



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 July 2005, Indiana's Office of the Governor received a grant from the U.S. Department of Health and Human Services' Center for Substance Abuse Prevention (CSAP) as part of CSAP's Strategic Prevention Framework State Incentive Grant (SPF SIG) Program. The SPF SIG grant program sponsors initiatives to encourage states to engage in data-based decision-making for substance abuse prevention planning and grant making.

A requirement of the SPF SIG initiative was that the state establish a State Epidemiology and Outcomes Workgroup (SEOW) to collect and analyze epidemiological data and facilitate data-based decision-making regarding substance abuse prevention across Indiana. As of this date, the Indiana SEOW has published three annual comprehensive state epidemiological profiles on substance use. The complete reports are available at the Center for Health Policy website at www.policyinstitute.iu.edu/health/EPI.

This issue brief provides a brief 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, 2009*.

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, 50.1% (2.6 million residents) drank alcohol in the past month, and 22.3% (1.1 million residents) engaged in binge drinking.¹
- Young adults 18 to 25 years old had the highest rates of alcohol use in Indiana: 60.8% reported current alcohol use and 41.5% reported binge drinking.¹
- Rates for heavy drinking were similar between Indiana and the United States (U.S.: 5.1%; IN: 4.5%).

Youth Consumption—Underage Drinking

- Among Hoosiers 12 to 20 years old, 26.4% reported current alcohol use and 18.5% engaged in binge drinking.¹
- 14.8% of Indiana youth ages 12 to 17 drank alcohol in the past month, and 9.5% engaged in binge drinking.¹
- 43.9% of Indiana high school students (grades 9 through 12) used alcohol in the past month, and 28.2% engaged in binge drinking.²
- 17.5% of 8th graders, 27.3% of 10th graders, and 35.7% of 12th graders consumed alcohol in the past 30 days.⁴



Impact: Health

- The rate for alcohol abuse and dependence in Indiana was 7.3%, with the highest rate among 18- to 25-year-olds (17.3%).¹
- Most admissions to substance abuse treatment were due to alcohol abuse, and the percentage of admissions for alcohol dependence was significantly higher in Indiana (48.1%) than the U.S. (40.2%).³
- The percentage of treatment episodes in Indiana in which alcohol dependence was reported at treatment admission was lowest among blacks (38.4%). On the other hand, in almost half of all treatment admissions among whites as well as among other races, alcohol was indicated as the primary substance.⁵
- From 2000 through 2006, a total of 2,284 Hoosiers died from alcohol-induced causes. The age-adjusted alcohol-attributable mortality rate in 2006 was 5.0 per 100,000 Indiana residents.⁴
- Alcohol is a common factor in drowning accidents (34%) and suicides (23%).⁵
- In 2006, 396 of Indiana mothers-to-be used alcohol during their pregnancy.⁶

Impact: Criminal Justice

- In 2008, a total of 9,411 alcohol-related collisions occurred in Indiana; 218 of these were fatal.⁷
- In 2007, Indiana arrest rates per 1,000 population, were 5.1 for driving under the influence (32,000 arrests), 3.5 for public intoxication (22,000 arrests), and 2.4 for liquor law violations (15,000 arrests).⁸
- Alcohol use is a major factor in homicides (47%).⁴

TOBACCO

Prevalence

- One-third of Hoosiers (1.7 million residents) ages 12 and older used a tobacco product in the past month. This was significantly higher than the U.S. rate of 29.1%.¹
- The highest tobacco use rate in the state was among 18- to 25-year-olds (49.1%).¹
- 28.0% of Hoosiers (1.5 million residents) ages 12 and older smoked cigarettes in the past month, a rate significantly higher than the U.S. smoking rate of 24.6%.¹
- The highest rate for cigarette use in the state was among 18- to 25-year-olds (43.2%).¹
- Indiana's adult smoking prevalence (26.0%) is the second highest in the nation, exceeded only by West Virginia. Indiana's prevalence rate is also significantly higher than the U.S. prevalence rate of 18.4%.⁹
- 19.7% of Hoosiers ages 18 and older use cigarettes every day.⁹
- Smoking prevalence was generally higher among younger individuals and persons with less educational attainment and lower income levels.⁹

Youth Consumption

- Among 12- to 17-year-olds in Indiana, 14.7% reported current use of a tobacco product and 11.8% indicated that they currently smoke cigarettes.¹
- 4.1% of middle school students and 18.3% of high school students in Indiana smoked cigarettes in the past month.¹⁰
- White high school students had significantly higher smoking rates than black students (21.1% and 11.5%, respectively).¹⁰
- Most tobacco use among Indiana students in grades 6 through 12 remained stable or declined significantly from the previous year.¹¹

