

2019 National Survey on Drug Use and Health: Women

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 Women (≥ 18 y.o.)

PAST YEAR, 2019 NSDUH, Women 18+

Among women with a substance use disorder:

- 2 IN 5 (40.8% or 2.9M)** struggled with illicit drugs
- 3 IN 4 (72.5% or 5.2M)** struggled with alcohol use
- 1 IN 8 (13.3% or 956K)** struggled with illicit drugs and alcohol

**5.6%
(7.2 MILLION)**
People aged 18
or older had a
substance use
disorder (SUD)

**3.6%
(4.6 MILLION)**
People 18 or older
had BOTH an SUD
and a mental
illness

Among women with a mental illness:

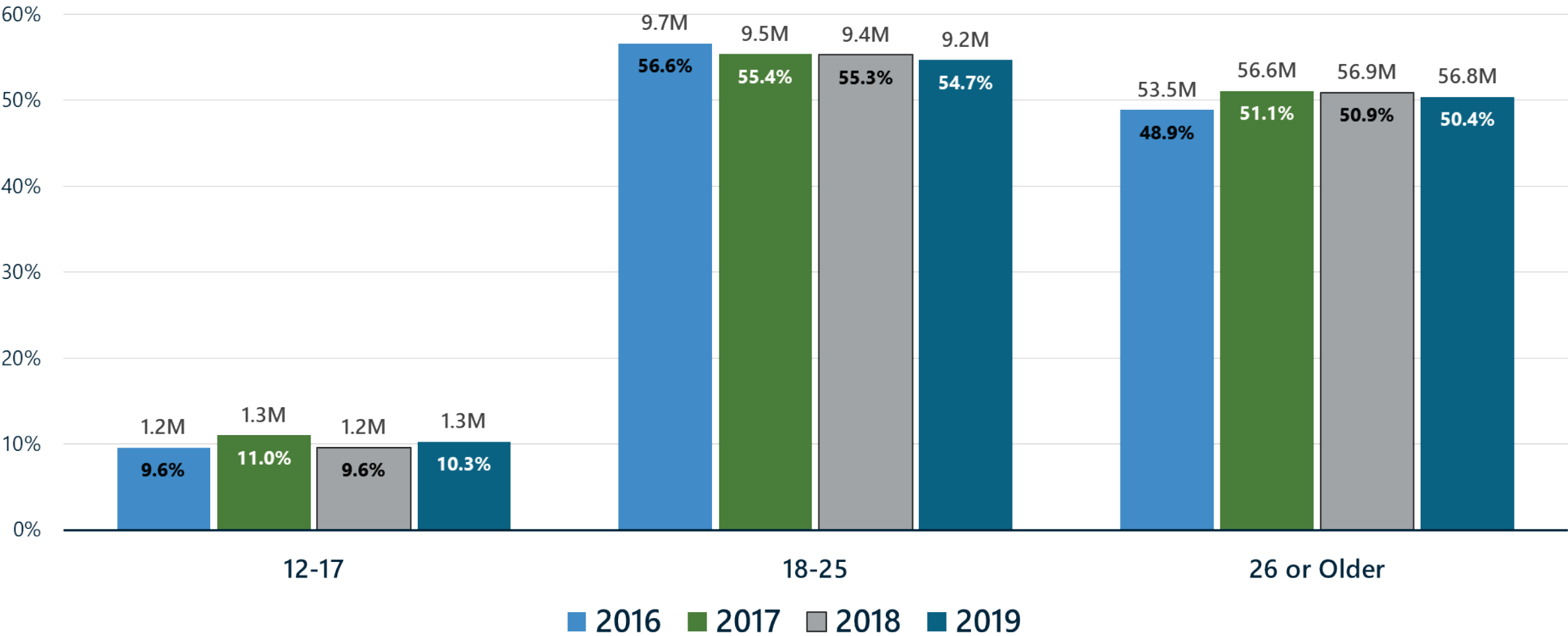
1 IN 4 (26.6% or 8.4M) had a serious mental illness

**24.5%
(31.7 MILLION)**
People aged 18
or older had a
mental illness

In 2019, **34.3M** adult women had a mental illness and/or substance use disorder—an increase of 6.8% over 2018 composed entirely of increases in mental illness.

Alcohol Use among Women

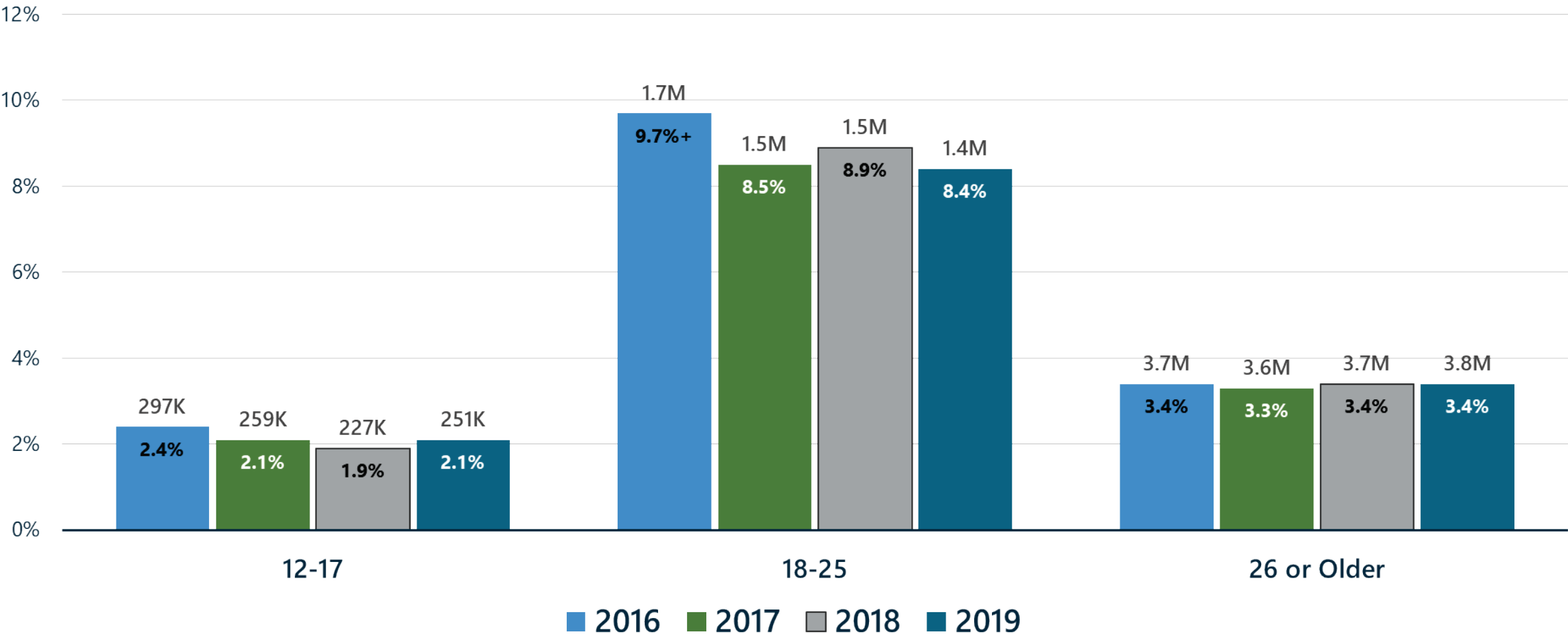
PAST MONTH, 2016-2019 NSDUH, Women 12+



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

Alcohol Use Disorder among Women

PAST YEAR, 2016-2019 NSDUH, Women 12+



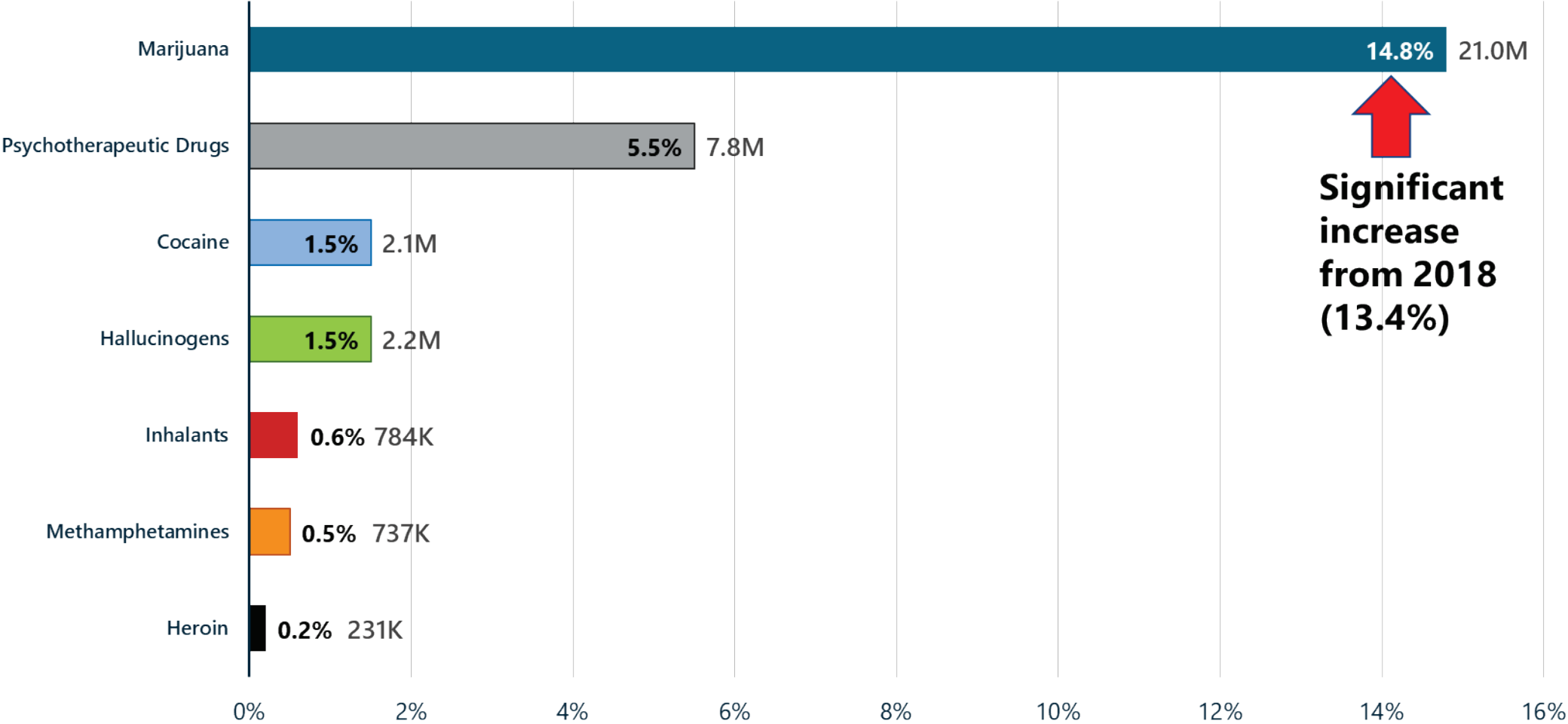
+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Summary: Alcohol Use in 2019

- Past month alcohol use remained stable in all age groups for women during 2018-2019
- Alcohol Use Disorder declined significantly in young women ages 18-25 from 2016 to 2019.
- 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 Women: Major Concerns: Opioids, Marijuana, Methamphetamines

PAST YEAR, 2019 NSDUH, Women 12+

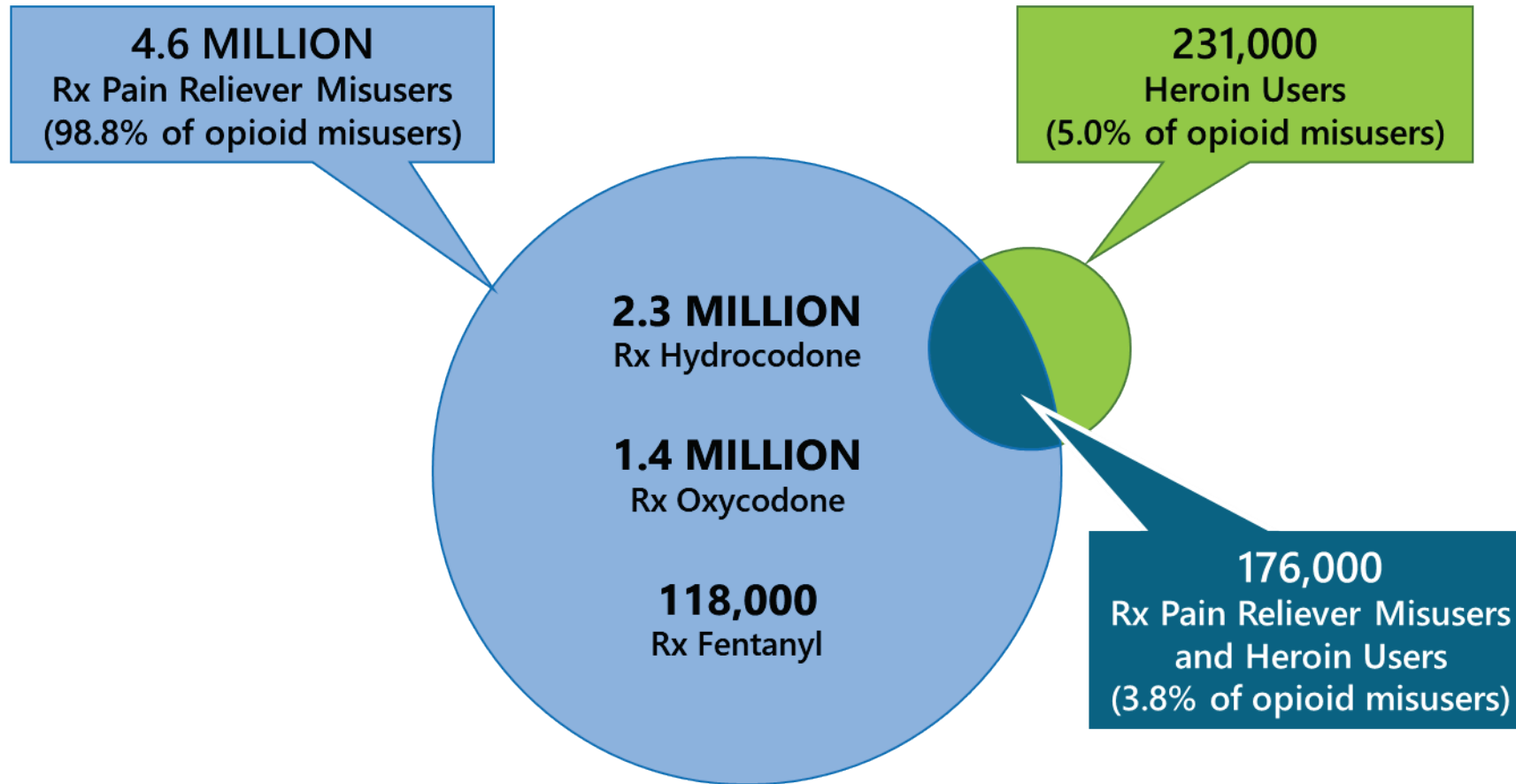


**Significant
increase
from 2018
(13.4%)**

Progress on the Opioid Epidemic: Prescription Pain Reliever Misuse among Women

PAST YEAR, 2019 NSDUH, Women 12+

4.6 MILLION WOMEN WITH OPIOID MISUSE (3.3% OF TOTAL POPULATION)

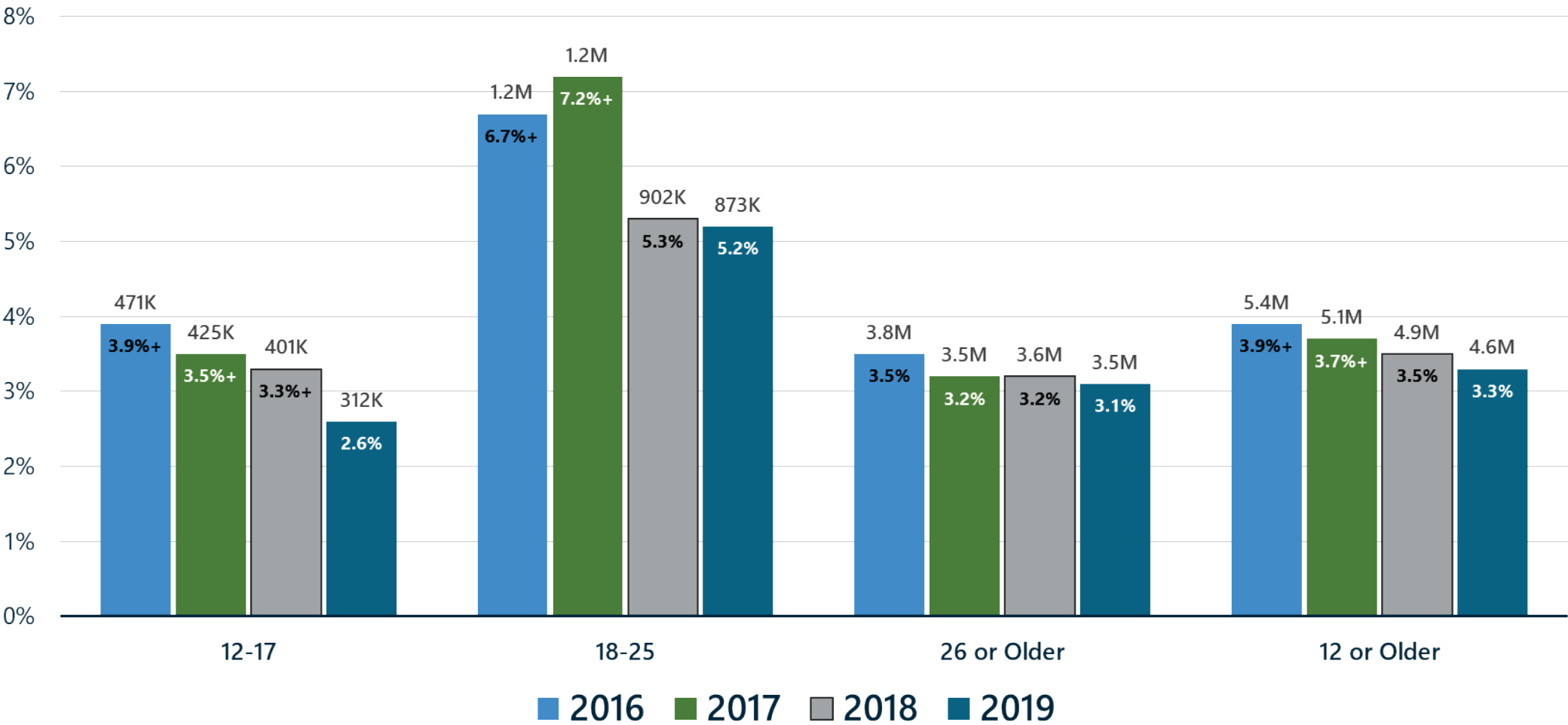


Rx = prescription.

