



2022 State of Iowa Substance Use Epidemiological Profile

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Prepared by

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Disclaimer:

The contents are solely the responsibility of the authors and do not necessarily represent the official views of the Substance Abuse and Mental Health Services Administration, Center for Substance Abuse, Iowa Department of Health and Human Services, Division of Behavioral Health or the University of Northern Iowa.

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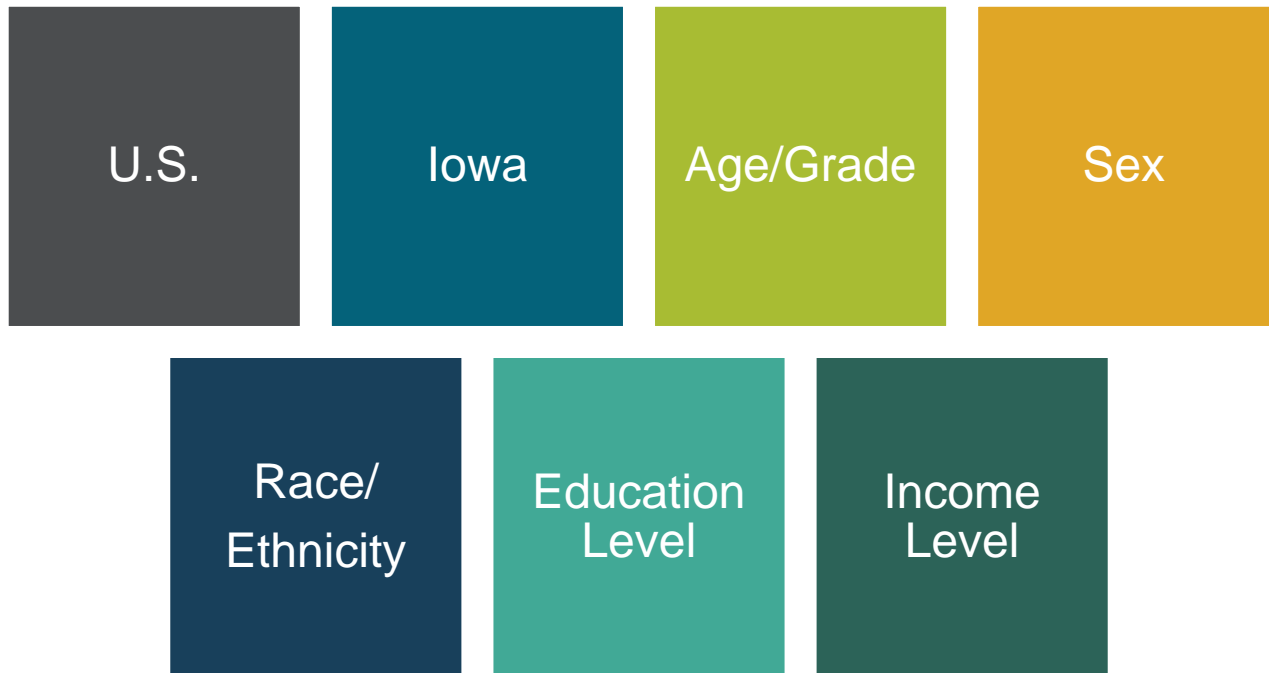
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LEGEND

The following color scheme is used for the graphs in the Epidemiological Profile Report:



Executive Summary

In 2006, the Iowa Department of Public Health received funding from the US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention, for a State Epidemiological Outcome Workgroup (Workgroup) to develop a state epidemiological profile on substance use. The Workgroup included representatives from agencies directly involved with preventing substance misuse in the State of Iowa. A separate Data Task Group was formed to develop criteria for selecting adequate indicators for the profile and to use those criteria to identify, analyze, and select indicators for inclusion in Iowa's epidemiological profile. The following criteria were developed during the writing of the *2006 Iowa Epidemiological Profile* and were used for the subsequent profiles, as well:

- Data available at the state (Iowa) level;
- The sample covers age range;
- Data collected at least every two years;
- Measures directly related or strongly associated with Alcohol, Tobacco, and Other Drug (ATOD) use;
- Data pertain to consumption or consequence; and
- Data sets have an adequate sample size.

Approximately 45 indicators were included in the *2007 Iowa Epidemiological Profile*, and an additional six new indicators were added to the 2008 Profile. The 2009 Profile also introduced mapping for the major use and consequence indicators showing their distribution across Iowa's 99 counties. The magnitude of the indicators dictated the priorities chosen in the Strategic Prevention Framework State Incentive Grant application (SPF SIG). After receiving the SPF SIG Cooperative Agreement, the 2010 Profile introduced the analysis of mortality and hospital

discharge data. Using Internal Classification of Diseases (ICD) 9th and 10th revision, conditions attributed to alcohol, tobacco, and drugs were identified and computed to generate rates. The 2012 Profile introduced Synar data, which assessed how tobacco outlets are compliant to the Alcohol, Drug Abuse, and Mental Health Administration Reorganization Act. The Synar Amendment prohibits the sale or distribution of tobacco products to individuals under the age of 18.

The 2016 Profile built upon previous profiles and included new data including intervening variables associated with substance use. Mental health, suicide data, and recommendations were also added to the 2016 Profile. The *2018 Epidemiological Profile* and *2020 Epidemiological Profile* highlight data regarding over-the-counter medications, opioid-related hospitalizations, and opioid-related deaths. State and national maps were presented to provide visual presentations of the various substances. The *2022 Epidemiological Profile* added the drug overdose emergency department data for alcohol, heroin, opioids, and psychostimulants (amphetamines) from the Iowa Health and Human Services (HHS) Drug Overdose Surveillance and Epidemiology (DOSE) System. This report includes over 65 indicators on substance use and consequences.

Key Findings in the 2022 Epidemiological Profile

ALCOHOL

Adult Alcohol Use

- Alcohol remains the most reported primary substance of choice at substance use disorder (SUD) treatment admission; however, the data shows a gradual decrease from 2015 to 2022 (631 alcohol-related treatment admissions per 100,000 population to 317 per 100,000 population, respectively; Iowa HHS, 2022).
- Based on 2015 to 2022 data sources combined, alcohol-related treatment admissions were highest among Iowans aged 25-44 (1,044 per 100,000 Iowans aged 25-44) compared to other age groups.
- Iowans who are Non-Hispanic Black or African American had the highest rate of alcohol-related treatment admissions (1,096 per 100,000 Non-Hispanic Black or African American Iowans based on 2015 to 2022 data sources combined) compared to other ethnic and racial groups.
- Based on 2015 to 2022 data sources combined, the percentage of alcohol-related treatment admissions was highest among Iowans with a high school diploma or equivalent (47%) compared to the other educational levels.
- Based on 2021 data, alcohol use in the past 30 days was higher among Iowa adults (57%) compared to adults nationally (53%). Moreover, Iowa was among the 10 states in the nation with the highest percentage of adults reporting alcohol use.
- Approximately one in five (20%) Iowa adults in 2021 reported binge drinking in the past 30 days, compared to 15% of adults nationally. Moreover, Iowa was among the

- 10 states in the nation with the highest percentage of adults reporting binge drinking.
- The percentages of Iowa adults reporting alcohol use in the past month and reporting binge drinking in the past month have remained relatively stable over the past 10 years.
 - Based on 2021 data, binge drinking in the past 30 days was higher among Iowa adult males (26%) compared to females (14%).
 - By age group based on 2021 data, Iowans aged 18 to 24 reported the highest percentage of binge drinking in the past 30 days (30%), followed by Iowans aged 25 to 44 (27%).
 - In 2021, the percentage of adults reporting perceptions of high risk to physical or mental health from binge drink was lower in Iowa (37%) compared to adults nationally (44%). Moreover, Iowa was one of the 10 states in the nation with the lowest percentage of adults reporting perceptions of high risk from binge drinking.

Youth Alcohol Use

- In 2021, 2% of Iowa youth in 6th grade, 6% of youth in 8th grade, and 18% of youth in 11th grade reported alcohol use in the past 30 days. Additionally, based on another data source from 2021, Iowa was among the 10 states in the nation with the highest percentage of youth aged 12 to 17 reporting the use of alcohol in the past month.
- In 2021, 9% of Iowa youth in 11th grade reported binge drinking in the past 30 days. Moreover, based on an alternative data source from 2021, Iowa was among the 10 states in the nation with the highest percentage of youth aged 12 to 17 reporting binge drinking in the past month.
- Youth perceptions of easy access to alcohol in 2021 increases with advancing grade level with 22% of Iowa youth in 6th grade, 49% of youth in 8th grade, and 72% of

- youth in 11th grade reporting it would be “Easy” or “Very easy” for someone their age to access alcohol.
- In 2021, the percentage of Iowa youth who perceived high risk to physical or mental health from binge drinking was higher for youth in 6th grade (46%) and 8th grade (49%) than for youth in 11th grade (43%). Additionally, based on another data source from 2021, Iowa was among the 10 states in the nation with the lowest percentage of youth aged 12 to 17 reporting perceptions of great risk to physical or mental health from binge drink.

TOBACCO

Adult Consumption

- In a ten-year period, cigarette use in the past 30 days decreased by 25% in Iowa from 20% of adults in 2011 to 15% of adults in 2021.
- In 2021, the highest percentage of cigarette use in the past 30 days was among Iowans with less than a high school education (25%) compared to other educational levels.
- In 2021, compared to other income ranges, Iowans earning less than \$15,000 reported the highest percentage of cigarette use in the past 30 days (29%).

Youth Consumption

- In 2021, any tobacco product use in the past month among youth aged 12 to 17 years was 4%. Compared to other states in the nation, Iowa was among the 10 states with the highest percentage of youth reporting tobacco product use in the past month.
- In 2021 based on the IYS data source, 13% of youth in 11th grade reported e-cigarette use in the past 30 days, compared to 4% of youth in 8th grade and 1% of youth in 6th grade.

MARIJUANA AND ILLICIT DRUGS

Adult Consumption

- In 2021, an estimated 12% of Iowa adults reported marijuana use in the past 30 days. Compared to other states nationally, Iowa was among the 20 states with the lowest percentage of adults reporting marijuana use.
- In 2021, the percentage of Iowa adults reporting illicit drug use other than marijuana in the past 30 days was 3%. Compared to other states in the nation, Iowa was among the 20 states with the lowest percentage of adults reporting illicit drug use.
- In 2021, methamphetamine use in the past year in Iowa (2%) was among the highest in the US.
- Psychostimulant-involved overdose emergency department admissions increased in 2021 compared to 2020.
- Treatment admissions for marijuana, cocaine, and methamphetamine use decreased from 2019 to 2022 in Iowa.
- The number of psychostimulant-involved deaths increased in Iowa from 2018 to 2021.

Youth Consumption

- In 2021, marijuana use among Iowa youth in the past 30 days was highest among 11th grade (8%) with 2% reporting using the substance before the age of 13.
- Illicit drug use other than marijuana in the past 30 days was 3% in 2021 among Iowa youth aged 12-17 years old. Compared to other states in the nation, Iowa was among the 10 states with the highest percentage of youth reporting illicit drug use other than marijuana.
- Even though only 0.4% of Iowa youth aged 12 to 17 reported methamphetamine use in the past year, Iowa

- was one of the 9 states nationally with the highest percentage of youth reporting methamphetamine use.
- In 2021, 69% of Iowa youth in 11th grade reported that only a few or none of their peers believe it is ok to use illegal drugs other than alcohol, cigarettes, or marijuana.
 - Based on 2021 data, approximately 70% of males and females in grades 6, 8, and 11 reported perceptions of high risk to physical or mental health from using illicit drugs.

OVER THE COUNTER AND PRESCRIPTION MEDICATIONS

Youth/Adult Consumption

- In 2021, 3% of Iowa adults reported prescription medication misuse in the past year, which is like the national estimate.
- The number of overdose-suspected opioid emergency department admissions was 887 in Iowa in 2021.
- The number of deaths in Iowa in 2021 due to opioid use was 162 for males and 86 for females.
- In 2021, 2% of Iowa youth in 6th grade, 3% in 8th grade, and 3% in 11th grade reported misuse of over-the-counter medication in the past 30 days.

Legal and Educational Consequences

- The percentage of Iowa prison admissions in which methamphetamine was cited as the primary drug of choice increased 45% in the past 10 years from 53% in 2013 to 77% in 2022, while the percentages of prison admissions citing cocaine or marijuana as the primary drug of choice declined during the same period.
- Marijuana (12%) was the second most frequently cited primary drug of choice at prison admission in Iowa in 2022.

- The rate of drug-related removals in Iowa public schools more than doubled from 206 removals per 100,000 students in 2020-21 to 448 removals per 100,000 students in 2021-22.
- The Iowa school suspension and expulsion rate has averaged 294 removals per 100,000 students annually over the past 10 years.

Mental Health

- In 2021, 25% of Iowa adults reported mental illness in the past year. Compared to other states in the nation, Iowa was among the 20 states with the highest percentage of adults reporting mental illness.
- In 2021, 5% of Iowa adults reported serious thoughts of suicide in the past year which is the same as the national estimate.

Background

The State of Iowa had an estimated population of 3,193,079 in 2021 (US Census Bureau, 2023). Two of its many attractions are the rare Loess Hills along the Missouri River, and the world-famous Iowa State Fair in Des Moines. Iowa is bordered by two great American rivers, the Mississippi and the Missouri on its east and west sides, thus making it part of the Lewis and Clark Expedition.

Iowa’s population is 83% White, non-Hispanic, 7% Hispanic or Latino, 4% African American or Black, 3% Asian or Pacific Islander, and <1% American Indian and Alaska Native (US Census Bureau, 2021). A majority of Iowans live in urban areas (60%) compared to those who live in rural areas (40%; US Department of Agriculture, 2023).

Table 1. Iowa Population by Sex, Age, Race/Ethnicity, and Urban and Rural Designation, 2021

Indicator		Iowa	US
Total population¹		3,193,079	331,893,745
Sex	Female	49.8%	50.5%
	Male	50.2%	49.5%
Age (in years)	Under 5 years	5.9%	5.6%
	5 to 14 years	13.1%	12.6%
	15 to 24 years	14.1%	13.0%
	25 to 44 years	25.0%	26.8%
	45 to 64 years	24.1%	25.2%
	65+ years	17.8%	16.8%
Race/ Ethnicity	White	83.0%	58.1%
	Hispanic or Latino	6.6%	18.8%
	Black or African American	3.5%	11.8%

Indicator		Iowa	US
	Asian or Pacific Islander	2.5%	5.9%
	American Indian and Alaska Native	0.3%	0.5%
	Another single race	0.3%	0.6%
	Two or more races	3.8%	4.3%
Urban and Rural Designation ²	Urban	60.1%	86.1%
	Rural	39.9%	13.9%

1. United States Census Bureau (2023).

<https://data.census.gov>

2. United States Department of Agriculture (2023).

<https://www.ers.usda.gov/data-products/state-fact-sheets/>

PROCESS

The following criteria were used in the selection process:

- Data available at State (Iowa) level;
- Sample includes all geographic areas;
- Sample includes age range;
- Data collected at least every two years;
- Measures directly related or strongly associated with Alcohol, Tobacco, and Other Drugs (ATOD) use;
- Data pertain to consumption or consequence; and
- Datasets have adequate sample size.

Additional criteria were applied where similar indicators existed:

- Historical data available;
- Data available at local level;
- Limited redundancy between indicators; and
- Alignment with consequence data.

After the master indicator list was complete and the selection criteria applied, the SEW made final decisions about which data to include in the epidemiological profile. Most indicators were discarded for at least one of the following reasons:

- No useful data source was available;
- Significant problems existed with the data source (e.g., inadequate sample size, unavailability of raw data, inconsistent reporting); and
- Lack of a strong relationship or association between ATOD use and a given consequence.

Indicators related to the consumption or consequences for alcohol, tobacco, and illicit drugs were prioritized. National

datasets were rejected if they were not representative of Iowa due to small sample size.

TREND DATA

Changes in substance use and mental health outcomes over time are critical to researchers and policymakers. Trends have been provided for many of the epidemiological indicators included in this report. However, for some of the data sources – specifically National Survey on Drug Use and Health (NSDUH) and the Iowa Youth Survey (IYS) - trends were not provided in the main body of the report. For the NSDUH survey, researchers and data users are cautioned against using 2021 NSDUH data in trend analyses with 2020 data or data from prior years (NSDUH, 2021). The reason for this is that there were important methodological differences between the 2021 NSDUH data and those from previous years. More specifically, the use of multimode data collection methods and changes to the weighting procedures for the 2021 NSDUH could affect the validity of comparisons between estimates from 2021 and those from prior years (NSDUH, 2021). Conclusions about trends over time can differ depending on whether the analysis uses only web interviews (2020 and before) or interviews from both web and in-person modes (2021). Thus, the 2021 NSDUH estimates are not comparable with estimates from previous years. For this reason, trends based on NSDUH have not been reported within the main body of the report. Instead, these trends are reported in the Appendix and are only provided for data from 2019 and prior years.

Additionally, comparisons between the 2021 Iowa Youth Survey (IYS) and previous years could be problematic because of the differences in the questionnaire structure for 2021 (e.g. question wording, question order) as well as the number of schools who participated which can affect the final estimates of each survey.


For this reason, trends based on IYS have not been included anywhere in this report.

RATES AND PERCENTAGES ROUNDING IN THE REPORT

Throughout the report rates per 100,000 population are used. Population crude rates are defined as the number of cases or events divided by the total population multiplied by 100,000. However, there are a few different types of rates used in this report depending on the data source and/or the group for whom the information is presented. All national surveys (e.g. BRFSS and NSDUH) use age-adjusted rates for the total population. Rates that are disaggregated by demographic characteristics such as age, sex, race/ethnicity are demographic-specific rates. And finally, Iowa population rates shown in drug overdose emergency department admissions are crude rates using the 2021 Iowa total population as the denominator. In sum, the following rates are used.

- Crude rate: The numerator is the number of cases in the population; the denominator is the total number of persons in the population.
- Age-adjusted rate: A rate statistically modified to eliminate the effect of different age distributions in the different populations.
- Demographic-specific rate: A rate limited to a particular demographic group (e.g. male vs. female). The numerator is the number of cases in that demographic group; the denominator is the number of persons in that demographic group in the population.

In this report, percentages were rounded up to the next integer when the decimal value was greater or equal to 0.50. Due to rounding, some figures and tables' percentages may not add to



100%. In addition, 0% is only used when the actual value is 0, and <1% indicates the percentage in that category is below 0.5% and greater than 0%.

COMPARING IOWA VS. NATION AND REPRESENTING THE TREND DATA

Throughout this report, Iowa percentages or rates are compared to those nationally, and are noted as “Higher”, “No difference”, or “Lower”. When available, confidence intervals (CIs) are reported with the estimated percentage values. When the CIs overlap, even though the reported estimates are different, the comparison between Iowa and the nation is noted as “No difference.”

When assessing the trend data (e.g., BRFSS alcohol use in the past 30 days), “Increased”, “Remained steady”, and “Decreased” are used to describe trends. Sometimes, these labels will describe a range of years where the change is occurring to address instances where there are non-linear trends.

Finally, when comparisons cannot be made or trend data is not possible “n/a” is used to indicate non-available information.

SECTION A.1 Adult Alcohol Consumption

ADULT ALCOHOL USE

About the Indicator

Adult alcohol use in the past 30 days is a common measure of current alcohol use in a population.

Data Source(s)

National Survey on Drug Use and Health (NSDUH)
Behavioral Risk Factor Surveillance System (BRFSS)

Indicator Summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Adult alcohol use in the past 30 days	NSDUH	2021	59%	52%	Higher	n/a
Adult alcohol use in the past 30 days	BRFSS	2021	57%	53%	Higher	Remained steady

Current Levels

Across two national surveys, approximately 6 in 10 Iowa adults reported alcohol use in the past month. In 2021, NSDUH estimated 59% of Iowa adults reported having consumed alcohol

in the past 30 days. In 2021, BRFSS estimated 57% of Iowa adults reported having had at least one drink of alcohol within the past 30 days.

Compared to the Nation

In the NSDUH, the percentage of Iowa adults reporting alcohol use in the past 30 days was 59% (CI: 53.71%-63.50%) compared to 52% (CI: 50.83%-52.58%) in the US. Figure 1 illustrates the percentage of adults aged 18 or older reporting alcohol use in the past 30 days. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the highest quintile nationally.

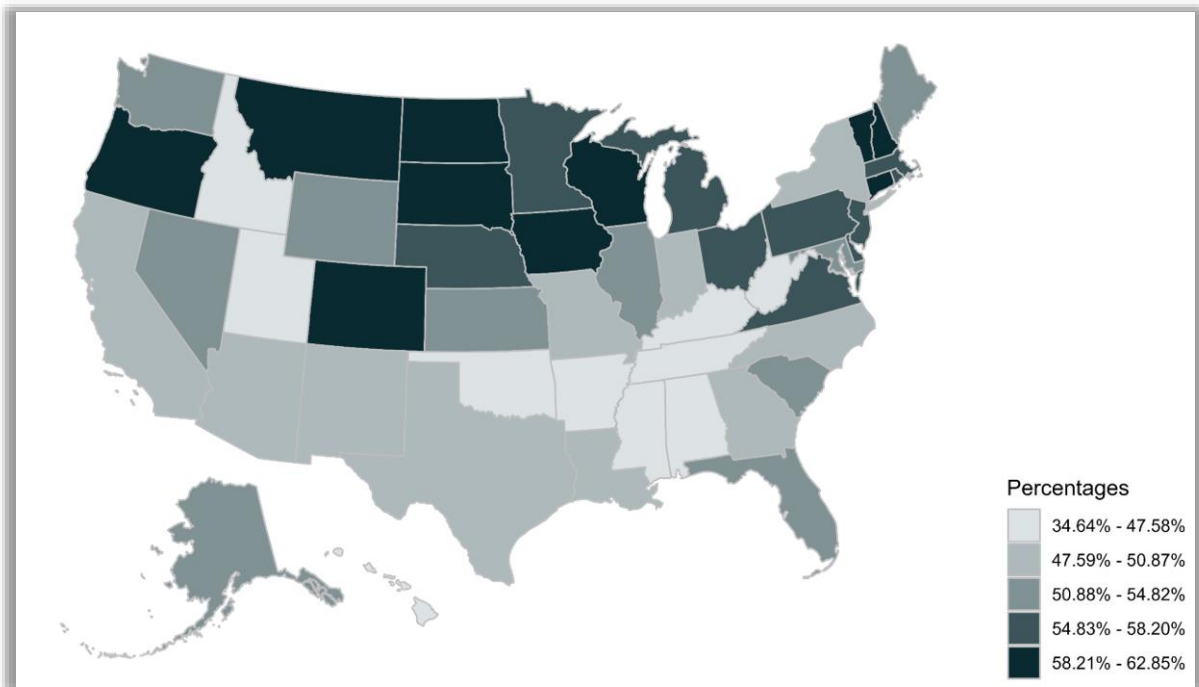


Figure 1. Past 30-Day Alcohol Use, Aged 18 or Older, NSDUH, 2021

Trends

Figure 2 illustrates the BRFSS national estimates of the percentage of adults aged 18 or older reporting alcohol use in the past 30 days in Iowa and the US, respectively. Overall, the

percentage of adult lowans who reported alcohol use in the past 30 days has remained steady.

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-1.

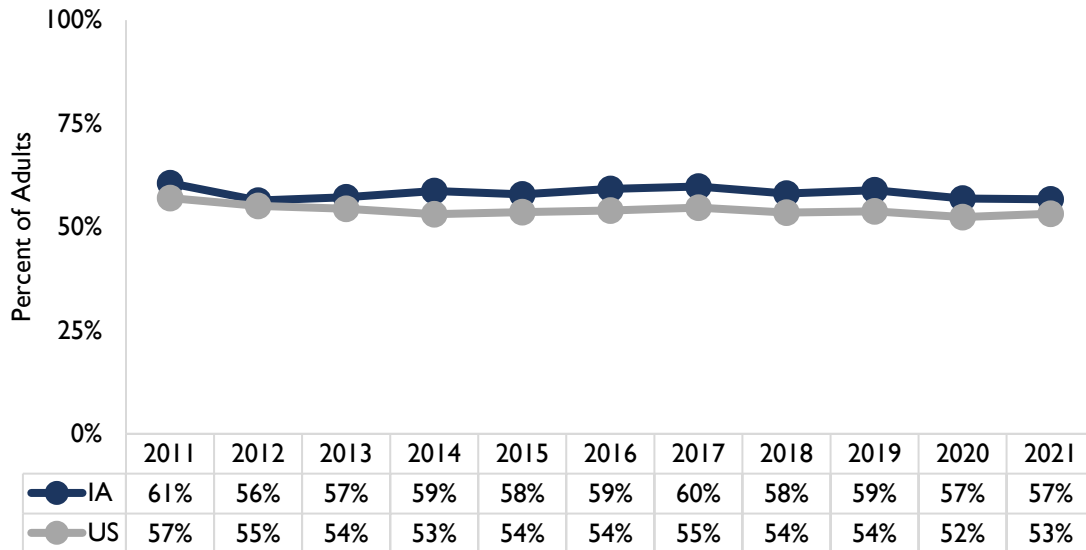
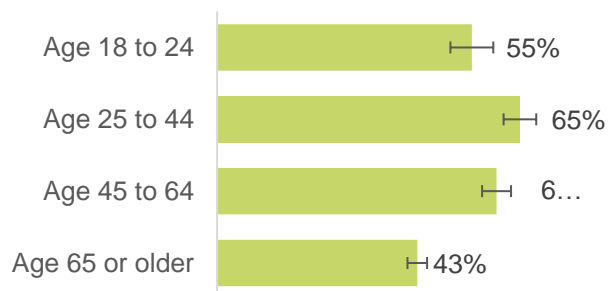


Figure 2. Past 30-Day Alcohol Use, Aged 18 or Older, Iowa & US, BRFSS, 2011-2021

Demographic Characteristics of Adult Alcohol Use¹

Differences by Age

Across all age groups, the highest proportion of reported alcohol use in the past 30 days was among adults aged 25-44 years (65%; Figure 3).



¹ The 2021 BRFSS substance use indicators' estimates and their 95% CI values are shown in the Appendix G. The BRFSS indicators available in this report are: alcohol use, binge drinking, heavy drinking, and cigarette smoking.

Figure 3. Past 30-Day Alcohol Use among Adults in Iowa by Age, BRFSS, 2021

Differences by Sex

A greater proportion of males reported alcohol use in the past 30 days compared to females (Figure 4). In 2021, 51% of females and 62% of males reported alcohol use in the past 30 days.



Figure 4. Past 30-Day Alcohol Use among Adults in Iowa by Sex, BRFSS, 2021

Differences by Race/Ethnicity

A greater proportion of adults who are White, non-Hispanic reported alcohol use in the past 30 days compared to all other race and ethnicity subgroups (Figure 5). In 2021, 59% of White, non-Hispanic adults reported alcohol use in the past 30 days.

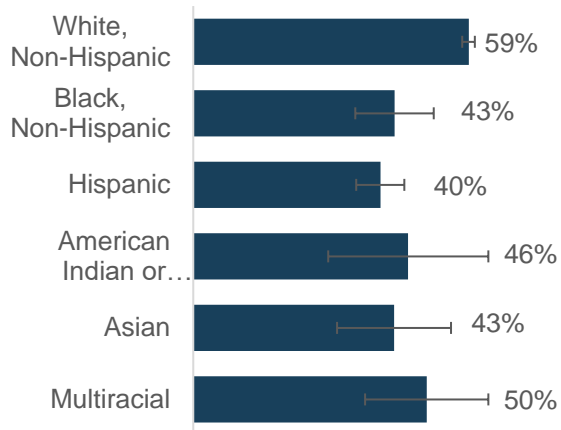


Figure 5. Past 30-Day Alcohol Use among Adults in Iowa by Race/Ethnicity, BRFSS, 2021

Differences by Education Level

The percentage of Iowans who drank alcohol in the past 30 days increased as the level of education increased with the highest level of alcohol use found among college graduates (Figure 6). In 2021, 68% of adults with a college graduate education reported alcohol use in the past 30 days compared to 60% of those with some education post high school, 49% of adults with a high school diploma or GED, and 33% of adults with less than a high school education, respectively.

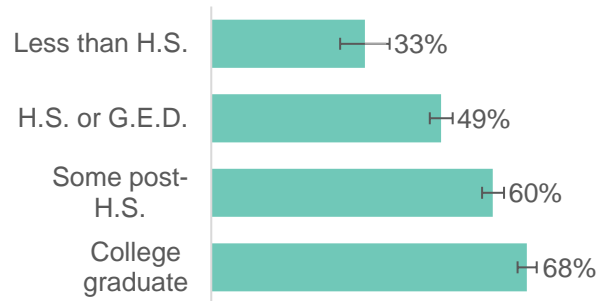


Figure 6. Past 30-Day Alcohol Use among Adults in Iowa by Education Level, BRFSS, 2021

Differences by Income Level

A greater proportion of lowans at higher annual incomes reported alcohol use in the past 30 days compared to those who earn less (Figure 7). In 2021, 76% of Iowa adults earning \$100,000 or more annually reported alcohol use compared to 37% of adults earning less than \$15,000 annually.

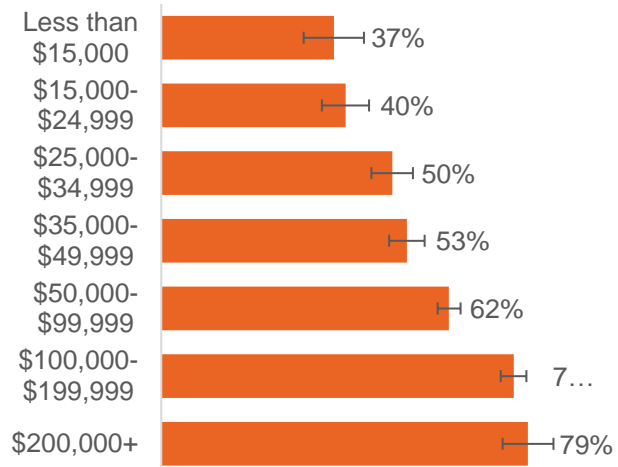


Figure 7. Past 30-Day Alcohol Use among Adults in Iowa by Income Level, BRFSS, 2021

ADULT BINGE DRINKING

About the Indicator

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA; 2004), binge drinking is a pattern of drinking that brings blood alcohol concentration (BAC) to 0.08 gram% or above, and is defined as having consumed 5 or more drinks for males and 4 or more drinks for females in about two hours.

Data Source(s)

National Survey on Drug Use and Health (NSDUH)
Behavioral Risk Factor Surveillance System (BRFSS)

Indicator Summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Adult binge drinking in the past 30 days	NSDUH	2021	27%	23%	No difference	n/a
Adult binge drinking in the past 30 days	BRFSS	2021	20%	15%	Higher	Remained steady

Current Levels

The percentage of adults who reported binge drinking in the past month varied across two national surveys. In 2021, NSDUH estimated 27% of Iowa adults reported binge drinking in the past 30 days. In 2021, BRFSS estimated 20% of Iowa adults reported binge drinking in the past 30 days.

Compared to the Nation

In the NSDUH, the percentage of Iowa adults reporting binge drinking in the past 30 days was 27% (CI: 22.90%-30.53%) compared to 23% (CI: 22.60%-23.94%) in the US.

Figure 8 illustrates the percentage of adults aged 18 or older reporting binge drinking in the past 30 days. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the highest quintile nationally.

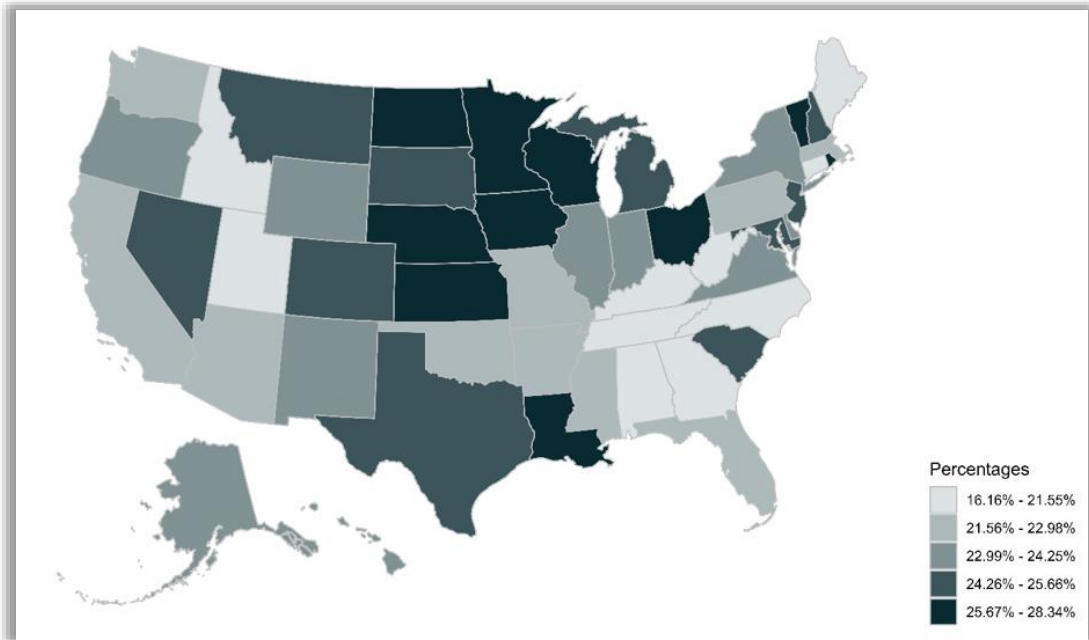


Figure 8. Binge Drinking in the Past 30 Days among Adults, Aged 18 or Older, NSDUH, 2021

Additionally, from the NSDUH survey the percentage of Iowa young adults aged 18 to 25 reporting binge drinking in the past 30 days was 32% (CI: 25.63%-38.38%) compared to 29% (CI: 27.81%-30.54%) in the US.

Figure 9 illustrates the percentage of young adults aged 18 to 25 reporting binge drinking in the past 30 days. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the second highest quintile nationally.

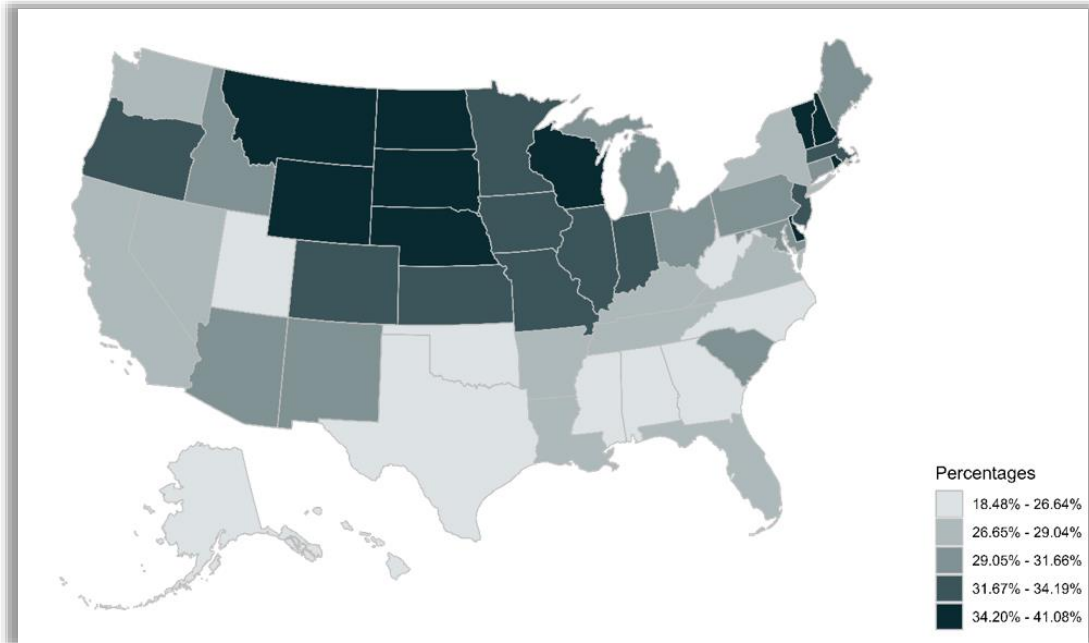


Figure 9. Binge Drinking in the Past 30 Days among Young Adults, Aged 18 to 25, NSDUH, 2021

Trends

Figure 10 illustrates the BRFSS national estimates of the percentage of adults aged 18 or older reporting binge drinking in the past 30 days in Iowa and the US. In 2021, the percentage of Iowa adults reporting binge drinking in the past 30 days was +5 percentage points higher compared to the US.

Overall, the percentage of adult lowans who reported binge drinking in the past 30 days has remained relatively steady in the past ten years.

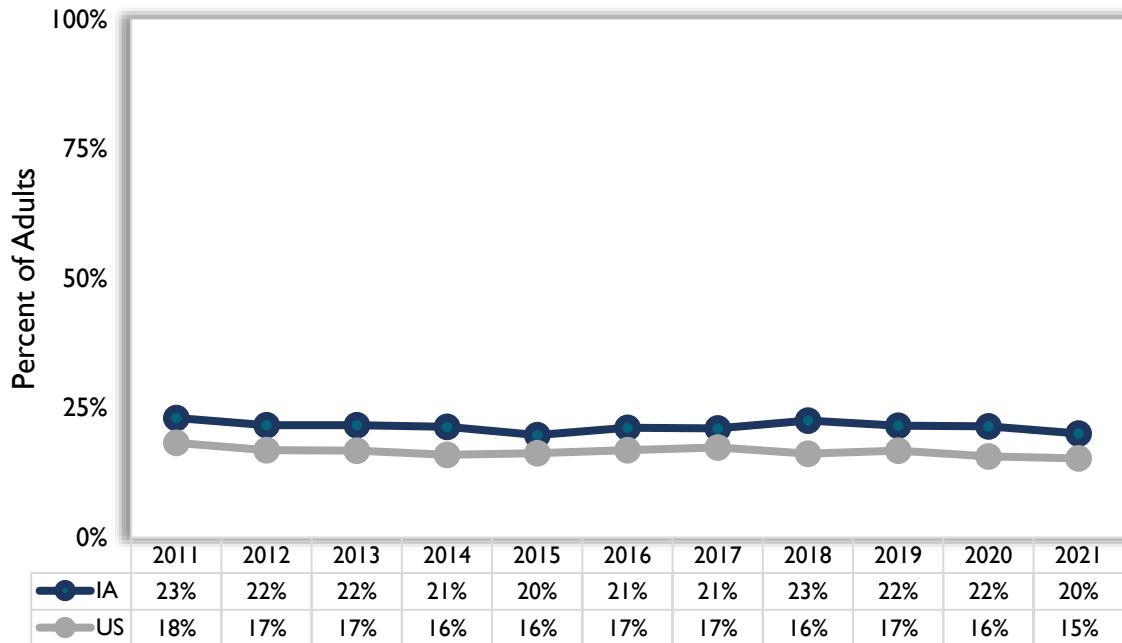


Figure 10. Past 30-Day Binge Drinking among Adults, Aged 18 or Older, Iowa & US, BRFSS, 2011-2021

Demographic Characteristics of Adult Binge Drinking Differences by Age

The proportion of adults who reported binge drinking in the past 30 days decreases with each advancing age group with the highest proportion among adults 18-24 years old (30%).

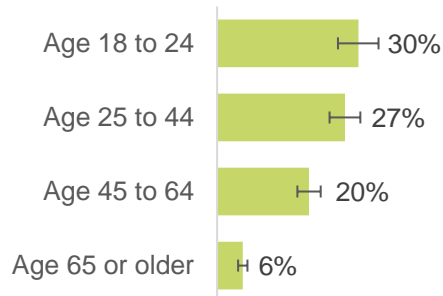


Figure 11. Past 30-Day Binge Drinking among Adults in Iowa by Age, BRFSS, 2021

Differences by Sex

The percentage of males reporting binge drinking was higher compared to females. In 2021, 14% of females and 26% of males reported binge drinking in the past 30 days.

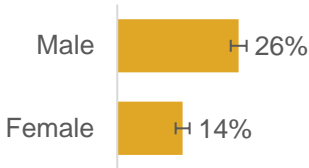


Figure 12. Past 30-Day Binge Drinking among Adults in Iowa by Sex, BRFSS, 2021

Differences by Race/Ethnicity

A greater proportion of adults who are White, non-Hispanic reported binge drinking in the past 30 days compared to all other race and ethnicity subgroups. For example, in 2021, one in five (21%) of White, non-Hispanic adults reported binge drinking in the past 30 days, compared to 12% of non-Hispanic Black or African American adults doing so.

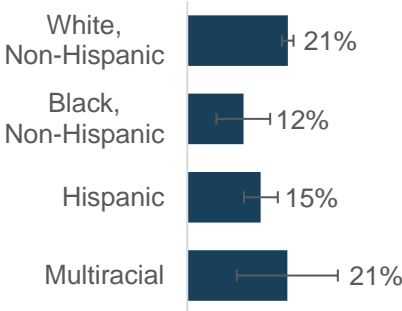


Figure 13. Past 30-Day Binge Drinking among Adults in Iowa by Race/Ethnicity², BRFSS, 2021

² Estimates for American Indian or Alaska Native (non-Hispanic), Asian (non-Hispanic), Native Hawaiian or other Pacific Islander (non-Hispanic), Other (non-Hispanic) are not available for IA.

Differences by Education Level

A higher percentage of adults with some post-high school education (22%) or were a college graduate (20%) reported binge drinking compared to the other education levels.

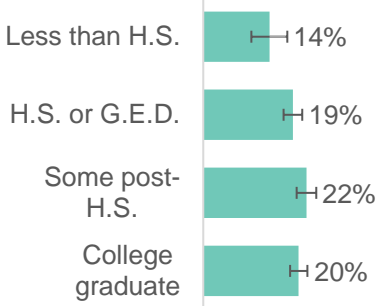


Figure 14. Past 30-Day Binge Drinking among Adults in Iowa by Education Level, BRFSS, 2021

Differences by Income Level

In 2021, Iowans with a household income of \$15,000 to \$24,999 reported the lowest binge drinking rate (14%) while Iowans earning \$200,000 or more had the highest percentage of binge drinking (34%).

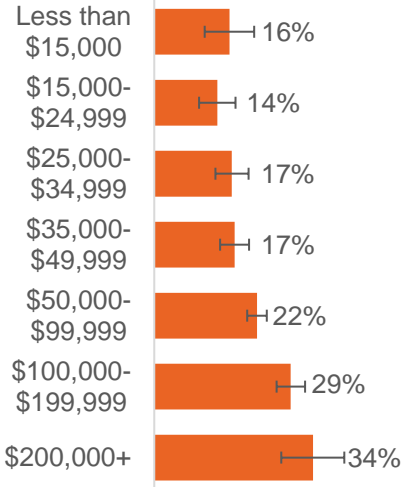


Figure 15. Past 30-Day Binge Drinking among Adults in Iowa by Income Level, BRFSS, 2021

ADULT HEAVY DRINKING

About the Indicator

Heavy drinking is defined as an average of greater than 14 drinks per week for adult men and 7 drinks per week for adult women.

Data Source(s)

Behavioral Risk Factor Surveillance System (BRFSS)

Indicator Summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Adult heavy drinking in the past 30 days	BRFSS	2021	7%	6%	No difference	Remained steady

Current Levels

In 2021, an estimated 7% of Iowa adults reported heavy drinking in the past 30 days.

Compared to the Nation

Figure 16 illustrates the BRFSS national estimates of the percentage of adults aged 18 or older reporting heavy drinking in the past 30 days in Iowa and the US. In 2021, the percentage of Iowa adults reporting heavy drinking in the past 30 days was +1 percentage points higher compared to the US.

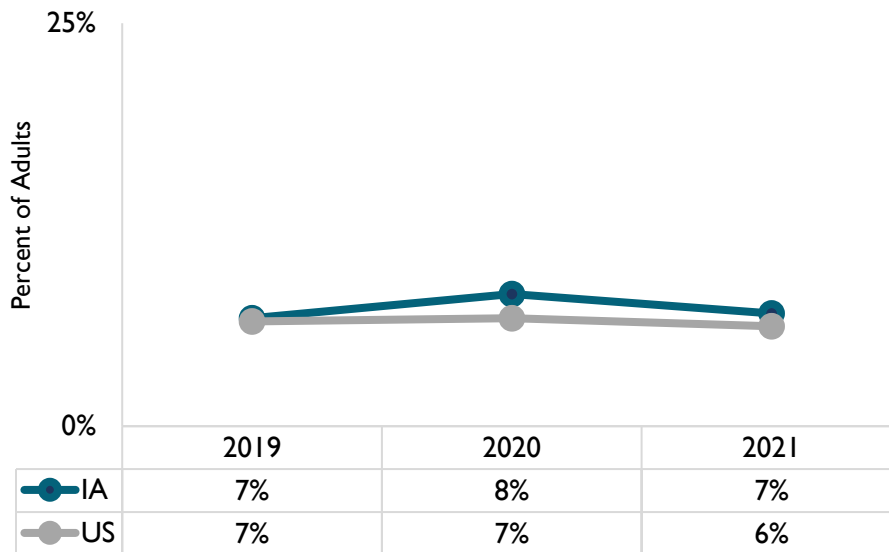


Figure 16. Past 30-Day Heavy Drinking among Adults, Aged 18 or Older, Iowa & US, BRFSS, 2019-2021

Trends

Overall, the percentage of adult Iowans who reported heavy drinking in the past 30 days remained relatively steady in the past three years. Trends for 2019-2021 are not comparable to years prior due to changes in the definition of heavy drinking across survey periods.

Demographic Characteristics of Adult Heavy Drinking Differences by Age

The proportion of adults who reported heavy drinking in the past 30 days is highest among adults 35-44 years old (10%).

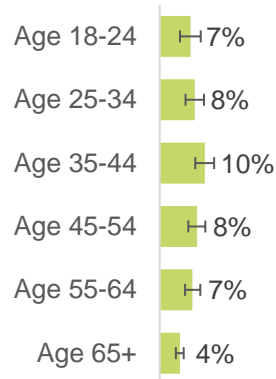


Figure 17. Past 30-Day Heavy Drinking among Adults in Iowa by Age, BRFSS, 2021

Differences by Sex

The percentage of males reporting heavy drinking was higher compared to females. In 2021, 9% of males and 6% of females reported heavy drinking in the past 30 days.

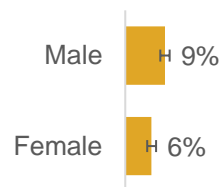


Figure 18. Past 30-Day Heavy Drinking among Adults in Iowa by Sex, BRFSS, 2021

Differences by Race/Ethnicity

Estimates of differences in heavy drinking by race/ethnicity are not available due to small sample sizes for subgroup categories.

n/a³

³ Estimates by race/ethnicity were not available in Iowa with the exception of White (non-Hispanic): 7% for heavy drinking (CI: 6.7%-8.2%).

Differences by Education Level

Heavy drinking is relatively similar across adults by education level.

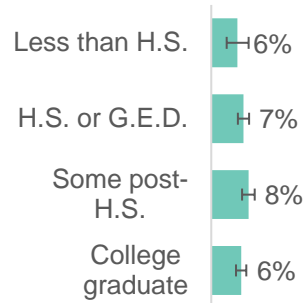


Figure 19. Past 30-Day Heavy Drinking among Adults in Iowa by Education Level, BRFSS, 2021

Differences by Income Level

In 2021, adult Iowans with a household income of \$200,000 or more had the highest percentage of heavy drinking (12%).

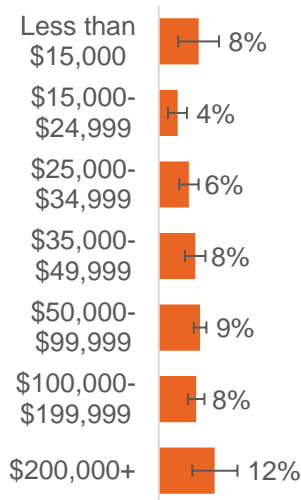


Figure 20. Past 30-Day Heavy Drinking among Adults in Iowa by Income Level, BRFSS, 2021

ADULT RISK PERCEPTIONS OF BINGE DRINKING

About the Indicator

The NSDUH assessed risk perceptions about the effects of using certain drugs and other substances. With regards to binge

drinking, the question asked “*How much do people risk harming themselves physically and in other ways when they have five or more drinks of an alcoholic beverage once or twice a week?*”. Response options were “No risk”, “Slight risk”, “Moderate risk”, or “Great risk”.

Data Source(s)

National Survey on Drug Use and Health (NSDUH)

Indicator Summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Perceptions of great risk from having five or more drinks of an alcoholic beverage once or twice a week	NSDUH	2021	37%	44%	Lower	n/a

Current Levels

In 2021, an estimated 37% of Iowa adults reported perceptions of great risk from having five or more drinks of an alcoholic beverage once or twice a week.

Compared to the Nation

In the NSDUH, the percentage of Iowa adults reporting perceptions of great risk from binge drinking five or more drinks of an alcoholic beverage once or twice a week was 37% (CI: 32.86%-40.43%) compared to 44% (CI: 43.38%-45.04%) in the US.

Figure 21 illustrates the percentage of adults aged 18 or older reporting perceptions of great risk from binge drinking. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the lowest quintile nationally.