Impact: Health

- An estimated 9,700 Hoosiers die annually from smoking-attributable causes.⁴
- On average, smoking reduces adult life expectancy by about 14 years.¹³
- Tobacco causes serious health consequences, including heart disease, cancer, and respiratory illnesses.¹²
- The average annual age-adjusted smoking-attributable mortality rate in Indiana was 308.9 per 100,000 population.⁴
- Second-hand smoke is also detrimental to health and can cause many illnesses, especially in children.¹³



MARIJUANA

Prevalence

- Marijuana is the most commonly used illicit substance in Indiana and the nation.
- Among Hoosiers ages 12 and older, 6.0% (312,000 residents) used marijuana in the past month and 9.9% (512,000 residents) used it in the past year; U.S. rates were comparable.¹
- Highest rate of current (past month) use was among 18- to 25-year-olds (16.2%).¹



Youth Consumption

- 6.0% of Indiana youth ages 12 to 17 used marijuana for the first time during the past year, and 7.4% currently use marijuana.¹
- 18.9% of Indiana high school students currently use marijuana.²
- In Indiana, 7.8% of 8th grade students, 14.6% of 10th grade students, and 16.7% of 12th grade students currently use marijuana.¹¹

Impact: Health

- Harmful effects include respiratory illnesses, a weakened immune system, and an increased risk of heart attack and cancer. Marijuana use is correlated with risky sexual behaviors and higher rates of “harder” drug use.¹⁴
- In 23.8% of Indiana treatment admissions, marijuana dependence was reported at treatment admission, a rate significantly higher than the national rate of 15.7%.³
- Marijuana users in treatment were more likely to be male, black, and under 18 years old.³

Impact: Criminal Justice

- In 2008, approximately 1,867 pounds of marijuana were seized in Indiana.¹⁵
- In 2007, over 14,000 arrests were made in Indiana for possession and roughly 1,900 for sale/manufacture of marijuana, representing arrest rates of 2.3 and 0.3 per 1,000 population, respectively.⁸

COCAINE

Prevalence

- Among Hoosiers ages 12 and older, 0.7% (33,000 residents) reported current cocaine use (past-month use), 2.2% (114,000 residents) used it in the past year, and 11.1% (562,000 residents) used it at least once in their life.¹
- Highest rate of past-year use in Indiana was among 18- to 25-year-olds (6.4%).¹

Youth Consumption

- 1.4% of Indiana youth ages 12 to 17 used cocaine in the past year.¹
- 8.0% of Indiana high school students have used a form of cocaine at least once in their life, and 3.8% currently use it.²
- 1.6% of 12th grade students in Indiana reported current cocaine use, and 0.9% indicated current crack use.¹¹



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.¹⁶
- Babies born to mothers who abuse cocaine during pregnancy are often prematurely delivered, have low birth weight, smaller head circumference, and are shorter in length.¹⁶
- In 11.8% of treatment episodes in Indiana, cocaine dependence was reported at treatment admission, a rate significantly lower than the national rate of 12.9%.³
- Admissions for cocaine dependence decreased significantly in Indiana's treatment population from 13.6% in 2000 to 11.8% in 2007.³
- Cocaine users in treatment were more likely to be female, black, and between the ages of 25 and 54 years old.³

Impact: Criminal Justice

- In 2008, almost 96 pounds of cocaine were seized in Indiana.¹⁵
- In 2007, over 3,900 arrests were made in Indiana for possession of cocaine/opiates and almost 2,700 for sale/manufacture of the substance, representing arrest rates of 0.6 and 0.4 per 1,000 population, respectively. The arrest rate for cocaine/opiates possession was significantly higher in the nation, at 1.1 per 1,000 population.⁸

HEROIN

Prevalence

- Among Hoosiers age 12 and older, less than 0.01% (1,000 residents) currently use heroin (past-month use), 0.2% (9,000 residents) used it in the past year, and 1.1% (54,000 residents) have used it at least once in their life.¹

Youth Consumption

- 3.7% of Indiana high school students have used heroin at least once in their life.²
- Among 12th grade students in Indiana, 2.4% have tried heroin at least once in their life, 1.5% used it in the past year, and 0.8% used it in the past 30 days.¹¹

Impact: Health

- Heroin abuse can cause fatal overdose, spontaneous abortion, and collapsed veins. If injected, heroin abuse can cause contraction of infectious diseases such as HIV/AIDS and hepatitis B and C.¹⁷
- 2.0% of Indiana treatment admissions reported heroin dependence, significantly less than the U.S. rate of 13.8%.³
- Among Indiana's treatment admissions, women, blacks, and individuals ages 55 and older had the highest rates of heroin dependence.³
- By the end of 2008, a total of 9,253 Hoosiers were living with HIV disease; 781 (or 8.44%) of these cases can be attributed to injection drug use.¹⁸

