Substance Use: Delaware and the Nation

Drug Overdose Mortality
In 2021, Delaware had a drug overdose death rate of 54 per 100,000 people, ranking the state 5th in the U.S. 513 drug overdose deaths occurred in DE during the same year.


Substance Use Disorder
In 2020, 15.6% of adults in Delaware reported having a substance use disorder in the past year. 15.4% of U.S. adults reported the same indicator.

Source: Mental Health America, Inc. (2023). The State of Mental Health in America.

<table>
<thead>
<tr>
<th>Indicators, 2021</th>
<th>Delaware Adults</th>
<th>U.S. Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Smokers</td>
<td>13.4%</td>
<td>14.4%</td>
</tr>
<tr>
<td>Current E-Cigarette Users</td>
<td>6.1%</td>
<td>6.6%</td>
</tr>
<tr>
<td>Past Month Alcohol Use</td>
<td>53.9%</td>
<td>53.2%</td>
</tr>
<tr>
<td>Binge Drinking</td>
<td>12.9%</td>
<td>15.3%</td>
</tr>
</tbody>
</table>


Opioid Prescriptions
In 2021, DE had a rate of 124 per 1,000 people fill any opioid prescriptions.

Pain Reliever Misuse
In 2021, 3.3% of DE adults misused prescription pain relievers in the past year.

Opioid Use Disorder
In 2021, 2% of DE adults had an opioid use disorder in the past year.

Past Month Marijuana Use
In 2021, 15.9% of DE adults used marijuana in the past month.

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Past Month Vaping</th>
</tr>
</thead>
<tbody>
<tr>
<td>In 2021, 5% of DE 8th graders and 13% of DE 11th graders reported consuming alcohol in the past month.</td>
<td>In 2021, 5.2% of U.S. adolescents reported vaping nicotine in the past month.</td>
</tr>
<tr>
<td>Marijuana</td>
<td>Past Month Tobacco Use</td>
</tr>
<tr>
<td>In 2021, 7% of DE 8th graders and 21% of DE 11th graders reported using marijuana in the past year.</td>
<td>In 2021, 1.5% of U.S. adolescents reported smoking cigarettes in the past month.</td>
</tr>
</tbody>
</table>

Sources:

Funding for this project has been provided by the Delaware Department for Health and Social Services, Division of Substance Abuse and Mental Health through the Substance Abuse and Mental Health Services Administration (SAMHSA).
Mental Health: Delaware and the Nation

RANKING

Delaware ranked 21st in the nation for adults with any mental illness who are also uninsured, with a prevalence rate of 8.3%.

Delaware ranked 22nd for mental health workforce availability in the nation. In DE, there are 340 individuals for every one health provider.

Source: Mental Health America, Inc. (2023). The State of Mental Health in America.

DE & THE U.S.

<table>
<thead>
<tr>
<th>Indicators, 2021</th>
<th>Delaware Adults</th>
<th>U.S. Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any Mental Illness in Past Year</td>
<td>20.0%</td>
<td>22.8%</td>
</tr>
<tr>
<td>Serious Mental Illness in Past Year</td>
<td>4.3%</td>
<td>5.6%</td>
</tr>
<tr>
<td>Received Mental Health Services in Past Year</td>
<td>18.2%</td>
<td>16.9%</td>
</tr>
</tbody>
</table>


ADULT DATA

In 2021, 7.9% of DE adults had a major depressive episode in the past year.

In 2021, 4.3% of DE adults had serious thoughts of suicide in the past year.

In 2021, 87% of DE adults reported good mental health.

In 2021, 1.5% of DE adults made suicide plans in the past year.


YOUTH DATA

In 2021, 28% of DE 8th graders and 29% of DE 11th graders reported anxiety in the past two weeks.

In 2021, 22% of DE 8th graders and 24% of DE 11th graders reported depression in the past two weeks.

In 2021, 20.1% of U.S. adolescents had a past-year major depressive episode.

Sources:

Funding for this project has been provided by the Delaware Department for Health and Social Services, Division of Substance Abuse and Mental Health through the Substance Abuse and Mental Health Services Administration (SAMSHA).