

WASHINGTON

Table 105 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in Washington, by Age Group: Estimated Numbers (in Thousands), Annual Averages Based on 2018-2019 NSDUHs

Measure	12+	12-17	18-25	26+	18+
ILLICIT DRUGS					
Past Month Illicit Drug Use ^{1,2}	1,235	61	244	931	1,174
Past Year Marijuana Use	1,624	89	336	1,199	1,535
Past Month Marijuana Use	1,127	54	235	838	1,073
Perceptions of Great Risk from Smoking Marijuana Once a Month	1,014	96	60	859	918
First Use of Marijuana ^{3,4}	105	29	41	34	75
Past Month Illicit Drug Use Other Than Marijuana ^{1,2}	233	13	42	178	221
Past Year Cocaine Use	144	3	46	95	141
Perceptions of Great Risk from Using Cocaine Once a Month	3,955	280	403	3,272	3,675
Past Year Heroin Use	23	0	3	19	22
Perceptions of Great Risk from Trying Heroin Once or Twice	5,201	329	572	4,300	4,872
Past Year Methamphetamine Use	47	1	6	40	46
Past Year Misuse of Pain Relievers ²	256	14	38	204	242
ALCOHOL					
Past Month Alcohol Use	3,497	54	393	3,050	3,443
Past Month Binge Alcohol Use ⁵	1,370	27	220	1,123	1,343
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	2,592	219	263	2,111	2,373
Past Month Alcohol Use ⁶ (Individuals Aged 12 to 20)	161	--	--	--	--
Past Month Binge Alcohol Use ^{5,6} (Individuals Aged 12 to 20)	89	--	--	--	--
TOBACCO PRODUCTS					
Past Month Tobacco Product Use ⁷	1,333	20	163	1,150	1,313
Past Month Cigarette Use	1,081	13	125	942	1,067
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	4,435	355	472	3,609	4,080
PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT					
Illicit Drug Use Disorder ^{1,2,8}	199	19	59	121	181
Pain Reliever Use Disorder ^{2,8}	38	2	5	31	36
Alcohol Use Disorder ⁸	368	11	75	282	357
Substance Use Disorder ^{1,2,8}	527	26	115	385	500
Needing But Not Receiving Treatment for Illicit Drug Use ^{1,2,9}	189	17	55	116	171
Needing But Not Receiving Treatment for Alcohol Use ⁹	352	11	76	266	341
Needing But Not Receiving Treatment for Substance Use ^{1,2,9}	487	24	106	356	463
PAST YEAR MENTAL HEALTH ISSUES					
Any Mental Illness ^{4,10}	--	--	236	1,124	1,360
Serious Mental Illness ^{4,10}	--	--	67	254	321
Received Mental Health Services ¹¹	--	--	136	909	1,045
Major Depressive Episode ^{4,12}	--	99	124	388	512
Had Serious Thoughts of Suicide ¹³	--	--	88	198	286
Made Any Suicide Plans ¹⁴	--	--	33	54	87
Attempted Suicide ¹⁴	--	--	15	9	25

-- 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.

¹ Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Illicit Drug Use Other Than Marijuana includes the misuse of prescription psychotherapeutics or the use of cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Illicit Drugs Other Than Marijuana excludes respondents who used only marijuana but includes those who used marijuana in addition to other illicit drugs.

² Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

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

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

⁵ Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.

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

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

⁸ Substance Use Disorder is defined as meeting criteria for illicit drug or alcohol dependence or abuse. Dependence or abuse is based on definitions found in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).

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

¹⁰ Mental illness is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, assessed by the Mental Health Surveillance Study (MHSS) *Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders—Fourth Edition—Research Version—Axis I Disorders* (MHSS-SCID), which is based on the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV). Any mental illness (AMI) includes adults with any mental disorder regardless of whether their disorder resulted in functional impairment. Serious mental illness (SMI) includes adults with any mental disorder that resulted in serious functional impairment. As such, these estimates are based on indicators of AMI and SMI rather than direct measures of diagnostic status.

¹¹ Mental health services are defined as having received inpatient treatment/counseling or outpatient treatment/counseling or having used prescription medication for problems with emotions, nerves, or mental health. Respondents were not to include treatment for drug or alcohol use.

