

MAINE

Table 49A Substance Use, Perceptions of Great Risk, Substance Use Disorder, and Mental Health Measures: Among People Aged 12 or Older in Maine; by Age Group, Annual Average Numbers (in Thousands), 2021 and 2022

Measure	12+	12-17	18-25	26+	18+
ILLICIT DRUGS					
Illicit Drug Use in the Past Month ^{1,2}	265	7	43	215	258
Marijuana Use in the Past Year ³	314	11	58	245	303
Marijuana Use in the Past Month ³	253	7	41	204	246
Perceptions of Great Risk from Smoking Marijuana Once a Month	168	15	7	147	154
First Use of Marijuana in the Past Year among Those at Risk for Initiation of Marijuana Use ^{3,4,5}	15	4	6	5	11
Illicit Drug Use Other Than Marijuana in the Past Month ^{1,2}	39	2	5	32	38
Cocaine Use in the Past Year	25	0	5	19	24
Perceptions of Great Risk from Using Cocaine Once a Month	781	45	68	668	736
Heroin Use in the Past Year ⁶	--	--	1	8	8
Perceptions of Great Risk from Trying Heroin Once or Twice	992	49	97	845	942
Hallucinogen Use in the Past Year	37	2	11	24	35
Methamphetamine Use in the Past Year	13	0	1	12	13
Prescription Pain Reliever Misuse in the Past Year ²	27	1	3	23	26
Opioid Misuse in the Past Year ^{2,7}	34	1	3	29	32
ALCOHOL					
Alcohol Use in the Past Month	602	7	70	525	595
Binge Alcohol Use in the Past Month ⁸	236	3	40	193	233
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	456	34	40	381	421
Alcohol Use in the Past Month ⁹ (People Aged 12 to 20)	23	--	--	--	--
Binge Alcohol Use in the Past Month ^{8,9} (People Aged 12 to 20)	12	--	--	--	--
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week ⁹ (People Aged 12 to 20)	49	--	--	--	--
TOBACCO PRODUCTS					
Tobacco Product Use in the Past Month ¹⁰	246	2	28	216	244
Cigarette Use in the Past Month	214	1	20	193	212
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	808	62	75	671	745
SUBSTANCE USE DISORDER IN THE PAST YEAR					
Substance Use Disorder ^{11,12}	217	8	39	170	209
Alcohol Use Disorder ¹¹	127	3	22	102	124
Alcohol Use Disorder ^{9,11} (People Aged 12 to 20)	9	--	--	--	--
Drug Use Disorder ^{11,12}	124	7	28	90	117
Pain Reliever Use Disorder ^{11,13}	22	1	1	20	21
Opioid Use Disorder ^{11,13,14}	27	1	1	24	26
MENTAL HEALTH MEASURES IN THE PAST YEAR					
Any Mental Illness ^{5,15}	--	--	44	225	268
Serious Mental Illness ^{5,15}	--	--	13	48	61
Major Depressive Episode ^{5,16}	--	18	23	75	98
Had Serious Thoughts of Suicide ^{5,17}	--	12	15	35	51
Made Any Suicide Plans ^{5,17}	--	6	6	9	15
Attempted Suicide ^{5,17}	--	4	3	4	7

-- = not available.

NOTE: Estimates are based on the survey-weighted hierarchical Bayes small area estimation approach. For confidence intervals, see Tables 1 to 37 in *2021-2022 National Survey on Drug Use and Health: Model-Based Estimated Totals (in Thousands) (50 States and the District of Columbia)* at <https://www.samhsa.gov/data/report/2021-2022-nsduh-estimated-totals-state>.

