

## NATIONAL AND STATE SURVEYS

National surveys provide estimates of alcohol, tobacco, and other drug use in the United States. The surveys are conducted annually or biennially to track patterns of use. All of the surveys collect information on the frequency of use of various substances to estimate prevalence—the percentage of a population using alcohol and other drugs during a specified time period. They may also include questions about magnitude and problems associated with the use to indicate alcohol or drug dependence, high-risk use, or the need for treatment or intervention services. Some surveys use a sampling methodology that includes residents of each State to provide comparable estimates of state-level rates. Because surveys rely on a subset to represent a population, results are subject to sampling error. The Missouri estimates, in particular, from the national surveys should be interpreted with caution due to relatively small sample sizes. Nevertheless, consistent multi-year trends are generally considered to be indicative of changing use patterns.

### *National Survey on Drug Use and Health*

The National Survey on Drug Use and Health (NSDUH) is administered by the federal Substance Abuse and Mental Health Services Administration. The survey uses a sampling methodology that provides national, state, and sub-state (regional) estimates of alcohol, illicit drug, and tobacco use. Respondents are adolescents and adults ages 12 and older. The survey collects information on past month (current), past-year, and lifetime use of these substances. It also measures perceptions of great risk for smoking, using marijuana, and binge drinking. Many years of data from the NSDUH and the National Household Survey on Drug Abuse (its predecessor) have shown that attitudes and beliefs are good predictors of future use of these substances. Analysis of the NSDUH also yields estimated rates of initiation of use (incidence), alcohol and drug abuse, alcohol and drug dependence, and unmet treatment need. Single-year estimates are provided for the national data. Due to smaller sample sizes for the state data, state estimates and comparison national data are based on rolling two-year samples to improve reliability of the estimates. Sub-state estimates use three-year samples. Data users are interested in the magnitude of usage rates and multi-year changes (trends) in these rates.

The tables on page B-1 provide national trends in current and lifetime drug use for adolescents and adults, and page B-2 provides these rates for specific age groups for the past four years. In the tables on page B-3, data from 2005 and 2006 combined compare national and Missouri rates of current and past-year substance use, dependence, and unmet treatment need. Missouri population estimates based on these rates are provided in the tables on page B-4.

Charts with associated data tables illustrate rate comparisons between the U.S. and Missouri populations based on the NSDUH. The charts on page B-14 compare past-month alcohol use, by age group, from 1999-2006. Page B-15 provides the same comparisons for binge alcohol use, and page B-16 examines perceptions of binge drinking risk. The charts on page B-17 compare Missouri age group rate estimates for the three alcohol measures. Page B-18 provides sub-state estimates, comparing combined 2002/2003/2004 and 2004/2005/2006 rates for the alcohol measures in the five ADA planning regions and in the two urban ADA service areas. The map on page F-3 illustrates the NSDUH sampling areas.

Similarly, the charts on page B-23 compare U.S. and Missouri past-month cigarette use rates from 1999-2006 and the first chart on page B-26 provides direct comparisons of the Missouri age groups. Page B-24 illustrates three-year rate comparisons, by Missouri region, for three tobacco measures. Page B-27 provides comparisons of U.S. and Missouri past-month marijuana use, by age group, while page B-28 illustrates perceptions of risk of monthly marijuana use. The charts on page B-29 compare the three-year time periods, by region, for marijuana prevalence, incidence (first

use), and perceived risk. Charts on page B-30 illustrate Missouri age group rate comparisons for past-month marijuana use and perceptions of risk. The charts on page B-33 compare U.S. and Missouri estimates for past-year use of pain relievers in each age group.

Charts on pages B-34 through B-36 provide rates of past-year alcohol or illicit drug dependence or abuse. Page B-34 compares U.S. and Missouri rates, by age group, from 1999-2006 and page B-35 presents Missouri population estimates based on the rates. The charts on page B-36 provide age group and gender population estimates for the ADA regions and urban service areas. The NSDUH analysis also includes estimates of the number of individuals needing treatment for alcohol use and illicit drug use. Page B-37 presents trend charts for unmet treatment need by age group and page B-38 provides rates for the ADA regions. These topics are examined in the “Substance Abuse Treatment Need” chapter of section A.

