



# INDIANA

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For questions and additional information, please contact:

**Sirrilla Blackmon**  
Deputy Director  
Division of Mental Health & Addiction  
(317) 232-7843  
Sirrilla.Blackmon@fssa.IN.gov

*Prepared for:*  
Indiana Family and Social Services  
Administration  
Division of Mental Health & Addiction

*Prepared by:*  
The Center for Health Policy  
IU Richard M. Fairbanks  
School of Public Health  
Indiana University-Purdue  
University Indianapolis  
1050 Wishard Blvd.  
Indianapolis, IN 46202



## Substance Misuse in Indiana

A quick summary on misuse of alcohol, tobacco, marijuana, opioids, and stimulants as well as the occurrence of mental illness and suicide in Indiana.

### 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.



RICHARD M. FAIRBANKS SCHOOL OF PUBLIC HEALTH  
**CENTER FOR HEALTH POLICY**



# INTRO/SUMMARY

## Introduction

In 2005, the State Epidemiology and Outcomes Workgroup (SEOW) was established as part of the Center for Substance Abuse Prevention's (CSAP) Strategic Prevention Framework State Incentive Grant (SPF SIG) Program to collect and analyze epidemiological data and facilitate data-based decision-making regarding substance abuse prevention across Indiana. Though the grant funding has ended, the Division of Mental Health and Addiction continues to support the work of the SEOW.

As of this date, the Indiana SEOW has published 15 annual comprehensive state epidemiological profiles on substance use. The complete reports are available at the Center for Health Policy website at <https://fsp.h.iupui.edu/research-centers/centers/health-policy/epi-reports.html>.

This issue brief provides an overview of behavioral health indicators in Indiana, including the use of alcohol, tobacco, marijuana, opioids, and stimulants, as well as the occurrence of mental illness and suicide. For a more detailed analysis, refer to *The Consumption and Consequences of Alcohol, Tobacco, and Drugs in Indiana: A State Epidemiological Profile, 2020*.

## Summary

Substance use continues to be a major public health concern, negatively impacting a variety of health, legal, and social outcomes. Over one-fourth (25.5%) of Hoosiers ages 12 and older engaged in binge drinking in the past month and over one-tenth (12.5%) used an illicit substance. Furthermore, 8.0% of Indiana residents met criteria for substance use disorder (SUD) in the past year and 7.5% needed but did not receive treatment for their SUD.<sup>1</sup>

Of particular concern is polysubstance use, i.e., the use of two or more substances over a defined period, simultaneously or at differing times, for recreational purposes. In 73% of admissions to substance use treatment in Indiana, the use of multiple substances was indicated.<sup>6</sup>

During state fiscal year 2020, there were a total of 7,502 child removals from their parents by the Department of Child Services in Indiana; in almost two-thirds (63.6%) of these removals, parental alcohol and/or drug use was indicated as a reason for removal.<sup>22</sup>



# ALCOHOL

## Prevalence

- Alcohol is the most frequently used drug in Indiana and the United States.
- Among Hoosiers ages 12 and older, 49.5% drank alcohol in the past month.<sup>1</sup>
- Young adults ages 18 to 25 had the highest rates of alcohol use in Indiana: 55.8% reported past-month alcohol use.<sup>1</sup>
- Rates for binge drinking were similar in Indiana and the United States (IN: 15.6%; U.S.: 16.8%).<sup>2</sup>
- Among Indiana college students, 60.8% reported using alcohol in the past month.<sup>3</sup>

## Underage Drinking

- Among Hoosiers 12 to 20 years old, 16.8% reported current alcohol use and 10.6% engaged in binge drinking.<sup>1</sup>
- 30.5% of Indiana high school students (grades 9 through 12) used alcohol in the past month.<sup>4</sup>

- 11.2% of 8th graders, 19.5% of 10th graders, and 28.5% of 12th graders consumed alcohol in the past month in Indiana.<sup>5</sup>

## Impact: Health

- An estimated 5.6% of Hoosiers had an alcohol use disorder in the past year; the highest rate was found among 18- to 25-year-olds (10.1%).<sup>1</sup>
- 27.6% of treatment admissions among Hoosiers were for alcohol dependence.<sup>6</sup>
- Alcohol users in the treatment population were more likely to be male, non-white, and 45 years of age or older.<sup>6</sup>
- From 2000 through 2019 a total of 9,618 Hoosiers died from alcohol-induced causes. The age-adjusted alcohol-attributable mortality rate in 2019 was 10.4 per 100,000 Indiana residents.<sup>7</sup>
- In 2019, a total of 7,025 alcohol-related collisions occurred in Indiana; 153 of these were fatal.<sup>8</sup>





