Prevalence of non-medical drug use by drug type and state, Survey of Non-Medical Use of Prescription Drugs Program (NMURx)

APHA – October 26, 2021

Presentation Disclosures

1. **The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:**

    Arundel Metrics' work on America's Health Rankings is entirely underwritten by United Health Foundation. This analysis was conducted as part of that project.

    Rocky Mountain Poison and Drug Safety provided data for this project, but received no funding.

2. **My presentation will include discussion of "off-label" use of the following:**

    None

Learning Outcomes

- Describe which non-medical drug use behaviors were most prevalent in the nation.
- Describe which non-medical drug use behaviors had the highest disparity across states

Data Sources

- Denver Health and Hospital Authority, RADARS® System Survey of Non-Medical Use of Prescription Drugs Program
- U.S. Census Bureau, American Community Survey 5-year estimates

Interactive data

- https://www.americashealthrankings.org/explore/annual/measure/drug_use/state/ALL

Terms

Non-medical drug use within the last year (NMU):

- Use of a prescription or non-prescription drug without a doctor's guidance
- Cannabis is treated separately

Data stratification by drug types

- Prescription drugs - opioids
- Prescription drugs – non-opioids
- Illicit drugs – opioids
- Illicit drugs – non-opioids
- Cannabis

Opioids include heroin, synthetics such as fentanyl and common prescriptions drugs like oxycodone, hydrocodone, codeine, morphine, etc.
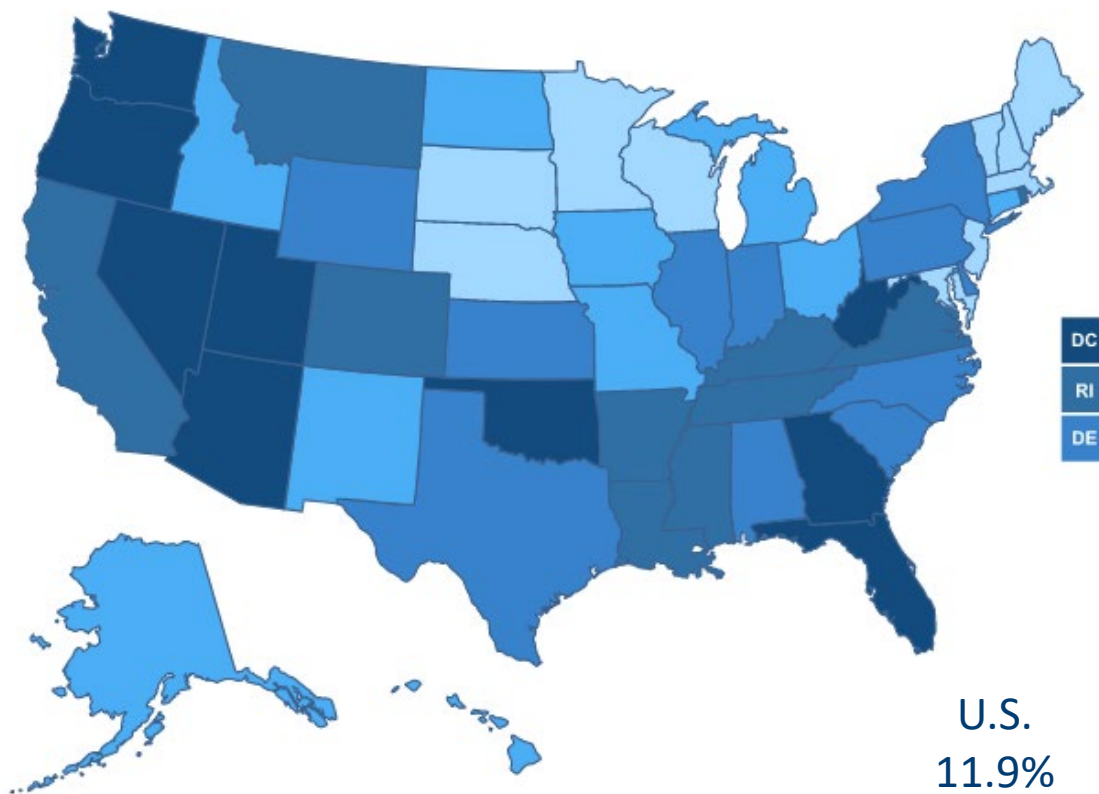
Non-opioids include cocaine, benzodiazepines, amphetamines, etc.

An individual using multiple drugs from within a single category is considered a single user.

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Methods

- Data from Denver Health & Hospital Authority's RADARS® System, NMURx Program, 2020.
- Prevalence and 95% confidence intervals were calculated based on rates per 100,000 adults using 2018 American Community Survey 5-year Estimates.
- Estimates were suppressed if the numerator was < 5, if n < 25 in a subgroup, and if the estimated percentage was <0.00005.

