

## QUICK FACTS ON SUBSTANCE USE DISORDERS

- According to the National Survey on Drug Use and Health (NSDUH), 19.9 million American adults (aged 12 and older) battled a substance use disorder in 2019.
- Almost 76% of adults suffering from a substance use disorder in 2019 struggled with an alcohol use disorder.<sup>1</sup>
- About 38% of adults in 2019 battled an illicit drug use disorder.<sup>1</sup>
- That same year, 1 out of every 8 adults struggled with both alcohol and drug use disorders simultaneously.<sup>1</sup>
- In 2019, 8.7 million American adults suffered from both a mental health disorder and a substance use disorder, or co-occurring disorders.<sup>1</sup>
- Drug abuse and addiction cost American society more than \$760 billion annually in lost workplace productivity, health care expenses, and crime-related costs.<sup>2</sup>

## CAUSES OF ADDICTION

- Genetics, including the impact of one's environment on gene expression, account for about 40% to 60% of a person's risk of addiction.<sup>3</sup>
- Environmental factors that may increase a person's risk of addiction include a chaotic home environment and abuse, parent's drug use and attitude toward drugs, peer influences, community attitudes toward drugs, and poor academic achievement.<sup>3</sup>
- Teenagers and people with mental health disorders are more at risk for drug use and addiction than other populations.<sup>3</sup>

## AGES OF ADDICTION

### Adolescents (Aged 12-17)

- In 2017, approximately 4% of the American adolescent population age 12 to 17 suffered from a substance use disorder; this equals to 992,000 teens or 1 in 25 people in this age group.<sup>1</sup>
- About 443,000 adolescents age 12 to 17 had an alcohol use disorder in 2017, or 1.8% of adolescents.<sup>1</sup>
- An estimated 741,000 adolescents suffered from an illicit drug use disorder in 2017, or about 3% of this population.<sup>1</sup>

### Young Adults (Aged 18-25)

- About 5.1 million young adults age 18 to 25 battled a substance use disorder in 2017, which equates to 14.8% of this population, or about 1 in 7 people.<sup>1</sup>
- About 3.4 million young adults age 18 to 25 had an alcohol use disorder in 2017, or about 10% of young adults.<sup>1</sup>
- About 2.5 million young adults had an illicit drug use disorder in 2017, or about 7.3% of this population.<sup>1</sup>
- Heroin use among young adults between 18 and 25 years old doubled in the past decade.<sup>4</sup>

### Over Age 26

- Approximately 13.6 million adults age 26 or older struggled with a substance use disorder in 2017, or 6.4% of this age group.<sup>1</sup>
- About 10.6 million adults age 26 and older had an alcohol use disorder in 2017, or about 5% of this age group.<sup>1</sup>
- About 4.3 million adults age 26 or older had an illicit drug use disorder in 2017, or 2% of this age group.

### Elderly Individuals

- More than 1 million elderly adults age 65 or older had a substance use disorder in 2017.<sup>7</sup>
- That same year, about 978,000 of people in this age group had an alcohol use disorder and about 93,000 had an illicit drug use disorder.<sup>7</sup>
- Two-thirds of the senior citizens over the age of 65 who struggle with alcohol use disorders developed the disorder before age 65.<sup>6</sup>
- Between 21% and 66% of elderly individuals battling a substance use disorder also suffer from a co-occurring mental health disorder.<sup>6</sup>

### Men vs. Women

- In 2017, about 9.4% of men and 5.2% of women age 12 and older had a substance use disorder.<sup>7</sup>
- Men may be more likely to abuse illicit drugs than women, but women may be just as prone to addiction as men when they do abuse them.<sup>8</sup>

### Criminal Justice/Employment Status

- Almost twice as many people who are unemployed struggle with addiction than those who are full-time workers, CNN Money reports around 17% of the unemployed and 9% of the employed population struggle with a substance use disorder.<sup>9</sup>
- Of the 2.3 million people in American prisons and jails, more than 65% meet the criteria for addiction.<sup>10</sup>

- Around 75% of individuals in a state prison or local jail who suffer from a mental illness also struggle with substance abuse, and the opposite is also true.<sup>11</sup>