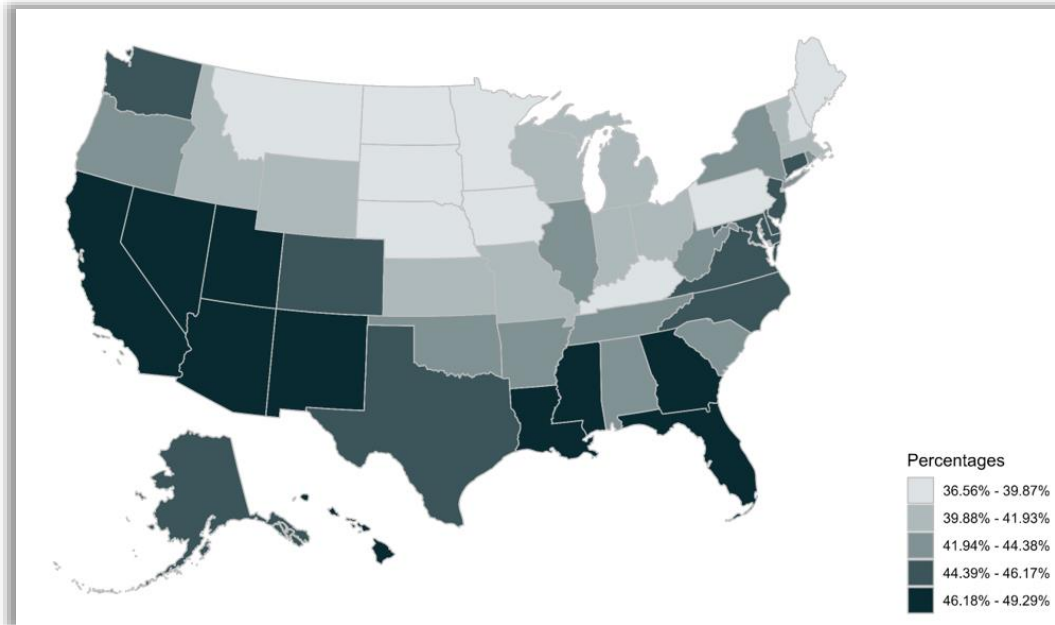


Figure 21. Perceptions of Great Risk from Binge Drinking Among Adults, Aged 18 or Older, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-2.

SECTION A.2 Youth Alcohol Consumption

YOUTH ALCOHOL USE

About the Indicator

The NSDUH asked “*How long has it been since you last drank an alcoholic beverage?*”. Percentages reported below reflect those who responded “*Within the past 30 days*”.

The Iowa Youth Survey asked students, “*In the past 30 days, have you had at least one drink of alcohol (glass, bottle or can of beer, glass of wine, liquor, or mixed drink)?*”.

Data Source(s)

National Survey on Drug Use and Health (NSDUH)
Iowa Youth Survey (IYS)

Indicator Summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth aged 12 to 17 alcohol use in the past 30 days	NSDUH	2021	11%	7%	No difference	n/a
Youth alcohol use in the past 30 days	IYS	2021	2%, 6 th grade 6%, 8 th grade	n/a	n/a	n/a

			18%, 11 th grade		
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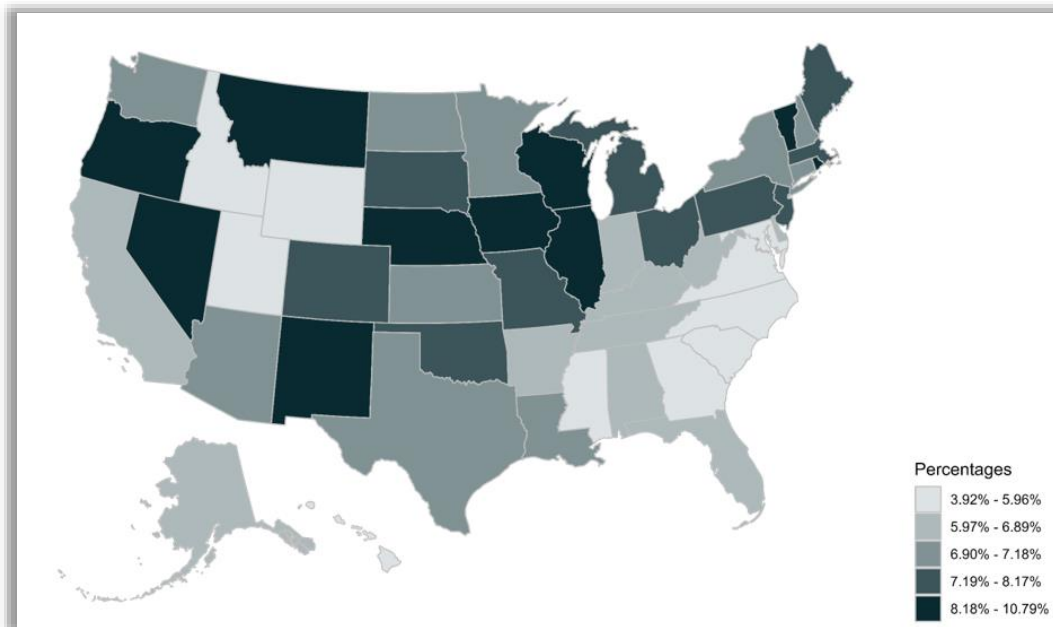
Current Levels

In a national survey in 2021, NSDUH estimated 11% of youth aged 12 to 17 in Iowa reported alcohol use in the past 30 days. In a statewide survey, the IYS found that 2% of youth in 6th grade, 6% in 8th grade, and 18% in 11th grade reported alcohol use in the past 30 days.

Compared to the Nation

In the NSDUH, the percentage of Iowa youth reporting alcohol use in the past 30 days was 11% (CI: 7.73%-14.87%) compared to 7% (CI: 6.22%-7.85%) in the US.

Figure 22 illustrates the percentage of youth aged 12 to 17 reporting alcohol use in the past 30 days. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the highest quintile nationally.⁴



⁴ The percentage reported for Iowa (11%) appears to fall outside the highest quintile range shown in the figure “8.18% to 10.79%” due to rounding.

Figure 22. Alcohol Use in the Past Month among Youth Aged 12 to 17 by State, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-3.

Demographic characteristics of Youth Alcohol Use

Differences by Grade

Alcohol use increases with each advancing grade. In 2021, 18% of youth in 11th grade, 6% of youth in 8th grade, and 2% of youth in 6th grade reported alcohol use in the past 30 days.

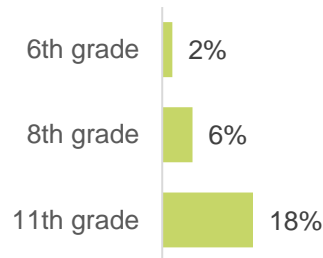


Figure 23. Past 30-Day Alcohol Use among Youth by Grade, IYS, 2021

Differences by Sex

In 2021, 9% of females and 8% of males reported alcohol use in the past 30 days.

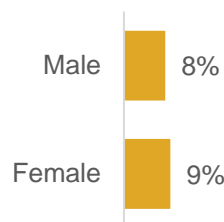


Figure 24. Past 30-Day Alcohol Use among Youth by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of alcohol use in the past 30 days was among students who were White (9%), Hispanic or Latino/a (9%), or reported being two or more races (10%).

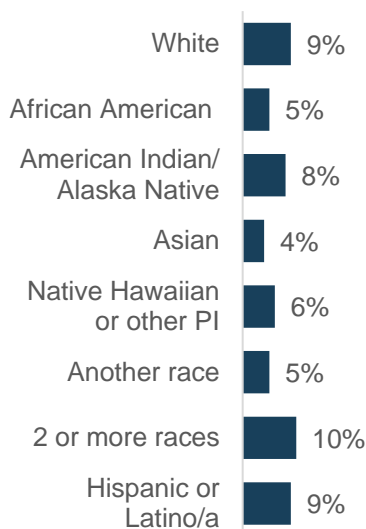


Figure 25. Past 30-Day Alcohol Use among Youth by Race/Ethnicity, IYS, 2021

Differences by County

Figure 26 illustrates the percentage of youth in 11th grade reporting alcohol use in the past 30 days by county. The map groups counties in the same percentage range by color. Counties with cell counts less than fifty for the behavior are not reported and appear gray in the map. The counties with the highest prevalence of 11th grade youth reporting alcohol use in the past 30 days include: Appanoose (36%); Lee (33%); Audubon (32%), and Carroll and Cherokee (29%, respectively).

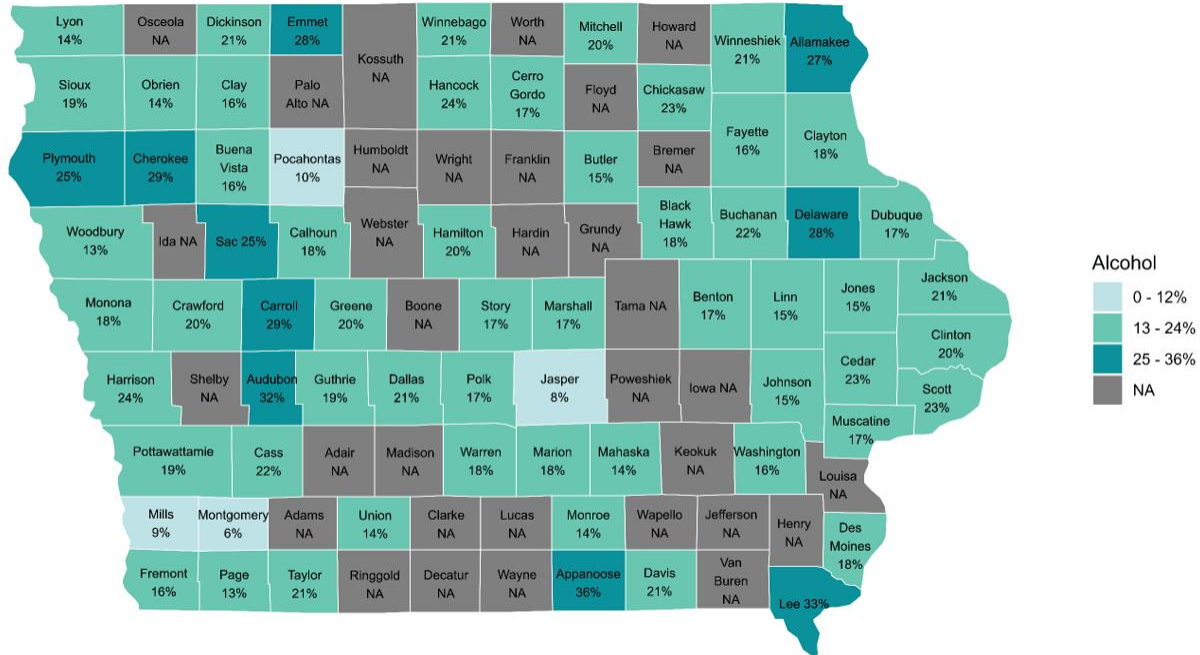


Figure 26. Past 30-Day Alcohol Use among 11th Grade Students by County, IYS, 2021

YOUTH FIRST ALCOHOL USE BEFORE AGE 13

About the Indicator

Youth were asked the following question: “How old were you when you first drank (more than a few sips of) alcohol (beer, wine, alcoholic drinks, or hard liquor such as vodka, whiskey, rum, tequila, gin)?”. Response options were “8 or younger”, “9 or 10”, “11 or 12”, “13 or 14”, “15 or 16”, or “17 or older”. Percentages presented for this indicator reflect responses of “8 or younger”, “9 or 10”, and “11 or 12” combined.

Data Source(s)

Iowa Youth Survey (IYS)

Indicator Summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth first alcohol use before age 13	IYS	2021	10%, 6 th grade 11%, 8 th grade 7%, 11 th grade	n/a	n/a	n/a

Current Levels

In 2021, 10% of youth in 6th grade, 11% of youth in 8th grade, and 7% of youth in 11th grade reported their first use of alcohol before the age of 13.

Demographic Characteristics of Youth First Alcohol Use Differences by Grade

In 2021, 10% of students in 6th grade reported having consumed alcohol before age 13 compared to 11% of students in 8th grade and 7% of students in 11th grade.

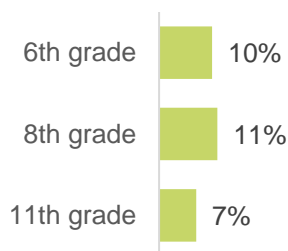


Figure 27. Percent of Youth Reporting First Alcohol Use before Age 13 by Grade, IYS, 2021

Differences by Sex

In 2021, 9% of females and 11% of males reported having consumed alcohol before age 13.

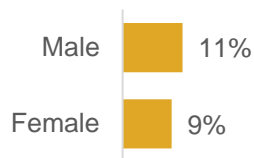
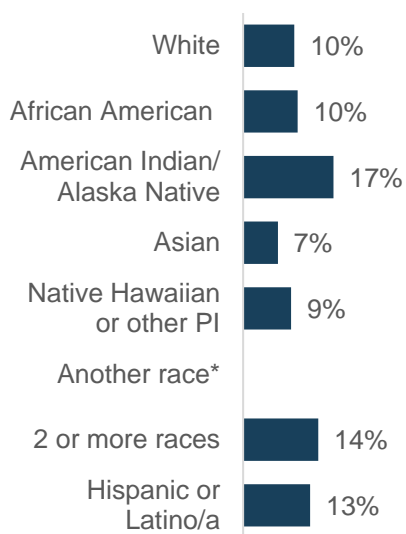


Figure 28. Percent of Youth Reporting First Alcohol Use before Age 13 by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of students first consuming alcohol before age 13 was among those who were American Indian/Alaska Native (17%) followed by students who reported being two or more races (14%) and Hispanic or Latino/a students (13%).



*Percentage suppressed due to cell count less than 11.

Figure 29. Percent of Youth Reporting First Alcohol Use before Age 13 by Race/Ethnicity, IYS, 2021

YOUTH BINGE DRINKING AND DRIVING UNDER THE INFLUENCE

About the Indicator

The NSDUH defined binge alcohol use as drinking five or more drinks (for males) or four or more drinks (for females) on the same

occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.

Students were asked the following question on the Iowa Youth Survey: “*During the last 30 days, on how many days did you have 5 or more drinks of alcohol (glasses, bottles, or cans of beer, glasses of wine, liquor, mixed drinks) in a row, that is within a couple of hours?*”.

Data Source(s)

National Survey on Drug Use and Health (NSDUH)
Iowa Youth Survey (IYS)

Indicator Summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth binge drinking in the past month	NSDUH	2021	5%	4%	No difference	n/a
Youth binge drinking in the past 30 days	IYS	2021	<1%, 6 th grade 2%, 8 th grade 9%, 11 th grade	n/a	n/a	n/a
Youth operating a car or motorized vehicle after consuming alcohol or drugs	IYS	2021	7%, 11 th grade	n/a	n/a	n/a

Current Levels

In 2021, NSDUH estimated 5% of youth aged 12 to 17 in Iowa reported binge drinking in the past month. In a statewide survey, the IYS found that less than 1% of youth in 6th grade, 2% of youth in 8th grade, and 9% of youth in 11th grade reported binge drinking in the past 30 days. Additionally, IYS found that 7% of youth in 11th grade reported operating a car or motorized vehicle after consuming alcohol or drugs.

Compared to the nation

In the NSDUH, the percentage of Iowa youth reporting binge drinking in the past 30 days was 5% (CI: 3.22%-7.21%) compared to 4% (CI: 3.25%-4.50%) in the US.

Figure 30 illustrates the percentage of youth aged 12 to 17 reporting binge drinking in the past 30 days. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the highest quintile nationally.

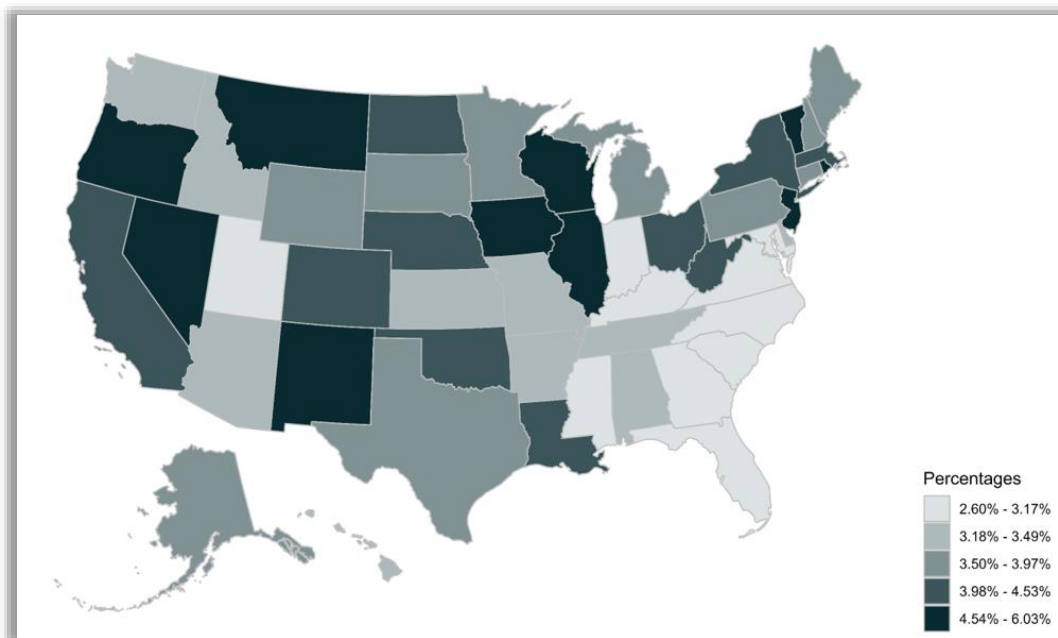


Figure 30. Past 30-Day Binge Drinking among Youth Aged 12-17, by State, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-4.

Demographic Characteristics of Youth Binge Drinking Differences by Grade

Binge drinking increases by advancing grade. In 2021, 9% of youth in 11th grade, 2% of youth in 8th grade, and <1% of youth in 6th grade reported binge drinking in the past 30 days.

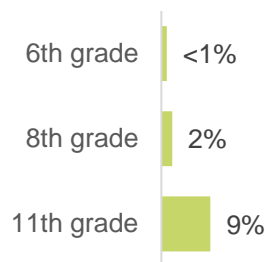


Figure 31. Past 30-Day Binge Drinking among Youth by Grade, IYS, 2021

Differences by Sex

In 2021, 4% of females and 3% of males reported binge drinking in the past 30 days.

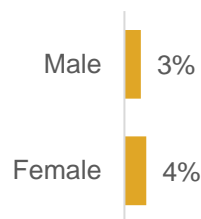


Figure 32. Past 30-Day Binge Drinking among Youth by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of binge drinking in the past 30 days was 4% across several race and ethnic subgroups, including students who were White, American Indian or Alaska Native, Hispanic or Latino/a, or reported being two or more races.

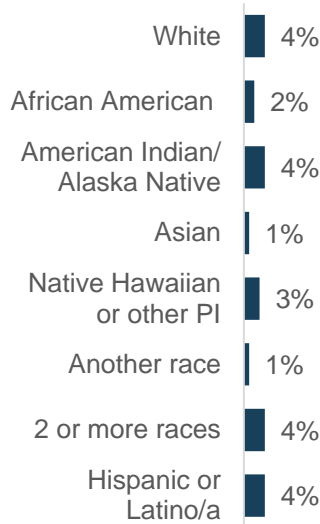


Figure 33. Past 30-Day Binge Drinking among Youth by Race/Ethnicity, IYS, 2021

Demographic Characteristics of Youth Driving After Alcohol/Drug Use

Differences by Grade

In 2021, 7% of youth in 11th grade, reported driving after consuming alcohol or drugs.

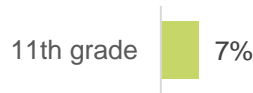


Figure 34. Percent of Youth Reporting Driving a Car or Motorized Vehicle After Using Alcohol or Drugs, 11th grade, IYS, 2021

Differences by Sex

In 2021, 4% of females and 7% of males, in 11th grade, reported driving after consuming alcohol or drugs.

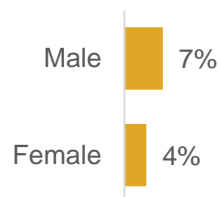


Figure 35. Percent of Youth Reporting Driving a Car or Motorized Vehicle After Using Alcohol or Drugs by Sex, 11th grade IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of students, in 11th grade, who reported having ever operated a car or motorized vehicle after consuming alcohol or drugs was 9% for Native Hawaiian or other Pacific Islander students followed by 8% of American Indian/Alaska Native students.

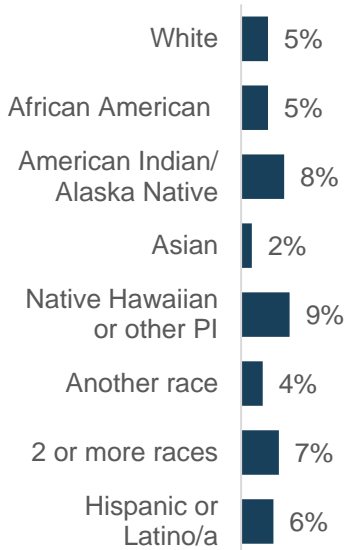


Figure 36. Percent of Youth Reporting Driving a Car or Motorized Vehicle After Using Alcohol or Drugs by Race/Ethnicity, 11th grade, IYS, 2021

YOUTH RISK PERCEPTIONS OF ALCOHOL CONSUMPTION

About the Indicator

The NSDUH asked *“How much do people risk harming themselves physically and in other ways when they have five or more drinks of an alcoholic beverage once or twice a week?”*. The response options were “No risk”, “Slight risk”, “Moderate risk”, and “Great risk”.

Students were asked the following question on the Iowa Youth Survey: *“Thinking about possible risks to physical or mental health, please indicate the level of risk for each of the following activities: Drinking 4 [FEMALE] / 5 [MALE] or more drinks of alcohol (beer, wine, alcoholic drinks, or hard liquor such as vodka, whiskey, rum, tequila, gin) within a couple of hours”*. Response options were “Little or no risk”, “Slight risk”, “Moderate risk”, or “High risk”. Percentages presented for this indicator reflect responses of “High risk”.

Data Source(s)

National Survey on Drug Use and Health (NSDUH)
Iowa Youth Survey (IYS)

Indicator Summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Perceptions of great risk from having five or more drinks of an alcoholic beverage once or twice a week	NSDUH	2021	38%	43%	No difference	n/a
Perceptions of high risk of binge drinking to physical or mental health	IYS	2021	46%, 6 th grade 49%, 8 th grade 43%, 11 th grade	n/a	n/a	n/a

Current Levels

In a national survey in 2021, NSDUH estimated that 38% of Iowa youth aged 12 to 17 reported “Great risk” from binge drinking once or twice a week. In a statewide survey in 2021, 46% of youth in 6th grade, 49% of youth in 8th grade, and 43% of youth in 11th grade reported “High risk” to physical or mental health from binge drinking.

Compared to Nation

In the NSDUH, the percentage of Iowa youth aged 12 to 17 reporting perceptions of great risk from binge drinking five or more drinks of an alcoholic beverage once or twice a week was 38% (CI: 32.36%-43.29%) compared to 43% (CI: 41.73%-44.59%) in the US.

Figure 37 illustrates the percentage of youth aged 12 to 17 reporting perceptions of great risk from binge drinking. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the lowest quintile nationally.

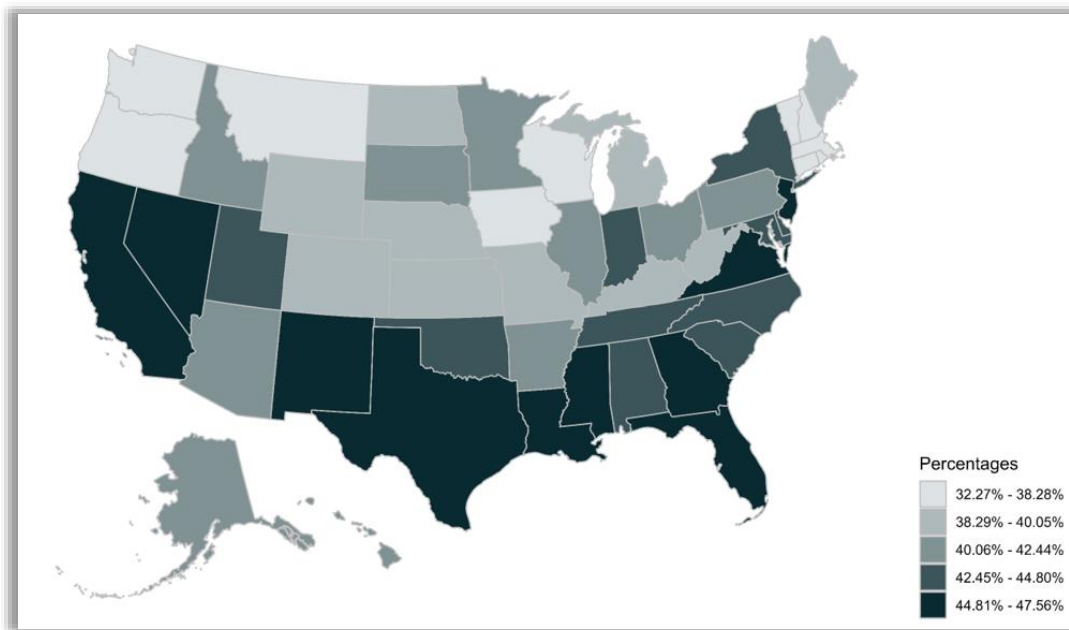


Figure 37. Perceptions of Great Risk from Binge Drinking among Youth Aged 12 to 17, by State, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-5.

Demographic Characteristics of Youth Risk Perceptions Differences by Grade

In 2021, the percentage of students reporting perceptions of high risk from binge drinking was lowest among students in 11th grade (43%).



Figure 38. Youth Perceptions of High Risk from Binge Drinking by Grade, IYS, 2021

Differences by Sex

In 2021, 45% of females and 47% of males reported perceptions of high risk from binge drinking to physical or mental health.



Figure 39. Youth Perceptions of High Risk from Binge Drinking by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students reporting perceptions of high risk from binge drinking was highest among students who were Asian (57%).

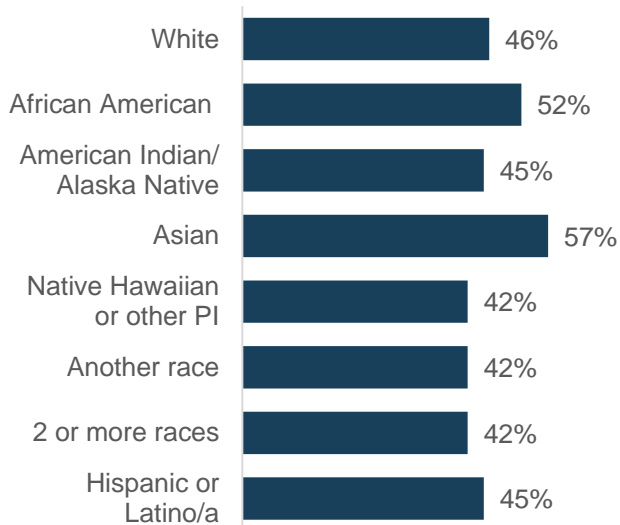


Figure 40. Youth Perceptions of High Risk from by Race/Ethnicity, IYS, 2021

YOUTH PERCEPTIONS OF EASY ACCESS TO ALCOHOL

About the indicator

This indicator reflects youth perceptions of easy access to alcohol for someone their age. The IYS question asked: *“How easy or hard do you think it would be for someone your age to get each of the following: Alcoholic beverages (beer, wine, or liquor)?”*.

Response options were “Very hard”, “Hard”, “Easy”, “Very easy”, or “Don’t know”. Proportions presented reflect the percentage of students responding “Easy” or “Very easy” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of easy access to alcohol	IYS	2021	22%, 6 th grade 49%, 8 th grade 72%, 11 th grade	n/a	n/a	n/a

Current levels

In a statewide survey in 2021, 22% of youth in 6th grade, 49% of youth in 8th grade, and 72% of youth in 11th grade reported it would be “Easy” or “Very easy” for someone their age to access alcohol.

Demographic characteristics of youth reporting easy access to alcohol

Differences by Grade

In 2021, 72% of students in 11th grade reported it would be “Very easy” or “Easy” to get alcohol compared to 49% of students in 8th grade.

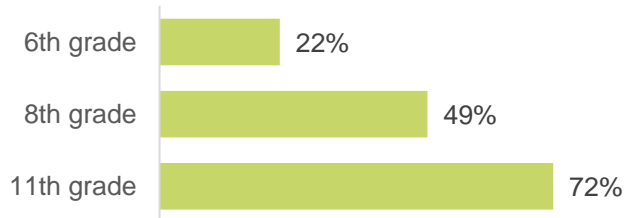


Figure 41. Percent of Youth Reporting Easy Access to Alcohol by Grade, IYS, 2021

Differences by Sex

In 2021, 52% of females and 43% of males reported it would be “Very easy” or “Easy” for someone their age to get alcohol.



Figure 42. Percent of Youth Reporting Easy Access to Alcohol by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students reporting easy access to alcohol was highest among students who were White (49%).

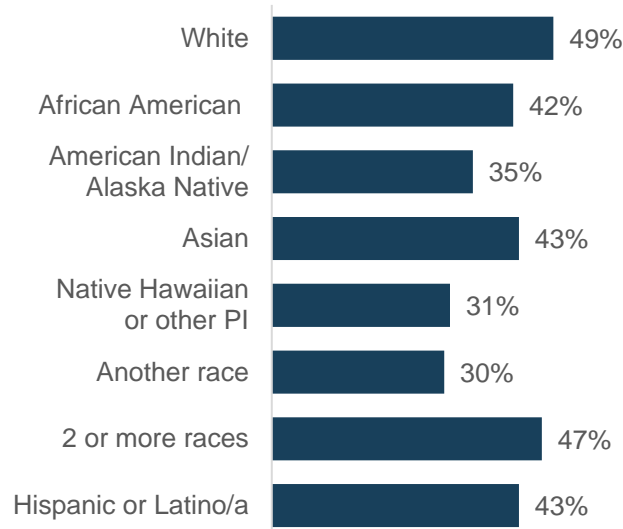


Figure 43. Percent of Youth Reporting Easy Access to Alcohol by Race/Ethnicity, IYS, 2021

PERCEIVED NORMS ABOUT YOUTH ALCOHOL CONSUMPTION

About the Indicator

This indicator reflects perceptions of peer beliefs about youth alcohol consumption. The IYS question asked: *“About how many students in your grade would feel it is okay for you to do each of the following: Drink beer, wine, alcoholic drinks, or hard liquor?”*. Response options were “Almost none would think it is ok”, “A few would think it is ok”, “Some would and some wouldn’t think it is ok”, “Most would think it is ok”, or “Almost all would think it is ok”. Proportions presented reflect the percentage of students responding “Almost none would think it is ok” or “A few would think it is ok” combined.

Data Source(s)

Iowa Youth Survey (IYS)

Indicator Summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of peer beliefs about drinking alcohol	IYS	2021	83%, 6 th grade 64%, 8 th grade 25%, 11 th grade % reporting Almost none or A few	n/a	n/a	n/a

Current Levels

In a statewide survey in 2021, 83% of youth in 6th grade, 64% of youth in 8th grade, and 25% of youth in 11th grade reported “Almost none” or “A few” students in their grade would feel it is ok to drink alcohol.

Demographic Characteristics of Youth and Peer Belief About Alcohol

Differences by Grade

In 2021, 83% of students in 6th reported only a few or no students believe it is ok to drink alcohol compared to 25% of 11th grade students

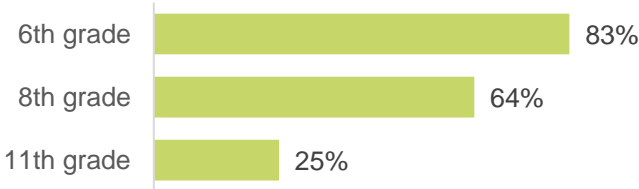


Figure 44. Perceptions of Peer Beliefs about Drinking Alcohol by Grade, IYS, 2021

who perceived the same.

Differences by Sex

In 2021, 64% of males reported only a few or no students believe it is ok to drink alcohol compared to 55% of females who perceived the same.



Figure 45. Perceptions of Peer Beliefs about Drinking Alcohol by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, approximately 6 in 10 students regardless of race or ethnicity perceived that only a few or no students believe it is ok to drink alcohol.

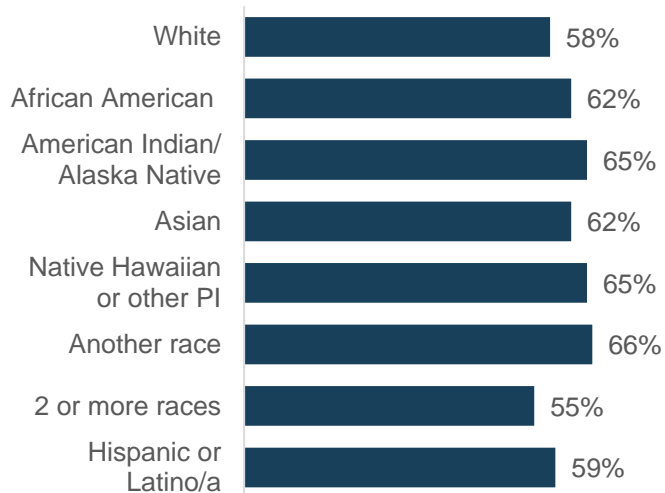


Figure 46. Perceptions of Peer Beliefs about Drinking Alcohol by Race/Ethnicity, IYS, 2021

SECTION A.3 Consequences of Alcohol Use

EDUCATIONAL CONSEQUENCES FOR ALCOHOL-RELATED REMOVALS

About the Indicator

This indicator reports the rate of alcohol-related removals (suspensions or expulsions) per 100,000 students in Iowa public schools.

Data Source(S)

Iowa Department of Education (IDE)

Indicator Summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Alcohol-related removals in public schools	IDE	2021-22	81 alcohol removals per 100,000 students	n/a	n/a	Increased ⁵ (2021-2022)

Current levels

In 2021-22, a total of 394 students in public schools received suspension or expulsions for alcohol-related removals. The rate was 81 alcohol-related removals per 100,000 students.

⁵ The decline during the 2019-2021 period could be confounded by the closure of schools during the COVID-19 pandemic.

Trends

Between 2017-18 and 2020-21 (including years during the COVID-19 pandemic), the rate of alcohol-related removals decreased from 84 per 100,000 population (2017-18) to 42 per 100,000 population (2020-21). Prior to 2017-18, the rate fluctuated between 61 to 72 per 100,000 population between 2012-12 and 2016-17. In 2021-22, the rate nearly doubled compared to that in 2020-21 (Figure 47). The Iowa school suspension and expulsion rate has averaged 67 removals per 100,000 students annually over the past 10 years.

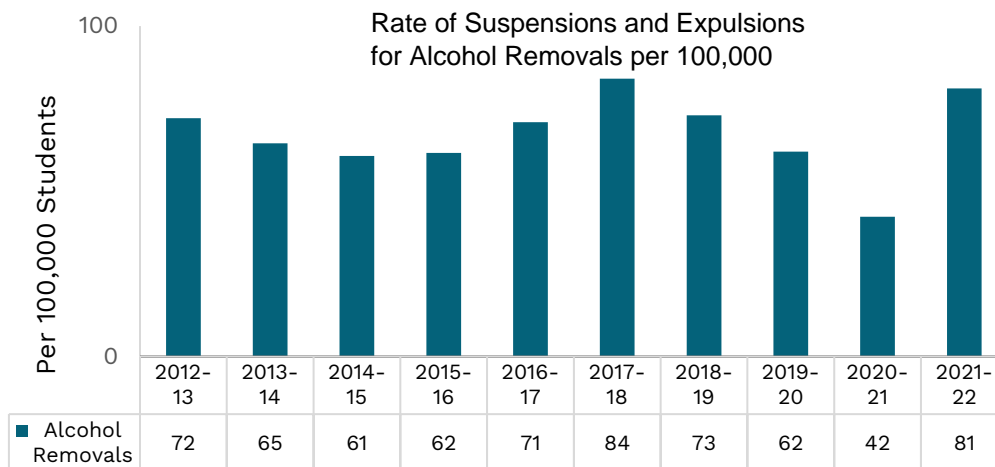


Figure 47. Rate of Alcohol-Related Removals among Students in All Iowa Public Schools, IDE, 2013-2022

LEGAL CONSEQUENCES OF ALCOHOL-RELATED BEHAVIOR

About the Indicator

This indicator reports the counts of arrests in Iowa where the most serious offense was alcohol-related due to drunkenness or liquor law violations. Drunkenness is defined as "...when individuals drink alcoholic beverages to the extent that their mental faculties

and physical coordination are substantially impaired” (FBI-UCR, 2004). Liquor law violation is defined as “...the violation of laws or ordinances prohibiting the manufacture, sale, purchase, transportation, possession, or use of alcoholic beverages, not including Operating a Vehicle While Intoxicated (OWI) or drunkenness offenses” (FBI-UCR, 2004).

Data Source(S)

Federal Bureau of Investigation, Uniform Crime Reporting (FBI-UCR)

Indicator Summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Arrests for drunkenness	FBI-UCR	2020	2,551 arrests	n/a	n/a	Decreased
Arrests for liquor law violations	FBI-UCR	2021	1,509 arrests	n/a	n/a	Decreased
Operating while intoxicated arrest rate	FBI-UCR	2021	277 arrests per 100,000 pop.	n/a	n/a	Decreased

Current Levels

A total of 2,551 arrests for drunkenness in 2020, and 1,509 arrests were made for liquor law violations in 2021. In 2021, there were 277 arrests for operating a vehicle while intoxicated per 100,000 population.

Trends

The 2012-2021 Federal Bureau of Investigation – Uniform Crime Reporting (FBI-UCR) data showed a decrease in liquor law and drunkenness violations in Iowa.⁶ Liquor law violations have been gradually decreasing since 2012 (Figure 48). In 2012, there were more than 6,300 liquor law violations compared to 1,509 liquor law violations in 2021. Arrests where the most serious offense was due to drunkenness significantly decreased from 12,437 arrests in 2012 to 2,551 arrests in 2020.

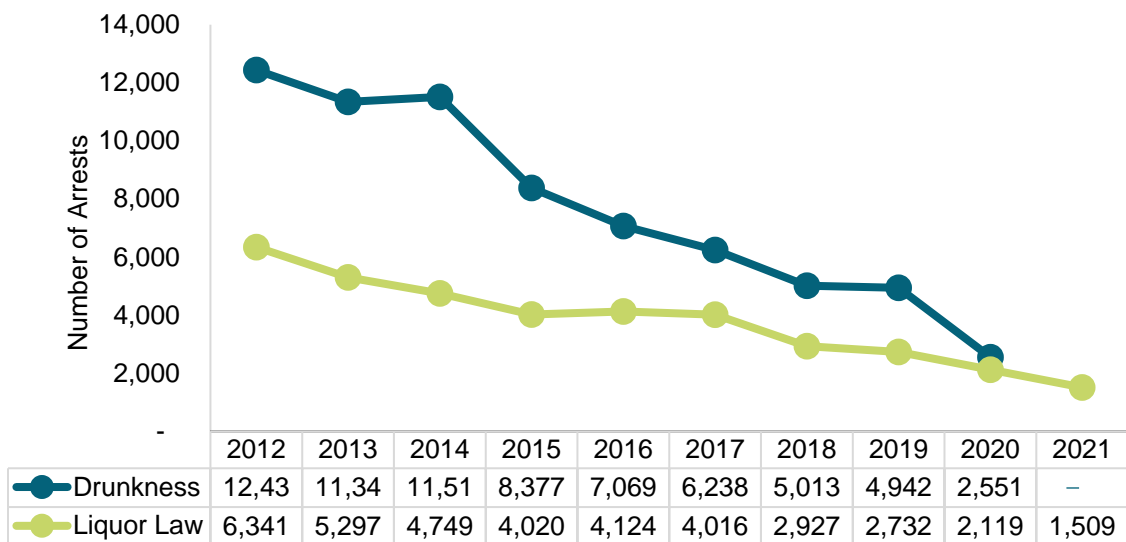


Figure 48. Alcohol-Related Primary Arrests⁷ Due to Liquor Law Violations and Drunkenness, FBI-UCR, 2012-2021⁸

Figure 49 illustrates the rate of operating a vehicle while intoxicated (OWI) in Iowa. Drivers with a blood/breath/urine alcohol concentration (BAC) of 0.08% or greater are considered to be alcohol-impaired. OWI arrests in Iowa have been

⁶ The decline during the 2019-2021 period could be confounded by the closure of bar and restaurants during the COVID-19 pandemic.

⁷ Note: Counts do not represent the total (absolute) number of arrests due to drunkenness or liquor law violations. Agencies report Group B offenses such as 90D=DUI and 90E=Drunkenness only when they are the most serious offense in an incident. For example, if an incident involves both a 35A=Drug/Narcotic Violation and a 90D=DUI, agencies report only the more serious drug offense to the Iowa UCR program.

⁸ The number of arrests for drunkenness was 0 in 2021, but this value is not shown in the figure. It is possible that the information was not updated on FBI-UCR website at the time of this report.

decreasing gradually since 2012. In 2021, the rate of OWI arrests was 277 arrests per 100,000 resident population compared to 370 arrests per 100,00 in 2012.

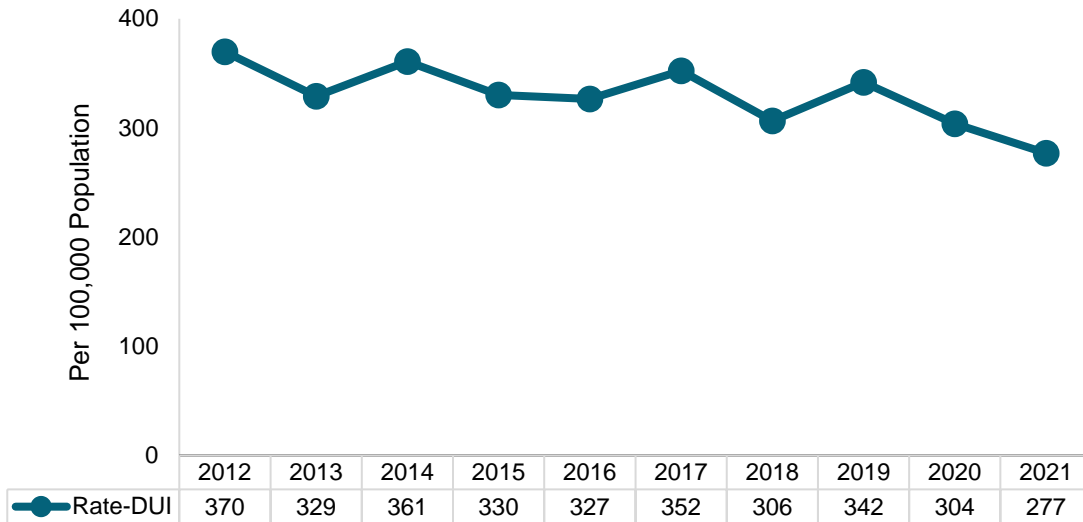


Figure 49. Rates of Operating a Vehicle While Intoxicated, FBI-UCR, 2012-2021

ALCOHOL-INVOLVED DEATHS

About the indicator

This indicator reports the 2021 death counts⁹ and population rates involving alcohol.

Data source(s)

Iowa Department of Health & Human Services (Iowa HHS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
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⁹ The death count uses the ICD 10, underlying cause of death ((F10.3-F10.9, F10.0, F10.1, F10.2, G62.1, G31.2, G72.1, I42.6, K29.2, K70.0-K70.4, K70.9, K85.2, K86.0, Q86.0, P04.3, I85, K22.6, K74.0-K74.2, K74.6, K76.0, K76.7, K76.9, K76.6, X45, Y15, X65).

Alcohol-Involved Deaths	Iowa HHS	2021	923	n/a	n/a	Increased
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Current levels

In 2021, there were 923 deaths involving alcohol in Iowa that translates to an age-adjusted rate of 26 deaths per 100,000 population. Table 2 provides sex-specific death rate in Iowa. For males, there were 618 deaths involving alcohol (rate of 36 deaths per 100,000 population) in 2021 compared to 305 deaths involving alcohol (rate of 16 deaths per 100,000 population) for females.

Table 2. Alcohol-Related Death Count and Sex-Specific Rate, Iowa, 2021

Sex	Alcohol-Involved Death	
	Number	Adjusted Rate per 100,000
Males	618	36
Females	305	16

Trends

Figure 50 illustrates the number of alcohol-involved deaths by sex in Iowa. The number of alcohol-involved deaths has increased steadily since 2012. Only in year 2018 did the number of deaths involving alcohol decrease from the previous year, and then the number increased at a faster pace between 2019 to 2021 than it

had between 2012 and 2017. This result was seen overall, as well as for males and females.

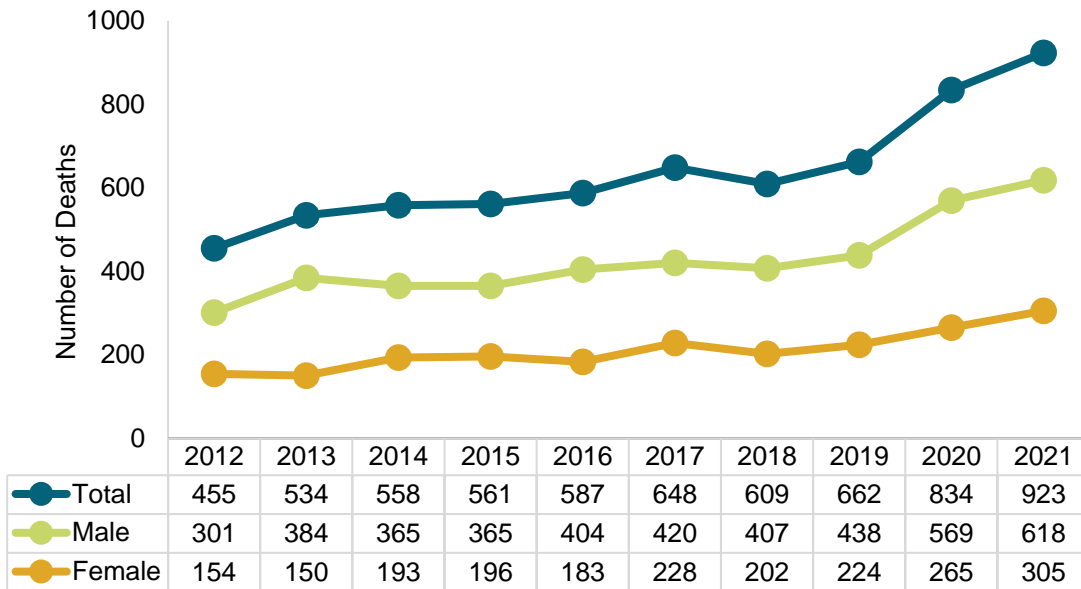


Figure 50. Alcohol-Involved Death by Sex in Iowa, Iowa HHS, 2012-2021

ALCOHOL USE TREATMENT ADMISSIONS

About the indicator

This indicator reflects treatment admissions submitted to the IBHRS where the primary substance was alcohol.

Data source(s)

Iowa Behavioral Health Reporting System (IBHRS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Alcohol-related treatment	IBHRS	2022	10,160	n/a	n/a	Decreased

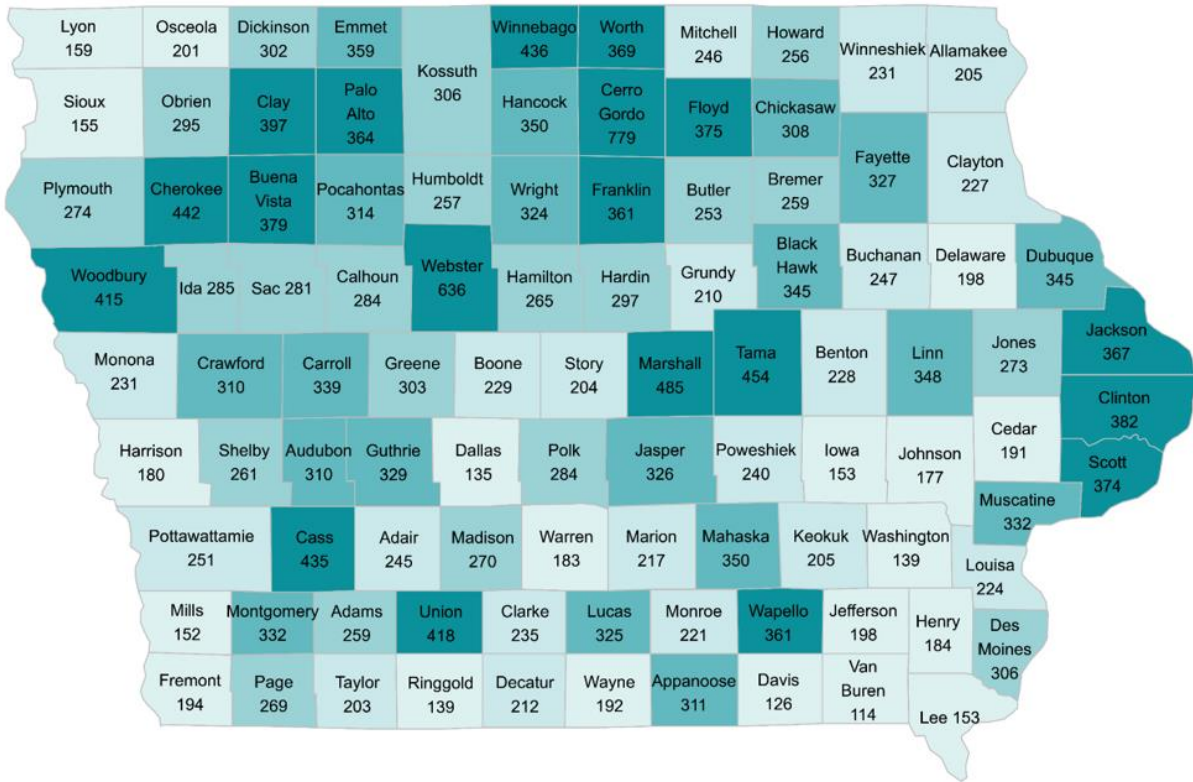
admissio
ns

Current levels

Alcohol remains the most reported substance at treatment admission. The total number of alcohol use treatment admissions in 2022 was 10,160 which translates to a rate of 317 alcohol-related treatment admissions per 100,000 population.