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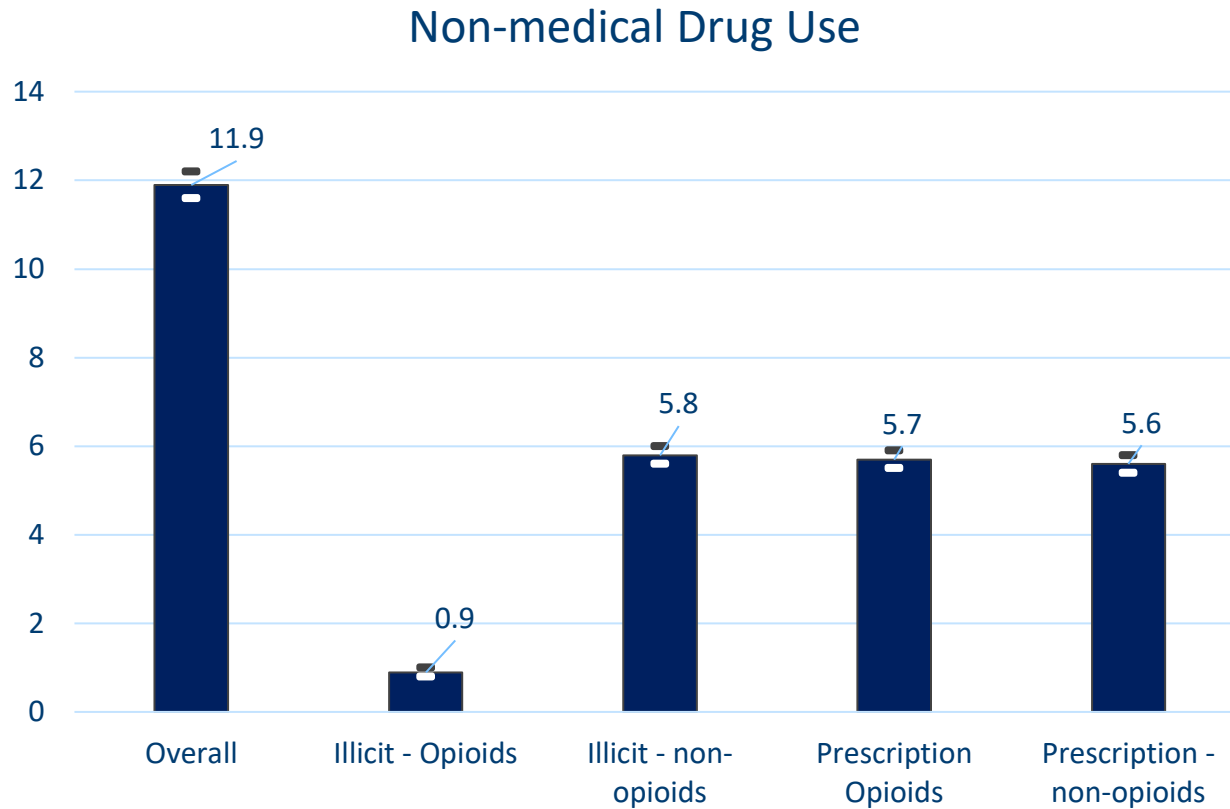**HEALTH RANKINGS**®
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Non-Medical Drug Use by state

U.S.
11.9%

| <= 8.8% | 8.9% - 10.4% | 10.5% - 12.0% | 12.1% - 13.4% | >= 13.5% |

Rank Order

Rank	State	Value
1	South Dakota	6.4
2	Minnesota	6.9
3	Nebraska	7.3
4	Vermont	8.2
5	Maine	8.3
5	Maryland	8.3
5	New Hampshire	8.3
8	New Jersey	8.5
9	Massachusetts	8.6
10	Wisconsin	8.8
39	Colorado	13.4
39	Kentucky	13.4
39	Montana	13.4
42	Washington	13.5
43	Utah	13.6
44	Arizona	13.7
45	West Virginia	13.8
46	Georgia	14.5
47	Oregon	15.3
48	Florida	15.5
49	Oklahoma	15.7
50	Nevada	16.0

National Findings – by drug group

Non-medical Drug Use

Overall	Illicit - Opioids	Illicit - non-opioids	Prescription Opioids	Prescription - non-opioids
11.9	0.9	5.8	5.7	5.6

Note: an individual using multiple drugs within a group is considered a single user.

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State Findings – by drug group

Percentage of adults who reported using illicit drugs other than opioids and cannabis
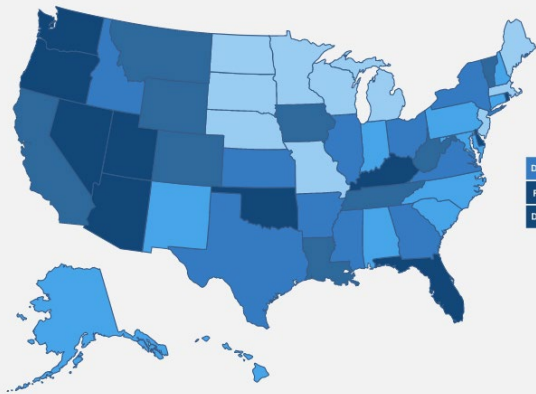
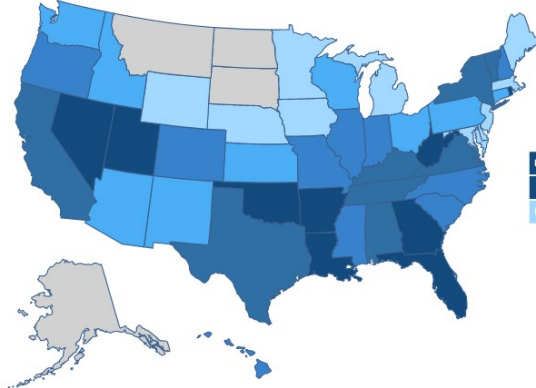<= 4.2% | 4.3% - 5.3% | 5.4% - 6.0% | 6.1% - 7.1% | >= 7.2%

← Illicit – non-opioids

Illicit –opioids →

Percentage of adults who reported using illicit opioids
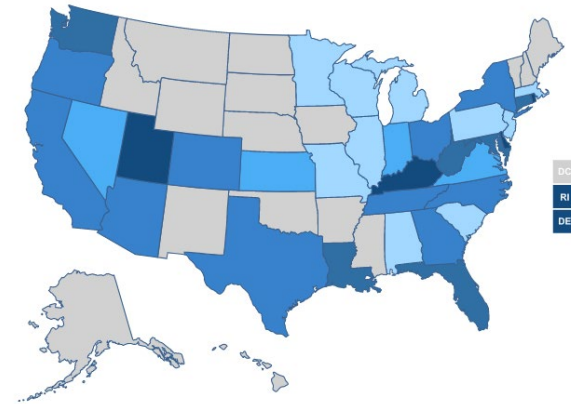
<= 0.7% | 0.8% - 0.8% | 0.9% - 1.1% | 1.2% - 1.3% | >= 1.4% | No Data

← Prescription – non-opioids
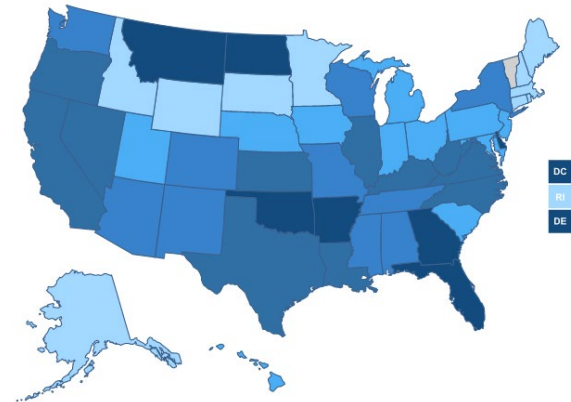
Percentage of adults who reported using prescription drugs other than opioids and cannabis non-medically

