Adults (18-25 y.o.) and African American Adults (26-49 y.o.)

PAST YEAR, 2009 and 2019 NSDUH, African American 18-49

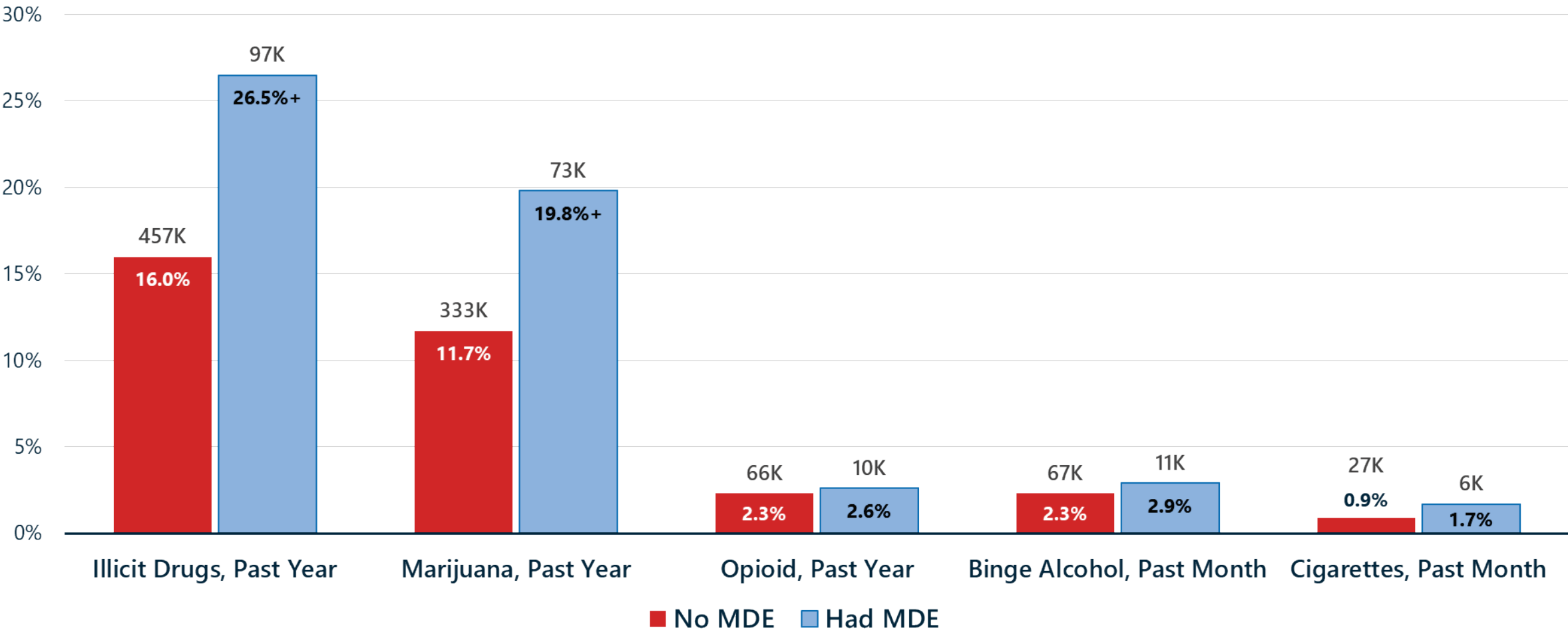


+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Co-Occurring Mental and Substance Use Disorders

Substance Use among African American Youths (12-17 y.o.) by Past Year Major Depressive Episode (MDE) status