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 (including vaping), 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 Prescription pain relievers are a type of prescription psychotherapeutic. 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 These estimates of marijuana use include marijuana vaping.⁴ First use of marijuana in the past year among those at risk for initiation = $X_1 \div 2$, where X_1 is the number of marijuana initiates in the past 24 months.⁵ For details, see Section B of *2021-2022 National Survey on Drug Use and Health: Guide to State Tables and Summary of Small Area Estimation Methodology* at <https://www.samhsa.gov/data/report/2021-2022-nsduh-guide-state-tables-and-summary-sae-methodology>.⁶ Estimates for youths aged 12 to 17 are not available for past year heroin use because past year heroin use was extremely rare among youths aged 12 to 17 in the 2021 and 2022 NSDUHs. As a result, estimates for people aged 12 or older are also not produced.⁷ Respondents were classified as misusing opioids in the past year if they reported using heroin or misusing prescription pain relievers in the past year. These estimates of opioid misuse do not include illegally made fentanyl.⁸ 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.⁹ Underage drinking is defined for individuals aged 12 to 20; therefore, the "12+" estimate reflects the 12 to 20 age group and not individuals aged 12 or older.¹⁰ Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco. These estimates of tobacco product use do not include nicotine vaping.¹¹ Substance Use Disorder (SUD) estimates are based on *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5) criteria. SUD is defined as meeting the criteria for drug or alcohol use disorder. Beginning with the 2021 NSDUH, questions on prescription drug use disorder were asked of all past year users of prescription drugs, regardless of whether they misused prescription drugs. The estimates in these rows include prescription drug use disorder data from all past year users of prescription drugs.¹² Drug use includes the use of marijuana (including vaping), cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine in the past year or any use (i.e., not necessarily misuse) of prescription pain relievers, tranquilizers, stimulants, or sedatives in the past year.¹³ Pain relievers are a type of prescription drug.¹⁴ Opioid Use Disorder is defined as meeting the criteria for heroin or pain reliver use disorder.¹⁵ Mental Illness aligns with *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition criteria and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to people with AMI that resulted in serious functional impairment. These estimates are based on indicators of AMI and SMI rather than direct measures of diagnostic status.¹⁶ Major depressive episode (MDE) is based on the DSM-5 definition, 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.¹⁷ The adult and youth suicide questions are in different sections of the questionnaire and have different response options. Because of this, 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.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

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Table 49B Substance Use Treatment and Mental Health Treatment: Among People Aged 12 or Older in Maine; by Age Group, Numbers (in Thousands), 2022

Measure	12+	12-17	18-25	26+	18+
SUBSTANCE USE TREATMENT IN THE PAST YEAR					
Received Substance Use Treatment ^{1,2,3}	72	4	6	62	69
Classified as Needing Substance Use Treatment ^{2,3,4,5}	242	10	45	187	232
Not Receiving Substance Use Treatment among those Classified as Needing Substance Use Treatment ^{2,3,4,5}	171	*	39	126	165
RECEIVED MENTAL HEALTH TREATMENT IN THE PAST YEAR⁶	--	30	45	256	300

* = low precision; no estimate reported; -- = not available.

NOTE: Estimates are based on the survey-weighted hierarchical Bayes small area estimation approach. For confidence intervals, see Tables 1 to 37 in *2021-2022 National Survey on Drug Use and Health: Model-Based Estimated Totals (in Thousands) (50 States and the District of Columbia)* at <https://www.samhsa.gov/data/report/2021-2022-nsduh-estimated-totals-state>.

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 Substance use treatment includes treatment for drug or alcohol use through inpatient treatment/counseling; outpatient treatment/counseling; medication-assisted treatment; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center. Substance use treatment questions are asked of respondents who used alcohol or drugs in their lifetime. These estimates include data from respondents who reported that they received any substance use treatment but did not report the substance for which they received treatment.

² Drug use includes the use of marijuana (including vaping), cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine in the past year or any use (i.e., not necessarily misuse) of prescription pain relievers, tranquilizers, stimulants, or sedatives in the past year.

³ Because of the proportion of respondents in the "substance unspecified" category for treatment, the estimates in this table have added uncertainty. For details, see Section B of *2021-2022 National Survey on Drug Use and Health: Guide to State Tables and Summary of Small Area Estimation Methodology* at <https://www.samhsa.gov/data/report/2021-2022-nsduh-guide-state-tables-and-summary-sae-methodology>.

