



State Level Data National Survey on Drug Use and Health

2022-2023

March 2025

National Survey on Drug Use and Health (NSDUH)

- The Federal Government conducts this survey.
- The Vermont Department of Health does not have input on this survey. This presentation is intended to provide the Vermont level data, with comparisons to the regional and national data.
- Comments or questions related to the survey can be directed to the Substance Abuse and Mental Health Services Administration (SAMHSA): [NSDUH website link](#).

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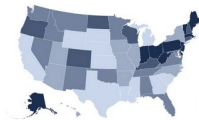
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What is NSDUH?

National Survey on Drug Use and Health (NSDUH) overview

- Comprehensive household interview survey of substance use, substance use disorders, mental health, and the receipt of treatment services for these disorders
- Prior to 2020, NSDUH conducted face-to-face household interviews. Starting in 2020, 70% of interviews are conducted face-to-face and 30% are web-based interviews.
- NSDUH covers the civilian, noninstitutionalized population, aged 12 or older:
 - Includes: Households, college dorms, homeless in shelters, civilians on military bases
 - Excludes: Active military, long-term hospital residents, prison populations, homeless not in shelters
- Sample includes all 50 states and DC
- Approximately 68,000 persons are interviewed annually
 - In 2023, NSDUH collected data from 67,679 respondents aged 12 or older
- Data collected from January to December

NSDUH overview continued

- Conducted by Substance Abuse and Mental Health Services Administration (SAMHSA) - states do NOT have the ability to add or change questions
- Data summarized for the US, States, and Substate Areas
- [SAMHSA's methodology](#) is complex and survey data are adjusted in many ways prior to reporting
- Probability sampling methods are used
- Reported numbers are estimates and sampling errors are included in the data tables
- Participants are given \$30 for participating in the study
- NSDUH underwent a partial redesign in 2015 resulting in broken trends, and again in 2020.
- The 2019/2020 data was retracted by SAMHSA due to concerns around methodology

Sample size and age distribution for NSDUH

Target number of completed interviews per state

States	Number of targeted interviews 2014-2023
CA	4,560
FL, NY, TX	3,300
IL, MI, OH, PA	2,400
GA, NJ, NC, VA	1,500
HI	967
All other states and DC	960

Source: [NSDUH Methodology](#)

Actual Age Distribution 2023

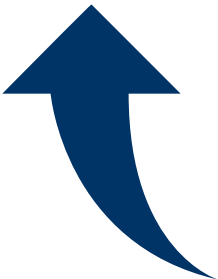
Age Group	Target	2023
12-17	25%	21%
18-25	25%	24%
26+	50%	55%
26-34	15%	16%
35-49	20%	21%
50+	15%	18%

Source: [NSDUH Methodological Summary and Definitions](#)

Recent changes to the survey

Do you have questions about the changes to the 2022-2023 NSDUH? There is a Frequently Asked Questions section on the NSDUH website.

[Link to
Frequently
Asked
Questions
\(FAQs\)](#)



General Questions

Are NSDUH data from 2023 able to be compared with data from 2021 and 2022?	+
Why does SAMHSA not use the term “trends” to compare estimates from 2021 to 2023 in the 2023 Companion Infographic Report?	+
Is it appropriate to combine 2023 data with previous years’ data?	+
Is SAMHSA planning to release state-level and substate-level estimates using 2023 data?	+

What's New/What's Changed

This section lists notable changes for the 2023 NSDUH. A full list of questionnaire changes is available as part of the [2023 NSDUH Questionnaire](#). Also, see the 2023 Methodological [Summary and Definitions](#) report for more information about methods for the 2023 NSDUH.

Front-End Demographics	+
Sexual Attraction and Identity	+
Medication-Assisted Treatment	+
Modes of Marijuana Use	+

Is it appropriate to combine 2023 data with previous years' data?

The 2023 NSDUH data may be combined with 2022 data or with data from 2021 and 2022 for pooled estimates. If data users wish to create pooled estimates that include data from 2021, the 2021 updated weights should be used.

A revised 2021 NSDUH Public Use File was released in January 2024 with the updated weight. A revised 2021 Restricted Use File also is available with the updated weight.

As with the 2021 and 2022 NSDUH data, the 2023 NSDUH data should not be combined with data from 2020 or prior years for a variety of methodological reasons.

Other changes

Other changes on the following topics can be found on the [NSDUH Website](#):

- Substance Use Treatment and Mental Health Treatment
- Nicotine Vaping and Marijuana Vaping
- Modes of Marijuana Use
- Illegally Made Fentanyl
 - In 2023, 828,000 people aged 12 or older (or 0.3%) misused prescription fentanyl or used illegally made fentanyl (IMF) in the past year, including 627,000 people (or 0.2%) who used IMF in the past year. This is not reported at the state level.

These changes began with 2022 data collection. As a result, estimates on the above topics cannot be compared with data from 2021 or before.

Additional resources: comparisons of population percentages

Statistical significance data:

- This is not available for 2018-2019 to 2023
- [Change from 2017-2018 to 2018-2019](#)
- [Change from 2016-2017 to 2017-2018](#)
- [Change from 2015-2016 to 2016-2017](#)
- [Change from 2014-2015 to 2015-2016](#)
- [Change from 2013-2014 to 2014-2015](#)
- [Change from 2012-2013 to 2013-2014](#)
- [Change from 2011-2012 to 2012-2013](#)
- Significance for earlier years is not readily available

Example:

Table 1 *Illicit Drug Use in the Past Month, by Age Group and State: Percentages, Annual Averages, and P Values from Tests of Differences between Percentages, 2017-2018 and 2018-2019 NSDUHs*