Comparing Iowa counties

Figure 51 illustrates the average annual admission rate of alcohol admissions per 100,000 population in Iowa counties for 2015 to 2022. Counties are grouped into quintiles based on the distribution of the average annual admission rates across counties. The counties with the highest average annual admission rates for alcohol use were: Cerro Gordo (779 per 100,000), Webster (636 per 100,000), and Marshall (485 per 100,000).



Admission rates per 100,000 pop: 114 - 201 202 - 251 252 - 306 307 - 359 360 - 779

Figure 51. Average annual admission rate per 100,000 population, 2015-2022

Trends

The total number of alcohol use treatment admissions decreased 48% from 2015 to 2022 (from 19,694 to 10,160 respectively).

Alcohol remains the most reported substance at treatment admission albeit at a decreasing rate (2015 admissions 631 per 100,000 population vs. 2020 admissions 317 per 100,000 population; Figure 52).

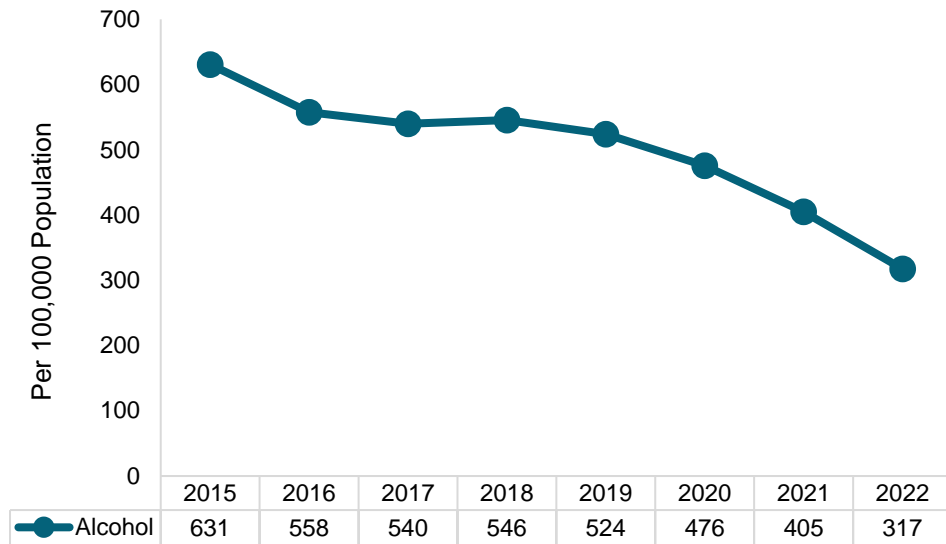


Figure 52. Rate of Alcohol Use Treatment Admissions among lowans, Iowa HHS, 2015-2022

Demographic characteristics of alcohol use treatment Differences by Age

Based on 2015 to 2022 data sources, the average rate of treatment admissions for alcohol was highest among lowans aged 25 to 44 years (1,044 per 100,000 population) compared to other age groups.

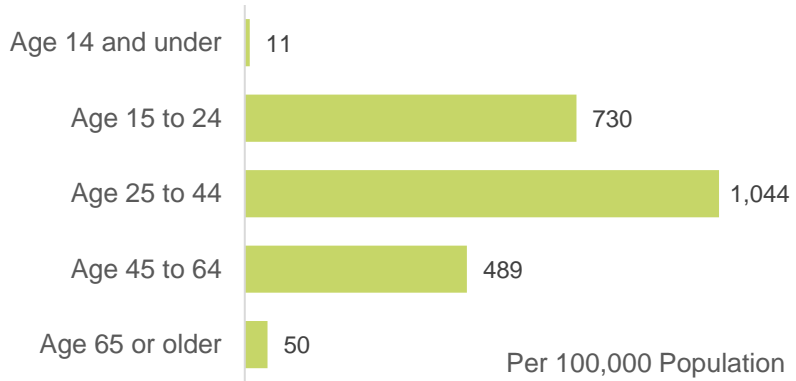


Figure 53. Average Rate of Alcohol Use Treatment Admissions by Age, Iowa HHS, 2015-2022

Differences by Sex

Based on 2015 to 2022 data sources, the average rate of treatment admissions for alcohol was higher for males (666 per 100,000 population) compared to females (318 per 100,000 population).

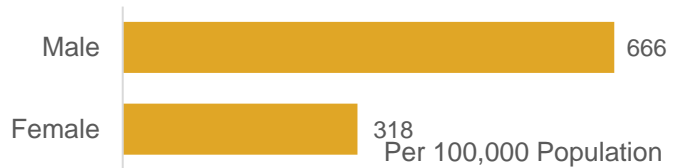


Figure 54. Average Rate of Alcohol Use Treatment Admissions by Sex, Iowa HHS, 2015-2022

Differences by Race/Ethnicity

Based on 2015 to 2022 data sources, the average rate of treatment admissions for alcohol was highest among non-Hispanic Black or African American Iowans (1,096 per 100,000 population) compared to other ethnic and racial groups.

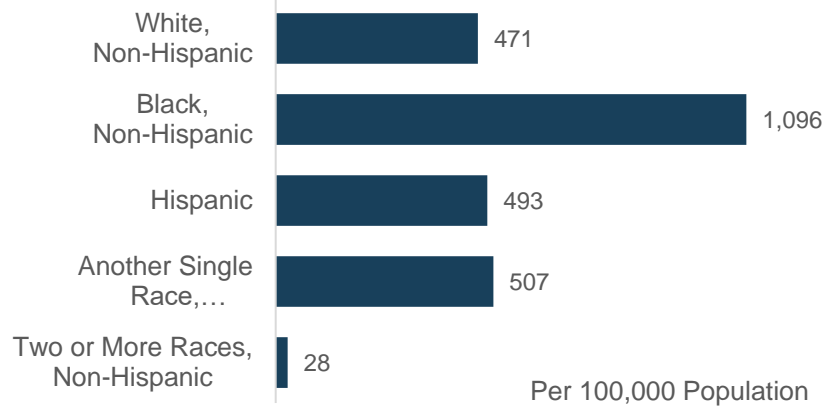


Figure 55. Rate of Alcohol Use Treatment Admissions by Race/Ethnicity, Iowa HHS, 2015-2022

Differences by Education

Table 3 illustrates the average number and percentage of alcohol-related treatment admissions by education status. Based on 2015 to 2022 data sources, the percentage of alcohol-related treatment admissions was highest among Iowans with a high school diploma or equivalent.

Table 3. Average Number and Percentage of Alcohol Use Treatment Admission by Education Status, Iowa HHS, 2015-2022

Alcohol Use	Average Number of Admissions Per Year	Percentage of Admissions
Less than High School	3,173	20%
High School Diploma or Equivalent	7,378	47%
Some College or Associate's Degree	3,662	23%
Bachelor's Degree and Higher	1,403	9%

SECTION B.1 Adult Tobacco and Nicotine Consumption

ADULT CIGARETTE USE

About the indicator

Cigarette use in the past month is a common measure of current cigarette use in a population.

The BRFSS surveyed Iowans 18 years of age and older about cigarette use. Respondents were asked if they smoked a cigarette “...every day, some days, or not at all” in the past month. Across all data years, the proportion of males who reported cigarette use was higher compared to females.

Data source(s)

National Survey on Drug Use and Health (NSDUH)
Behavioral Risk Factor Surveillance System (BRFSS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Adult cigarette use in the past 30 days	NSDUH	2021	21%	17%	No difference	n/a
Adults who are current smokers	BRFSS	2021	15%	14%	No difference	Remained steady

Current levels

In two national surveys, the percentage of adult cigarette use varied across surveys. In 2021, NSDUH estimated 21% of Iowa adults reported having smoked a cigarette in the past 30 days. In 2021, BRFSS estimated 15% of Iowa adults reported being a current smoker.

Compared to the nation

In the NSDUH, the percentage of Iowa adults reporting cigarette use in the past 30 days was 21% (CI: 17.66%-25.74%) compared to 17% (CI: 16.36%-17.71%) in the US.

Figure 56 illustrates the percentage of adults aged 18 or older reporting cigarette use in the past 30 days. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the highest quintile nationally.¹⁰

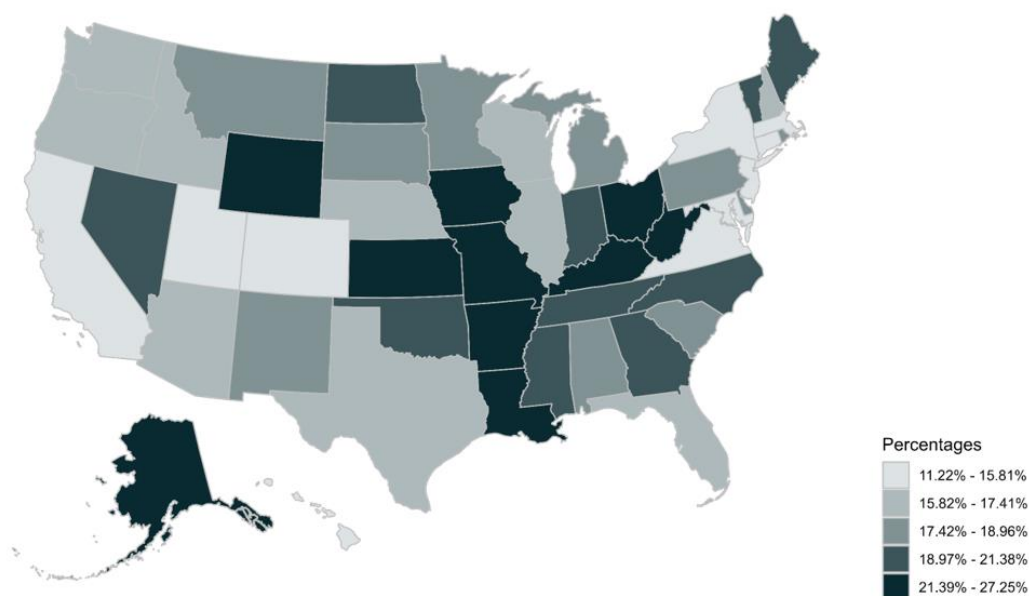


Figure 56. Cigarette Use in the Past Month among Adults, Aged 18 or Older, by State, NSDUH, 2021

¹⁰ The percentage reported for Iowa (21%) appears to fall outside the highest quintile range shown in the figure “21.39% to 27.25%” due to rounding.

Trends

Figure 57 illustrates the BRFSS national estimates of the percentage of adults aged 18 or older reporting cigarette use in the past 30 days in Iowa and the US. Overall, the percentage of adult Iowans who reported cigarette use in the past 30 days has decreased slightly in BRFSS surveys.

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-6.

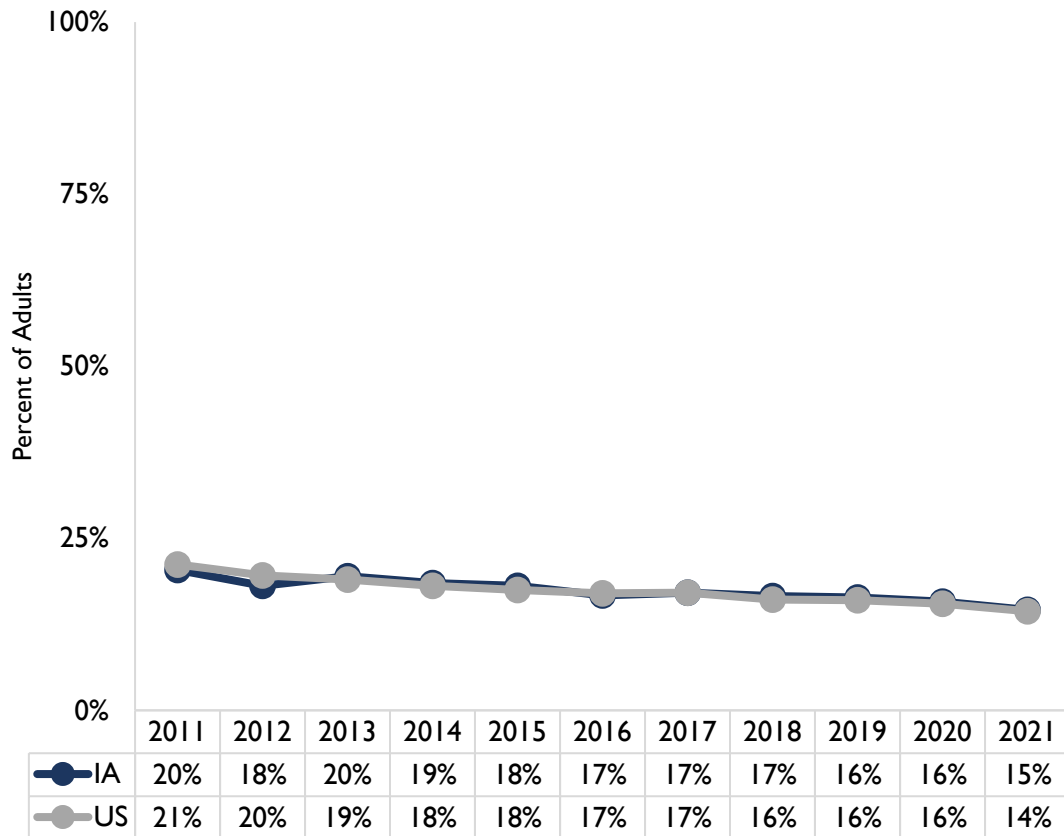


Figure 57. Percent of Adults who are Current Smokers, Aged 18 or Older, Iowa & US, BRFSS, 2011-2021

Demographic characteristics of adult cigarette use

Differences by Age

Across all age groups, the highest proportion of adults who are current smokers was among adults aged 25-44 years (19%) and 45-64 years (18%).

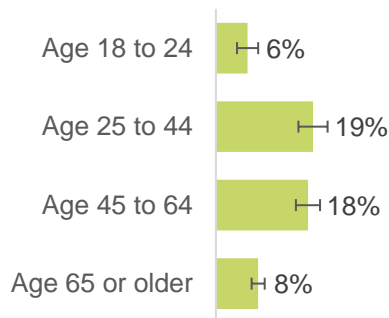


Figure 58. Percent of Adult Current Smokers in Iowa by Age, BRFSS, 2021

Differences by Sex

A greater proportion of males reported current smoker status compared to females. In 2021, the proportion of adults who are current smokers was 13% for females and 16% for males.

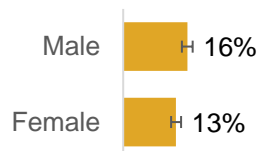
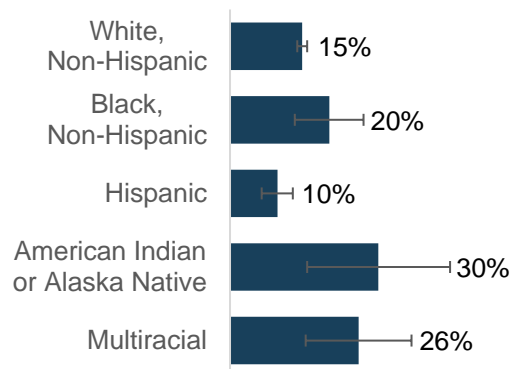


Figure 59. Percent of Adult Current Smokers in Iowa by Sex, BRFSS, 2021

Differences by Race/Ethnicity

A greater percentage of adults who are American Indian or Alaska Native (30%) or Multiracial (26%) reported being a current smoker compared to White,



non-Hispanic (15%) or Hispanic (10%) adults.

Figure 60. Percent of Adult Current Smokers in Iowa by Race/Ethnicity¹¹, BRFSS, 2021

Differences by Education Level

A greater percentage of adults with less than high school education (25%) reported being a current smoker compared to any other group.

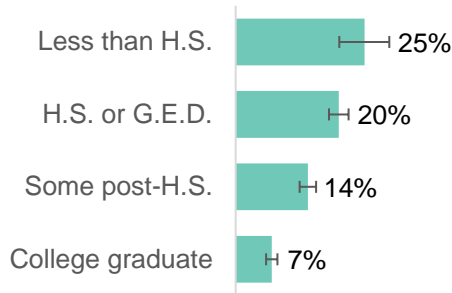


Figure 61. Percent of Adult Current Smokers in Iowa by Education Level, BRFSS, 2021

Differences by Income Level

A greater proportion of Iowans at lower annual incomes reported being a current smoker compared to those who earn more. In 2021, 29% of Iowa adults earning less than \$15,000 annually reported being a current smoker compared to 8% of adults earning

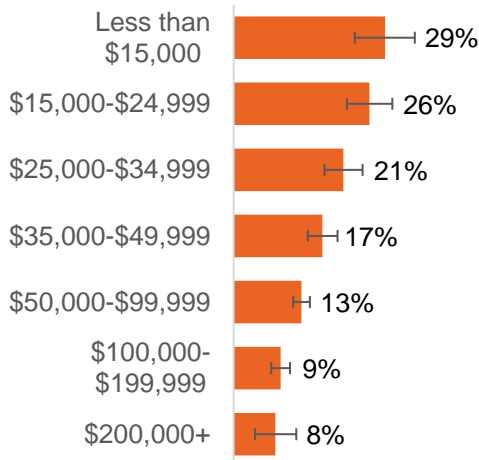


Figure 62. Percent of Adult Current Smokers in Iowa by Income Level, BRFSS, 2021

¹¹ Estimates were not available for Asian (non-Hispanic), Native Hawaiian or other Pacific Islander (non-Hispanic), Other (non-Hispanic), in Iowa.

more than \$200,000 annually.

Figure 63 illustrates the percentage of adults reporting cigarette use in the past 30 days in Iowa by sex. In 2021, the rate of cigarette use among Iowa males (16%) was higher compared to females (13%).

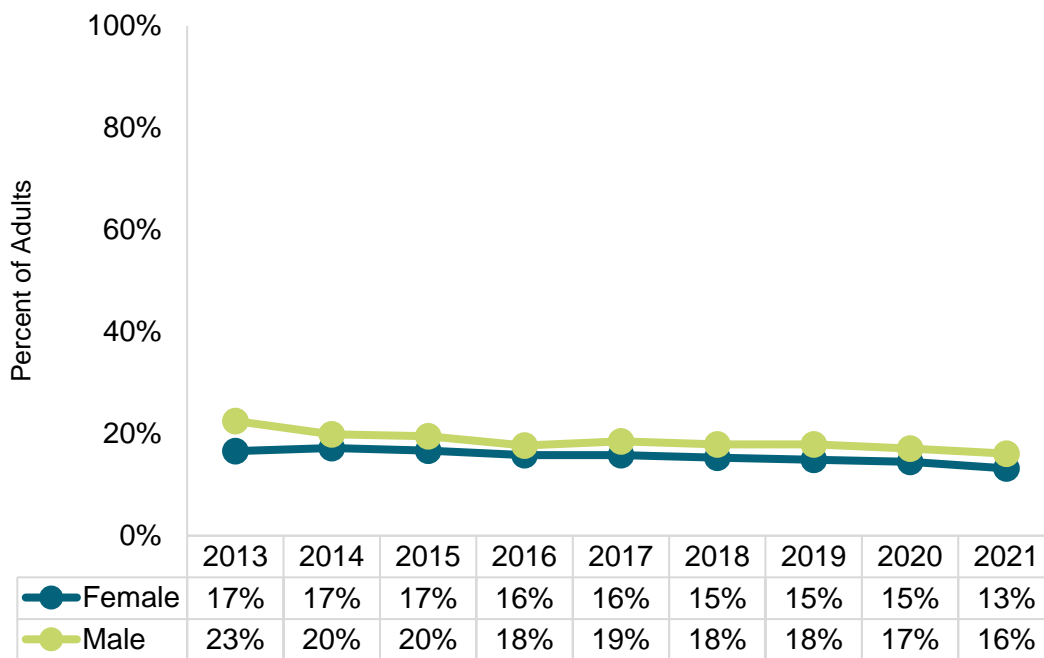


Figure 63. Past 30-Day Cigarette Use among Adults in Iowa by Sex, BRFSS, 2013-2021

Figure 64 illustrates the percentage of people reporting cigarette use in the past 30 days by age. The highest rate of past 30-day cigarette use in 2021 was reported by lowans 25-34 and 35-44 years of age (19 and 20 percent, respectively). lowans 18-24 years of age had the lowest rate of cigarette use in the past 30 days (6%).

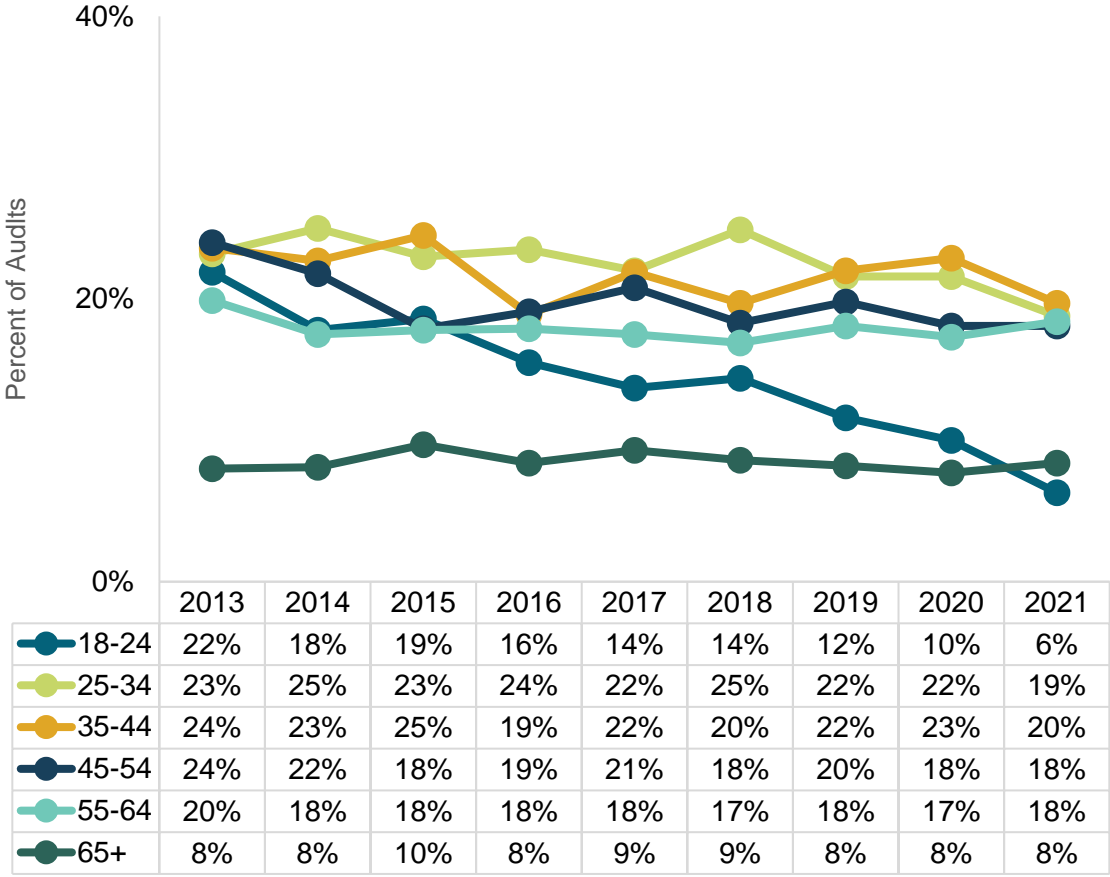


Figure 64. Past 30-Day Cigarette Use among Adults in Iowa by Age, BRFSS, 2013-2021

Figure 65 illustrates the percentage of adults aged 18 or older who reported cigarette use in the past 30 days by education level. Respondents with less than high school had the highest rate of cigarette use in the past 30 days compared to other education levels.

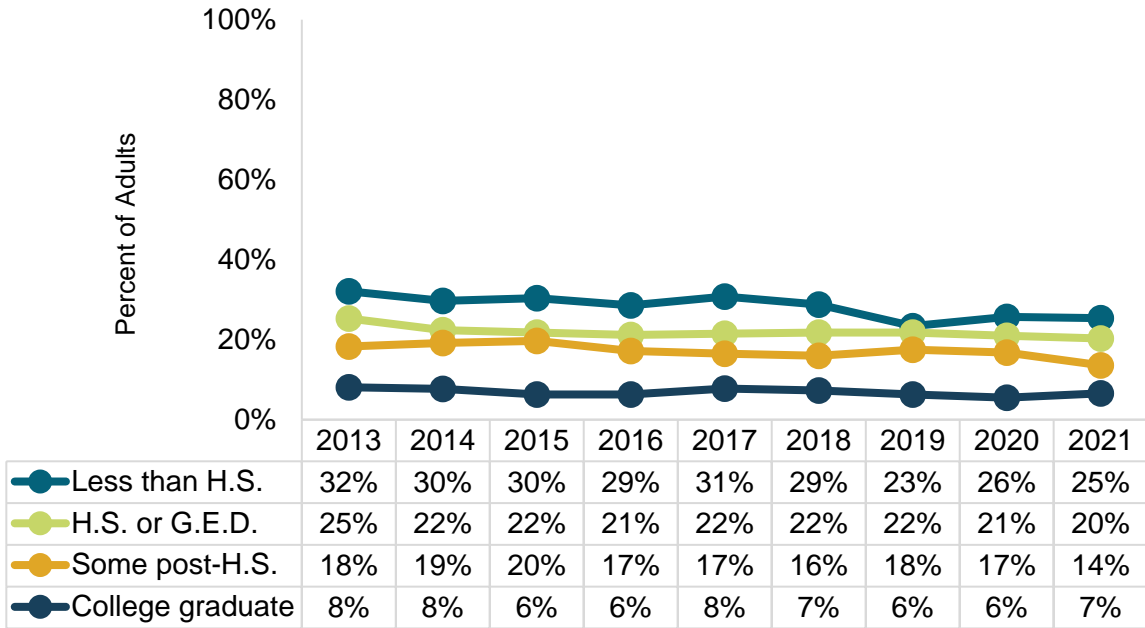


Figure 65. Past 30-Day Cigarette Use among Adults in Iowa by Education Level, BRFSS, 2013-2021

Figure 66 illustrates the percentage of adults who reported cigarette use in the past 30 days by income. Iowans earning \$50,000 or more annually reported the lowest rates (13%) of cigarette use in the past 30 days in 2021 compared to those earning less than \$15,000 annually (29%).

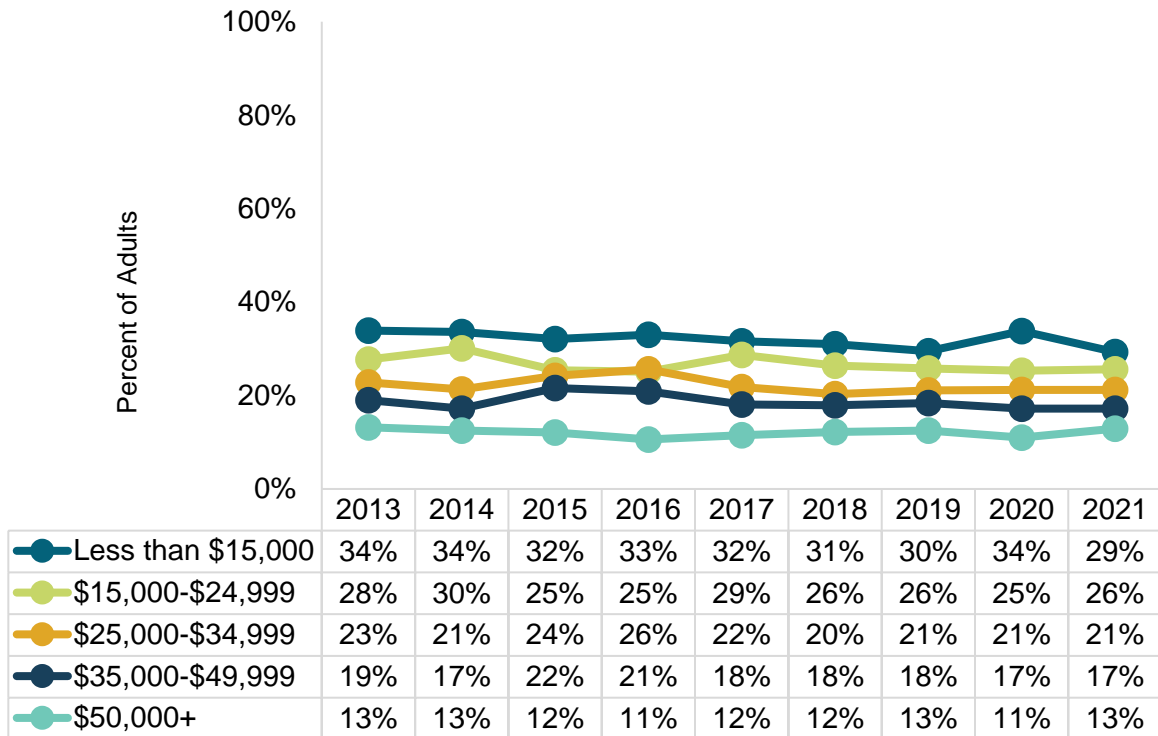


Figure 66. Past 30-Day Cigarette Use among Adults in Iowa by Income, BRFSS, 2013-2021

SECTION B.2 Youth Tobacco and Nicotine Consumption

YOUTH TOBACCO USE AND NICOTINE USE

About the indicator

Tobacco Products include cigarettes, smokeless tobacco (i.e., snuff, dip, chewing tobacco, or snus), cigars, or pipe tobacco (NSDUH).

Data source(s)

National Survey on Drug Use and Health (NSDUH)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth tobacco product use (excluding e-cigarettes) in the past month	NSDUH	2021	4%	3%	No difference	n/a

Current levels

In 2021, NSDUH estimated 4% of youth aged 12 to 17 in Iowa reported tobacco use in the past month.

Compared to the nation

In the NSDUH, the percentage of Iowa youth reporting tobacco use in the past month was 4% (CI: 2.58%-6.16%) compared to 3% (CI: 2.18%-3.16%) in the US.

Figure 67 illustrates the percentage of youth aged 12 to 17 reporting tobacco use in the past month. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the highest quintile nationally.

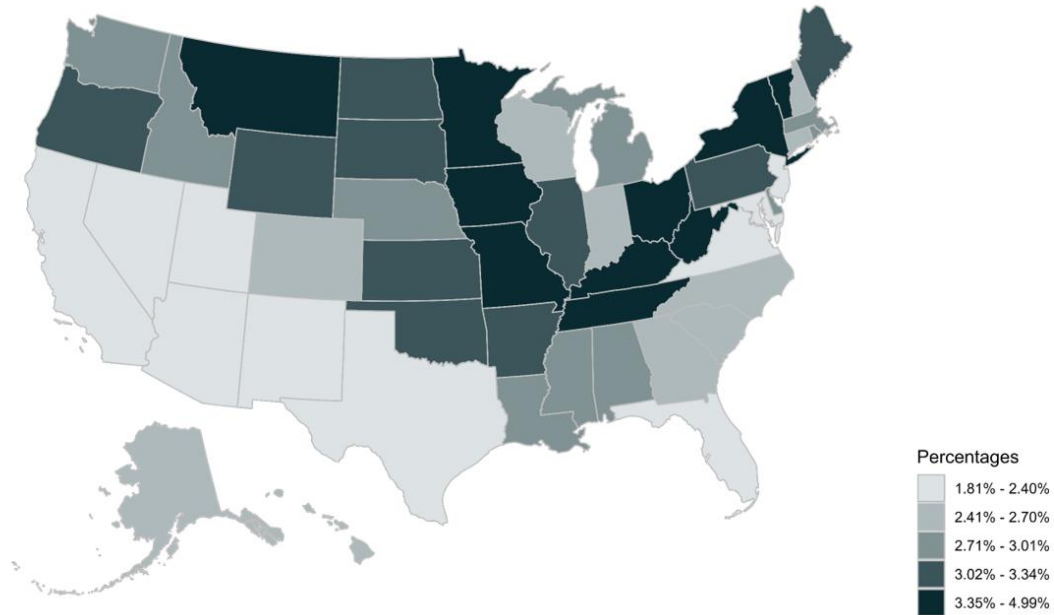


Figure 67. Tobacco Product Use in the Past Month among Youth, Aged 12 to 17 Years, by State, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-7.

YOUTH CIGARETTE USE

About the indicator

Cigarette use in the past 30 days excluding all other tobacco products and e-cigarettes.

Data source(s)

National Survey on Drug Use and Health (NSDUH)
Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth (12-17 years) cigarette use in the past 30 days	NSDUH	2021	3%	2%	No difference	n/a
Youth cigarette use in the past 30 days	IYS	2021	<1%, 6 th grade 1%, 8 th grade 3%, 11 th grade	n/a	n/a	n/a

Current levels

In 2021, NSDUH estimated 3% of youth aged 12 to 17 in Iowa reported tobacco use in the past month. In a statewide survey, the IYS found that less than 1% of youth in 6th grade, 1% of youth in 8th grade, and 3% of youth in 11th grade reported cigarette use in the past 30 days.

Compared to the nation

In the NSDUH, the percentage of Iowa youth reporting cigarette use in the past month was 3% (CI: 1.79%-5.07%) compared to 2% (CI: 1.17%-1.94%) in the US.¹²

Figure 68 illustrates the percentage of youth aged 12 to 17 reporting cigarette use in the past month. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the highest quintile nationally.

¹² The percentage reported for the US (2%) appears to fall outside the corresponding 95% CI of “1.17% to 1.94%” due to rounding.

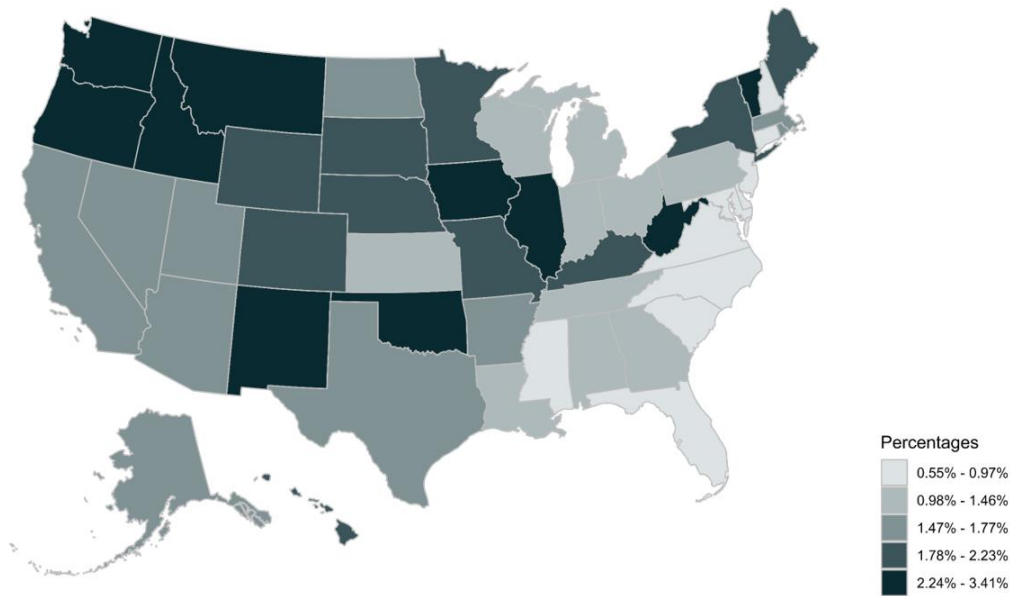


Figure 68. Past 30-Day Cigarette Use among Youth, Aged 12 to 17 Years, by State, NSDUH, 2021

Demographic characteristics of youth cigarette use

Differences by Grade

In 2021, 3% of youth in 11th grade, 1% of youth in 8th grade, and <1% of youth in 6th grade reported cigarette use in the past 30 days.

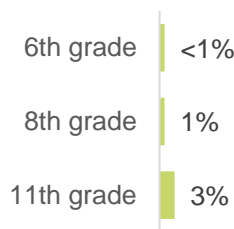


Figure 69. Past 30-Day Cigarette Use among Youth by Grade, IYS, 2021

Differences by Sex

In 2021, 1% of females and 2% of males reported cigarette use in the past 30 days.

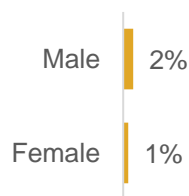


Figure 70. Past 30-Day Cigarette Use among Youth by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of cigarette use in the past 30 days was among students who were American Indian or Alaska Native (3%).

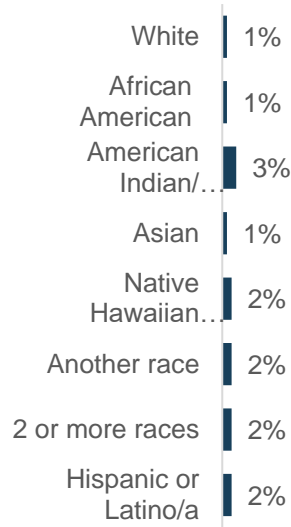


Figure 71. Past 30-Day Cigarette Use among Youth by Race/Ethnicity, IYS, 2021

Differences by County

Figure 72 illustrates the percentage of youth in 11th grade reporting cigarette use in the past 30 days by county. The map groups counties in the same percentage range by color. Counties with cell counts less than fifty for the behavior are not reported and appear gray in the map. The counties with the highest prevalence of 11th grade youth reporting cigarette use in the past 30 days include: Appanoose (14%); Audubon and Buchanan (9%, respectively); and Emmet, Union, and Carroll (8%, respectively).

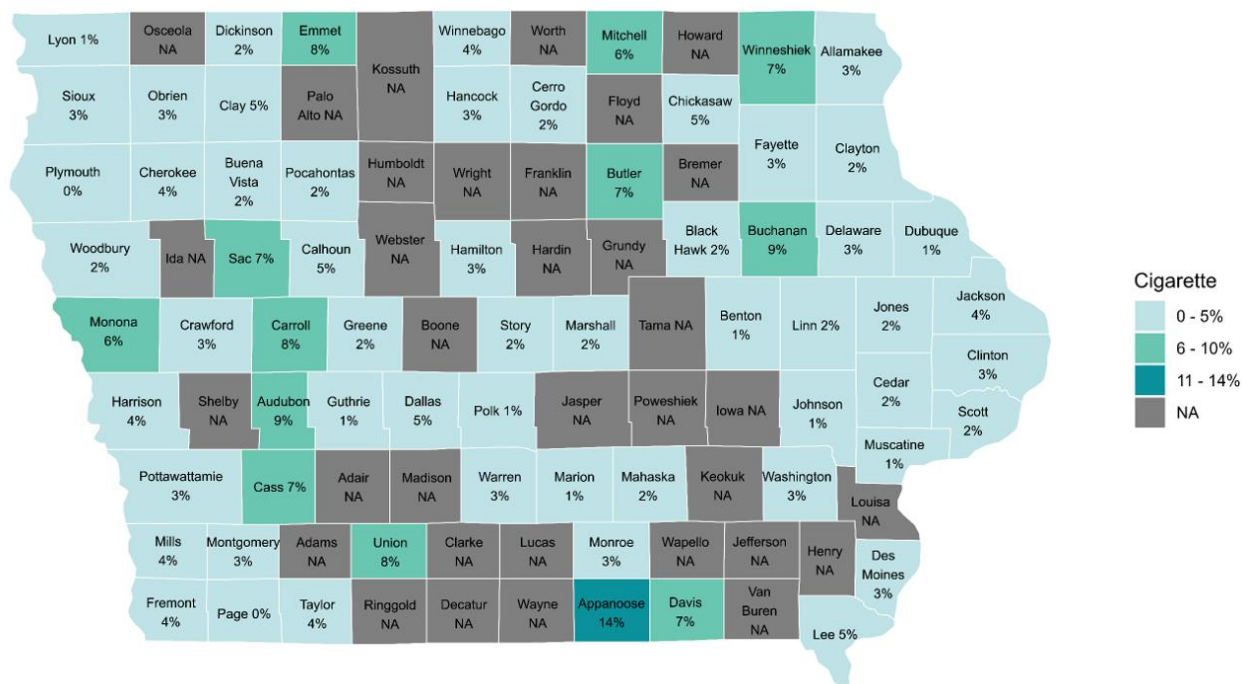


Figure 72. Past 30-Day Cigarette Use among 11th Grade by County, IYS, 2021

YOUTH FIRST CIGARETTE USE BEFORE AGE 13

About the indicator

Youth were asked the following question: “How old were you when you first smoked a whole cigarette?”. Response options were “8 or younger”, “9 or 10”, “11 or 12”, “13 or 14”, “15 or 16”, or

“17 or older”. Percentages presented for this indicator reflect responses of “8 or younger”, “9 or 10”, and “11 or 12” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth cigarette use before age 13	IYS	2021	1%, 6 th grade 1%, 8 th grade 2%, 11 th grade % 12 or younger	n/a	n/a	n/a

Current levels

In 2021, 1% of youth in 6th grade, 1% of youth in 8th grade, and 2% of youth in 11th grade reported their first whole cigarette smoked before the age of 13.

Demographic characteristics of youth first cigarette use Differences by Grade

In 2021, 1% of students in 6th and 8th grade reported having smoked a whole cigarette before age 13 compared to 2% of students in 11th grade.

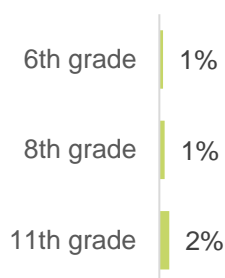


Figure 73. Percent of Youth Reporting First Cigarette Use before Age 13 by Grade, IYS, 2021

Differences by Sex

In 2021, 1% of females and males reported having first smoked a whole cigarette before age 13.

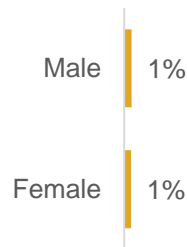


Figure 74. Percent of Youth Reporting First Cigarette Use before Age 13 by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of students who reported having first smoked a whole cigarette before age 13 was among those who reported two or more races (2%) and Hispanic or Latino/a students (2%).



*Percentage suppressed due to cell count less than 11.

Figure 75. Percent of Youth Reporting First Cigarette Use before Age 13 by Race/Ethnicity, IYS, 2021

YOUTH E-CIGARETTE USE

About the indicator

IYS asked “*In the past 30 days, have you used an e-cigarette, JUUL, vape-pen, e-hookah, mod-box, or other electronic cigarette?*” and the response options were “yes” or “no”.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth e-cigarette use in the past 30 days	IYS	2021	1%, 6 th grade 4%, 8 th grade 13%, 11 th grade	n/a	n/a	n/a

Current levels

In 2021, 1% of youth in 6th grade, 4% of youth in 8th grade, and 13% of youth in 11th grade reported e-cigarette use in the past 30 days.

Demographic characteristics of youth e-cigarette use Differences by Grade

In 2021, use of e-cigarettes in the past 30 days was highest among 11th grade students (13%).

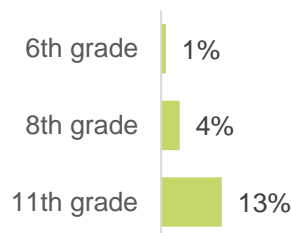


Figure 76. Past 30-Day E-Cigarette Use among Youth by Grade, IYS, 2021

Differences by Sex

In 2021, 7% of females and 5% of males reported e-cigarette use in the past 30 days.

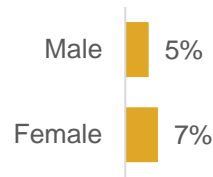


Figure 77. Past 30-Day E-Cigarette Use among Youth by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of e-cigarette use in the past 30 days was among students who were Native Hawaiian or other Pacific Islander (10%), followed by students who reported two or more races (9%).

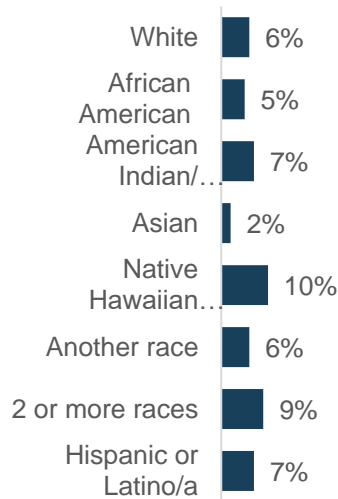


Figure 78. Past 30-Day E-Cigarette Use among Youth by Race/Ethnicity, IYS, 2021

Differences by county

Figure 79 illustrates the percentage of youth in 11th grade reporting e-cigarette use in the past 30 days by county. The map groups counties in the same percentage range by color. Counties with cell counts less than fifty for the behavior are not reported and appear gray in the map. The counties with the highest prevalence of 11th grade youth reporting e-cigarette use in the past 30 days include: Cherokee (26%); Emmet (25%); and Lee, Appanoose, Carroll, and Audubon (23%, respectively).

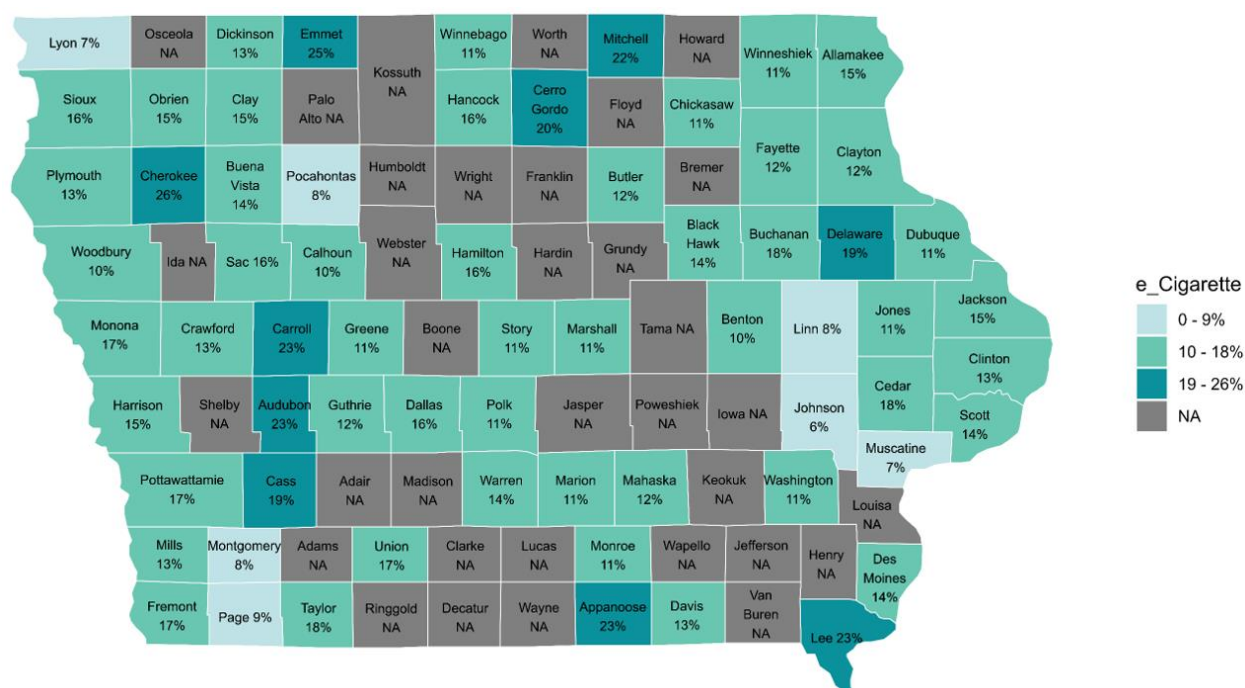


Figure 79. Past 30-Day E-Cigarette Use among 11th Grade by County, IYS, 2021

YOUTH FIRST E-CIGARETTE USE BEFORE

Age 13

About the indicator

Youth were asked the following question: “How old were you when you first used an e-cigarette, JUUL, vape-pen, e-hookah, mod-box, or other electronic cigarette?”. Response options were

“8 or younger”, “9 or 10”, “11 or 12”, “13 or 14”, “15 or 16”, or “17 or older”. Percentages presented for this indicator reflect responses of “8 or younger”, “9 or 10”, and “11 or 12” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth first e-cigarette use before age 13	IYS	2021	3%, 6 th grade 5%, 8 th grade 3%, 11 th grade	n/a	n/a	n/a

Current levels

In 2021, 3% of youth in 6th grade, 5% of youth in 8th grade, and 3% of youth in 11th grade reported their first use of an e-cigarette before the age of 13.

Demographic characteristics of youth first e-cigarette use Differences by Grade

In 2021, 3% of students in 6th grade reported first e-cigarette use before age 13 compared to 5% of students in 8th grade and 3% of students in 11th grade.