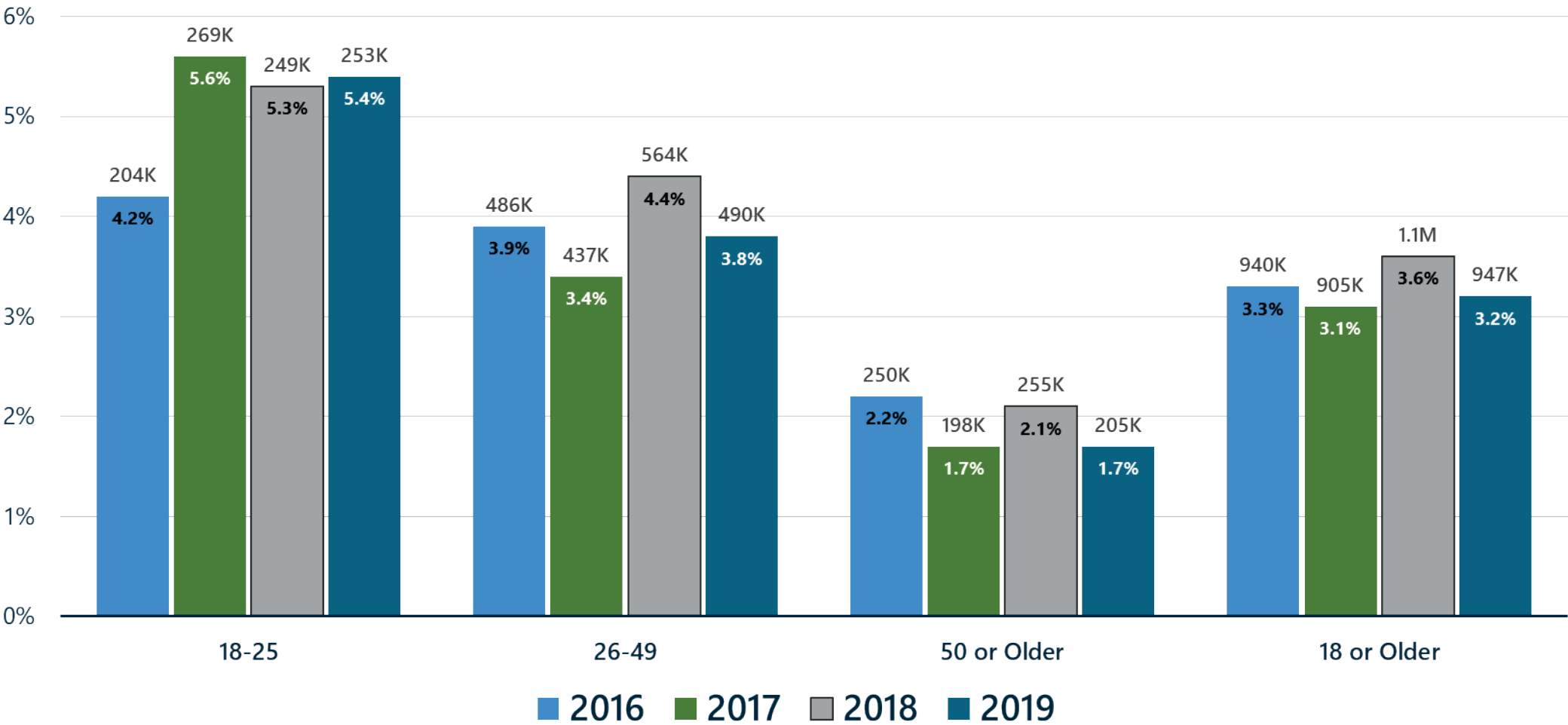
PAST YEAR/MONTH, 2019 NSDUH, African American 12-17



