



INDIANA

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Substance Abuse in Indiana

A quick summary on the use of alcohol, tobacco, marijuana, cocaine, heroin, methamphetamine, nonmedical prescription drugs, and polysubstances in Indiana

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 nine annual comprehensive state epidemiological profiles on substance use. The complete reports are available at the Center for Health Policy website at www.healthpolicy.iupui.edu/SEOW/epi.

This issue brief provides a concise but comprehensive overview of alcohol, tobacco, marijuana, cocaine, heroin, methamphetamine, nonmedical prescription drug, and polysubstance use in Indiana. For a more detailed analysis, refer to *The Consumption and Consequences of Alcohol, Tobacco, and Drugs in Indiana: A State Epidemiological Profile, 2014*.

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.



ALCOHOL

Prevalence

- Alcohol is the most frequently used drug in Indiana and the United States.
- Among Hoosiers ages 12 and older, 51.6% drank alcohol in the past month, and 22.3% engaged in binge drinking.¹
- Young adults ages 18 to 25 had the highest rates of alcohol use in Indiana: 59.9% reported current alcohol use, and 40.9% reported binge drinking.¹
- Rates for heavy drinking were significantly lower in Indiana than in the United States (IN: 5.2%; U.S.: 6.2%).²
- Among Indiana college students, 60.4% reported current (past-month) use of alcohol.³

Youth Consumption—Underage Drinking

- Among Hoosiers 12 to 20 years old, 24.1% reported current alcohol use, and 15.3% engaged in binge drinking.¹
- 12.0% of Indiana youth ages 12 to 17 drank alcohol in the past month, and 7.0% engaged in binge drinking.¹
- 33.4% of Indiana high school students (grades 9 through 12) used alcohol in the past month, and 19.8% engaged in binge drinking.⁴
- 12.2% of 8th graders, 22.6% of 10th graders, and 33.9% of 12th graders consumed alcohol in the past 30 days.⁵

Impact: Health

- The annual rate for alcohol abuse and dependence in Indiana was 7.0%, with the highest rate among 18- to 25-year-olds (14.5%).¹
- Most admissions to substance abuse treatment were due to alcohol; more than one-third of Hoosiers (40.1%) received treatment for alcohol dependence (U.S.: 38.9%).⁶
- Alcohol abuse in the treatment population differed by race: 39.2% of whites, 43.2% of blacks, and 46.7% of other races indicated alcohol dependence.⁶
- From 2000 through 2012, a total of 4,759 Hoosiers died from alcohol-induced causes.⁸ The age-adjusted alcohol-attributable mortality rate in 2012 was 7.0 per 100,000 Indiana residents.⁸
- Alcohol is a common factor in drowning accidents (34%) and suicides (23%).⁹

Impact: Criminal Justice

- In 2013, a total of 8,159 alcohol-related collisions occurred in Indiana; 180 of these were fatal.¹⁰
- In 2012, Indiana arrest rates per 1,000 population were 3.6 for driving under the influence (23,350 arrests), 2.3 for public intoxication (14,787 arrests), and 2.0 for liquor law violations (12,866 arrests).¹¹
- Alcohol use is a major factor in homicides (47%).⁹



TOBACCO

Prevalence

- One-third of Hoosiers ages 12 and older used a tobacco product in the past month (32.3%). This was significantly higher than the U.S. rate of 26.1%.¹
- The highest tobacco use rate in the state was among 18- to 25-year-olds (45.0%).¹
- More than one-fourth (25.7%) of Hoosiers ages 12 and older smoked cigarettes in the past month. This was statistically higher than the U.S. smoking rate of 21.7%.¹
- The highest rate for current cigarette use in the state was among 18- to 25-year-olds (36.1%).¹
- Indiana's adult smoking prevalence (21.9%) is the 12th highest in the nation. It is also significantly higher than the U.S. prevalence of 19.0%.²
- Just under 17% of Hoosiers ages 18 and older use cigarettes every day.²
- Smoking prevalence was generally higher among younger individuals and persons with less educational attainment and lower income levels.²
- Among Indiana college students, 13.0% reported current use of cigarettes.³

Youth Consumption

- Among 12- to 17-year-olds in Indiana, 10.3% reported current use of a tobacco product, and 7.7% indicated that they currently smoke cigarettes.¹
- 3.7% of middle school students and 13.7% of high school students in Indiana smoked cigarettes in the past month.¹²
- White high school students had significantly higher smoking rates than black students (19.8% and 6.6%, respectively).⁴

Impact: Health

- An estimated 11,100 Hoosiers die annually from smoking-attributable causes.⁷
- On average, smoking reduces adult life expectancy by at least 10 years.¹³
- Tobacco causes serious health consequences, including heart disease, cancer, and respiratory illnesses.¹³
- The average annual age-adjusted smoking-attributable mortality rate in Indiana was 308.9 per 100,000 population.¹⁴
- Secondhand smoke is also detrimental to health and can cause many illnesses, especially in children.¹⁵



