

# JUST THE FACTS

## SUBSTANCE ABUSE IN INDIANA

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



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Prepared by the  
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# 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 two comprehensive state epidemiological profiles on substance use, for 2006 and 2007. The complete reports are available at the Center for Health Policy website at <http://www.healthpolicy.iupui.edu/SEOW.htm>.

These substance abuse fact sheets provide a brief but comprehensive overview of alcohol, tobacco, marijuana, cocaine, heroin, methamphetamine, non-medical 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, 2007*.

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## Indiana SPF SIG

### 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 age 12 and older, 50% (2.5 million residents) currently (in the past 30 days) drink alcohol, and 22% (1.1 million residents) engage in binge drinking<sup>1</sup>
- Young adults ages 18 to 25 have the highest rates of alcohol use in Indiana: 61% report current alcohol use and 42% report binge drinking.<sup>1</sup> Additionally, 18- to 24-year old Hoosiers reported a significantly higher rate of heavy drinking than their U.S. counterparts (IN: 12%; U.S.: 7%)<sup>2</sup>

## Youth Consumption—Underage Drinking

- Among Hoosiers 12 to 20 years old, 29% reported current alcohol use and 19% engaged in binge drinking<sup>1</sup>
- 17% of Indiana youth ages 12 to 17 drank alcohol in the past month, and 11% binge drank<sup>1</sup>
- 41% of Indiana high school students (grades 9 through 12) used alcohol in the past month, and 25% engaged in binge drinking<sup>3</sup>
- 32% of Indiana 8th, 10th, and 12th grade students used alcohol in the past month, and 19% engaged in binge drinking<sup>4</sup>

## Impact: Health

- The rate for alcohol abuse and dependence in Indiana is 8%, with the highest rate among 18- to 25-year-olds (18%)<sup>1</sup>
- Most admissions to substance abuse treatment are due to alcohol, and the percentage of admissions due to alcohol is significantly higher in Indiana (47%) than for the entire U.S. (39%)<sup>5</sup>
- Highest rates of alcohol dependence in the Indiana treatment population are found among Whites (84%) and individuals 55 years and older (73%)<sup>5</sup>
- 8% of all deaths from disease in Indiana are alcohol-related<sup>6</sup>
- In 2005, 498 Hoosiers died from chronic liver disease and cirrhosis<sup>7</sup>
- Alcohol is a common factor in drowning accidents (34%) and suicides (23%)<sup>6</sup>
- One of every 100 infants born in the U.S. has fetal alcohol syndrome<sup>8</sup>

## Impact: Criminal Justice

- In 2006, a total of 11,718 alcohol-related collisions occurred in Indiana; 267 of these were fatal<sup>9</sup>
- In 2005, Indiana arrest rates, per 1,000 population, were 5.9 for driving under the influence (36,800 arrests), 3.3 for public intoxication (20,700 arrests), and 2.7 for liquor law violations (17,100 arrests)<sup>10</sup>
- Alcohol use is a major factor in homicides (47%)<sup>6</sup>



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# COCAINE

## Prevalence

- Among Hoosiers age 12 and older, 0.7% (33,000 residents) currently use cocaine (past-month use), 2.3% (120,000 residents) used it in the past year, and 11.1% (562,000 residents) have used it at least once in their life<sup>1</sup>
- Highest rate of past-year use in Indiana is among 18- to 25-year-olds (7.5%)<sup>1</sup>

## Youth Consumption

- 1.5% of Indiana youth ages 12 to 17 used cocaine in the past year<sup>1</sup>
- 7% of Indiana high school students have used a form of cocaine at least once in their life and 3% currently use it<sup>2</sup>
- More than 3% of the 12th grade students in Indiana report current cocaine use, and 1.4% report current crack use<sup>3</sup>

## 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<sup>4</sup>
- 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<sup>4</sup>
- 24% of Hoosiers in substance abuse treatment reported cocaine use at admission—this is significantly lower than the national rate of 31%<sup>5</sup>
- 12% of treatment admissions in Indiana listed cocaine as their primary substance—this is significantly lower than the national rate of 14%<sup>5</sup>
- Admissions for cocaine use decreased significantly in Indiana's treatment population from 2000 through 2005<sup>5</sup>
- Cocaine users in treatment are most likely female, Black, and about 35 to 44 years old<sup>5</sup>