+ 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 African American Adults

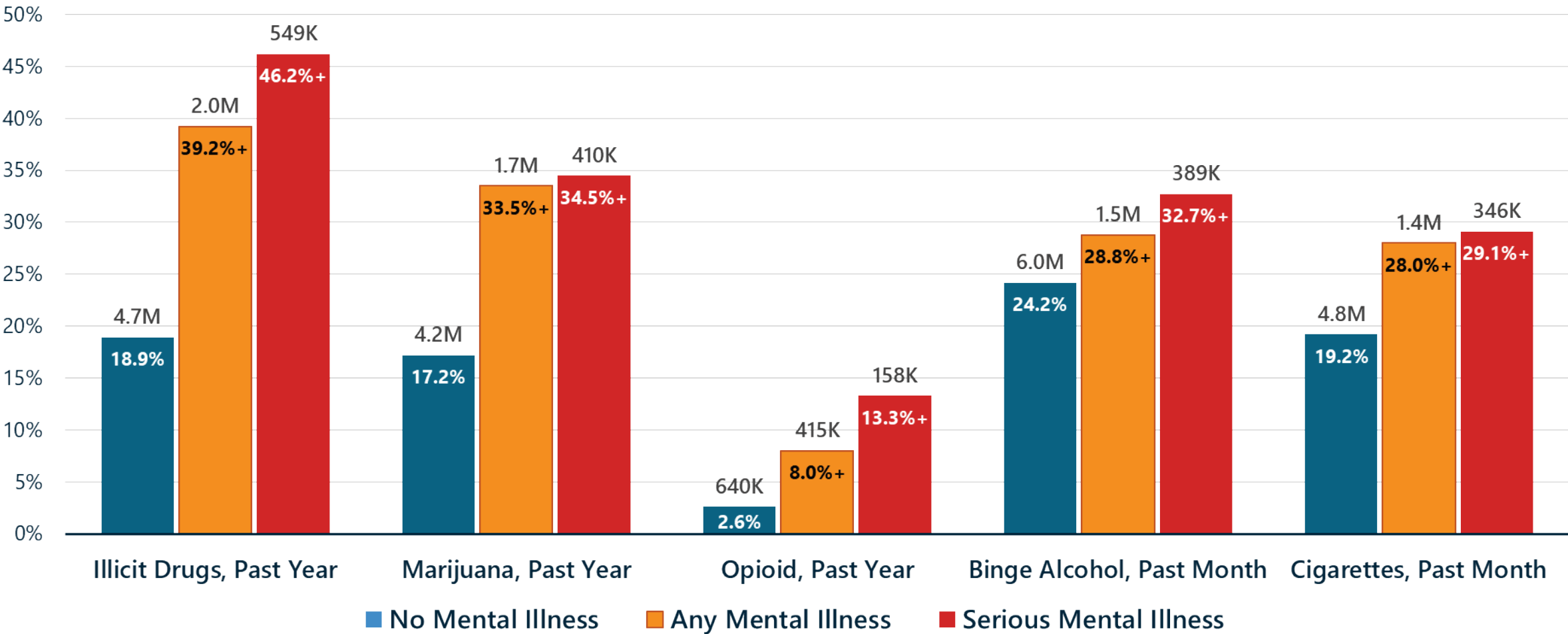
PAST YEAR, 2016-2019 NSDUH, African American 18+



No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

Co-Occurring Issues: Substance Use and Mental Illness among African American Adults