MARIJUANA

Prevalence

- Marijuana is the most commonly used illicit substance in Indiana and the nation.
- Among Hoosiers ages 12 and older, 6.3% used marijuana in the past month, and 11.0% used it in the past year; U.S. rates were comparable.¹
- Highest rate of current use was among 18- to 25-year-olds (17.7%).¹
- Among Indiana college students, 14.1% reported current marijuana use.³



Youth Consumption

- 5.3% of Indiana youth ages 12 to 17 used marijuana for the first time during the past year, and 6.2% currently use marijuana.¹
- 20.0% of Indiana high school students currently use marijuana.⁴
- In Indiana, 6.8% of 8th grade students, 13.6% of 10th grade students, and 17.6% of 12th grade students currently use marijuana.⁵

Impact: Health

- Harmful effects include respiratory illnesses, a weakened immune system, and an increased risk of heart attack and cancer.¹⁶
- In 20.1% of Indiana treatment admissions, marijuana dependence was reported at treatment admission, a significantly higher percentage compared to the nation's 17.4%.⁶
- Marijuana users in treatment were more likely to be male, black, and under 18 years old.⁶

Impact: Criminal Justice

- In 2012, Indiana had more than 11,000 arrests for possession and over 1,800 arrests for sale/manufacture of marijuana, representing arrest rates of 1.7 and 0.2 per 1,000 population, respectively.¹¹

COCAINE

Prevalence

- Among Hoosiers ages 12 and older, 1.4% used cocaine in the past year.¹
- Highest rate of past-year use in Indiana was among 18- to 25-year-olds (4.1%).¹
- Among Indiana college students, 0.7% reported past-month cocaine use.³

Youth Consumption

- 0.6% of Indiana youth ages 12 to 17 used cocaine in the past year.¹
- 5.6% of Indiana high school students have used a form of cocaine at least once in their life, and 2.3% currently use it.⁴
- 1.3% of 12th grade students in Indiana reported current cocaine use, and 0.7% indicated current crack use.⁵



Impact: Health

- Cocaine use can lead to cardiovascular problems, respiratory difficulties, neurological effects, and gastrointestinal complications. Users may even suffer sudden death with first-time use.¹⁷
- Babies born to mothers who abuse cocaine during pregnancy are often prematurely delivered, have low birth weight and smaller head circumference, and are shorter in length.¹⁷
- In 6.6% of treatment episodes in Indiana, cocaine dependence was reported at treatment admission, a percentage similar to the nation's 6.9%.⁶
- Admissions for cocaine dependence decreased significantly in Indiana's treatment population, from 13.6% in 2000 to 6.6% in 2012.⁶
- Cocaine users in treatment were more likely to be female, black, and between the ages of 35 and 54 years old.⁶

Impact: Criminal Justice

- In 2011, Indiana had nearly 1,600 arrests for possession of cocaine/opiates and more than 1,500 for sale/manufacture of the substance, representing arrest rates of 0.2 and 0.2 per 1,000 population, respectively. The arrest rate for cocaine/opiates possession was significantly higher in the nation, at 0.7 per 1,000 population.¹¹

HEROIN

Prevalence

- Among Hoosiers ages 12 and older, less than 0.1% currently use heroin (past-month use), 0.2% used it in the past year, and 1.1% have used it at least once in their life.¹
- Among Indiana college students, 0.1% had used heroin in the past month (current use).³

Youth Consumption

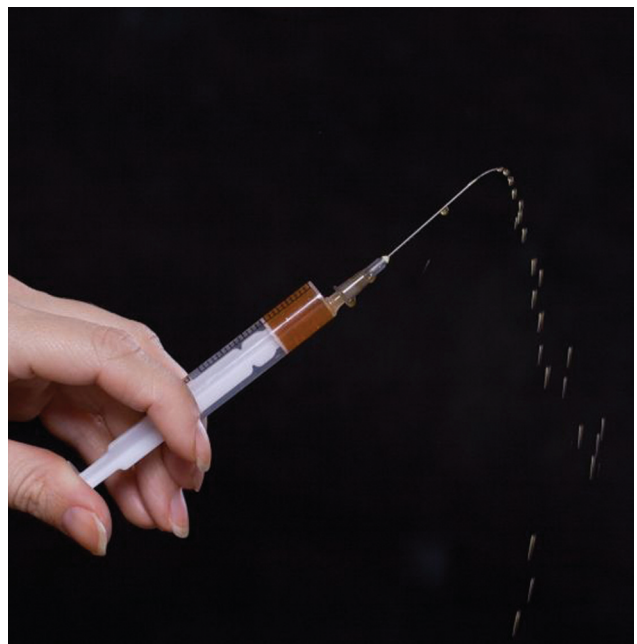
- 2.8% of Indiana high school students have used heroin at least once in their life.⁴
- Among 12th grade students in Indiana, 1.8% have tried heroin at least once in their life, and 0.7% used it in the past 30 days.⁵