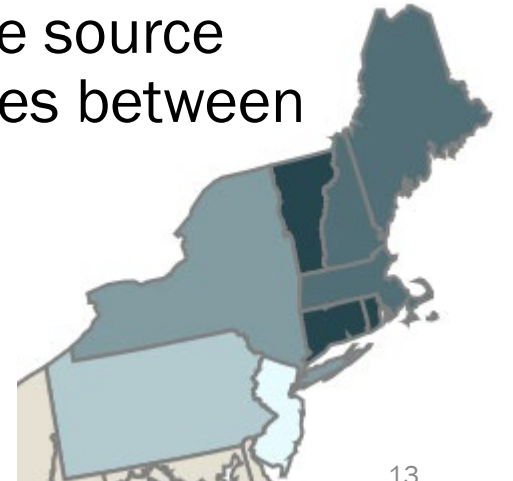
State	12+ (2017- 2018)	12+ (2018- 2019)	12+ (P Value)	12-17 (2017- 2018)	12-17 (2018- 2019)	12-17 (P Value)	18-25 (2017- 2018)	18-25 (2018- 2019)	18-25 (P Value)	26+ (2017- 2018)	26+ (2018- 2019)	26+ (P Value)	18+ (2017- 2018)	18+ (2018- 2019)	18+ (P Value)
Total U.S.	11.43 ^a	12.34	0.000	7.96 ^a	8.37	0.033	24.04	24.40	0.275	9.82 ^a	10.90	0.000	11.78 ^a	12.73	0.000
Northeast	11.88 ^a	12.86	0.000	8.31	8.56	0.502	26.53	26.58	0.944	9.96 ^a	11.21	0.000	12.20 ^a	13.25	0.000
Midwest	11.01 ^a	11.87	0.000	7.90	8.15	0.374	23.80	24.37	0.356	9.29 ^a	10.30	0.000	11.32 ^a	12.25	0.000
South	9.60 ^a	10.34	0.000	7.24	7.38	0.598	20.94	20.84	0.866	8.08 ^a	9.05	0.000	9.84 ^a	10.64	0.000
West	14.39 ^a	15.54	0.000	8.93 ^a	10.03	0.007	27.29	28.44	0.141	12.95 ^a	14.14	0.000	14.95 ^a	16.10	0.000
Alabama	10.74	10.59	0.800	7.77	7.02	0.325	21.12	20.58	0.711	9.43	9.44	0.994	11.04	10.94	0.886
Alaska	18.05	18.78	0.389	9.19	9.81	0.504	27.48 ^b	30.90	0.064	17.66	18.02	0.734	19.02	19.76	0.431
Arizona	12.46	12.67	0.782	7.42	7.71	0.722	22.20	22.20	0.999	11.47	11.71	0.791	12.98	13.17	0.815
Arkansas	10.69 ^a	9.45	0.035	6.75	6.52	0.749	18.76	17.14	0.234	9.87 ^b	8.58	0.074	11.11 ^a	9.76	0.036
California	13.44 ^a	15.20	0.000	8.53 ^a	10.41	0.002	26.81 ^b	28.83	0.066	11.82 ^a	13.57	0.000	13.94 ^a	15.68	0.000
Colorado	19.64	19.24	0.639	10.92	11.55	0.574	36.37	35.68	0.713	18.00	17.56	0.676	20.51	20.00	0.583
Connecticut	14.34	14.17	0.827	10.45 ^b	8.81	0.087	32.64 ^a	28.94	0.042	11.83	12.42	0.509	14.71	14.69	0.974
Delaware	13.13 ^b	14.32	0.084	9.90	9.94	0.970	28.48	29.73	0.455	11.25 ^b	12.62	0.100	13.43 ^b	14.73	0.083
District of Columbia	19.91	19.06	0.345	10.51	10.56	0.964	35.08	33.35	0.382	17.75	17.06	0.535	20.44	19.54	0.342
Florida	10.71 ^b	11.45	0.076	8.35	7.90	0.429	24.51	23.20	0.219	9.08 ^a	10.24	0.022	10.91 ^b	11.75	0.063
Georgia	9.51 ^b	10.29	0.089	6.89	6.80	0.885	21.74	20.97	0.523	7.82 ^a	9.00	0.040	9.80 ^b	10.68	0.082
Hawaii	10.26 ^a	11.81	0.021	6.50	7.09	0.437	18.62	20.89	0.137	9.52 ^a	11.11	0.048	10.60 ^a	12.24	0.024
Idaho	9.44	10.15	0.160	7.45	7.50	0.943	17.49 ^b	20.04	0.072	8.38	8.90	0.400	9.68	10.47	0.157
Illinois	11.01 ^a	12.04	0.017	8.27	8.28	0.989	24.51	23.57	0.444	9.19 ^a	10.68	0.005	11.29 ^a	12.42	0.017
Indiana	11.85	12.53	0.250	7.79	8.60	0.309	24.66	26.93	0.170	10.15	10.57	0.566	12.28	12.95	0.308
Iowa	9.39	9.17	0.654	7.30	7.83	0.469	20.04	18.95	0.476	7.77	7.64	0.829	9.60	9.31	0.580
Kansas	8.81 ^a	10.05	0.022	6.49	6.84	0.605	17.44	18.83	0.344	7.59 ^a	8.93	0.040	9.07 ^a	10.40	0.024
Kentucky	10.22 ^a	11.43	0.050	7.18	6.99	0.803	18.75	19.66	0.520	9.21 ^b	10.64	0.061	10.53 ^a	11.87	0.046
Louisiana	9.64	9.41	0.629	6.59	6.33	0.712	21.53	21.03	0.732	8.10	7.96	0.812	9.96	9.73	0.664
Maine	17.53	18.88	0.130	11.32	12.28	0.395	36.55	36.54	0.997	15.64	17.25	0.125	18.05	19.42	0.152
Maryland	11.55 ^b	12.73	0.053	8.82	8.26	0.503	26.51	28.03	0.390	9.62 ^b	10.98	0.059	11.82 ^a	13.17	0.042
Massachusetts	15.84	16.94	0.142	11.30	11.03	0.807	34.16	33.58	0.756	13.19 ^b	14.74	0.089	16.25	17.46	0.136
Michigan	14.38 ^a	15.45	0.035	9.44	8.87	0.426	30.15	31.86	0.173	12.35 ^b	13.54	0.058	14.87 ^a	16.09	0.028
Minnesota	10.65	11.34	0.179	7.70	8.18	0.555	23.41	24.24	0.603	9.01	9.73	0.225	10.96	11.67	0.205
Mississippi	8.71	9.17	0.329	6.45	6.66	0.775	18.13	19.17	0.478	7.40	7.83	0.446	8.96	9.45	0.348
Missouri	10.22	10.61	0.471	7.62	7.52	0.892	21.61	22.72	0.443	8.72	9.08	0.580	10.49	10.92	0.454
Montana	15.80	16.32	0.479	10.99	11.58	0.583	29.03	31.39	0.198	14.25	14.51	0.763	16.25	16.77	0.520

See notes at end of table.