¹² 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.

¹³ 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.

¹⁴ 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.

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Table 106 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in Washington, by Age Group: Percentages, Annual Averages Based on 2018-2019 NSDUHs

Measure	12+	12-17	18-25	26+	18+
ILLCIT DRUGS					
Past Month Illicit Drug Use ^{1,2}	19.46	11.19	32.99	18.37	20.24
Past Year Marijuana Use	25.58	16.38	45.50	23.67	26.45
Past Month Marijuana Use	17.75	9.92	31.80	16.54	18.49
Perceptions of Great Risk from Smoking Marijuana Once a Month	15.96	17.54	8.10	16.95	15.81
First Use of Marijuana ^{3,4}	3.51	6.35	11.45	1.41	2.93
Past Month Illicit Drug Use Other Than Marijuana ^{1,2}	3.68	2.35	5.72	3.52	3.80
Past Year Cocaine Use	2.26	0.53	6.22	1.87	2.43
Perceptions of Great Risk from Using Cocaine Once a Month	62.31	51.33	54.56	64.60	63.32
Past Year Heroin Use	0.36	0.03	0.40	0.38	0.39
Perceptions of Great Risk from Trying Heroin Once or Twice	81.94	60.26	77.48	84.88	83.94
Past Year Methamphetamine Use	0.74	0.16	0.85	0.78	0.79
Past Year Misuse of Pain Relievers ²	4.03	2.50	5.15	4.03	4.18
ALCOHOL					
Past Month Alcohol Use	55.08	9.96	53.19	60.21	59.32
Past Month Binge Alcohol Use ⁵	21.58	4.88	29.87	22.17	23.15
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	40.82	40.11	35.58	41.66	40.89
Past Month Alcohol Use ⁶ (Individuals Aged 12 to 20)	18.97	--	--	--	--
Past Month Binge Alcohol Use ^{5,6} (Individuals Aged 12 to 20)	10.48	--	--	--	--
TOBACCO PRODUCTS					
Past Month Tobacco Product Use ⁷	21.00	3.75	22.05	22.70	22.62
Past Month Cigarette Use	17.02	2.43	16.96	18.60	18.39
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	69.85	65.01	63.90	71.23	70.30
PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT					
Illicit Drug Use Disorder ^{1,2,8}	3.14	3.39	8.06	2.40	3.12
Pain Reliever Use Disorder ^{2,8}	0.60	0.37	0.68	0.61	0.62
Alcohol Use Disorder ⁸	5.79	2.01	10.18	5.56	6.15
Substance Use Disorder ^{1,2,8}	8.30	4.84	15.58	7.61	8.62
Needing But Not Receiving Treatment for Illicit Drug Use ^{1,2,9}	2.97	3.18	7.48	2.29	2.95
Needing But Not Receiving Treatment for Alcohol Use ⁹	5.54	1.95	10.23	5.25	5.88
Needing But Not Receiving Treatment for Substance Use ^{1,2,9}	7.67	4.47	14.42	7.03	7.97
PAST YEAR MENTAL HEALTH ISSUES					
Any Mental Illness ^{4,10}	--	--	31.98	22.18	23.43
Serious Mental Illness ^{4,10}	--	--	9.09	5.01	5.53
Received Mental Health Services ¹¹	--	--	18.41	17.95	18.01
Major Depressive Episode ^{4,12}	--	18.22	16.76	7.66	8.81
Had Serious Thoughts of Suicide ¹³	--	--	11.91	3.90	4.92
Made Any Suicide Plans ¹⁴	--	--	4.52	1.06	1.50
Attempted Suicide ¹⁴	--	--	2.06	0.19	0.42

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

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³ First Use of Marijuana is defined as follows: *Average annual initiation of marijuana (%) = 100 * [(X₁ + (0.5 * X₁ + X₂)) / 2]*, where X₁ is the number of marijuana initiates in the past 24 months and X₂ is the number of individuals who never used marijuana (with the at-risk population defined as 0.5 * X₁ + X₂). Both of the computation components, X₁ and X₂, 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.

⁴ 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/>.

⁵ Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.

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