Impact: Health

- Heroin abuse can cause fatal overdose, spontaneous abortion, collapsed veins, and if injected, the contraction of infectious diseases such as HIV/AIDS and hepatitis B and C.¹⁸
- 7.9% of Indiana treatment admissions reported heroin dependence, significantly less than the U.S. percentage of 16.4%. However, while the nation's percentage slightly increased since 2001, Indiana's percentage more than quadrupled during that time period.⁶
- Among Indiana's treatment admissions, women, whites, and individuals under the age of 34 had the highest rates of heroin dependence. Furthermore, the percentage of youth less than 18 years old abusing heroin saw a sharp increase from 0.9% in 2010 to 9.3% in 2012.⁶
- By the end of 2013, a total of 11,087 Hoosiers were living with HIV disease; a condition that is in some cases attributable to injection drug use and needle sharing.¹⁹

Impact: Criminal Justice

- In 2012, Indiana had just under 1,600 arrests for possession of cocaine/opiates and over 1,500 for sale/manufacture of the substance, representing arrest rates of 0.2 and 0.2 per 1,000 population, respectively. The arrest rate for cocaine/opiates possession was significantly higher in the nation, at 0.7 per 1,000 population.¹¹



METHAMPHETAMINE (METH)

Prevalence

- Among Hoosiers ages 12 and older, 0.2% used meth in the past month, 0.8% used it in the past year, and 4.5% used it at least once in their life.¹
- Among Indiana college students, 0.1% reported current (past-month) use of meth.³

Youth Consumption

- 3.9% of Indiana high school students have tried meth at least once in their life.⁴
- In Indiana, 0.4% of 8th grade students, 0.7% of 10th grade students, and 0.7% of 12th grade students reported current (past-month) meth use.⁵



Impact: Health

- Health consequences of meth use include cardiovascular problems; stroke; brain, liver, and kidney damage; severe tooth decay ("meth mouth"); increased risk of STD/HIV transmission and hepatitis; mental illness; and death.²⁰
- The percentage of Indiana treatment admissions indicating meth dependence increased significantly from 1.5% in 2000 to 6.5% in 2012 (U.S.: 6.6%).⁶
- Meth users in treatment were primarily female, white, and between 25 and 44 years of age.⁶

Impact: Criminal Justice

- In 2014, a total of 1,416 clandestine meth labs were seized by the Indiana State Police.²¹
- The number of children located at meth labs by the Indiana State Police peaked in 2013 (440 children), but decreased to 362 in 2014.²¹
- In 2012, Indiana had just over 2,100 arrests for possession of meth and other synthetic drugs and nearly 900 arrests for sale/manufacture of the drugs, representing arrest rates of 0.3 and 0.1 per 1,000 population, respectively.¹¹

PRESCRIPTION DRUG ABUSE

Prevalence

- The three most commonly abused types of prescription medicine are pain relievers (opioids), central nervous system depressants (sedatives, tranquilizers, hypnotics), and stimulants (used to treat attention deficit disorders, narcolepsy, and weight loss).²²
- In 2014, nearly 13 million prescription drugs (controlled substances) were dispensed to Indiana residents; approximately half of which were pain relievers.²³
- Past-year prevalence for nonmedical pain reliever use in Indiana residents ages 12 and older was 5.6%. Young Hoosiers ages 18 to 25 had the highest rate of past-year use (13.5%).¹
- Among Indiana college students, 3.8% reported current (past-month) use of prescription medication not prescribed to them, and 1.0% of students reported current (past-month) misuse of their own prescription medication.³

Youth Consumption

- 5.7% of young Hoosiers ages 12 to 17 abused pain relievers in the past year.¹
- In Indiana, 2.0% of 8th grade students, 3.9% of 10th grade students, and 5.0% of 12th grade students indicated current misuse of prescription drugs.⁵

Impact: Health

- In 13.4% of Indiana treatment admissions, prescription drug dependence was indicated (U.S.:11.8%).⁶
- Admissions for pain reliever, sedative/tranquilizer, and stimulant dependence increased significantly from 2000 to 2012 in Indiana.⁶
- Prescription drug abusers in treatment were primarily female and white.⁶

