

## 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 2015-2016 NSDUHs**

Measure	12+	12-17	18-25	26+	18+
<b>ILLICIT DRUGS</b>					
Past Month Illicit Drug Use <sup>1,2</sup>	176	16	57	102	160
Past Year Marijuana Use	254	25	96	133	228
Past Month Marijuana Use	142	13	48	82	129
Perceptions of Great Risk from Smoking Marijuana Once a Month	709	72	55	582	637
First Use of Marijuana <sup>3,4</sup>	30	11	16	4	19
Past Month Illicit Drug Use Other Than Marijuana <sup>1,2</sup>	72	7	21	44	65
Past Year Cocaine Use	31	1	13	16	30
Perceptions of Great Risk from Using Cocaine Once a Month	1,862	139	228	1,496	1,723
Past Year Heroin Use	5	0	2	3	5
Perceptions of Great Risk from Trying Heroin Once or Twice	2,167	158	286	1,723	2,009
Past Year Misuse of Pain Relievers <sup>2,5</sup>	105	10	26	70	96
<b>ALCOHOL</b>					
Past Month Alcohol Use	1,494	23	234	1,237	1,471
Past Month Binge Alcohol Use <sup>6</sup>	758	15	168	575	743
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	915	92	100	723	823
Past Month Alcohol Use <sup>7</sup> (Individuals Aged 12 to 20)	67	--	--	--	--
Past Month Binge Alcohol Use <sup>6,7</sup> (Individuals Aged 12 to 20)	48	--	--	--	--
<b>TOBACCO PRODUCTS</b>					
Past Month Tobacco Product Use <sup>8</sup>	722	16	136	570	706
Past Month Cigarette Use	560	11	107	443	549
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	1,711	160	220	1,331	1,551
<b>PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT</b>					
Illicit Drug Use Disorder <sup>1,2,9</sup>	59	7	21	31	51
Pain Reliever Use Disorder <sup>2,5,9</sup>	17	1	3	13	16
Alcohol Use Disorder <sup>9</sup>	167	6	43	118	161
Substance Use Disorder <sup>1,2,9</sup>	201	12	52	138	190
Needing But Not Receiving Treatment for Illicit Drug Use <sup>1,2,10</sup>	55	6	19	30	49
Needing But Not Receiving Treatment for Alcohol Use <sup>10</sup>	164	6	40	118	158
Needing But Not Receiving Treatment for Substance Use <sup>1,2,10</sup>	189	11	51	127	178
<b>PAST YEAR MENTAL HEALTH ISSUES</b>					
Serious Mental Illness <sup>4,11</sup>	--	--	20	73	93
Any Mental Illness <sup>4,11</sup>	--	--	77	341	418
Received Mental Health Services <sup>12</sup>	--	--	54	341	395
Had Serious Thoughts of Suicide <sup>13</sup>	--	--	31	62	93
Major Depressive Episode <sup>4,14</sup>	--	34	39	119	158

-- 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.<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 "2015-2016 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.<sup>5</sup> Prescription psychotherapeutic subtypes were revised in 2016; one effect was the comparability of codeine products between 2015 and 2016.<sup>6</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. In 2015, the definition for females changed from five to four drinks.<sup>7</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>8</sup> Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or "snus"), cigars, or pipe tobacco.<sup>9</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>10</sup> Respondents were classified as needing treatment for a substance use problem if they met the criteria for a substance 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).<sup>11</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.<sup>12</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>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> Major depressive episode (MDE) is defined as in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV), 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.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2015 and 2016.