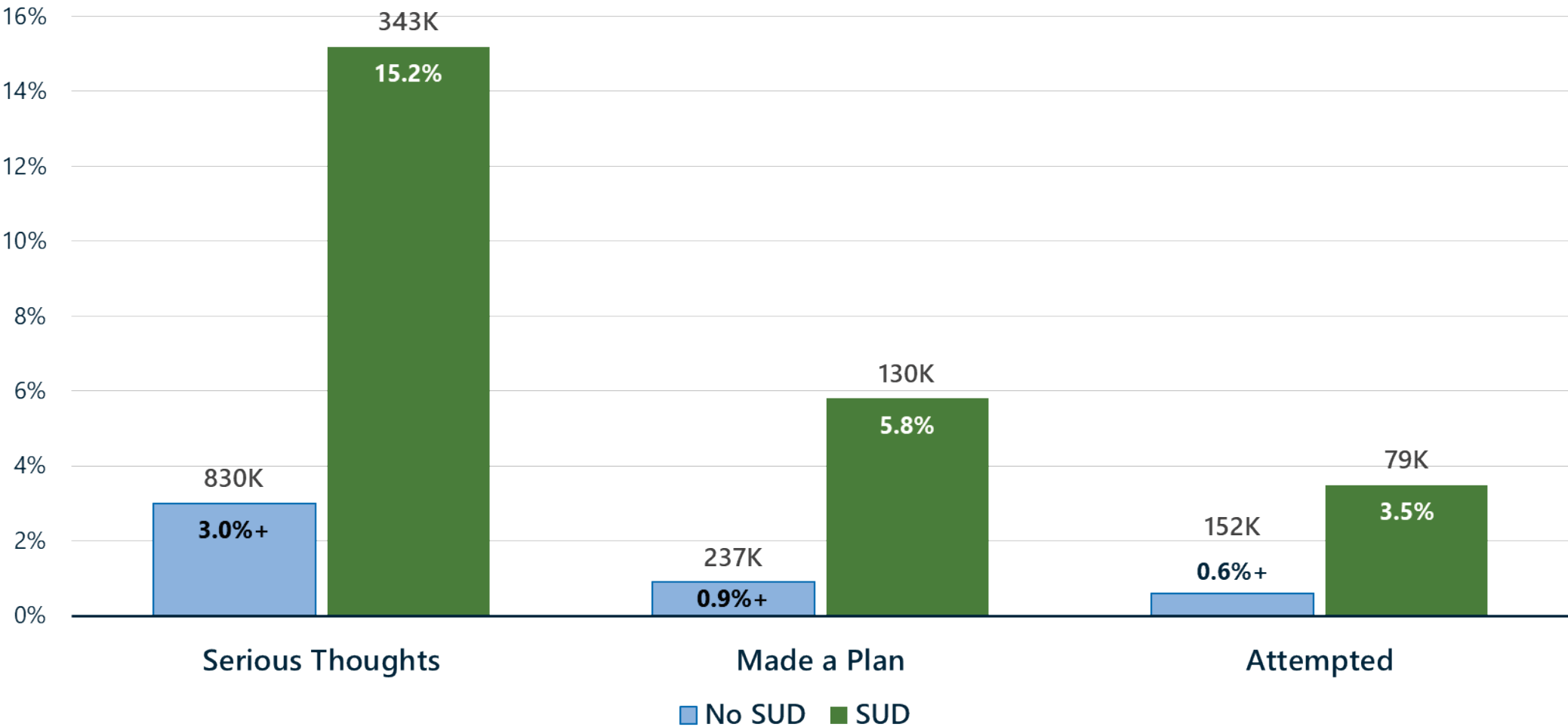
PAST YEAR/MONTH, 2019 NSDUH, African American 18+



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

Substance Use Disorder (SUD) is Associated with Suicidal Thoughts, Plans, and Attempts among African American Adults ≥18 y.o.

