

## IOWA

**Table 41 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in Iowa, by Age Group: Estimated Numbers (in Thousands), Annual Averages Based on 2018-2019 NSDUHs**

Measure	12+	12-17	18-25	26+	18+
<b>ILLICIT DRUGS</b>					
Past Month Illicit Drug Use <sup>1,2</sup>	242	19	67	155	222
Past Year Marijuana Use	327	29	99	199	299
Past Month Marijuana Use	176	14	57	105	162
Perceptions of Great Risk from Smoking Marijuana Once a Month	529	52	35	442	477
First Use of Marijuana <sup>3,4</sup>	36	12	17	6	23
Past Month Illicit Drug Use Other Than Marijuana <sup>1,2</sup>	93	6	22	64	87
Past Year Cocaine Use	38	1	16	21	37
Perceptions of Great Risk from Using Cocaine Once a Month	1,812	123	206	1,483	1,689
Past Year Heroin Use	6	0	1	5	6
Perceptions of Great Risk from Trying Heroin Once or Twice	2,161	142	264	1,754	2,019
Past Year Methamphetamine Use	29	1	4	25	29
Past Year Misuse of Pain Relievers <sup>2</sup>	109	9	20	80	100
<b>ALCOHOL</b>					
Past Month Alcohol Use	1,521	28	226	1,267	1,493
Past Month Binge Alcohol Use <sup>5</sup>	735	14	141	579	721
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	939	86	112	741	853
Past Month Alcohol Use <sup>6</sup> (Individuals Aged 12 to 20)	100	--	--	--	--
Past Month Binge Alcohol Use <sup>5,6</sup> (Individuals Aged 12 to 20)	62	--	--	--	--
<b>TOBACCO PRODUCTS</b>					
Past Month Tobacco Product Use <sup>7</sup>	662	12	96	554	650
Past Month Cigarette Use	542	10	72	461	533
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	1,676	152	208	1,317	1,524
<b>PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT</b>					
Illicit Drug Use Disorder <sup>1,2,8</sup>	76	8	24	44	67
Pain Reliever Use Disorder <sup>2,8</sup>	16	1	2	13	15
Alcohol Use Disorder <sup>8</sup>	152	5	42	105	146
Substance Use Disorder <sup>1,2,8</sup>	205	12	54	139	192
Needing But Not Receiving Treatment for Illicit Drug Use <sup>1,2,9</sup>	68	7	22	38	60
Needing But Not Receiving Treatment for Alcohol Use <sup>9</sup>	144	5	41	98	139
Needing But Not Receiving Treatment for Substance Use <sup>1,2,9</sup>	183	12	52	119	171
<b>PAST YEAR MENTAL HEALTH ISSUES</b>					
Any Mental Illness <sup>4,10</sup>	--	--	95	347	441
Serious Mental Illness <sup>4,10</sup>	--	--	32	97	129
Received Mental Health Services <sup>11</sup>	--	--	69	393	462
Major Depressive Episode <sup>4,12</sup>	--	41	50	137	187
Had Serious Thoughts of Suicide <sup>13</sup>	--	--	44	74	118
Made Any Suicide Plans <sup>14</sup>	--	--	18	26	44
Attempted Suicide <sup>14</sup>	--	--	7	9	16

-- Not available.

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

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

<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. Illicit Drug Use Other Than Marijuana includes the misuse of prescription psychotherapeutics or the use of cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Illicit Drugs Other Than Marijuana excludes respondents who used only marijuana but includes those who used marijuana in addition to other illicit drugs.

<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.

<sup>3</sup> First Use of Marijuana is defined as follows:  $Average\ annual\ number\ of\ marijuana\ initiates = X_1 \div 2$ , where  $X_1$  is the number of marijuana initiates in the past 24 months.

<sup>4</sup> For details, see Section B of the "2018-2019 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.

<sup>5</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.

<sup>6</sup> Underage drinking is defined for individuals aged 12 to 20; therefore, the "12+" estimate reflects that age group and not individuals aged 12 or older.

<sup>7</sup> Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco.

<sup>8</sup> 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>9</sup> Respondents were classified as needing substance use treatment if they met the criteria for illicit drug or alcohol use disorder as defined in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) or received treatment for illicit drug or alcohol use at a specialty facility (i.e., drug and alcohol rehabilitation facility [inpatient or outpatient], hospital [inpatient only], or mental health center). Needing But Not Receiving Substance Use Treatment refers to respondents who are classified as needing illicit drug or alcohol treatment, but who did not receive illicit drug or alcohol treatment at a specialty facility.

<sup>10</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.

<sup>11</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.

<sup>12</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. There are minor wording differences in the questions in the adult and adolescent MDE modules. Therefore, data from youths aged 12 to 17 were not combined with data from adults aged 18 or older to produce an estimate for those aged 12 or older.

<sup>13</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>14</sup> Respondents were asked whether they made any suicide plans or attempted suicide in the past 12 months only if they had serious thoughts of suicide in the past 12 months. Respondents who had no suicide thoughts were categorized as not making any suicide plans and not attempting suicide in the past 12 months.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2018 and 2019.

