

Healthy People 2020 Leading Health Indicators: Substance Abuse

Overview

Although progress has been made in substantially lowering rates of abuse of some substances, the use of mind- and behavior-altering substances continues to take a major toll on the health of individuals, families, and communities nationwide. Substance abuse—involving drugs, alcohol, or both—is associated with a range of destructive social conditions, including family disruptions, financial problems, lost productivity, failure in school, injuries, domestic violence, child abuse, and crime. Moreover, both social attitudes and legal responses to the consumption of alcohol and illicit drugs make substance abuse one of the most complex public health issues.

Progress in Numbers*



Target met¹



Improving²



Little or no detectable change³



Getting worse⁴

Status	Leading Health Topic and Indicator: Substance Abuse	Baseline (Year)	Most Recent (Year)	Target	Progress Toward Target ⁵	Movement Away From Baseline ⁶
	SA-13.1 Adolescents using alcohol or illicit drugs in past 30 days (percent, 12–17 years)	18.4% (2008)	17.4% (2012)	16.6%	55.6%	—
	SA-14.3 Binge drinking in past 30 days—Adults (percent, 18+ years)	27.1% (2008)	27.1% (2012)	24.4%	0.0%	—

Progress in Words

SA-13.1: Adolescents using alcohol or illicit drugs

- Between 2008 and 2012, the percentage of adolescents aged 12 to 17 who had used alcohol or illicit drugs in the past 30 days decreased by about 5 percent, from 18.4 percent to 17.4 percent, moving toward the Healthy People 2020 target of 16.6 percent.
- This objective has achieved more than half of the targeted change.

SA-14.3: Adult binge drinking

- The percentage of adults aged 18 and older who had engaged in binge drinking in the past 30 days has remained the same, measuring 27.1 percent in 2008 as well as 2012.
- The Healthy People 2020 target is 24.4 percent.

* Discrepancies between healthypeople.gov and data in this report may exist due to the timing of data uploads. Data for the measures shown in this report are current as of May 2014.



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Progress in Pictures

Substance abuse, including illicit and nonmedical prescription drug use, and alcohol, affects individuals, families, and communities. Stopping substance abuse before it begins can increase a person's chances of living longer, healthier, and more productive life.

Alcohol or Illicit Drug Use among Adolescents by Age, 2012

Among age groups, the youngest adolescents (12–13 years) had the lowest rate of alcohol or illicit drug use, 5.1%. Rates for the other age groups generally increase with age.



Data source: National Survey on Drug Use and Health (NSDUH), SAMHSA.

HEALTHY PEOPLE 2020 TARGETS

Alcohol and Illicit Drug Use

17.4% of adolescents aged 12 to 17 years reported use of alcohol or any illicit drugs during the past 30 days in 2012.



Data source: National Survey on Drug Use and Health (NSDUH), SAMHSA.

Binge Drinking in Adults

27.1% of adults aged 18 years and older reported that they engaged in binge drinking during the past 30 days in 2012.



Data source: National Survey on Drug Use and Health (NSDUH), SAMHSA.

NOTES (from page 1)

- ¹ Target met or exceeded
- ² Movement is *toward* the target and is:
 - Statistically significant when measures of variability are available** – OR –
 - 10% or more of the targeted change when measures of variability are unavailable**
- ³ Objective demonstrates little or no detectable change, because either:
 - Movement toward/away from the target is not statistically significant when measures of variability are available** – OR –
 - Movement is toward the target but the objective has achieved less than 10% of the targeted change when measures of variability are unavailable** – OR –
 - Movement is away from the target but the objective has moved less than 10% relative to its baseline when measures of variability are unavailable** – OR –
 - No change between baseline and most recent data point
- ⁴ Movement is *away from* the target and is:
 - Statistically significant when measures of variability are available** – OR –
 - 10% or more relative to the baseline when measures of variability are unavailable**
- ⁵ For objectives moving toward their targets, progress is measured as the percent of targeted change achieved, quantified as follows:

$$\text{Percent of targeted change achieved} = \frac{\text{Most recent value} - \text{Baseline value}}{\text{HP2020 target} - \text{Baseline value}} \times 100.$$

- ⁶ For objectives moving away from their baselines (and, therefore, their targets), progress is measured as the magnitude of the percent change from baseline, quantified as follows:

$$\text{Magnitude of percent change from baseline} = \frac{|\text{Most recent value} - \text{Baseline value}|}{\text{Baseline value}} \times 100.$$

- ^{**} When measures of variability are available, statistical significance of the percent of targeted change achieved or the magnitude of the percent change from baseline is assessed at the 0.05 level using a one-sided test. When measures of variability are unavailable, the percent of targeted change achieved and the percent change from baseline are assessed only for their magnitude (e.g., <10% or ≥10%).

DATA SOURCES

- SA-13.1 National Survey on Drug Use and Health (NSDUH), SAMHSA
SA-14.3 National Survey on Drug Use and Health (NSDUH), SAMHSA



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