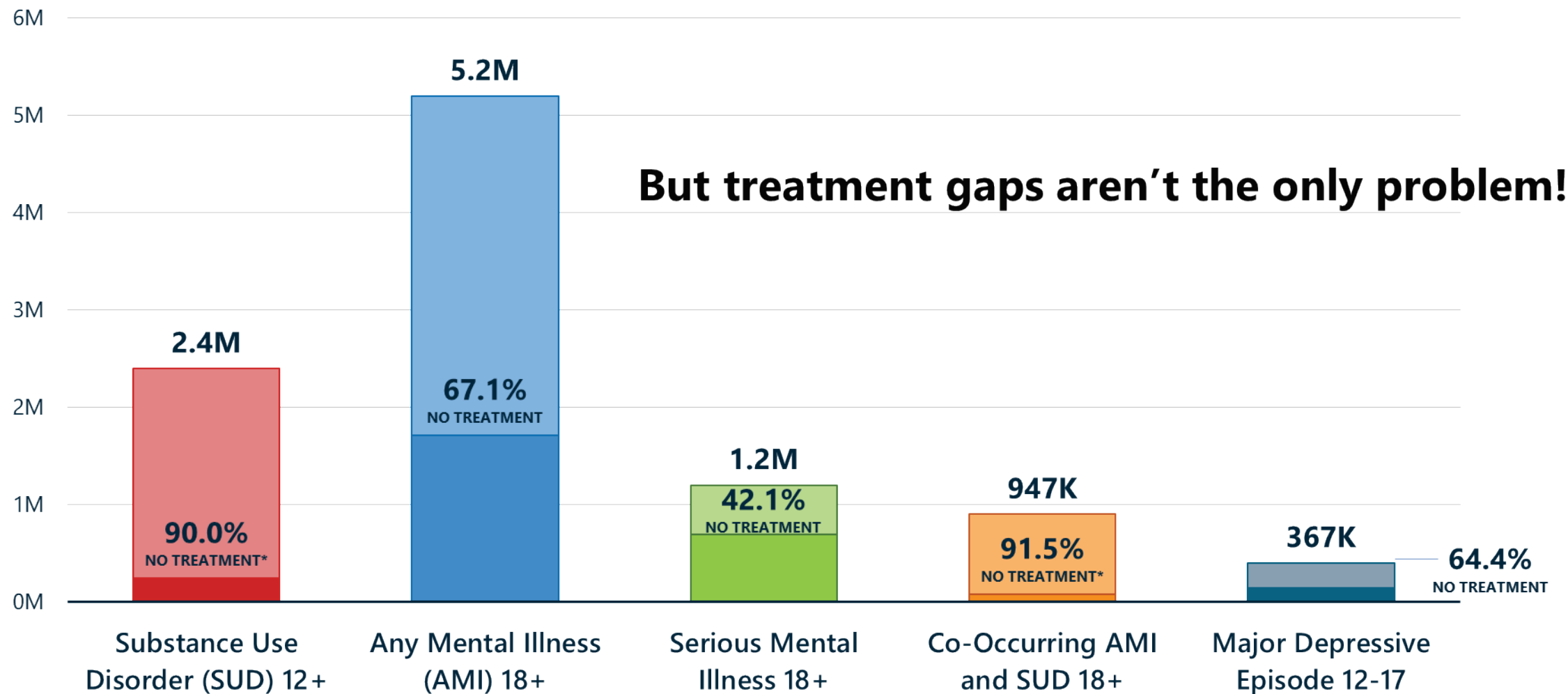
PAST YEAR, 2019 NSDUH, African American 18+



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

Mental and Substance Use Disorders among African Americans: High Prevalence/Huge Treatment Gaps