## IOWA

**Table 42 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in Iowa, by Age Group: Percentages, Annual Averages Based on 2018-2019 NSDUHs**

Measure	12+	12-17	18-25	26+	18+
<b>ILLCIT DRUGS</b>					
Past Month Illicit Drug Use <sup>1,2</sup>	9.17	7.83	18.95	7.64	9.31
Past Year Marijuana Use	12.43	11.61	28.10	9.80	12.51
Past Month Marijuana Use	6.70	5.71	16.16	5.18	6.80
Perceptions of Great Risk from Smoking Marijuana Once a Month	20.07	21.07	9.85	21.75	19.97
First Use of Marijuana <sup>3,4</sup>	2.12	5.06	7.55	0.54	1.63
Past Month Illicit Drug Use Other Than Marijuana <sup>1,2</sup>	3.55	2.62	6.35	3.17	3.64
Past Year Cocaine Use	1.45	0.47	4.51	1.03	1.55
Perceptions of Great Risk from Using Cocaine Once a Month	68.87	50.11	58.19	72.97	70.78
Past Year Heroin Use	0.25	0.03	0.38	0.25	0.27
Perceptions of Great Risk from Trying Heroin Once or Twice	82.14	57.83	74.78	86.32	84.61
Past Year Methamphetamine Use	1.11	0.29	1.07	1.22	1.20
Past Year Misuse of Pain Relievers <sup>2</sup>	4.14	3.56	5.69	3.94	4.20
<b>ALCOHOL</b>					
Past Month Alcohol Use	57.80	11.38	63.95	62.35	62.58
Past Month Binge Alcohol Use <sup>5</sup>	27.92	5.73	39.99	28.51	30.21
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	35.67	34.93	31.54	36.48	35.74
Past Month Alcohol Use <sup>6</sup> (Individuals Aged 12 to 20)	24.82	--	--	--	--
Past Month Binge Alcohol Use <sup>5,6</sup> (Individuals Aged 12 to 20)	15.37	--	--	--	--
<b>TOBACCO PRODUCTS</b>					
Past Month Tobacco Product Use <sup>7</sup>	25.16	4.95	27.16	27.26	27.24
Past Month Cigarette Use	20.61	3.87	20.38	22.68	22.34
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	63.70	61.77	58.72	64.79	63.89
<b>PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT</b>					
Illicit Drug Use Disorder <sup>1,2,8</sup>	2.88	3.37	6.65	2.16	2.83
Pain Reliever Use Disorder <sup>2,8</sup>	0.61	0.42	0.67	0.63	0.63
Alcohol Use Disorder <sup>8</sup>	5.76	2.19	11.75	5.15	6.13
Substance Use Disorder <sup>1,2,8</sup>	7.78	5.07	15.13	6.83	8.05
Needing But Not Receiving Treatment for Illicit Drug Use <sup>1,2,9</sup>	2.57	3.01	6.35	1.86	2.52
Needing But Not Receiving Treatment for Alcohol Use <sup>9</sup>	5.48	2.15	11.47	4.85	5.83
Needing But Not Receiving Treatment for Substance Use <sup>1,2,9</sup>	6.95	4.72	14.83	5.85	7.18
<b>PAST YEAR MENTAL HEALTH ISSUES</b>					
Any Mental Illness <sup>4,10</sup>	--	--	26.76	17.06	18.50
Serious Mental Illness <sup>4,10</sup>	--	--	9.12	4.75	5.40
Received Mental Health Services <sup>11</sup>	--	--	19.48	19.34	19.36
Major Depressive Episode <sup>4,12</sup>	--	16.69	14.11	6.74	7.82
Had Serious Thoughts of Suicide <sup>13</sup>	--	--	12.36	3.66	4.94
Made Any Suicide Plans <sup>14</sup>	--	--	4.97	1.29	1.84
Attempted Suicide <sup>14</sup>	--	--	1.97	0.45	0.67

-- Not available.

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

<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. Illicit Drug Use Other Than Marijuana includes the misuse of prescription psychotherapeutics or the use of cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Illicit Drugs Other Than Marijuana excludes respondents who used only marijuana but includes those who used marijuana in addition to other illicit drugs.

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<sup>3</sup> First Use of Marijuana is defined as follows: *Average annual initiation of marijuana (%) = 100 \* [(X<sub>1</sub> + (0.5 \* X<sub>1</sub> + X<sub>2</sub>)) / 2]*, where X<sub>1</sub> is the number of marijuana initiates in the past 24 months and X<sub>2</sub> is the number of individuals who never used marijuana (with the at-risk population defined as 0.5 \* X<sub>1</sub> + X<sub>2</sub>). Both of the computation components, X<sub>1</sub> and X<sub>2</sub>, are based on a survey-weighted hierarchical Bayes estimation approach. The age group shown is based on a respondent's age at the time of the interview, not his or her age at first use.

<sup>4</sup> For details, see Section B of the "2018-2019 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.

<sup>5</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.

<sup>6</sup> Underage drinking is defined for individuals aged 12 to 20; therefore, the "12+" estimate reflects that age group and not individuals aged 12 or older.

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Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2018 and 2019.