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

Opioid Misuse among Women

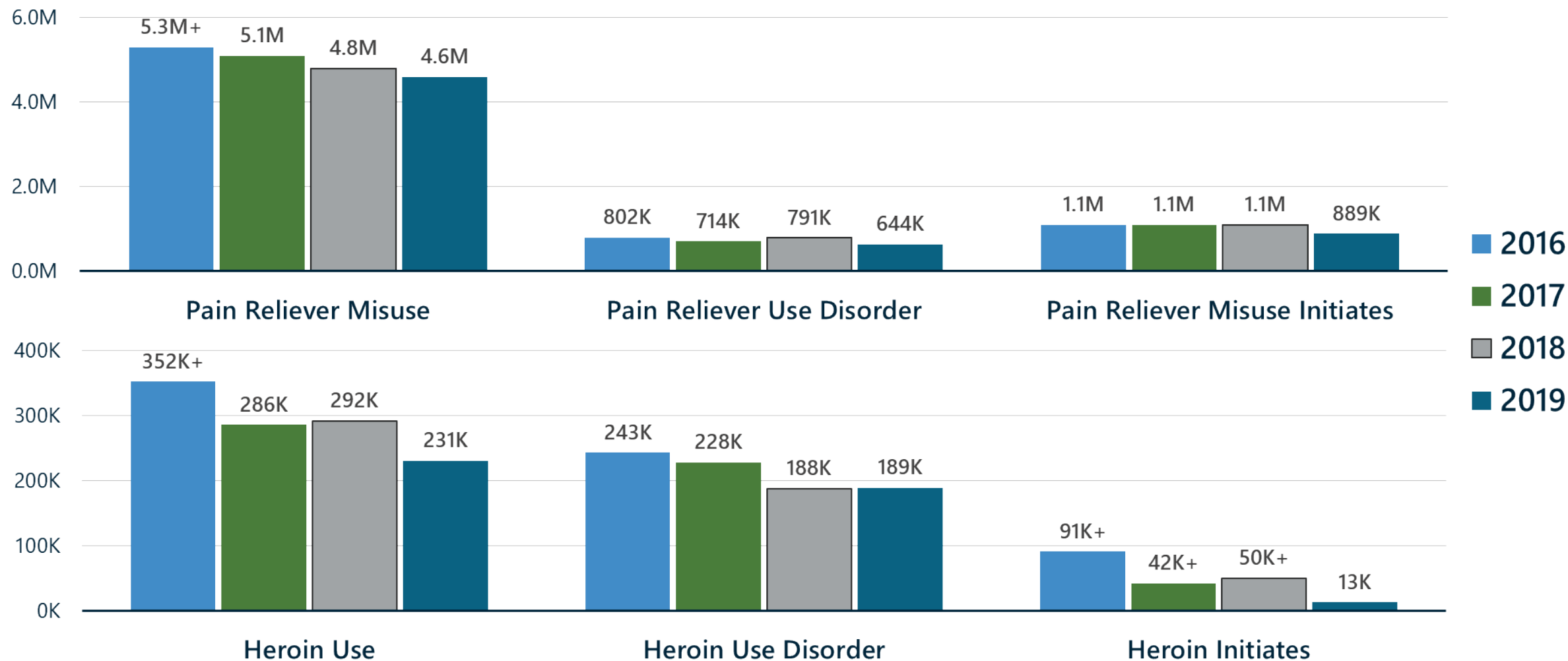
PAST YEAR, 2016-2019 NSDUH, Women 12+



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

Prescription Pain Reliever Misuse and Heroin Use among Women

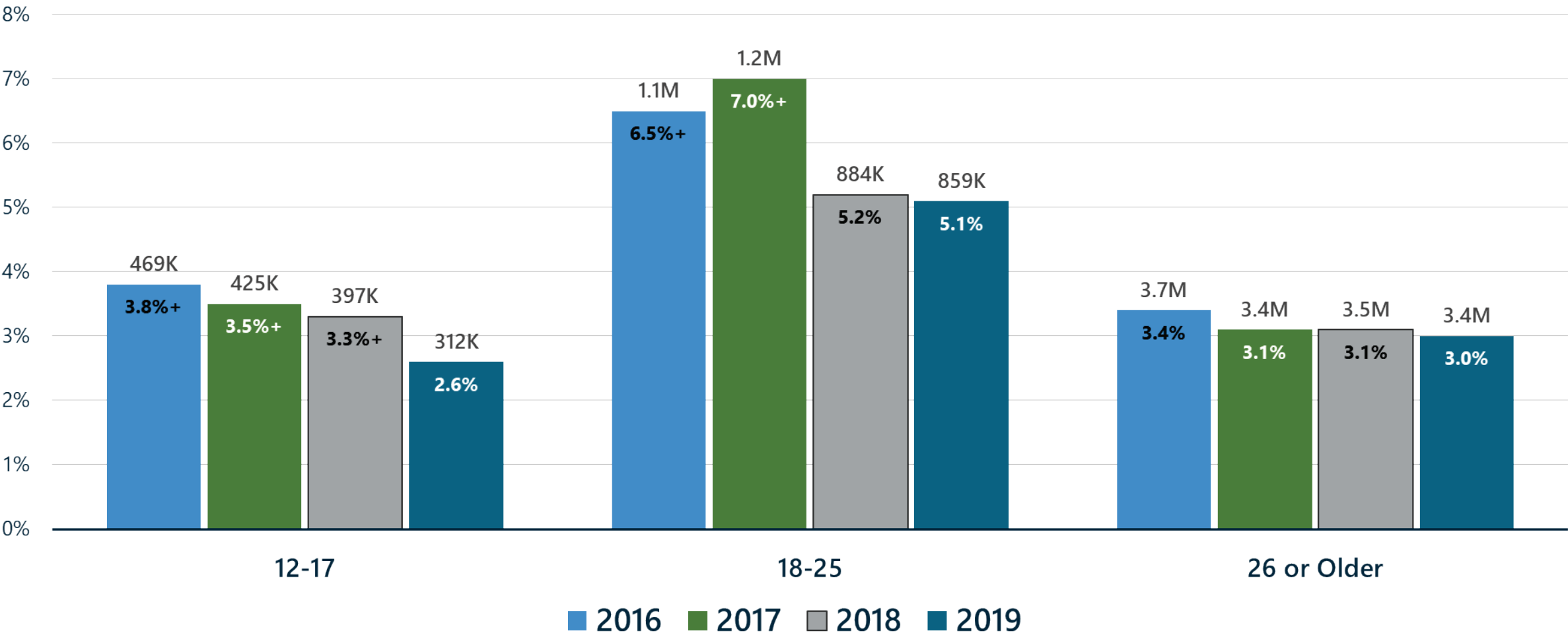
PAST YEAR, 2016-2019 NSDUH, Women 12+



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Prescription Pain Reliever Misuse among Women

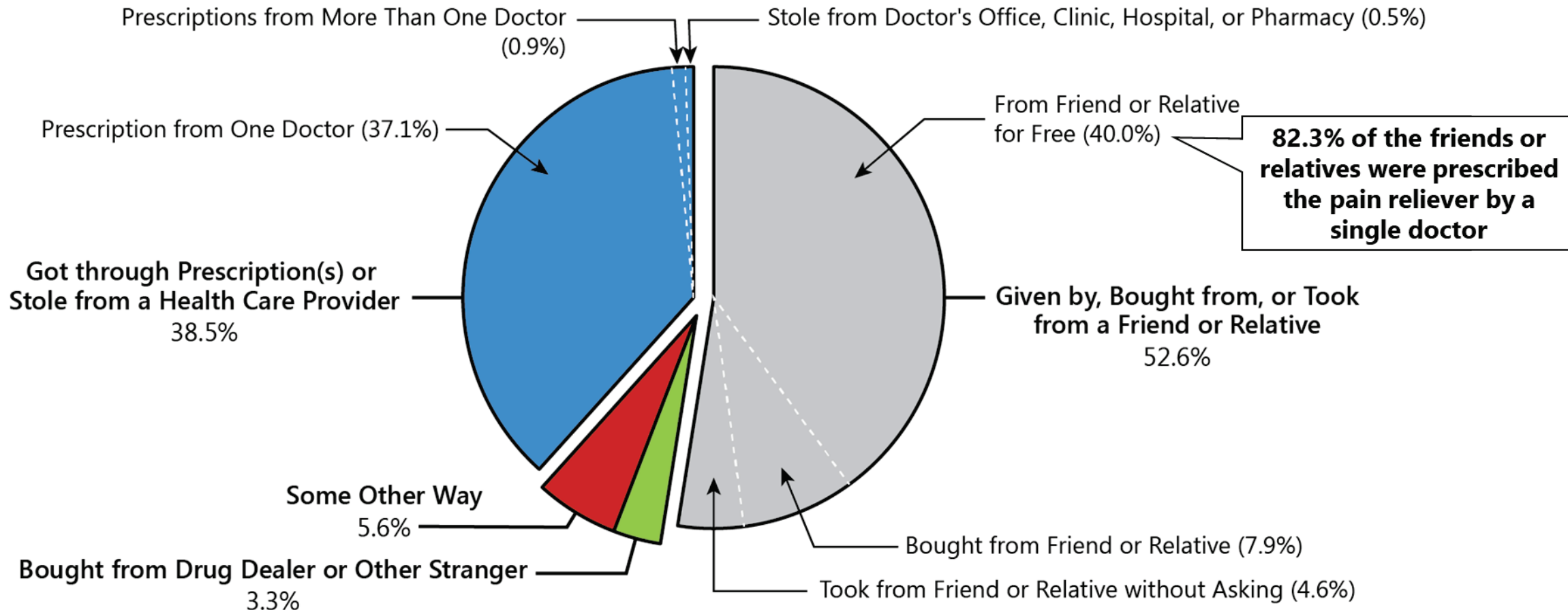
PAST YEAR, 2016-2019 NSDUH, Women 12+



+ 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 Women Who Misused Prescription Pain Relievers

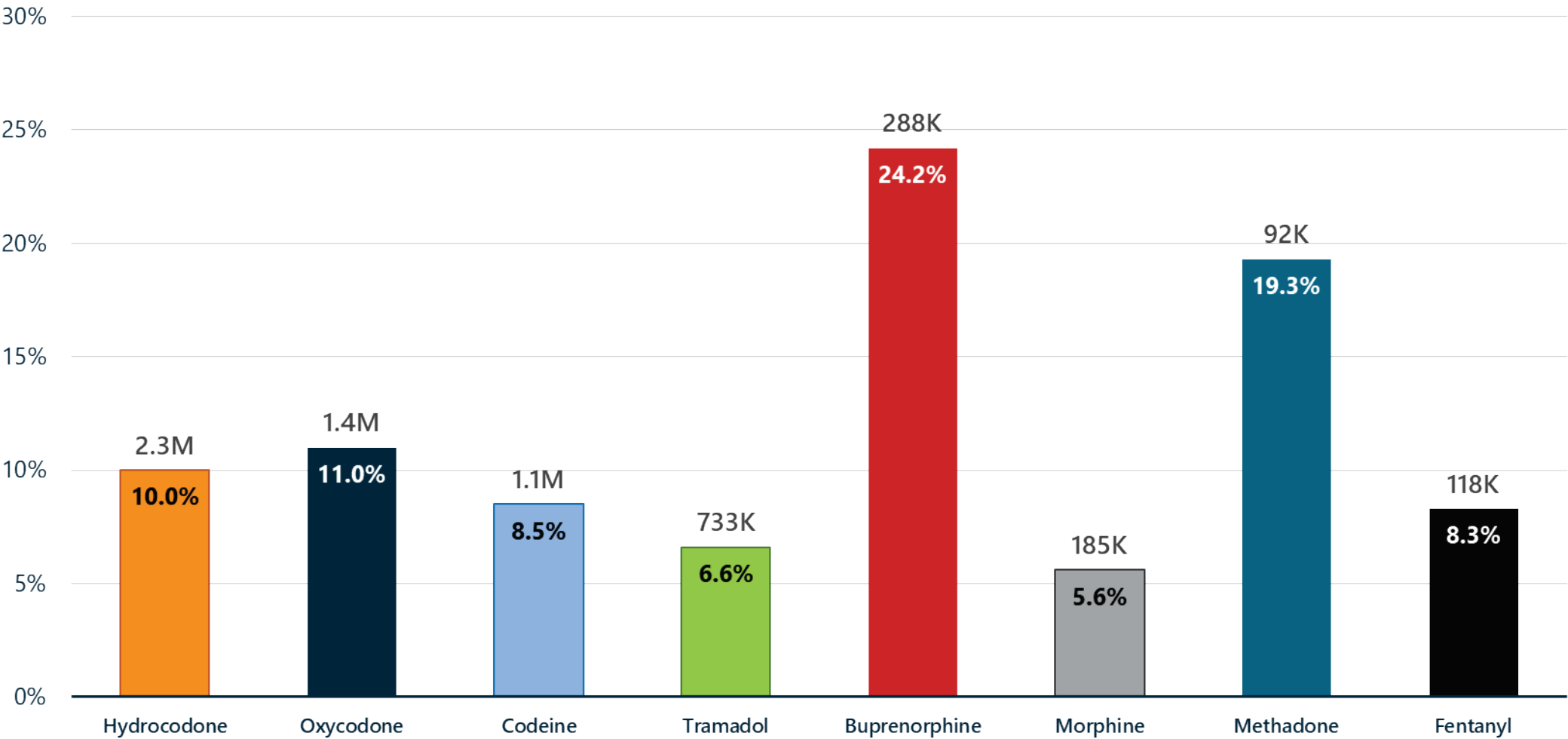
PAST YEAR, 2019 NSDUH, Women 12+



4.6 Million Women Aged 12 or Older Who Misused Prescription Pain Relievers in the Past Year

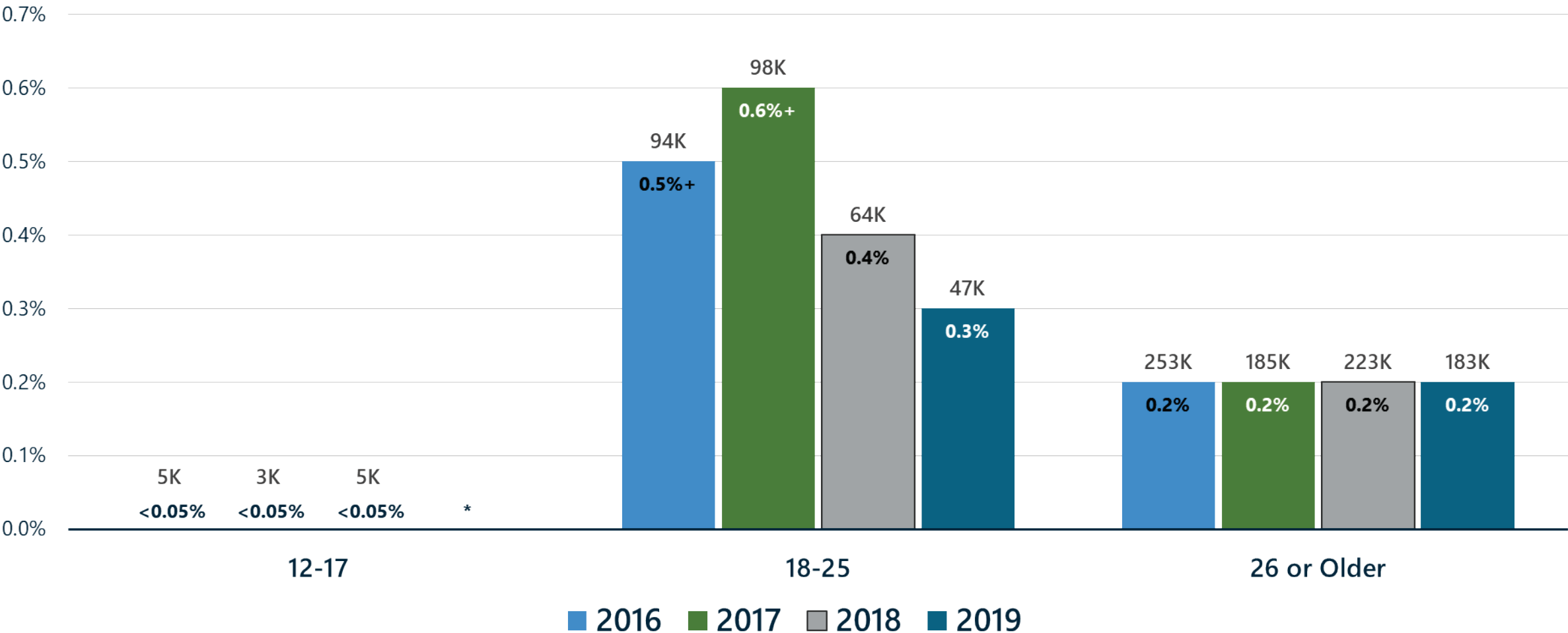
Misuse of Prescription Opioid Subtypes among Women

PAST YEAR, 2019 NSDUH, Women 12+ SUBTYPE USERS



Heroin Use among Women: Continuing to Decline in 18-25 y.o.