<= 4.3% | 4.4% - 5.0% | 5.1% - 5.7% | 5.8% - 6.2% | >= 6.3% | No Data

Prescription –opioids →

Percentage of adults who reported using prescription opioids non-medically

<= 3.6% | 3.7% - 5.2% | 5.3% - 6.0% | 6.1% - 6.9% | >= 7.0% | No Data

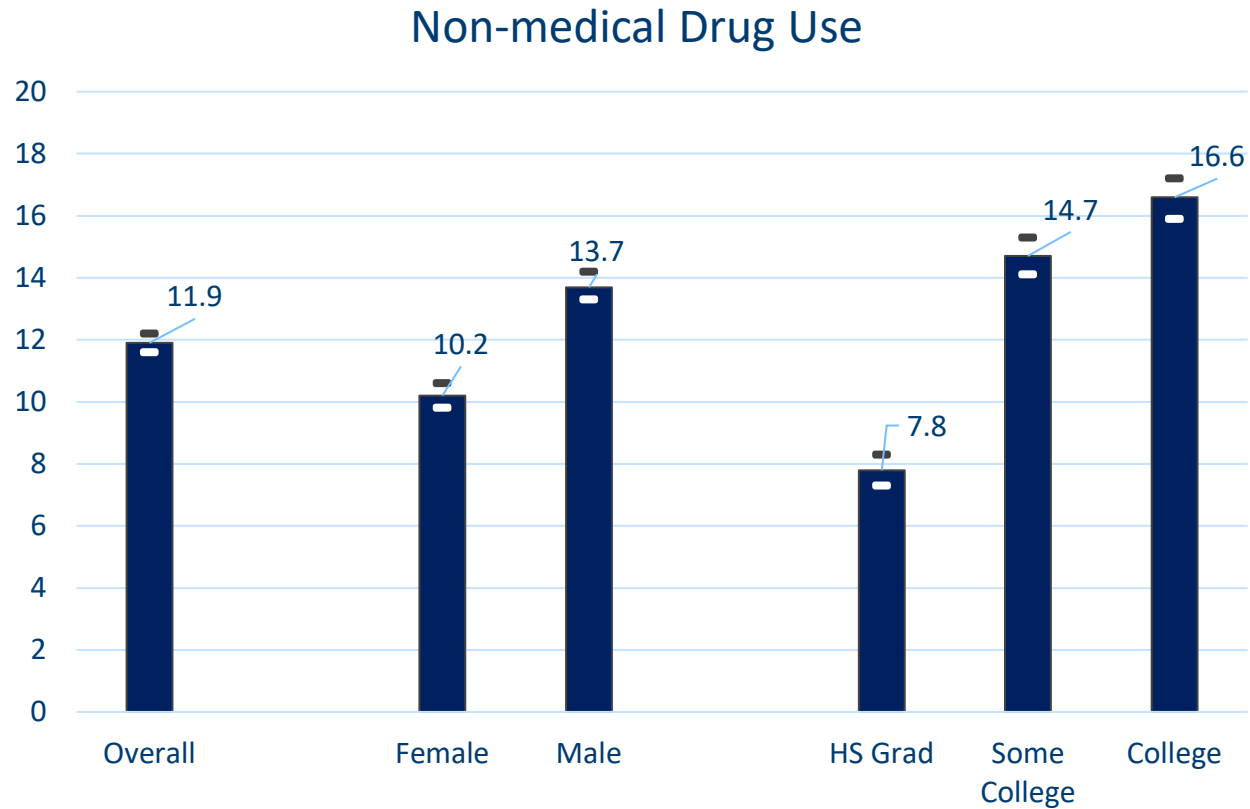UNITED HEALTH FOUNDATION

8

Widest disparities between states

Measure	Highest Prevalence	Lowest Prevalence	Ratio
Non-medical Drug Use	Nevada (16.0%)	South Dakota (6.4%)	2.5x
Illicit – Opioids (35 states)	Delaware (3.4%)	Missouri (0.2%)	17.0x
Illicit – non-opioids	Rhode Island (8.8%)	Wisconsin (2.4%)	3.7x
Prescription – opioids (49 states)	District of Columbia (12.2%)	New Hampshire (2.0%)	6.1x
Prescription – non-opioids (46 states)	Utah (8.2%)	Nebraska (2.3%)	3.6x
Cannabis	Oregon (40.6%)	Iowa (11.4%)	3.6x