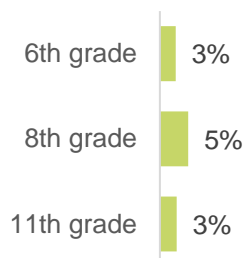
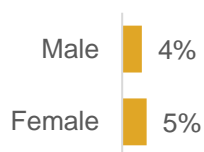


Figure 80. Percent of Youth Reporting First E-cigarette Use before Age 13 by Grade, IYS, 2021

Differences by Sex

In 2021, 5% of females and 4% of males reported first

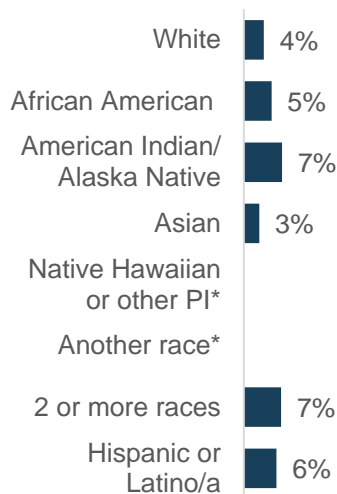


e-cigarette use before age 13.

Figure 81. Percent of Youth Reporting First E-cigarette Use before Age 13 by Sex, IYS, 2021

Differences by Race/Ethnicity

The highest percentage of students reporting first e-cigarette use before age 13 was among those who were American Indian/Alaska Native (7%) or those who reported two or more races (7%) followed by Hispanic or Latino/a students (6%).



*Percentage suppressed due to cell count less than 11.

Figure 82. Percent of Youth Reporting First E-cigarette Use before Age 13 by Race/Ethnicity, IYS, 2021

YOUTH RISK PERCEPTIONS OF SMOKING CIGARETTES

About the indicator

The NSDUH assessed risk perceptions about the effects of using certain drugs and other substances. The question asked, “How much do people risk harming themselves physically and in other ways when they smoke one or more packs of cigarettes per day?”. Response options were “No risk”, “Slight risk”, “Moderate risk”, or “Great risk”.

The IYS assessed youth risk perceptions with a question that asked, “*Thinking about possible risks to physical or mental health, please indicate the level of risk for each of the following activities: Smoking cigarettes regularly*”. Response options were “Little or no risk”, “Slight risk”, “Moderate risk”, or “High risk”.

Data source(s)

National Survey on Drug Use and Health (NSDUH)
Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Perceptions of great risk from smoking one or more packs of cigarettes per day	NSDUH	2021	64%	65%	No difference	n/a
Perceptions of high risk of smoking cigarettes regularly to physical or mental health	IYS	2021	53%, 6 th grade 61%, 8 th grade 66%, 11 th grade	n/a	n/a	n/a

Current levels

In a national survey in 2021, NSDUH estimated that 64% of youth aged 12 to 17 in Iowa reported “Great risk” from smoking one or more packs of cigarettes per day. In a statewide survey in 2021, the IYS found that 53% of youth in 6th grade, 61% of youth in 8th grade, and 66% of youth in 11th grade reported perceptions of “High risk” for smoking cigarettes regularly.

Compared to nation

In the NSDUH, the percentage of Iowa youth aged 12 to 17 reporting perceptions of great risk from smoking one or more packs of cigarettes per day was 64% (CI: 58.15%-69.04%) compared to 65% (CI: 63.42%-66.17%) in the US.

Figure 83 illustrates the percentage of youth aged 12 to 17 reporting perceptions of great risk from smoking one or more packs of cigarettes per day. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the middle quintile nationally.

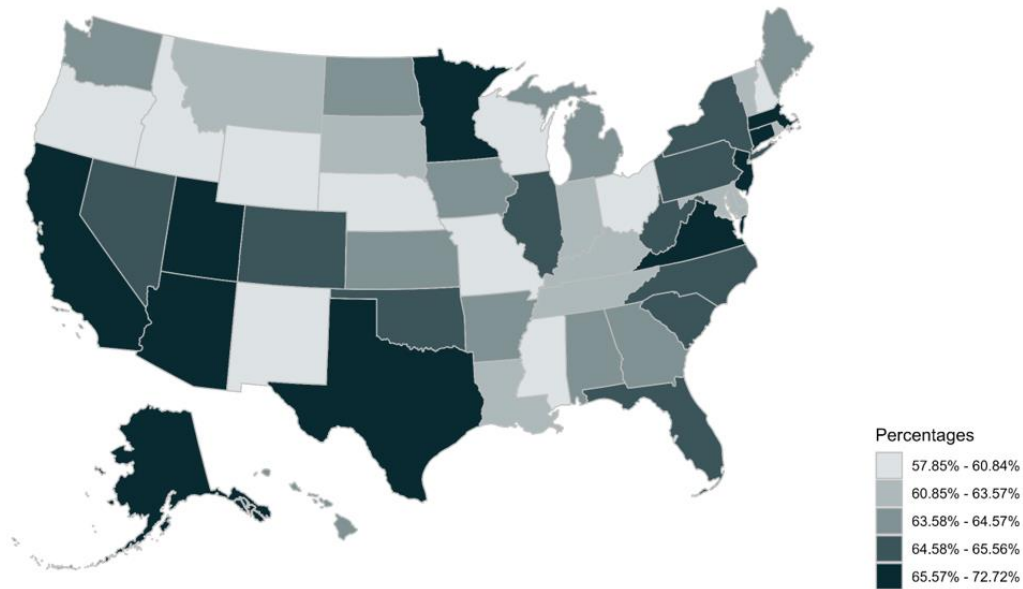


Figure 83. Perceptions of Great Risk from Smoking among Youth, Aged 12 to 17, by State, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-8.

Demographic characteristics of youth risk perceptions of smoking

Differences by Grade

In 2021, the percentage of students reporting perceptions of high risk from smoking cigarettes regularly was the lowest among students in 6th grade (53%).



Figure 84. Percent of Youth Reporting High Risk Perceptions of Smoking by Grade, IYS, 2021

Differences by Sex

In 2021, 61% of females and 59% of males reported perceptions of high risk from smoking cigarettes regularly.



Figure 85. Percent of Youth Reporting High Risk Perceptions of Smoking by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students reporting perceptions of high risk from smoking cigarettes regularly was lowest among students who identified as another race (45%) and American Indian or Alaska Native students (47%).

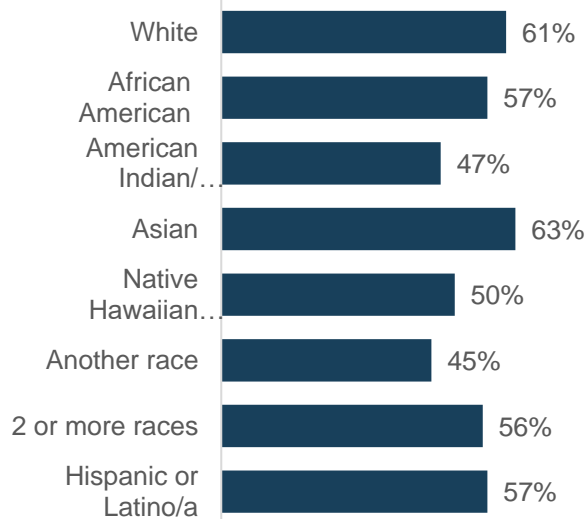


Figure 86. Percent of Youth Reporting High Risk Perceptions of Smoking by Race/Ethnicity, IYS, 2021

YOUTH PERCEPTIONS OF EASY ACCESS TO CIGARETTES AND E-CIGARETTES

About the indicator

This indicator reflects youth perceptions of easy access to cigarettes for someone their age. The IYS question asked: *“How easy or hard do you think it would be for someone your age to get each of the following: cigarettes?”*. Response options were “Very hard”, “Hard”, “Easy”, “Very easy”, or “Don’t know”. Proportions presented reflect the percentage of students responding “Easy” or “Very easy” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of easy access to cigarettes	IYS	2021	17%, 6 th grade 37%, 8 th grade 57%, 11 th grade	n/a	n/a	n/a
Youth perceptions of easy access to e-cigarettes	IYS	2021	18%, 6 th grade 53%, 8 th grade 75%, 11 th grade	n/a	n/a	n/a

Current levels

A higher percentage of students reported easy access to e-cigarettes than cigarettes across all grade levels. In a statewide survey in 2021, 17% of youth in 6th grade, 37% of youth in 8th grade, and 57% of youth in 11th grade reported it would be “Easy” or “Very easy” for someone their age to access cigarettes. For access to e-cigarettes, 18% of youth in 6th grade, 53% of youth in 8th grade, and 75% of youth in 11th grade reported it would be “Easy” or “Very easy”.

Demographic characteristics of youth Reporting Easy access to cigarettes

Differences by Grade

In 2021, 57% of students in 11th grade reported it would be “Very easy” or “Easy” to get cigarettes.

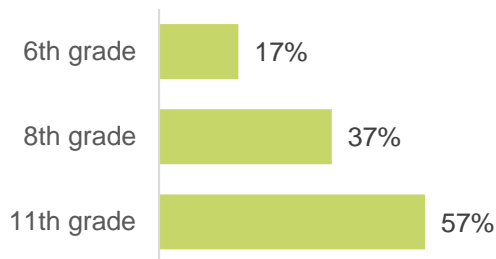


Figure 87. Percent of Youth Reporting Easy Access to Cigarettes by Grade, IYS, 2021

Differences by Sex

In 2021, 39% of females and 33% of males reported it would be easy to get cigarettes for someone their age.



Figure 88. Percent of Youth Reporting Easy Access to Cigarettes by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students reporting easy access to cigarettes was highest among students who reported two or more races (39%) followed by White students (37%).

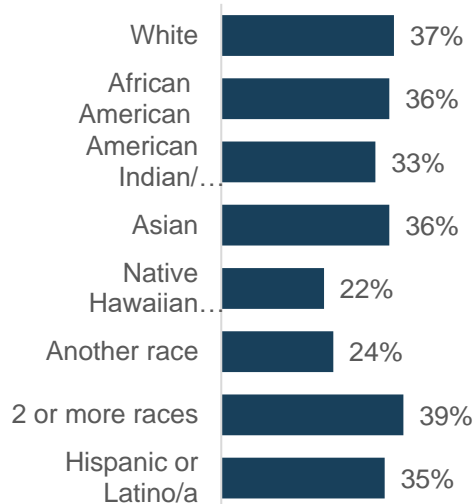


Figure 89. Percent of Youth Reporting Easy Access to Cigarettes by Race/Ethnicity, IYS, 2021

Demographic characteristics of youth Reporting Easy access to e-cigarettes

Differences by Grade

In 2021, 75% of students in 11th grade reported it would be “Very easy” or “Easy” to get e-cigarettes.

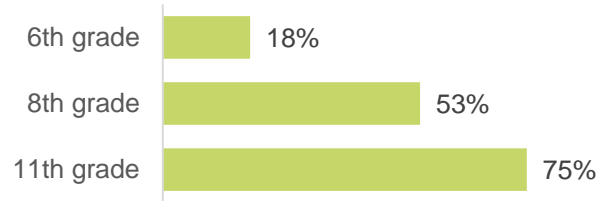


Figure 90. Percent of Youth Reporting Easy Access to E-cigarettes by Grade, IYS, 2021

Differences by Sex

In 2021, 53% of females and 45% of males reported it would be easy to get e-cigarettes for someone their age.



Figure 91. Percent of Youth Reporting Easy Access to E-cigarettes by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students reporting easy access to e-cigarettes was highest among students who reported two or more races (53%) followed by White students (49%).

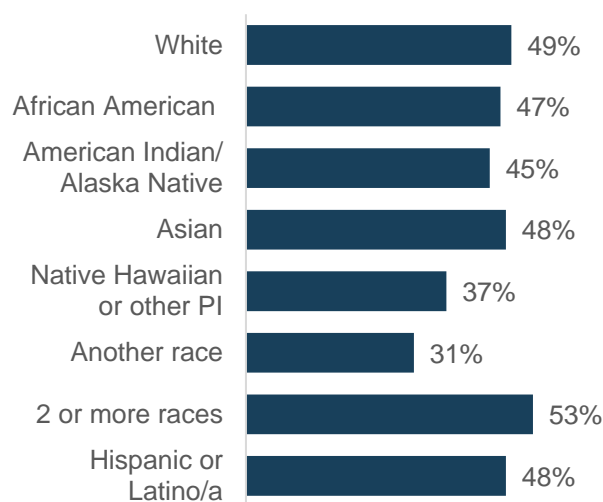


Figure 92. Percent of Youth Reporting Easy Access to E-cigarettes by Race/Ethnicity, IYS, 2021

PERCEIVED NORMS OF YOUTH SMOKING AND E-CIGARETTE USE

About the indicator

This indicator reflects perceptions of peer beliefs about youth cigarette and e-cigarette consumption. The IYS question asked: *“About how many students in your grade would feel it is okay for you to do each of the following: Smoke cigarettes; Use an e-cigarette?”*. Response options were “Almost none would think it is ok”, “A few would think it is ok”, “Some would and some wouldn’t think it is ok”, “Most would think it is ok”, or “Almost all would think it is ok”. Proportions presented reflect the percentage of students responding “Almost none” or “A few” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of peer beliefs to smoke cigarettes	IYS	2021	87%, 6 th grade 75%, 8 th grade 61%, 11 th grade % reporting Almost none or A few	n/a	n/a	n/a
Youth perceptions of peer beliefs to use an e-cigarette	IYS	2021	83%, 6 th grade 61%, 8 th grade 27%, 11 th grade % reporting Almost none or A few	n/a	n/a	n/a

Current levels

A higher percentage of students reported that “Almost None” or only “A few” students in their grade would feel it is ok to smoke cigarettes in contrast to perceptions of acceptance about e-cigarettes. In a statewide survey in 2021, 87% of youth in 6th grade, 75% of youth in 8th grade, and 61% of youth in 11th grade

reported “Almost none” or only “A few” students would feel it is ok to smoke cigarettes. On the other hand, 83% of youth in 6th grade, 61% of youth in 8th grade, and 27% of youth in 11th grade reported their peers would feel this way about using e-cigarettes.

Demographic characteristics of youth perceptions of peer beliefs about smoking cigarettes

Differences by Grade

In 2021, 87% of students in 6th grade reported only a few or no students believe it is ok to smoke cigarettes compared to 61% of 11th grade students who perceived the same.



Figure 93. Perceptions of Peer Beliefs about Smoking by Grade, IYS, 2021

Differences by Sex

In 2021, 79% of males reported only a few or no students believe it is ok to smoke cigarettes compared to 71% of females who perceived the same.



Figure 94. Perceptions of Peer Beliefs about Smoking by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, approximately 7 in 10 students regardless of race or ethnicity perceived that only a few or no students would think it is ok to smoke cigarettes.

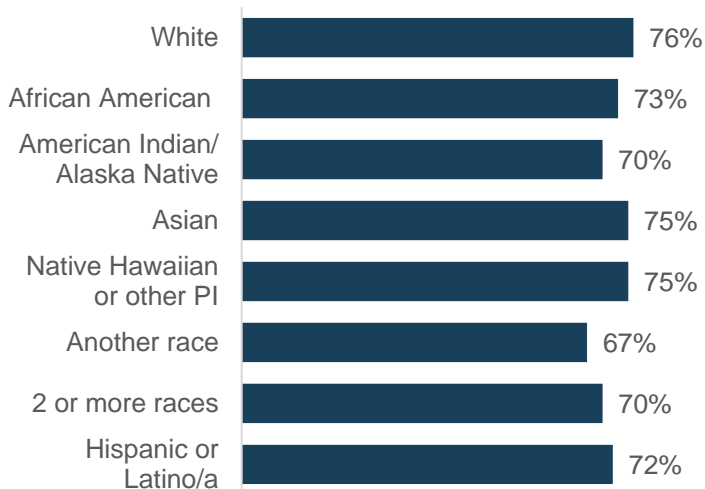


Figure 95. Perceptions of Peer Beliefs about Smoking by Race/Ethnicity, IYS, 2021

Demographic Characteristics of Youth perceptions of peer beliefs about e-cigarette Use

Differences by Grade

In 2021, 83% of students in 6th grade reported only a few or no students believe it is ok to use e-cigarettes compared to 27% of 11th grade students who perceived the same.

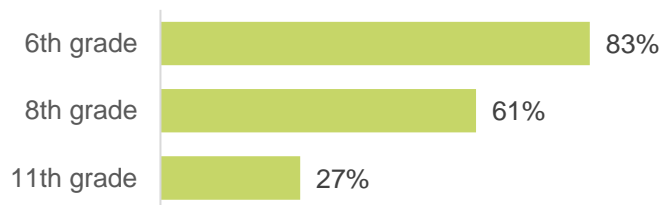


Figure 96. Perceptions of Peer Beliefs about Using E-Cigarettes by Grade, IYS, 2021

Differences by Sex

In 2021, 64% of males reported only a few or no students believe it is ok to use e-cigarettes compared to 52% of females who perceived the same.



Figure 97. Perceptions of Peer Beliefs about Using E-Cigarettes by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, nearly 6 in 10 students regardless of race or ethnicity perceived that only a few or no students would think it is ok to use e-cigarettes.

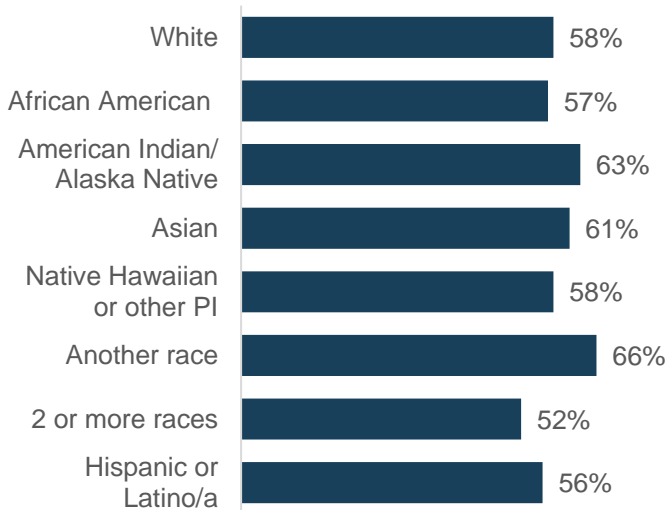


Figure 98. Perceptions of Peer Beliefs about Using E-Cigarettes by Race/Ethnicity, IYS, 2021

SECTION B.3 Consequences of Tobacco and Nicotine Use

LUNG CANCER MORTALITY ATTRIBUTED TO TOBACCO

About the indicator

This indicator examines lung cancer mortality rates for adults (i.e., 18 years of age and older) in Iowa and nationally using the ICD-10 codes for underlying cause of death due to malignant neoplasms of trachea, bronchus and lung (C33-C34).

Data source(s)

CDC Wonder (<https://wonder.cdc.gov/>)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Lung cancer mortality	CDC Wonder	2020	62 deaths per 100K population	53 deaths per 100K population	Higher	Decreased

Current levels

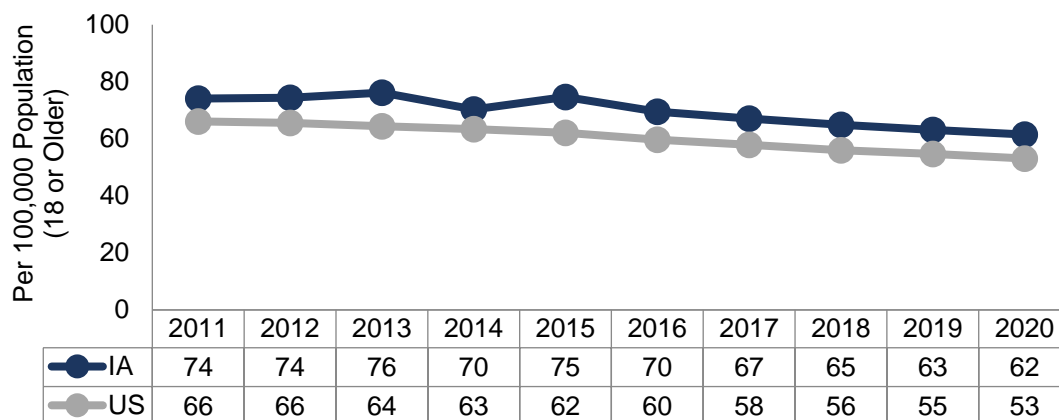
In 2020, the lung cancer mortality rate was 62 deaths per 100,000 population in Iowa.

Compared to the nation

Overall, the lung cancer mortality rate was higher among Iowans (62 per 100,000) compared to the US (53 per 100,000).

Trends

Figure 99 illustrates the lung cancer mortality rates for adults (i.e., 18 years of age and older) in Iowa and nationally for the past ten years. The lung cancer mortality rate for adults has been gradually decreasing since 2011 for the state of Iowa and nationally. For example, the lung cancer mortality rate in 2011 for Iowa was 74 deaths per 100,000 population compared to 62 deaths per 100,000 population in 2020.



Note: ICD-10 codes: C33-C34

Figure 99. Adult Lung Cancer Mortality Rate, Iowa & US, CDC WONDER, 2011-2020

Demographic characteristics lung cancer mortality

Differences by Age

In 2020, lung cancer mortality was highest among Iowans aged 75 to 84 (271 per 100,000 population) compared to other age groups.

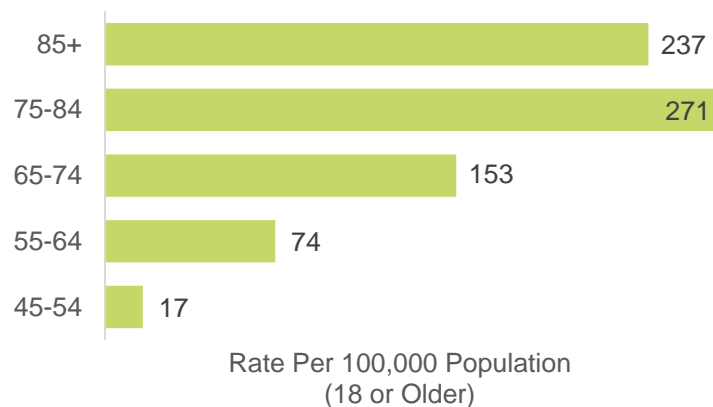


Figure 100. Rate of Lung Cancer Mortality by Age, Iowa, CDC Wonder, 2020

Differences by Sex

Iowa males had a higher lung cancer mortality rate (68 per 100,000) compared to Iowa females (56 per 100,000).

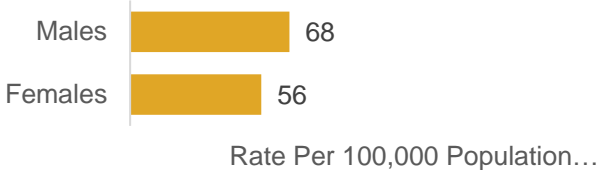


Figure 101. Lung Cancer Mortality Rates among Adults by Sex, Iowa, CDC Wonder, 2020

SECTION C.1 Adult Marijuana and Illicit Drug Use

ADULT MARIJUANA USE

About the indicator

Percentage of adults aged 18 or older reporting marijuana use in the past 30 days

Data source(s)

National Survey on Drug Use and Health (NSDUH)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Marijuana use in the past 30 days	NSDUH	2021	12%	14%	No difference	n/a

Current levels

In 2021, an estimated 12% of Iowans aged 18 or older reported marijuana use in the past 30 days.

Compared to the nation

In the NSDUH, the percentage of Iowa adults reporting marijuana use in the past 30 days was 12% (CI: 9.32%-15.20%) compared to 14% (CI: 13.17%-14.32%) in the US.

Figure 102 illustrates the percentage of adults aged 18 or older reporting marijuana use in the past 30 days. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the second lowest quintile nationally.

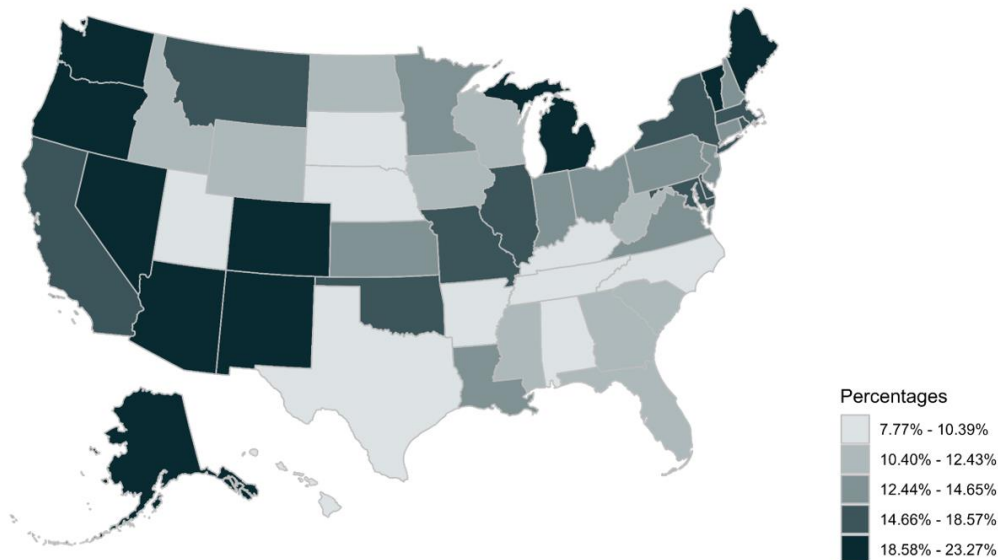


Figure 102. Past 30-Day Marijuana Use, Aged 18 or Older, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-9.

ADULT RISK PERCEPTIONS OF MONTHLY MARIJUANA USE

About the indicator

The NSDUH assessed risk perceptions about the effects of using certain drugs and other substances. With regards to marijuana, the question asked, “*How much do people risk harming themselves physically and in other ways when they smoke marijuana once a month?*”. Response options were “No risk”, “Slight risk”, “Moderate risk”, or “Great risk”.

Data source(s)

National Survey on Drug Use and Health (NSDUH)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Perceptions of great risk from smoking marijuana once a month	NSDUH	2021	17%	21%	Lower	n/a

Current levels

In 2021, an estimated 17% of Iowans reported perceptions of “Great risk” from smoking marijuana once a month.

Compared to the nation

In the NSDUH, the percentage of Iowa adults reporting perceptions of great risk from smoking marijuana once a month was 17% (CI: 13.79%-20.58%) compared to 21% (CI: 20.62%-22.24%) in the US.

Figure 103 illustrates the percentage of adults aged 18 or older reporting perceptions of great risk from smoking marijuana once a month. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the lowest quintile nationally.

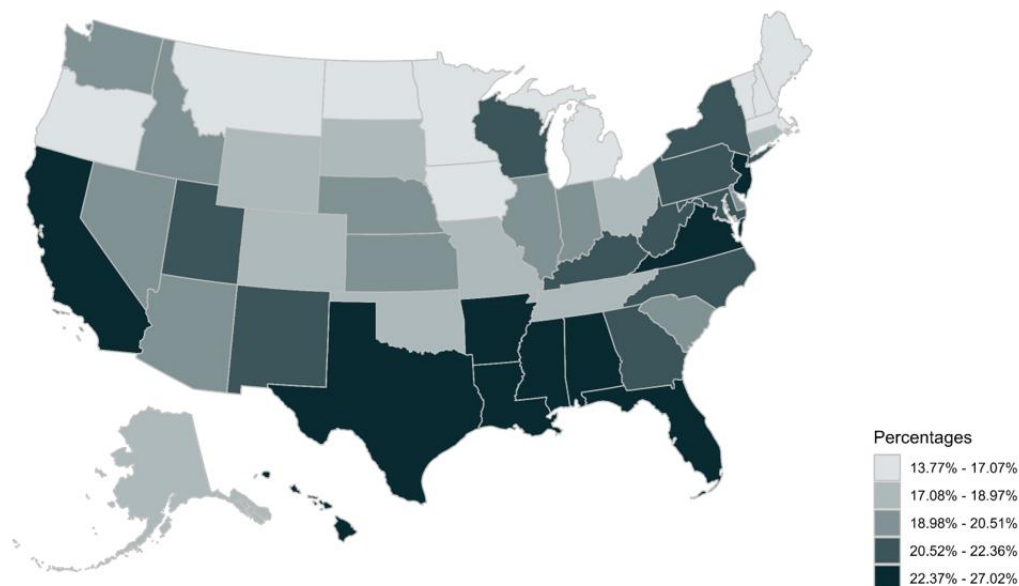


Figure 103. Perceptions of Great Risk from Smoking Marijuana Once a Month, Aged 18 or Older, by State, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-10.

ADULT ILLICIT DRUG USE OTHER THAN MARIJUANA

About the indicator

Illicit Drug Use Other Than Marijuana includes the misuse of prescription psychotherapeutics or the use of cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

Data source(s)

National Survey on Drug Use and Health (NSDUH)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Adult illicit drug use other than marijuana in the past 30 days	NSDUH	2021	3%	3%	No difference	n/a

Current levels

In 2021, an estimated 3% of Iowans aged 18 or older reported illicit drug use other than marijuana in the past 30 days.

Compared to the nation

In the NSDUH, the percentage of Iowa adults reporting illicit drug use other than marijuana in the past 30 days was 3% (CI: 2.08%-4.24%) compared to 3% (CI: 3.11%-3.65%) in the US.¹³

Figure 104 illustrates the percentage of adults aged 18 or older reporting illicit drug use other than marijuana in the past 30 days. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the second lowest quintile nationally.

¹³ The percentage reported for the US (3%) appears to fall outside the corresponding 95% CI of “3.11% to 3.65%” due to rounding.

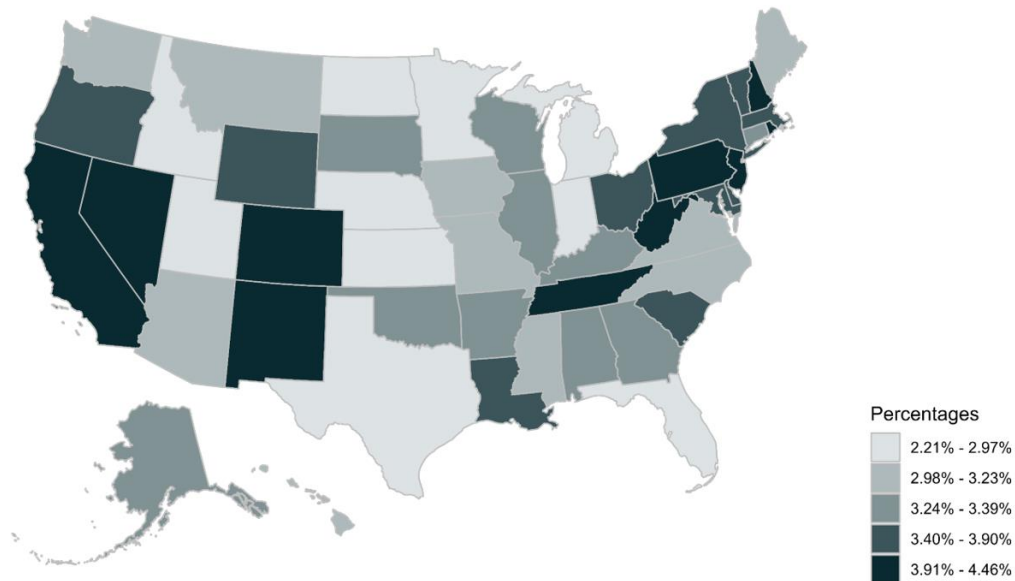


Figure 104. Past 30-Day Illicit Drug Use Other than Marijuana, Aged 18 or Older, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-11.

ADULT COCAINE USE

About the indicator

Prevalence (percentage) of adult cocaine use in the past year

Data source(s)

National Survey on Drug Use and Health (NSDUH)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Adult cocaine use in the past year	NSDUH	2021	2%	2%	No difference	n/a

Current levels

In 2021, an estimated 2% of Iowans aged 18 or older reported cocaine use in the past year.

Compared to the nation

In the NSDUH, the percentage of Iowa adults reporting cocaine use in the past year was 2% (CI: 1.16%-2.40%) compared to 2% (CI: 1.68%-2.06%) in the US.

Figure 105 illustrates the percentage of adults aged 18 or older reporting cocaine use in the past year. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the second lowest quintile nationally.¹⁴

¹⁴ The percentage reported for Iowa (2%) appears to fall outside the second lowest quintile range shown in the figure “1.55% to 1.75%” due to rounding.

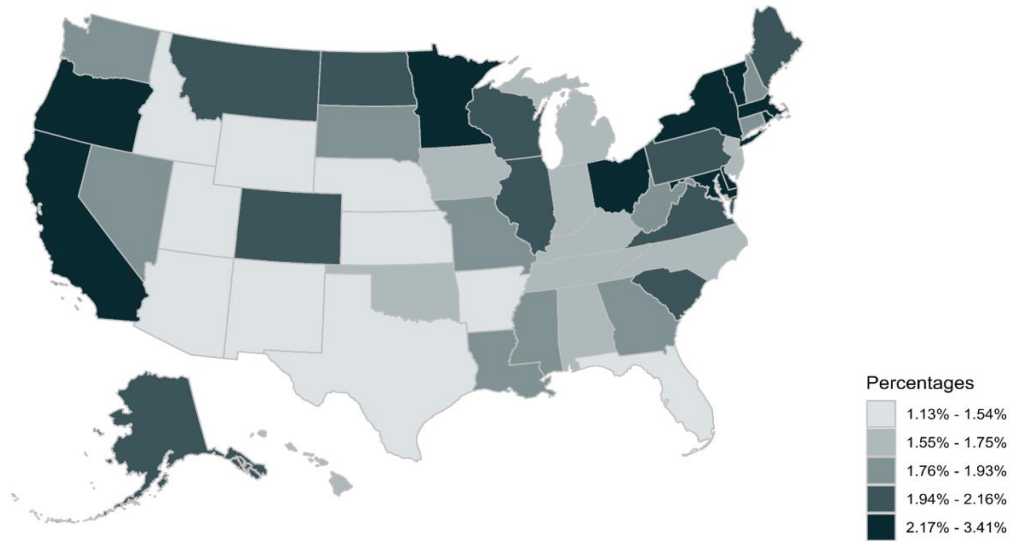


Figure 105. Cocaine Use in the Past Year, Aged 18 or Older, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-12.

ADULT METHAMPHETAMINE USE

About the indicator

Prevalence (percentage) of adult methamphetamine use in the past year

Data source(s)

National Survey on Drug Use and Health (NSDUH)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Adult methamphetamine use in the past year	NSDUH	2021	2%	1%	No difference	n/a

Current levels

In 2021, an estimated 2% of Iowans aged 18 or older reported methamphetamine use in the past year.

Compared to the nation

In the NSDUH, the percentage of Iowa adults reporting methamphetamine use in the past year was 2% (CI: 1.02%-3.42%) compared to 1% (CI: 0.83%-1.18%) in the US.

Figure 102 illustrates the percentage of adults aged 18 or older reporting methamphetamine use in the past year. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the highest quintile nationally.

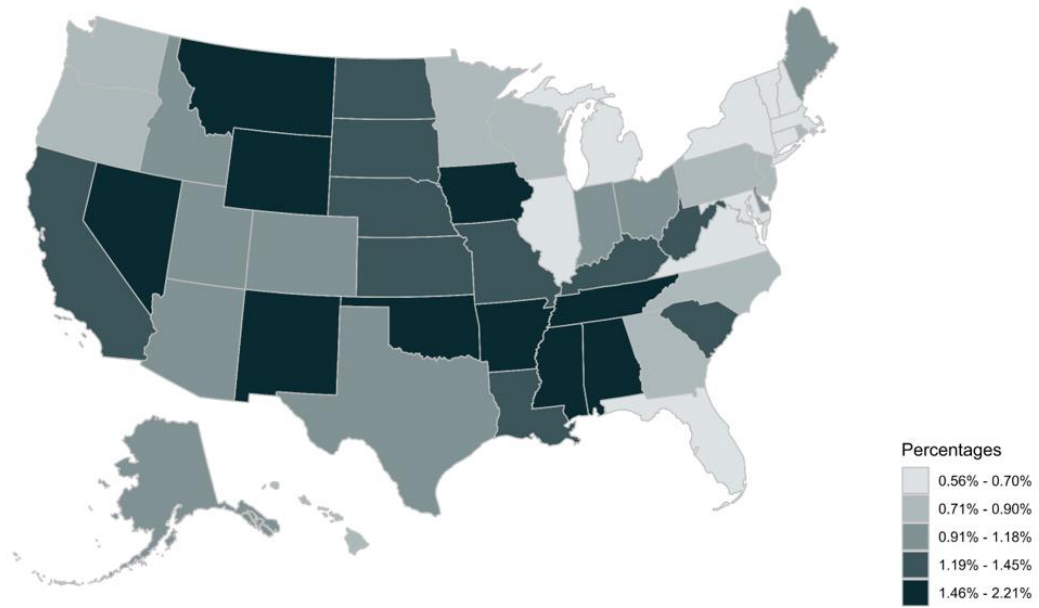


Figure 106. Methamphetamine Use in the Past Year, Aged 18 or Older, NSDUH, 2021

SECTION C.2 Youth Marijuana and Illicit Drug Use

YOUTH MARIJUANA USE

About the indicator

Percentage of youth aged 12 to 17 who reported marijuana use in the past 30 days

Percentage of youth in 6th, 8th, and 11th grade who reported marijuana use in the past 30 days

Data source(s)

National Survey on Drug Use and Health (NSDUH)
Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth marijuana use in the past 30 days	NSDUH	2021	5%	6%	No difference	n/a
Youth marijuana use in the past 30 days	IYS	2021	<1%, 6 th grade 2%, 8 th grade 8%, 11 th grade	n/a	n/a	n/a

Current levels

In a national survey in 2021, an estimated 5% of lowans aged 12 to 17 reported marijuana use in the past 30 days. In a statewide survey, the IYS found that less than 1% of youth in 6th grade, 2% in 8th grade, and 8% in 11th grade reported marijuana use in the past 30 days.

Compared to the nation

In the NSDUH, the percentage of Iowa youth reporting marijuana use in the past 30 days was 5% (CI: 3.41%-7.48%) compared to 6% (CI: 5.10%-6.50%) in the US.

Figure 107 illustrates the percentage of youth aged 12 to 17 reporting marijuana use in the past 30 days. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the second lowest quintile nationally.

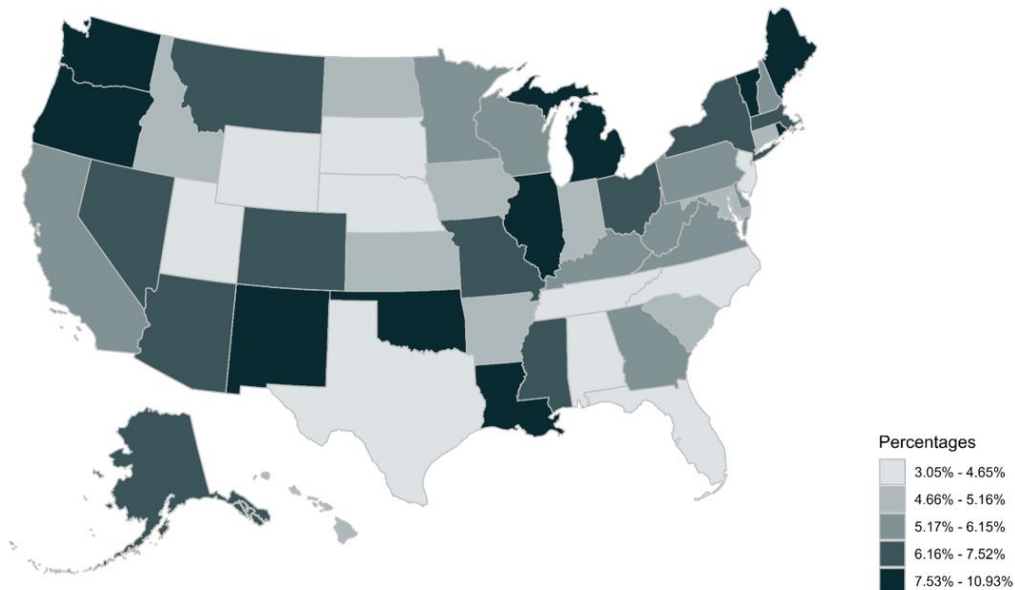


Figure 107. Marijuana Use in the Past 30 Days among Youth aged 12 to 17, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However,

the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-13.

Demographic characteristics of youth marijuana use Differences by Grade

Marijuana use in the past month increases with each advancing grade. In 2021, 8% of youth in 11th grade, 2% of youth in 8th grade, and less than 1% of youth in 6th grade reported marijuana use in the past 30 days.

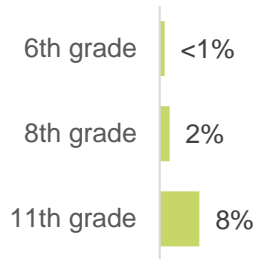


Figure 108. Past 30-Day Marijuana Use among Youth by Grade, IYS, 2021

Differences by Sex

In 2021, 3% of females and 3% of males reported marijuana use in the past 30 days.

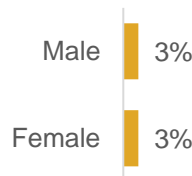


Figure 109. Past 30-Day Marijuana Use among Youth by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of marijuana use in the past 30 days was among students who were American Indian or Alaska Native (5%), or reported being two or more races (5%).

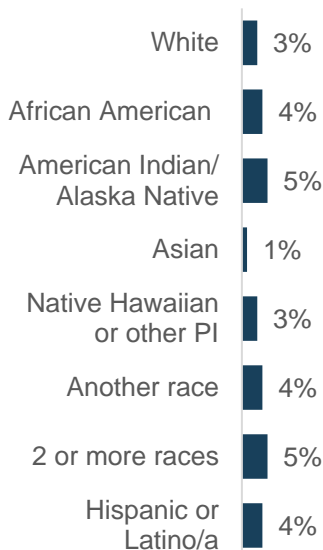


Figure 110. Past 30-Day Marijuana Use among Youth by Race/Ethnicity, IYS, 2021

YOUTH FIRST MARIJUANA USE BEFORE AGE 13

About the indicator

Youth were asked the following question: “*How old were you when you first tried marijuana (pot, grass, hash, bud, weed)?*”. Response options were “8 or younger”, “9 or 10”, “11 or 12”, “13 or 14”, “15 or 16”, or “17 or older”. Percentages presented for this indicator reflect responses of “8 or younger”, “9 or 10”, and “11 or 12” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth first marijuana use before age 13	IYS	2021	1%, 6 th grade 2%, 8 th grade 2%, 11 th grade	n/a	n/a	n/a

Current levels

In 2021, 1% of youth in 6th grade, 2% in 8th grade, and 2% in 11th grade reported using marijuana before the age of 13.

Demographic characteristics of youth first marijuana use Differences by Grade

In 2021, 1% of students in 6th grade reported using marijuana before age 13 compared to 2% of students in 8th grade and 11th grade.

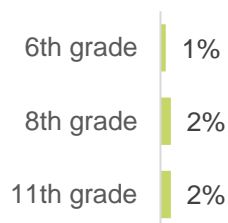


Figure 111. Percent of Youth Reporting First Marijuana Use before Age 13 by Grade, IYS, 2021

Differences by Sex

In 2021, 2% of females and 1% of males reported using marijuana before age 13.

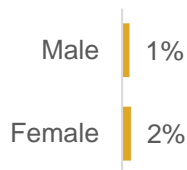
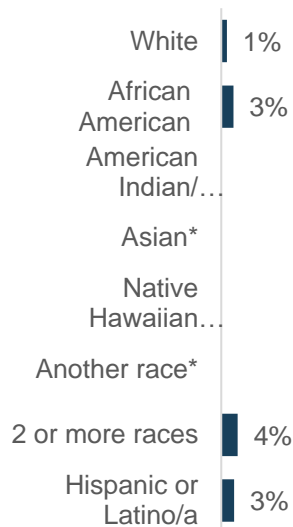


Figure 112. Percent of Youth Reporting First Marijuana Use before Age 13 by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of youth first using marijuana before age 13 was among students who reported two or more races (4%) followed by African American and Hispanic or Latino/a students (3%, respectively).



*Percentage suppressed due to cell count less than 11.

Figure 113. Percent of Youth Reporting First Marijuana Use before Age 13 by Race/Ethnicity, IYS, 2021

YOUTH RISK PERCEPTIONS OF MARIJUANA USE

About the indicator

The NSDUH assessed risk perceptions about the effects of using certain drugs and other substances. With regards to marijuana, the question asked, “*How much do people risk harming themselves physically and in other ways when they smoke marijuana once a month?*”. Response options were “No risk”, “Slight risk”, “Moderate risk”, or “Great risk”. Percentages presented for this indicator reflect responses of “Great risk”.

Students were asked the following question on the Iowa Youth Survey: “*Thinking about possible risks to physical or mental health, please indicate the level of risk for each of the following*”

activities: Using marijuana regularly". Response options were "Little or no risk", "Slight risk", "Moderate risk", or "High risk". Percentages presented for this indicator reflect responses of "High risk".

Data source(s)

National Survey on Drug Use and Health (NSDUH)
Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of great risk from smoking marijuana once a month	NSDUH	2021	20%	23%	No difference	n/a
Youth perceptions of high risk from using marijuana regularly	IYS	2021	56%, 6 th grade 59%, 8 th grade 42%, 11 th grade	n/a	n/a	n/a

Current levels

In a national survey in 2021, an estimated 20% of youth aged 12 to 17 reported “Great risk” from smoking marijuana once a month. In a statewide survey in 2021, 56% of youth in 6th grade, 59% of youth in 8th grade, and 42% of youth in 11th grade reported “High risk” to physical or mental health from using marijuana regularly.

Compared to the nation

In the NSDUH, the percentage of Iowa youth reporting perceptions of great risk from smoking marijuana once a month was 20% (CI: 15.52%-26.30%) compared to 23% (CI: 21.97%-24.60%) in the US.

Figure 114 illustrates the percentage of youth aged 12 to 17 reporting perceptions of great risk from smoking marijuana once a month. States are grouped into quintiles based on the distribution

of the percentages across states. Iowa was in the middle quintile nationally.¹⁵

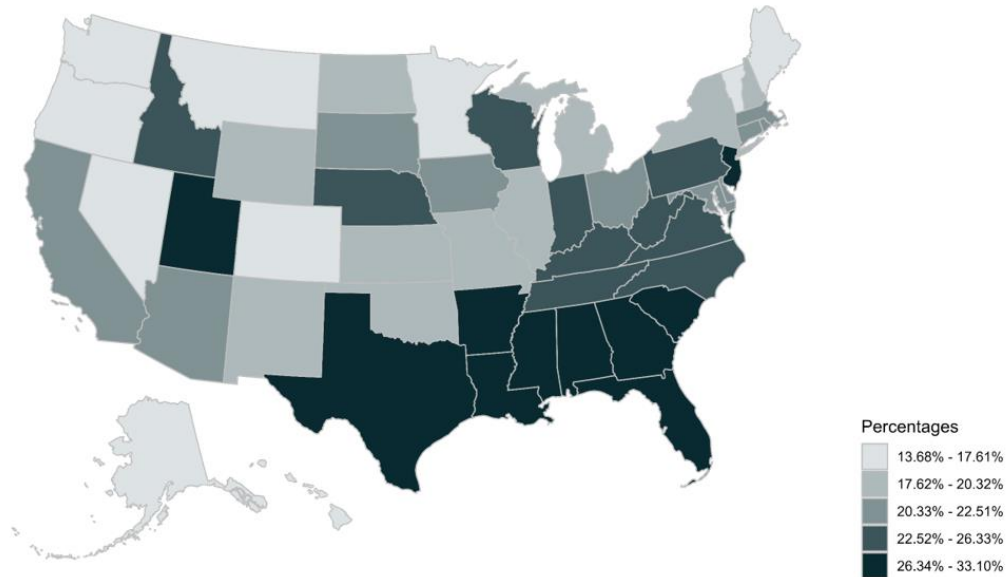


Figure 114. Perceptions of Great Risk from Smoking Marijuana Once a Month among Youth, Aged 12 to 17, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-14.

Demographic characteristics of youth perceptions of use of marijuana regularly

¹⁵ The percentage reported for Iowa (20%) appears to fall outside the middle quintile range shown in the figure “20.33% to 22.51%” due to rounding.

Differences by Grade

In 2021, the percentage of students reporting perceptions of high risk from using marijuana regularly was lowest among students in 11th grade (42%).



Figure 115. Youth Perceptions of High Risk from Using Marijuana Regularly by Grade, IYS, 2021

Differences by Sex

In 2021, 56% of females and 51% of males reported perceptions of high risk to physical or mental health from using marijuana regularly.



Figure 116. Youth Perceptions of High Risk from Using Marijuana Regularly by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students who reported perceptions of high risk from using marijuana regularly was highest among students who were Asian (59%) followed by those who were White (54%).

