

## 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 2015-2016 NSDUHs**

Measure	12+	12-17	18-25	26+	18+
<b>ILLCIT DRUGS</b>					
Past Month Illicit Drug Use <sup>1,2</sup>	818	52	184	581	766
Past Year Marijuana Use	1,140	72	284	784	1,068
Past Month Marijuana Use	724	42	174	508	682
Perceptions of Great Risk from Smoking Marijuana Once a Month	1,142	98	82	963	1,045
First Use of Marijuana <sup>3,4</sup>	76	26	32	18	50
Past Month Illicit Drug Use Other Than Marijuana <sup>1,2</sup>	215	14	54	148	202
Past Year Cocaine Use	117	4	43	70	113
Perceptions of Great Risk from Using Cocaine Once a Month	3,931	278	440	3,213	3,653
Past Year Heroin Use	28	0	6	21	27
Perceptions of Great Risk from Trying Heroin Once or Twice	4,908	318	593	3,997	4,590
Past Year Misuse of Pain Relievers <sup>2,5</sup>	324	20	58	246	304
<b>ALCOHOL</b>					
Past Month Alcohol Use	3,364	47	428	2,889	3,317
Past Month Binge Alcohol Use <sup>6</sup>	1,415	26	270	1,120	1,389
Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week	2,469	204	263	2,002	2,265
Past Month Alcohol Use <sup>7</sup> (Individuals Aged 12 to 20)	148	--	--	--	--
Past Month Binge Alcohol Use <sup>6,7</sup> (Individuals Aged 12 to 20)	96	--	--	--	--
<b>TOBACCO PRODUCTS</b>					
Past Month Tobacco Product Use <sup>8</sup>	1,203	29	222	953	1,175
Past Month Cigarette Use	957	19	172	766	938
Perceptions of Great Risk from Smoking One or More Packs of Cigarettes per Day	4,303	361	506	3,436	3,942
<b>PAST YEAR SUBSTANCE USE DISORDER AND TREATMENT</b>					
Illicit Drug Use Disorder <sup>1,2,9</sup>	192	22	53	117	170
Pain Reliever Use Disorder <sup>2,5,9</sup>	48	3	9	36	45
Alcohol Use Disorder <sup>9</sup>	345	12	80	253	333
Substance Use Disorder <sup>1,2,9</sup>	492	29	111	352	463
Needing But Not Receiving Treatment for Illicit Drug Use <sup>1,2,10</sup>	177	21	47	109	156
Needing But Not Receiving Treatment for Alcohol Use <sup>10</sup>	349	11	80	258	338
Needing But Not Receiving Treatment for Substance Use <sup>1,2,10</sup>	458	27	99	332	431
<b>PAST YEAR MENTAL HEALTH ISSUES</b>					
Serious Mental Illness <sup>4,11</sup>	--	--	44	219	264
Any Mental Illness <sup>4,11</sup>	--	--	189	950	1,139
Received Mental Health Services <sup>12</sup>	--	--	101	799	900
Had Serious Thoughts of Suicide <sup>13</sup>	--	--	72	188	260
Major Depressive Episode <sup>4,14</sup>	--	70	90	332	422

-- 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.