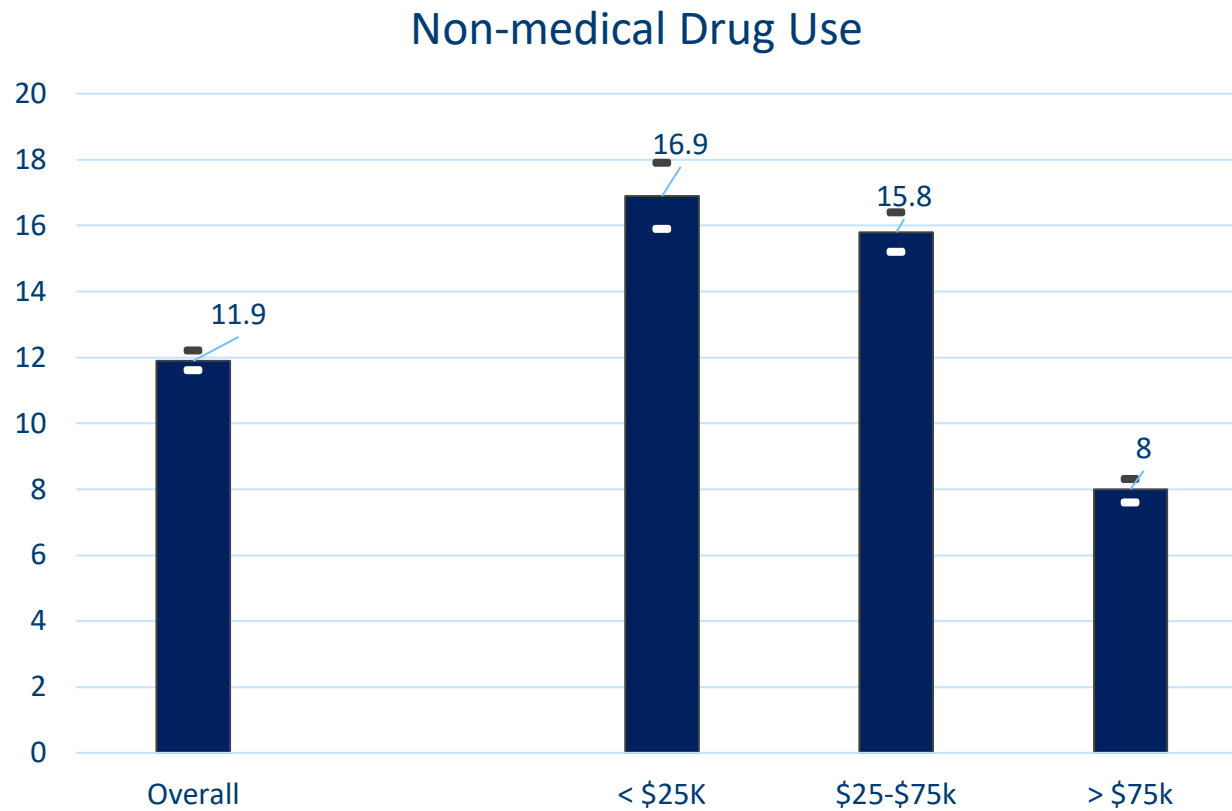# National Findings – by race/ethnicity
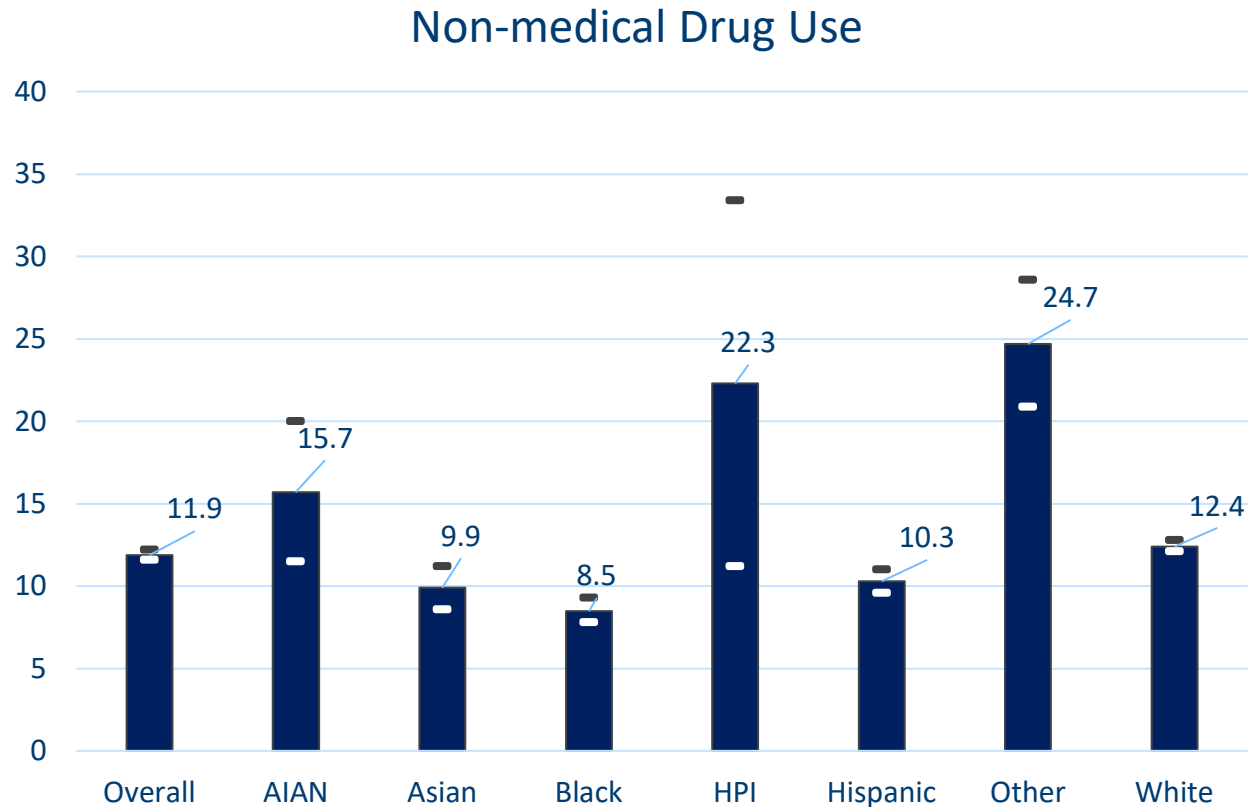
Non-medical Drug Use

AIAN: American Indian / Alaska Native
HPI: Hawaiian / Pacific Islander
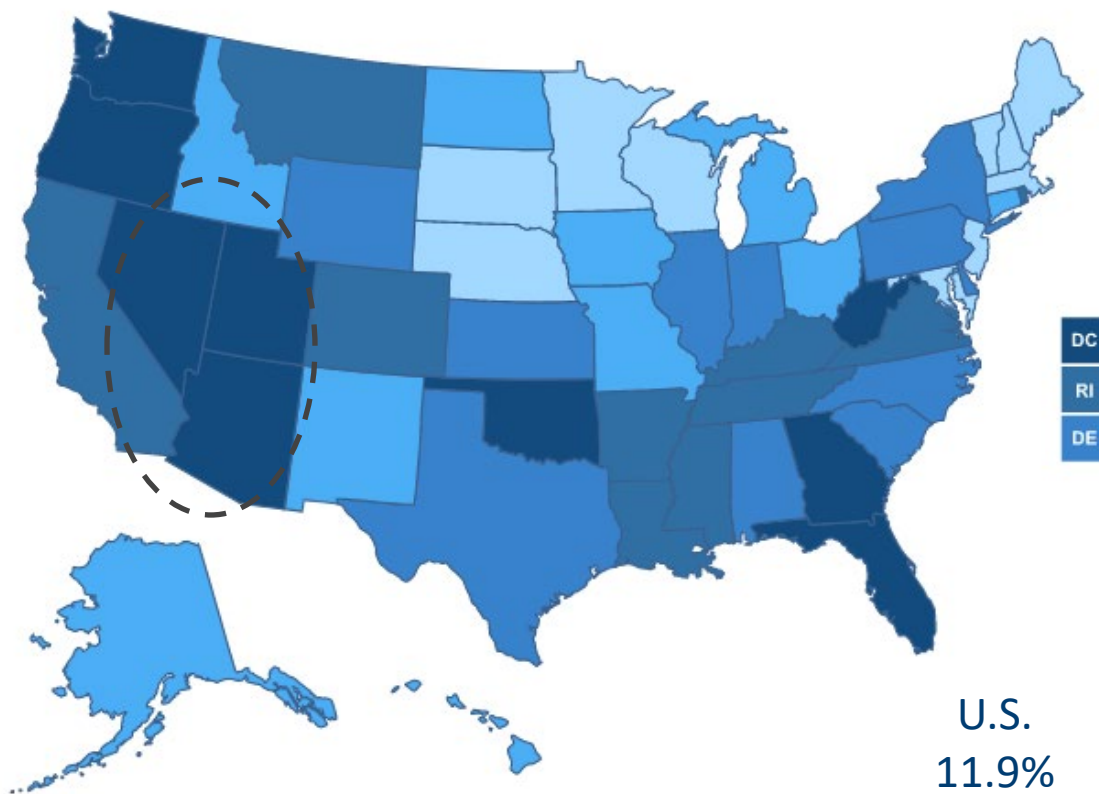Individual may identify and be included in multiple categories.