### Ethnicity/Race

- American Indians and Alaska Natives age 12 and older had the highest rate of substance abuse and dependence in 2017, at 12.8%.<sup>7</sup>
- Whites had a 7.7% rate of substance abuse in 2017.
- About 6.8% percent of African Americans struggled with substance use disorders, while the percentage of Hispanics or Latinos who suffered from substance use disorders was 6.6%.<sup>7</sup>
- Approximately 4.6% percent of Native Hawaiians and Pacific Islanders suffered from substance use disorders.<sup>7</sup>

## STATISTICS ON ADDICTION TO SPECIFIC SUBSTANCES

### Cocaine

- About 966,000 American adults (over age 12) struggle with a cocaine use disorder in 2017.<sup>1</sup>
- That same year, 637,000 people age 12 and older received treatment for a cocaine use disorder either in their last or current stay in rehabilitation.<sup>7</sup>

### Heroin

- About 652,000 people age 12 and older had a heroin use disorder in 2017.<sup>1</sup>
- Almost a quarter of people who abuse heroin will become addicted to it.<sup>12</sup>
- Heroin use has risen in most demographic groups in the U.S. over the past 2 decades, according to the Centers for Disease Control and Prevention (CDC).<sup>4</sup>
- Individuals addicted to alcohol are 2 times more likely to also be addicted to heroin, those addicted to marijuana are 3 times more likely, individuals addicted to cocaine are 15 times more likely, and people addicted to prescription drugs are 40 times more likely.<sup>4</sup>
- The highest at-risk population for heroin addiction is non-Hispanic white males between the ages of 18 and 25 who live in large cities.<sup>4</sup>

### Prescription drugs

- The most common types of prescription drugs abused in 2017 were pain relievers, tranquilizers, stimulants, and sedatives.<sup>7</sup>
- In 2017, about 1.7 million people age 12 and older had a pain reliever use disorder, or about 0.6% of this population.<sup>1</sup>
- Women may more rapidly develop a prescription painkiller dependence than men. They are also more likely to have chronic pain, be prescribed pain relievers, and receive higher doses.<sup>12</sup>

- According to a study published in the Substance Abuse Treatment, Prevention, and Policy journal, individuals who were admitted to opioid treatment programs who abused only prescription opioids, or those who abused both heroin and prescription opioids, were about 5 years younger than individuals admitted solely for heroin abuse or dependency.<sup>13</sup>

### Marijuana

- Approximately 4.1 million American adults over the age of 12 battled a marijuana use disorder in 2017.<sup>1</sup>
- The majority of people struggling with marijuana addiction in 2017 were between the ages of 12 and 25.<sup>1</sup>
- Almost 6% of full-time college students in the U.S. were daily marijuana smokers in 2014. This is more than triple the number of daily smokers in this population 20 years prior.<sup>14</sup>

### Alcohol

- In 2017, an estimated 14.5 million American adults age 12 and older battled an alcohol use disorder, or 5.3% of this population.<sup>1</sup>
- Over half of all American adults have a family history of drinking or alcohol addiction.<sup>15</sup>
- More than 10% of U.S. children live with a parent with alcohol problems.<sup>16</sup>
- An estimated 88,000 people die from alcohol-related causes annually.<sup>16</sup>
- Alcohol is the third-leading cause of preventable death in the United States.<sup>16</sup>
- 47% of the 78,529 liver diseases among people age 12 and older in 2015 involved alcohol.<sup>16</sup>
- 40% of all hospital beds in the United States are used to treat conditions related to alcohol consumption.<sup>15</sup>

Drug and alcohol abuse can be scary. What is more frightening is when you are the one battling a substance use disorder (SUD) or an alcohol use disorder (AUD), and you don't know where to go to find a solution to the problem.

Outpatient Addiction Recovery Services (OARS) provides you with high-quality, evidence-based counseling and medication assisted treatment (MAT) options to help you begin, and then succeed, with your recovery.

**If you are struggling with any Substance Use Disorder or Alcohol Use Disorder and are looking for a solution, REACH OUT TO US AT 724-912-6277 TO GET THE HELP YOU NEED TODAY.**