



INDIANA STATE EPIDEMIOLOGICAL OUTCOMES WORKGROUP

OUR VISION

Healthy, safe, and drug-free environments that nurture and assist all Indiana citizens to thrive.

OUR MISSION

To reduce substance use and abuse across the lifespan of Indiana citizens.

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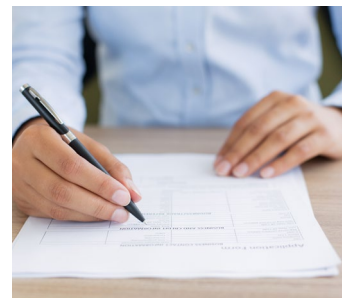
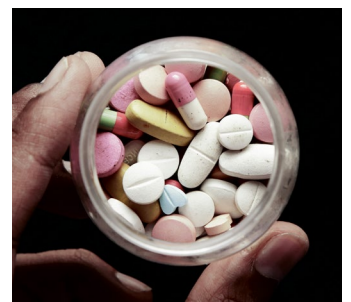
DRUG FACT SHEET: SUBSTANCE USE IN INDIANA

This report summarizes the use of drugs such as alcohol, tobacco, marijuana, opioids, and stimulants and the status of mental health and suicide in Indiana.

INTRODUCTION

The Indiana Statewide Epidemiological Outcomes Workgroup (SEOW) is comprised of committee members from 16+ state agencies/divisions across the state of Indiana who are knowledgeable about mental, emotional, and behavioral health disorders, as well as prevention, intervention, and treatment issues. The goal of the SEOW committee is to monitor the prevalence of substance misuse and mental illness in Indiana and implement state-based interventions to reduce the occurrence of related behavioral health issues. The SEOW is committed to using epidemiological data and evidence-based practices to assess the needs of all Indiana residents, and to promote physical and mental wellness to combat drug addiction, mental health disorders, and suicide.

This drug fact sheet provides a detailed description of the prevalence, consequences, and other behavioral health indicators of alcohol, tobacco, marijuana, opioid, and stimulant use, and the occurrence of mental illness and suicide. This report also shows the changes in data relative to prior years for most measures. In this report, we do not include measures where the data was not updated since the release of last years SEOW report. The full SEOW reports can be found at <https://www.in.gov/fssa/dmha/substance-misuse-prevention-and-mental-health-promotion/prevention-partners/state-epidemiological-outcomes-workgroup/>.



ALCOHOL

PREVALENCE

- In 2020, 48.4% Hoosiers (12 years and older) reported current alcohol use [1.1 percentage point (PP)↓ from previous year] (NSDUH, 2020).
- Relative to other age groups, higher incidence of alcohol use among young adults (18 to 25 year old) with 55.1% reporting past-month use [0.7 PP↓ from previous year] (NSDUH, 2020).
- About 23.8% Hoosiers (12+ years old) reportedly engaged in binge drinking [higher rate among young adults] (NSDUH, 2020).
- Age-adjusted adult alcohol use increased slightly to 51.1% in 2020 [1.1 PP↑ from previous year]; with 56.1% men [0.3 PP↓ previous year] and 44.2% women [3.3 PP↑ from previous year] used alcohol in the past month (CDC-BRFSS, 2020).
- About 43.4% of total treatment admissions had used alcohol as a primary/secondary/tertiary substance in SFY 2021 [1.8 PP↑ from prev year]; where 28.6% of episodes had alcohol as primary substance [2.2 PP↑ from previous year] (IN-DMHA, 2021).

CONSEQUENCES

- Age-adjusted alcohol-attributable mortality rate in Indiana was 13.7 per 100k population in 2020 [3.3 points↑ from previous year] (CDC,2020).
- Alcohol-related collision rate in Indiana was 0.61 per 1,000 population in 2020 (ARIES, 2020).
- About 11.3% of child removals in SFY 2021 was attributable to parental alcohol abuse [1.5 PP↑ from previous year] (IN-DCS, 2021).



KEY TAKEAWAYS

- Adult alcohol use increased in 2020 (CDC-BRFSS, 2020).
- Share of women consuming alcohol increased in 2020.
- Binge drinking among young adults (18 to 25 years) in Indiana higher than national average.
- Alcohol-attributable mortality and alcohol use and dependence reported at treatment admissions increased in 2020.