PAST YEAR, 2016-2019 NSDUH, Women 12+

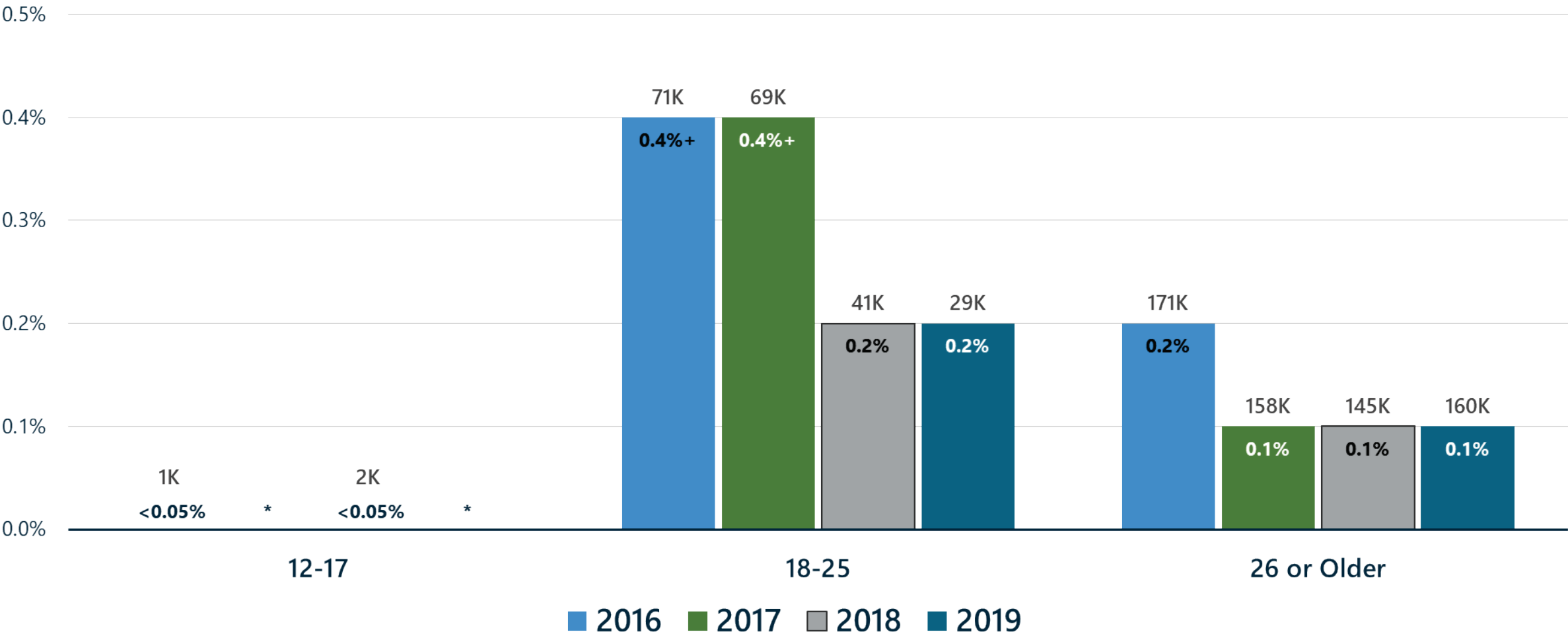


* Estimate not shown due to low precision.

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

Heroin-Related Opioid Use Disorder among Women

PAST YEAR, 2016-2019 NSDUH, Women 12+

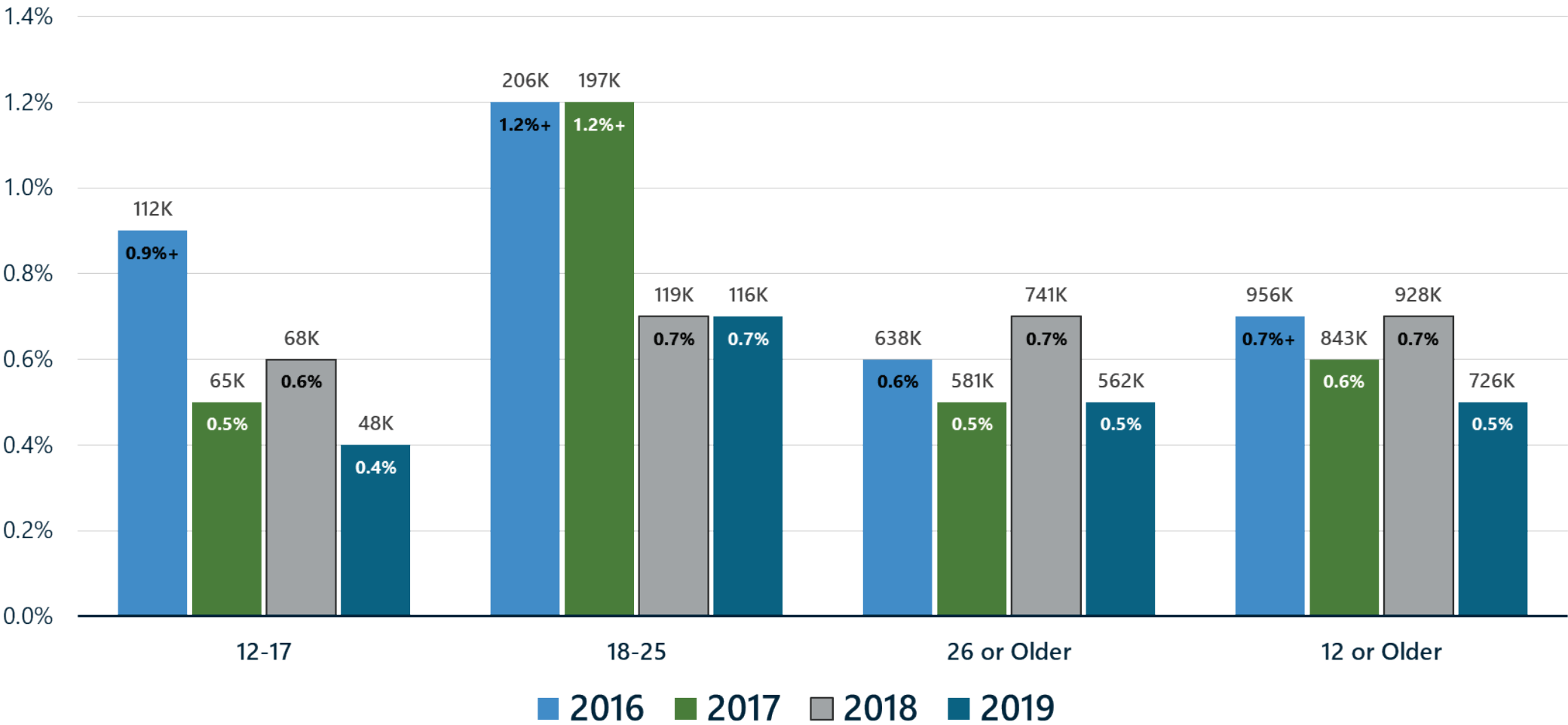


* Estimate not shown due to low precision.

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

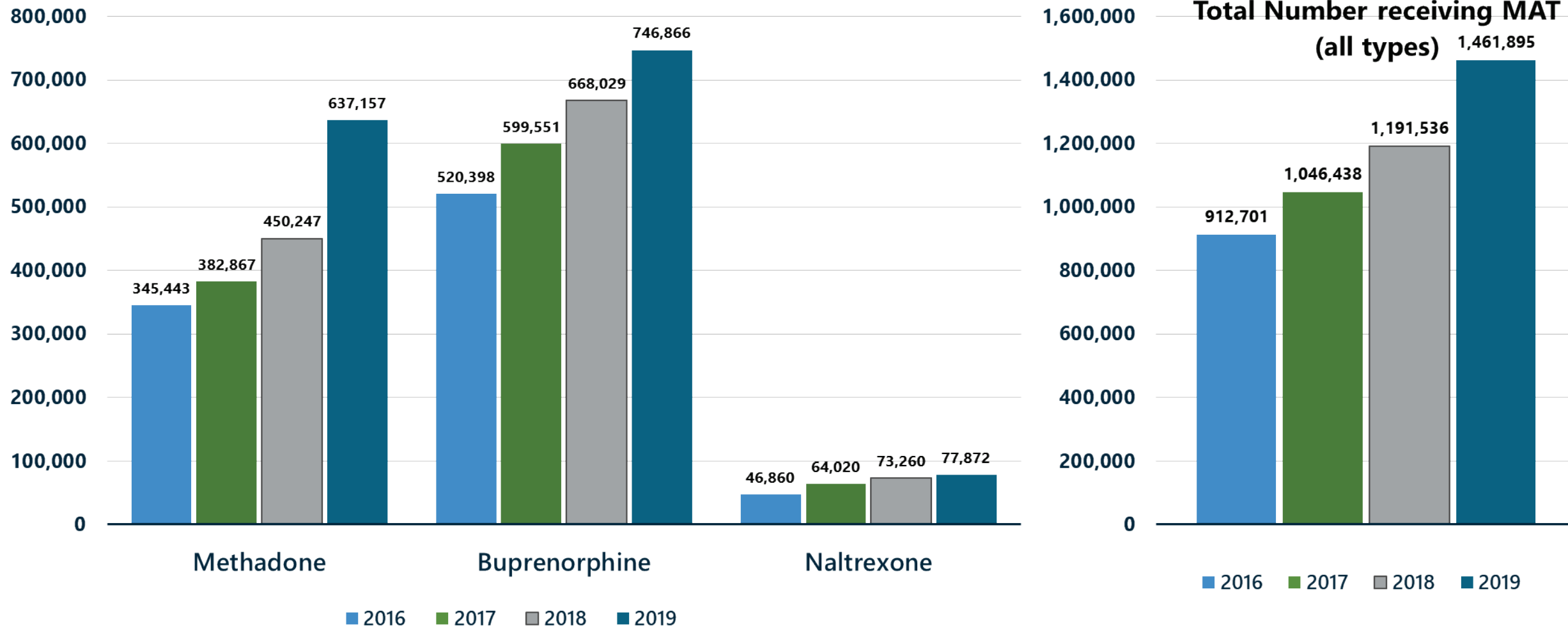
Opioid Use Disorder among Women

PAST YEAR, 2016-2019 NSDUH, Women 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)



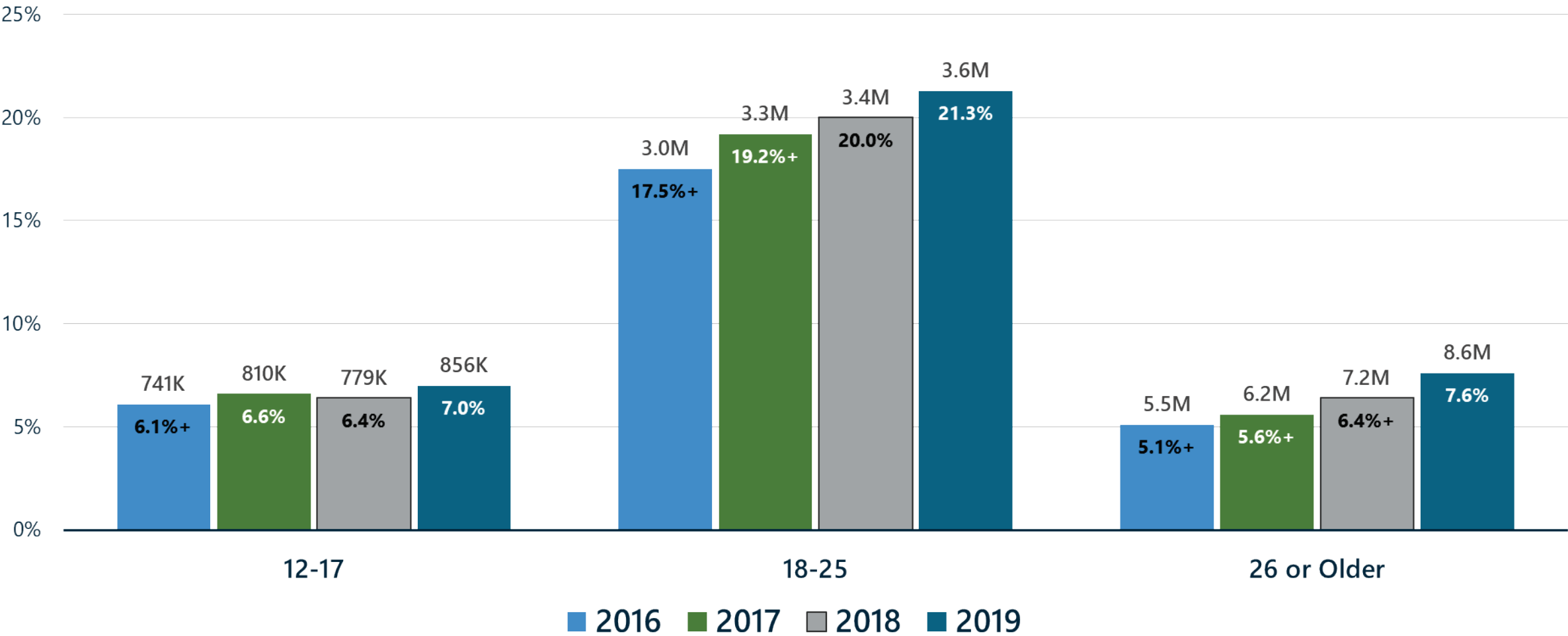
Summary: Opioid Misuse in the United States in 2019

- Opioid misuse has significantly decreased as compared to 2016-2017 for women ages 12-25.
- Heroin use continues to decline among women ages 18-25.
- Buprenorphine continues to be the opioid with the highest percentage of women acknowledging misuse of the medication.

Other Illicit Substances

Past Month Marijuana Use for All Age Groups among Women

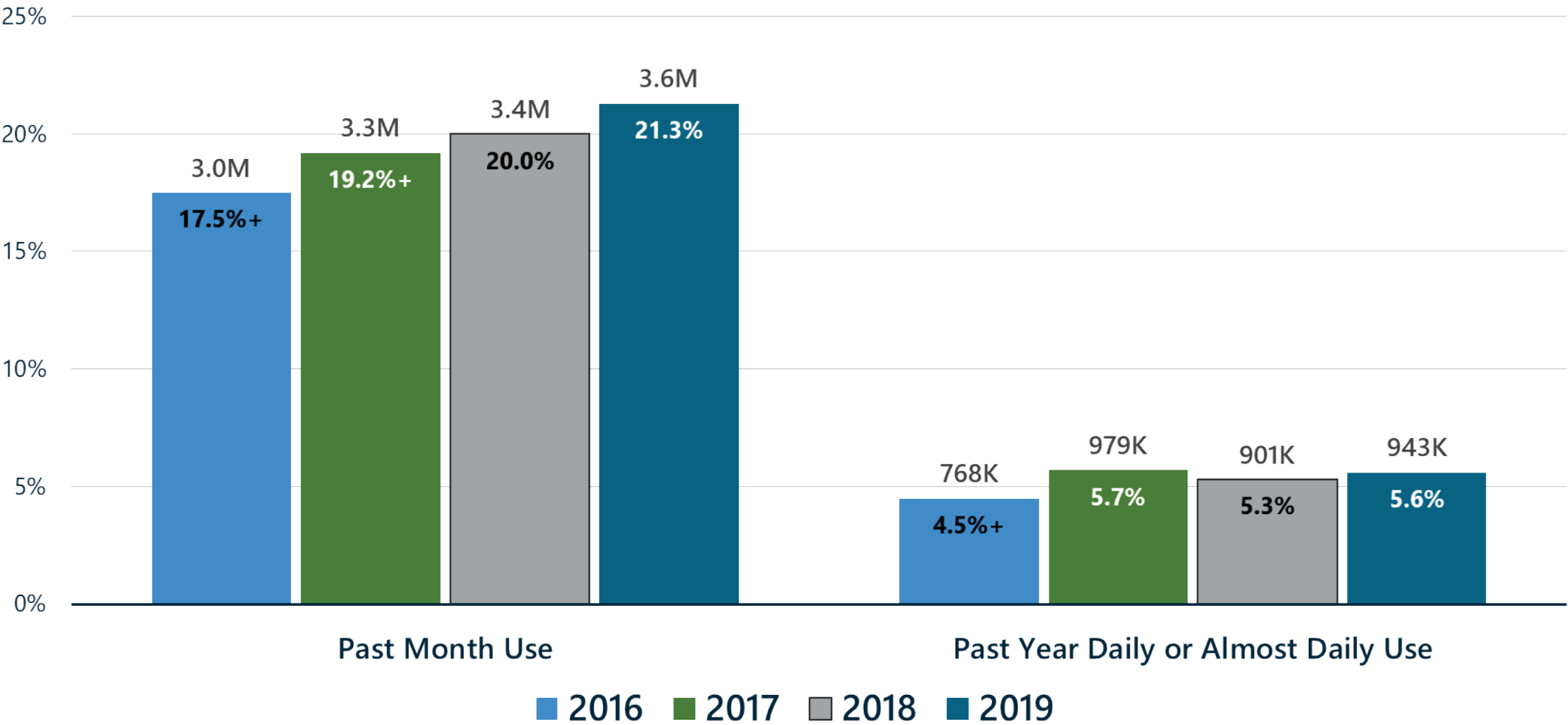
PAST MONTH, 2016-2019 NSDUH, Women 12+



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

Marijuana Use among Young Women (18-25 y.o.)