## 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 2015-2016 NSDUHs**

Measure	12+	12-17	18-25	26+	18+
<b>ILLICIT DRUGS</b>					
Past Month Illicit Drug Use <sup>1,2</sup>	6.76	6.75	16.01	5.11	6.77
Past Year Marijuana Use	9.75	10.48	26.60	6.65	9.68
Past Month Marijuana Use	5.47	5.38	13.25	4.09	5.48
Perceptions of Great Risk from Smoking Marijuana Once a Month	27.22	29.42	15.37	29.10	26.99
First Use of Marijuana <sup>3,4</sup>	1.83	4.45	7.77	0.31	1.40
Past Month Illicit Drug Use Other Than Marijuana <sup>1,2</sup>	2.77	2.78	5.90	2.21	2.77
Past Year Cocaine Use	1.19	0.58	3.75	0.80	1.25
Perceptions of Great Risk from Using Cocaine Once a Month	71.58	57.10	63.34	74.80	73.05
Past Year Heroin Use	0.20	0.06	0.51	0.16	0.21
Perceptions of Great Risk from Trying Heroin Once or Twice	83.31	65.07	79.54	86.16	85.15
Past Year Misuse of Pain Relievers <sup>2,5</sup>	4.05	3.97	7.27	3.48	4.06
<b>ALCOHOL</b>					
Past Month Alcohol Use	57.42	9.42	65.17	61.86	62.36
Past Month Binge Alcohol Use <sup>6</sup>	29.14	6.15	46.79	28.77	31.51
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	35.16	37.66	27.88	36.16	34.90
Past Month Alcohol Use <sup>7</sup> (Individuals Aged 12 to 20)	19.07	--	--	--	--
Past Month Binge Alcohol Use <sup>6,7</sup> (Individuals Aged 12 to 20)	13.63	--	--	--	--
<b>TOBACCO PRODUCTS</b>					
Past Month Tobacco Product Use <sup>8</sup>	27.73	6.54	37.94	28.48	29.92
Past Month Cigarette Use	21.54	4.60	29.66	22.14	23.28
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	65.76	65.75	61.23	66.58	65.76
<b>PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT</b>					
Illicit Drug Use Disorder <sup>1,2,9</sup>	2.25	2.99	5.72	1.54	2.17
Pain Reliever Use Disorder <sup>2,5,9</sup>	0.67	0.52	0.96	0.64	0.69
Alcohol Use Disorder <sup>9</sup>	6.42	2.46	11.95	5.91	6.83
Substance Use Disorder <sup>1,2,9</sup>	7.73	4.78	14.35	6.90	8.03
Needing But Not Receiving Treatment for Illicit Drug Use <sup>1,2,10</sup>	2.12	2.56	5.34	1.49	2.08
Needing But Not Receiving Treatment for Alcohol Use <sup>10</sup>	6.28	2.31	11.06	5.91	6.69
Needing But Not Receiving Treatment for Substance Use <sup>1,2,10</sup>	7.26	4.34	14.26	6.36	7.56
<b>PAST YEAR MENTAL HEALTH ISSUES</b>					
Serious Mental Illness <sup>4,11</sup>	--	--	5.59	3.63	3.93
Any Mental Illness <sup>4,11</sup>	--	--	21.52	17.04	17.72
Received Mental Health Services <sup>12</sup>	--	--	14.91	17.07	16.75
Had Serious Thoughts of Suicide <sup>13</sup>	--	--	8.74	3.08	3.94
Major Depressive Episode <sup>4,14</sup>	--	14.09	10.82	5.96	6.69

-- 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.<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 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 "2015-2016 NSDUH: Guide to State Tables and Summary of Small Area Estimation Methodology" at <https://www.samhsa.gov/data/>.<sup>5</sup> Prescription psychotherapeutic subtypes were revised in 2016; one effect was the comparability of codeine products between 2015 and 2016.<sup>6</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. In 2015, the definition for females changed from five to four drinks.<sup>7</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>8</sup> Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or "snus"), cigars, or pipe tobacco.<sup>9</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>10</sup> Respondents were classified as needing treatment for a substance use problem if they met the criteria for a substance 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).<sup>11</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.<sup>12</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>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> Major depressive episode (MDE) is defined as in the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV), 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.

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2015 and 2016.