Impact: Criminal Justice

- In 2008, approximately 25.1 pounds of heroin were seized in Indiana. This is considerably less than the amount seized in the surrounding states.¹⁵
- In 2007, over 3,900 arrests were made in Indiana for possession of cocaine/opiates and almost 2,700 for sale/manufacture of the substance, representing arrest rates of 0.6 and 0.4 per 1,000 population, respectively. The arrest rate for cocaine/opiates possession was significantly higher in the nation, at 1.1 per 1,000 population.⁸



METHAMPHETAMINE (METH)

Prevalence

- Among Hoosiers 12 and older, 0.2% (10,000 residents) used meth in the past month, 0.8% (40,000 residents) used it in the past year, and 4.5% (225,000 residents) used it at least once in their life.¹
- Highest rate of use was found among 18- to 25-year-olds (1.9%).¹

Youth Consumption

- 6.2% of Indiana high school students have tried meth at least once in their life.²
- In Indiana, 0.7% of 8th grade students, 1.0% of 10th grade students, and 0.9% of 12th grade students reported current (past-month) meth use.¹¹
- Meth use (lifetime, annual, and current) among Indiana middle and high school students remained stable from 2008 to 2009.¹¹



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.¹⁹
- The percentage of treatment admissions reporting meth dependence increased significantly from 1.5% in 2000 to 4.8% in 2007 (the U.S. rate of 7.6% was significantly higher).³⁵
- Meth users in treatment were primarily female, white, and between 25 and 34 years of age.³

Impact: Criminal Justice

- In 2008, about 21.4 pounds of methamphetamine were seized in Indiana.¹⁵
- From January 1 to July 31, 2009, 794 clandestine meth labs were seized by the Indiana State Police. This number is well on its way to surpassing the 1,059 labs seized during 2008.²⁰
- The number of children located at meth labs by the Indiana State Police fell from 172 in 2004 to 124 in 2007, but increased again in 2008 to 148.²⁰
- In 2007, over 1,500 arrests were made in Indiana for possession of meth and other synthetic drugs and almost 650 for sale/manufacture of the drugs, representing arrest rates of 0.2 and 0.1 per 1,000 population, respectively.⁸

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).²¹
- Among Hoosiers ages 12 and older, 2.7% (138,000 residents) reported current (past-month) abuse of psychotherapeutics, 7.6% (383,000 residents) abused them in the past year, and 21% (1 million residents) abused them at least once in their life.¹
- Past-year prevalence for nonmedical pain reliever use in Hoosiers ages 12 and older was 6.2%, significantly higher than the U.S. rate of 5.1%. Young adults ages 18 to 25 had the highest rate of past-year use; again, Indiana's rate (15.5%) exceeded the nation's (12.3%).¹
- Oxycodone distribution to retail registrants in Indiana (pharmacies, hospitals, and practitioners) nearly doubled from about 29 million dosage units in 2002 to a projected 54 million in 2007.²²

Youth Consumption

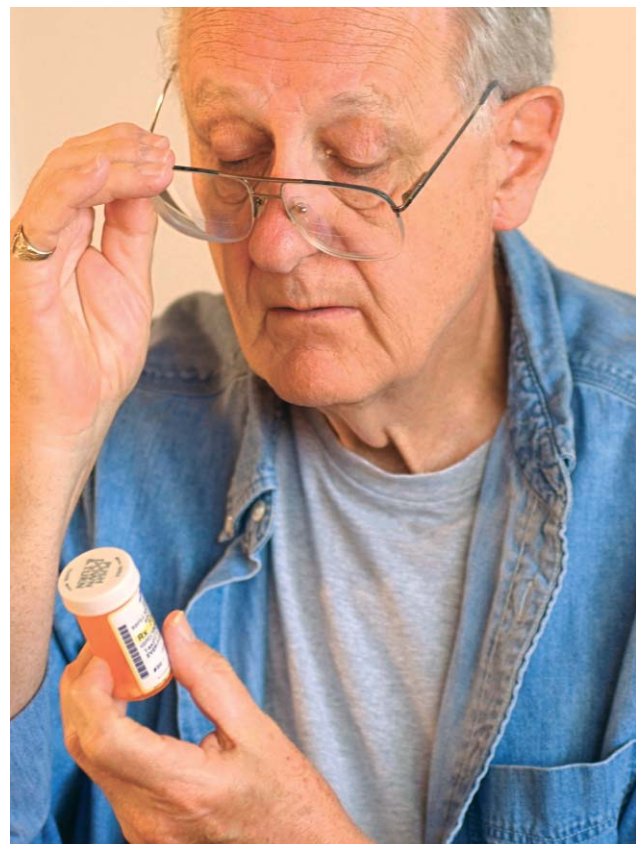
- 7.7% of Hoosiers ages 12 to 17 abused prescription drugs in the past year.¹
- From 1998 to 2009, monthly nonmedical use of the stimulants Ritalin® and Adderall® increased in Indiana high school seniors, from 1.7% to 3.1%.¹¹
- The use of tranquilizers and narcotics decreased or remained stable among 6th through 12th grade students in Indiana, from 2008 to 2009.¹¹