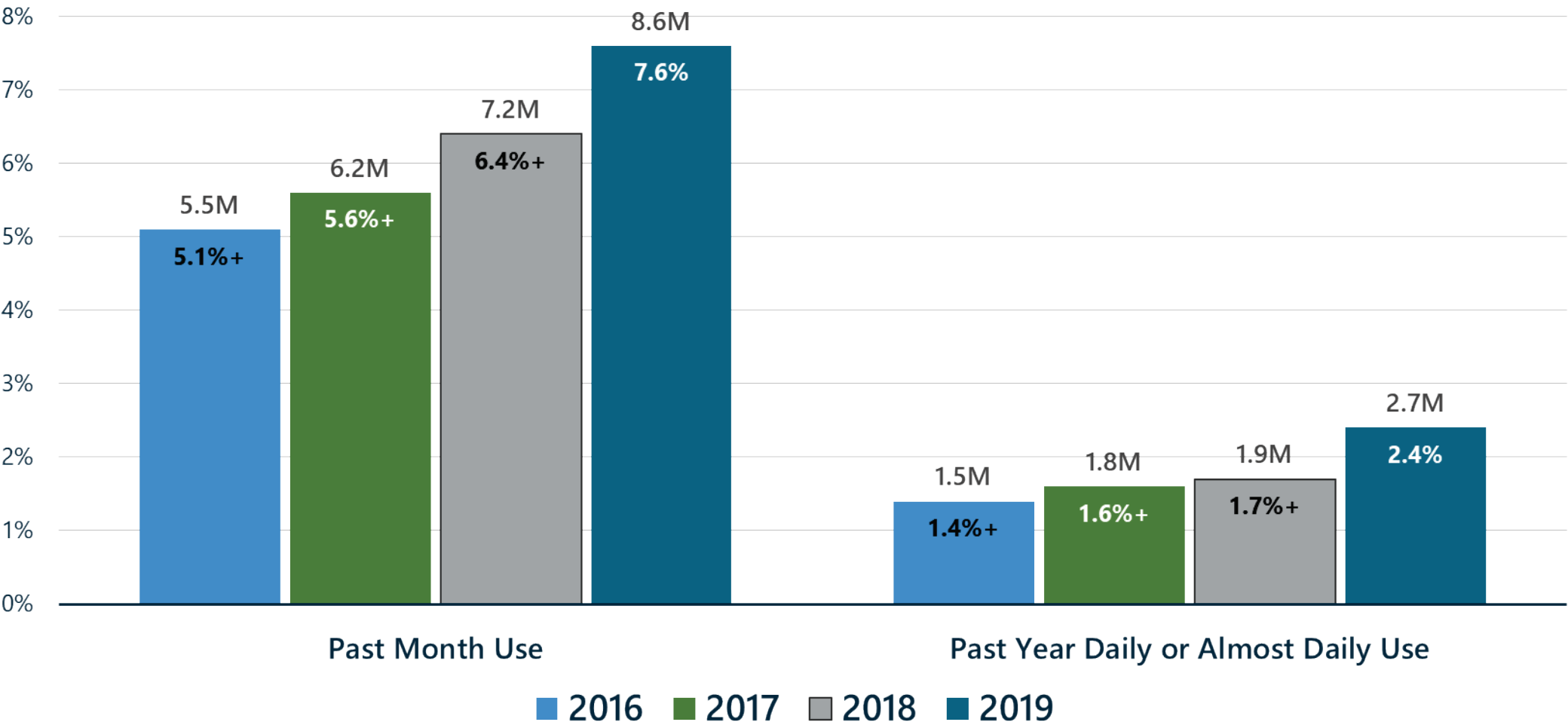
PAST MONTH/YEAR, 2016-2019 NSDUH, Women 18-25



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

Significant Increase in Marijuana Use among Adult Women 26+

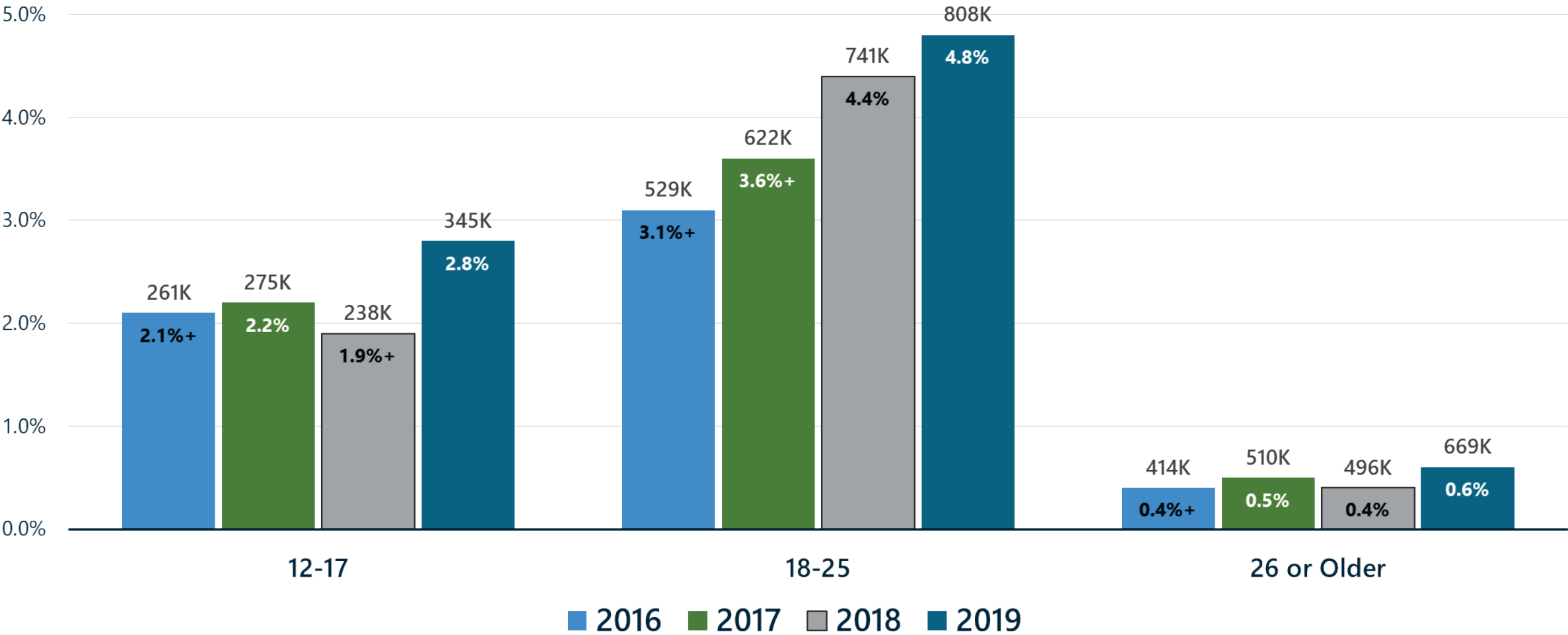
PAST MONTH/YEAR, 2016-2019 NSDUH, Women 26+



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

Marijuana Use Disorder among Women: Significant Increase for 12-17 y.o.

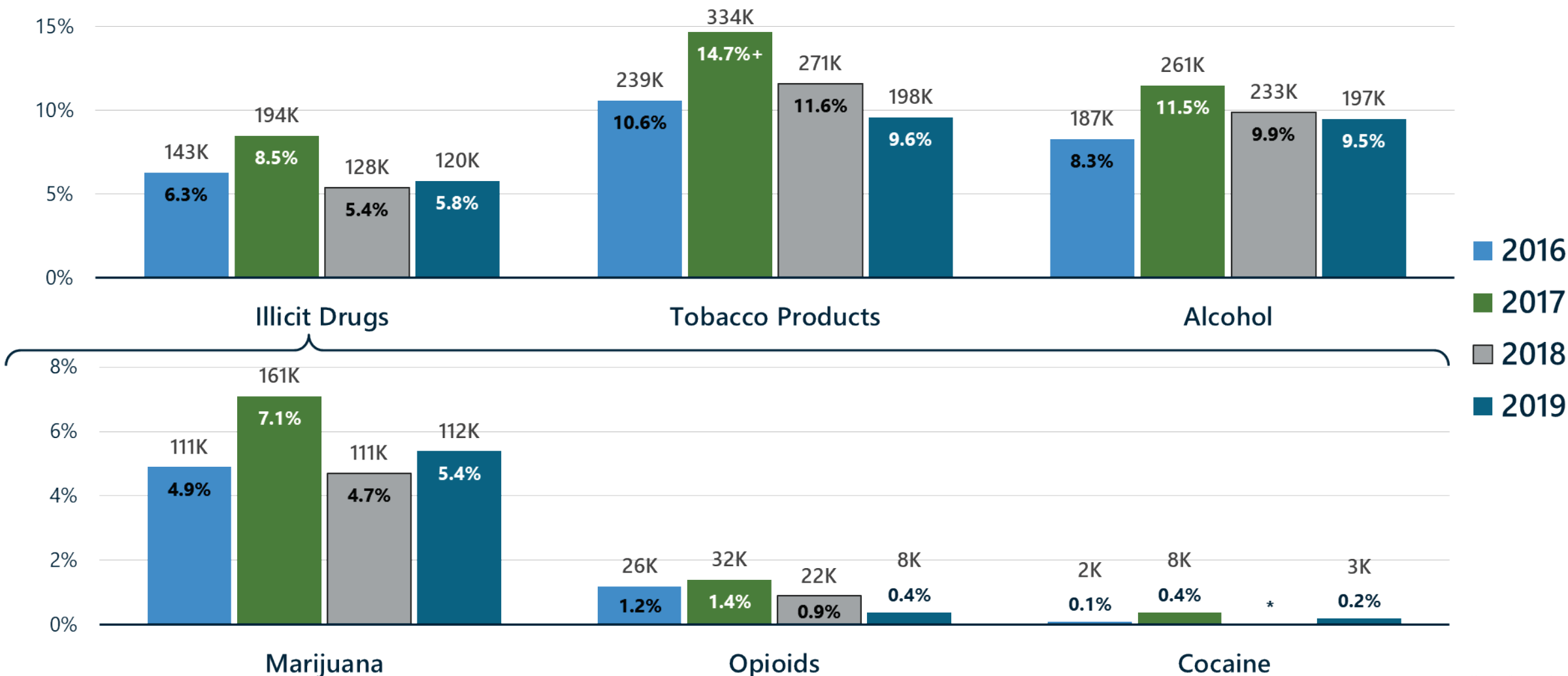
PAST YEAR, 2016-2019 NSDUH, Women 12+



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

Past Month Substance Use among Pregnant Women

PAST MONTH, 2016-2019 NSDUH, Women 15-44



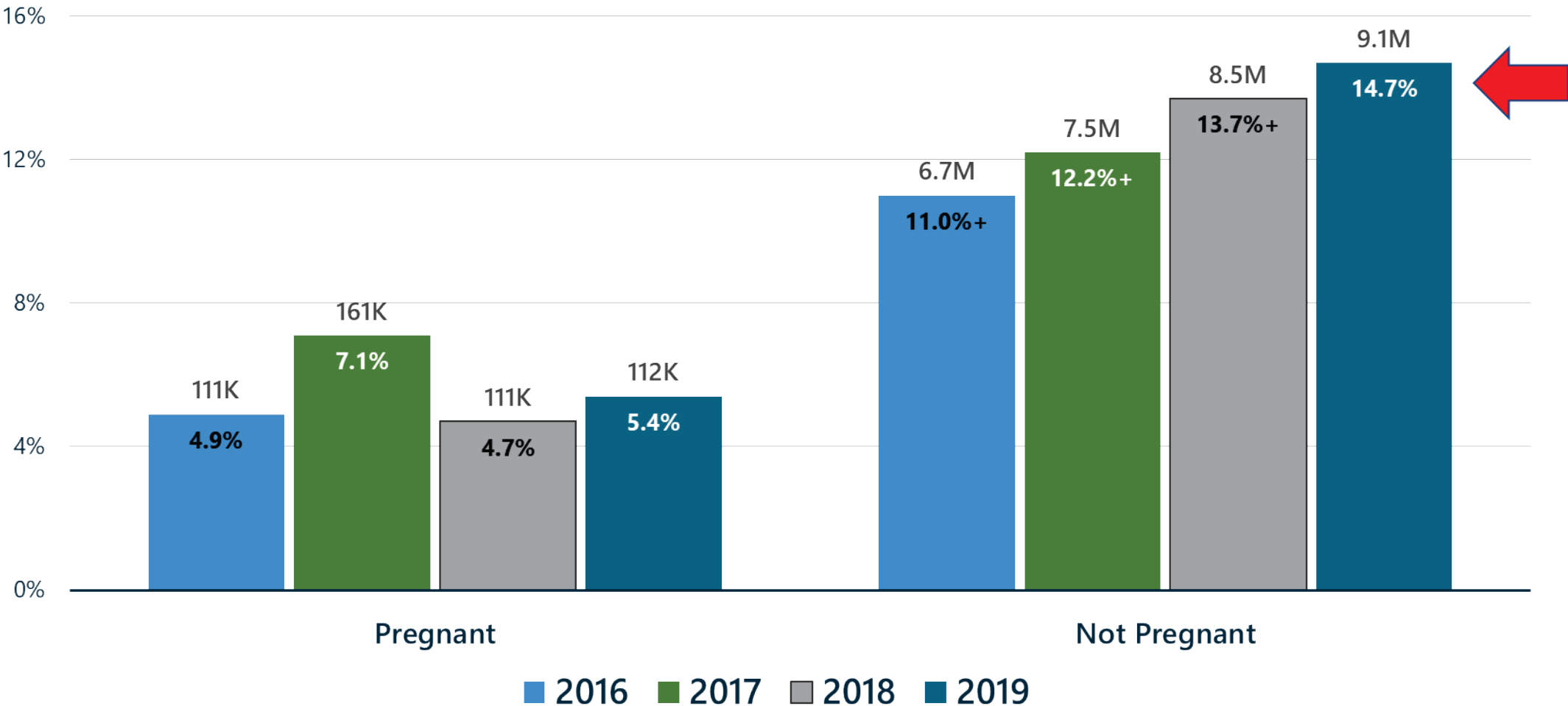
* Estimate not shown due to low precision.

Tobacco products are defined as cigarettes, smokeless tobacco, cigars, and pipe tobacco.

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

Marijuana Use among Women by Pregnancy Status

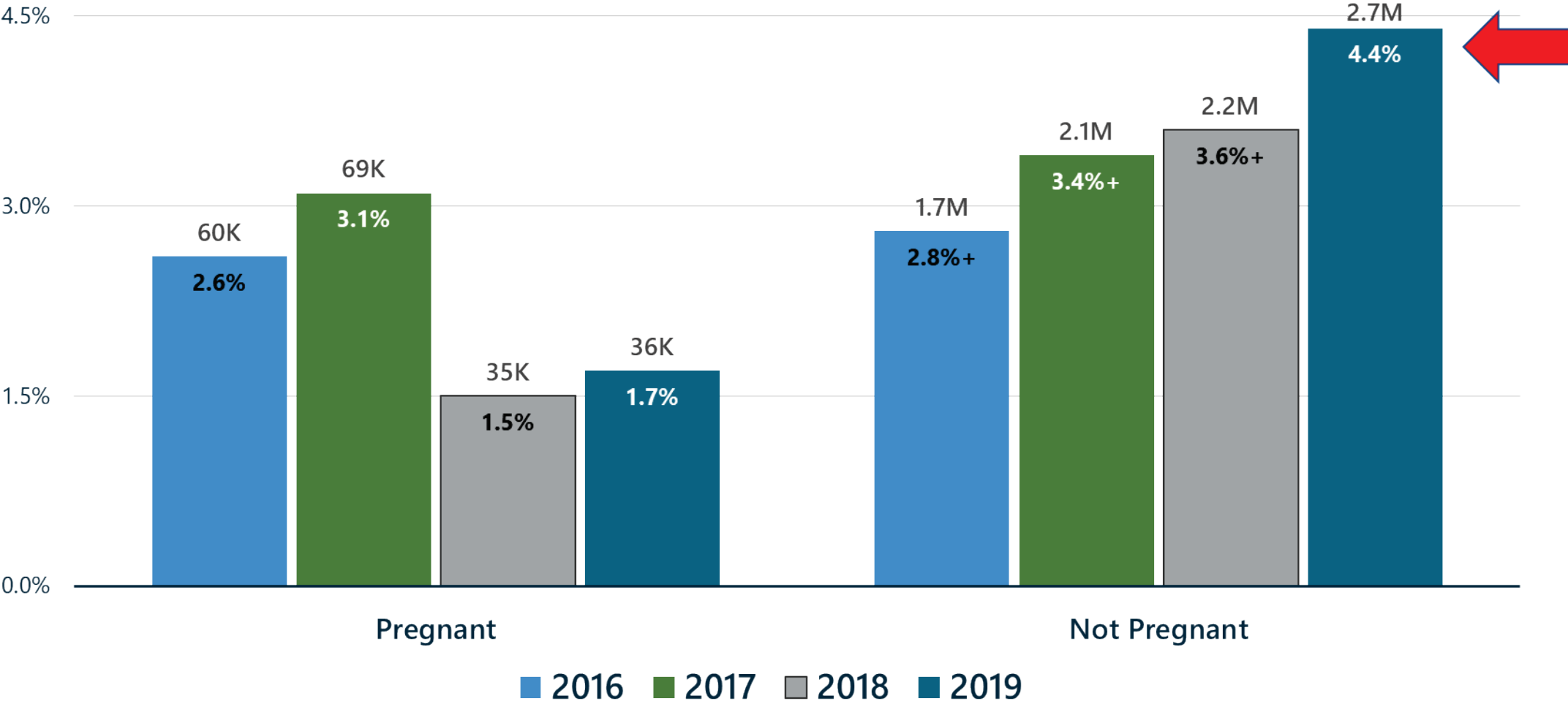
PAST MONTH, 2016-2019 NSDUH, Women 15-44



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

Daily or Almost Daily Marijuana Use among Women by Pregnancy Status

PAST YEAR, 2016-2019 NSDUH, Women 15-44



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

Past Year Substance Use and Mental Health Issues among Pregnant Women Aged 15 to 44 by Marijuana Use Status

Substance	No Past Year Marijuana Use		Any Past Year Marijuana Use	
	Number (Thousands)	Percentage	Number (Thousands)	Percentage
Cocaine	4+	0.3+	29	8.5
Crack	1	0.1	*	*
Heroin	1	0.1	*	*
Hallucinogens	2+	0.1+	28	8.3
LSD	*	*	17	5.2
PCP	*	*	0	0.1
Ecstasy	2	0.1	5	1.5
Inhalants	*	*	*	*
Methamphetamine	*	*	18	5.5
Misuse of Psychotherapeutics	48	2.7+	89	26.7
Pain Relievers	24	1.4+	60	17.9
Stimulants	6+	0.3+	38	11.5
Tranquilizers or Sedatives	20	1.2+	42	12.5
Tranquilizers	19	1.1+	42	12.5
Sedatives	1	0.1	*	*
Benzodiazepines	19	1.1+	40	12.1
Opioids	25	1.5+	60	17.9
Illicit Drugs Other than Marijuana	51+	2.9+	101	30.3
ALCOHOL (PAST MONTH)	105	6.1+	91	27.3
Binge Alcohol Use	54	3.1+	46	13.7
Heavy Alcohol Use	*	*	6	1.7
MENTAL HEALTH STATUS				
SUICIDAL BEHAVIORS				
Suicidal Thoughts	56	3.3+	45	14.0
Suicide Plans	11	0.7+	23	7.3
Suicide Attempts	13	0.8	17	5.4
Serious Mental Illness	55	3.2+	46	14.3
Major Depressive Episode (MDE)	111+	6.6	44	14.0
MDE with Severe Impairment	73+	4.3	24	7.6

