A Summary of Alcohol and Other Drug Use among Young Adults in Indiana, 2013

**Alcohol**
Alcohol is the most frequently used and abused substance in Indiana. In 2012, more than half (51.2%) of Hoosiers 12 years and older reported using alcohol in the past month. The age group mostly affected was young adults ages 18 to 25 (61.8%). Past-month binge drinking, defined as consumption of five or more drinks on the same occasion, was also highest in this age group (43.1%); a prevalence rate significantly higher than that of Indiana’s general population ages 12 and older (24.0%). Also, nearly half (49.8%) of all Indiana college students surveyed reported binge drinking in the past month in 2013. In 2011, the number of treatment episodes in Indiana with any reported alcohol use was 13,854, which was 57.5% of all treatment episodes for all age groups. The number of treatment episodes involving alcohol for young adults (18- to 24-year-olds) was 2,922, giving this group a lower percentage of treatment episodes involving alcohol (50.4%).

According to findings from the 2013 Indiana College Substance Use Survey, 27.5% of Indiana college students reported smoking cigarettes in the past year and 15.1% reported smoking in the past month.

**Marijuana**
Marijuana is the most commonly used illicit substance in Indiana and the nation. The overall prevalence of current (past-month) marijuana use in Hoosiers ages 12 and older was 6.2% in 2012, but was highest among individuals ages 18 to 25, with 16.8% reporting current and 29.3% reporting past-year use. Marijuana use is also prevalent among Indiana college students, with 18.3% reporting current (past-month) and 33.5% reporting past-year use in 2013.

The number of treatment episodes in Indiana involving any reported marijuana use was 11,301, or 46.9% of all treatment episodes for all age groups in 2011. For 18- to 24-year-olds, marijuana use was reported in 3,501 treatment episodes, which was 60.4% of all treatment episodes in Indiana for this age group.

**Tobacco**
In 2012, approximately 32.9% of Indiana residents ages 12 and older reported current use of any tobacco product. The most consumption of tobacco products occurred in young adults. Among Hoosiers ages 18 to 25, nearly half (44.7%) used any tobacco product in the past month and 36.7% smoked cigarettes.

According to findings from the 2013 Indiana College Substance Use Survey, 27.5% of Indiana college students reported smoking cigarettes in the past year and 15.1% reported smoking in the past month.

**Cocaine**
Past-year prevalence of cocaine use in 2012 was 1.2% in Indiana’s population ages 12 and older; however, rates were highest in 18- to 25-year-olds (3.4%). Among college students, 2.8% used cocaine in the past year and 0.9% used the drug in the past month in 2013.
The number of treatment episodes in Indiana involving any reported cocaine use was 3,670, or 15.2% of all treatment episodes in 2011. For 18- to 24-year-olds, cocaine use was reported in 456 treatment episodes, which was 7.9% of all treatment episodes in Indiana for this age group.\(^3\)

Heroin

Heroin use prevalence in the general population is very low and no current state-level estimates exist. However, the national estimate for past-year use among 18- to 25-year-olds was 0.8%.\(^1\) According to findings from Indiana’s College Substance Use Survey, 0.3% of Hoosier college students had used heroin in the past year and 0.1% had used it in the past month in 2013.\(^2\)

In 2011, the number of treatment episodes in Indiana involving any reported heroin use was 2,175, or 9.0% of all treatment episodes. For 18- to 24-year-olds, heroin was reported in 649 treatment episodes, or 11.2% of all treatment episodes.\(^3\)

Methamphetamine (Meth)

Methamphetamine use prevalence in the general population is very low and no current state-level estimates exist. However, the national estimate for past-year use among 18- to 25-year-olds was 0.4% in 2012.\(^1\)

The number of treatment episodes in Indiana involving any reported meth use was 2,704, or 11.2% of all treatment episodes in 2011. For 18- to 24-year-olds, meth use was reported in 545 treatment episodes, or 9.4% of all treatment episodes for this age group in Indiana.\(^3\)

Prescription Drug Abuse

Although the prevalence of prescription drug abuse is high, no current state-level estimates exist for past-month use. However, the estimate for past-year nonmedical use of pain relievers in Indiana among those ages 12 and up was 5.6% in 2012; use was higher among those ages 18 to 25, at approximately 13.5%.\(^1\)

Among Indiana college students, 4.9% reported current (past-month) use of prescription medication not prescribed to them, and 1.0% of students reported current misuse of their own prescription medication in 2013.\(^2\)

The number of treatment episodes in Indiana involving any reported prescription drug abuse was 6,125, or 25.4% of all treatment episodes in 2011. For 18- to 24-year-olds, prescription drug abuse was reported in 1,611 treatment episodes, or 27.8% of all treatment admissions.\(^3\)
The last graph provides a summary of the magnitude of substance use as reported during treatment admission in Indiana.

![Percentage of Substance Abuse Treatment Admissions in which Alcohol, Marijuana, Cocaine, Heroin, Meth, and Prescription Drug Abuse Use were Reported in Indiana (TEDS, 2011)]

<table>
<thead>
<tr>
<th>Substance</th>
<th>All Age Groups</th>
<th>18-24 Years of Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>57.5%</td>
<td>50.4%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>46.9%</td>
<td>60.4%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>15.2%</td>
<td>7.9%</td>
</tr>
<tr>
<td>Heroin</td>
<td>9.0%</td>
<td>11.2%</td>
</tr>
<tr>
<td>Meth</td>
<td>11.2%</td>
<td>9.4%</td>
</tr>
<tr>
<td>Rx Abuse</td>
<td>25.4%</td>
<td>27.8%</td>
</tr>
</tbody>
</table>

Source: Treatment Episode Data Set (TEDS), 2011

**References**

The mission of the Center for Health Policy is to conduct research on critical health-related issues and translate data into evidence-based policy recommendations to improve community health. The CHP faculty and staff collaborate with public and private partners to conduct quality data driven program evaluation and applied research analysis on relevant public health issues. The Center serves as a bridge between academic health researchers and federal, state and local government as well as healthcare and community organizations.

This report was prepared for Midtown Mental Health Center to evaluate the integration of health care into their array of client services. The evaluation was designed to: track the integration process; identify the challenges and successes associated with the integration; and determine the impact of integrating health services on client health outcomes.

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