⁴ Respondents were classified as needing substance use treatment if they met *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5) criteria for a drug or alcohol use disorder or received treatment for drug or alcohol use through inpatient treatment/counseling; outpatient treatment/counseling; medication-assisted treatment; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center. Substance use treatment questions are asked of respondents who used drugs or alcohol in their lifetime.

⁵ Substance use disorder estimates are based on DSM-5 criteria. Beginning with the 2021 NSDUH, questions on prescription drug use disorder were asked of all past year users of prescription drugs, regardless of whether they misused prescription drugs. These estimates include prescription drug use disorder data from all past year users of prescription drugs.

⁶ Mental health treatment includes treatment for mental health, emotions, or behavior through inpatient treatment/counseling; outpatient treatment/counseling; use of prescription medication; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center. In general, adolescent and adult estimates are reported separately for mental health measures; thus, estimates for people aged 12 or older were not produced.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022.

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Table 50A Substance Use, Perceptions of Great Risk, Substance Use Disorder, and Mental Health Measures: Among People Aged 12 or Older in Maine; by Age Group, Annual Average Percentages, 2021 and 2022

Measure	12+	12-17	18-25	26+	18+
ILLCIT DRUGS					
Illicit Drug Use in the Past Month ^{1,2}	22.01	8.13	35.03	21.66	23.15
Marijuana Use in the Past Year ³	26.06	12.11	47.54	24.67	27.21
Marijuana Use in the Past Month ³	20.95	7.39	33.72	20.61	22.07
Perceptions of Great Risk from Smoking Marijuana Once a Month	13.94	15.99	5.44	14.83	13.78
First Use of Marijuana in the Past Year among Those at Risk for Initiation of Marijuana Use ^{3,4,5}	3.03	4.28	12.58	1.47	2.79
Illicit Drug Use Other Than Marijuana in the Past Month ^{1,2}	3.27	1.84	4.37	3.26	3.38
Cocaine Use in the Past Year	2.04	0.17	4.35	1.92	2.19
Perceptions of Great Risk from Using Cocaine Once a Month	64.75	49.23	55.45	67.34	66.01
Heroin Use in the Past Year ⁶	--	--	0.49	0.77	0.74
Perceptions of Great Risk from Trying Heroin Once or Twice	82.23	53.72	79.04	85.21	84.53
Hallucinogen Use in the Past Year	3.06	1.91	9.31	2.38	3.15
Methamphetamine Use in the Past Year	1.05	0.08	0.88	1.17	1.13
Prescription Pain Reliever Misuse in the Past Year ²	2.24	1.55	2.19	2.32	2.30
Opioid Misuse in the Past Year ^{2,7}	2.80	1.56	2.65	2.94	2.91
ALCOHOL					
Alcohol Use in the Past Month	49.89	7.10	56.88	52.96	53.41
Binge Alcohol Use in the Past Month ⁸	19.53	3.22	32.18	19.47	20.88
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	37.76	37.59	32.26	38.46	37.77
Alcohol Use in the Past Month ⁹ (People Aged 12 to 20)	16.55	--	--	--	--
Binge Alcohol Use in the Past Month ^{8,9} (People Aged 12 to 20)	8.96	--	--	--	--
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week ⁹ (People Aged 12 to 20)	35.53	--	--	--	--
TOBACCO PRODUCTS					
Tobacco Product Use in the Past Month ¹⁰	20.38	2.08	22.48	21.82	21.89
Cigarette Use in the Past Month	17.69	1.58	15.93	19.42	19.03
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	66.95	67.79	60.77	67.62	66.87
SUBSTANCE USE DISORDER IN THE PAST YEAR					
Substance Use Disorder ^{11,12}	18.03	8.66	31.76	17.19	18.80
Alcohol Use Disorder ¹¹	10.51	3.39	17.53	10.30	11.10
Alcohol Use Disorder ^{9,11} (People Aged 12 to 20)	6.31	--	--	--	--
Drug Use Disorder ^{11,12}	10.28	7.16	22.69	9.03	10.54
Pain Reliever Use Disorder ^{11,13}	1.83	0.82	1.01	2.03	1.92
Opioid Use Disorder ^{11,13,14}	2.21	0.84	1.16	2.46	2.32
MENTAL HEALTH MEASURES IN THE PAST YEAR					
Any Mental Illness ^{5,15}	--	--	35.42	22.66	24.07
Serious Mental Illness ^{5,15}	--	--	10.68	4.84	5.48
Major Depressive Episode ^{5,16}	--	19.93	18.71	7.56	8.79
Had Serious Thoughts of Suicide ^{5,17}	--	13.34	12.48	3.57	4.56
Made Any Suicide Plans ^{5,17}	--	6.06	4.84	0.88	1.31
Attempted Suicide ^{5,17}	--	3.88	2.61	0.40	0.64