PAST YEAR, 2019 NSDUH, Women 15-44

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

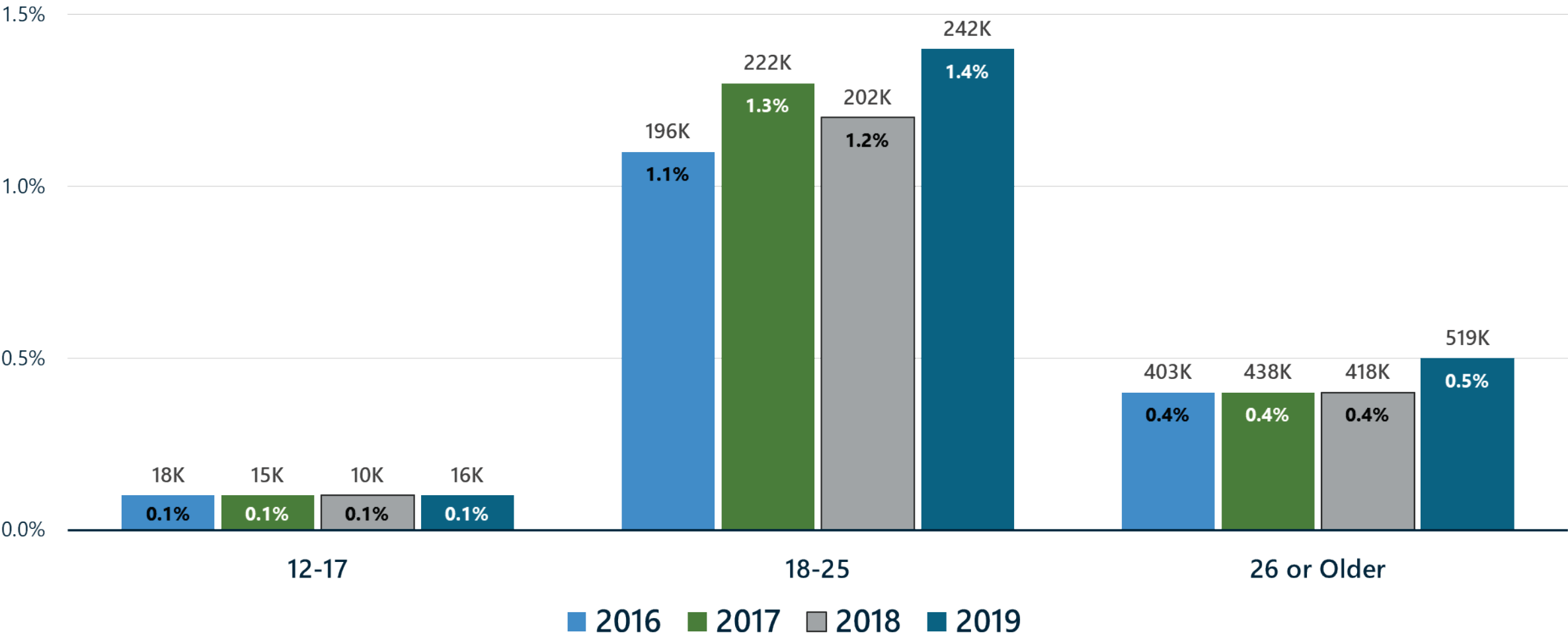
* Estimate not shown due to low precision.

Marijuana Use: Health Concerns

- Past month marijuana use has significantly increased across all age groups for women as compared to 2016.
- There were significant increases in marijuana use among adult women ages 26 and older.
- Marijuana use disorder among young women ages 12-17 significantly increased.
- There were slight increases in past month marijuana use and daily or almost daily marijuana use in women that were pregnant. There were significant increases in both categories for women that were not pregnant as compared to 2018.

Cocaine Use among Women

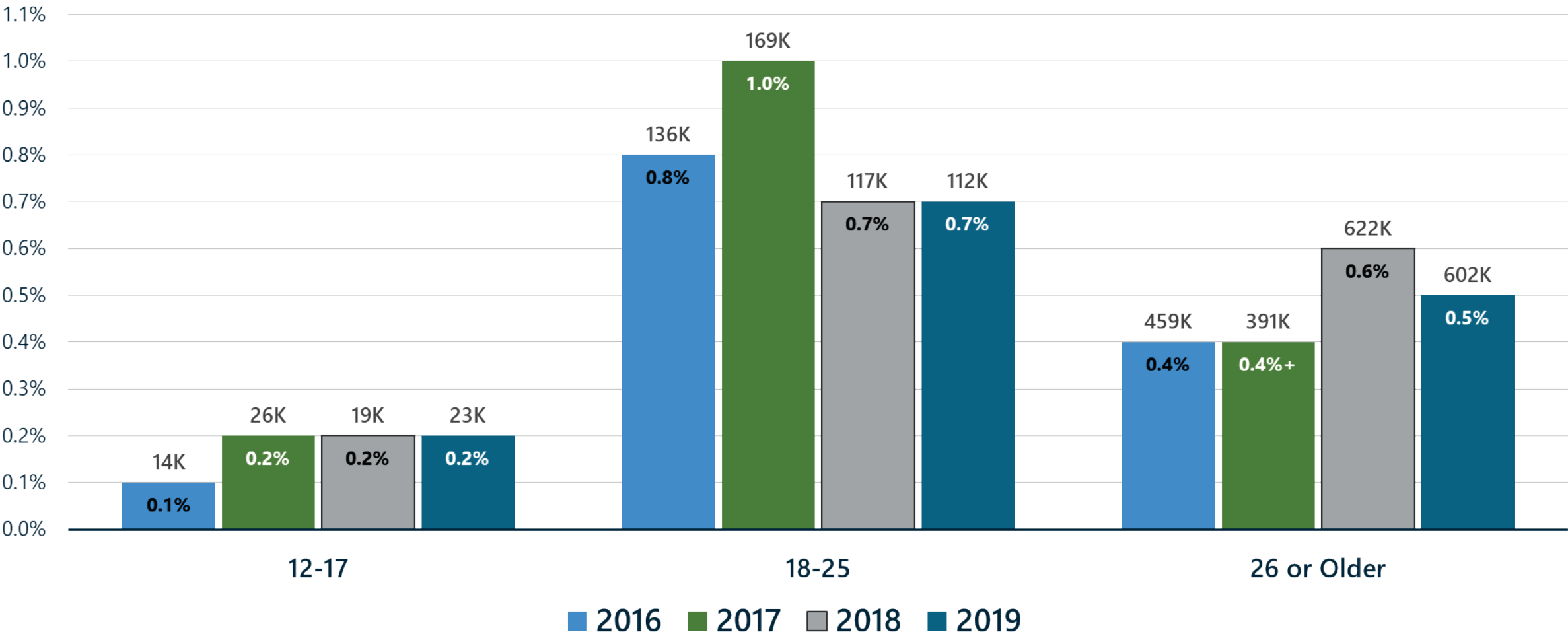
PAST MONTH, 2016-2019 NSDUH, Women 12+



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

Methamphetamine Use among Women

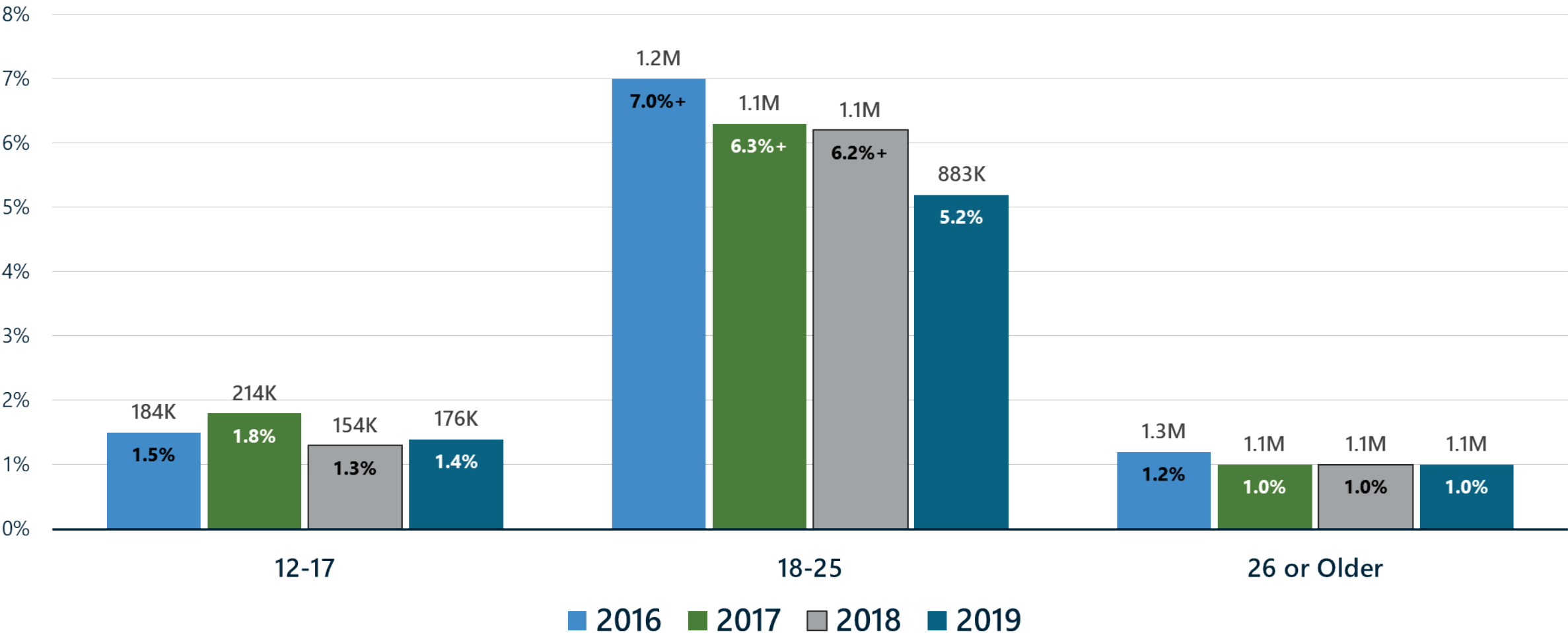
PAST YEAR, 2016-2019 NSDUH, Women 12+



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

Misuse of Prescription Stimulants among Women

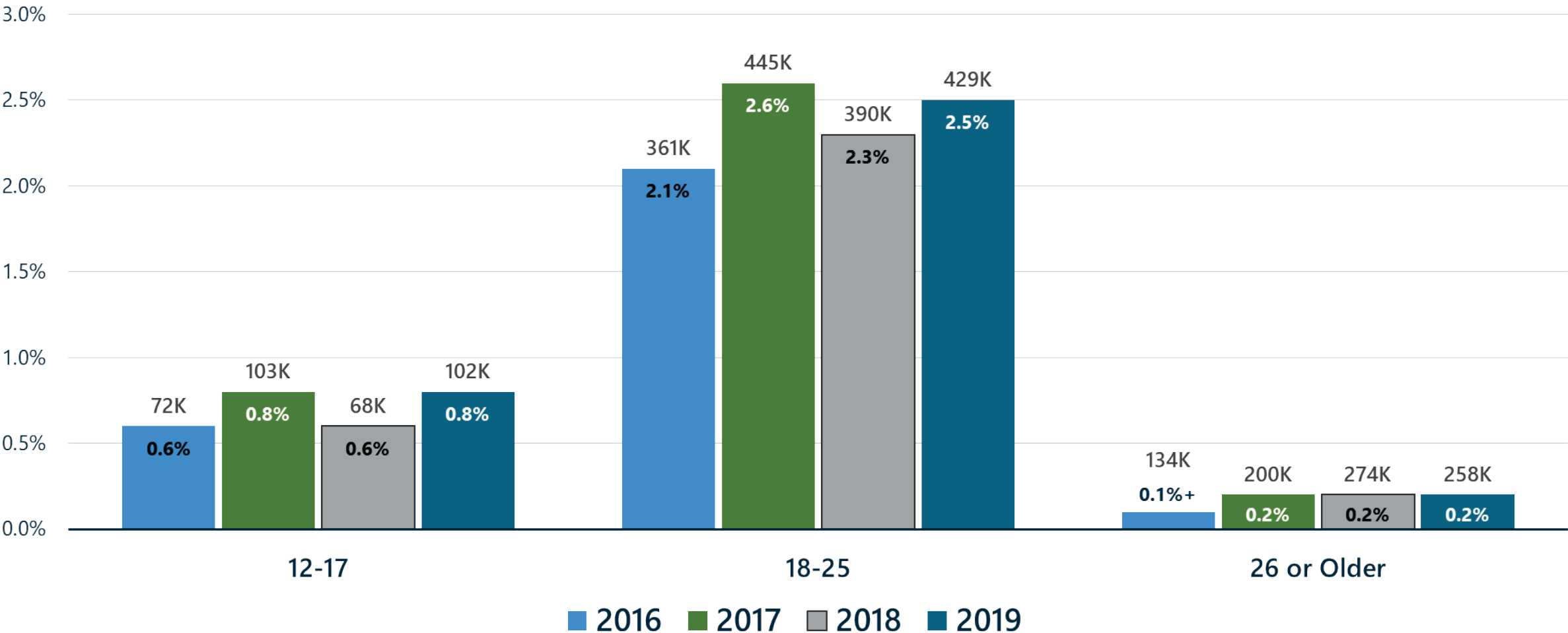
PAST YEAR, 2016-2019 NSDUH, Women 12+



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

LSD Use among Women for All Age Groups

PAST YEAR, 2016-2019 NSDUH, Women 12+



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

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

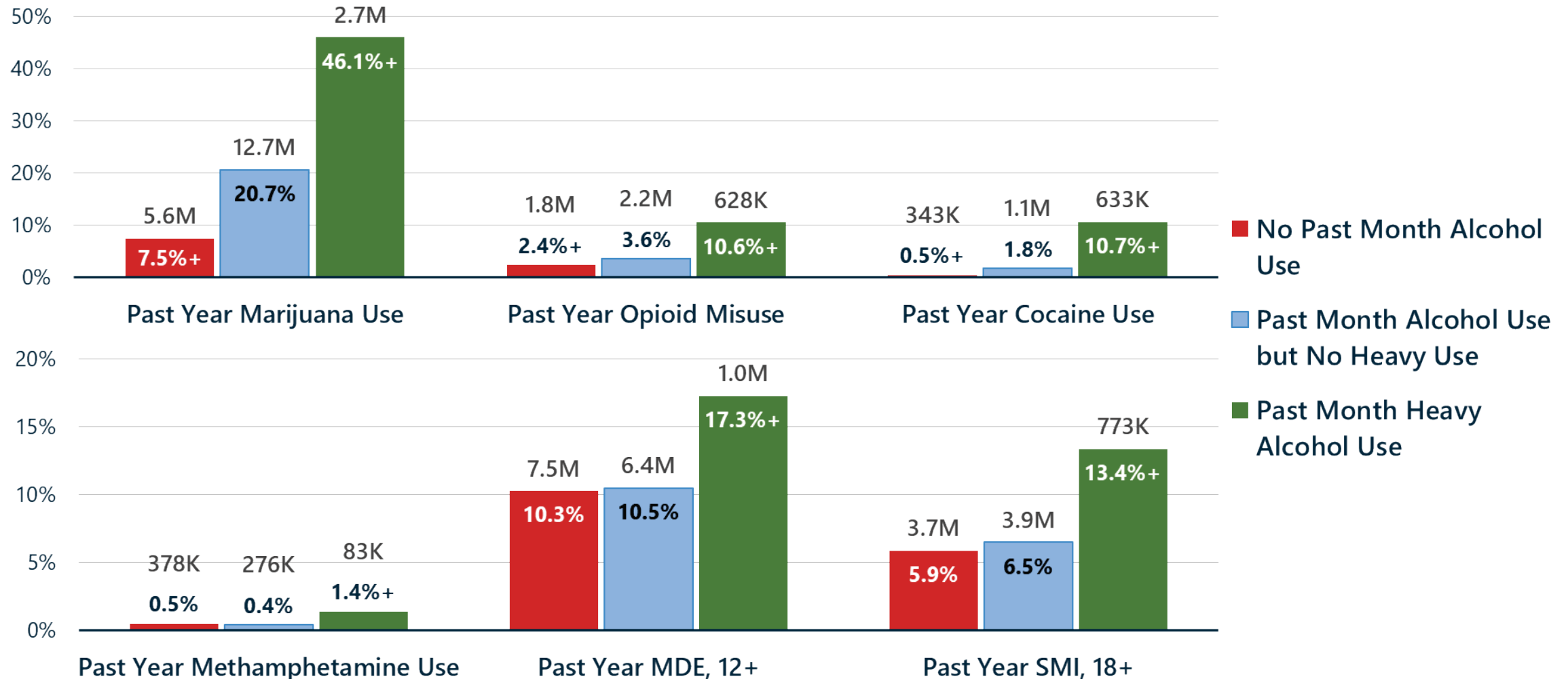
Summary: Other Substance Use in the United States in 2019 Compared to 2018

- Cocaine use in women of all ages remained stable.
- Methamphetamine use in women ages 26 or older significantly increases as compared to 2017.
- Misuse of prescription stimulants by women ages 18-25 significantly decreased when compared to 2016-2018.
- LSD use among women significantly increased for women ages 26 or older when compared to 2016.