(continued)

General notes for this report

- When the trend data isn't available for the full period 2011/12 forward it means either the data aren't available (heroin, methamphetamine) or the question changed and is no longer comparable (pain reliever misuse, binge drinking, risk of smoking marijuana, illicit drug use disorder, substance use disorder).
- When the data label has a **red** box around it, it means there is a statistically different change that is undesirable. When it is **green**, it is a desirable change. The change may be at the 0.05 or 0.10 level. Refer to the source data if that information is needed. Significance prior to the changes between 2009/2010 and 2010/11 are not readily available.
- Northeast states include CT, ME, MA, NH, NJ, NY, PA, RI, and VT



Summary data

Substance use in Vermont is often the same or worse than the US and Northeast – there is no category or age group where VT is significantly better

Measure	Compared to the Northeast, Vermont is:	Compared to the US, Vermont is:
Past month alcohol use age 12+	Higher	Higher
Past month binge alcohol use age 12+	Same	Higher
Past month marijuana use age 12+	Higher	Higher
Perceived great risk from smoking marijuana once a month age 12+	Lower	Lower
Trying marijuana for the first time age 12+	Higher	Higher
Past year cocaine use age 12+	Same	Same
Past year methamphetamine use age 12+	Same	Same
Past year opioid misuse age 12+ (excludes illicit fentanyl)	Same	Same
Past year pain reliever misuse age 12+	Same	Same

Bold **red** label means VT is significantly worse than indicated geographic region; **green** label indicates VT is significantly better

Substance use in Vermont is often the same or worse than the US and Northeast – there is no category where VT is significantly better

Measure	Compared to the Northeast, Vermont is:	Compared to the US, Vermont is:
Past month tobacco use age 12+	Same	Same
Past month cigarette use age 12+	Same	Same
Alcohol use disorder in the past year age 12+	Same	Same
Any substance use disorder in the past year age 12+	Same	Higher
Drug use disorder in the past year age 12+	Higher	Higher
Opioid use disorder in the past year 12+ (excludes illicit fentanyl)	Same	Same

Bold **red** label means VT is significantly worse than indicated geographic region; **green** label indicates VT is significantly better

US – general information

Epidemiology of Substance Use – United States

In 2023 48.5 million people aged 12+ had a substance use disorder. (NSDUH, 2023)

- 21.3 had an alcohol use disorder
- 19.6 million had a drug use disorder
- 7.5 million had both alcohol use and drug use disorder

For comparison

- 38.4 million people have diabetes (CDC, 2021)
- 14.2 million have COPD (CDC, 2021)
- 1.8 million estimated new cases of cancer (CDC, 2021)

8.9 million report misusing opioids (NSDUH, 2023)

- 8.2 million reporting misusing prescription pain relievers only
- 324,000 report using heroin only
- 336,000 report both using heroin and misusing prescription pain relievers
- 627,000 report using illegally manufactured fentanyl

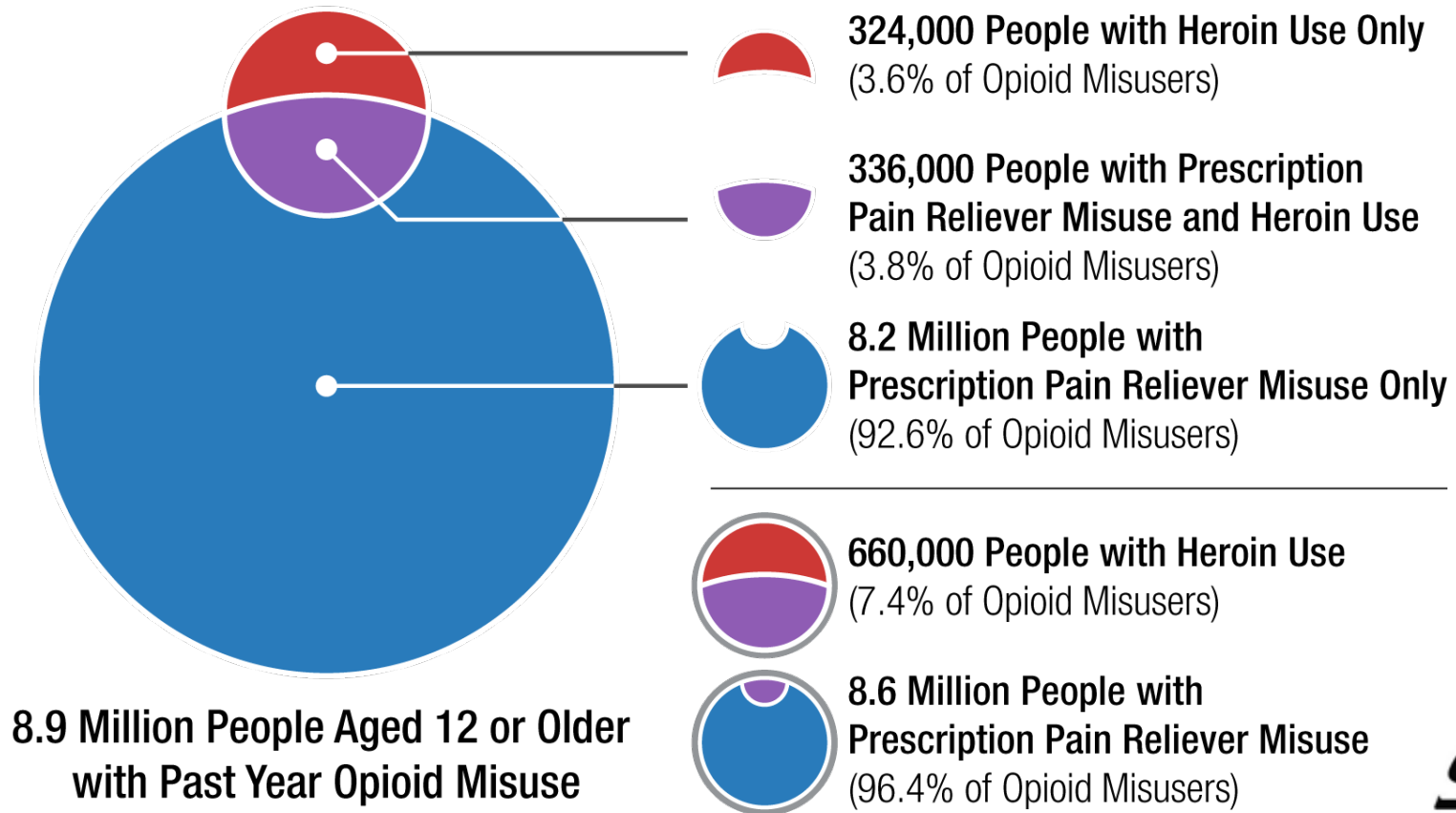
Treatment for Substance Use Disorders (NSDUH, 2023)

- 11.7 million of people with a substance use disorder in 2023 received treatment
- 94.7% of people 18+ with a substance use disorder did not seek or think they needed treatment