The NSDUH also collects data on mental health problems. Charts on page B-39 provide U.S. and Missouri estimates of past-year serious mental illness and serious psychological distress among adults. An additional chart shows U.S. and Missouri adolescent and adult age group rates for past-year major depressive episodes.

### ***Youth Risk Behavior Survey***

The Youth Risk Behavior Survey (YRBS) is administered by the federal Centers for Disease Control and Prevention (CDC). The survey is conducted nationwide in odd-numbered years to students in grades 9-12. The YRBS uses a sampling methodology that provides national and state estimates. The tables on pages B-5 and B-6 provide U.S. and Missouri rate estimates by grade level for alcohol, marijuana, cigarettes, inhalants, cocaine, and methamphetamine. Small apparent changes in the estimated Missouri rates between adjacent years, and differences between the Missouri and U.S. estimates for a single year, are usually not statistically significant due to small state survey samples. However, the estimates’ consistent multi-year trends indicate that actual reductions are occurring in the use of alcohol, tobacco, and other drugs among Missouri high school students.

The charts on pages B-19 and B-20 illustrate trends in estimated past 30-day alcohol use and binge alcohol use by U.S. and Missouri students in each grade level. Page B-21 contains Missouri charts that provide direct grade-level rate comparisons for the alcohol measures. The charts on page B-25 provide comparisons of U.S. and Missouri cigarette use by grade level, and one of the charts on page B-26 illustrates grade-level comparisons of smoking trends. Similarly, a chart on page B-30 shows trends in marijuana use with grade-level comparisons. Page B-31 provides trends in U.S. and Missouri estimates for past 30-day marijuana use by grade level. A trend chart on page B-32 compares early marijuana use by grade level by Missouri students.

### ***Behavioral Risk Factor Survey***

The CDC also administers the Behavioral Risk Factor Surveillance System (BRFSS), a network of state-based health surveys. The surveys are conducted annually and provide national and state estimates of adult alcohol and tobacco use and other health-impacting behaviors. The tables on page B-7 provide recent U.S. and Missouri estimates for the BRFSS alcohol and smoking measures.

### ***Monitoring the Future Survey***

Monitoring The Future (MTF) is a survey funded by the National Institute on Drug Abuse and conducted by the University of Michigan, Institute for Social Research. The nationwide survey is administered annually to students in grades 8, 10, and 12, college students, and young adults 19-28 years of age. The trend tables on pages B-8 through B-12 provide U.S. rates for these populations for past-month and lifetime use of alcohol, tobacco, illicit drugs, and prescription drugs.

The sampling methodology does not provide state estimates. Comparable Missouri data are generated by the YRBS, the Missouri Student Survey, and the Missouri College Health Behavior Survey.

### ***Missouri Student Survey***

The Missouri Student Survey (MSS) is a web-based survey conducted in even-numbered years for students in grades 6 through 12, with a primary focus on grade 9. The tables on page B-13 provide past 30-day and lifetime use rates by grade level for alcohol, cigarettes, and several illicit drugs based on the 2004 and 2006 MSS. The charts on page B-22 illustrate grade-level comparisons for current alcohol use and binge alcohol use among Missouri students. The last chart on page B-26 shows comparisons, by grade level, for current cigarette use. Page B-32 contains charts providing grade-level comparisons for current and lifetime marijuana use.

### ***Missouri College Health Behavior Survey***

The Missouri College Health Behavior Survey is administered annually by the Partners in Prevention coalition to students at Missouri's 12 state colleges and universities. The survey collects data on alcohol and drug use and other behaviors that impact health, safety, and performance. Page B-22 includes a chart that illustrates the combined rate of binge alcohol use, defined as five or more drinks in one sitting during the past two weeks, for the 12 campuses.