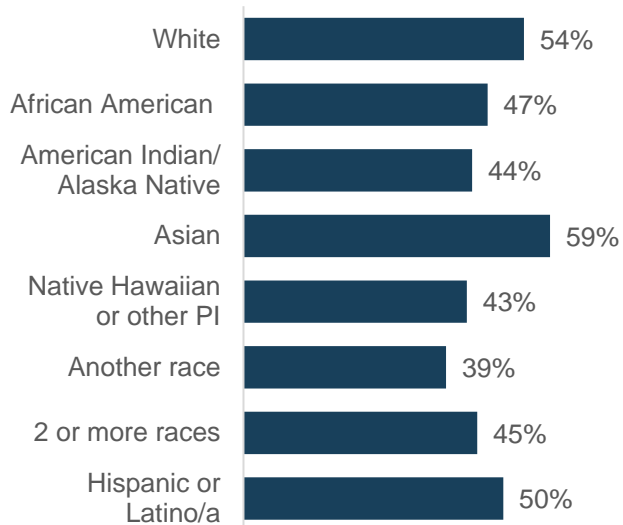


Figure 117. Youth Perceptions of High Risk from Using Marijuana Regularly by Race/Ethnicity, IYS, 2021

YOUTH PERCEPTIONS OF EASY ACCESS TO MARIJUANA

About the indicator

This indicator reflects youth perceptions of easy access to marijuana for someone their age. The IYS question asked: *“How easy or hard do you think it would be for someone your age to get each of the following: Marijuana (pot, weed, bud, hash)?”*

Response options were “Very hard”, “Hard”, “Easy”, “Very easy”, or “Don’t know”. Proportions presented reflect the percentage of students responding “Easy” or “Very easy” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of easy access to marijuana	IYS	2021	7%, 6 th grade 23%, 8 th grade 53%, 11 th grade	n/a	n/a	n/a

Current levels

In 2021, 7% of youth in 6th grade, 23% of youth in 8th grade, and 53% of youth in 11th grade reported it would be “Easy” or “Very easy” for someone their age to get marijuana.

Demographic characteristics of youth perceptions of easy access to marijuana

Differences by Grade

In 2021, 53% of students in 11th grade reported it would be “Easy” or “Very easy” for someone their age to get marijuana.

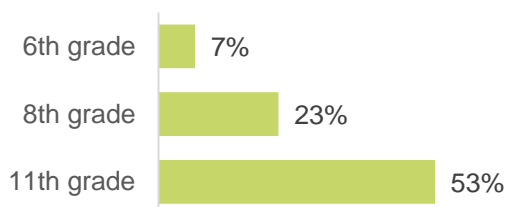


Figure 118. Youth Perceptions of Easy Access to Marijuana by Grade, IYS, 2021

Differences by Sex

In 2021, 28% of females and 26% of males reported it would be easy for someone their age to get marijuana.



Figure 119. Youth Perceptions of Easy Access to Marijuana by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students reporting easy access to marijuana was highest among students who reported two or more races (34%) followed by those who were African American or American Indian/Alaska Native students (31%, respectively).

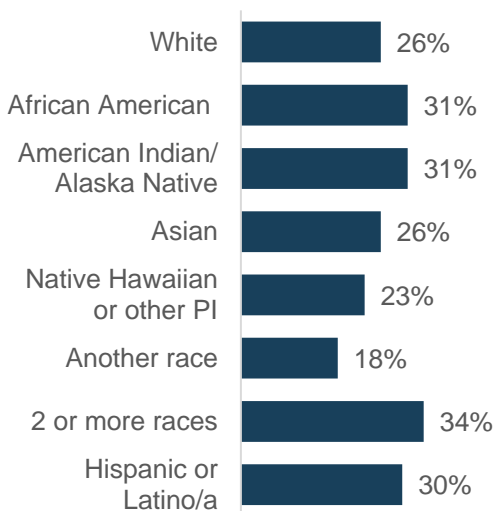


Figure 120. Youth Perceptions of Easy Access to Marijuana by Race/Ethnicity, IYS, 2021

PERCEIVED NORMS ABOUT YOUTH MARIJUANA USE

About the indicator

This indicator reflects perceptions of peer beliefs about youth marijuana consumption. The IYS question asked: *“About how*

many students in your grade would feel it is okay for you to do each of the following: Use marijuana?”. Response options were “Almost none would think it is ok”, “A few would think it is ok”, “Some would and some wouldn’t think it is ok”, “Most would think it is ok”, or “Almost all would think it is ok”. Proportions presented reflect the percentage of students responding “Almost none would think it is ok” or “A few would think it is ok” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of peer beliefs about marijuana use	IYS	2021	91%, 6 th grade 78%, 8 th grade 40%, 11 th grade % reporting Almost none or A few	n/a	n/a	n/a

Current levels

In 2021, 91% of youth in 6th grade, 78% of youth in 8th grade, and 40% of youth in 11th grade reported “Almost none” or “A few” students in their grade would feel it is ok to use marijuana.

Demographic characteristics of youth perceptions of peer belief about marijuana

Differences by Grade

In 2021, 91% of students in 6th reported only a few or no students believe it is ok to use marijuana compared to 40% of 11th grade students who perceived the same.

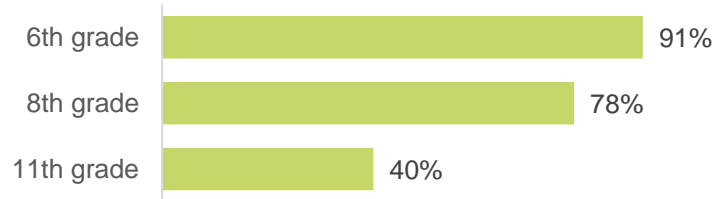


Figure 121. Perceptions of Peer Beliefs about Marijuana Use by Grade, IYS, 2021

Differences by Sex

In 2021, 73% of males reported only a few or no students believe it is ok to use marijuana compared to 69% of females who perceived the same.



Figure 122. Perceptions of Peer Beliefs about Marijuana Use by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, approximately two-thirds of students regardless of race or ethnicity perceived that only a few or no students believe it is ok to use marijuana.

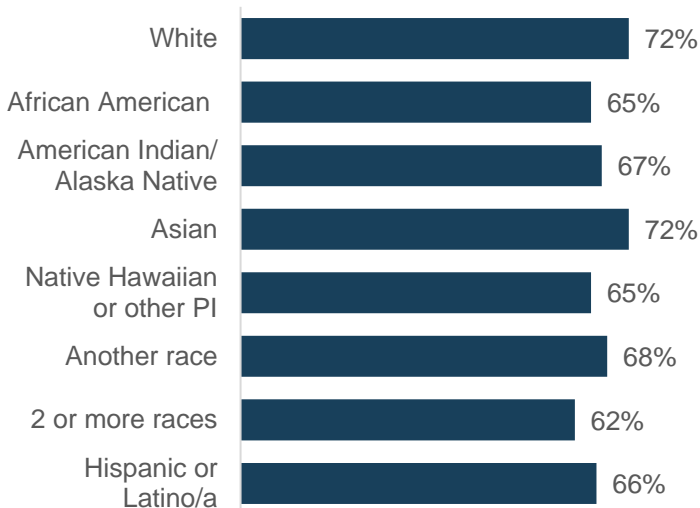


Figure 123. Perceptions of Peer Beliefs about Marijuana Use by Race/Ethnicity, IYS, 2021

YOUTH ILLICIT DRUG USE

About the indicator

In the NSDUH survey, illicit drug use is defined as the misuse of prescription psychotherapeutics or the use of marijuana (including vaping), cocaine (including crack), heroin, hallucinogens, inhalants, or methamphetamine. Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs. Illicit Drugs Other Than Marijuana excludes respondents who used only marijuana but includes those who used marijuana in addition to other illicit drugs.

In the IYS, youth were asked if they have used cocaine, methamphetamine, amphetamine in the past 30 days.

Data source(s)

National Survey on Drug Use and Health (NSDUH)
Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth illicit drug use in the past month	NSDUH	2021	7%	7%	No difference	n/a
Youth illicit drug use other than marijuana in the past month	NSDUH	2021	3%	2%	No difference	n/a
Youth cocaine use in the past 30 days	IYS	2021	1%, 6 th grade 1%, 8 th grade 1%, 11 th grade	n/a	n/a	n/a
Youth methamphetamine use in the past year	NSDUH	2021	<1%	<1%	No difference	n/a

Youth methamphetamine use in the past 30 days	IYS	2021	<1%, 6 th grade 1%, 8 th grade 1%, 11 th grade	n/a	n/a	n/a
Youth amphetamine use in the past 30 days	IYS	2021	1%, 6 th grade 1%, 8 th grade 1%, 11 th grade	n/a	n/a	n/a

Current levels

In a national survey in 2021, an estimated 7% of lowans aged 12 to 17 reported illicit drug use in the past month. When marijuana is excluded, an estimated 3% of Iowa youth reported illicit drug use other than marijuana. In the same survey, less than 1% of lowans aged 12 to 17 reported methamphetamine use in the past year.

In a statewide survey in 2021, approximately 1% of youth in 6th, 8th, and 11th grades reported having used cocaine in the past 30 days, with the same percentages also reported for methamphetamine or amphetamine use in the same time frame.

Compared to the nation

In the NSDUH, the percentage of Iowa youth reporting illicit drug use in the past month was 7% (CI: 4.50%-9.66%) compared to 7% (CI: 6.35%-7.89%) in the US. Additionally, the percentage of Iowa youth reporting illicit drug use other than marijuana in the past month was 3% (CI: 1.52%-4.11%) compared to 2% (CI: 1.51%-2.22%) in the US.

Figure 124 illustrates the percentage of youth aged 12 to 17 reporting illicit drug use in the past month, and Figure 125 illustrates youth illicit drug use other than marijuana. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the second lowest quintile nationally for any illicit drug use,¹⁶ and in the highest quintile nationally for illicit drug use other than marijuana.¹⁷

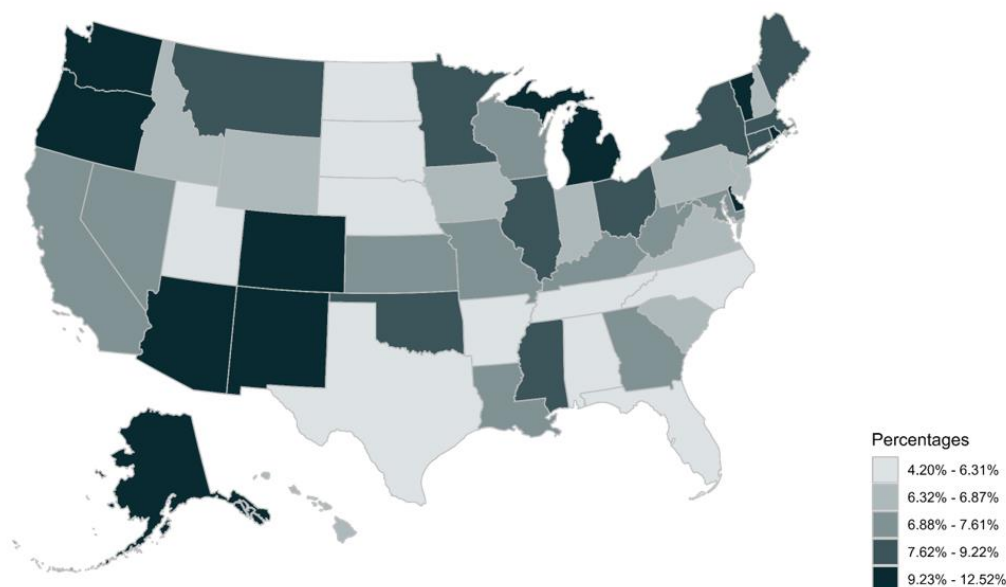


Figure 124. Illicit Drug Use in the Past Month among Youth, Aged 12 to 17, by State, NSDUH, 2021

¹⁶ The percentage reported for Iowa (7%) appears to fall outside the second lowest quintile range shown in the figure “6.32% to 6.87%” due to rounding.

¹⁷ The percentage reported for Iowa (3%) appears to fall outside the highest quintile range shown in the figure “2.13% to 2.51%” due to rounding.

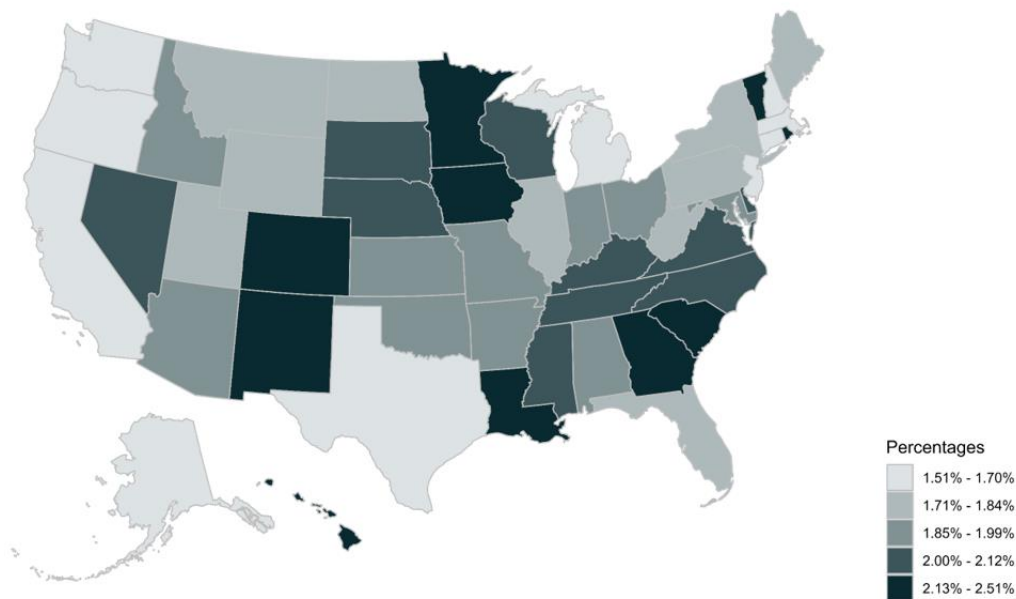


Figure 125. Illicit Drug Use Other Than Marijuana in the Past Month among Youth, Aged 12 to 17, by State, NSDUH, 2021

Additionally, from the NSDUH survey the percentage of Iowa youth reporting methamphetamine use in the past year was 0.4% (CI: 0.12%-1.63%) compared to 0.1% (CI: 0.07%-0.29%) in the US.

Figure 126 illustrates the percentage of youth aged 12 to 17 reporting methamphetamine use in the past year. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the highest quintile nationally.

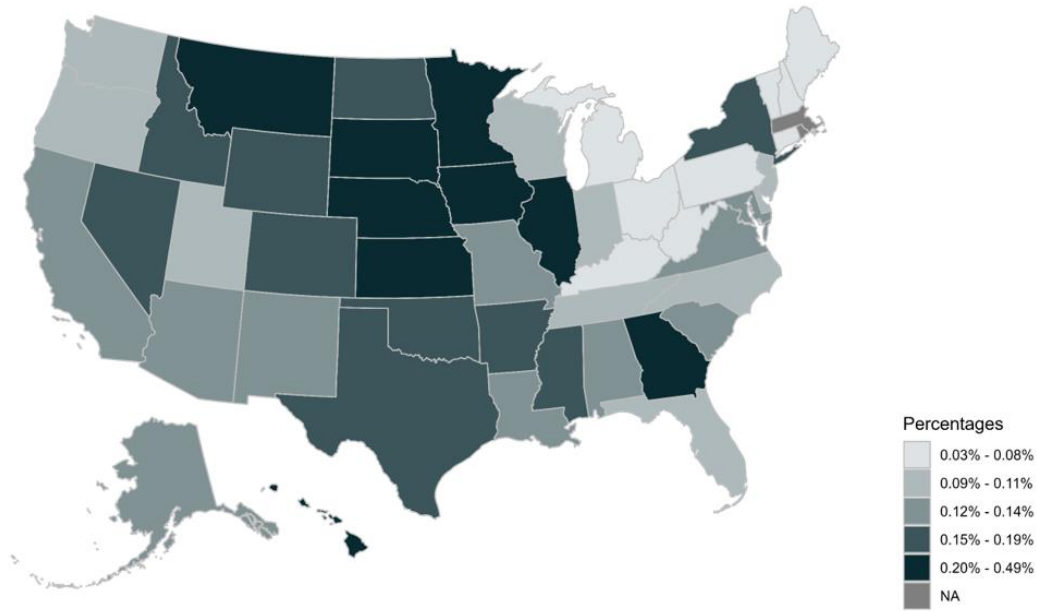


Figure 126. Methamphetamine Use in the Past Year, Aged 12-17 Years, NSDUH, 2021¹⁸

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-15.

Demographic characteristics of youth cocaine use Differences by Grade

In 2021, 1% of youth in 6th, 8th, and 11th grade reported cocaine use in the past 30 days, respectively.

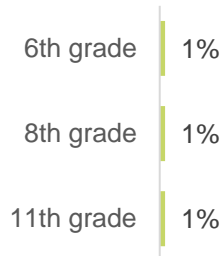


Figure 127. Past 30-Days Cocaine Use by Grade, IYS, 2021

¹⁸ NA denotes not available for some states.

Differences by Sex

In 2021, 1% of females and 1% of males reported cocaine use in the past 30 days.

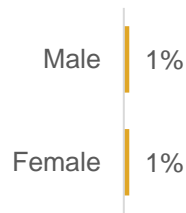


Figure 128. Past 30-Days Cocaine Use by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of cocaine use in the past 30 days was among students who were Native Hawaiian or other Pacific Islander (4%).

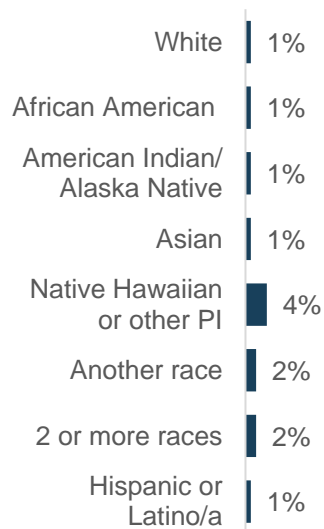


Figure 129. Past 30-Days Cocaine Use by Race/Ethnicity, IYS, 2021

Demographic characteristics of youth methamphetamine use

Differences by Grade

In 2021, 1% of youth in 8th and 11th grade reported methamphetamine use in the past 30 days, respectively.

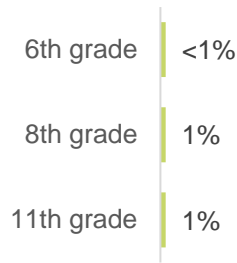


Figure 130. Past 30-Day Methamphetamine Use by Grade, IYS, 2021

Differences by Sex

In 2021, less than 1% of females and 1% of males reported methamphetamine use in the past 30 days.

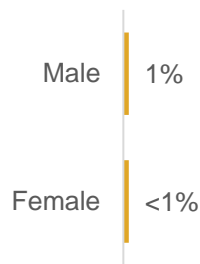


Figure 131. Past 30-Day Methamphetamine Use by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of methamphetamine use in the past 30 days was among students who were Native Hawaiian or other Pacific Islander (2%).

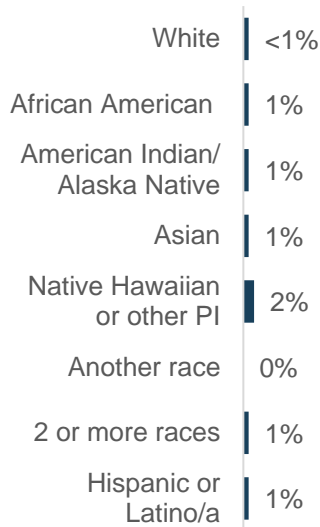


Figure 132. Past 30-Day Methamphetamine Use by Race/Ethnicity, IYS, 2021

Demographic characteristics of youth amphetamine use

Differences by Grade

In 2021, 1% of youth in 6th, 8th, and 11th grade reported amphetamine use in the past 30 days, respectively.

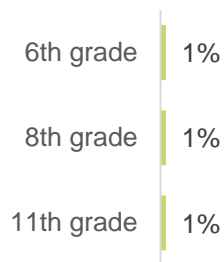


Figure 133. Past 30-Day Amphetamine Use by Grade, IYS, 2021

Differences by Sex

In 2021, 1% of females and 1% of males reported amphetamine use in the past 30 days.

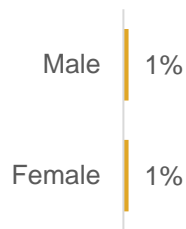


Figure 134. Past 30-Day Amphetamine Use by Sex, IYS, 2021

Differences by Race/Ethnicity

The highest percentage of amphetamine use in the past 30 days was among students who were Native Hawaiian or other Pacific Islander (3%).

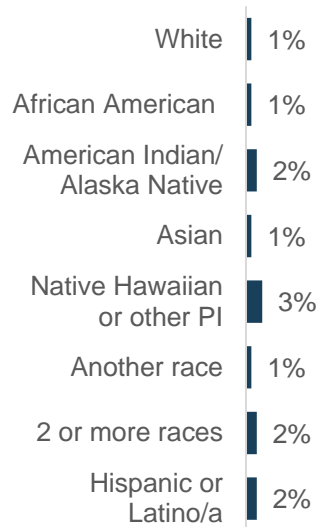


Figure 135. Past 30-Day Amphetamine Use by Race/Ethnicity, IYS, 2021

YOUTH RISK PERCEPTIONS OF ILLEGAL DRUG USE

About the indicator

Students were asked the following question on the Iowa Youth Survey: “Thinking about possible risks to physical or mental health, please indicate the level of risk for each of the following activities:

Using methamphetamines (crank) regularly

Using amphetamines other than methamphetamines (like stimulants, uppers, speed) regularly

Using cocaine regularly

Using any other illegal drug regularly”.

Response options were “Little or no risk”, “Slight risk”, “Moderate risk”, or “High risk”. Percentages presented for this indicator reflect responses of “High risk”.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of high risk from using methamphetamines regularly	IYS	2021	56%, 6 th grade 67%, 8 th grade 80%, 11 th grade	n/a	n/a	n/a
Youth perceptions of high risk from using cocaine regularly	IYS	2021	64%, 6 th grade 75%, 8 th grade 82%, 11 th grade	n/a	n/a	n/a
Youth perceptions of	IYS	2021	49%, 6 th grade	n/a	n/a	n/a

high risk from using amphetamines other than methamphetamines regularly			59%, 8 th grade 73%, 11 th grade			
Youth perceptions of high risk from using any other illegal drug regularly	IYS	2021	65%, 6 th grade 71%, 8 th grade 73%, 11 th grade	n/a	n/a	n/a

Current levels

In 2021, 56% of youth in 6th grade, 67% of youth in 8th grade, and 80% of youth in 11th grade reported “High risk” to physical or mental health from using methamphetamines regularly.

In 2021, 64% of youth in 6th grade, 75% of youth in 8th grade, and 82% of youth in 11th grade reported “High risk” to physical or mental health from using cocaine regularly.

In 2021, 49% of youth in 6th grade, 59% of youth in 8th grade, and 73% of youth in 11th grade reported “High risk” to physical or mental health from using amphetamines other than methamphetamines regularly.

In 2021, 65% of youth in 6th grade, 71% of youth in 8th grade, and 73% of youth in 11th grade reported “High risk” to physical or mental health from using any other illegal drug regularly.

Demographic characteristics of youth RISK perceptions of Methamphetamine Use Regularly Differences by Grade

In 2021, the percentage of students reporting perceptions of high risk from using methamphetamines regularly was lowest among students in 6th grade (56%).



Figure 136. Youth Risk Perceptions of High Risk for Using Methamphetamine Regularly by Grade, IYS, 2021

Differences by Sex

In 2021, 68% of females and males reported perceptions of high risk to physical or mental health from using methamphetamines regularly.



Figure 137. Youth Risk Perceptions of High Risk for Using Methamphetamine Regularly by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students who reported perceptions of high risk from using methamphetamines regularly was highest among students who were White (69%) followed by those who were Asian (65%). This percentage was lowest among students who were Native Hawaiian or other Pacific Islander (48%) or another race (43%).

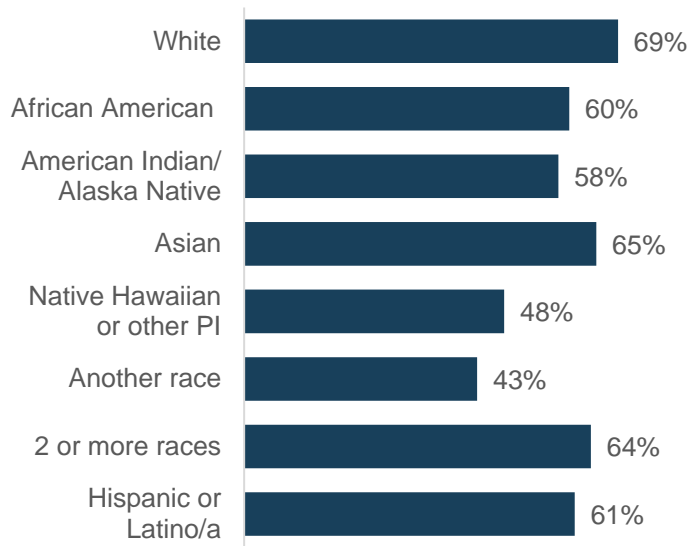


Figure 138. Youth Risk Perceptions of High Risk for Using Methamphetamine Regularly by Race/Ethnicity, IYS, 2021

Demographic characteristics of youth RISK perceptions of Cocaine Use Regularly Differences by Grade

In 2021, the percentage of students reporting perceptions of high risk from



using cocaine regularly was lowest among students in 6th grade (64%).

Figure 139. Youth Risk Perceptions of High Risk for Using Cocaine Regularly by Grade, IYS, 2021

Differences by Sex

In 2021, 73% of females and males reported perceptions of high risk to physical or mental health from using cocaine regularly.



Figure 140. Youth Risk Perceptions of High Risk for Using Cocaine Regularly by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students who reported perceptions of high risk from using cocaine regularly was highest among students who were White (75%) or Asian (74%) and lowest among students who were Native Hawaiian or other Pacific Islander (60%) or another race (57%).

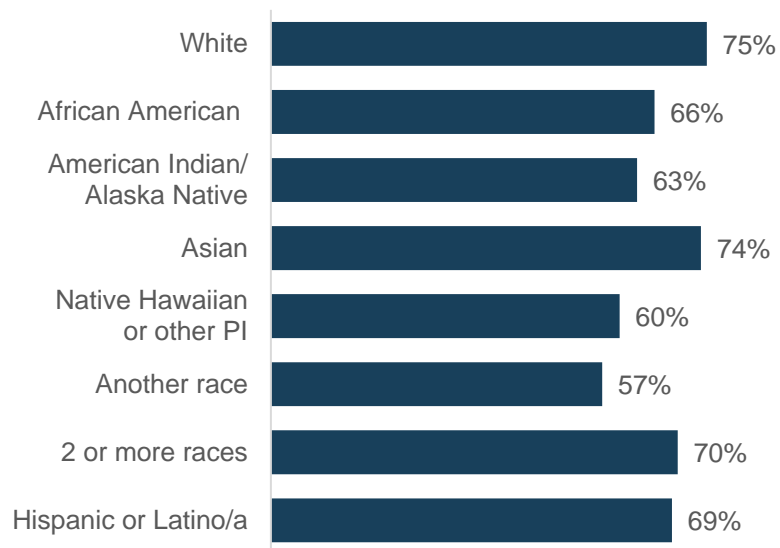


Figure 141. Youth Risk Perceptions of High Risk for Using Cocaine Regularly by Race/Ethnicity, IYS, 2021

Demographic characteristics of youth RISK perceptions of Amphetamines Use Regularly
Differences by Grade

In 2021, the percentage of students reporting perceptions of high risk from using amphetamines regularly was lowest among students in 6th grade (49%).



Figure 142. Youth Risk Perceptions of High Risk for Using Amphetamines Regularly by Grade, IYS, 2021

Differences by Sex

In 2021, 61% of females and 59% of males reported perceptions of high risk to physical or mental health from using amphetamines regularly.



Figure 143. Youth Risk Perceptions of High Risk for Using Amphetamines Regularly by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students who reported perceptions of high risk from using amphetamines regularly was highest among students who were White (62%) or Asian (60%) and lowest among students who were Native Hawaiian or other Pacific Islander (48%) or another race (47%).

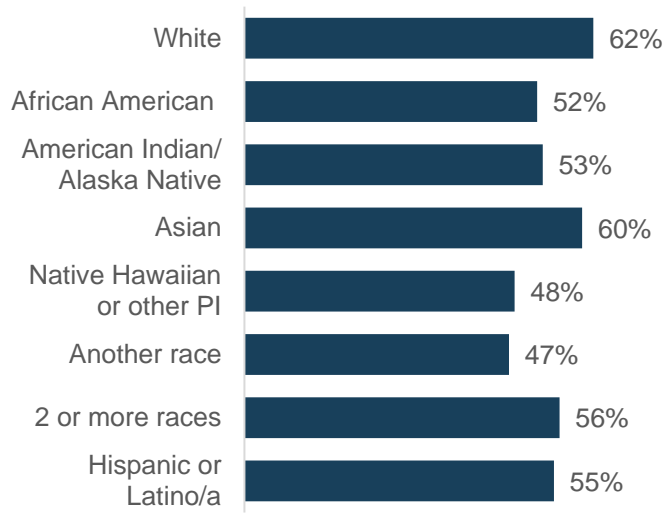


Figure 144. Youth Risk Perceptions of High Risk for Using Amphetamines Regularly by Race/Ethnicity, IYS, 2021

Demographic characteristics of youth RISK perceptions of Any Other Illegal Drug Use Regularly Differences by Grade

In 2021, the percentage of students reporting perceptions of high risk from using any other illegal drug regularly was lowest among students in 6th grade (65%).



Figure 145. Youth Risk Perceptions of High Risk for Using Any Other Illegal Drug Regularly by Grade, IYS, 2021

Differences by Sex

In 2021, 71% of females and 68% of males reported perceptions of high risk to physical or mental health from using any other illegal drug regularly.



Figure 146. Youth Risk Perceptions of High Risk for Using Any Other Illegal Drug Regularly by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students who reported perceptions of high risk from using any other illegal drug regularly was highest among students who were Asian (72%) or White (71%) and lowest among students who were Native Hawaiian or other Pacific Islander (57%) or another race (53%).

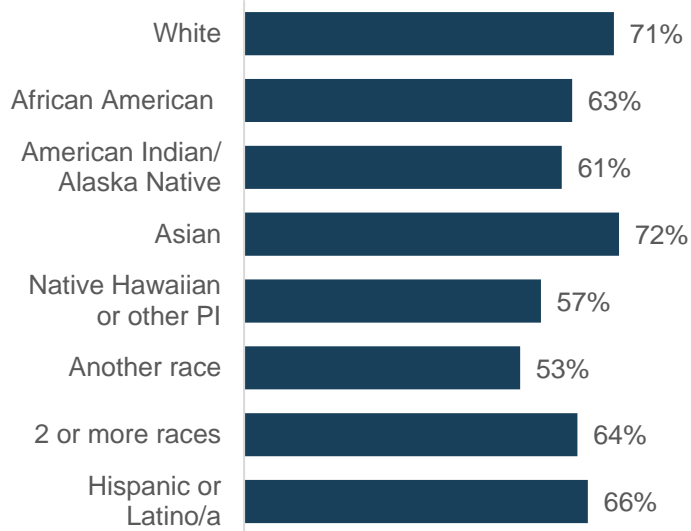


Figure 147. Youth Risk Perceptions of High Risk for Using Any Other Illegal Drug Regularly by Race/Ethnicity, IYS, 2021

YOUTH PERCEPTIONS OF EASY ACCESS TO ILLEGAL DRUGS

About the indicator

This indicator reflects youth perceptions of easy access to illegal drugs other than tobacco, alcohol, or marijuana for someone their age. The IYS question asked: *“How easy or hard do you think it would be for someone your age to get each of the following: Any other illegal drug?”*. Response options were “Very hard”, “Hard”, “Easy”, “Very easy”, or “Don’t know”. Proportions presented reflect the percentage of students responding “Easy” or “Very easy” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of easy access to any other illegal drug	IYS	2021	6%, 6 th grade 14%, 8 th grade 23%, 11 th grade	n/a	n/a	n/a

Current levels

In 2021, 6% of youth in 6th grade, 14% of youth in 8th grade, and 23% of youth in 11th grade reported it would be “Easy” or “Very easy” for someone their age to access any other illegal drug (not including tobacco, alcohol, or marijuana).

Demographic characteristics youth perceptions of easy access to other illegal drugs

Differences by Grade

In 2021, 23% of students in 11th grade reported it would be “Easy” or “Very easy” for someone their age to get other illegal drugs.

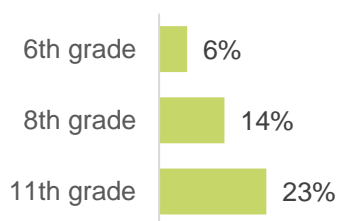


Figure 148. Youth Perceptions of Easy Access to Other Illegal Drugs by Grade, IYS, 2021

Differences by Sex

In 2021, 15% of females and 13% of males reported it would be easy for someone their age to get other illegal drugs.

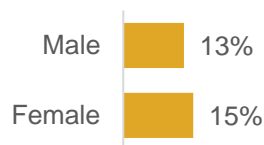


Figure 149. Youth Perceptions of Easy Access to Other Illegal Drugs by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students reporting easy access to other illegal drugs was highest among students who were African American (18%) or Hispanic or Latino/a (18%).

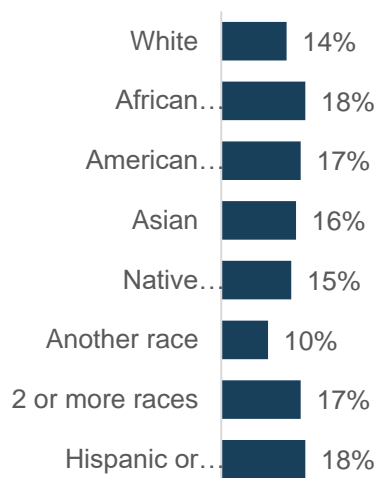


Figure 150. Youth Perceptions of Easy Access to Other Illegal Drugs by Race/Ethnicity, IYS, 2021

PERCEIVED NORMS ABOUT YOUTH USE OF OTHER ILLEGAL DRUGS

About the indicator

This indicator reflects perceptions of peer beliefs about youth use of other illegal drugs. The IYS question asked: “About how many students in your grade would feel it is okay for you to do each of the following: Use any illegal drug other than alcohol, cigarettes, or marijuana?”. Response options were “Almost none would think it is ok”, “A few would think it is ok”, “Some would and some wouldn’t think it is ok”, “Most would think it is ok”, or “Almost all

would think it is ok”. Proportions presented reflect the percentage of students responding “Almost none would think it is ok” or “A few would think it is ok” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of peer beliefs about other illegal drugs	IYS	2021	92%, 6 th grade 83%, 8 th grade 69%, 11 th grade % reporting Almost none or A few	n/a	n/a	n/a

Current levels

In 2021, 92% of youth in 6th grade, 83% of youth in 8th grade, and 69% of youth in 11th grade reported “Almost none” or “A few” students in their grade would feel it is ok to use other illegal drugs.

Demographic characteristics of youth perceptions of peer beliefs about other illegal drug use

Differences by Grade

In 2021, 92% of students in 6th grade reported only a few or no students believe it is ok to use other illegal drugs compared to 83% of 8th grade students and 69% of 11th grade students who perceived the same.



Figure 151. Perceptions of Peer Beliefs about Other Illegal Drug Use by Grade, IYS, 2021

Differences by Sex

In 2021, 84% of males reported only a few or no students believe it is ok to use other illegal drugs compared to 80% of females who perceived the same.



Figure 152. Perceptions of Peer Beliefs about Other Illegal Drug Use by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, approximately three-quarters of students regardless of race or ethnicity perceived that only a few or no students believe it is ok to use other illegal drugs.

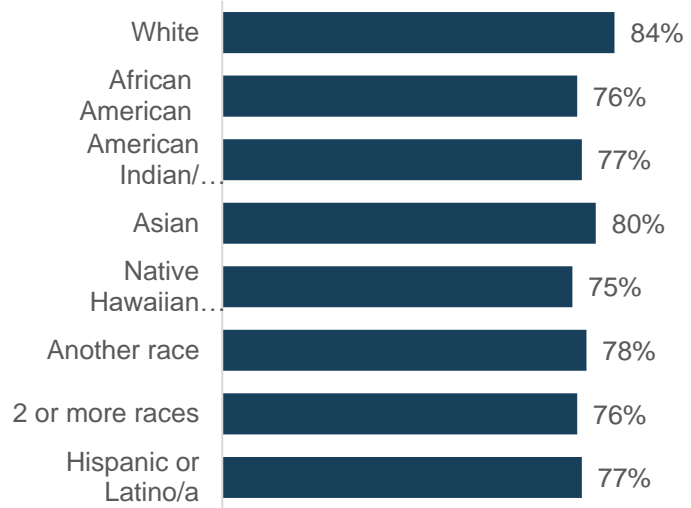


Figure 153. Perceptions of Peer Beliefs about Other Illegal Drug Use by Race/Ethnicity, IYS, 2021

SECTION C.3 Consequences of Illicit Drug Use

PSYCHOSTIMULANT OVERDOSE EMERGENCY DEPARTMENT ADMISSIONS AND DEATHS

About the indicator

This indicator reports the 2021 unintentional overdose emergency department (OD-ED) admissions due to suspected psychostimulant overdose and psychostimulant-involved deaths¹⁹.

Data source(s)

Iowa Department of Health & Human Services (Iowa HHS)²⁰

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Psychostimulant OD-ED admissions	Iowa HHS	2021	322	n/a	n/a	Remained steady
Psychostimulant-involved deaths	Iowa HHS	2021	195	n/a	n/a	Increased

Current levels

In 2021, the number of psychostimulant suspected OD-ED admissions was 322 in Iowa. Additionally, there were 195 deaths involving psychostimulants in Iowa which translates to an age-adjusted rate of 6 deaths per 100,000 population.

¹⁹ From Iowa HHS DOSE dashboard (2023): Psychostimulants - Methamphetamine does not have its own ICD-10 code, and is included in T43.6 (Psychostimulants with abuse potential).

²⁰ The information was retrieved on July 14, 2023. The most recent information is available at Iowa HHS DOSE dashboard (2023).

Table 4 provides information on psychostimulant deaths by sex in 2021. For males, there were 134 deaths involving psychostimulants (rate of 8 deaths per 100,000) compared to 61 deaths involving psychostimulants (rate of 4 deaths per 100,000) for females.

Table 4. Psychostimulant-Related Mortality Count and Sex Specific Rate, Iowa, 2021

	Psychostimulant-Involved Death	
Sex	Number	Sex Specific Rate per 100,000
Male	134	8
Female	61	4

Trends

The number of psychostimulant suspected OD-ED admissions has remained relatively stable since 2018 in Iowa (Figure 154).

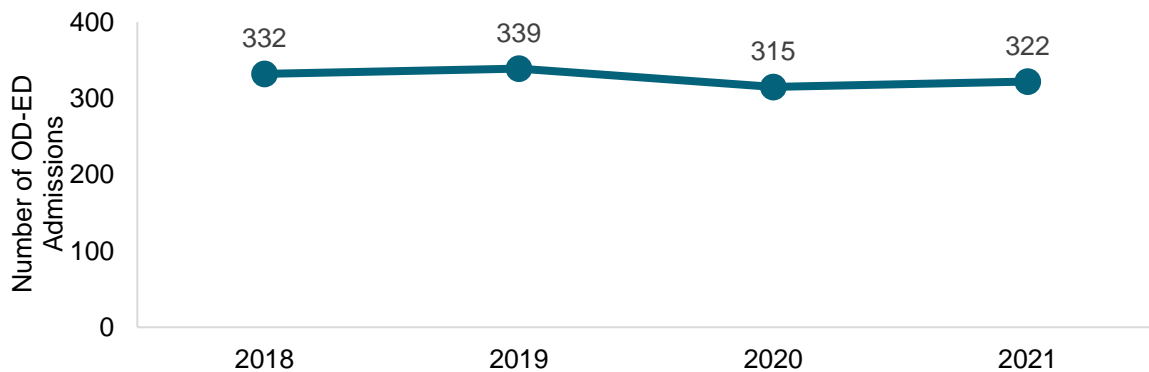


Figure 154. Psychostimulant-Involved OD-ED Admissions in Iowa, Iowa HHS, 2018-2021

Figure 155 illustrates the number of psychostimulant-involved deaths by sex in Iowa. The number of psychostimulant-involved

deaths has increased steadily since 2012. Only in years 2014 and 2018 did the number of deaths involving psychostimulants decrease from the previous year. This result was seen overall, as well as for males and females.

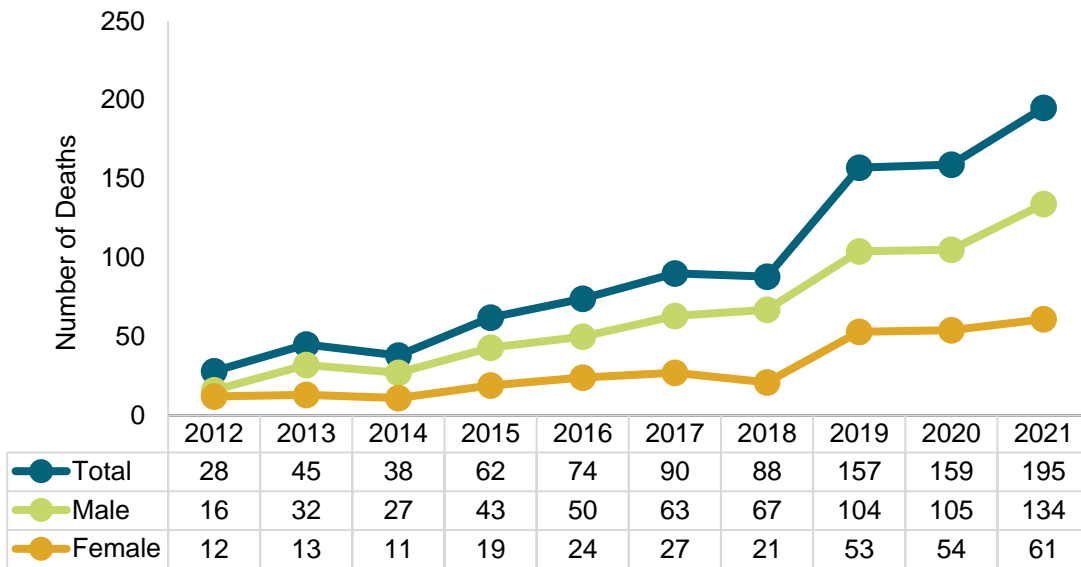


Figure 155. Psychostimulant Involved Death by Sex in Iowa, Iowa HHS, 2012-2021

MARIJUANA, COCAINE, AND METHAMPHETAMINE TREATMENT ADMISSIONS

About the indicator

This indicator reflects treatment admissions submitted to the IBHRS where the primary substance was marijuana, cocaine, or methamphetamine.

Data source(s)

Iowa Behavioral Health Reporting System (IBHRS)

Indicator summary

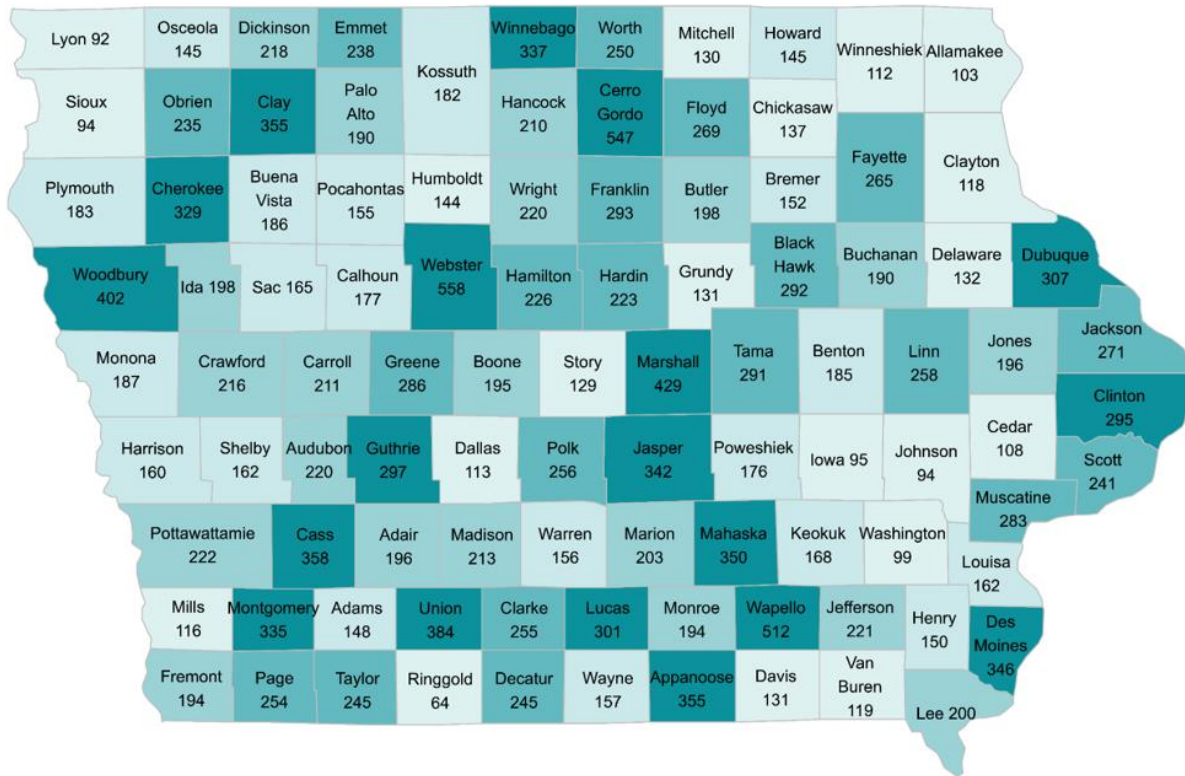
Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Marijuana treatment admissions	IBHRS	2022	7,935	n/a	n/a	Decreased
Cocaine treatment admissions	IBHRS	2022	1,075	n/a	n/a	Decreased
Methamphetamine treatment admissions	IBHRS	2022	6,699	n/a	n/a	Decreased (2019-2022)

Current levels

In 2022, the number of marijuana use treatment admissions (7,935) was higher than the number of methamphetamine and cocaine use treatment admissions (6,699 and 1,075, respectively). The rate of marijuana use treatment admissions was 248 per 100,000 population compared to 209 per 100,000 for methamphetamine- and 34 per 100,000 for cocaine-related treatment admissions.

Comparing Iowa counties

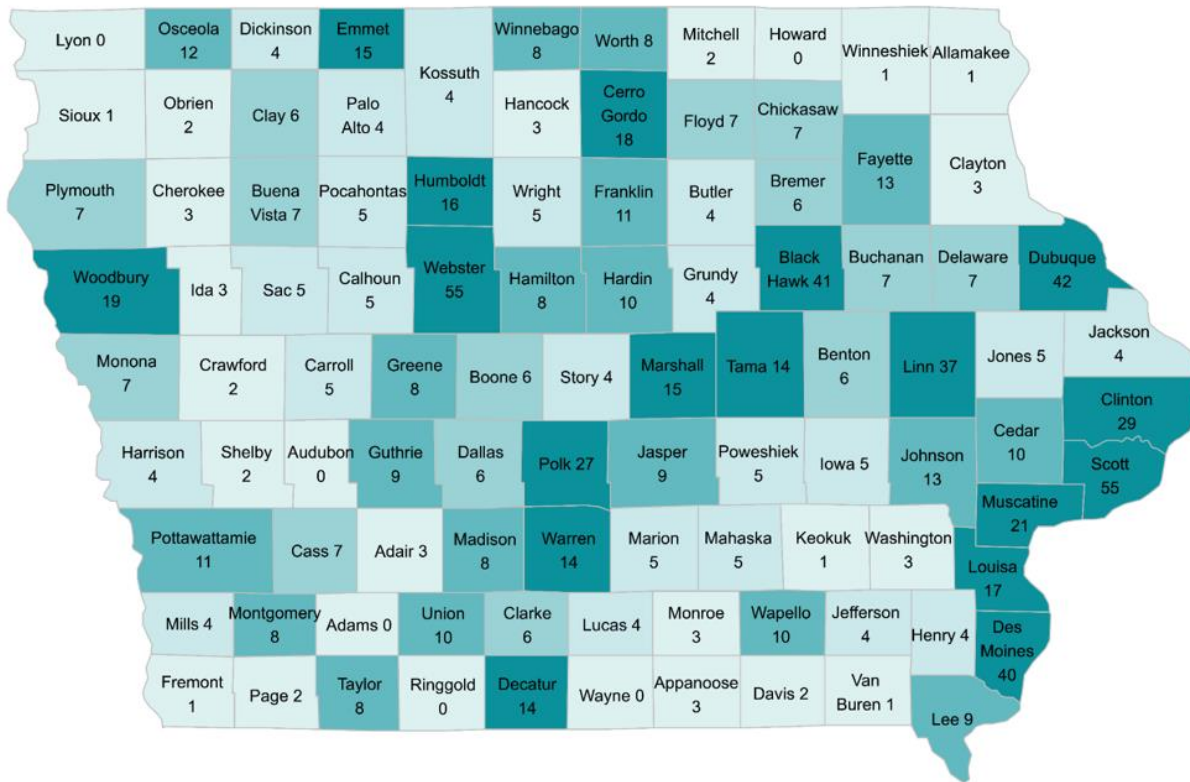
Figure 156 illustrates the average marijuana use admission rate per 100,000 population in Iowa counties for 2015 to 2022. Counties are grouped into quintiles based on the distribution of the average annual admission rates across counties. The counties with the highest average annual admission rates for marijuana use were: Webster (558 per 100,000), Cerro Gordo (547 per 100,000), and Wapello (512 per 100,000).