Progress on the opioid epidemic: the number of people misusing opioids has stabilized

Estimated People Misusing Opioids - US

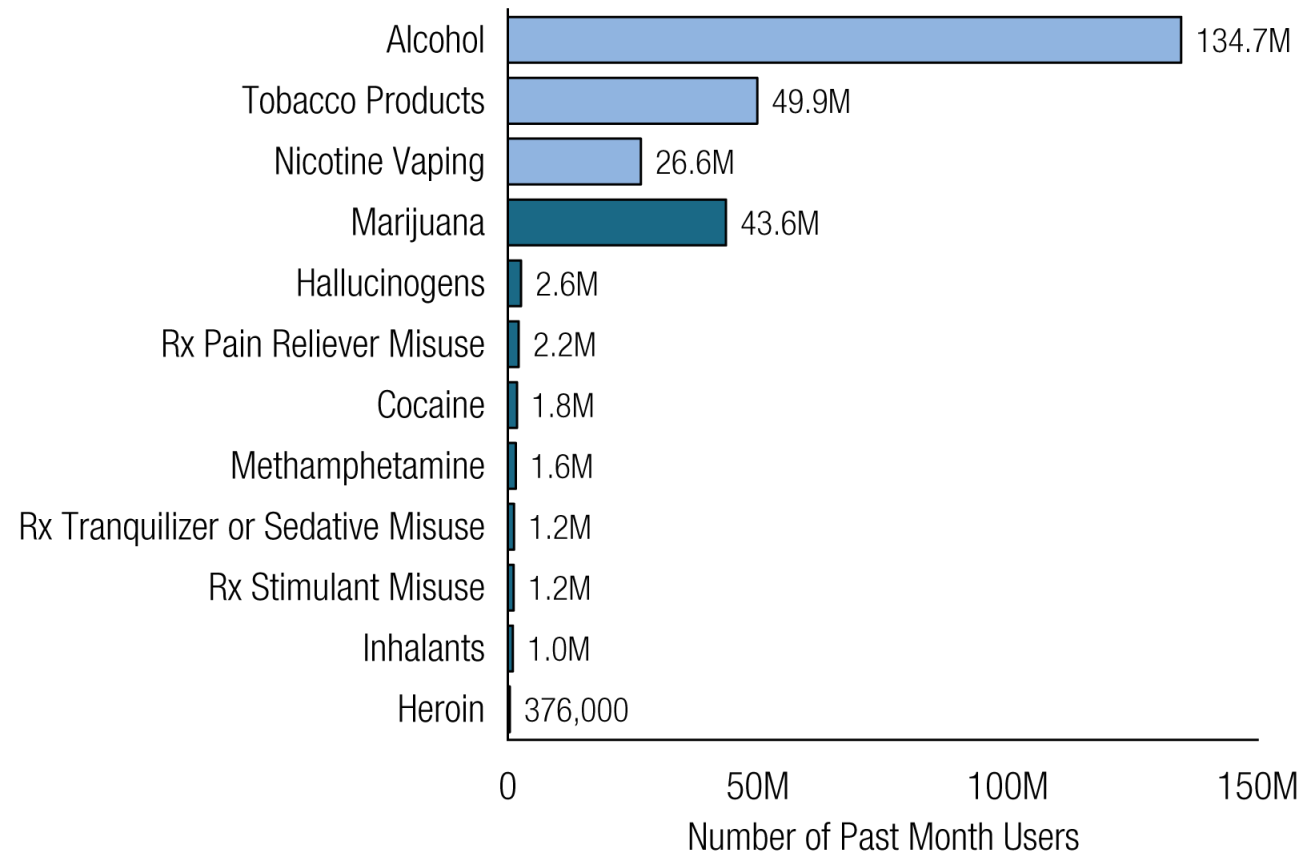
2016	11.8M
2017	11.4M
2018	10.3M
2019	10.1M
2020	9.5M
2021	9.2M
2022	8.9M
2023	8.9M



Alcohol was the most used substance in the past month among people aged 12 and older in the US in 2023

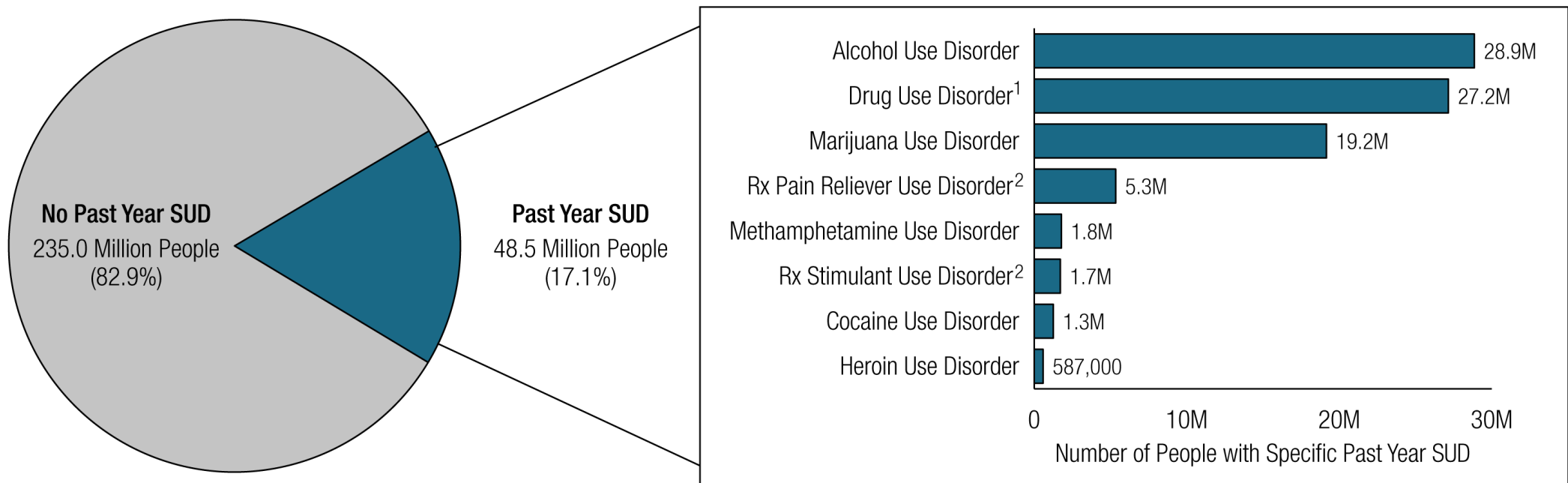
Rx = prescription.

