

WEST REGION

Table 9 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in the West Region, 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}	10,154	602	2,312	7,241	9,553
Past Year Marijuana Use	13,526	929	3,220	9,377	12,597
Past Month Marijuana Use	9,063	512	2,157	6,393	8,550
Perceptions of Great Risk from Smoking Marijuana Once a Month	14,896	1,215	901	12,781	13,682
First Use of Marijuana ^{3,4}	943	338	367	239	605
Past Month Illicit Drug Use Other Than Marijuana ^{1,2}	2,516	153	545	1,818	2,362
Past Year Cocaine Use	1,687	32	584	1,071	1,655
Perceptions of Great Risk from Using Cocaine Once a Month	43,393	3,150	4,839	35,403	40,243
Past Year Heroin Use	185	1	24	159	184
Perceptions of Great Risk from Trying Heroin Once or Twice	54,544	3,706	6,599	44,239	50,838
Past Year Methamphetamine Use	673	9	84	580	664
Past Year Misuse of Pain Relievers ²	2,467	155	449	1,862	2,311
ALCOHOL					
Past Month Alcohol Use	33,023	534	4,333	28,156	32,489
Past Month Binge Alcohol Use ⁵	15,183	284	2,686	12,214	14,899
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	29,991	2,565	3,248	24,179	27,427
Past Month Alcohol Use ⁶ (Individuals Aged 12 to 20)	1,593	--	--	--	--
Past Month Binge Alcohol Use ^{5,6} (Individuals Aged 12 to 20)	943	--	--	--	--
TOBACCO PRODUCTS					
Past Month Tobacco Product Use ⁷	11,198	191	1,655	9,352	11,007
Past Month Cigarette Use	9,006	112	1,275	7,618	8,893
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	48,203	3,953	5,642	38,608	44,250
PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT					
Illicit Drug Use Disorder ^{1,2,8}	2,339	223	692	1,424	2,116
Pain Reliever Use Disorder ^{2,8}	381	22	53	305	359
Alcohol Use Disorder ⁸	4,018	111	862	3,045	3,907
Substance Use Disorder ^{1,2,8}	5,634	285	1,305	4,044	5,349
Needing But Not Receiving Treatment for Illicit Drug Use ^{1,2,9}	2,151	214	666	1,271	1,937
Needing But Not Receiving Treatment for Alcohol Use ⁹	3,833	107	837	2,889	3,727
Needing But Not Receiving Treatment for Substance Use ^{1,2,9}	5,299	270	1,233	3,796	5,030
PAST YEAR MENTAL HEALTH ISSUES					
Any Mental Illness ^{4,10}	--	--	2,345	10,084	12,429
Serious Mental Illness ^{4,10}	--	--	668	2,318	2,986
Received Mental Health Services ¹¹	--	--	1,223	7,619	8,842
Major Depressive Episode ^{4,12}	--	975	1,188	3,447	4,635
Had Serious Thoughts of Suicide ¹³	--	--	937	1,966	2,903
Made Any Suicide Plans ¹⁴	--	--	287	556	843
Attempted Suicide ¹⁴	--	--	155	168	324

-- 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.

NOTE: The West region includes the following states: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming.

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.

WEST REGION

Table 10 Selected Drug Use, Perceptions of Great Risk, Past Year Substance Use Disorder and Treatment, and Past Year Mental Health Measures in the West Region, by Age Group: Percentages, Annual Averages Based on 2018-2019 NSDUHs

Measure	12+	12-17	18-25	26+	18+
ILLICIT DRUGS					
Past Month Illicit Drug Use ^{1,2}	15.54	10.03	28.44	14.14	16.10
Past Year Marijuana Use	20.70	15.50	39.60	18.31	21.23
Past Month Marijuana Use	13.87	8.54	26.53	12.49	14.41
Perceptions of Great Risk from Smoking Marijuana Once a Month	22.79	20.27	11.08	24.96	23.05
First Use of Marijuana ^{3,4}	2.78	6.65	9.12	0.91	2.08
Past Month Illicit Drug Use Other Than Marijuana ^{1,2}	3.85	2.56	6.70	3.55	3.98
Past Year Cocaine Use	2.58	0.54	7.18	2.09	2.79
Perceptions of Great Risk from Using Cocaine Once a Month	66.44	52.56	59.53	69.15	67.82
Past Year Heroin Use	0.28	0.02	0.30	0.31	0.31
Perceptions of Great Risk from Trying Heroin Once or Twice	83.53	61.83	81.17	86.40	85.68
Past Year Methamphetamine Use	1.03	0.14	1.04	1.13	1.12
Past Year Misuse of Pain Relievers ²	3.78	2.59	5.53	3.64	3.90
ALCOHOL					
Past Month Alcohol Use	50.55	8.90	53.30	54.99	54.76
Past Month Binge Alcohol Use ⁵	23.24	4.74	33.03	23.85	25.11
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	45.91	42.79	39.95	47.22	46.22
Past Month Alcohol Use ⁶ (Individuals Aged 12 to 20)	17.69	--	--	--	--
Past Month Binge Alcohol Use ^{5,6} (Individuals Aged 12 to 20)	10.47	--	--	--	--
TOBACCO PRODUCTS					
Past Month Tobacco Product Use ⁷	17.14	3.19	20.36	18.26	18.55
Past Month Cigarette Use	13.79	1.87	15.69	14.88	14.99
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	73.80	65.96	69.40	75.40	74.58
PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT					
Illicit Drug Use Disorder ^{1,2,8}	3.58	3.72	8.52	2.78	3.57
Pain Reliever Use Disorder ^{2,8}	0.58	0.37	0.66	0.60	0.60
Alcohol Use Disorder ⁸	6.15	1.85	10.60	5.95	6.59
Substance Use Disorder ^{1,2,8}	8.62	4.76	16.06	7.90	9.02
Needing But Not Receiving Treatment for Illicit Drug Use ^{1,2,9}	3.29	3.57	8.19	2.48	3.26
Needing But Not Receiving Treatment for Alcohol Use ⁹	5.87	1.78	10.30	5.64	6.28
Needing But Not Receiving Treatment for Substance Use ^{1,2,9}	8.11	4.50	15.17	7.41	8.48
PAST YEAR MENTAL HEALTH ISSUES					
Any Mental Illness ^{4,10}	--	--	28.84	19.70	20.95
Serious Mental Illness ^{4,10}	--	--	8.21	4.53	5.03
Received Mental Health Services ¹¹	--	--	15.04	14.88	14.90
Major Depressive Episode ^{4,12}	--	16.26	14.61	6.73	7.81
Had Serious Thoughts of Suicide ¹³	--	--	11.52	3.84	4.89
Made Any Suicide Plans ¹⁴	--	--	3.53	1.09	1.42
Attempted Suicide ¹⁴	--	--	1.91	0.33	0.54

-- Not available.

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

NOTE: The West region includes the following states: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming.

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: $Average\ annual\ initiation\ of\ marijuana\ (\%) = 100 * \{[X_1 + (0.5 * X_1 + X_2)] / 2\}$, 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 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.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.