Admission rates per 100,000 pop: 64 - 144 145 - 187 188 - 222 223 - 293 294 - 558

Figure 156. Average Rate of Marijuana Use Treatment Admissions in Iowa, Iowa HHS, 2015-2022

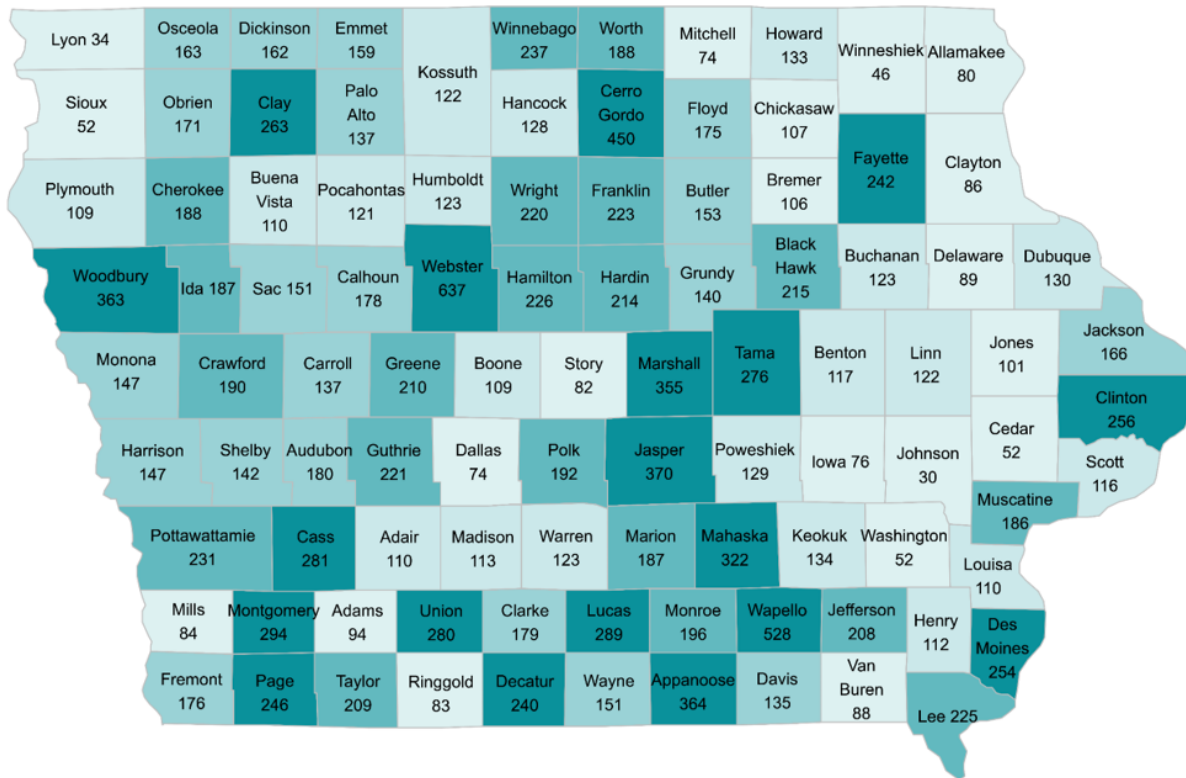
Figure 157 illustrates the average annual rate of cocaine admissions per 100,000 population in Iowa counties for 2015 to 2022. Counties are grouped into quintiles based on the distribution of the average annual admission rates across counties. The counties with the highest average annual admission rates for cocaine use were: Webster (55 per 100,000), Scott (55 per 100,000), and Dubuque (42 per 100,000).



Admission rates per 100,000 pop: 0 - 3 4 - 5 6 - 7 8 - 13 14 - 55

Figure 157. Average Rate of Cocaine Use Treatment Admissions in Iowa, Iowa HHS, 2015-2022

Figure 158 illustrates the average annual rate of methamphetamine admissions per 100,000 population in Iowa counties for 2015 to 2022. Counties are grouped into quintiles based on the distribution of the average annual admission rates across counties. The counties with the highest average annual admission rates for methamphetamine use were: Webster (637 per 100,000), Wapello (528 per 100,000), and Cerro Gordo (450 per 100,000).



Admission rates per 100,000 pop: 30 - 107 108 - 134 135 - 180 181 - 237 238 - 637

Figure 158. Average Rate of Methamphetamine Use Treatment Admissions in Iowa, Iowa HHS, 2015-2022

Trends

Figure 159 illustrates the marijuana, cocaine, and methamphetamine use treatment admission rate per 100,000 population in Iowa between 2015 and 2022. The treatment admission rate per 100,000 for marijuana has decreased overall from 2015 to 2022.

For cocaine, the treatment admission rate per 100,000 remained relatively stable between 2015 and 2018, followed by a decreasing trend in the rate per 100,000 between 2019 and 2022. For methamphetamine, the treatment admission rate per 100,000 increased between 2015 and 2018, and then decreased between 2019 and 2022 (Figure 159).

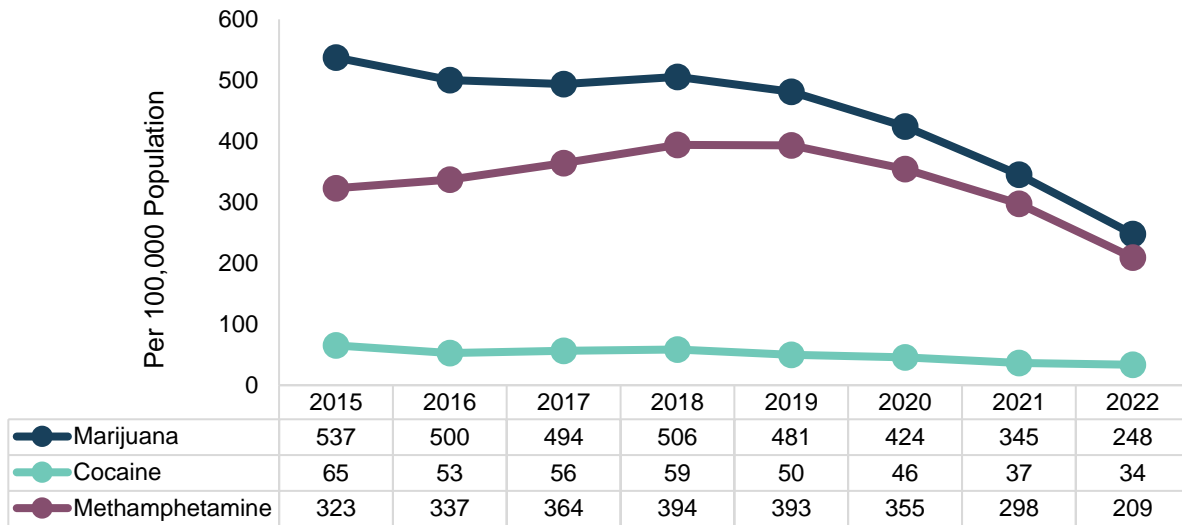


Figure 159. Rate of Treatment Admission for Marijuana, Methamphetamine, and Cocaine Use, Iowa HHS, 2015-2022

Demographic characteristics of marijuana use treatment admissions

Differences by Age

Based on 2015-2022 data sources, the average age specific rate of treatment admissions for marijuana use was highest among people aged 15-24 years (1,025 per 100,000 population) compared to other age groups.

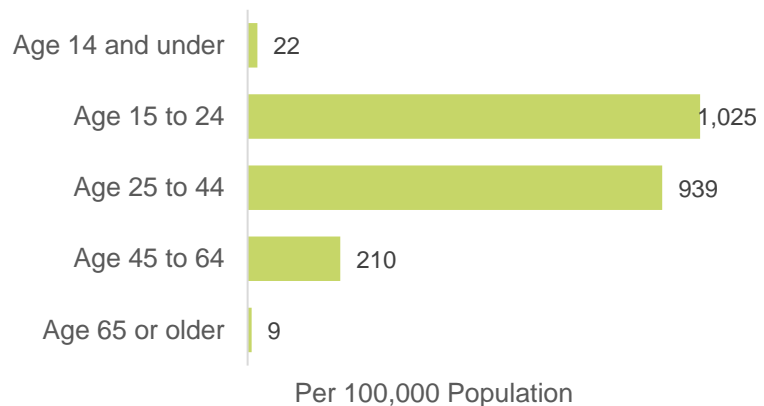


Figure 160. Average Rate of Marijuana Use Treatment Admissions by Age, Iowa HHS, 2015-2022

Differences by Sex

Based on 2015-2022 data sources, the average sex specific rate of treatment admissions for marijuana was higher for males than females (570 per 100,000 population for males compared to 301 per 100,000 for females).

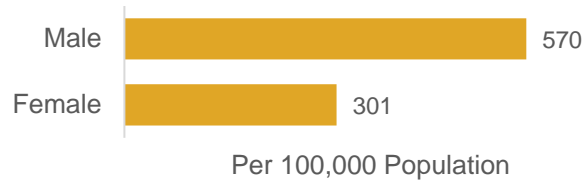


Figure 161. Average Rate of Marijuana Use Treatment Admissions by Sex, Iowa HHS, 2015-2022

Differences by Race/Ethnicity

Based on 2015 to 2022 data sources, the average race/ethnicity specific rate of marijuana was highest among non-Hispanic Black or African American Iowans compared to other ethnic and racial groups (1,326 per 100,000 population for non-Hispanic Black or

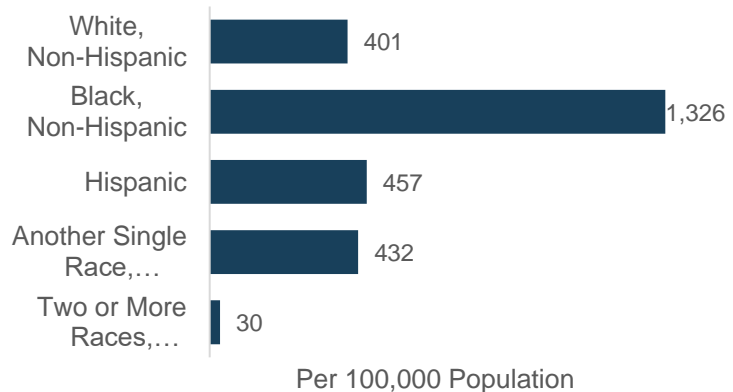


Figure 162. Average Rate of Marijuana Use Treatment Admissions by Race/Ethnicity, Iowa HHS, 2015-2022

African American
Iowans).

Demographic characteristics of cocaine use treatment admissions

Differences by Age

Based on 2015-2022 data sources, the average age specific rate of treatment admissions for cocaine use was highest among people aged 25-44 years (105 per 100,000 population).

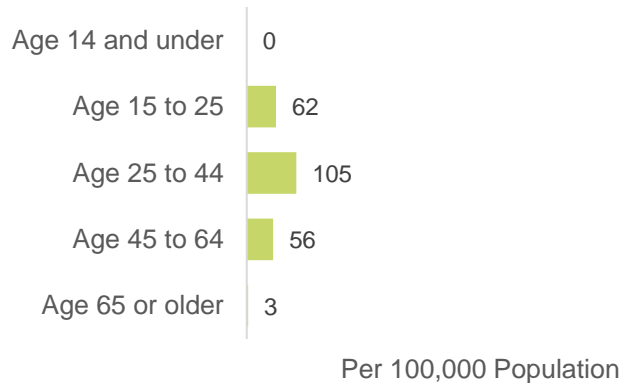


Figure 163. Average Rate of Cocaine Use Treatment Admissions by Age, Iowa HHS, 2015-2022

Differences by Sex

Based on 2015-2022 data sources, the average sex specific rate of treatment admissions for cocaine was higher for males than females (62 per 100,000 population for males compared to 36 per 100,000 for females).

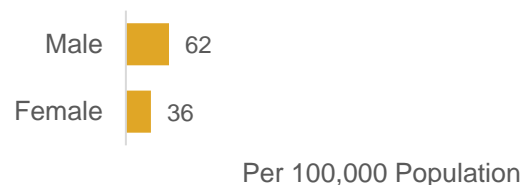


Figure 164. Average Rate of Cocaine Use Treatment Admissions by Sex, Iowa HHS, 2015-2022

Differences by Race/Ethnicity

Based on 2015 to 2022 data sources, the average race/ethnicity specific rate of cocaine treatment admissions was highest among non-Hispanic Black or African American lowans compared to other ethnic and racial groups (297 per 100,000 population for non-Hispanic Black or African American lowans).

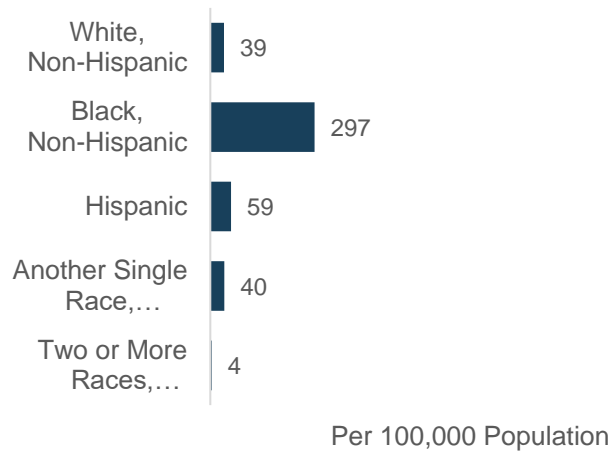


Figure 165. Average Rate of Cocaine Use Treatment Admissions by Race/Ethnicity, Iowa HHS, 2015-2022

Demographic characteristics of methamphetamine use treatment admissions

Differences by Age

Based on 2015-2022 data sources, the average age specific rate of treatment admissions for methamphetamine use was highest among people aged 25-44 years (927 per 100,000 population).

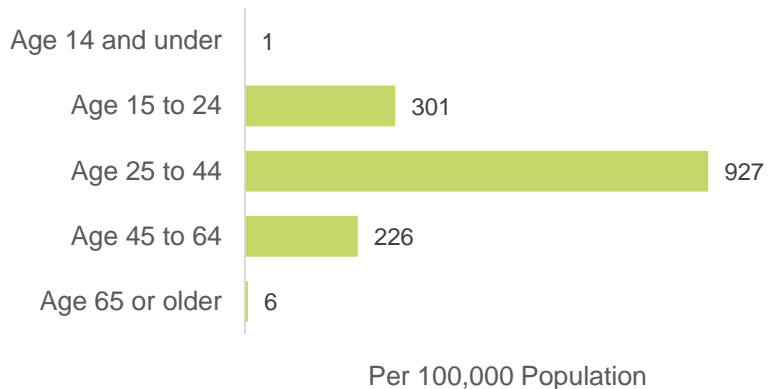


Figure 166. Average Rate of Methamphetamine Use Treatment Admissions by Age, Iowa HHS, 2015-2022

Differences by Sex

Based on 2015-2022 data sources, the average sex specific rate of treatment admissions for methamphetamine was higher for males than females (363 per 100,000 population for males compared to 297

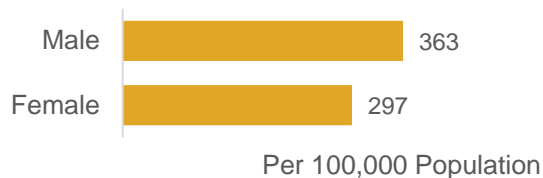


Figure 167. Average Rate of Methamphetamine Use Treatment Admissions by Sex, Iowa HHS, 2015-2022

per 100,000 for females).

Differences by Race/Ethnicity

The average race/ethnicity specific rate of methamphetamine use admissions was highest among non-Hispanic Whites (343 per 100,000 population) compared to other ethnic and racial groups.

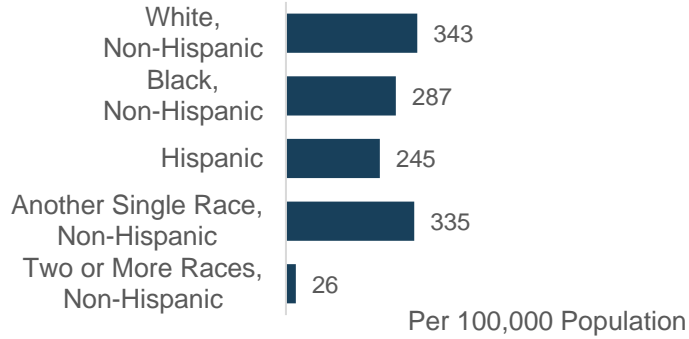


Figure 168. Average Rate of Methamphetamine Use Treatment Admissions by Race/Ethnicity, Iowa HHS, 2015-2022

Differences by Education

Table 5 illustrates the annual average number and percentage of marijuana, cocaine, and methamphetamine use treatment admissions by education status. Based on 2015-2022 data sources, the percentages of marijuana, cocaine, and methamphetamine use treatment admissions were highest among lowans with a high school degree or equivalent compared to those with other education levels. For marijuana and cocaine use, about half (49%) of lowans admitted for treatment associated with these substances reported being a high school graduate or having an equivalent education. Also, more than half (55%) of lowans admitted for methamphetamine use reported they were a high school graduate or had an equivalent education.

Table 5. Average Number and Percentage of Treatment Admission for Marijuana, Cocaine, and Methamphetamine Use by Education Status, All Ages, Iowa HHS, 2015-2022

Substance	Education	Average Number of Admissions Per Year	Percentage of Admissions
Marijuana	Less than High School	4,094	30%
	High School Graduate or Equivalent	6,778	49%
	Some College or Associate's Degree	2,509	18%
	Bachelor's Degree and Higher	457	3%
Cocaine	Less than High School	315	20%
	High School Graduate or Equivalent	764	49%
	Some College or Associate's Degree	374	24%
	Bachelor's Degree and Higher	94	6%
Methamphetamine	Less than High School	2,350	22%
	High School Graduate or Equivalent	5,722	55%
	Some College or Associate's Degree	2,109	20%
	Bachelor's Degree and Higher	299	3%

SECTION D.1 Adult Prescription Medication Misuse and Poisoning by Opioids and Other Drugs

ADULT PRESCRIPTION PAIN RELIEVER MISUSE

About the indicator

In the NSDUH survey, prescription pain relievers are a type of prescription psychotherapeutic. Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

Data source(s)

National Survey on Drug Use and Health (NSDUH)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Adult pain reliever misuse in the past year	NSDUH	2021	3%	3%	No difference	n/a

Current levels

In 2021, an estimated 3% of Iowans aged 18 or older reported prescription pain reliever misuse in the past year.

Compared to the nation

In the NSDUH, the percentage of Iowa adults reporting prescription pain reliever misuse in the past year was 3% (CI: 2.02%-4.26%) compared to 3% (CI: 2.97%-3.53%) in the US.

Figure 169 illustrates the percentage of adults aged 18 or older reporting prescription pain reliever misuse in the past year. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the second lowest quintile nationally.

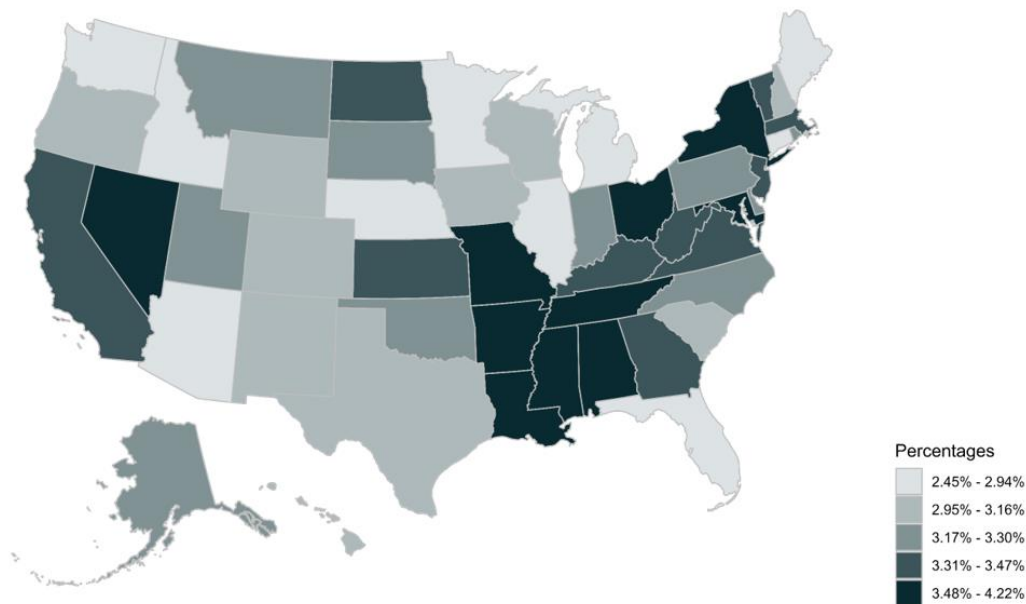


Figure 169. Prescription Pain Reliever Misuse in the Past Year, Aged 18 or Older, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-16.

ADULT OPIOID USE

About the indicator

Prevalence of adult opioids use, such as prescription pain relievers (opioids), heroin, or other illicitly manufactured opioids such as fentanyl.

Data source(s)

National Survey on Drug Use and Health (NSDUH)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Adult opioid use in the past year	NSDUH	2021	3%	3%	No difference	n/a

Current levels

In 2021, an estimated 3% of Iowans aged 18 or older reported opioids use in the past year.

Compared to the nation

In the NSDUH, the percentage of Iowa adults reporting opioids use in the past year was 3% (CI: 2.08%-4.14%) compared to 3% (CI: 3.16%-3.74%) in the US.²¹

Figure 170 illustrates the percentage of adults aged 18 or older reporting opioids use in the past year. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the lowest quintile nationally.

²¹ The percentage reported for the US (3%) appears to fall outside the corresponding 95% CI of “3.16% to 3.74%” due to rounding.

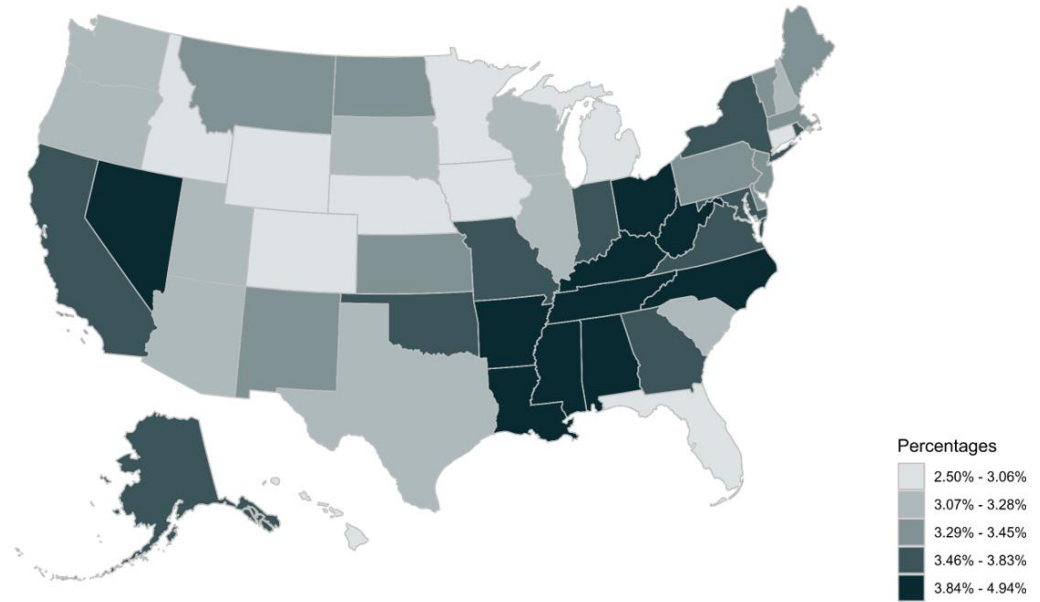


Figure 170. Opioid Use in the Past Year, Aged 18 or Older, NSDUH, 2021

SECTION D.2 Youth Misuse of Over-the-Counter and Prescription Medications

YOUTH OVER-THE-COUNTER MEDICATION MISUSE

About the indicator

The IYS asked “*In the past 30 days, have you...? Used over-the-counter medications differently from the way the directions indicate?*”. Proportions presented reflect the percentage of students responding “Yes”.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth misuse of over-the-counter medications in the past 30 days	IYS	2021	2%, 6 th grade 3%, 8 th grade 3%, 11 th grade	n/a	n/a	n/a

Current levels

In 2021, in the IYS, 2% of youth in 6th grade, 3% in 8th grade, and 3% in 11th grade reported misuse of over-the-counter medications in the past 30 days.

Demographic characteristics of youth over-the-counter medication misuse

Differences by Grade

In 2021, 2% of youth in 6th grade, 3% of youth in 8th grade, and 3% of youth in 11th grade reported over-the-counter medication misuse in the past 30 days.

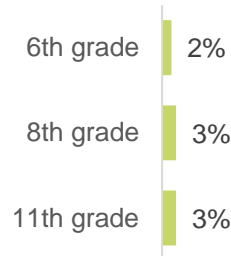


Figure 171. Youth Over-the-Counter Medication Misuse in the Past 30 Days by Grade, IYS, 2021

Differences by Sex

In 2021, 2% of females and 2% of males reported over-the-counter medication misuse in the past 30 days.

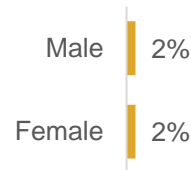


Figure 172. Youth Over-the-Counter Medication Misuse in the Past 30 Days by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of over-the-counter medication misuse in the past 30 days was among students who were Native Hawaiian or Other Pacific Islander and students who reported two or more races (4%, respectively).

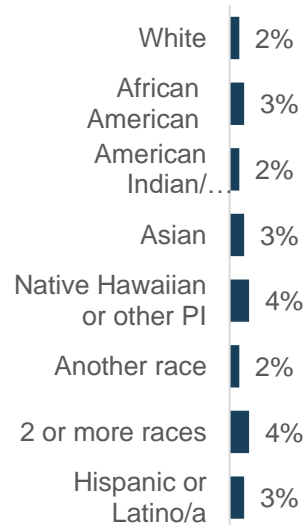


Figure 173. Youth Over-the-Counter Medication Misuse in the Past 30 Days by Race/Ethnicity, IYS, 2021

YOUTH OPIOID USE

About the indicator

Prevalence of youth opioids use, such as prescription pain relievers (opioids), heroin, or other illicitly manufactured opioids such as fentanyl.

Data source(s)

National Survey on Drug Use and Health (NSDUH)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth opioid use in the past year	NSDUH	2021	2%	2%	No difference	n/a

Current levels

In 2021, an estimated 2% of youth aged 12 to 17 years old reported opioids use in the past year.

Compared to the nation

In the NSDUH, the percentage of Iowa youth reporting opioids use in the past year was 2% (CI: 1.07%-2.88%) compared to 2% (CI: 1.56%-2.34%) in the US.

Figure 174 illustrates the percentage of youth aged 12 to 17 years reporting opioids use in the past year. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the second lowest quintile nationally.²²

²² The percentage reported for Iowa (2%) appears to fall outside the second lowest quintile range shown in the figure “1.65% to 1.83%” due to rounding.

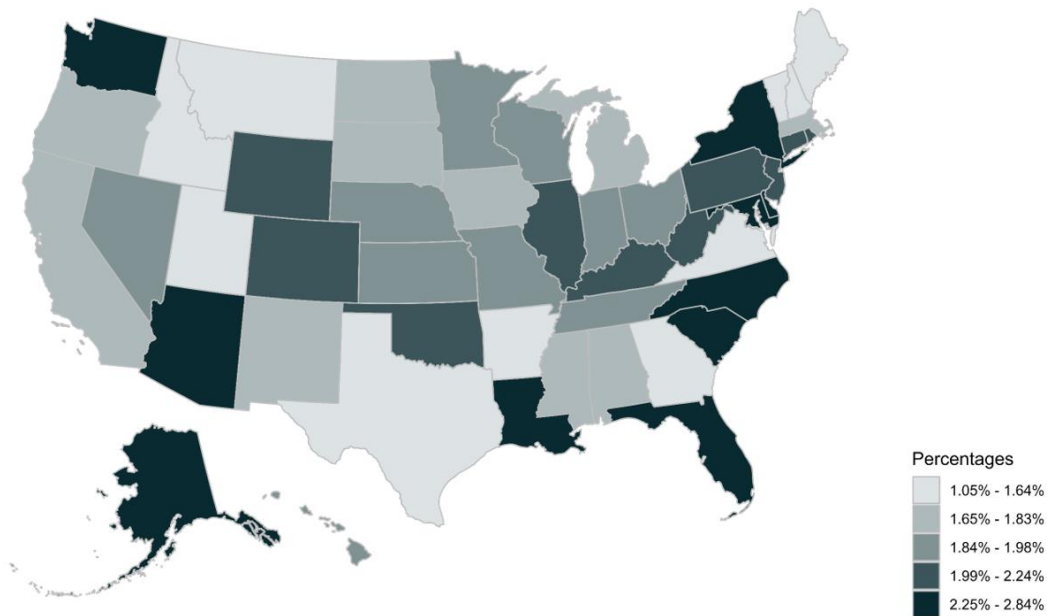


Figure 174. Opioid Use in the Past Year among Youth, Aged 12 to 17, NSDUH, 2021

YOUTH RISK PERCEPTIONS OF OVER-THE-COUNTER MEDICATION MISUSE

About the indicator

Students were asked the following question on the Iowa Youth Survey: “Thinking about possible risks to physical or mental health, please indicate the level of risk for each of the following activities: Regularly using over-the-counter medications differently than directed”. Response options were “Little or no risk”, “Slight risk”, “Moderate risk”, or “High risk”. Percentages presented for this indicator reflect responses of “High risk”.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of high risk from regularly using over-the-counter medications differently than directed	IYS	2021	44%, 6 th grade 47%, 8 th grade 53%, 11 th grade	n/a	n/a	n/a

Current levels

In a statewide survey in 2021, 44% of youth in 6th grade, 47% of youth in 8th grade, and 53% of youth in 11th grade reported “High risk” to physical or mental health from regularly using over-the-counter medications differently than directed.

Demographic characteristics of youth perceptions of high risk from over-the-counter medication misuse

Differences by Grade

In 2021, the percentage of students reporting perceptions of high risk from over-the-counter medication misuse was lowest among students in 6th grade (44%).

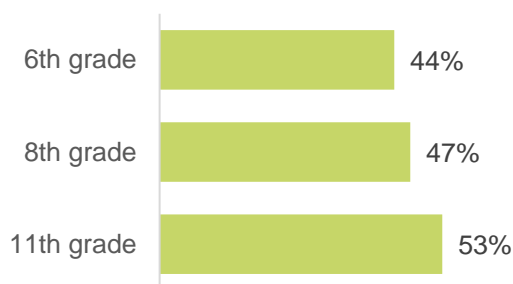


Figure 175. Youth Perceptions of High Risk from Over-the-Counter Medication Misuse by Grade, IYS, 2021

Differences by Sex

In 2021, 50% of females and 46% of males reported perceptions of high risk to physical or mental health from over-the-counter medication misuse.



Figure 176. Youth Perceptions of High Risk from Over-the-Counter Medication Misuse by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students who reported perceptions of high risk from over-the-counter medication misuse was highest among students who were White (49%).

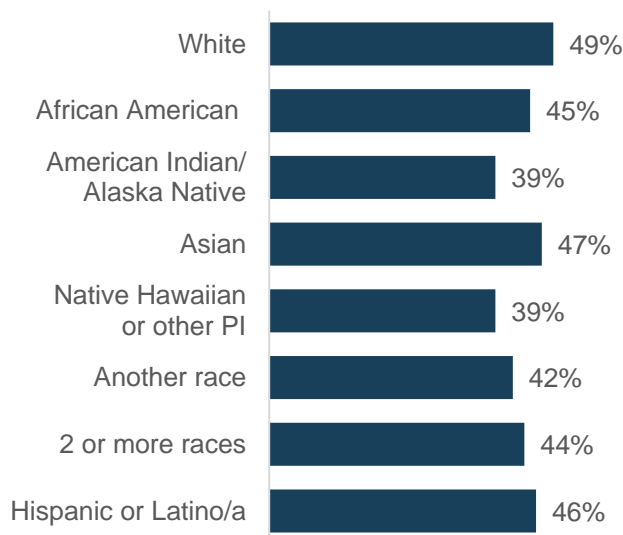


Figure 177. Youth Perceptions of High Risk from Over-the-Counter Medication Misuse by Race/Ethnicity, IYS, 2021

YOUTH PRESCRIPTION MEDICATION MISUSE

About the indicator

In the NSDUH survey, prescription pain relievers are a type of prescription psychotherapeutic. Misuse of prescription psychotherapeutics is defined as use in any way not directed by a

doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription psychotherapeutics do not include over-the-counter drugs.

The IYS asked “*In the past 30 days, have you...? Used prescription medications that were not prescribed for you by your doctor?*”. Proportions presented reflect the percentage of students responding “Yes”.

Data source(s)

National Survey on Drug Use and Health (NSDUH)
Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth prescription pain reliever misuse in the past year	NSDUH	2021	2%	2%	No difference	n/a
Youth prescription medication misuse in the past 30 days	IYS	2021	2%, 6 th grade 2%, 8 th grade 2%, 11 th grade	n/a	n/a	n/a

Current levels

In a national survey in 2021, an estimated 2% of Iowans aged 12 to 17 reported prescription pain reliever misuse in the past year. In statewide survey in 2021, 2% of youth in 6th grade, 2% in 8th grade, and 2% in 11th grade reported having used prescription medications that were not prescribed for them by their doctor in the past 30 days.

Compared to the nation

In the NSDUH, the percentage of Iowa youth aged 12 to 17 who reported prescription pain reliever misuse in the past year was 2% (CI: 1.04%-2.81%) compared to 2% (CI: 1.56%-2.34%) in the US. Figure 178 illustrates the percentage of youth aged 12 to 17 reporting prescription pain reliever misuse in the past year. States are grouped into quintiles based on the distribution of the

percentages across states. Iowa was in the second lowest quintile nationally.²³

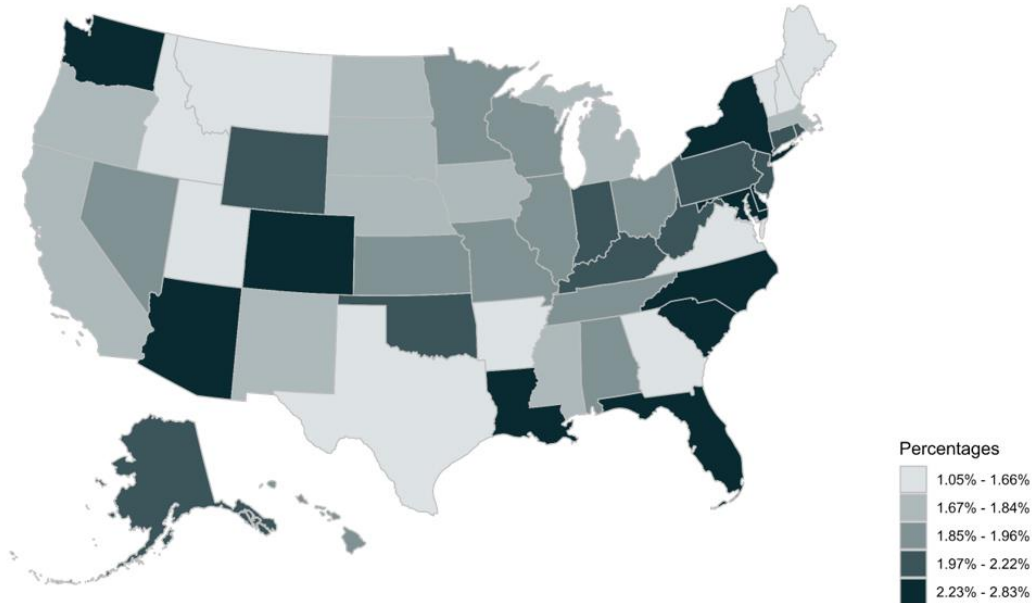


Figure 178. Prescription Pain Reliever Misuse in the Past Year among Youth, Aged 12 to 17, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-17.

Demographic characteristics of youth prescription medication misuse

²³ The percentage reported for Iowa (2%) appears to fall outside the second lowest quintile range shown in the figure “1.67% to 1.84%” due to rounding.

Differences by Grade

In 2021, 2% of youth in 6th grade, 2% of youth in 8th grade, and 2% of youth in 11th grade reported prescription medication misuse in the past 30 days.

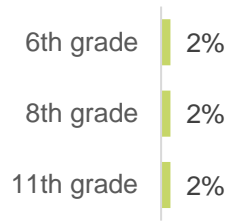


Figure 179. Youth Prescription Medication Misuse in the Past 30 Days by Grade, IYS, 2021

Differences by Sex

In 2021, 2% of females and 2% of males reported prescription medication misuse in the past 30 days.

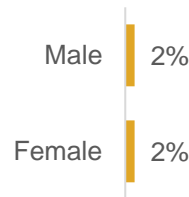


Figure 180. Youth Prescription Medication Misuse in the Past 30 Days by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of prescription medication misuse in the past 30 days was among students who were Native Hawaiian or other Pacific Islander (7%).

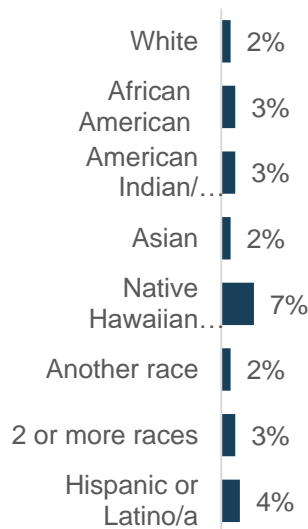


Figure 181. Youth Prescription Medication Misuse in the Past 30 Days by

YOUTH RISK PERCEPTIONS OF PRESCRIPTION MEDICATION MISUSE

About the indicator

Students were asked the following question on the Iowa Youth Survey: “Thinking about possible risks to physical or mental health, please indicate the level of risk for each of the following activities: Regularly using prescription medication for non-medical reasons”. Response options were “Little or no risk”, “Slight risk”, “Moderate risk”, or “High risk”. Percentages presented for this indicator reflect responses of “High risk”.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of high risk from regularly using prescription medication for non-medical reasons	IYS	2021	47%, 6 th grade 52%, 8 th grade 59%, 11 th grade	n/a	n/a	n/a

Current levels

In a statewide survey in 2021, the IYS found that 47% of youth in 6th grade, 52% of youth in 8th grade, and 59% of youth in 11th grade reported “High risk” to physical or mental health from regularly using prescription medication for non-medical reasons.

Demographic characteristics of youth perceptions of high risk from prescription medication misuse

Differences by Grade

In 2021, the percentage of students reporting perceptions of high risk from misusing prescription medications was lowest among students in 6th grade (47%).

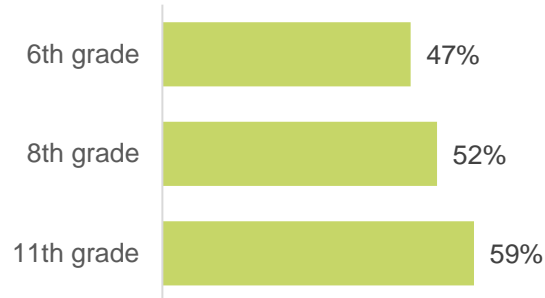


Figure 182. Youth Perceptions of High Risk from Prescription Medication Misuse by Grade, IYS, 2021

Differences by Sex

In 2021, 54% of females and 51% of males reported perceptions of high risk to physical or mental health from prescription medication misuse.



Figure 183. Youth Perceptions of High Risk from Prescription Medication Misuse by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students who reported perceptions of high risk from prescription medication misuse was highest among students who were White (54%) followed by those who were Asian (51%) and was lowest among students who were Native Hawaiian or other Pacific Islander (38%).

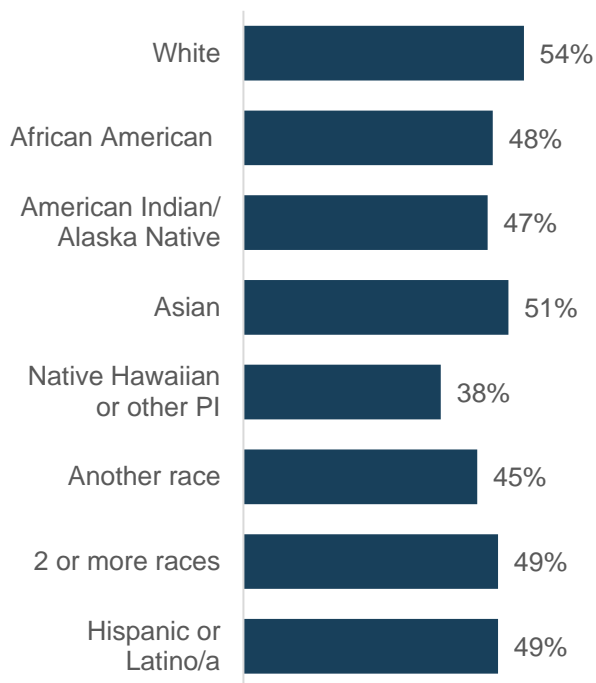


Figure 184. Youth Perceptions of High Risk from Prescription Medication Misuse by Race/Ethnicity, IYS, 2021

YOUTH PERCEPTIONS OF EASY ACCESS TO PRESCRIPTION MEDICATIONS

About the indicator

This indicator reflects youth perceptions of easy access to prescription medications for someone their age. The IYS question asked: *“How easy or hard do you think it would be for someone your age to get each of the following: Prescription medication that is not prescribed for you by a doctor or nurse?”*. Response options were “Very hard”, “Hard”, “Easy”, “Very easy”, or “Don’t know”. Proportions presented reflect the percentage of students responding “Easy” or “Very easy” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of easy access to prescription medication that is not prescribed for them	IYS	2021	20%, 6 th grade 34%, 8 th grade 40%, 11 th grade	n/a	n/a	n/a

Current levels

In 2021, 20% of youth in 6th grade, 34% of youth in 8th grade, and 40% of youth in 11th grade reported it would be “Easy” or “Very easy” for someone their age to get prescription medication that is not prescribed for them.

Demographic characteristics of youth perceptions of easy access to prescription medication

Differences by Grade

In 2021, 40% of students in 11th grade reported it would be “Easy” or “Very easy” for someone their age to get prescription medication that was not prescribed for them.

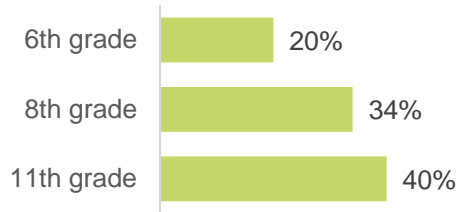


Figure 185. Youth Perceptions of Easy Access to Prescription Medication Not Prescribed by Grade, IYS, 2021

Differences by Sex

In 2021, 35% of females and 27% of males reported it would be easy for someone their age to get prescription medication that was not prescribed for them.



Figure 186. Youth Perceptions of Easy Access to Prescription Medication Not Prescribed by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the percentage of students reporting easy access to prescription medication that was not prescribed for them was highest among students who reported two or more races (35%) followed by those who were African American or Asian (34%, respectively).

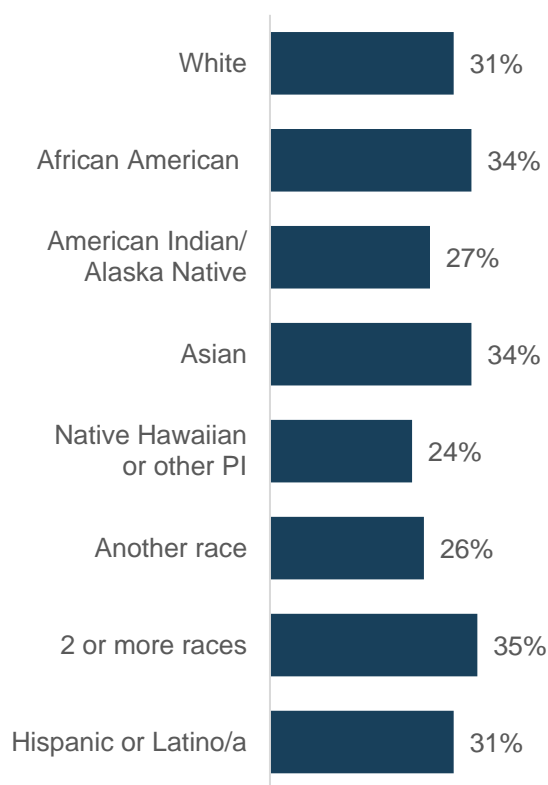


Figure 187. Youth Perceptions of Easy Access to Prescription Medication Not Prescribed by Race/Ethnicity, IYS, 2021

PERCEIVED NORMS OF YOUTH PRESCRIPTION MEDICATION MISUSE

About the indicator

This indicator reflects perceptions of peer beliefs about youth use of prescription drugs for non-medical reasons. The IYS question asked: *“About how many students in your grade would feel it is okay for you to do each of the following: Use prescription drugs for non-medical reasons?”*. Response options were “Almost none would think it is ok”, “A few would think it is ok”, “Some would and some wouldn’t think it is ok”, “Most would think it is ok”, or “Almost

all would think it is ok”. Proportions presented reflect the percentage of students responding “Almost none would think it is ok” or “A few would think it is ok” combined.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Youth perceptions of peer beliefs about prescription drug use for non-medical reasons	IYS	2021	89%, 6 th grade 80%, 8 th grade 68%, 11 th grade % reporting Almost none or A few	n/a	n/a	n/a

Current levels

In 2021, 89% of youth in 6th grade, 80% of youth in 8th grade, and 68% of youth in 11th grade reported “Almost none” or only “A few” students in their grade would feel it is ok to use prescription drugs for non-medical reasons.

Demographic characteristics of youth perceptions of peer beliefs about prescription medication misuse

Differences by Grade

In 2021, 89% of students in 6th grade reported only a few or no students believe it is ok to use prescription drugs for non-medical reasons compared to 68% of 11th grade students who perceived the same.

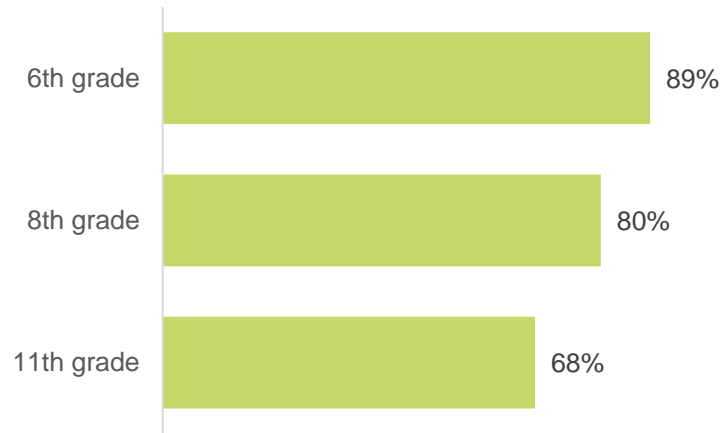


Figure 188. Perceptions of Peer Beliefs about Prescription Medication Misuse by Grade, IYS, 2021

Differences by Sex

In 2021, 81% of males reported only a few or no students believe it is ok to use prescription drugs for non-medical reasons compared to 78% of females who perceived the same.



Figure 189. Perceptions of Peer Beliefs about Prescription Medication Misuse Use by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, approximately three-quarters of students regardless of race or ethnicity perceived that only a few or no students believe it is okay to use prescription drugs for non-medical reasons.

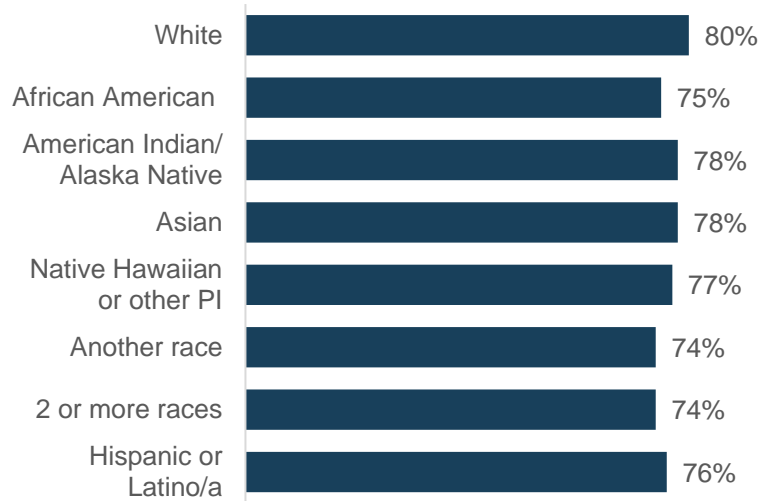


Figure 190. Perceptions of Peer Beliefs about Prescription Medication Misuse Use by Race/Ethnicity, IYS, 2021

SECTION D.3 Consequences of Opioid and Other Drug Use

OPIOID AND HEROIN OVERDOSE (OD) EMERGENCY DEPARTMENT (ED) ADMISSIONS AND DEATHS

About the indicator

This indicator reports the 2021 unintentional OD-ED admission due to suspected opioid and heroin overdose and death.

Data source(s)

Iowa Department of Health & Human Services (Iowa HHS)²⁴

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Opioid OD-ED admissions	Iowa HHS	2021	887	n/a	n/a	Increased
Heroin OD-ED admissions	Iowa HHS	2021	277	n/a	n/a	Decreased (2020-2021)
Deaths	Iowa HHS	2021	248	n/a	n/a	Increased (2018-2021)

Current levels

²⁴ The information was retrieved on July 14, 2023. The most recent information is available at Iowa HHS DOSE dashboard (2023).