Note: The estimated numbers of current users of different substances are not mutually exclusive because people could have used more than one type of substance in the past month.



Source: [NSDUH Slide Deck](#) 2023

Alcohol use disorder was the most common past year substance use disorder among people 12+ (2023)



Rx = prescription.

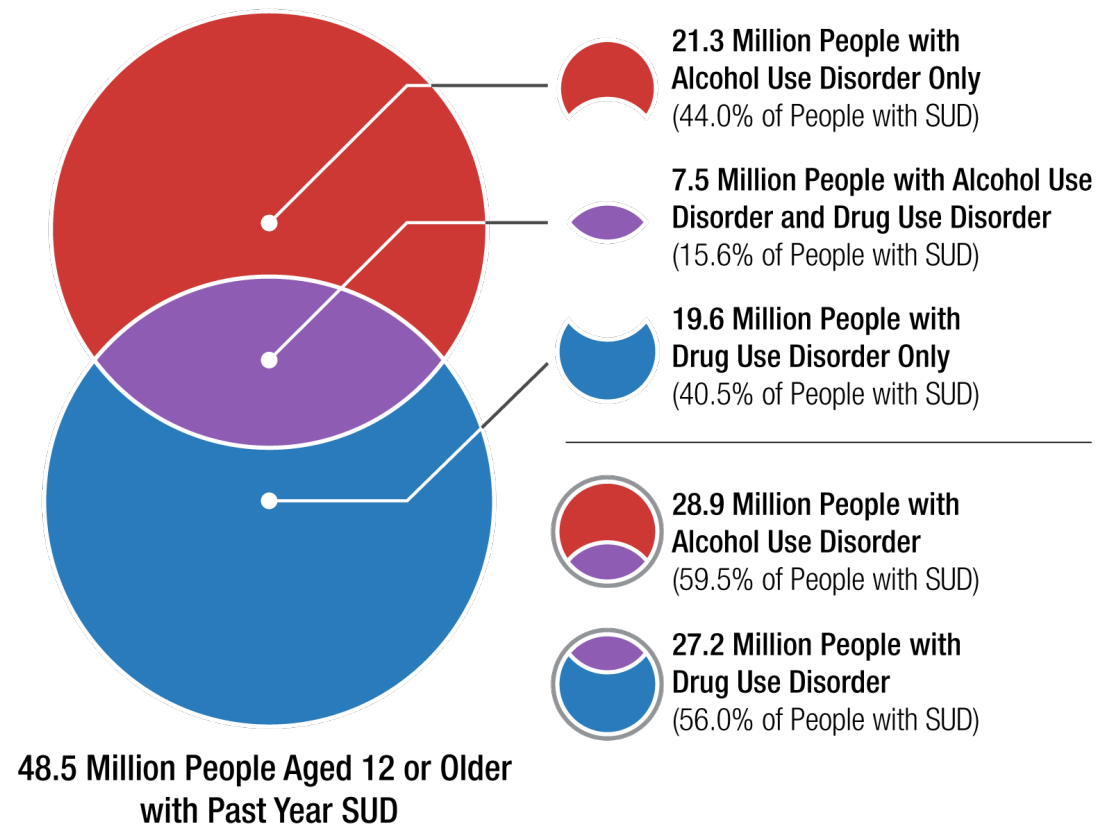
Note: The estimated numbers of people with SUDs are not mutually exclusive because people could have use disorders for more than one substance.

¹ Includes data from all past year users of marijuana, cocaine, heroin, hallucinogens, inhalants, methamphetamine, and prescription psychotherapeutic drugs (i.e., pain relievers, tranquilizers, stimulants, or sedatives).

² Includes data from all past year users of the specific prescription drug.

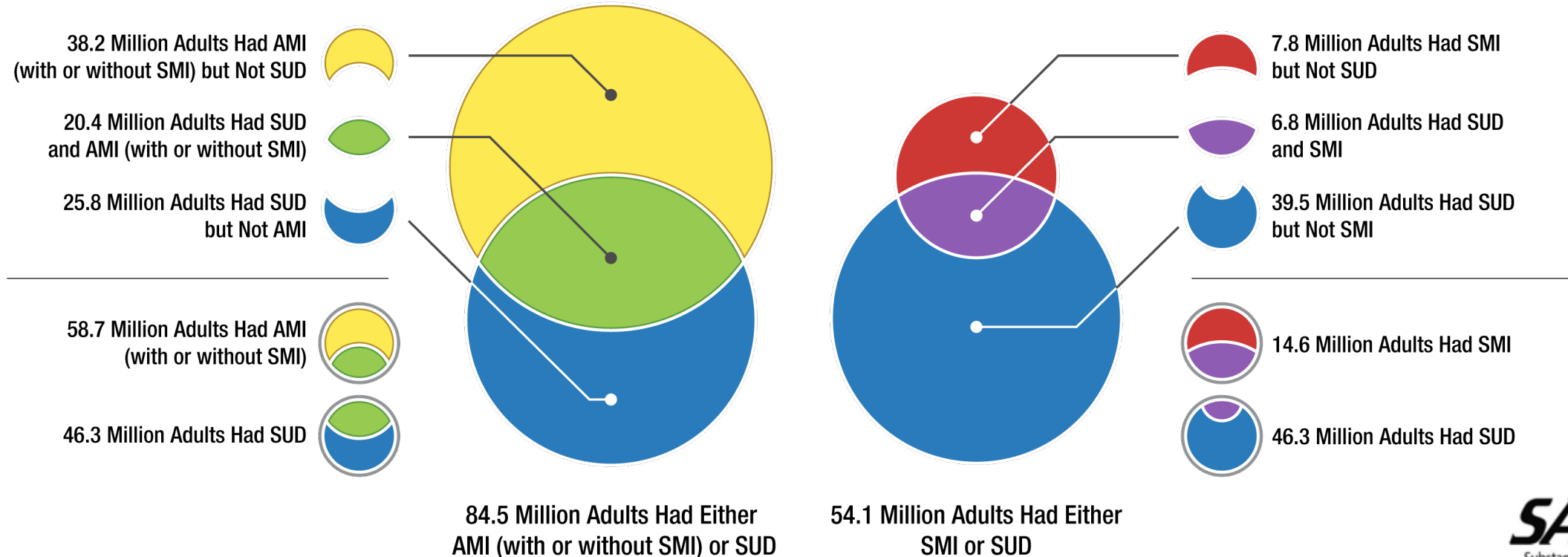
In the US, many people have both alcohol and drug use disorders.