-- = not available.

NOTE: Estimates are based on the survey-weighted hierarchical Bayes small area estimation approach. For confidence intervals, see Tables 1 to 37 in *2021-2022 National Survey on Drug Use and Health: Model-Based Prevalence Estimates (50 States and the District of Columbia)* at <https://www.samhsa.gov/data/report/2021-2022-nsduh-state-prevalence-estimates>.

¹ Illicit Drug Use includes the misuse of prescription psychotherapeutics or the use of marijuana (including vaping), 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 Prescription pain relievers are a type of prescription psychotherapeutic. 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 These estimates of marijuana use include marijuana vaping.

⁴ *First use of marijuana in the past year among those at risk for initiation (%) = 100 * [(X₁ ÷ (0.5 * X₁ + X₂)) ÷ 2], where X₁ is the number of marijuana initiates in the past 24 months, X₂ is the number of individuals who never used marijuana, and (0.5 * X₁ + X₂) denotes the at-risk population. Both of the computation components, X₁ and X₂, are simultaneously modeled using the survey-weighted hierarchical Bayes small area 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.*

⁵ For details, see Section B of *2021-2022 National Survey on Drug Use and Health: Guide to State Tables and Summary of Small Area Estimation Methodology* at <https://www.samhsa.gov/data/report/2021-2022-nsduh-guide-state-tables-and-summary-sae-methodology>.

⁶ Estimates for youths aged 12 to 17 are not available for past year heroin use because past year heroin use was extremely rare among youths aged 12 to 17 in the 2021 and 2022 NSDUHs. As a result, estimates for people aged 12 or older are also not produced.

⁷ Respondents were classified as misusing opioids in the past year if they reported using heroin or misusing prescription pain relievers in the past year. These estimates of opioid misuse do not include illegally made fentanyl.

⁸ 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.

⁹ Underage drinking is defined for individuals aged 12 to 20; therefore, the "12+" estimate reflects the 12 to 20 age group and not individuals aged 12 or older.

¹⁰ Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco. These estimates of tobacco product use do not include nicotine vaping.

¹¹ Substance Use Disorder (SUD) estimates are based on *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5) criteria. SUD is defined as meeting the criteria for drug or alcohol use disorder. Beginning with the 2021 NSDUH, questions on prescription drug use disorder were asked of all past year users of prescription drugs, regardless of whether they misused prescription drugs. The estimates in these rows include prescription drug use disorder data from all past year users of prescription drugs.

¹² Drug use includes the use of marijuana (including vaping), cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine in the past year or any use (i.e., not necessarily misuse) of prescription pain relievers, tranquilizers, stimulants, or sedatives in the past year.

¹³ Pain relievers are a type of prescription drug.

¹⁴ Opioid Use Disorder is defined as meeting the criteria for heroin or pain reliever use disorder.