Impact: Criminal Justice

- In Indiana, over 2,500 arrests were made in 2012 for possession of barbiturates (sedatives) and Benzedrine (a stimulant); 1,000 arrests were made for sale/manufacture of these substances. Indiana's arrest rate of 0.4 per 1,000 population for possession was statistically lower than the national rate (0.8 per 1,000 population); arrest rates for sale/manufacture were the same (0.2 per 1,000 population).¹¹

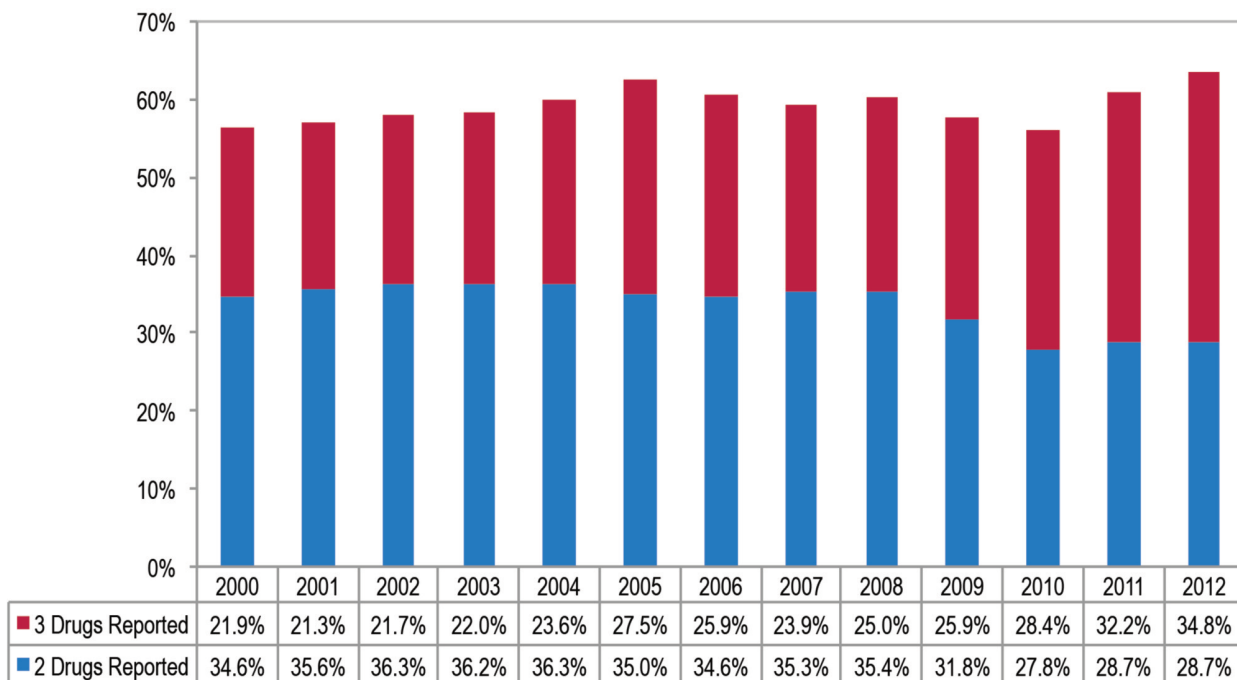


POLYSUBSTANCE ABUSE

Prevalence

- Polysubstance abuse is a serious pattern of drug use that involves the consumption of two or more drugs at a time.
- Among the Indiana treatment population, 63.5% reported use of two or more drugs; the percentage was statistically significantly higher in Indiana compared to the nation (55.9%).⁶
- The percentage of treatment admissions with polysubstance abuse has increased in Indiana since 2000. (For the percentages of Indiana treatment admissions with reported use of two substances and three substances, see Figure 1).⁶
- Much of the substance use in Indiana involves using two or more substances, most frequently alcohol together with another drug.⁶
- The most common drug clusters identified in Indiana were (a) alcohol and marijuana; (b) alcohol, cocaine, and marijuana; and (c) heroin combined with one or two various other drugs.⁶

Figure 1. Percentage of Indiana Treatment Episodes with Reported Use of Two Substances and Three Substances (Treatment Episode Data Set, 2000-2012)



Source: Substance Abuse and Mental Health Data Archive, 2012

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About Substance Abuse in Indiana

This issue brief provides a concise overview of alcohol, tobacco, marijuana, cocaine, heroin, methamphetamine, non-medical prescription drug abuse, and polysubstance abuse 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, 2014*, a comprehensive epidemiologic profile created by the Indiana University Center for Health Policy for the State Epidemiology and Outcomes Workgroup (SEOW). This and other reports are available at the Indiana University Center for Health Policy Web site (<http://www.healthpolicy.iupui.edu/SEOW>) or through the Indiana Prevention Resource Center's SPF SIG website (<http://www.drugs.indiana.edu/consult-spf.html>).

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