Alcohol Use Disorder and Drug Use Disorder in the Past Year: Among People Aged 12 or Older with a Past Year Substance Use Disorder (SUD); 2023



In the US, many people have both alcohol and drug use disorders

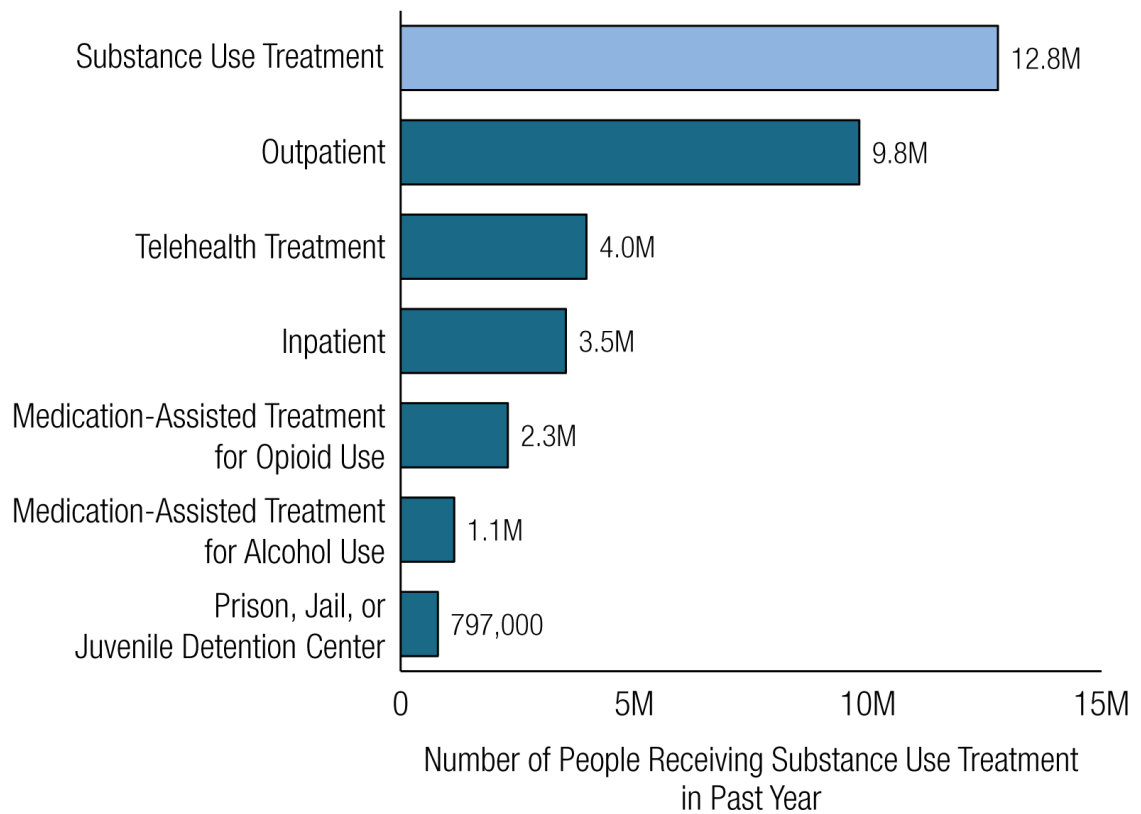
Substance Use Disorder (SUD), Any Mental Illness (AMI), or Serious Mental Illness (SMI) in the Past Year: Among Adults Aged 18 or Older; 2023



Substance use treatment is provided in a variety of places in the US

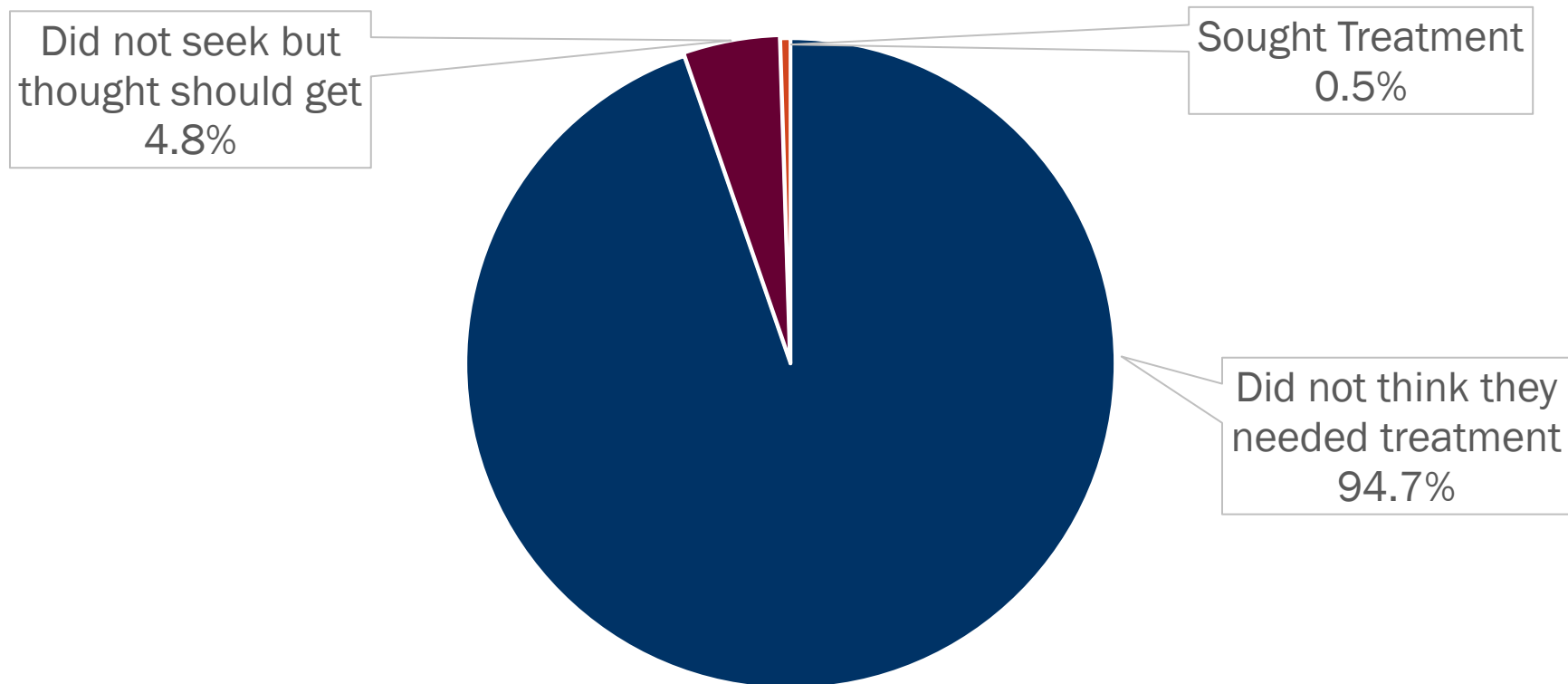
Types and Locations of Substance Use Treatment in the Past Year: Among People Aged 12 or Older; 2023

Note: Locations where people received substance use treatment are not mutually exclusive because respondents could report that they received treatment in more than one location in the past year.