National Findings – by gender, by education

Non-medical Drug Use

Category	Value
Overall	11.9
Female	10.2
Male	13.7
HS Grad	7.8
Some College	14.7
College	16.6

Non-medical Drug Use

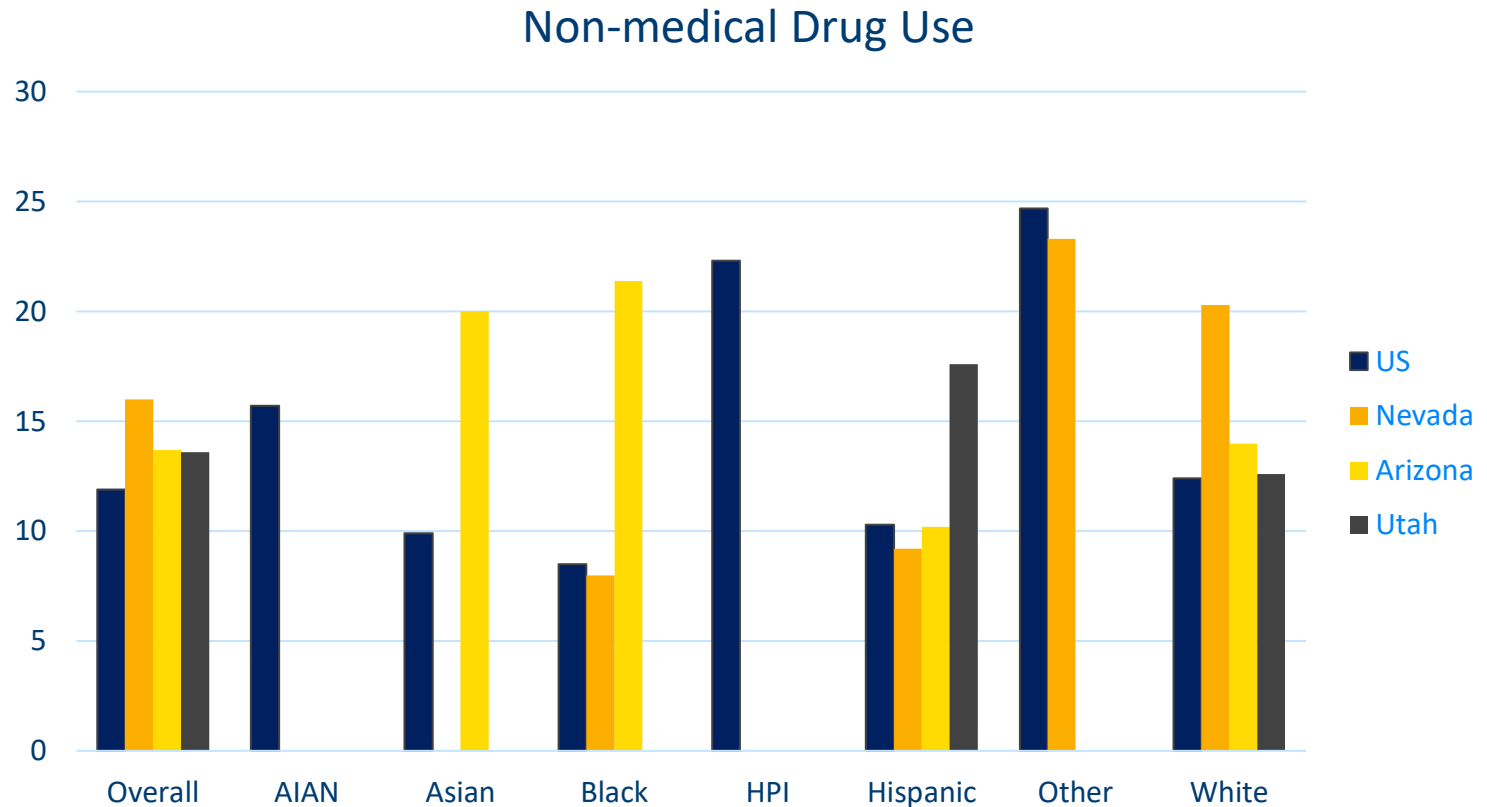# National Findings – by state

U.S.
11.9%

Neighboring States

- Arizona, Nevada and Utah

- Oregon and Washington
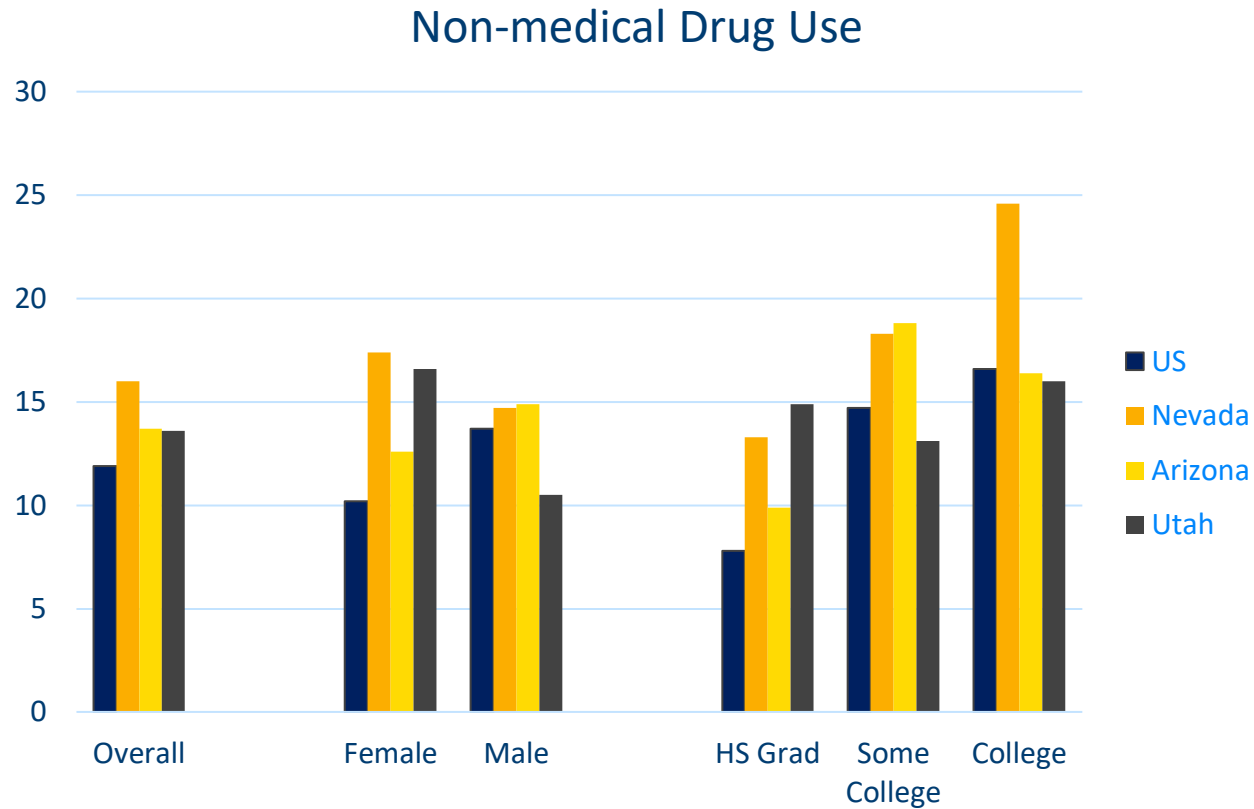
- Minnesota, South Dakota and Wisconsin

<= 8.8%	8.9% - 10.4%	10.5% - 12.0%	12.1% - 13.4%	>= 13.5%

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13

Select State Findings – by race/ethnicity