Impact: Health

- 8.2% of treatment admissions reported prescription drug dependence, significantly higher than the U.S. rate of 6.1%.³
- Admissions for pain reliever and sedative/tranquilizer dependence increased significantly from 2000 to 2007 in Indiana, while admissions for stimulant abuse remained stable.³
- Prescription drug abusers in treatment were primarily female and white.³

Impact: Criminal Justice

- In Indiana, over 2,700 arrests were made in 2007 for possession of barbiturates (sedatives) and Benzedrine (a stimulant), and 690 arrests were made for sale/manufacture of these substances, representing arrest rates of 0.43 and 0.11 per 1,000 population, respectively. Both rates were significantly lower than the national rates of 0.86 and 0.15.⁸

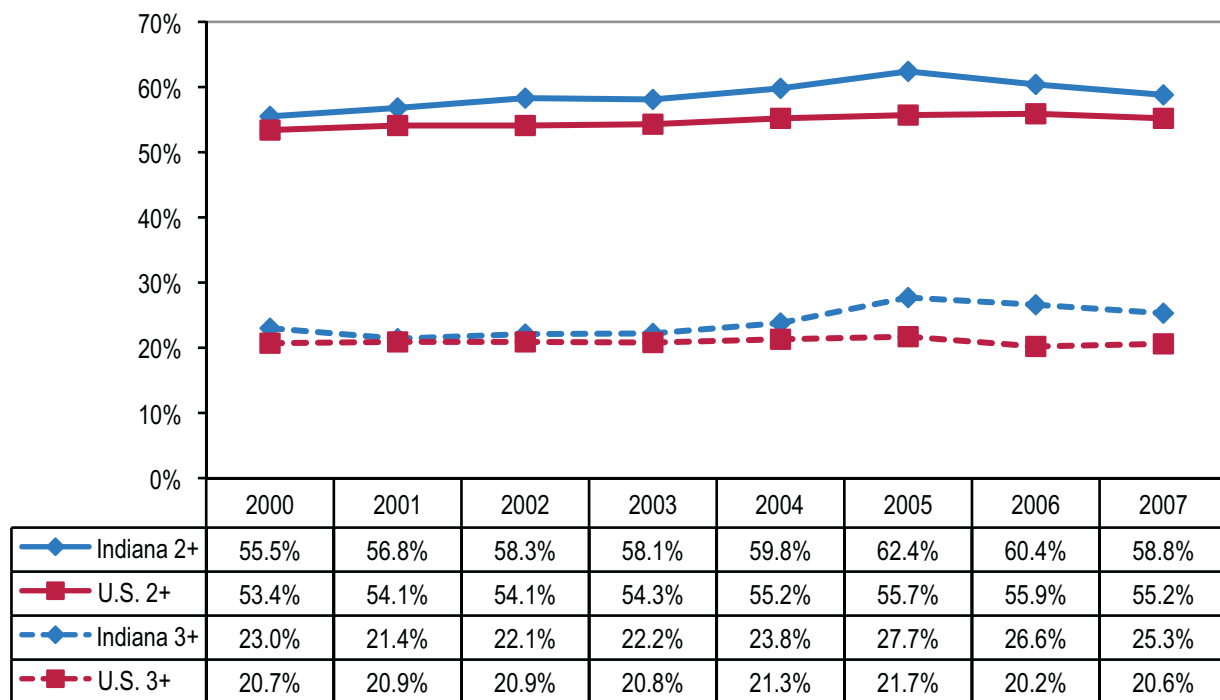


POLYSUBSTANCE ABUSE

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, 58.8% used two or more drugs and 25.3% used three or more drugs. Both rates were significantly higher than the national rates of 55.2% and 20.6%, respectively.³
- Treatment admissions for polysubstance abuse have increased significantly from 2000 to 2007 in Indiana.³
- Polysubstance users in treatment were primarily white and young adults.³
- Much of the substance use in Indiana involves using two or more substances—most frequently alcohol together with another drug.³
- The most common drug clusters identified in Indiana were (a) alcohol and marijuana, (b) alcohol and cocaine, and (c) alcohol, cocaine, and marijuana.³

Figure 1. Percentage of Indiana and U.S. Treatment Episodes with Use of at Least Two (2+) and Use of at Least Three (3+) Substances Reported at Treatment Admission (Treatment Episode Data Set, 2000–2007)



Source: Substance Abuse and Mental Health Data Archive, 2008

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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, 2009*, 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.policyinstitute.iu.edu/health/EPI>) or through the Indiana Prevention Resource Center's SPF SIG website (<http://www.drugs.indiana.edu/consult-spf.html>).

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