# TOBACCO

## Prevalence

- More than one in four Hoosiers ages 12 and older used some type of tobacco product in the past month (28.2%). This was significantly higher than the U.S. rate of 21.3%.<sup>1</sup>
- The highest rate for past-month tobacco use in Indiana was among 18- to 25-year-olds (33.1%).<sup>1</sup>
- Over one-fifth (22.5%) of Hoosiers ages 12 and older smoked cigarettes in the past month (U.S.: 16.9%).<sup>1</sup>
- The highest rate for smoking cigarettes in the past month in Indiana was among 18- to 25-year-olds (25.0%).<sup>1</sup>
- Indiana's adult smoking prevalence (19.2%) is the 10th highest in the nation. It is also significantly higher than the U.S. median of 16.0%.<sup>2</sup>
- 14.1% of Hoosiers ages 18 and older use cigarettes every day.<sup>2</sup>
- Smoking prevalence was generally higher among males, middle-aged individuals and persons with less educational attainment and lower income levels.<sup>2</sup>
- Among Indiana college students, 10.1% reported smoking cigarettes in the past month.<sup>3</sup>

## Youth Consumption

- Among 12- to 17-year-olds in Indiana, 4.9% reported current use of a tobacco product, and 3.5% indicated that they currently smoke cigarettes.<sup>1</sup>
- 8.1% of middle school students and 22.9% of high school students in Indiana used a tobacco product in the past month, including e-cigarettes.<sup>9</sup>
- The use of e-cigarettes has become increasingly popular among youth, past-month prevalence increased from 2014 to 2018 in both middle school students (from 5.2% to 5.5%) and high school students (from 15.6% to 18.5%).<sup>9</sup>
- White high school students had higher smoking rates than black students (12.1% and 7.1%, respectively).<sup>4</sup>

## Impact: Health

- Tobacco causes serious health consequences, including heart disease, cancer, and respiratory illnesses.<sup>10</sup>
- On average, smoking reduces adult life expectancy by at least 10 years.<sup>10</sup>
- Secondhand smoke is also detrimental to health and can cause many illnesses, especially in children.<sup>11</sup>
- An estimated 11,100 Hoosiers die annually from smoking-attributable causes.<sup>10</sup>
- The average annual age-adjusted smoking-attributable mortality rate per 100,000 population was higher among Hoosiers (323.3) than the U.S. median (288.1).<sup>12</sup>



# MARIJUANA

## Prevalence

- Marijuana is the most commonly used illicit substance in Indiana.<sup>1</sup>
- Among Hoosiers ages 12 and older, 11.6% used marijuana in the past month, and 16.6% used it in the past year; U.S. rates were comparable.<sup>1</sup>
- Highest rate of past-month use was among 18- to 25-year-olds (25.6%).<sup>1</sup>
- Among Indiana college students, 20.7% reported using marijuana in the past month.<sup>3</sup>

## Youth Consumption

- 5.3% of Indiana youth ages 12 to 17 initiated marijuana use during the past year, and 7.5% used marijuana in the past month.<sup>1</sup>
- 16.4% of Indiana high school students currently use marijuana.<sup>4</sup>
- In Indiana, 5.5% of 8th grade students, 12.2% of 10th grade students, and 17.3% of 12th grade students currently use marijuana.<sup>5</sup>

## Impact: Health

- Harmful effects include respiratory illnesses, a weakened immune system, and an increased risk of heart attack and cancer.<sup>13</sup>
- In 47.9% of Indiana treatment admissions, marijuana use was reported at treatment admission, a significantly higher percentage compared to the nation's 29.2%.<sup>6</sup>
- Marijuana users in treatment were more likely to be male, black, and under 18 years old.<sup>6</sup>



# OPIOIDS

## Prevalence

- In Quarter 3 of 2020, Indiana pharmacies filled 186.5 prescriptions for opioid analgesics per 100,000 population.<sup>18</sup>
  - Almost four percent (3.8%) of Hoosiers 12 years of age and older misused pain relievers in the past year and 0.3% reported using heroin.<sup>1</sup>
  - Opioid use was highest among 18- to 25-year-old Hoosiers; 5.6% of Hoosiers in this age group misused a prescription pain reliever in the past year and 0.5% used heroin.<sup>1</sup>
  - Among Indiana college students, 1.2% misused prescription pain relievers in the past month.<sup>3</sup>
  - Approximately 2.4% of Indiana's high school students have used heroin at least once in their lifetime.<sup>4</sup>
  - Among Indiana 12th graders, 0.2% currently use heroin.<sup>5</sup>
- Overdose deaths involving an opioid rose from 347 in 2011 to 1,246 in 2019; Indiana's opioid overdose mortality rate was 18.5 overdoses per 100,000 population in 2019.<sup>18</sup>



## Impact: Health

- Prescription opioid misuse was reported in 18.4% of substance use treatment admissions in Indiana.<sup>6</sup>
- Prescription opioid misusers in treatment were primarily female, white, non-Hispanic, and between the ages of 25 and 44.<sup>6</sup>
- Heroin misuse in Indiana's treatment population increased from 3.2% of admissions in 2006 to 23.0% of admissions in 2018.<sup>6</sup>
- Heroin misusers in treatment were primarily female, white, and between the ages of 18 and 34.<sup>6</sup>
- Injection drug use is common among heroin users and is associated with transmission of HIV and other blood-borne diseases.<sup>6, 19, 20</sup>