Non-medical Drug Use

Legend:
- US
- Nevada
- Arizona
- Utah

Categories: Overall, AIAN, Asian, Black, HPI, Hispanic, Other, White

AIAN: American Indian / Alaska Native
HPI: Hawaiian / Pacific Islander
Individual may identify and be included in multiple categories.

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National Findings – by gender, by education

Non-medical Drug Use

Select State Findings – by race/ethnicity

Non-medical Drug Use

Legend:
- US (dark blue)
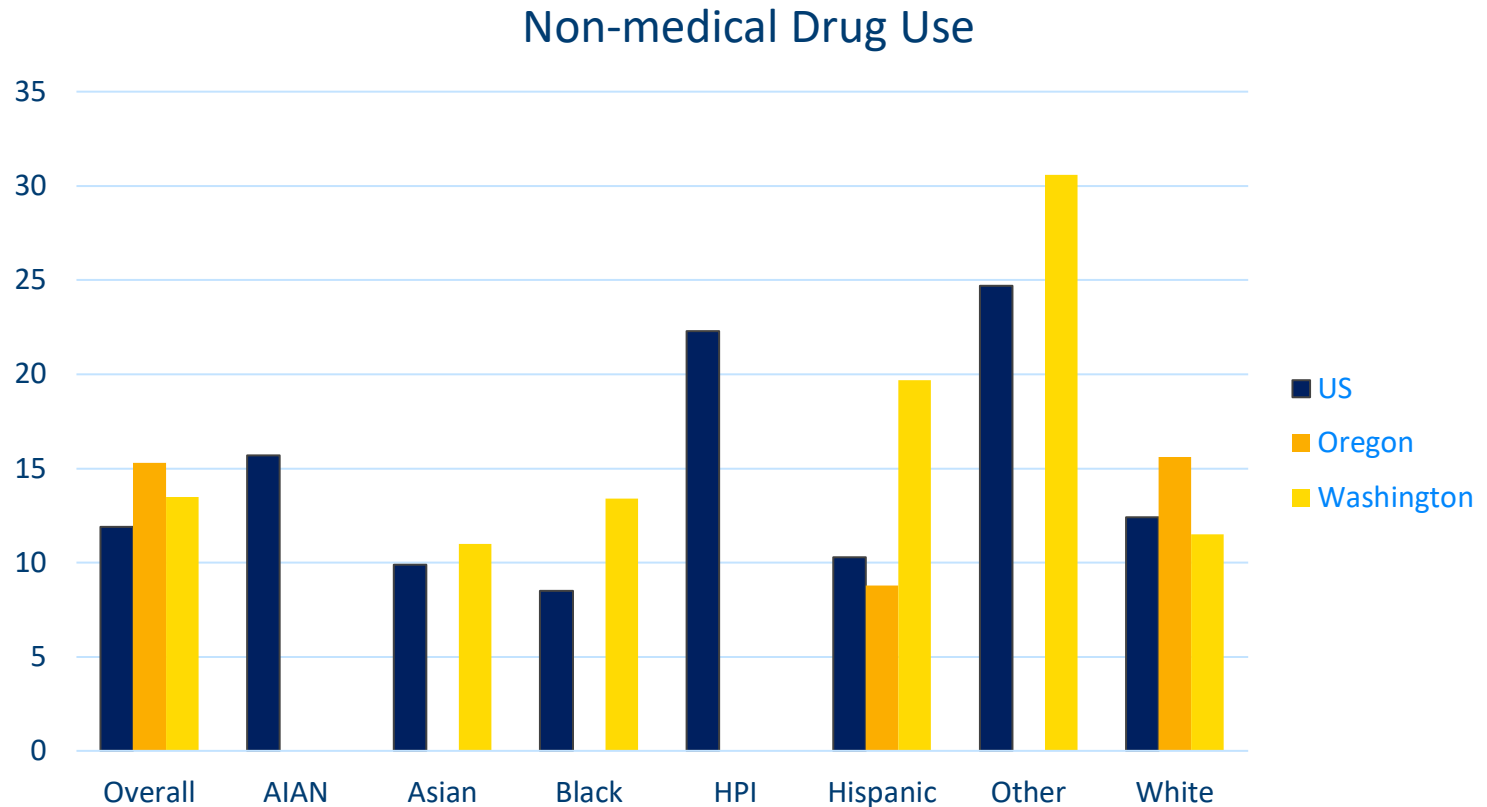- Oregon (orange)
- Washington (yellow)