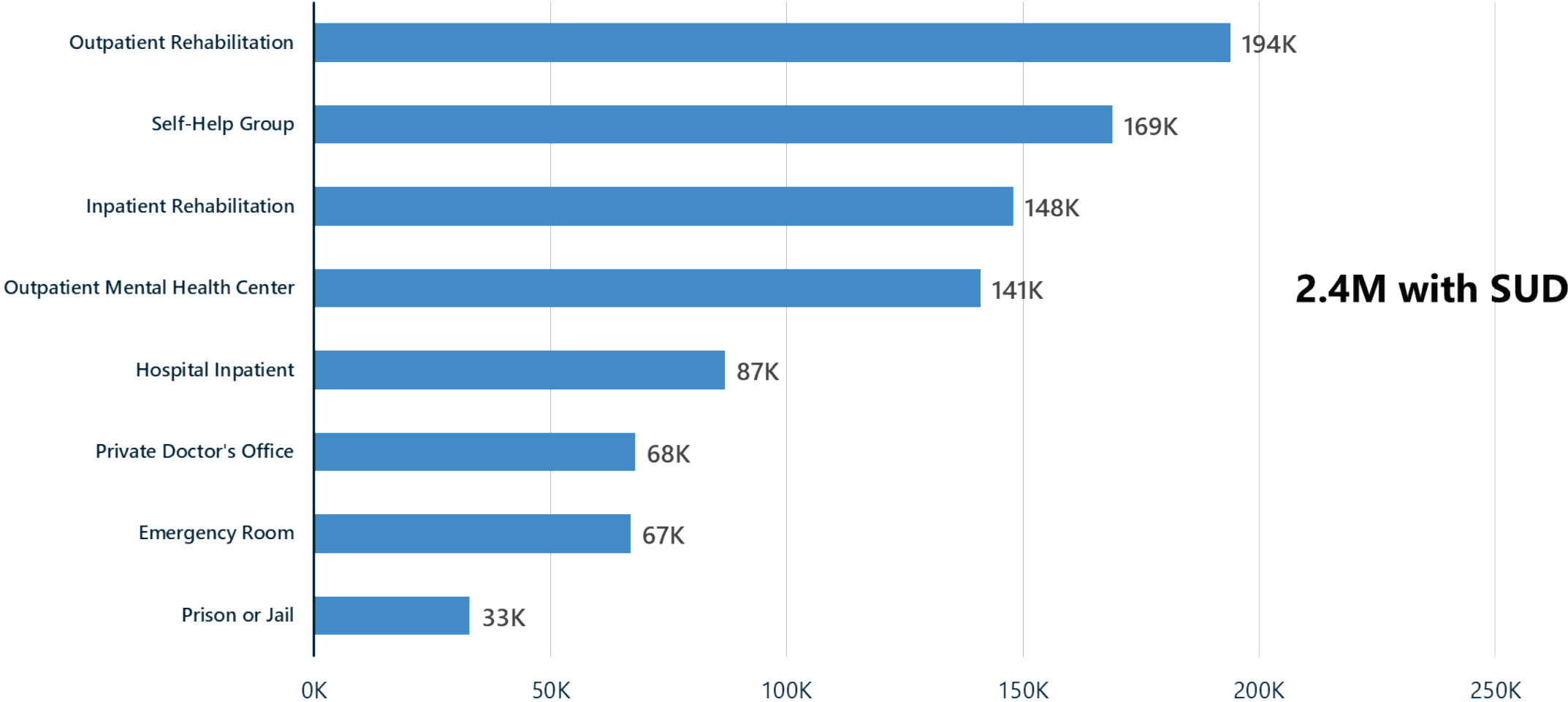
PAST YEAR, 2019 NSDUH, African American 12+



* 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 among African Americans

PAST YEAR, 2019 NSDUH, African American 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.

Summary: Mental Health/Co-Occurring Issues in the United States in 2019

- Suicidal thoughts, plans, and attempts were significantly increased for African Americans with substance use disorders.
- Treatment gaps remain for African Americans with mental and substance use disorders.
- Outpatient rehabilitation centers are the main location where substance use treatment was received.

What Can We Do Now?

- SAMHSA must use its resources to benefit as many as possible:
- Community based treatment and recovery services
- Build on the Certified Community Behavioral Health Clinic model
 - Crisis intervention services/suicide prevention resources
 - Integrated mental health, substance use, general medical services
 - Children's mental health services-linkages with schools
- Keep telemedicine/telehealth in place including use of telephone where audio/visual is not possible and pay for these services at same rate as face-to-face—no reduction in reimbursement because it is telemedicine
- Continue and expand as possible technical assistance and training to behavioral health providers—clinicians and peers

It's Up to Us Now

- Let's work as hard as we can to make decision-makers understand mental health and substance use needs in America—pre and post-COVID-19
- Let's keep the virus in mind in planning and implementing our services so that we can safely deliver care, but we cannot ignore the overall health needs of the American people—that is not an option
- Let's work to meet the mental health/substance use needs of our people:
 - Restore our systems—mental health and substance use disorder services are 'essential services'
 - Expand our treatment and community recovery support systems permanently
 - Every American life is precious and every American death—regardless of the cause is a terrible loss