Polysubstance Use and Mental Illness

Alcohol Use Related to Other Substance Use, MDE and SMI among Women

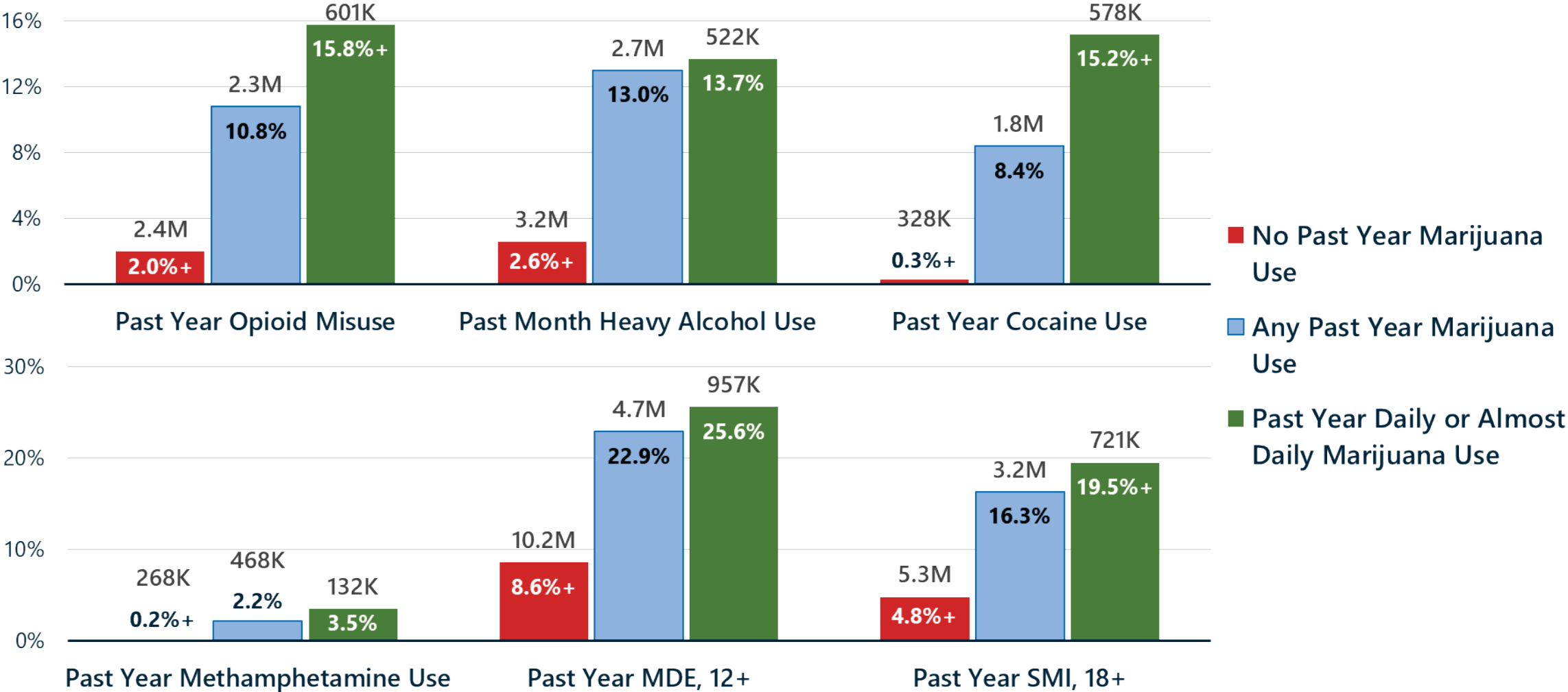
PAST YEAR/MONTH, 2019 NSDUH, Women 12+



+ Difference between this estimate and the estimate for people with past month use but not heavy alcohol use is statistically significant at the .05 level.

Marijuana Use Related to Other Substance Use, MDE and SMI among Women

PAST YEAR/MONTH, 2019 NSDUH, Women 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 Women: National vs. Colorado Data from the National Survey on Drug Use and Health (2019)

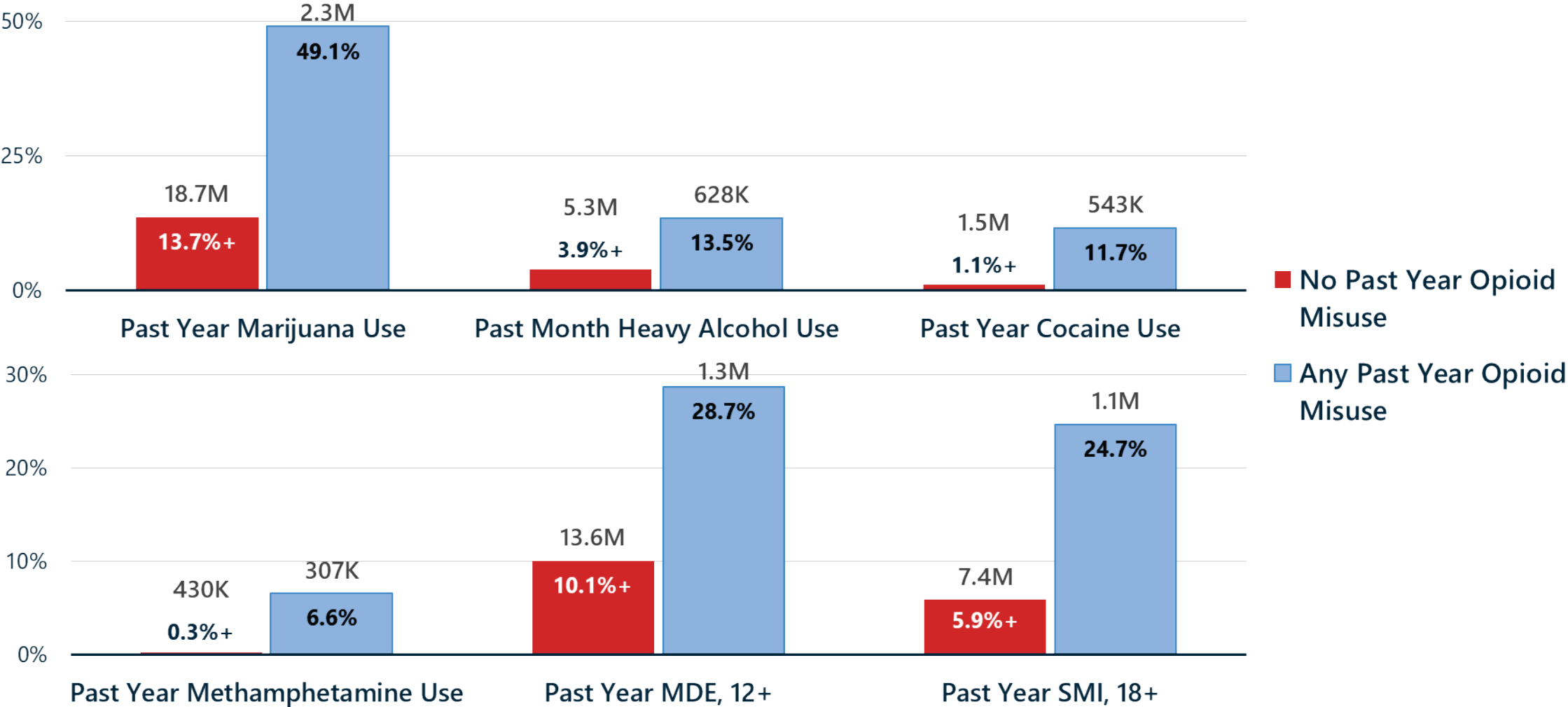
Measure/Age Group	National (%)	Colorado (%)	National vs. Colorado P-value
Past Month Marijuana Use (18-25 y)	21.3	38.2	0.0033
Past Year Daily Marijuana Use (18-25y)	5.6	*	*
Past Month Marijuana Use ($\geq$ 26y)	7.6	17.3	0.0001
Substance Use Disorder (SUD) (18+)	5.6	8.1	0.0942
Co-occurring SUD and SMI (18+)	1.5	2.1	0.5048

* 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 Women

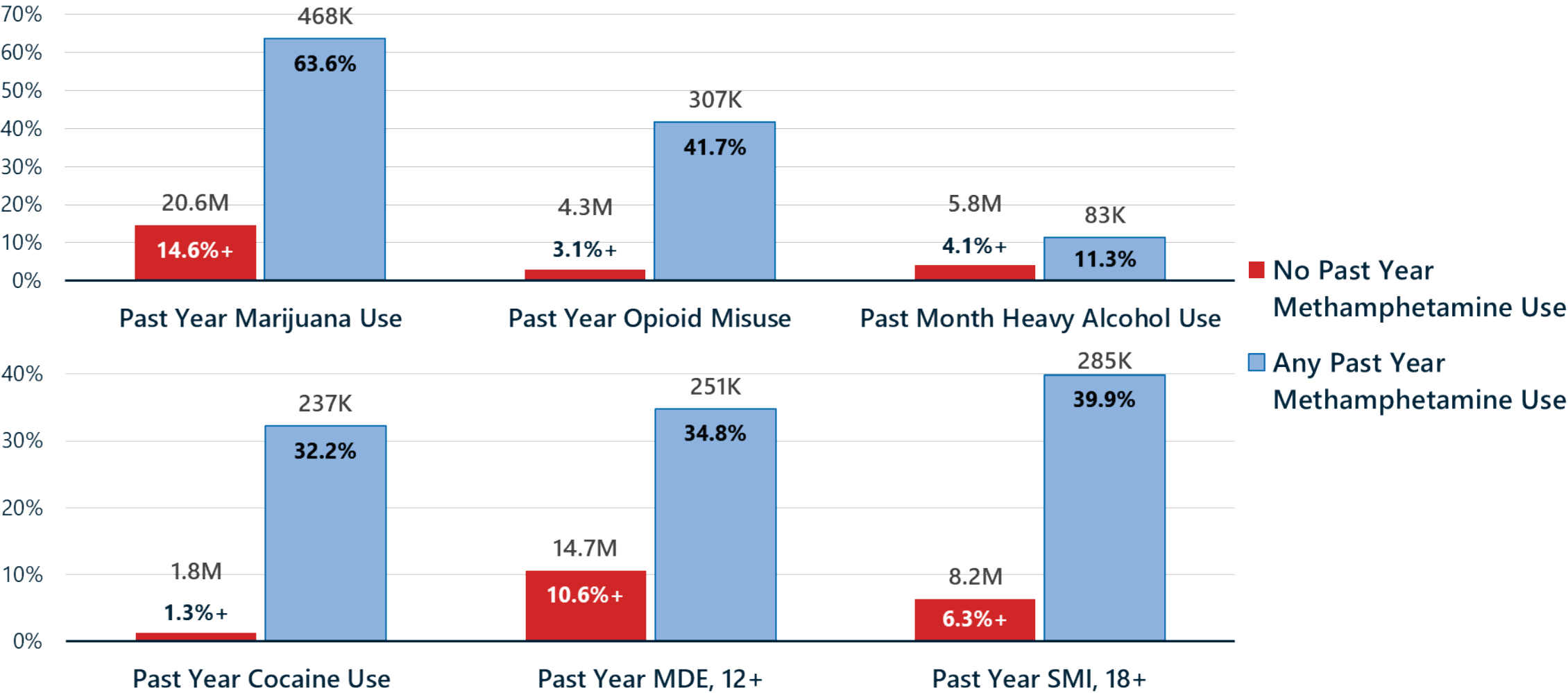
PAST YEAR/MONTH, 2019 NSDUH, Women 12+



+ 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 Women

PAST YEAR/MONTH, 2019 NSDUH, Women 12+



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

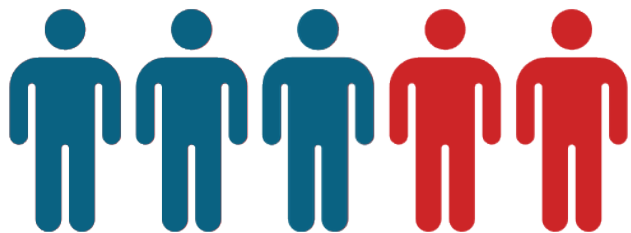
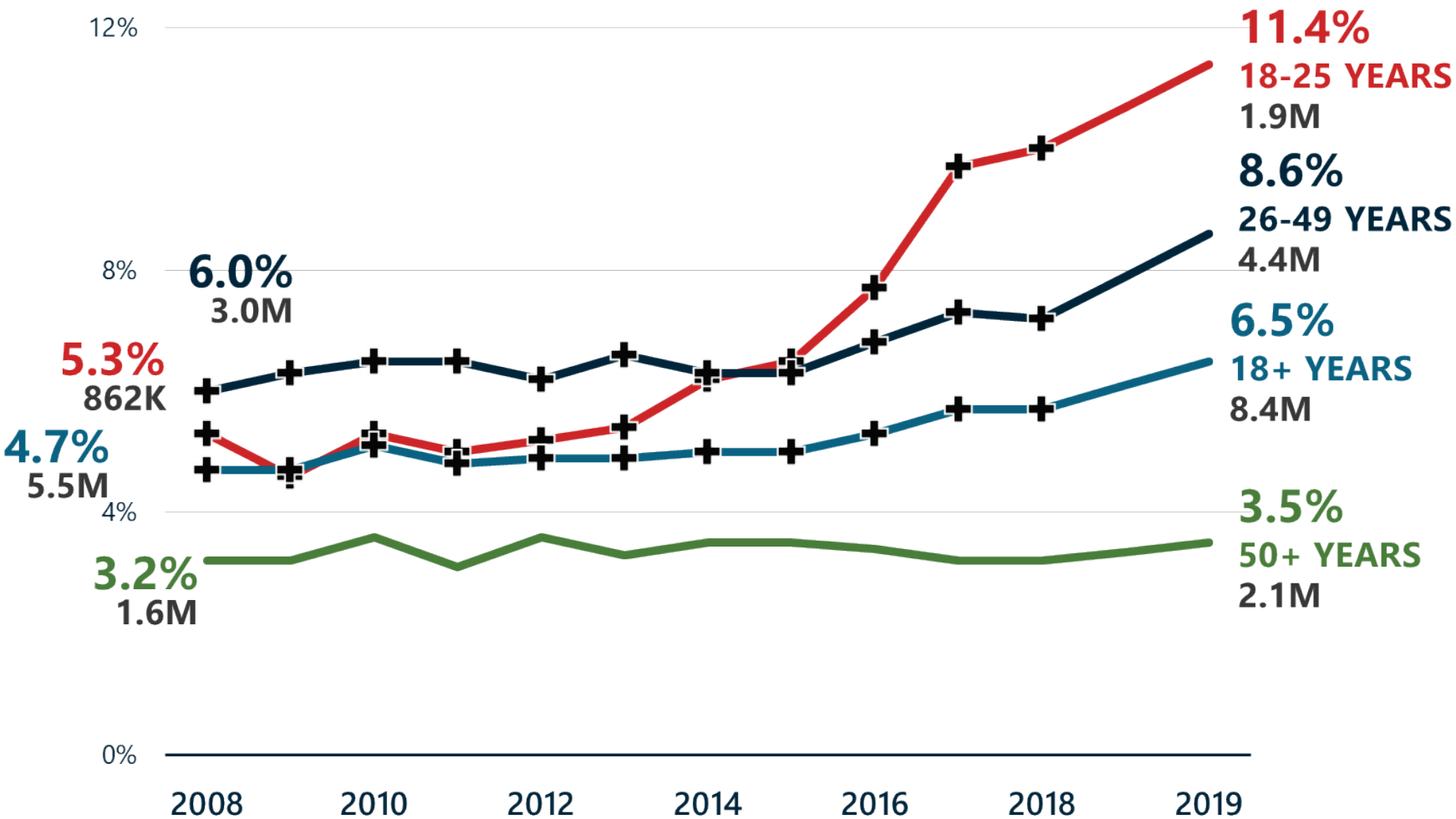
Summary

- 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 Women Increasing

PAST YEAR, 2008-2019 NSDUH, Women 18+



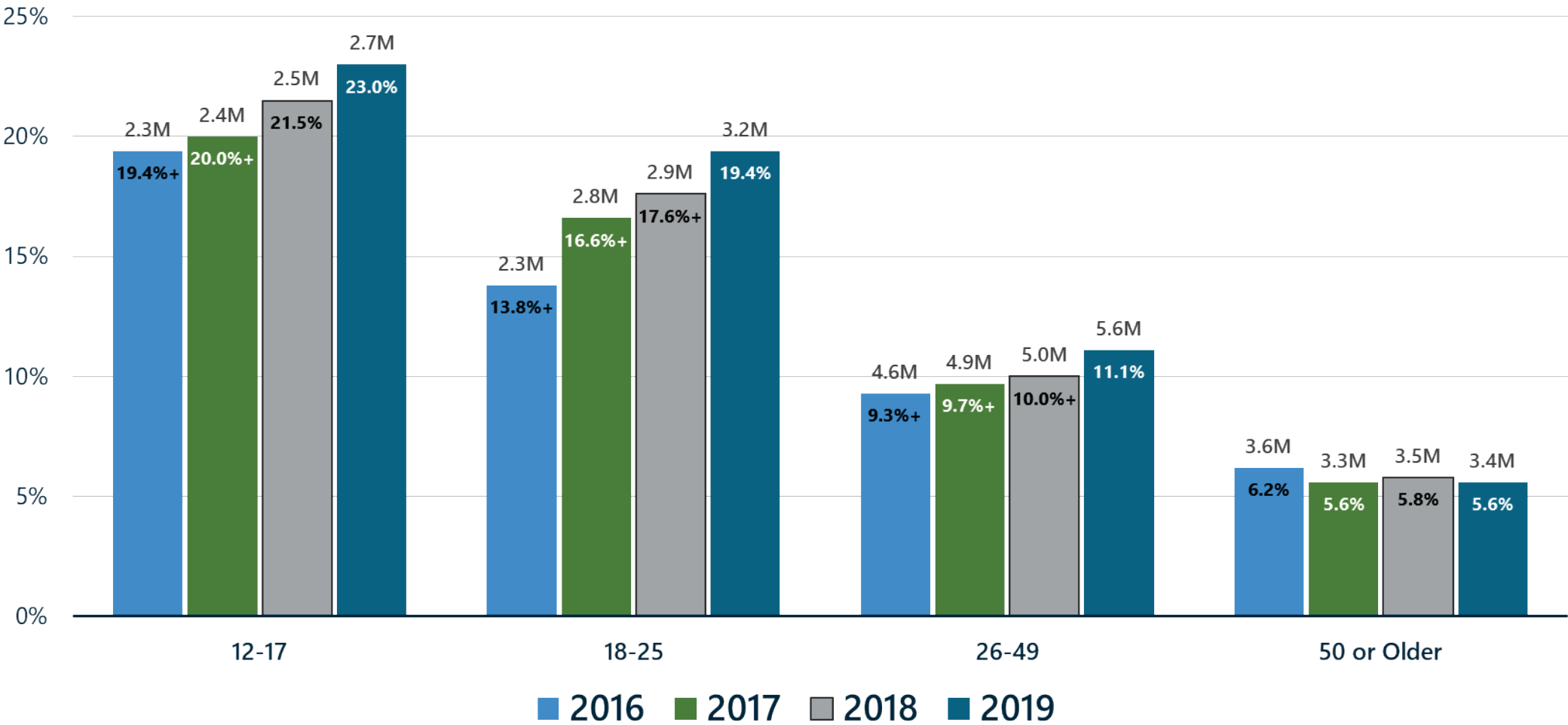
59.7%
1.1 MILLION YOUNG WOMEN WITH SMI RECEIVED TREATMENT IN 2019
40.3% got NO treatment