AIAN: American Indian / Alaska Native
HPI: Hawaiian / Pacific Islander
Individual may identify and be included in multiple categories.

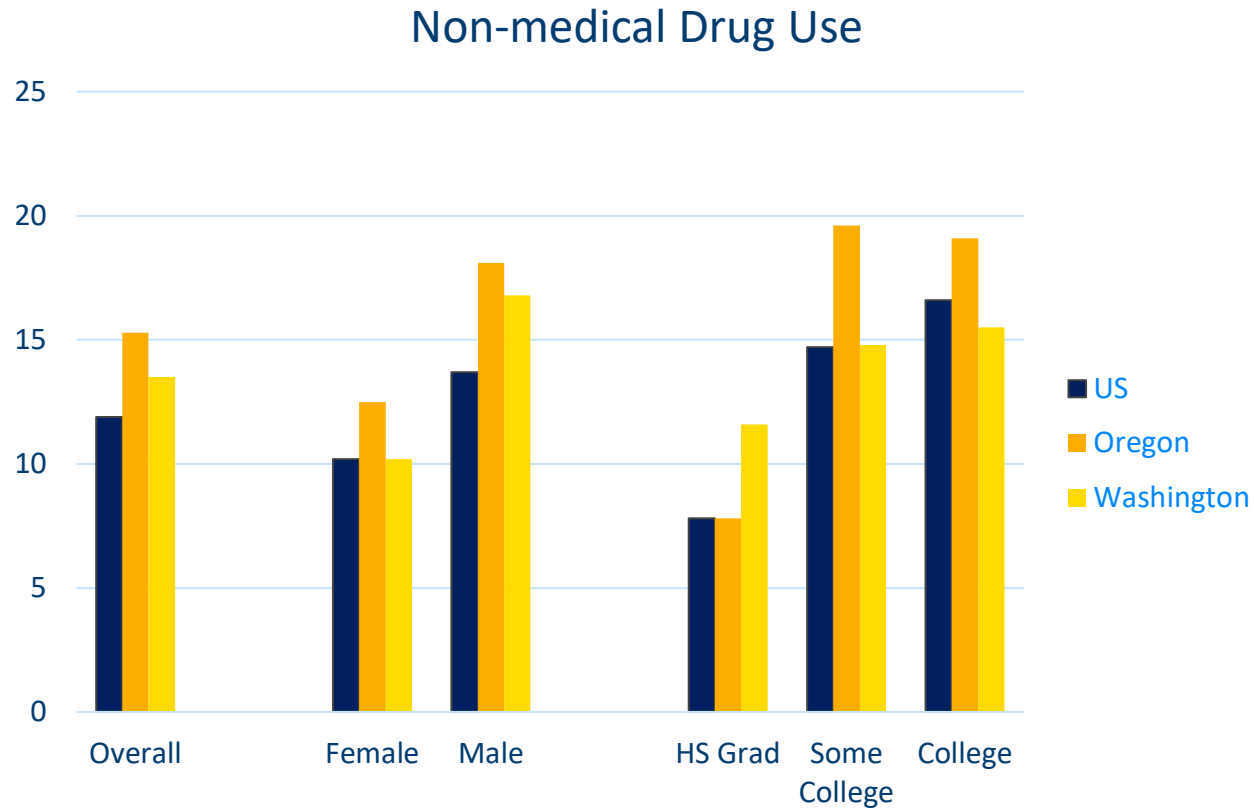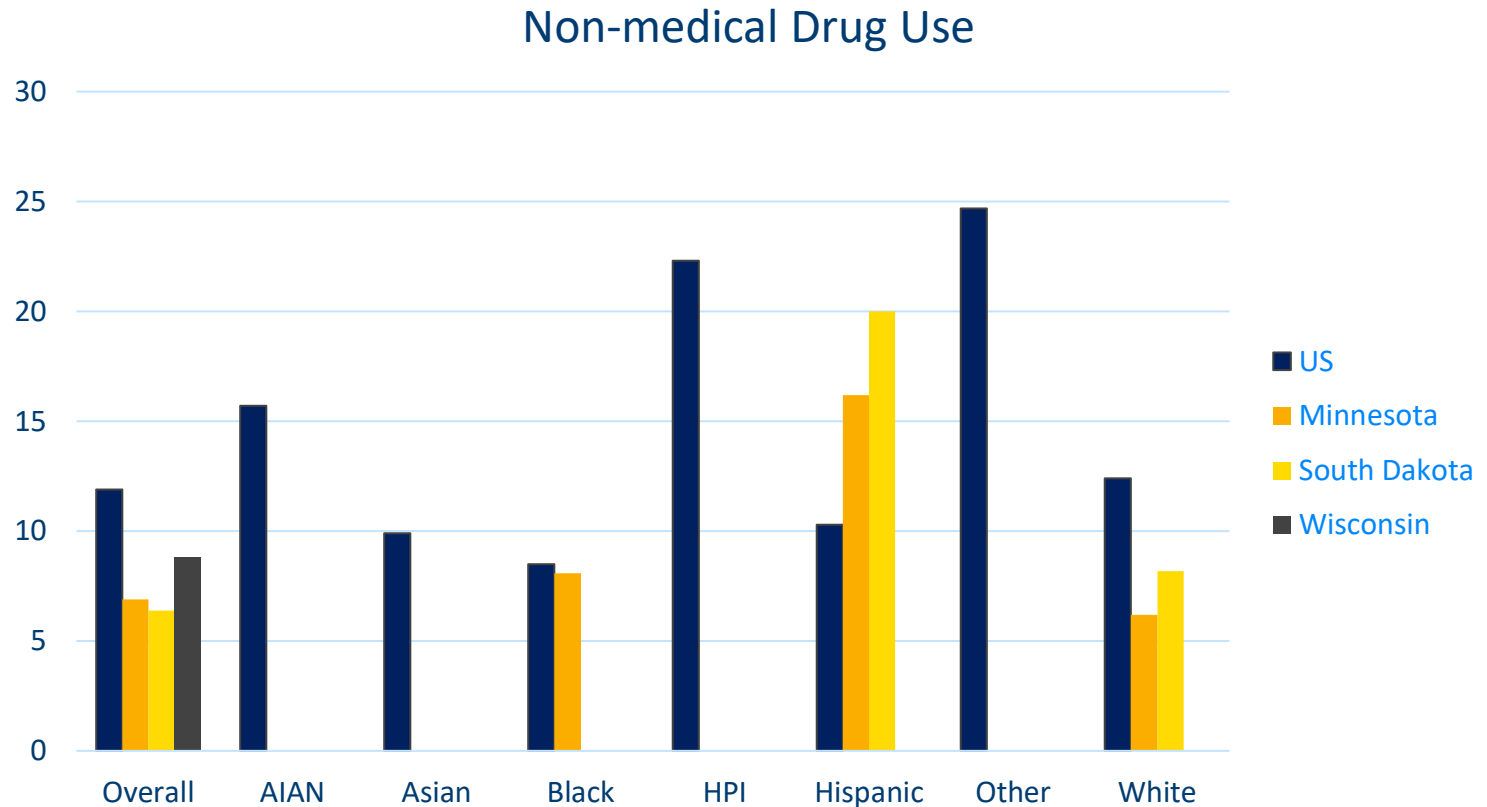# National Findings – by gender, by education