Why don't more people get treatment for substance use disorder? They don't think they need it

Reason why people didn't seek substances use treatment
(US, 2023, aged 18+)



Vermont Data

Why aren't there state-level estimates for 2020?

“Ordinarily, SAMHSA produces state-level estimates by pooling two years of NSDUH data to increase sample sizes. However, methodological investigations have found that the unusual societal circumstances in 2020 and the resulting methodological revisions to NSDUH data collection have affected the comparability of 2020 estimates with estimates from 2019 and earlier. Consequently, estimates that involve combining data from 2020 with previous years are not presented. SAMHSA regrets the inconvenience.”

Why is it not appropriate to compare estimates from 2021 and higher with estimates from 2018-2019 and earlier years?

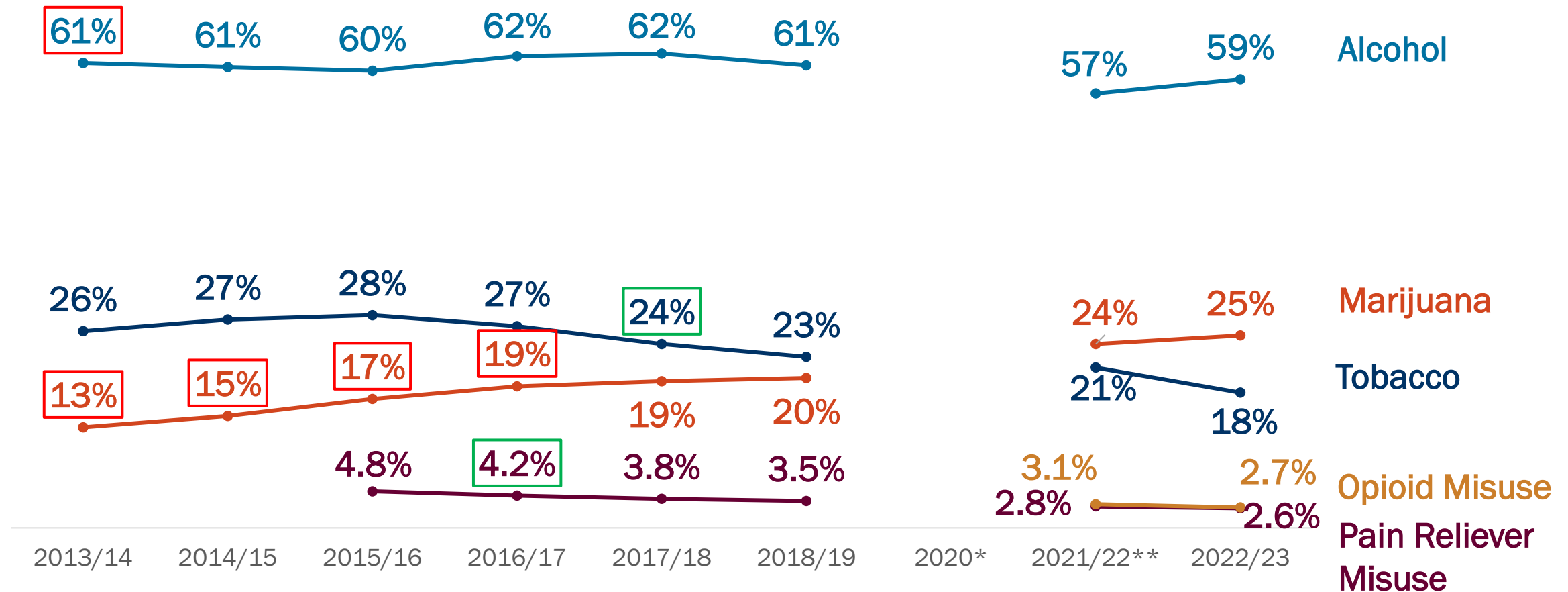
“We found that estimates based on web interviews are different from estimates based on in-person interviews. First, we found that the demographics of each mode differed significantly. That is to say, the composition of the people answering by web differed from the composition of the people answering in-person (i.e. by gender, race, education, etc.). Secondly, in addition to demographic differences, we also found that in-person respondents were more likely to be users of certain substances and were more likely to have experienced mental health issues. These differences are often called a mode effect because the differences are observed between the two modes of data collection.”

Of Vermonters aged 12+ using selected substances, alcohol was the mostly commonly used substance

*There are no state-level estimates for 2020. **2021 and up estimates are not comparable with estimates from 2019 or earlier.

Red or green box around the label indicates a significant change from the previous year.

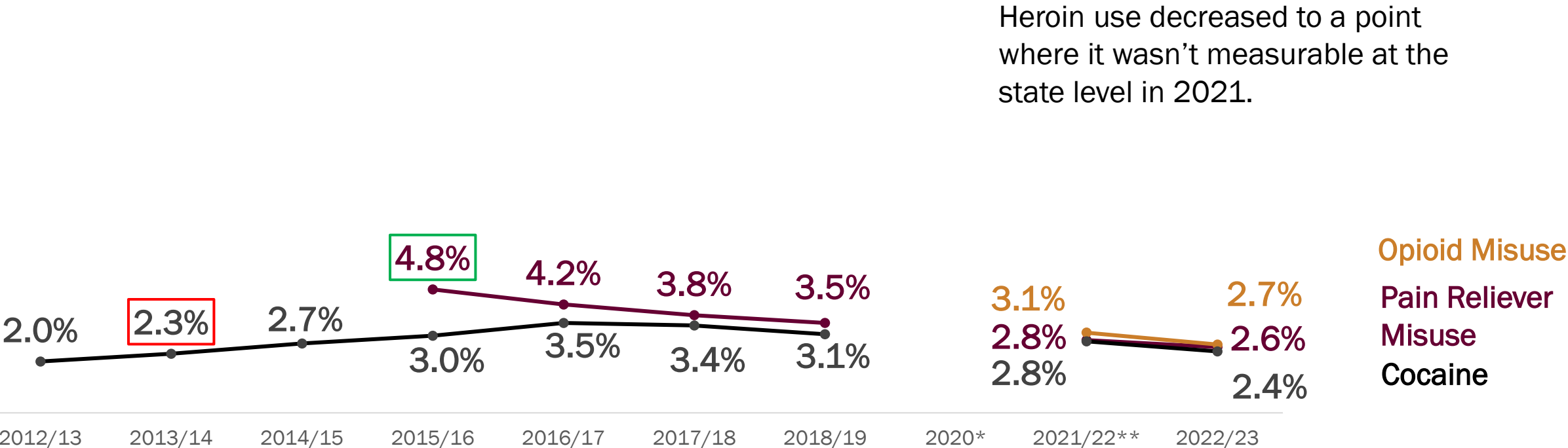
Alcohol, marijuana, and tobacco are reported past month use. Pain reliever and opioid misuse are reported past year use.