In 2021, the number of opioid suspected OD-ED admissions was 887 in Iowa, and the number of heroin suspected OD-ED admissions was 277. Additionally, there were 248 deaths involving opioids which translates to an age-adjusted rate of 8 deaths per 100,000 population.

Table 6 provides the sex specific rate for opioid-related mortality in Iowa. For males, there were 162 deaths involving opioids (rate of 10 deaths per 100,000 population) in 2021 compared to 86 deaths involving opioids (rate of 5 deaths per 100,000 population) for females.

Table 6. Opioid-Related Mortality Count and Sex Specific Rate, Iowa, 2021

	Opioid-Involved Death	
Sex	Number	Specific Rate per 100,000
Male	162	10
Female	86	5

Compared to the nation

In 2021, the age-adjusted opioid overdose death rate was 8.6 per 100,000 population²⁵ in Iowa compared to 24.7 per 100,000 population in the US (CDC Wonder).

Figure 191 illustrates the adjusted opioid overdose death rate in 2021 by state. States are grouped into quintiles based on the

²⁵ The Iowa opioid overdose death rate reported in DOSE is 8.3 per 100,000 population. This difference could be due to methodological differences in determining the opioid overdose death, and the time of the assessment.

distribution of the adjusted death rates across states. Iowa was in the lowest quintile nationally.

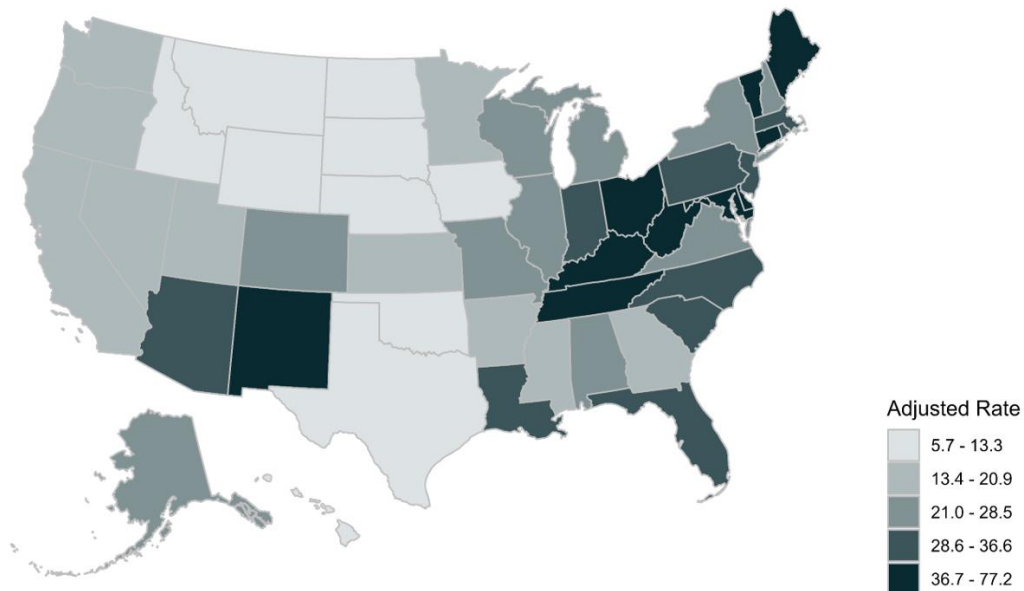


Figure 191. Adjusted Opioid Overdose Death Rate by State, CDC Wonder, 2021

Trends

Between 2020 and 2021, the number of heroin suspected OD-ED admissions in Iowa declined from 333 to 277 (Figure 192). Prior to 2021, there had been a steady increase in the number of heroin suspected OD-ED admissions between 2018 and 2020. On the other hand, the number of opioid suspected OD-ED admissions steadily increased from 780 in 2018 to 887 in 2021. Only in year 2019 did the number of opioid suspected OD-ED admissions decrease from the previous year.

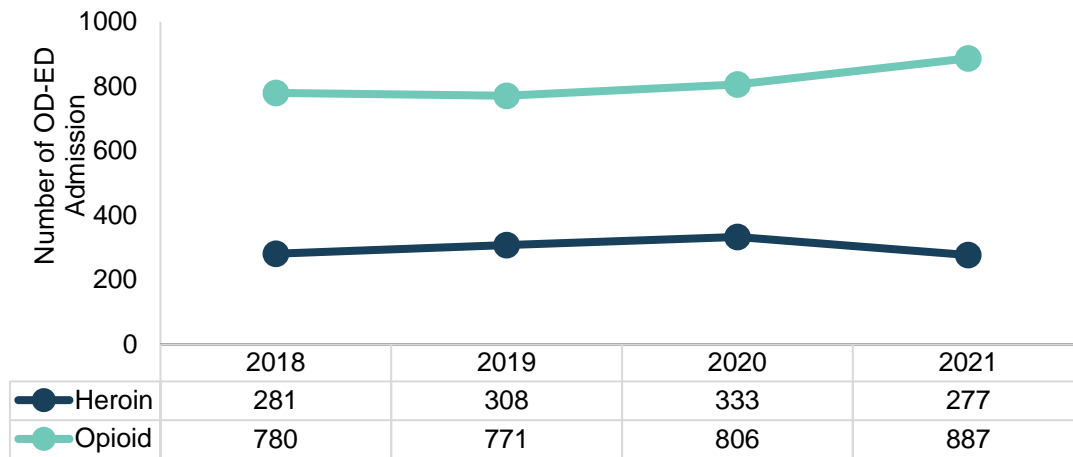


Figure 192. Heroin and Opioid Suspected OD-ED Admissions in Iowa, Iowa HHS, 2018-2021

Figure 193 illustrates the number of opioid-involved deaths by sex in Iowa between 2012 and 2021. The number of opioid-involved deaths has increased steadily since 2018. Prior to this between 2012 and 2017, the number of opioid-involved deaths tended to go up and down. This result was seen overall, as well as for males and females.

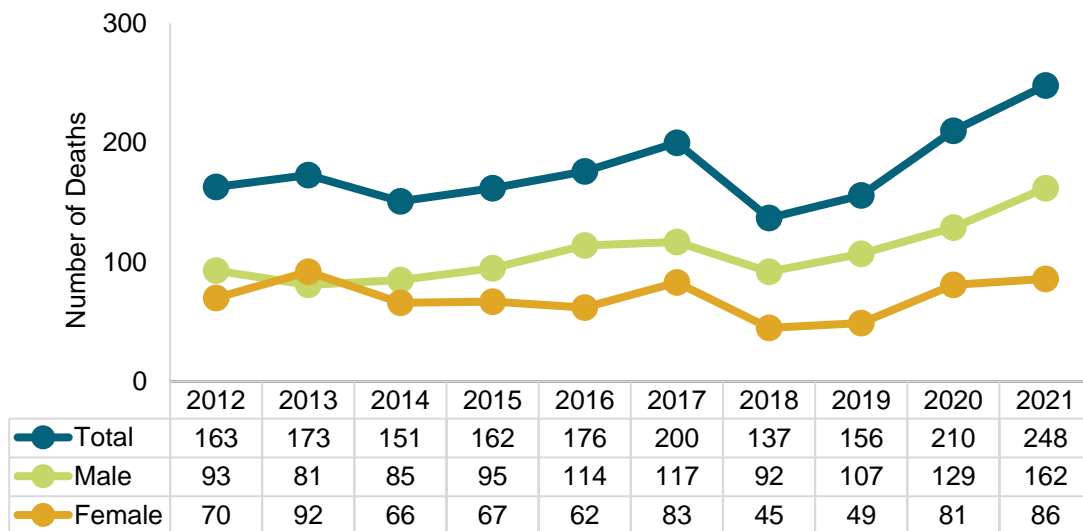


Figure 193. Opioid-Involved Deaths by Sex in Iowa, Iowa HHS, 2012-2021

OPIOID USE TREATMENT ADMISSIONS

About the indicator

This indicator reflects treatment admissions submitted to the IBHRS where the primary substance was opioids.

Data source(s)

Iowa Behavioral Health Reporting System (IBHRS)

Indicator summary

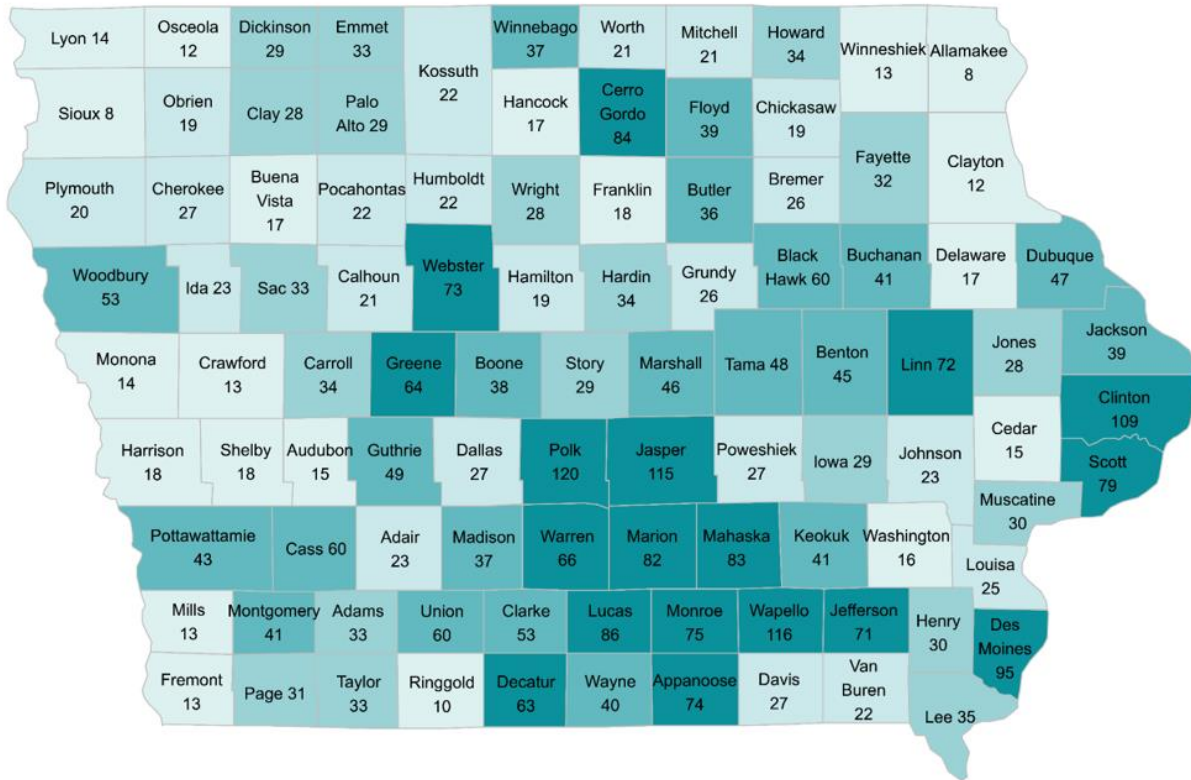
Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Opioid use treatment admissions	IBHRS	2022	1,634	n/a	n/a	Decreased

Current levels

The total number of opioid use treatment admissions in 2022 was 1,634 which translates to a crude rate of 51 opioid-related treatment admissions per 100,000 population.

Comparing Iowa counties

Figure 194 illustrates the average annual rate of opioid admissions per 100,000 population in Iowa counties from 2015 to 2022. Counties are grouped into quintiles based on the distribution of the average annual admission rates across counties. The counties with the highest average annual admission rates for opioids use were: Polk (120 per 100,000), Wapello (116 per 100,000), and Jasper (115 per 100,000).



Admission rates per 100,000 pop: 8 - 18 19 - 27 28 - 35 36 - 60 61 - 120

Figure 194. Average Annual Rate of Opioid Admissions per 100,000 Population in Iowa Counties from 2015 to 2022

Trends

Figure 195 illustrates the opioid use treatment admission rate per 100,000 population in Iowa between 2015 and 2022. The treatment admission rate per 100,000 for opioid use has decreased since 2015. Only in year 2018 did the rate increase slightly from the previous year.

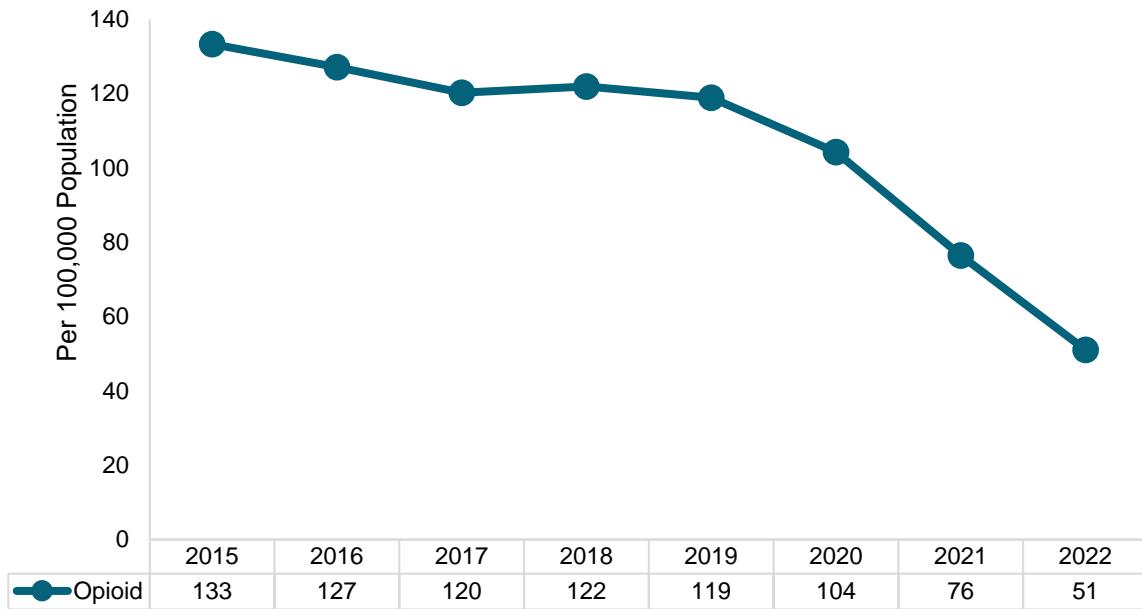


Figure 195: Rate of Opioid Use Treatment Admissions among Iowans, Iowa HHS, 2015-2022

Demographic characteristics of opioid use treatment admissions

Differences by Age

Based on 2015 to 2022 data sources, the average age-specific rate of treatment admissions for opioids use was highest among Iowans aged 25 to 44 years (282 per 100,000 population) compared to other age groups.

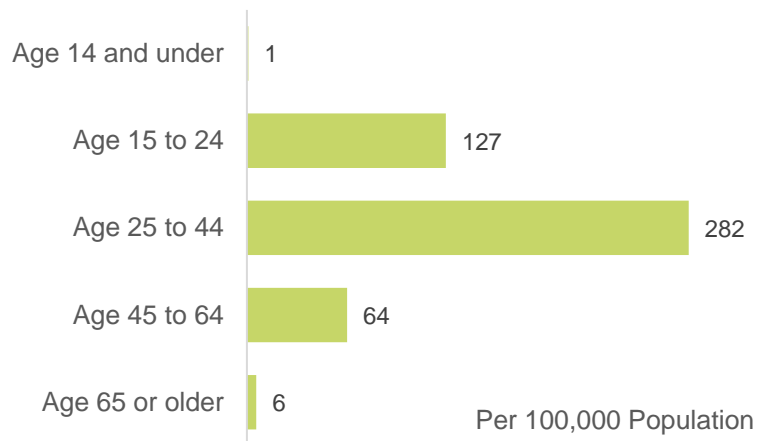


Figure 196. Average Rate of Opioid Use Treatment Admissions by Age, Iowa HHS, 2015-2022

Differences by Sex

Based on 2015 to 2022 data sources, the average sex-specific rate of treatment admissions for opioid use was higher for males (115 per 100,000 population) compared to females (95 per 100,000 population).

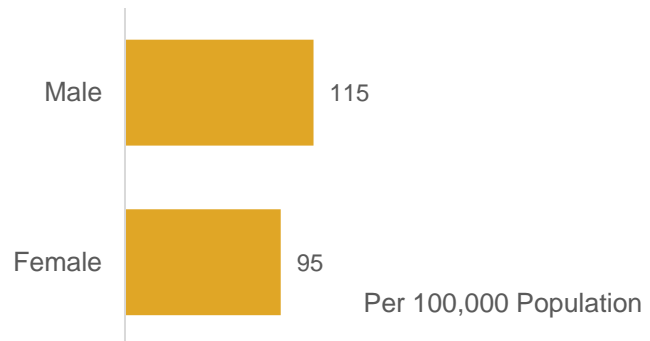


Figure 197. Average Rate of Opioid Use Treatment Admissions by Sex, Iowa HHS, 2015-2022

Differences by Race/Ethnicity

Based on 2015 to 2022 data sources, the average race/ethnicity-specific rate of treatment admissions for opioids use was highest among non-Hispanic Black or African American Iowans (167 per 100,000 population) compared to other ethnic and racial groups.

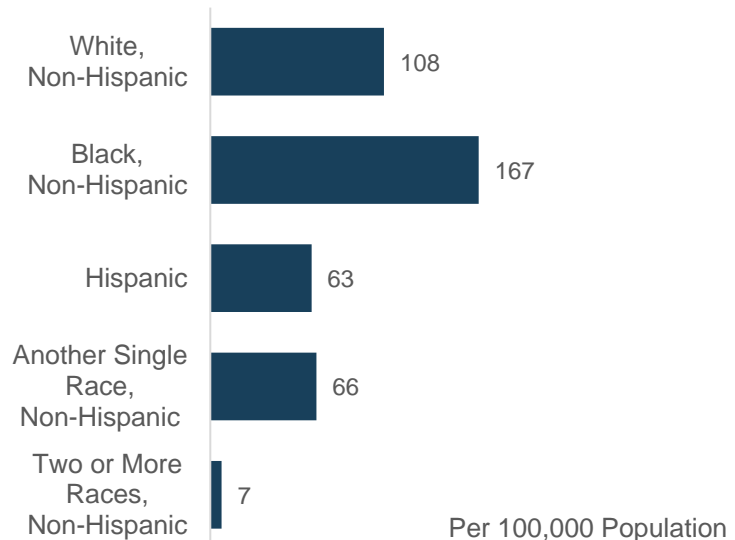


Figure 198. Rate of Opioid Use Treatment Admissions by Race/Ethnicity, Iowa HHS, 2015-2022

Differences by Education

Table 7 illustrates the average number and percentage of opioid use treatment admissions by education status. Based on 2015 to 2022 data sources, the percentage of opioid-related treatment admissions was highest among Iowans with a high school diploma or equivalent (49%).

Table 7. Average Number and Percentage of Opioid Use Treatment Admission by Education Status, Iowa HHS, 2015-2022

Opioids Use	Average Number of Admissions Per Year	Percentage of Admissions
Less than High School	624	19%
High School Diploma or Equivalent	1,628	49%
Some College or Associate's Degree	884	26%
Bachelor's Degree and Higher	204	6%

SECTION E: Consequences of Drug Use

EDUCATIONAL CONSEQUENCES FOR DRUG-RELATED REMOVALS

About the indicator

This indicator reports the rate of drug-related removals (suspensions or expulsions) per 100,000 students in Iowa public schools.

Data source(s)

Iowa Department of Education (IDE)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Drug-related removals in public schools	IDE	2021-22	448 drug removals per 100,000 students	n/a	n/a	Increased (2020-2022)

Current levels

In 2021-22, a total of 2,714 students in public schools received suspension or expulsions for drug-related removals. The rate was 448 drug-related removals per 100,000 students.

Trends

After decreasing during the first year of the COVID-19 pandemic (2019-20), the rate of drug-related removals more than doubled in 2021-22 compared to the prior year (Figure 199). The Iowa school suspension and expulsion rate has averaged 294 removals per 100,000 students annually over the past 10 years.

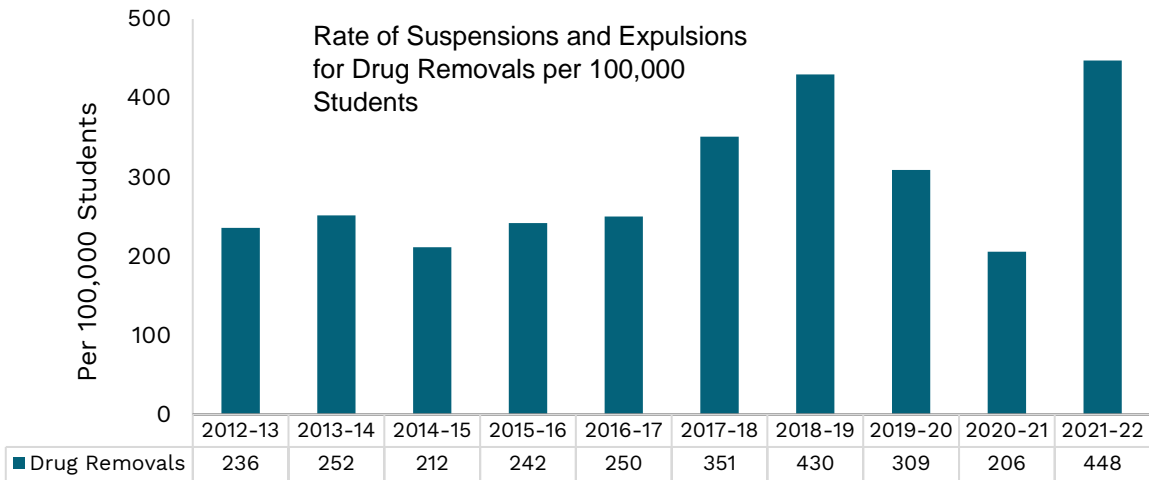


Figure 199. Rate of Drug-Related Removals among Students in All Iowa Public Schools, IDE, 2013-2022

LEGAL CONSEQUENCES

About the indicator

This indicator examines drug-related arrests, prison incarcerations (all ages), and juvenile drug-related charges and allegations. It reports the proportion of prison incarcerations by primary drug of choice and the rate of drug and narcotic arrests and drug equipment violations per 1,000 population, respectively.

Data source(s)

Iowa Corrections Offender Network (ICON)

National Incident-Based Reporting System (NIBRS)

Easy Access to Juvenile Court Data (EZAJCD)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Prison incarcerations by primary drug of choice	ICON	2022	Methamphetamine: 77%	n/a	n/a	Increased
	ICON	2022	Cocaine: 4%	n/a	n/a	Remained steady
	ICON	2022	Marijuana: 12%	n/a	n/a	Decreased
	ICON	2022	Prescription drug: 2%	n/a	n/a	Remained steady
	NIBRS	2021	4.0 drug or	n/a	n/a	Decreased

Iowa drug-related arrests			narcotic arrests per 1,000 pop.			(2019-2021)
	NIBRS	2021	2.5 drug equipment violations per 1,000 pop.	n/a	n/a	Decreased (2019-2021)
Juvenile Drug Related Charges and Allegations	EZAJCD	2022	2,333	n/a	n/a	Increased (2020-2022)

Current levels

Among prison incarcerations in 2021, three-quarters (73%) were for methamphetamine, 15% for marijuana, 4% for cocaine, and 2% for prescription drugs. In 2021, there were 4.0 drug/narcotic arrests per 1,000 population, and 2.5 drug equipment violations per 1,000 population. In 2022, there were 2,333 juvenile²⁶ drug-related charges and allegations in Iowa.

²⁶ The total number is based on juvenile's sex information at the time of charge or allegations. This number differs slightly when looking by other demographics such as age or race.

Trends

Figure 200 illustrates the percentage of prison incarceration by drug type in Iowa.²⁷ The data includes offenders who were newly admitted to prison with a most serious drug offense (Iowa Correctional Offender Network (ICON); 2022). These are drugs that are identified as having the most significant harm to the users including, in order from most to least harmful: crack, heroin, methamphetamine, and cocaine (ICON, 2021). From 2013 to 2022, the percentage of prison admissions in which methamphetamine was cited as the primary drug of choice increased from 53% (2013) to 77% (2022). The percentages in which marijuana or cocaine were cited as the primary drug of choice upon incarceration have decreased over the past decade from 29% in 2013 to 12% in 2022 for marijuana and from 13% in 2013 to 4% in 2022 for cocaine. On the other hand, the percentage in which prescription drugs were cited as the primary drug of choice upon incarceration has remained about the same over time – 3% in 2013 compared to 2% in 2022.

²⁷ The percentages in a given year do not sum to 100% due to other possible drugs that included: ecstasy (MDMA), LSD, and other.

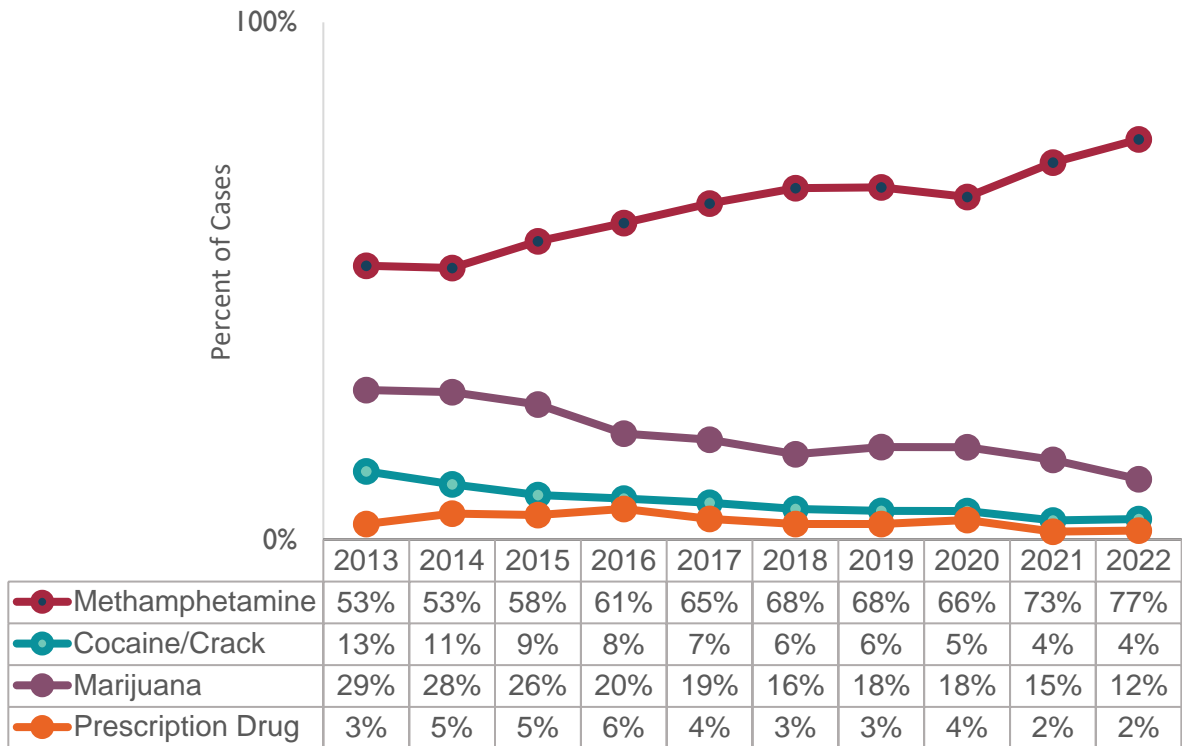


Figure 200. Prison Incarcerations by Primary Drug of Choice, ICON, 2013-2022

Figure 201 illustrates the rate of drug arrests where the most serious offense was due to a drug/narcotic arrest or drug equipment violations. The data showed a decrease in rates for both drug/narcotic violations and drug equipment violations statewide since 2019, and in 2021 both indicators returned to rates similar to those from 2012.

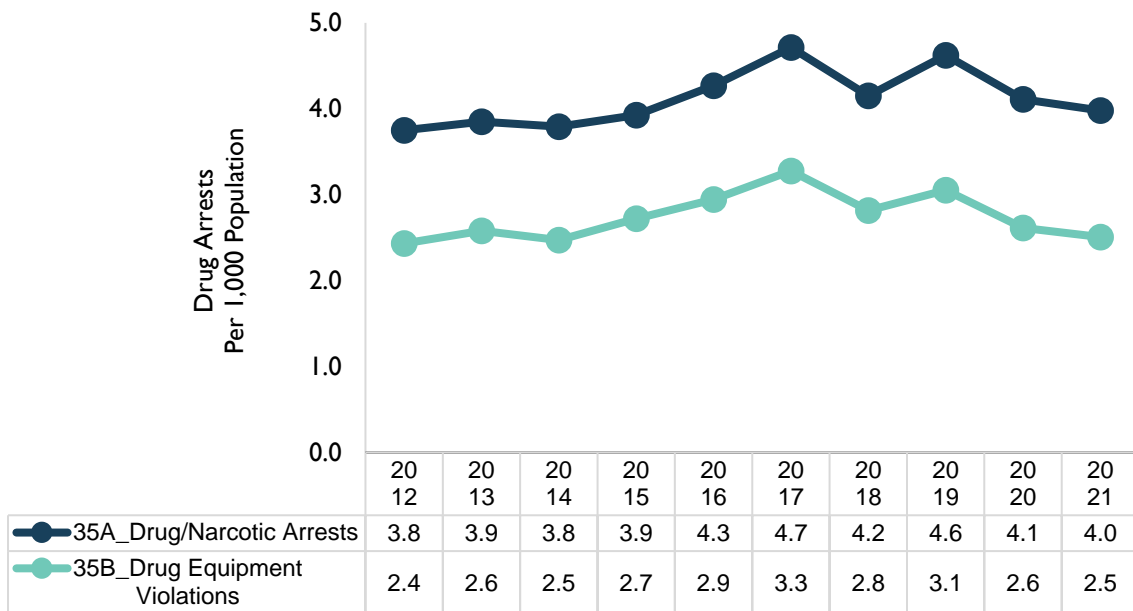


Figure 201. Iowa Drug Arrests²⁸ by Year, FBI-UCR, 2012-2021

Figure 202 illustrates the number of drug-related charges or allegations in juvenile courts in Iowa. The Easy Access to Juvenile Court Data (EZAJCD)²⁹ showed a decrease in the number of charges or allegations in 2019 and 2020 compared to

²⁸ Source: National Incident-Based Reporting System; rates may differ from previous versions of the Epidemiological Profile report
 Note: Rates do not represent the total (absolute) number of arrests due to drug/narcotic or drug equipment violations. Group A arrests, such as 35A=Drug/Narcotic Violations and 35B=Drug Equipment Violations, are hierarchical. Agencies report all Group A offenses in an incident but report only the most serious arrest offense. For example, if an incident involves a 13A=Aggravated Assault, 35A=Drug/Narcotic Violation, and a 35B=Drug Equipment Violation, the agency reports all three offenses in the offense segment. However, they report only the 13A=Aggravated Assault in the Group A arrest segment. This is because the Group A arrest segment is designed to count arrestees and, when one individual is arrested, it clears all offenses in an incident.

²⁹ The EZAJCD data reflect the information from Judicial Branch's Iowa Court Information System (ICIS). The EZAJCD extract the data from the Iowa Justice Data Warehouse.

prior years, and then the total number increased in 2021 and 2022. This result was seen overall, as well as for males and females.

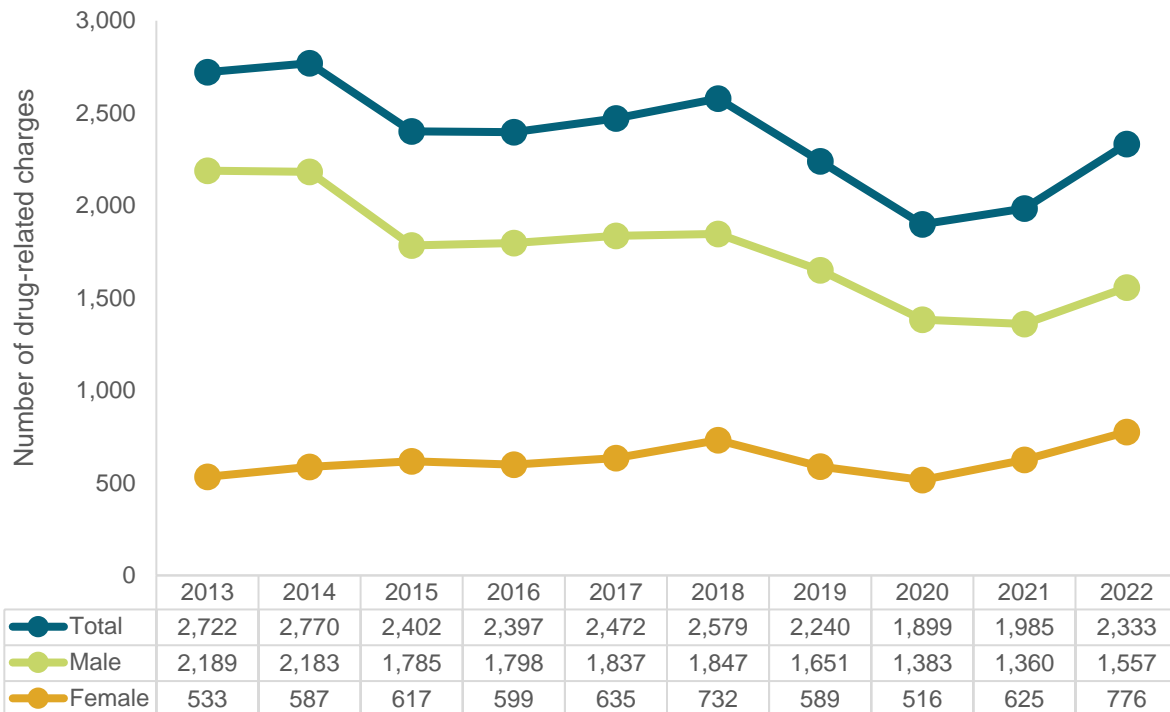


Figure 202. Iowa Juvenile Court Charges and Allegations by Year, EZAJCD, 2013-2022

ALL DRUG OVERDOSE DEATHS

About the indicator

This indicator reports the 2021 unintentional OD-ED admissions due to drug overdose and death.

Data source(s)

Iowa Department of Health & Human Services (Iowa HHS)³⁰

³⁰ The information was retrieved on July 14, 2023. The most recent information is available at Iowa HHS DOSE dashboard (2023).

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
All Drug OD-ED admissions	Iowa HHS	2021	6,387	n/a	n/a	Increased (2020-2021)
All Drug Overdose Deaths	CDC Wonder	2021	475	107,622	n/a	Increased
All Drug Overdose Death Age-adjusted Rate	CDC Wonder	2021	15.3 per 100,000 pop.	32.4 per 100,000 pop.	Lower	n/a

Current levels

In 2021, the number of all drug OD-ED admissions was 6,387 in Iowa. Additionally, there were 475 deaths involving drug overdose which translates to an age-adjusted rate of 15 deaths per 100,000 population in Iowa.

Compared to the nation

In 2021, the age-adjusted all drug overdose death rate was 15.3 per 100,000 population in Iowa compared to 32.4 per 100,000 population in the US (CDC Wonder).

Figure 203 illustrates the age-adjusted all drug overdose death rate in 2021 by state. States are grouped into quintiles based on the distribution of the adjusted death rates across states. Iowa was in the lowest quintile nationally.

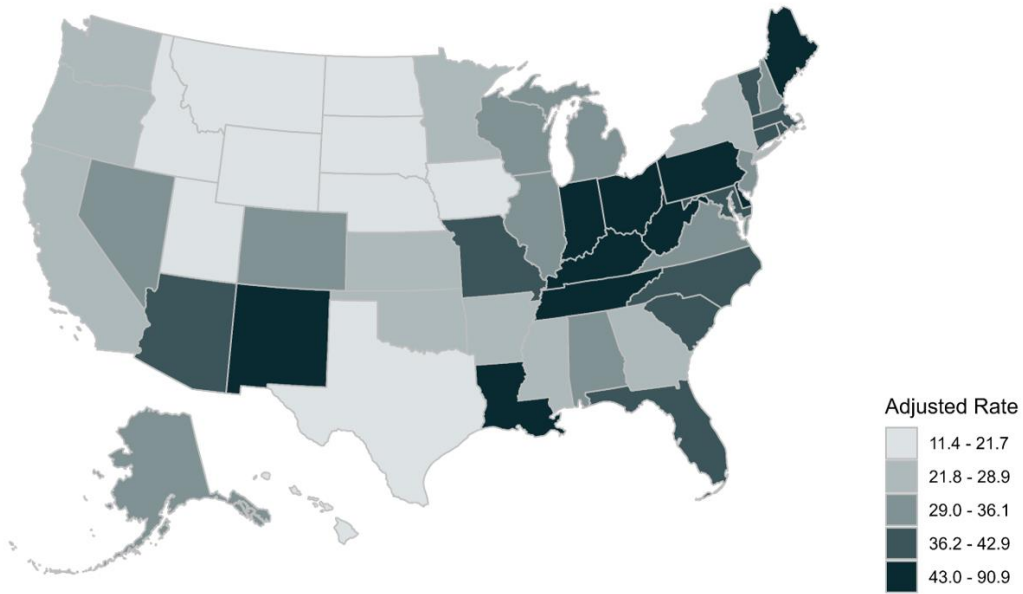


Figure 203. Adjusted All Drug Overdose Death Rate by State, CDC Wonder, 2021

Trends

The number of all drug suspected OD-ED admissions declined in Iowa from 6,315 in 2018 to 5,832 in 2020, and then the number increased to 6,387 in 2021 (Figure 204).

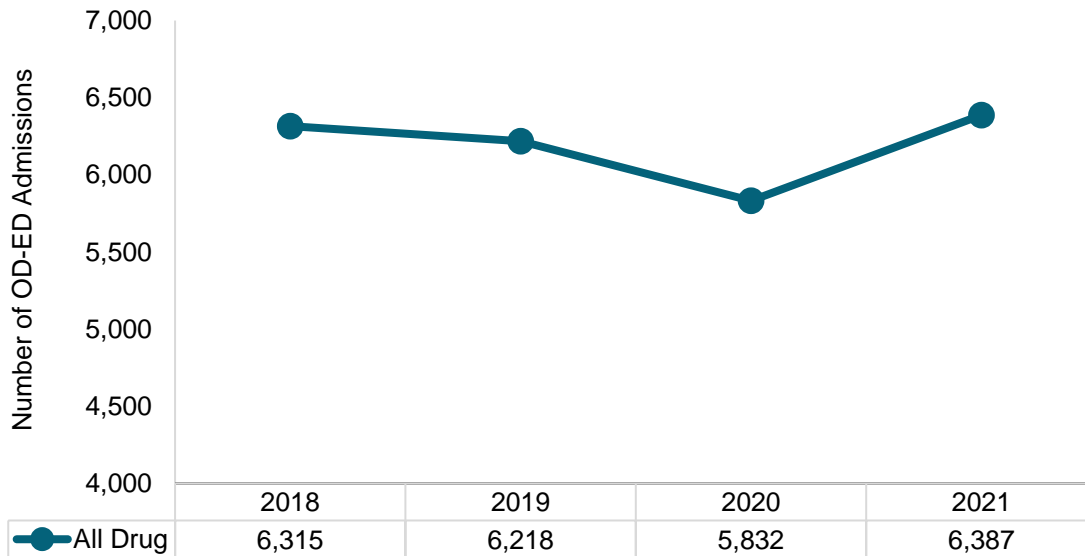


Figure 204. All Drug Suspected OD-ED Admissions in Iowa, Iowa HHS, 2018-2021

Figure 205 illustrates the number of drug overdose deaths in Iowa. The number of drug overdose deaths has increased since 2014. Only in year 2018 did the number of deaths decrease from the previous year, and then the number of deaths due to drug overdose increased at a faster pace between 2018 to 2021 than it had between 2014 and 2017.

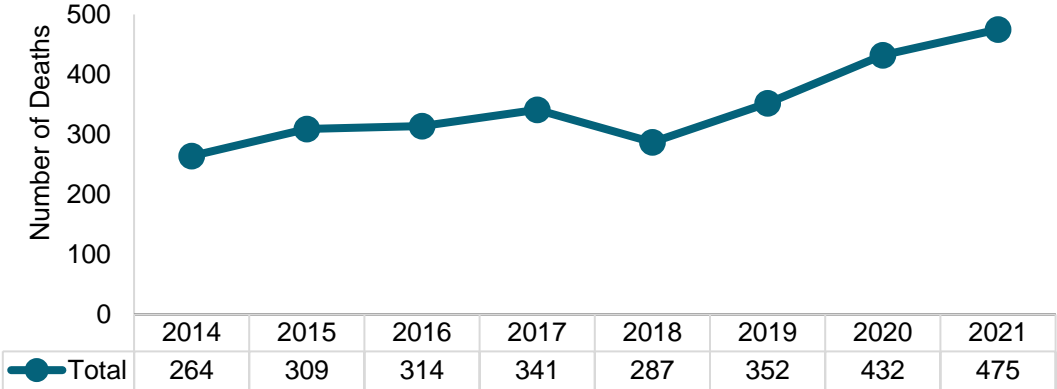


Figure 205. Drug Overdose Deaths in Iowa, CDC Wonder, 2014-2021

SECTION F.1 Adult Mental Health

ADULT MENTAL HEALTH IN THE PAST YEAR

About the indicator

In the NSDUH survey, Any Mental Illness (AMI) aligns with Diagnostic and Statistical Manual of Mental Disorders, 4th Edition (DSM-IV) criteria and is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. These estimates are based on self-reported indicators of AMI rather than direct measures of diagnostic status by a provider.

Data source(s)

National Survey on Drug Use and Health (NSDUH)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Any mental illness in the past year	NSDUH	2021	25%	23%	No difference	n/a
Received mental health services in the past year	NSDUH	2021	20%	17%	No difference	n/a
Major depressive episode in the past year	NSDUH	2021	9%	8%	No difference	n/a
Serious thoughts of suicide in the past year	NSDUH	2021	5%	5%	No difference	n/a

Current levels

In 2021, an estimated 25% of Iowans aged 18 or older reported having had a mental illness in the past year, and 20% reported having received mental health services in the past year. In the same time period, 9% reported having had a major depressive episode, and 5% reported having serious thoughts of suicide in the past year.

Compared to the nation

In the NSDUH, the percentage of Iowa adults reporting having had a mental illness in the past year was 25% (CI: 22.20%-28.59%) compared to 23% (CI: 22.11%-23.45%) in the US.

Figure 206 illustrates the percentage of adults aged 18 and older reporting having had a mental illness in the past year. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the second highest quintile nationally.

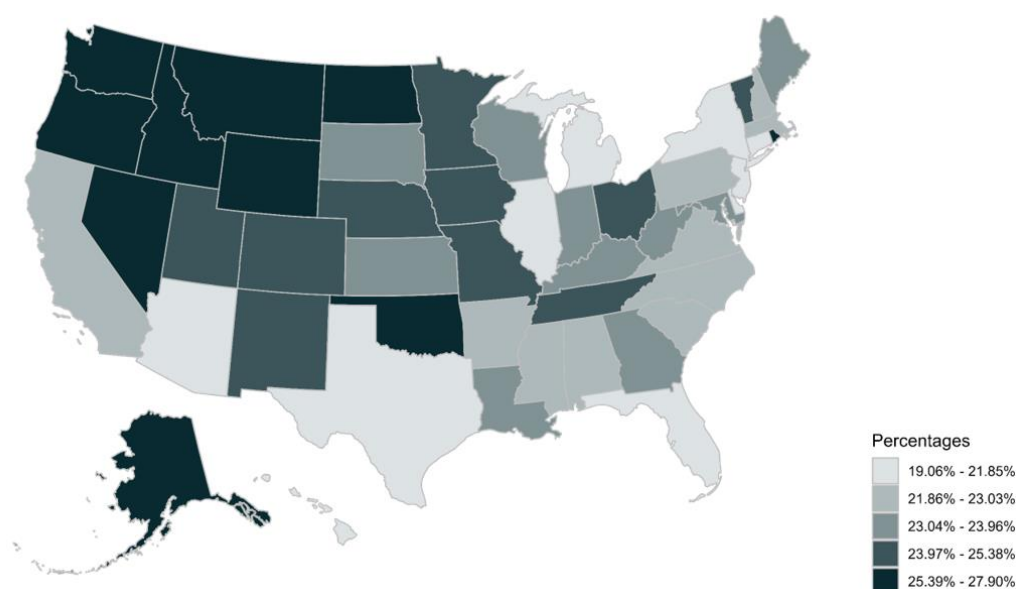


Figure 206. Any Mental Illness in the Past Year Among Adults, Aged 18 or Older, NSDUH, 2021

Additionally, from the NSDUH survey the percentage of Iowa adults reporting that they had received mental health services in the past year was 20% (CI: 17.18%-23.32%) compared to 17% (CI: 16.23%-17.50%) in the US.

Figure 207 illustrates the percentage of adults aged 18 and older reporting that they had received mental health services in the past year. States are grouped into quintiles based on the distribution of

the percentages across states. Iowa was in the second highest quintile nationally.

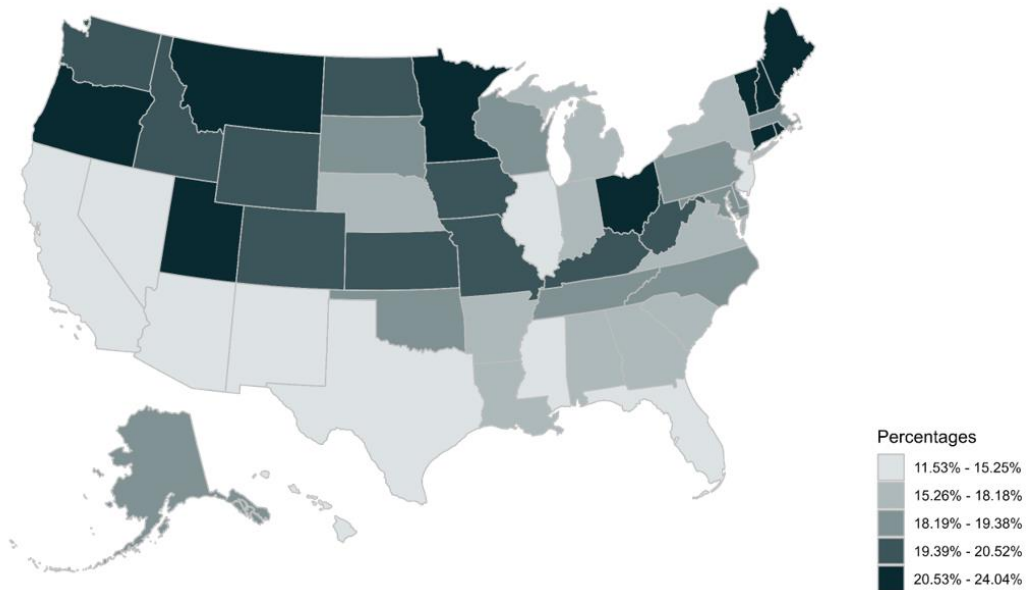


Figure 207. Received Mental Health Services in the Past Year Among Adults, Aged 18 or Older, NSDUH, 2021

Additionally, from the NSDUH survey the percentage of Iowa adults reporting that they had a major depressive episode in the past year was 9% (CI: 7.68%-11.28%) compared to 8% (CI: 7.90%-8.69%) in the US.

Figure 208 illustrates the percentage of adults aged 18 and older reporting that they had a major depressive episode in the past year. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the second highest quintile nationally.

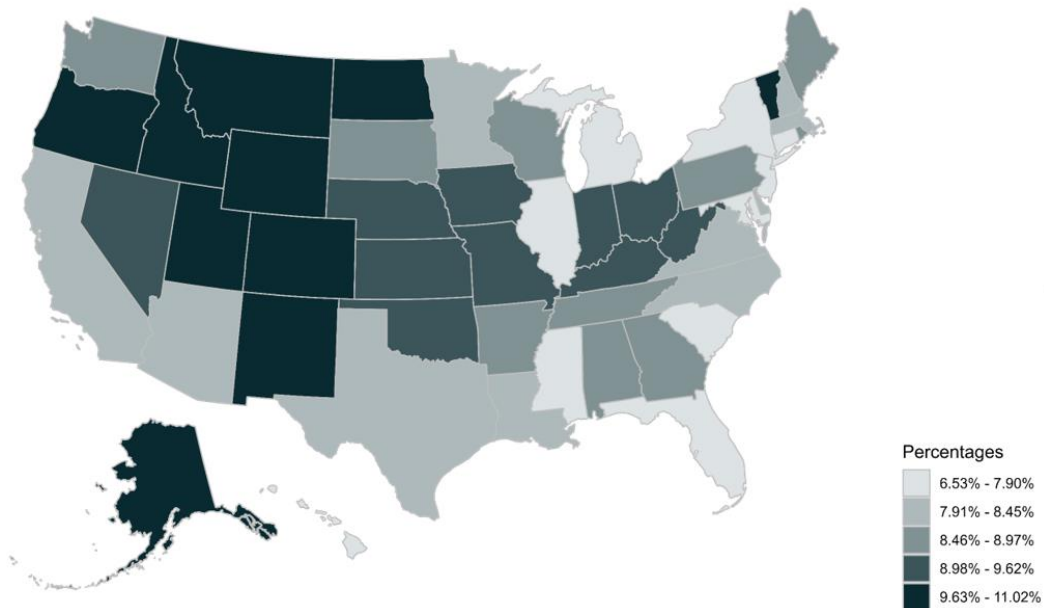


Figure 208. Major Depressive Episode in the Past Year Among Adults, Aged 18 or Older, NSDUH, 2021

Additionally, from the NSDUH survey the percentage of Iowa adults reporting that they had serious thoughts of suicide in the past year was 5% (CI: 4.33%-6.67%) compared to 5% (CI: 4.55%-5.16%) in the US.