## Impact: Criminal Justice

- In 2006, approximately 164 pounds of cocaine were seized in Indiana<sup>6</sup>
- In Indiana, about 5,000 arrests were made for possession of cocaine/opiates and 2,600 for sale/manufacture in 2005; this represents arrest rates of 0.8 and 0.4 per 1,000 population—the arrest rate for cocaine/opiates possession was significantly higher in the nation at 1.2 per 1,000 population<sup>7</sup>



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# 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<sup>1</sup>

## Youth Consumption

- 2.4% of Indiana high school students have used heroin at least once in their life<sup>2</sup>
- Among 8th, 10th, and 12th grade students, 1.9% have tried heroin at least once in their life, 1.3% used it in the past year, and 0.8% used it in the past 30 days<sup>3</sup>

## 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<sup>4</sup>
- 3.3% of Hoosiers in substance abuse treatment reported heroin use—this is significantly less than the U.S. rate of 16%<sup>5</sup>
- 2.4% of treatment admissions listed heroin as their primary substance—this is significantly less than the U.S. rate of 13.8%<sup>5</sup>
- Admissions to substance abuse programs for heroin use decreased significantly in Indiana from 2000 through 2005—among the population in these programs, women, Blacks, and older individuals have the highest rates of heroin use<sup>5</sup>
- In Indiana, 10% of HIV cases and 11% of AIDS cases are attributable to injection drug use<sup>6</sup>

## Impact: Criminal Justice

- In 2006, approximately 12 pounds of heroin were seized in Indiana. This is considerably less than the amount seized in the surrounding states<sup>7</sup>
- About 5,000 arrests in Indiana were made for cocaine/opiates possession and 2,600 for sale/manufacture in 2005; this represents arrest rates of 0.8 and 0.4 per 1,000 population—arrest rates for cocaine/opiates possession were significantly higher in the nation at 1.2 per 1,000 population<sup>8</sup>



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# MARIJUANA

## Prevalence

- Marijuana is the most commonly used illicit substance in Indiana and the nation
- Among Hoosiers 12 and older, 5% (263,000 residents) used marijuana in the past month, 10% (492,000 residents) used it in the past year, and 40% (2 million residents) have used it at least once in their life<sup>1</sup>
- Highest rate of current (past month) use is among 18- to 25-year-olds (14%)<sup>1</sup>

## Youth Consumption

- 6% of Indiana youth ages 12 to 17 used marijuana for the first time during the past year, and 7% currently use marijuana<sup>1</sup>
- 19% of Indiana high school students currently use marijuana<sup>2</sup>
- 8% of Indiana 8th grade students, 15% of 10th grade students, and 17% of 12th grade students currently use marijuana<sup>3</sup>

## 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<sup>4</sup>
- 52% of Indiana residents in substance abuse treatment reported marijuana use at admission—this is significantly higher than the rate for the nation (37%)<sup>5</sup>
- 24% of treatment admissions in Indiana reported marijuana as their primary substance—this is significantly higher than the national rate of 16%<sup>5</sup>
- Marijuana users in treatment are more likely to be male and under 18 years old<sup>5</sup>

## Impact: Criminal Justice

- In 2006, approximately 843 pounds of marijuana were seized in Indiana<sup>6</sup>
- About 15,400 arrests in Indiana were made for marijuana possession and 2,100 for sale/manufacture in 2005—this represents arrest rates of 2.5 and 0.3, respectively, per 1,000 population<sup>7</sup>



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# 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<sup>1</sup>
- Highest rate of use is found among 18- to 25-year-olds (1.9%)<sup>1</sup>

## Youth Consumption

- 7% of Indiana high school students have tried meth at least once in their life<sup>2</sup>
- Nearly 1% of 8th grade students, 1.2% of 10th grade students, and 1.5% of 12th grade students in Indiana report current (past-month) meth use<sup>3</sup>
- Meth use (lifetime, annual, and current) among Indiana middle and high school students has decreased significantly for most grades or remained stable from 2006 to 2007<sup>3</sup>

## 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<sup>4</sup>
- The number of Hoosiers in substance abuse treatment who reported meth use increased significantly from 4% in 2000 to 11% in 2005 (the U.S. rate, 12%, is significantly higher)<sup>5</sup>
- The percentage of treatment admissions who list meth as their primary drug increased significantly from 2% in 2000 to 6% in 2005 (the U.S. rate of 8% is significantly higher)<sup>5</sup>
- Meth users in treatment are primarily women, Whites, and younger adults<sup>5</sup>