Fewer than five percent of Vermonters aged 12+ used cocaine or opioids in the last year

*There are no state-level estimates for 2020. **2021 and up estimates are not comparable with estimates from 2019 or earlier.

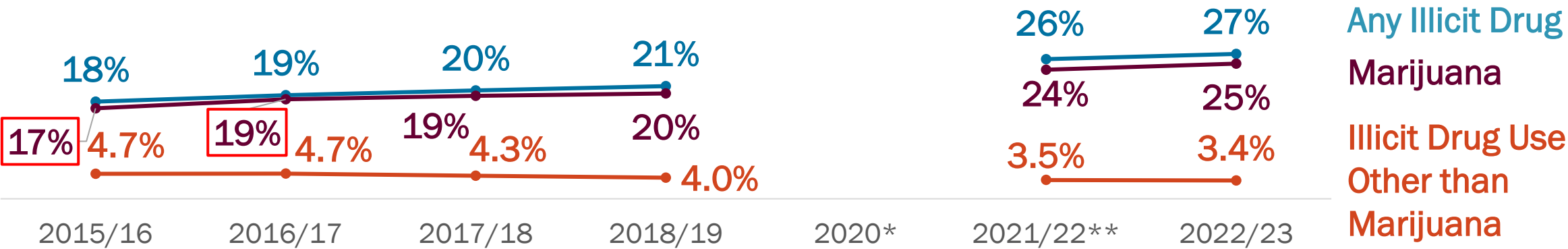
Red or green box around the label indicates a significant change from the previous year.
Pain reliever misuse, heroin, and cocaine are reported past year use.



High rates of past month drug use by Vermonters aged 12+ aligns closely with rates of marijuana use

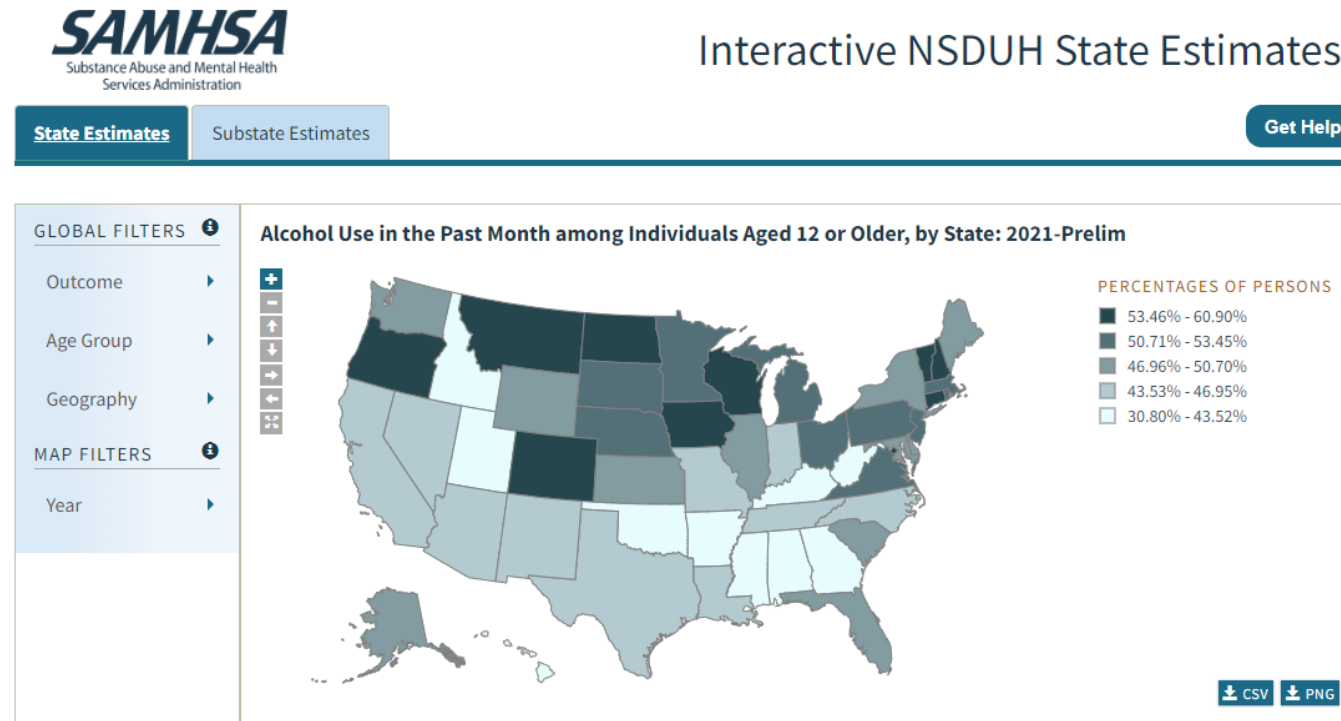
*There are no state-level estimates for 2020. **2021 and up estimates are not comparable with estimates from 2019 or earlier.

Red or green box around the label indicates a significant change from the previous year.



To see Vermont-specific measures by age and over time as well as how VT compares to other states, please use this interactive tool

SAMHSA produces the Interactive [NSDUH State Estimates](#) to allow comparison between areas, examination of outcome changes over time, and comparison of data to related issues. 2022-2023 data will be released in 2025.



NSDUH produces other documents that may be useful

Tables of [state level](#) data – prevalence percentages and estimates of people

National [Infographic Report](#) comparing 2021, 2022 and 2023

Annual [National Report](#) summarizes national trends

Highlighted [National Population](#) Slides (race, ethnicity, gender, sexual orientation) and [Companion Report](#)



Thank you!

Let's stay in touch.

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