70.3%
3.1M WOMEN AGED 26-49 WITH SMI RECEIVED TREATMENT IN 2019
29.7% got NO treatment

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

Major Depressive Episodes among Women Increased for Those Under Age 50

PAST YEAR, 2016-2019 NSDUH, Women 12+

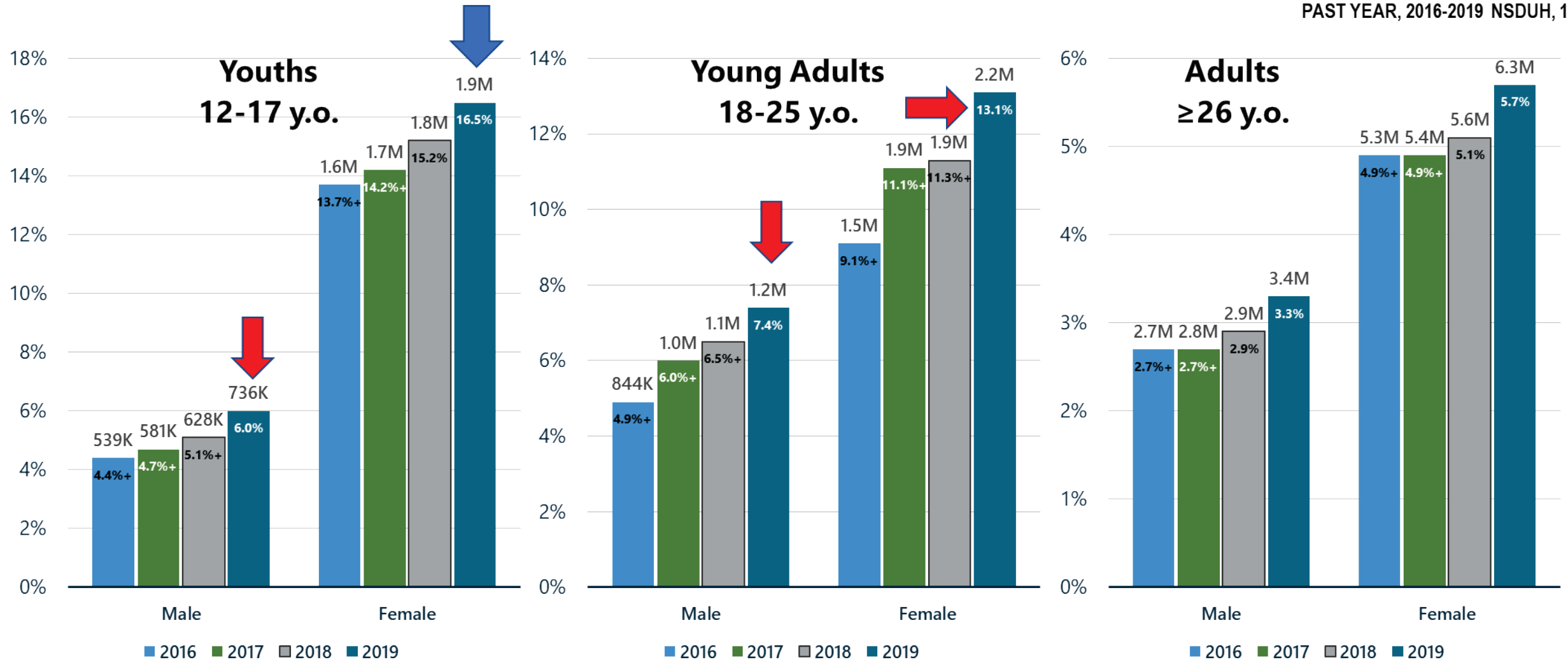


Note: The adult and youth MDE estimates are not directly comparable.

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

Major Depressive Episodes with Severe Impairment

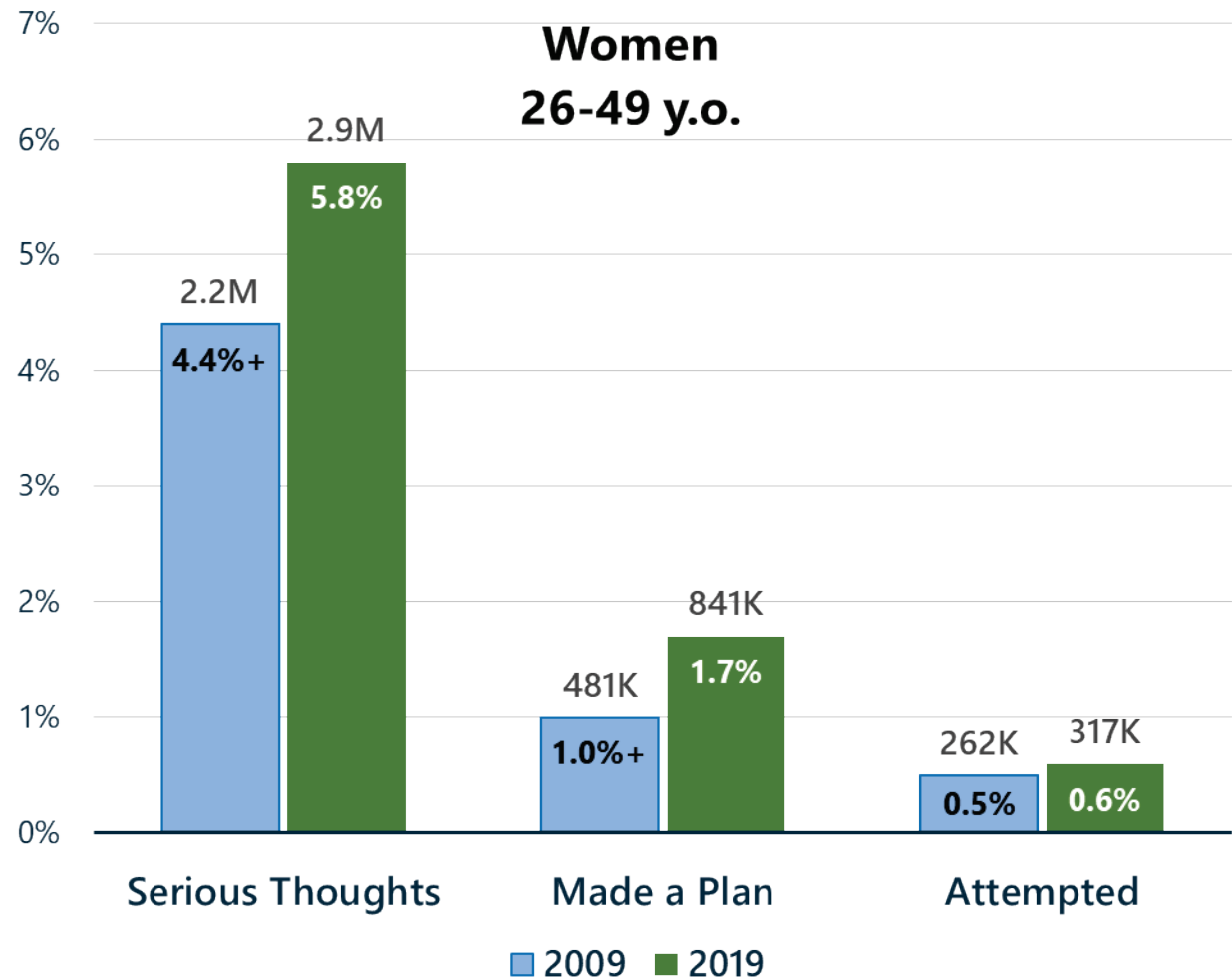
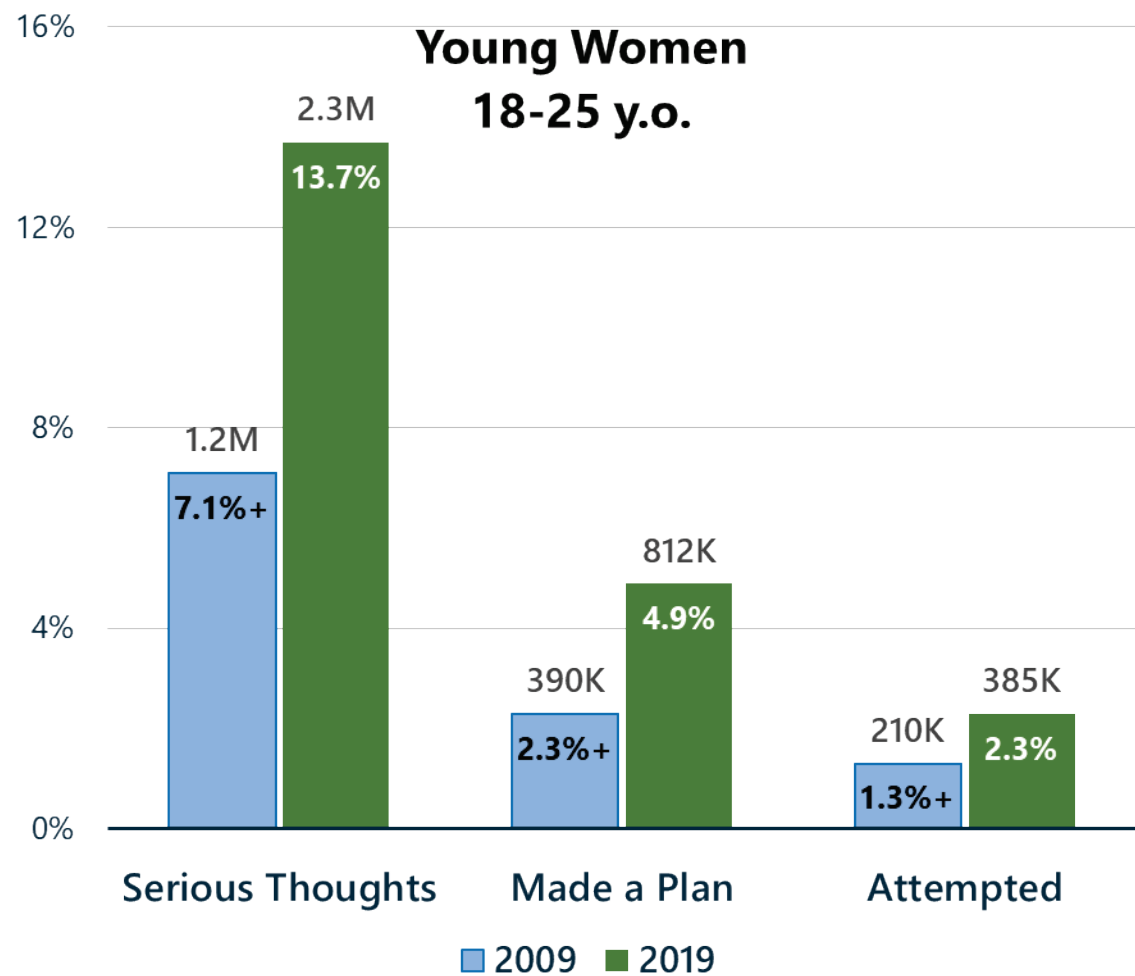
PAST YEAR, 2016-2019 NSDUH, 12+



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

Suicidal Thoughts, Plans, and Attempts Increase for Young Women (18-25 y.o.) and Women (26-49 y.o.)

PAST YEAR, 2009 and 2019 NSDUH, Women 18-49

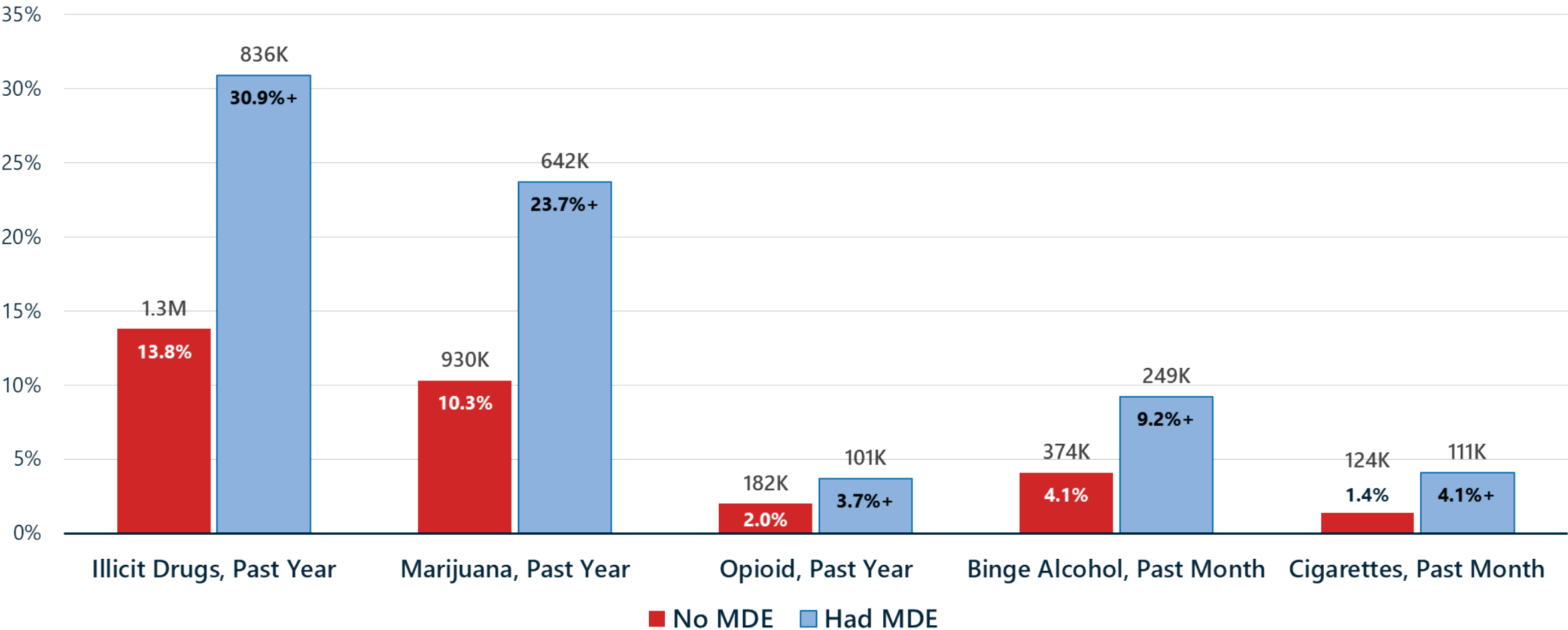


+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.

Co-Occurring Mental and Substance Use Disorders

Substance Use among Adolescent Females (12-17 y.o.) by Past Year Major Depressive Episode (MDE) status

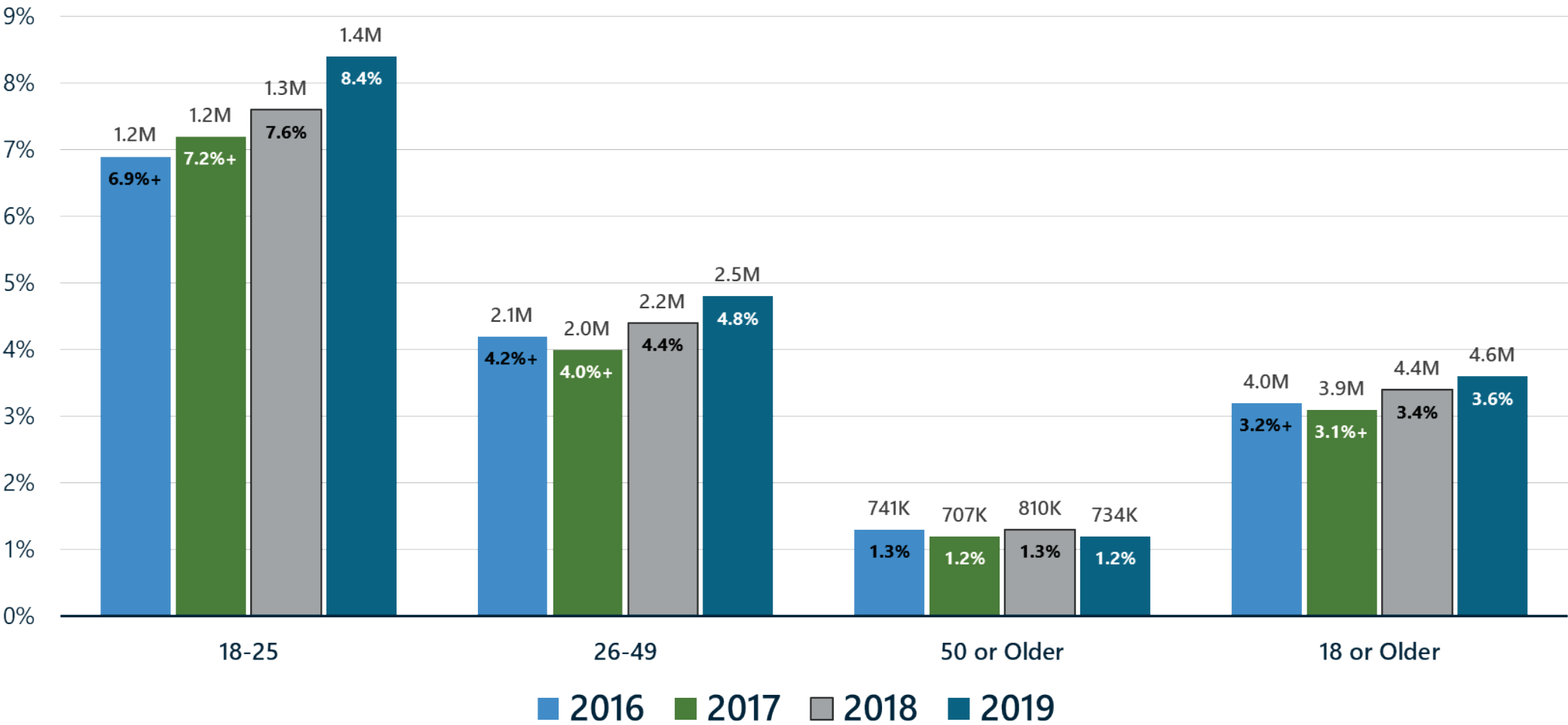
PAST YEAR/MONTH, 2019 NSDUH, Women 12-17