TOBACCO

PREVALENCE

- In 2020, 25.4% Hoosiers (12 years and older) reported current tobacco use [2.8 PP↓ from previous year] and 20.2% used cigarettes [2.3 PP↓ from previous year] (NSDUH, 2020).
- About 20.8% men [0.4 PP↓ from previous year] and 18.1% women [0.8 PP↑ from previous year] smoked in 2020 (CDC-BRFSS, 2020).
- Higher incidence of smoking rates among working age adults, high school graduate or less, and among lower income groups (CDC-BRFSS,2020).
- About 18.5% of high school students used e-cigarettes in 2018 [8 PP↑ from 2016] (Indiana Youth Tobacco Survey, 2018).
- In 2021, about 21.6% of college students used electronic vapor products (Indiana College Substance Use Survey, 2021).

KEY TAKEAWAYS

- Adult smoking declined from 25.6% in 2011 to 19.4% in 2020, but still above the national average of 15.5% (CDC-BRFSS, 2020).
- Smoking rates among women increased slightly in 2020.
- E-cigarette use among youth and young adults has been rising and should be monitored.



MARIJUANA

PREVALENCE

- In 2020, 10.9% Hoosiers (12 years and older) reported current marijuana use [0.7 PP↓ from previous year] (NSDUH, 2020).
- Relative to other age groups, higher incidence of marijuana use among young adults (18 to 25

year old) with 26.7% reporting past-month use [1.1 PP↑ from previous year] (NSDUH, 2020).

- About 47.1% of total treatment episodes had reported marijuana use as a primary, secondary, or tertiary substance in SFY 2021 [0.2 PP↓ from previous year]; where 18.1% of episodes had reported marijuana as primary substance [0.3 PP↓ from previous year] (IN-DMHA, 2021).

KEY TAKEAWAYS

- Marijuana use among young adults (18 to 25 years) has been increasing since 2016.
- Included as one of the SEOW strategic priorities and will be monitored continually.



OPIOID

PREVALENCE

- As of 2021 Q3, the opioid dispensation rate* in Indiana was 179.4 per 1,000 population [7.1 points▼ from 2020Q3] (IDOH, 2021).
**Includes opioid analgesics, opioid antidiarrheal/antitussives and opioid antagonists and treatment addiction medications*
- About 3.3% Hoosiers (12 years and older) reported misusing prescription pain relievers in the prior year during the 2020 survey [0.5 PP▼ from previous year] (NSDUH, 2020).
- About 16.1% of total treatment admissions had reported prescription opioid[†] use as a primary, secondary or tertiary substance in SFY 2021 [0.6 PP▼ from previous year]; where 7.0% of episodes had reported prescription opioid as primary substance [0.3 PP▼ from previous year] (IN-DMHA,2021).
†Includes non-prescription methadone and other opiates/synthetics (such as buprenorphine, butorphanol, codeine, hydrocodone, hydromorphone, meperidine, morphine, opium, oxycodone, pentazocine, propoxyphene, tramadol, and other narcotic analgesics, opiates, or synthetics)
- From the 2020 survey, about 0.5% young adults (18 to 25 years) used heroin in the past year (NSDUH, 2021).
- Among all treatment admissions in SFY 2021, 23.6% reported heroin use as primary, secondary, or tertiary substance [0.7 PP▼ from previous year]; and 16.9% of episodes reporting heroin as primary substance [0.8 PP▼ from previous year] (IN-DMHA,2021).



KEY TAKEAWAYS

- Drug overdose deaths involving opioids had risen dramatically from 1,098 deaths in 2018 to 1,875 deaths in 2020 (IDOH, 2020).
- Overdoses are further impacted by polysubstance use, fentanyl, or lower drug prices.
- Continues to be an important public health issue for Indiana.

CONSEQUENCES

- There were 2,316 deaths due to drug poisoning in 2020 [621 deaths▲ from previous year] with age adjusted rate of 36.6 per 100k population (IDOH, 2021).
- Drug overdose mortality rate involving any opioids* in 2020 was 27.8 per 100k population [9.3 points▲ from previous year] (IDOH,2021).
**includes opium, heroin, natural/semi-synthetic opioids, methadone, synthetic opioids (fentanyl/tramadol), other narcotics that are obtained through prescriptions or illicitly made/purchased*
- Number of visits to Emergency Department due to any opioid overdose were 7,191 visits in 2020 [2,127 visits▲ from previous year] (IDOH, 2021).