## Impact: Criminal Justice

- In 2006, about 35 pounds of methamphetamine were seized in Indiana<sup>6</sup>
- 993 clandestine meth labs were seized in 2006 in Indiana (down from 1,549 in 2004)<sup>7</sup>
- The number of children in Indiana affected by meth labs fell from 217 in 2004 to 144 in 2006<sup>7</sup>
- About 2,000 arrests in Indiana were made for possession of meth and other synthetic drugs and 580 for sale/manufacture in 2005—this represents arrest rates of 0.3 and 0.1 per 1,000 population<sup>8</sup>



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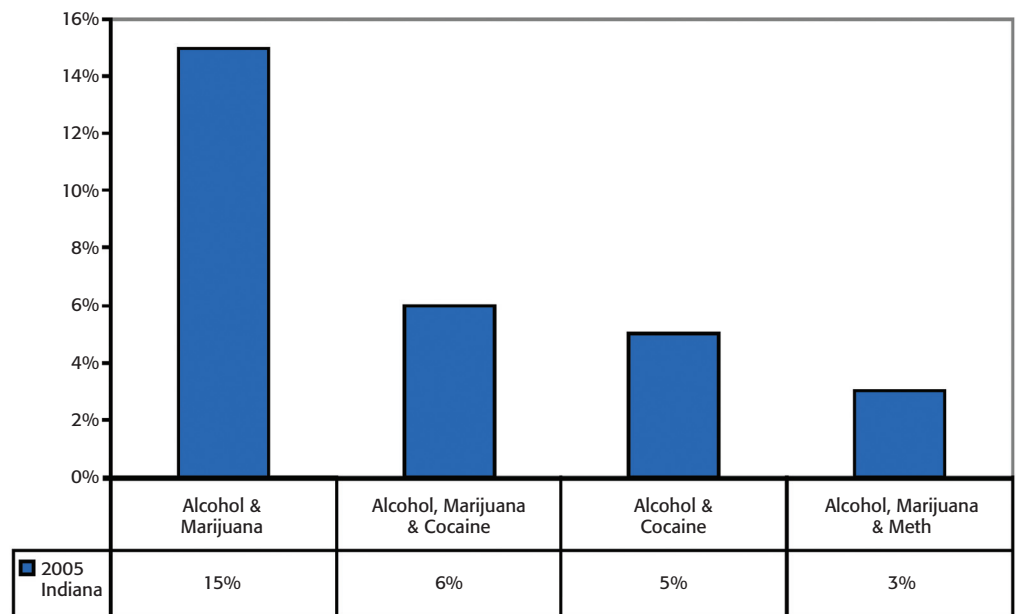
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# POLYSUBSTANCE ABUSE

## 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, 62% use two or more drugs and 28% use three or more drugs. Both rates are significantly higher than the national rates of 56% and 22%, respectively<sup>1</sup>
- Treatment admissions for polysubstance abuse have increased significantly from 2000 to 2005 in Indiana<sup>1</sup>
- Polysubstance users in treatment tend to be female and between 18 and 44 years old<sup>1</sup>
- Much of the substance use in Indiana involves using two or more substances—most frequently alcohol together with another drug<sup>1</sup>
- The most common drug clusters are 1) alcohol and marijuana, 2) alcohol, marijuana, and cocaine, 3) alcohol and cocaine, and 4) alcohol, marijuana, and methamphetamine (see graph)<sup>1</sup>

The Most Predominant Drug Clusters in Polysubstance Abuse in the Indiana Treatment Population, 2005 (Treatment Episode Data Set, 2005)



Source: Substance Abuse and Mental Health Data Archive, n.d.



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## Polysubstance Abuse References

1. Substance Abuse and Mental Health Data Archive. (n.d.). *Treatment Episode Data Set (TEDS) series*. Retrieved May 15, 2007, from <http://webapp.icpsr.umich.edu/cocoon/SAMHDA-SERIES/00056.xml>

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For questions and additional information, please contact Kim Manlove, SPF SIG Project Director, (phone: 317-232-7875, E-mail: [Kim.Manlove@fssa.in.gov](mailto:Kim.Manlove@fssa.in.gov)) or Marcia French, State Project Coordinator, SPF SIG, (phone: 317-232-7931, E-mail: [Marcia.French@fssa.in.gov](mailto:Marcia.French@fssa.in.gov)).