¹⁵ Mental Illness aligns with *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition criteria and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Estimates of serious mental illness (SMI) are a subset of estimates of any mental illness (AMI) because SMI is limited to people with AMI that resulted in serious functional impairment. These estimates are based on indicators of AMI and SMI rather than direct measures of diagnostic status.

¹⁶ Major depressive episode (MDE) is based on the DSM-5 definition, 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.

¹⁷ The adult and youth suicide questions are in different sections of the questionnaire and have different response options. Because of this, 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.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021 and 2022.

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Table 50B Substance Use Treatment and Mental Health Treatment: Among People Aged 12 or Older in Maine; by Age Group, Percentages, 2022

Measure	12+	12-17	18-25	26+	18+
SUBSTANCE USE TREATMENT IN THE PAST YEAR					
Received Substance Use Treatment ^{1,2,3}	5.97	4.19	4.98	6.26	6.11
Classified as Needing Substance Use Treatment ^{2,3,4,5}	19.92	10.93	36.08	18.72	20.66
Not Receiving Substance Use Treatment among those Classified as Needing Substance Use Treatment ^{2,3,4,5,6}	70.26	*	86.72	66.68	70.55
RECEIVED MENTAL HEALTH TREATMENT IN THE PAST YEAR⁷	--	33.38	35.91	25.63	26.79

* = low precision; no estimate reported; -- = not available.

NOTE: Estimates are based on the survey-weighted hierarchical Bayes small area estimation approach. For confidence intervals, see Tables 1 to 37 in *2021-2022 National Survey on Drug Use and Health: Model-Based Prevalence Estimates (50 States and the District of Columbia)* at <https://www.samhsa.gov/data/report/2021-2022-nsduh-state-prevalence-estimates>.

¹ Substance use treatment includes treatment for drug or alcohol use through inpatient treatment/counseling; outpatient treatment/counseling; medication-assisted treatment; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center. Substance use treatment questions are asked of respondents who used alcohol or drugs in their lifetime. These estimates include data from respondents who reported that they received any substance use treatment but did not report the substance for which they received treatment.

² Drug use includes the use of marijuana (including vaping), cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine in the past year or any use (i.e., not necessarily misuse) of prescription pain relievers, tranquilizers, stimulants, or sedatives in the past year.

³ Because of the proportion of respondents in the "substance unspecified" category for treatment, the estimates in this table have added uncertainty. For details, see Section B of *2021-2022 National Survey on Drug Use and Health: Guide to State Tables and Summary of Small Area Estimation Methodology* at <https://www.samhsa.gov/data/report/2021-2022-nsduh-guide-state-tables-and-summary-sae-methodology>.

⁴ Respondents were classified as needing substance use treatment if they met *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition (DSM-5) criteria for a drug or alcohol use disorder or received treatment for drug or alcohol use through inpatient treatment/counseling; outpatient treatment/counseling; medication-assisted treatment; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center. Substance use treatment questions are asked of respondents who used drugs or alcohol in their lifetime.

⁵ Substance use disorder estimates are based on DSM-5 criteria. Beginning with the 2021 NSDUH, questions on prescription drug use disorder were asked of all past year users of prescription drugs, regardless of whether they misused prescription drugs. These estimates include prescription drug use disorder data from all past year users of prescription drugs.

⁶ *Not receiving substance use treatment among those needing treatment (%)* = $100 * [X_1 \div (X_1 + X_2)]$, where X_1 is the number of people not receiving treatment who needed treatment, X_2 is the number of people receiving treatment who needed treatment, and $(X_1 + X_2)$ denotes the number of people who needed treatment. Both of the computation components, X_1 and X_2 , are simultaneously modeled using the survey-weighted hierarchical Bayes small area estimation approach.

⁷ Mental health treatment includes treatment for mental health, emotions, or behavior through inpatient treatment/counseling; outpatient treatment/counseling; use of prescription medication; telehealth treatment; or treatment received in a prison, jail, or juvenile detention center. In general, adolescent and adult estimates are reported separately for mental health measures; thus, estimates for people aged 12 or older were not produced.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2022.