Non-medical Drug Use

Legend:
- US (dark blue)
- Oregon (orange)
- Washington (yellow)

Categories: Overall, Female, Male, HS Grad, Some College, College

Select State Findings – by race/ethnicity

Non-medical Drug Use

AIAN: American Indian / Alaska Native
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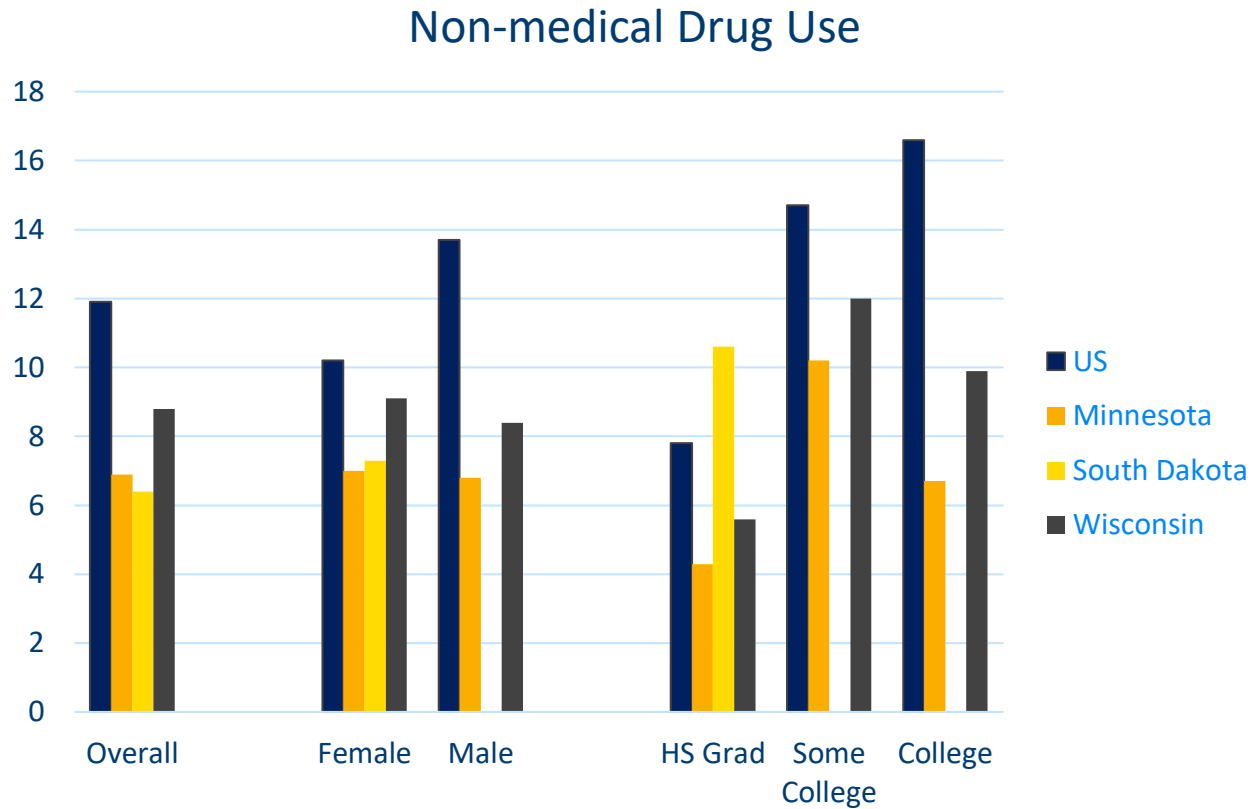
National Findings – by gender, by education

Non-medical Drug Use

Summary

- Described non-medical drug use behaviors
- Described disparity across states and income, education, gender and racial/ethnic subpopulations

- Each state is unique, even among neighboring states
- Drug use varies within states

Thanks

Co-authors:

- Karilynn Rockhill, MPH, Rocky Mountain Poison and Drug Safety (RMPDS), Denver, CO
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- Kristin Shaw, MPH, Arundel Metrics
- Sarah Milder, MPH, Arundel Metrics
- Tom Eckstein, MBA, Arundel Metrics

Special thanks to RMPDS for the use of their data in this analysis. These data are available at https://www.americashealthrankings.org/explore/annual/measure/drug_use/state/ALL

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