# 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 obesity)<sup>1</sup>
- Among Hoosiers age 12 and older, 2.7% (138,000 residents) currently abuse psychotherapeutics (past-month use), 5.4% (278,000 residents) abused them in the past year, and 21% (1 million residents) abused them at least once in their life<sup>2</sup>
- Young adults age 18 to 25 have the highest rate of past-year use in Indiana (14%)<sup>2</sup>
- 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<sup>3</sup>

## Youth Consumption

- Roughly 9% of young Hoosiers ages 12 to 17 abused prescription drugs in the past year<sup>2</sup>
- Indiana high school seniors reported a significant rise in the use of the stimulant Ritalin from 2006 to 2007: lifetime use increased from 7% to 11%, annual use from 4% to 7%, and current use from 2% to 3%<sup>4</sup>
- Tranquilizer use among 12th grade students in Indiana decreased from 2006 to 2007, and narcotics use remained stable<sup>4</sup>

## Impact: Health

- 15% of Hoosiers in substance abuse treatment reported abuse of prescription drugs—this is significantly above the U.S. rate of 11%<sup>5</sup>
- 7% of treatment admissions listed a prescription drug as their primary substance of abuse—this is significantly higher than the U.S. rate of 5%<sup>5</sup>
- Admissions for pain reliever and sedative/tranquilizer abuse in Indiana increased significantly from 2000 to 2005, while admissions for stimulant abuse remained stable<sup>5</sup>
- Prescription drug abusers are primarily female, White, and in the 18 to 34 age category<sup>5</sup>

## Impact: Criminal Justice

- In Indiana, about 2,600 arrests were made for possession of barbiturates (sedatives) and Benzadrine (a stimulant) and 750 for sale/manufacture in 2005; this represents arrest rates of 0.4 and 0.1 per 1,000 population—both of these arrest rates are significantly lower than the national rates of 1.0 and 0.2<sup>6</sup>



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# TOBACCO

## Prevalence

- One-third of Hoosiers (1.7 million residents) age 12 and older currently use a tobacco product—this is significantly higher than the U.S. tobacco use rate of 29%<sup>1</sup>
- The highest tobacco use rate in Indiana is among 18- to 25-year-olds (48%)<sup>1</sup>
- 28% of Hoosiers (1.4 million residents) age 12 and older smoked cigarettes in the past month—this is significantly higher than the U.S. smoking rate of 25%<sup>1</sup>
- The highest smoking rate in the state is among 18- to 25-year-olds (42%)<sup>1</sup>
- Indiana's adult smoking prevalence (24%) is the 5th highest in the nation and significantly higher than the U.S. prevalence of 20%<sup>2</sup>
- 19% of Hoosiers use cigarettes every day<sup>2</sup>
- Smokers are most likely to be male, have an annual household income under \$15,000, and have neither a high school degree nor a GED<sup>2</sup>

## Youth Consumption

- Among 12- to 17-year-olds in Indiana, 14% currently use a tobacco product and 12% smoke cigarettes<sup>1</sup>
- 8% of middle school students and 21% of high school students in Indiana currently smoke cigarettes<sup>3</sup>
- White high school students have significantly higher smoking rates than Black students (22% and 13%, respectively)<sup>3</sup>
- Cigarette use (lifetime, annual, monthly, and daily use) among Indiana students in grades 6 through 12 has remained stable or declined significantly from the previous year<sup>4</sup>
- Cigar and pipe use showed a significant incline in some grade levels<sup>4</sup>

## Impact: Health

- Tobacco kills approximately 10,000 Hoosiers each year<sup>5</sup>
- On average, smoking reduces adult life expectancy by about 14 years<sup>6</sup>
- Tobacco causes serious health consequences, including heart disease, cancer, and respiratory illnesses<sup>6</sup>
- In 2004, a total of 3,827 Hoosiers died from lung cancer, 13,680 died from coronary disease, and 3,145 died from respiratory illnesses<sup>7</sup>
- The average annual age-adjusted smoking-attributable mortality rate in Indiana is 322.2 per 100,000 population<sup>8</sup>
- Environmental tobacco smoke (or second-hand smoke) is also detrimental to health and can cause many illnesses, especially in children<sup>5</sup>



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