STIMULANTS

(COCAINE AND METHAMPHETAMINE)

PREVALENCE AND CONSEQUENCES

- From the 2020 NSDUH data, about 1.8% Hoosiers reported using cocaine in the previous year [0.2 PP▲ from 2019 data] and 4.2% of young adults (18 to 25 year old) used cocaine during the same period (NSDUH, 2020).
- About 10.3% of total treatment admissions in Indiana had reported cocaine use as a primary, secondary, or tertiary substance in SFY 2021 [1 PP▼ from previous year]; where 3.4% of episodes had reported cocaine use as primary substance [0.4 PP▼ from previous year] (IN-DMHA,2021).
- From 2020 data, 0.8% of Hoosiers reported using methamphetamine in the previous year [same as the US rate] and 1% of young adults (18 to 25 year old) used meth [0.3 PP▲ than the US rate] (NSDUH, 2020).
- Among all treatment admissions in SFY 2021, 41.3% reported methamphetamine use as primary, secondary or tertiary substance [similar to previous year]; and 24.0% of episodes reporting methamphetamine use as primary substance [similar to previous year] (IN-DMHA,2021).
- In 2021, the number of clandestine meth labs seized in Indiana was 38 [24 lab seizures▼ from 2020] and the number of arrests made at the meth labs by Indiana law enforcement agencies was 39 [6 arrests ▲ from 2020] (ISP, 2021).



KEY TAKEAWAYS

- Higher share of patients seeking substance use treatment appear to be using methamphetamine (as a primary or secondary or tertiary source).
- The meth lab seizures has decreased from 1,808 in 2013 to 38 in 2021.

POLYSUBSTANCE ABUSE



PREVALENCE

- In SFY 2021, 35.4% of Hoosiers who received substance use treatment had reported using opioids (including heroin, non-prescription methadone and other opiates/synthetics) as a primary, secondary or tertiary substance (IN-DMHA, 2021).
- Among these opioid users, methamphetamine use was highest (50.8%), followed by Marijuana use (33.8%) and alcohol use (18.3%) (IN-DMHA, 2021).
- Similar patterns for opioid dependent [or opioid as primary use] treatment patients.

KEY TAKEAWAYS

- Strong evidence of polysubstance use among opioid users.
- Additional research on polysubstance use was included as one of the recommendations in SEOW behavioral health priorities for the next five years.

MENTAL HEALTH

PREVALENCE

- From 2020 data, about 21.8% Hoosiers (18 years and older) reported having any mental illness* in the past year [0.5 PP▼ from previous time period] (NSDUH, 2020).
*Any Mental Illness (AMI) is defined as those having a diagnosable mental/behavioral/emotional disorder
- About 6.8% Hoosiers in 2020 reported having serious mental illness† in the past year [1.4 PP▲ from previous time period] (NSDUH, 2020).
†Serious Mental Illness (SMI) are subset of individuals with AMI, but with serious functional impairment
- In 2020, about 8.8% Hoosiers (18 years or older) reported having at least one major depressive episode [0.5 PP▲ from previous time period] (NSDUH, 2020).

HETEROGENEITY BY GENDER AND RACE

- About 15.8% men [0.9 PP▲ from previous year] and 27.7% women [0.9 PP▲ from previous year] reported being told that they had depression (CDC-BRFSS, 2020).
- Reported increase in depression rates among all race groups in 2020 – White race [22.9%; 0.3 PP▲ from 2019]; African-American race [17.4%; 2.9 PP▲ from 2019]; Hispanic race [17.8%; 6.7 PP▲ from 2019].

CONSEQUENCES

- Age-adjusted suicide mortality rate in Indiana was 15 per 100k population [0.8 points▲ from previous year] in 2020 (CDC,2020).
- The age-adjusted suicide mortality rate (1999 to 2020 average) was higher for men (22.2 per 100k population) relative to women (5.1 per 100k population) (CDC,1999-2020).



KEY TAKEAWAYS

- Depression rates increased for both men and women (CDC-BRFSS, 2020).
- Evidence of increasing depression rates across all race groups, with higher increases among Hispanic and African-American race.

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