+ 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 Adult Women

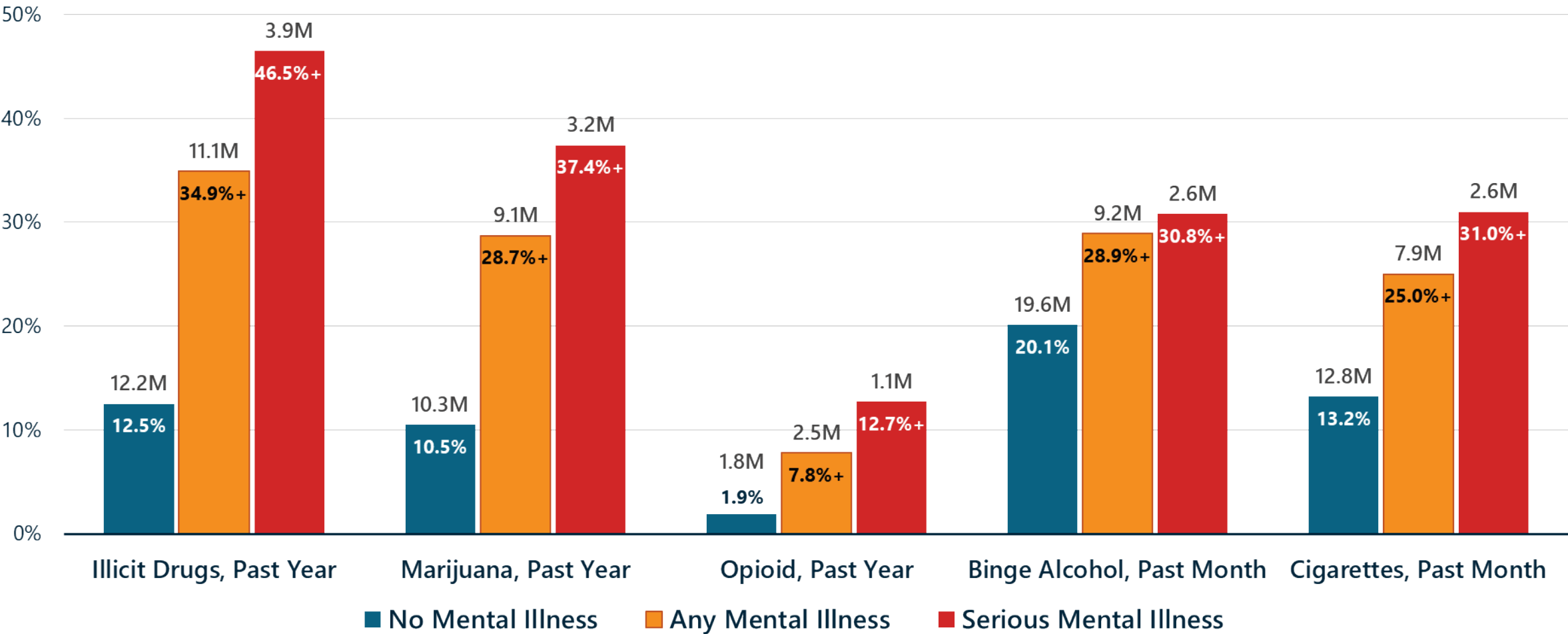
PAST YEAR, 2016-2019 NSDUH, Women 18+



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

Co-Occurring Issues: Substance Use and Mental Illness among Adult Women

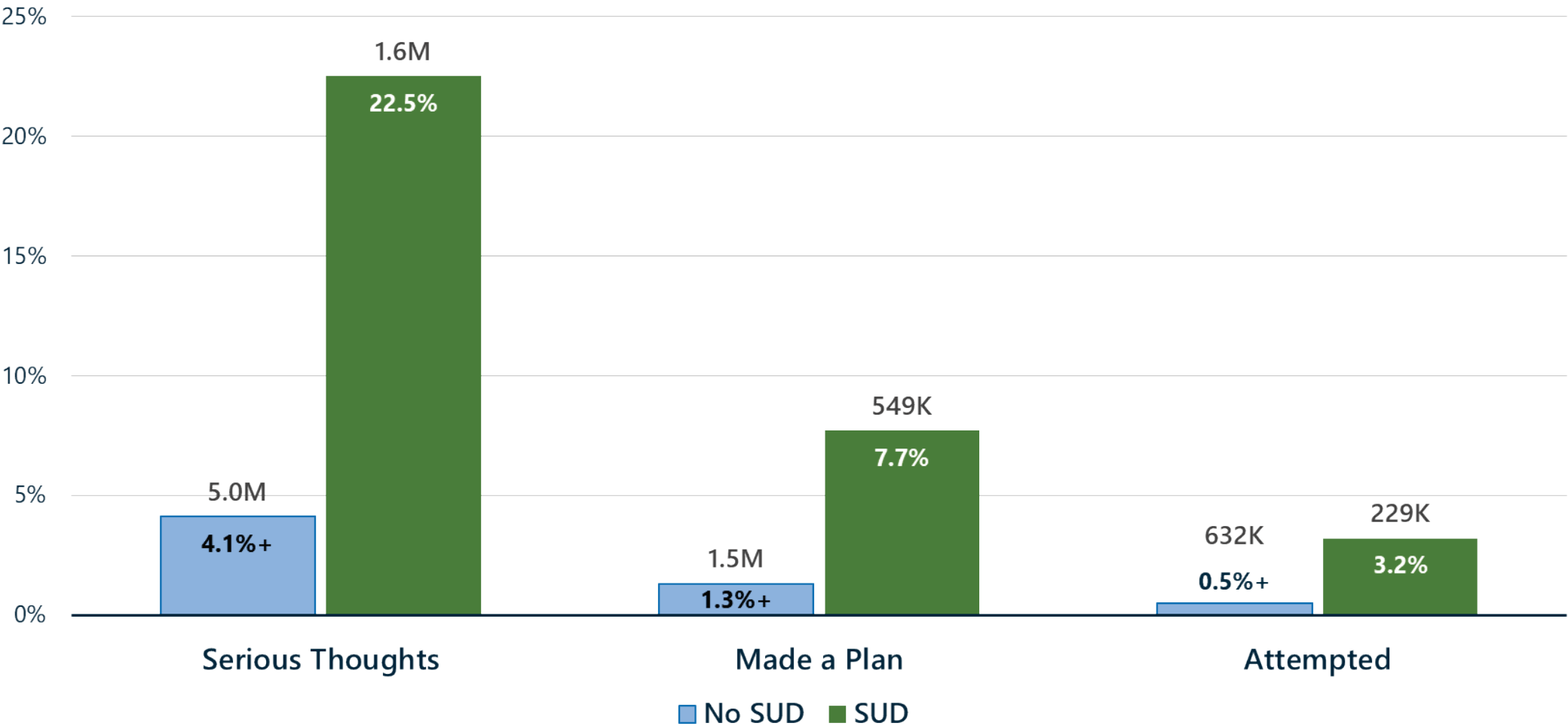
PAST YEAR/MONTH, 2019 NSDUH, Women 18+



+ 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 Adult Women ≥18 y.o.

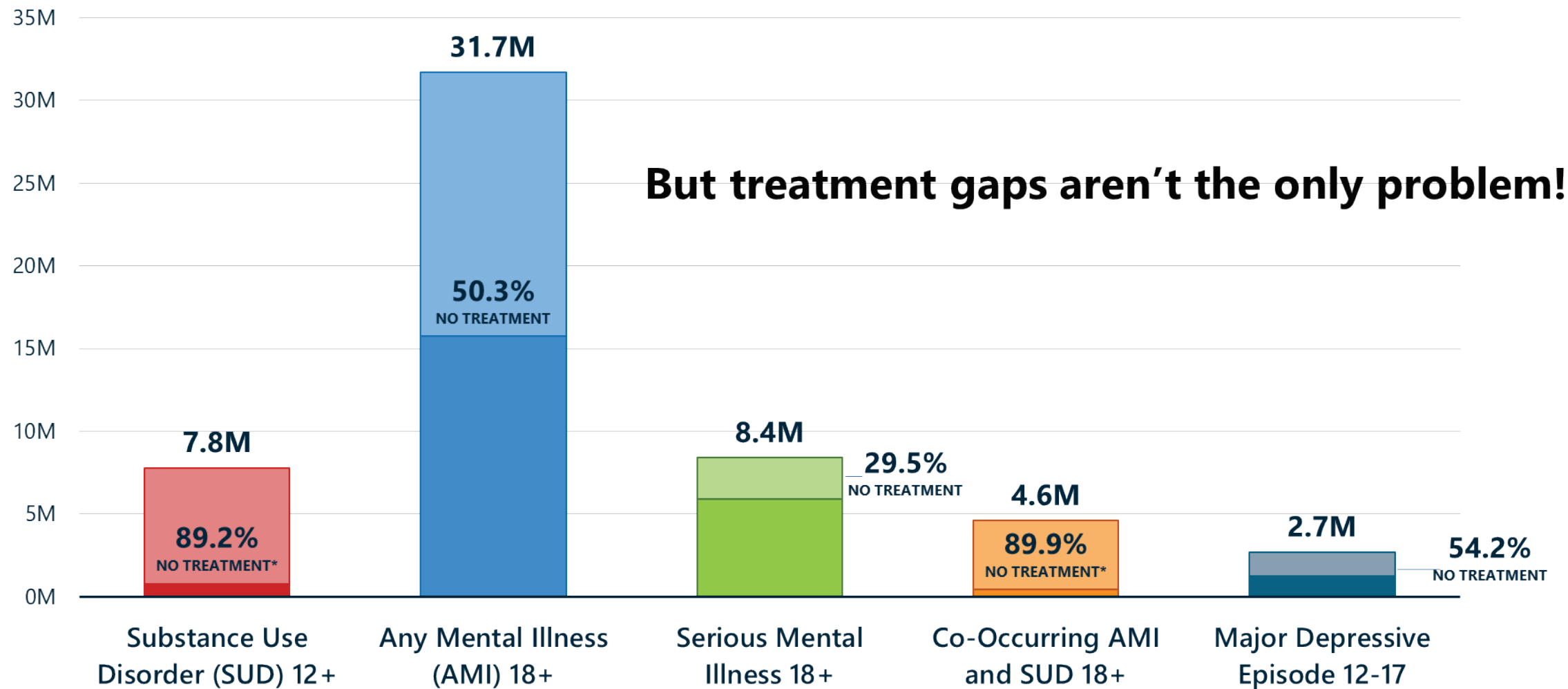
PAST YEAR, 2019 NSDUH, Women 18+



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

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

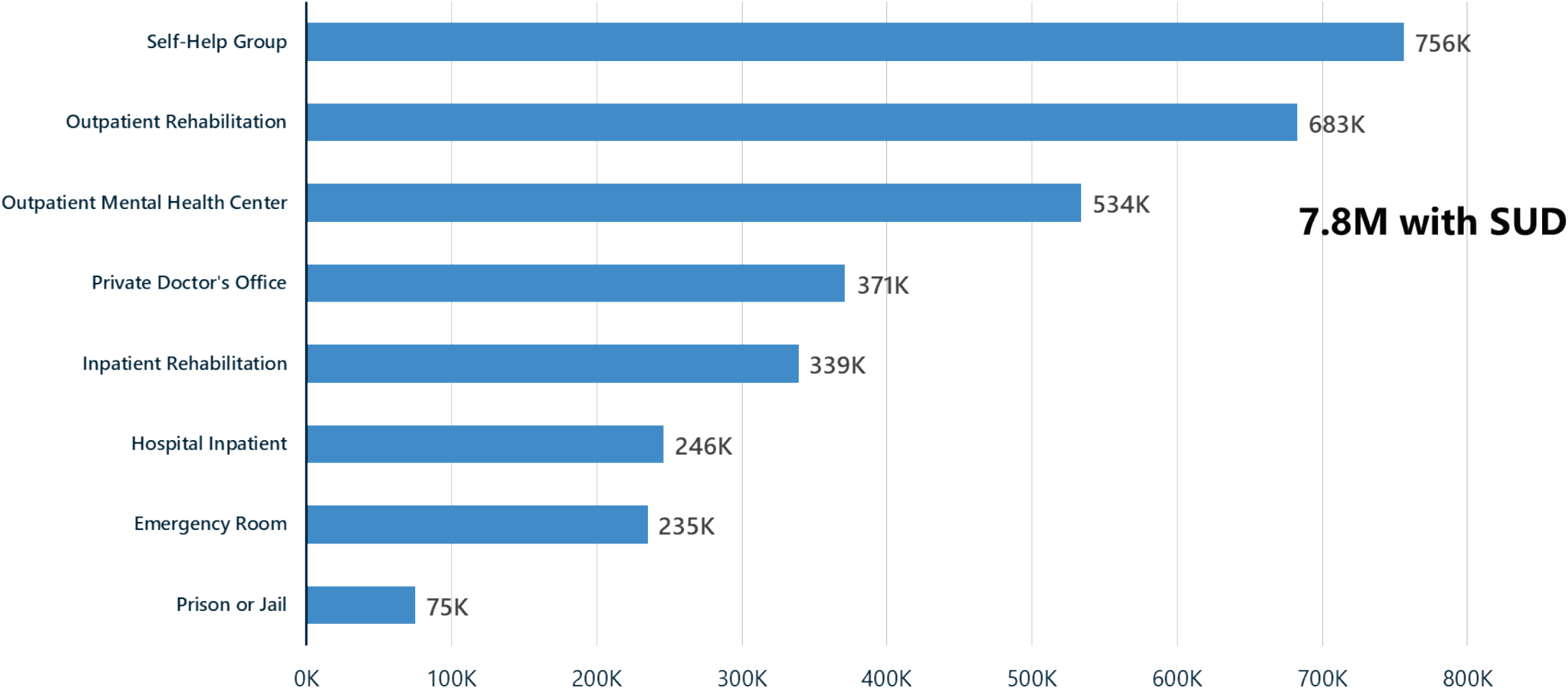
PAST YEAR, 2019 NSDUH, Women 12+



* 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 Women

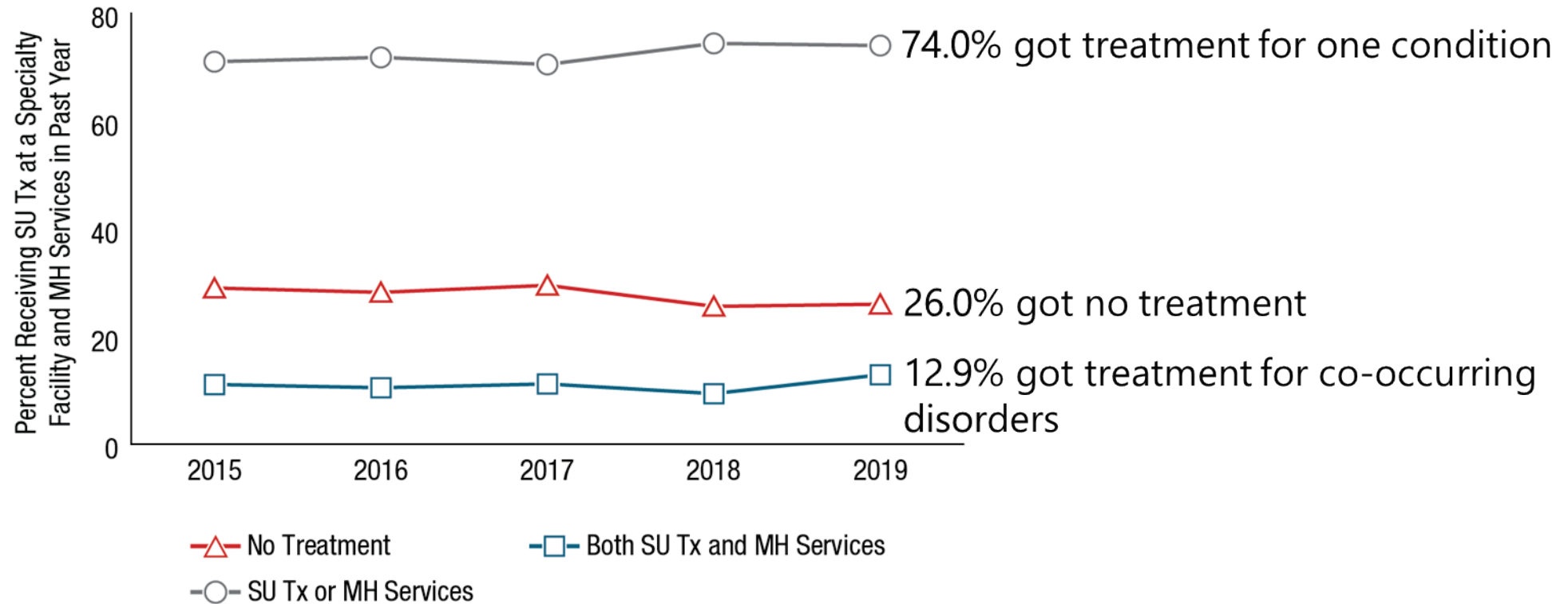
PAST YEAR, 2019 NSDUH, Women 12+



Locations where people received substance use treatment are not mutually exclusive because respondents could report that they received treatment in more than one location in the past year.

Receipt of Substance Use Treatment at a Specialty Facility and Mental Health Services in the Past Year among Adult Women Aged 18 or Older with Past Year Substance Use Disorder and Serious Mental Illness: 2015-2019

PAST YEAR, 2015-2019 NSDUH, Women 18+



Service Type	2015	2016	2017	2018	2019
No Treatment	29.0	28.2	29.5	25.6	26.0
Substance Use Treatment at a Specialty Facility or Mental Health Services	71.0	71.8	70.5	74.4	74.0
Both Substance Use Treatment at a Specialty Facility and Mental Health Services	11.1	10.5	11.2	9.4	12.9

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

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

- Serious mental illness among women is increasing.
- Suicidal thoughts and behaviors have increased in women ages 18-49 between 2009 and 2019
- Substance use disorder significantly increased suicidality among women ages 18 and older.
- Self-help groups ranked higher than outpatient rehabilitation facilities for the locations 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