# STIMULANTS

## Prevalence

### COCAINE

- Among Hoosiers ages 12 and older, 1.6% used cocaine in the past year; highest use was reported by 18- to 25-year-olds (4.6%).<sup>1</sup>
- 4.0% of Indiana high school students have used a form of cocaine at least once in their life.<sup>4</sup>

### METHAMPHETAMINE

- An estimated 0.9% of Indiana residents ages 12 and older used methamphetamine in the past year; young adults ages 18 to 25 had the highest prevalence rate (1.4%).<sup>1</sup>
- The percentage of Indiana high school students who used meth at least once in their life has declined from 8.2% in 2003 to 2.9% in 2015.<sup>4</sup>

### OTHER STIMULANTS

- No state estimates for the use of other stimulants within the general population are available; however, 1.8% of the U.S. population ages 12 and over misused a prescription stimulant in the past year.<sup>1</sup>



## Impact: Health

- Health consequences of stimulants include cardiovascular and nervous system problems, gastrointestinal complications, overdose, and in severe cases, death.<sup>14, 15, 16</sup>
- Stimulants can produce psychotic-like and paranoid symptoms, which in some cases can become permanent.<sup>14, 15, 16</sup>
- Long-term meth use in particular is associated with brain, liver, and kidney damage, and serious dental problems.<sup>14, 15, 16</sup>
- The percentage of Indiana treatment episodes in which methamphetamine use was reported has been increasing steadily from 10.9% in 2005 to 34.1% in 2018.<sup>6</sup>
- In 2018, cocaine use was reported in 12.8% of Indiana treatment episodes, and prescription stimulant use in 0.6%.<sup>6</sup>

## Impact: Criminal Justice

- The number of clandestine meth labs seized and arrests made at these labs by the Indiana State Police decreased from an all-time high in 2013 (1,721 lab seizures and 1,507 arrests) to 62 lab seizures and 33 arrests in 2020.<sup>17</sup>
- The number of children taken from meth lab homes dropped from a high of 440 in 2013 to 7 in 2020.<sup>17</sup>



# MENTAL HEALTH

## Prevalence

- More than one in five Indiana adults (22.3%) had a mental illness in the past year; 5.4% of Indiana adults suffered from a serious mental illness in the past year.<sup>1</sup>
- In 2019, 8.3% of Indiana adults reported having at least one major depressive episode in the past year.<sup>1</sup>
- Hoosier women are more likely than men to report a history of depression (26.8% and 14.9%, respectively).<sup>2</sup>
- Among Indiana's high school students, 29.3% reported feeling significantly sad or hopeless in the past year; feelings of sadness and hopelessness were significantly higher among young people who described themselves as gay, lesbian, or bisexual.<sup>4</sup>

## Suicide

- 5.6% of Indiana adults reported having had serious thoughts of suicide in the past year.<sup>1</sup>
- Over 1 in 10 Hoosiers 18 to 25 years old (13.3%) experienced suicidal thoughts in the past year.<sup>1</sup>
- Almost 10% of Hoosier high school students attempted suicide in the past year; the rate was particularly high among high school students who describe themselves as gay, lesbian, or bisexual (34%).<sup>4</sup>
- Suicide deaths in Indiana increased from 12.3 deaths per 100,000 population in 2007 to 14.2 deaths per 100,000 population in 2019.<sup>7</sup>

## Treatment Utilization

- Of the 22.3% of Hoosiers who experienced a mental illness in the past year, 16.8% received mental health services.<sup>1</sup>
- In 2019, a total of 139,137 Hoosiers were served by the Indiana Division of Mental Health and Addiction (DMHA).<sup>21</sup>
- One-fourth (25.0%) of adults served by DMHA received services for co-occurring mental illness and substance use disorders.<sup>21</sup>







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## About Substance Abuse in Indiana

This issue brief provides a concise overview on the misuse of alcohol, tobacco, marijuana, stimulants, and opioids as well as the occurrence of mental illness and suicide in Indiana.

For detailed analysis of substance abuse in Indiana, see *The Consumption and Consequences of Alcohol, Tobacco, and Drugs in Indiana: A State Epidemiological Profile, 2020*, a comprehensive epidemiologic profile created by the Center for Health Policy at the IU Richard M. Fairbanks School of Public Health for the State Epidemiological Outcomes Workgroup (SEOW).

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For questions and additional information, please contact Sirrilla Blackmon at the Division of Mental Health and Addiction (phone: 317-232-7843; email: [Sirrilla.Blackmon@fssa.IN.gov](mailto:Sirrilla.Blackmon@fssa.IN.gov)).

ADDRESS SERVICE REQUESTED



RICHARD M. FAIRBANKS SCHOOL OF PUBLIC HEALTH  
**CENTER FOR HEALTH POLICY**

1050 Wishard Blvd.  
Indianapolis, IN 46202  
[www.healthpolicy.iupui.edu](http://www.healthpolicy.iupui.edu)