Figure 209 illustrates the percentage of adults aged 18 and older reporting that they had serious thoughts of suicide in the past year. States are grouped into quintiles based on the distribution of the percentages across states. Iowa was in the second highest quintile nationally.³¹

³¹ The percentage reported for Iowa (5%) appears to fall outside the second highest quintile range shown in the figure “5.15% to 5.70%” due to rounding.

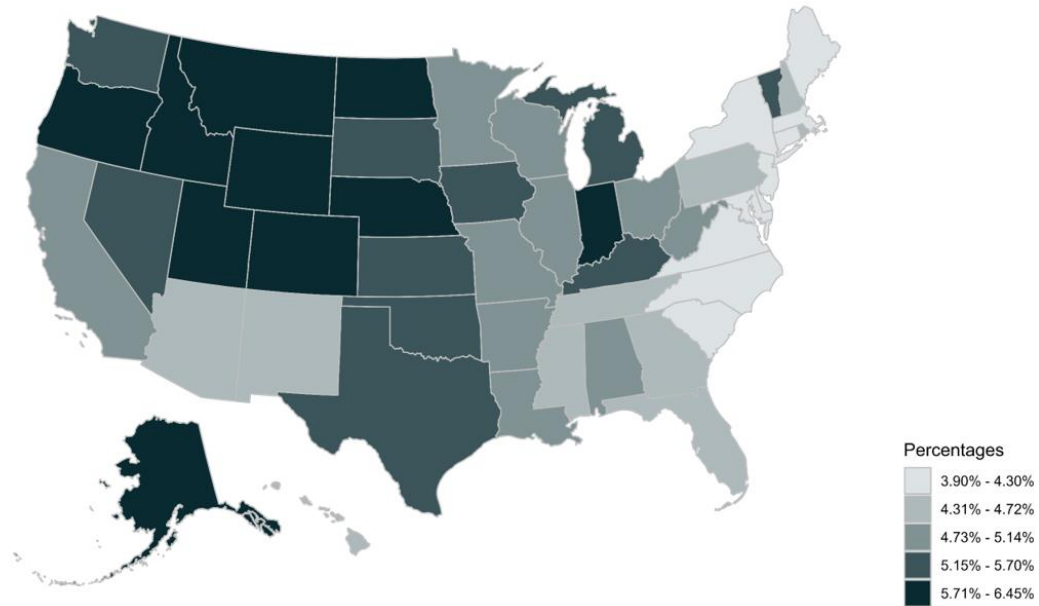


Figure 209. Serious Thoughts of Suicide in the Past Year Among Adults, Aged 18 or Older, NSDUH, 2021

Trends

The 2021 NSDUH data cannot be shown as part of trend data due to methodological changes in the data collection. However, the NSDUH trend data up to 2019 can be seen in the Appendix E, Figure AE-18 to Figure AE-22.

SECTION F.2 Youth Mental Health and Suicide

YOUTH MENTAL HEALTH AND SUICIDE IN THE PAST YEAR

About the indicator

The Iowa Youth Survey assessed youth mental health status and suicide as follows:

“In the past 12 months, did you ever feel so sad or hopeless almost every day for 2 weeks or more in a row that you stopped doing some usual activities?”

“In the past 12 months, have you thought about killing yourself?”

“In the past 12 months, have you made a plan about how you would kill yourself?”

“In the past 12 months, have you tried to kill yourself?”

Proportions presented reflect the percentage of all student responding “Yes” among all survey participants.

Data source(s)

Iowa Youth Survey (IYS)

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Felt sad or hopeless in the past 12 months	IYS	2021	27%, 6 th grade 29%, 8 th grade 36%, 11 th grade	n/a	n/a	n/a
Youth thoughts of suicide in the past 12 months	IYS	2021	17%, 6 th grade 21%, 8 th grade 24%, 11 th grade	n/a	n/a	n/a
Made a suicide plan in the past 12 months	IYS	2021	8%, 6 th grade 11%, 8 th grade 12%, 11 th grade	n/a	n/a	n/a
Youth suicide attempts in the past 12 months	IYS	2021	4%, 6 th grade 5%, 8 th grade 5%, 11 th grade	n/a	n/a	n/a

Current levels

In 2021, 27% of youth in 6th grade, 29% of youth in 8th grade, and 36% of youth in 11th grade reported feeling sad or hopeless every day for at least two weeks in the past year.

In 2021, 17% of youth in 6th grade, 21% of youth in 8th grade, and 24% of youth in 11th grade reported having thoughts of suicide in the past year.

In 2021, 8% of youth in 6th grade, 11% of youth in 8th grade, and 12% of youth in 11th grade reported having made a plan about how they would kill themselves in the past year.

In 2021, 4% of youth in 6th grade, 5% of youth in 8th grade, and 5% of youth in 11th grade reported having attempted suicide in the past year.

Demographic characteristics of sad or hopeless feelings among youth

Differences by Grade

In 2021, 27% of youth in 6th grade, 29% in 8th grade, 36% in 11th grade, respectively, reported feeling so sad or hopeless almost every day for 2 weeks or more in a row in the past year that they stopped doing some usual activities.

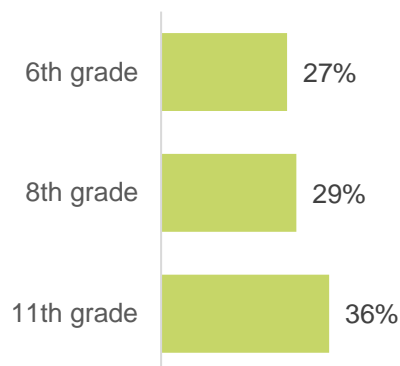


Figure 210. Felt Sad or Hopeless in the Past Year by Grade, IYS, 2021

Differences by Sex

In 2021, 41% of females and 20% of males reported feeling sad or hopeless in the past year.

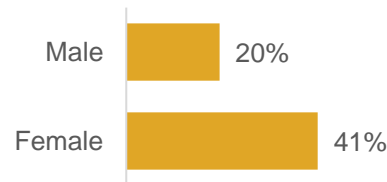


Figure 211. Felt Sad or Hopeless in the Past Year by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of youth who reported feeling sad or hopeless in the past year was among American Indian/Alaska Native students (45%).

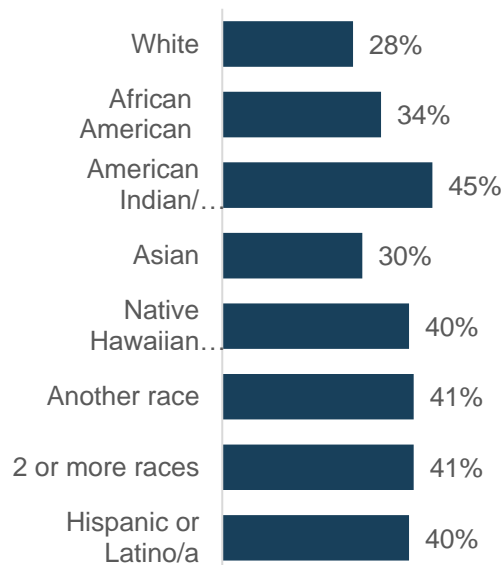


Figure 212. Felt Sad or Hopeless in the Past Year by Race/Ethnicity, IYS, 2021

Demographic characteristics of youth thoughts of suicide

Differences by Grade

In 2021, 17% of youth in 6th grade, 21% in 8th grade, and 24% in 11th grade reported having

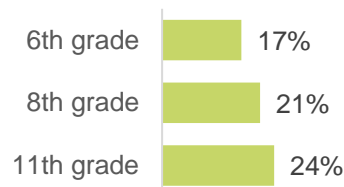


Figure 213. Youth Thoughts of Suicide in the Past Year by Grade, IYS, 2021

thoughts of suicide in the past year.

Differences by Sex

In 2021, 27% of females and 14% of males reported thoughts of suicide in the past year.

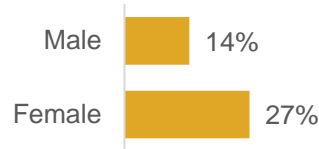


Figure 214. Youth Thoughts of Suicide in the Past Year by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of youth who reported thoughts of suicide in the past year was among students who reported two or more races (31%) and the lowest percentage was among White students (19%).

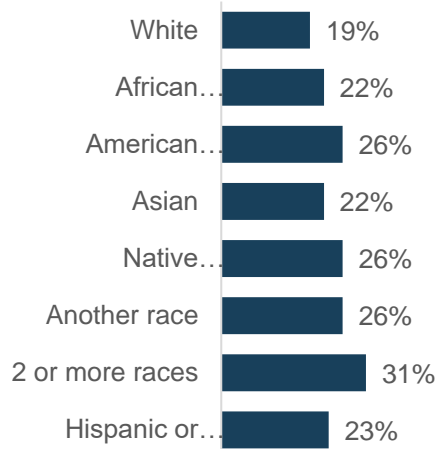
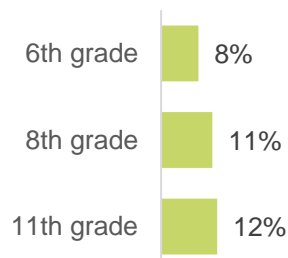


Figure 215. Youth Thoughts of Suicide in the Past Year by Race/Ethnicity, IYS, 2021

Demographic characteristics of youth plans for suicide

Differences by Grade

In 2021, a higher percentage of youth in 11th grade (12%) reported having made plans to kill themselves compared to those in 6th



(8%) or 8th (11%) grade, respectively.

Figure 216. Youth Plans for Suicide in the Past Year by Grade, IYS, 2021

Differences by Sex

In 2021, a higher percentage of females reported having made plans for suicide in the past year than males (14% vs. 7%, respectively).

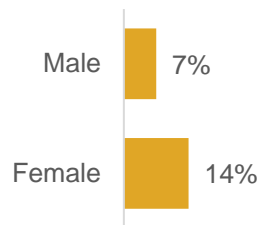


Figure 217. Youth Plans for Suicide in the Past Year by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, nearly one in five (19%) youth who are Native Hawaiian or other Pacific Islander reported having made plans for suicide in the past year compared to 9% of White or Asian students.

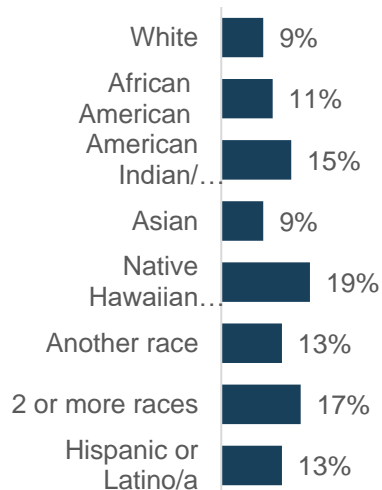


Figure 218. Youth Plans for Suicide in the Past Year by Race/Ethnicity, IYS, 2021

Demographic characteristics of youth suicide attempts

Differences by Grade

In 2021, a similar percentage of youth in each grade reported having attempted suicide in the past year (4% for 6th grade and 5% for 8th and 11th grade).

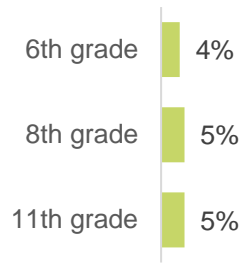


Figure 219. Youth Suicide Attempts in the Past Year by Grade, IYS, 2021

Differences by Sex

In 2021, a higher percentage of females reported having attempted suicide in the past year than males (7% vs. 3%, respectively).

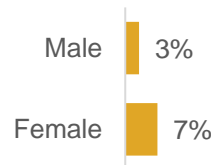


Figure 220. Youth Suicide Attempts in the Past Year by Sex, IYS, 2021

Differences by Race/Ethnicity

In 2021, the highest percentage of youth who reported having attempted suicide in the past year was among American Indian/Alaska Native (11%), followed by students who identified as another race (10%).

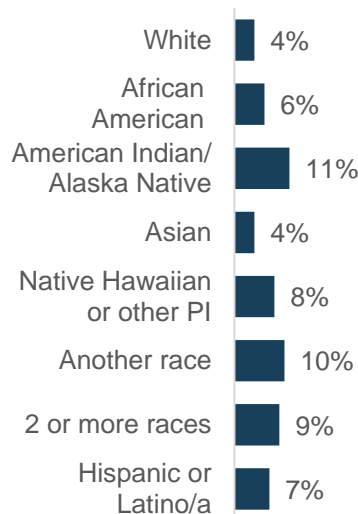


Figure 221. Youth Suicide Attempts in the Past Year by Race/Ethnicity, IYS, 2021

SECTION F.3 Consequences of Mental Health: Suicide Deaths

SUICIDE DEATHS AND AGE-ADJUSTED DEATH RATES

About the indicator

This indicator reports the 2021 deaths from suicide.

Data source(s)

CDC Wonder

Indicator summary

Indicator	Data Source	Year	Iowa	National	Iowa vs. Nation	Trend
Suicide Deaths	CDC Wonder	2021	549	48,137	n/a	Increased
Suicide Age-Adjusted Death Rates	CDC Wonder	2021	18 per 100,000 pop.	15 per 100,000 pop.	Higher	n/a

Current levels

In 2021, there were 549 suicide deaths in Iowa which translates to an age-adjusted rate of 18 deaths per 100,000 population.

Compared to the nation

In 2021, the age-adjusted suicide death rate was 18 per 100,000 population compared to 15 per 100,000 population in the US (CDC Wonder).

Figure 222 illustrates the age-adjusted suicide death rate in 2021 by state. States are grouped into quintiles based on the

distribution of the adjusted death rates across states. Iowa was in the middle quintile nationally.³²

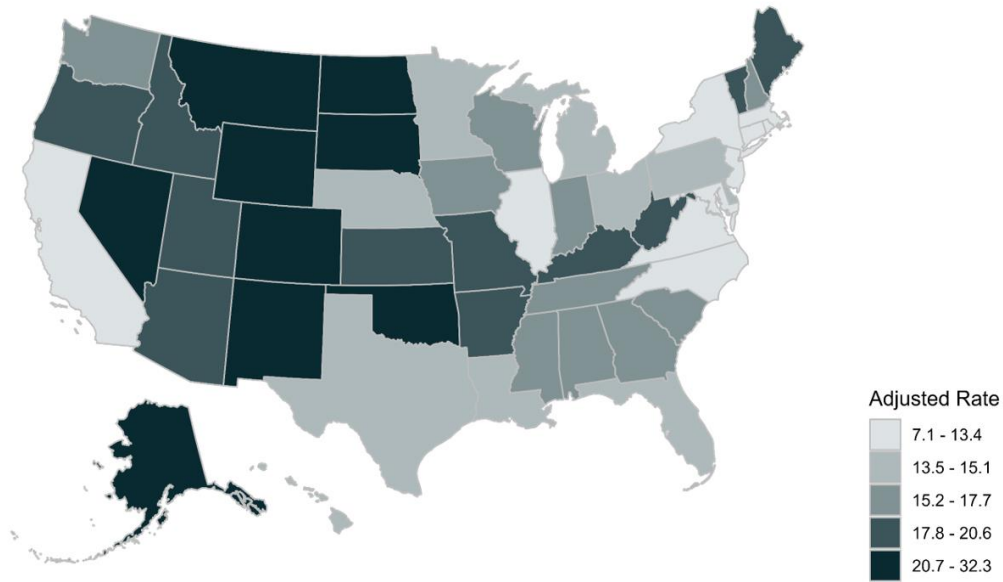


Figure 222. Age-adjusted Suicide Death Rate by State, CDC Wonder, 2021

Trends

Figure 223 illustrates the number of suicide deaths in Iowa between 2014 and 2021. The number of suicide deaths in Iowa has increased steadily since 2014. Only in year 2021 (549 deaths) did the number of suicide deaths decrease slightly from the previous year (552 deaths).

³² The rate reported for Iowa (18 per 100,000 population) appears to fall outside the middle quintile range shown in the figure “15.2 to 17.7” due to rounding.

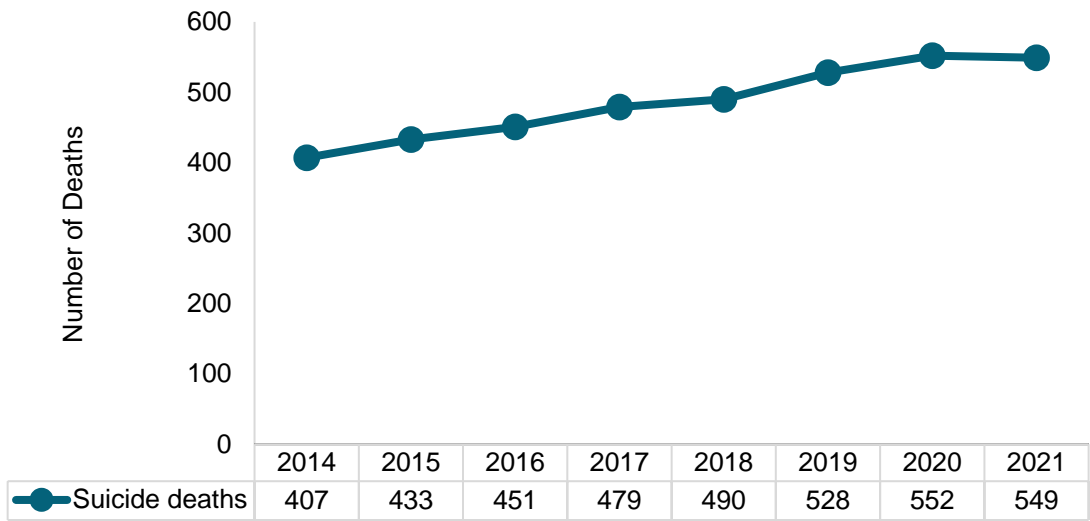


Figure 223. Number of Suicide Deaths in Iowa, CDC Wonder, 2014-2021

Discussion

The 2022 Epidemiological Profile provides a comprehensive overview of the prevalence of substance use, mortality, and morbidity in Iowa. The report is based on several data sources, such as BRFSS, IYS, and NSDUH. New to the 2022 Epidemiological Profile is the inclusion of drug overdose emergency department admissions and the use of the Iowa Public Health Portal and its DOSE dashboard. In addition, all substance use treatment admission data in Iowa are now available through the IBHRS which was also used as a data source for preparing this report.

The 2022 Epidemiological Profile serves as a tool to monitor the levels of substance use in the state and to review the corresponding negative consequences affecting Iowans. There are more than 65 indicators on substance use and consequences in this profile. Each indicator reports the level in Iowa, and where data is available, compared to the nation and trend over time. Some of the indicators are shown for adults and youth alike.

It is important to note that this profile is based on national and state data sources that are updated regularly. As a result, the numbers in this document may not match the most current numbers in the data sources. Thus, for the latest numbers, we recommend that readers go directly to the sources referenced in the report narrative or included in Appendix A. In addition, the 2022 Epidemiological Profile may not cover all aspects of substance use and its consequences in the state.

There are many efforts for substance use prevention and treatment currently underway in the state. In 2023, this includes the Integrated Provider Network (IPN) grant focused on addressing underage drinking and alcohol use. In addition to these efforts, the state implemented the Strategic Prevention

Framework for Prescription Drugs (SPF Rx) grant to address substance use disorder prevention, with a priority on prescription drug misuse among lowans in two specific age groups (i.e., 12 to 17, 18 or older).

Appendices

A. DATA SOURCES

Data Source	Year	Web Link
Behavioral Risk Factor Surveillance System (BRFSS)	2011-2021	https://www.cdc.gov/brfss/brfssprevalence/index.html
Center for Disease Control Wonder (CDC Wonder)	2010-2020	https://wonder.cdc.gov/ucd-icd10.html
Federal Bureau of Investigation - Uniform Crime Reporting (FBI-UCR)	2010-2021	https://cde.ucr.cjis.gov/LATEST/webapp/#/pages/home
FBI-UCR: National Incident-Based Reporting System (NIBRS)	2011-2019	https://www.fbi.gov/how-we-can-help-you/more-fbi-services-and-information/ucr/publications#NIBRS
Iowa Behavioral Health Reporting System (IBHRS)	2015-2022	n/a
Iowa Department of Health & Human Services (Iowa HHS): Substance-involved Mortality	2011-2021	https://tracking.idph.iowa.gov/Health/Substance-Use-and-Misuse/Substance-Involved-Mortality
Iowa Department of Health & Human Services (Iowa HHS): Substance Overdose Emergency Department Admissions	2018-2021	https://tracking.idph.iowa.gov/Health/Substance-Use-and-Misuse/Drug-Overdose-ED-Data

Iowa Department of Human Rights. Easy Access to Juvenile Court Data (EZAJCD)	2010-2022	https://juvenilecourtstats.iowa.gov/asp/selection.asp?table_in=2
Iowa Department of Human Rights. Incarceration.	2012-2021	https://humanrights.iowa.gov/cjpp/prison-population-forecasts
Iowa Department of Education (IDE)	2011-2021	https://www.educateiowa.gov/education-statistics
Iowa Youth Survey (IYS)	1999-2021	http://www.iowayouthsurvey.iowa.gov/state_of_iowa/index.html
National Survey on Drug Use and Health (NSDUH)	2004-2021	http://pdas.samhsa.gov/#/

B. REFERENCES

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[source/population-estimates/annual-population-estimates-vintage-2021](#)

US Department of Agriculture, 2023. State fact sheets. *Economic Research Service, United States Department of Agriculture*.
<https://www.ers.usda.gov/data-products/state-fact-sheets/>

C. DEFINITIONS

Alcohol-Related Convictions: Number of charges with a guilty finding in court for violations of Iowa Code chapter 123.

Alcohol Related Offense Arrests: Number of Arrests made by local, county or state peace officers following a violation of Iowa Code chapter 123.

Binge Drinking Prevalence:

- BRFSS: Proportion of adults reporting having had (males five or more, females four or more) drinks on one occasion.
- NSDUH: Proportion of adults or youth reporting having had five or more drinks on one occasion.
- IYS: Proportion of students reporting having had five or more drinks

Current Alcohol Use Prevalence (past 30 days): Proportion of adults or youth who have had at least one drink of alcohol within the past 30 days.

Heavy Drinking (BRFSS): Proportion of adult reporting having had (men more than two drinks, women more than one) drink per day.

Liquor Law Violations: Offenses dealing with sales or provision of alcohol.

Operating a Vehicle While Intoxicated (OWI): Offense of operating a vehicle while intoxicated.

Prescription drug abuse: The use of a medication without a prescription, in a way other than as prescribed, or for the experience or feelings elicited.

Prescription medications: Medications used to treat pain, attention deficit disorders, sleep disorders and anxiety that are not over the counter drugs.

Prevalence: Number or proportion (percent) of cases or events in a given population. Often further distinguished as point prevalence (single point in time) or period prevalence (over a period of time).

Rate per 100,000: (Number of cases or events / total population)*
100,000.

- Age-adjusted rate: A rate statistically modified to eliminate the effect of different age distributions in the different populations
- Age-specific rate: A rate limited to a particular age group. The numerator is the number of cases in that age group; the denominator is the number of persons in that age group in the population.
- Sex-specific rate: A rate limited to a particular sex. The numerator is the number of cases in that sex; the denominator is the number of persons of that sex in the population.
- Race-specific rate: A rate limited to a particular racial category. The numerator is the number of cases in that racial category; the denominator is the number of persons from that racial category in the population.

Risk perceptions: Perceptions of risk about other people's substance use, and how much they can harm themselves physically and in other ways (NSDUH) or risk to physical or mental health (IYS).

D. ICD-9/ICD-10 CODES

ICD-9 Codes	
Description	
Drug-related Emergency Department Visits	960-979, E850-E858, E950.0-E950.5, E962.0, E980.0-E980.5
Drug-related Hospitalization	960-979, E850-E858, E950.0-E950.5, E962.0, E980.0-E980.5
Opioid-related Emergency Department Visits	965.00, 965.02, 965.09, E850.1, E850.2
Opioid-related Emergency Department	965.00, 965.02, 965.09, E850.1, E850.2
ICD-10-CM Codes	
Drug-related Emergency Department Visits	[T36.x-T50.x] (1A, 1D), [T36.x-T50.x] (2A, 2D), [T36.x-T50.x] (3A, 3D), [T36.x-T50.x] (4A, 4D)
Drug-related Hospitalization	[T36.x-T50.x] (1A, 1D), [T36.x-T50.x] (2A, 2D), [T36.x-T50.x] (3A, 3D), [T36.x-T50.x] (4A, 4D)
Opioid-related Emergency Department Visits	[T40.0x] (1A, 1D), [T40.0x] (2A, 2D), [T40.0x] (3A, 3D), [T40.0x] (4A, 4D), [T40.2x] (1A, 1D), [T40.2x] (2A, 2D), [T40.2x] (3A, 3D), [T40.2x] (4A, 4D), [T40.3x] (1A, 1D), [T40.3x] (2A, 2D), [T40.3x] (3A, 3D), [T40.3x] (4A, 4D), [T40.4x] (1A, 1D), [T40.4x] (2A, 2D), [T40.4x] (3A, 3D), [T40.4x] (4A, 4D)
Opioid-related Emergency Department	[T40.0x] (1A, 1D), [T40.0x] (2A, 2D), [T40.0x] (3A, 3D), [T40.0x] (4A, 4D), [T40.2x] (1A, 1D), [T40.2x] (2A, 2D), [T40.2x] (3A, 3D), [T40.2x] (4A, 4D), [T40.3x] (1A, 1D), [T40.3x] (2A, 2D), [T40.3x] (3A, 3D), [T40.3x] (4A, 4D), [T40.4x] (1A, 1D), [T40.4x] (2A, 2D), [T40.4x] (3A, 3D), [T40.4x] (4A, 4D)
ICD-10 Codes	
Description	
Alcohol-related Mortality	F10, I42.6, G31.2, G62.1, K29.2, K70, K73, K74, K86.0, T51, X45, X65, Y15, Y90, Y91
Alcohol-related Cirrhosis Mortality	K70 (.0 - .9)
Drug-related Mortality	X40-X44, X60-X64, X85, Y10-Y14
Opioid-related Mortality	X40-X44, X60-X64, X85, Y10-Y14, T40.0, T40.1, T40.2, T40.3, T40.4, T40.6
Lung Cancer	C33-C34

Suicide	X60 – X84, Y87.0
Tobacco-related Mortality	C00-C15, C33, C34, J40 -J44

E. NSDUH TREND DATA

Adult Alcohol Use in The Past 30 Days

Figure AE-1 illustrates the NSDUH estimates of the percentage of adults aged 18 or older reporting alcohol use in the past 30 days in Iowa and the US, respectively. Overall, the percentage of adult Iowans who reported alcohol use in the past 30 days has remained steady between 2002-03 and 2018-19.

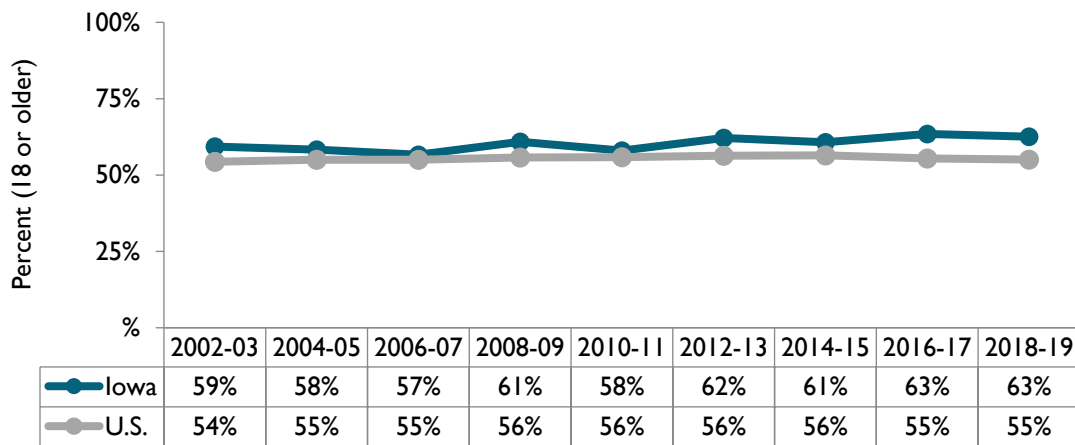


Figure AE-1. Past 30-Day Alcohol Use, Aged 18 or Older, Iowa & U.S., NSDUH, 2002-2019 Every Two Years

Adult Risk Perceptions of Binge Drinking

From 2016-17 to 2018-19, the percentage of adults reporting great risk from binge drinking has remained the same in both Iowa and the US (Figure AE-2).

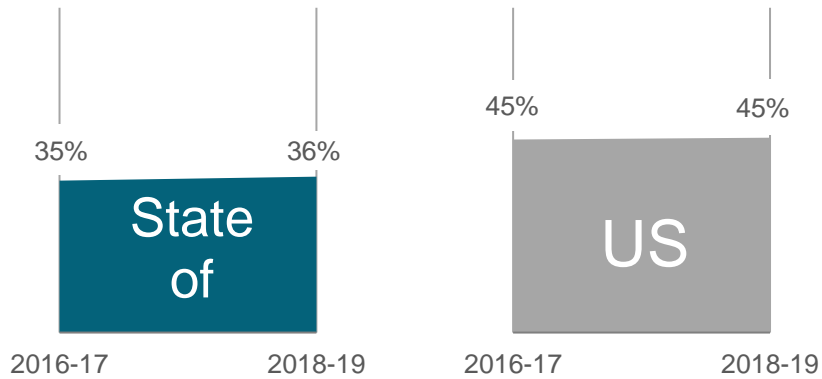


Figure AE-2. Perceptions of Great Risk from Binge Drinking, IA & US, NSDUH, 2016-2019

Youth Alcohol Use in The Past 30 Days

Figure AE-3 illustrates the percentage of youth aged 12 to 17 reporting alcohol use in the past 30 days. From 2002-03 to 2018-19 NSDUH data showed a gradual decrease among youth alcohol use in the past 30 days both in Iowa and nationwide. For all data years, alcohol use in the past 30 days among Iowa youth was relatively similar to the national rates.

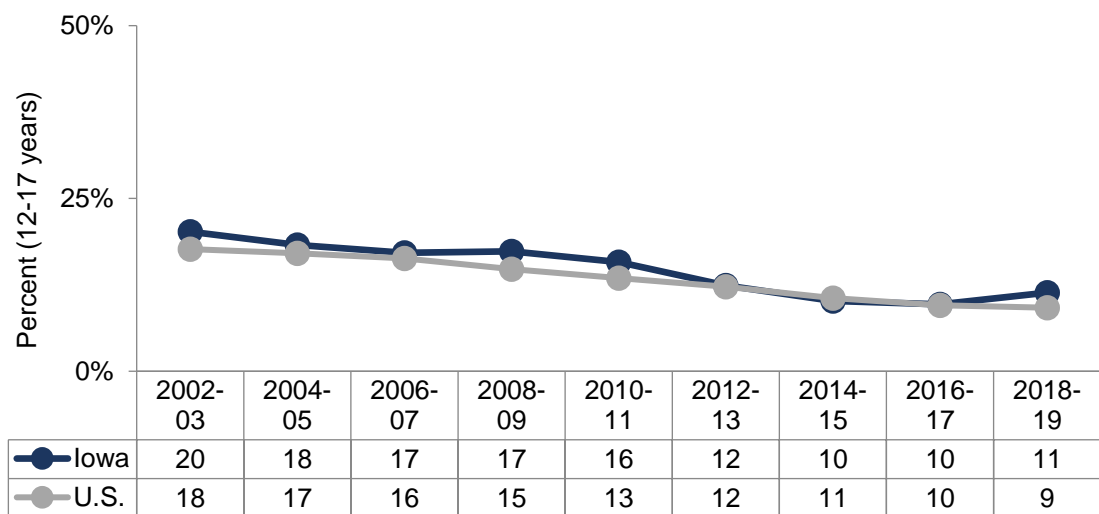


Figure AE-3. Past 30-Day Alcohol Use among Youth, Aged 12-17 Years, Iowa & US, NSDUH, 2002-2019 Every Two Years

Youth Binge Drinking in The Past 30 Days

Figure AE-4 illustrates the percentage of youth aged 12 to 17 reporting binge drinking in the past 30 days. For these data years, youth binge drinking in the past 30 days in Iowa and the US stayed the same.

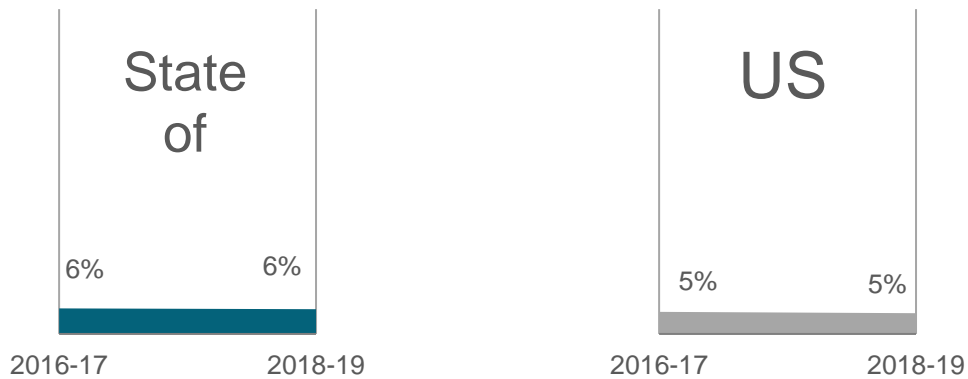


Figure AE-4. Past 30-Day Binge Drinking among Youth Aged 12 to 17, IA & US, NSDUH, 2016-2019

Risk Perceptions of Youth Alcohol Consumption

Figure AE-5 illustrates the percentage of youth aged 12 to 17 reporting perceptions of great risk from binge drinking once or twice a week in the national survey. From 2016-17 to 2018-19, the percentage of youth reporting great risk from binge drinking has decreased. Due to changes in question wording across survey years, youth risk perceptions of binge drinking cannot be compared to years prior in the national survey.

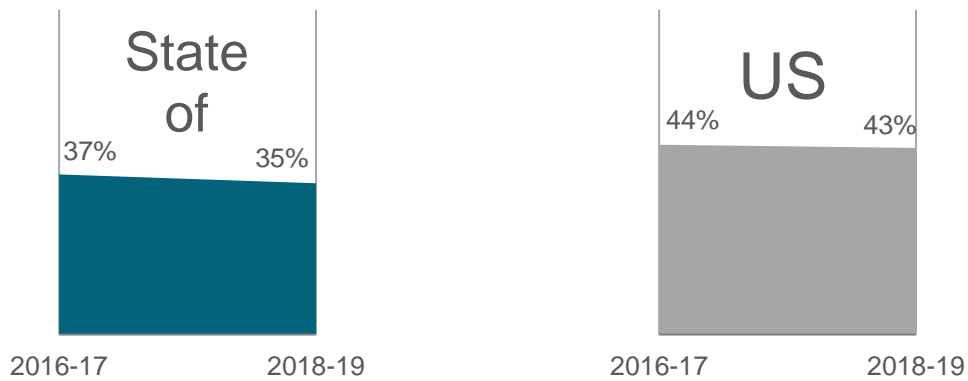


Figure AE-5. Perceptions of Great Risk from Binge Drinking among Youth Aged 12 to 17, IA & US, NSDUH, 2016-2019

Adult Cigarette Use

Figure AE-6 illustrates the NSDUH estimates of the percentage of adults aged 18 or older reporting cigarette use in the past 30 days in Iowa and the US. Overall, the percentage of adult lowans who reported cigarette use in the past 30 days has decreased slightly between 2002-03 and 2018-19.

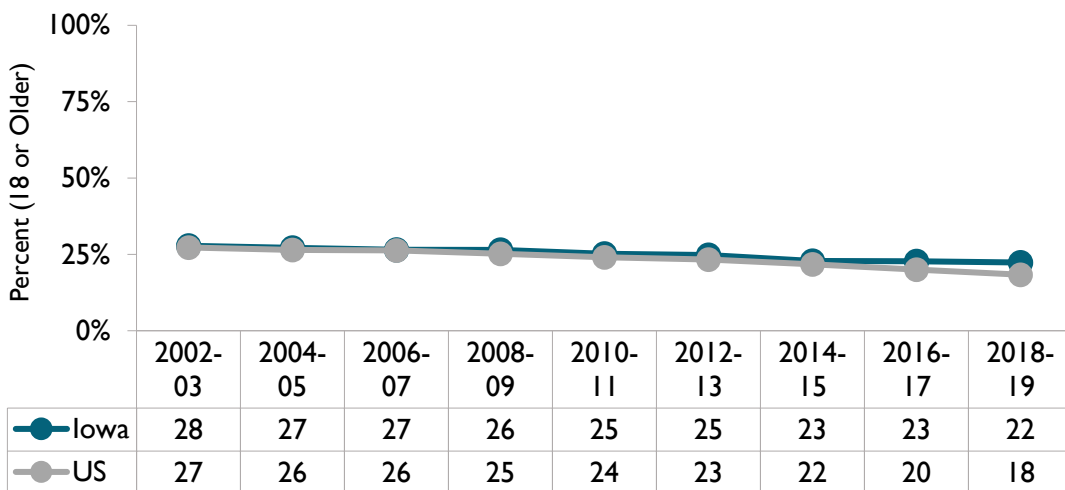


Figure AE-6. Past 30-Day Cigarette Use, Aged 18 or Older, Iowa & US, NSDUH, 2002-2019 Every Two Years

Youth Tobacco Use

Figure AE-7 illustrates the percentage of youth aged 12 to 17 reporting tobacco use (excluding e-cigarettes) in the past month. From 2002-03 to 2018-19 NSDUH data showed a gradual decrease among youth tobacco use (excluding e-cigarettes) in the past month both in Iowa and nationwide. For all data years, tobacco use (excluding e-cigarettes) in the past month among Iowa youth was relatively similar to the national rates.

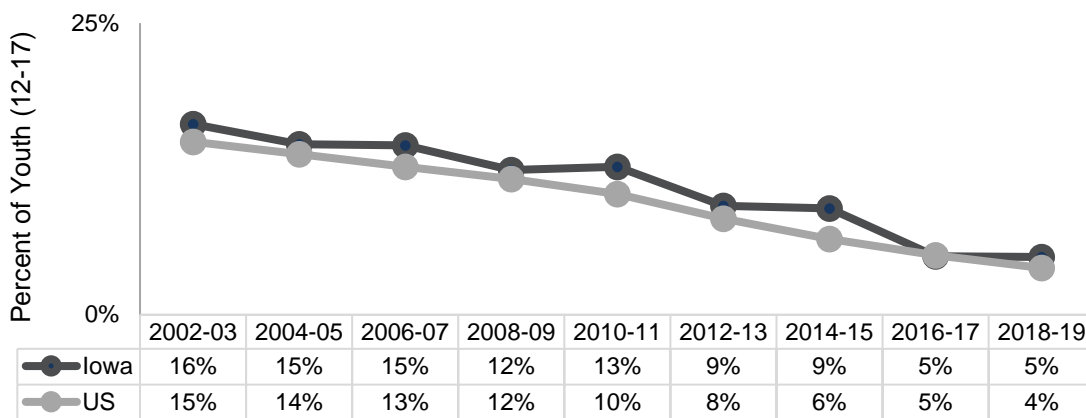


Figure AE-7. Tobacco Product Use (excluding e-cigarettes) in the Past Month Among Youth, 12-17, NSDUH, 2002-2019 Every Two Years

Risk Perceptions of Smoking Cigarettes

Figure AE-8 illustrates the percentage of youth aged 12 to 17 reporting perceptions of great risk from smoking one or more packs of cigarettes per day in a national survey (NSDUH). From 2016-17 to 2018-19, the percentage of youth reporting great risk from smoking has decreased. Due to changes in question wording across survey years, youth risk perceptions of smoking cigarettes regularly cannot be compared to years prior in the statewide survey (IYS).

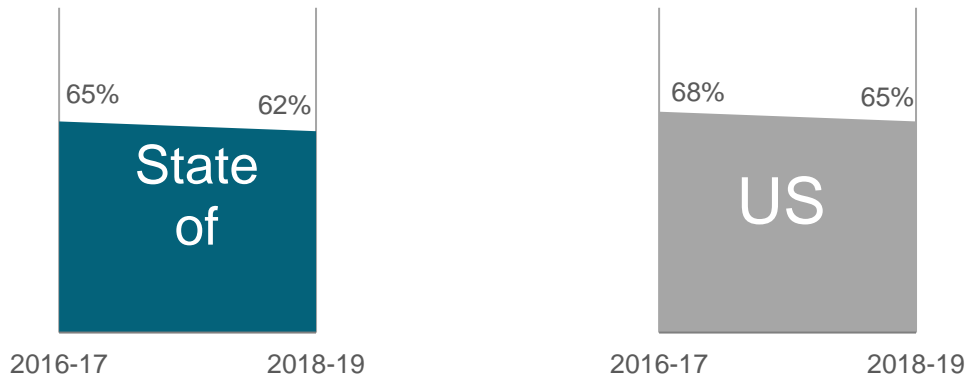


Figure AE-8. Perceptions of Great Risk from Smoking among Youth Aged 12 to 17, IA & US, NSDUH, 2016-2019

Adult Marijuana Use in the Past 30 Days

From 2002-03 to 2018-19, marijuana use has increased among adults aged 18 or older (Figure AE-9).

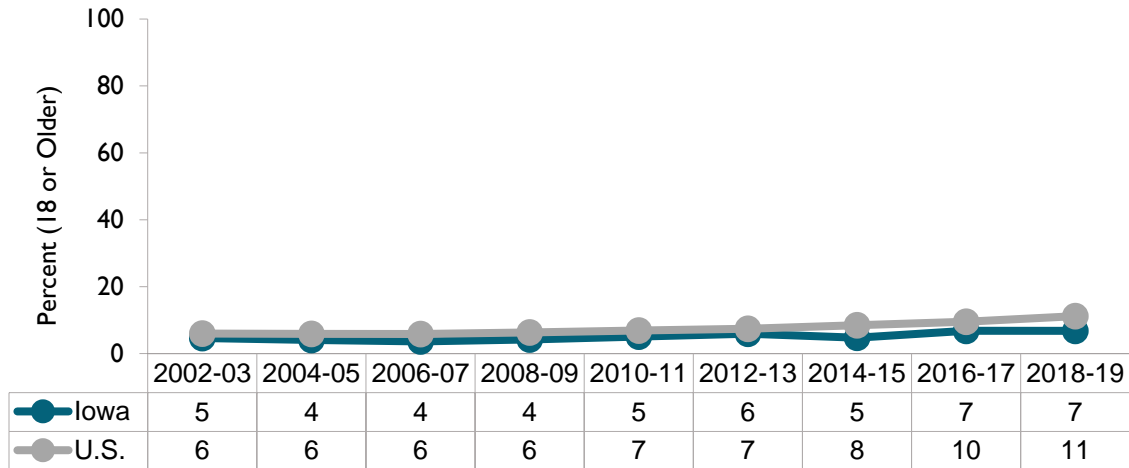


Figure AE-9 Marijuana Use in the Past 30 Days among Adults, Aged 18 or Older, Iowa & US, NSDUH, 2002-2019 Every Two Years

Adult Risk Perceptions of Monthly Marijuana Use

From 2016-17 to 2018-19, the percentage of adults reporting great risk from smoking marijuana once a month has significantly decreased in both Iowa and the US (Figure AE-10). Due to changes in question wording across survey years, perceptions of monthly marijuana use cannot be compared to years prior to 2016.

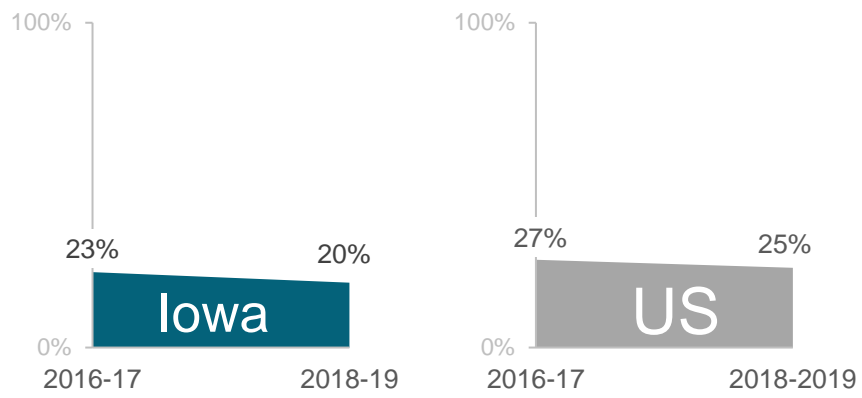


Figure AE-10. Perceptions of Great Risk from Smoking Marijuana Once a Month, IA & US, NSDUH, 2016-2019

Adult Illicit Drug Use Other than Marijuana

As shown in Figure AE-11, illicit drug use other than marijuana has remained relatively stable among adults aged 18 or older from 2016-17 (3%) to 2018-19 (4%). Because of methodological changes, estimates from 2021 should not be compared with previous years of NSDUH data. In addition, methodological changes in 2015 to the NSDUH questionnaire and data collection procedures do not allow comparisons to years prior.

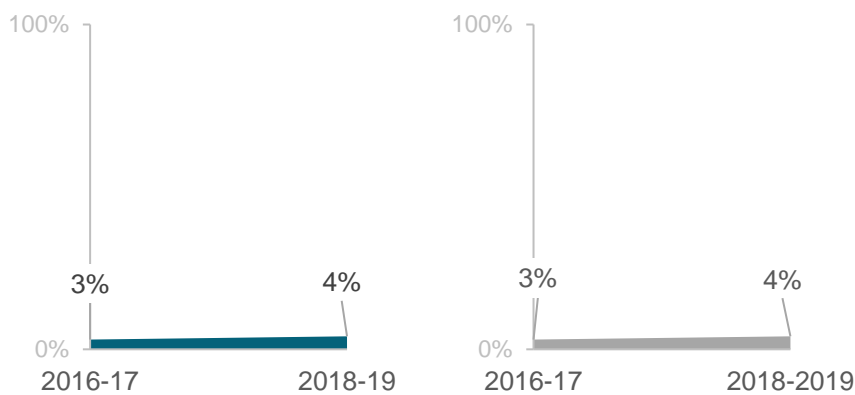


Figure AE-11. Illicit Drug Use Other than Marijuana Once a Month, IA & US, NSDUH, 2016-2019

Adult Cocaine Use

Figure AE-12 illustrates cocaine use in the past year by age group for 2002-03 to 2018-19. The percentage of adults who reported cocaine use in the past year was higher among adults aged 18 to 25 compared to those aged 26 or older both in Iowa and nationwide.

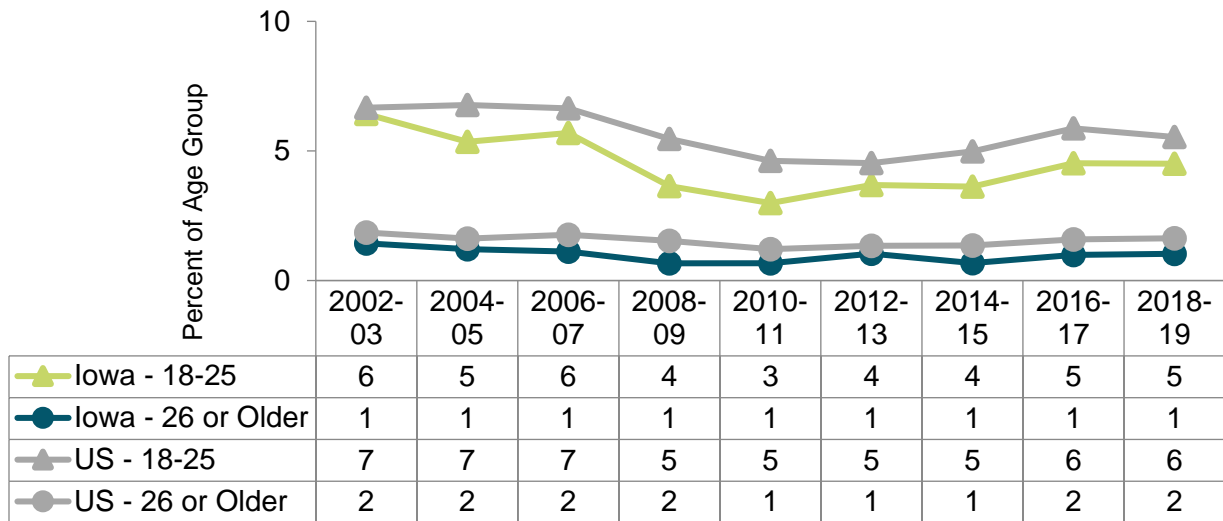


Figure AE-12. Cocaine Use in the Past Year among Adults, Iowa and the US, by Age Group, NSDUH, 2002-2019 Every Two Years

Youth Marijuana Use in the Past 30 Days

Figure AE-13 illustrates the percentage of youth aged 12 to 17 reporting marijuana use in the past 30 days. From 2002-03 to 2018-19, youth marijuana use in the past 30 days remained largely unchanged in both Iowa and nationwide. For all data years, marijuana use among Iowa youth was relatively similar to that for youth nationwide.

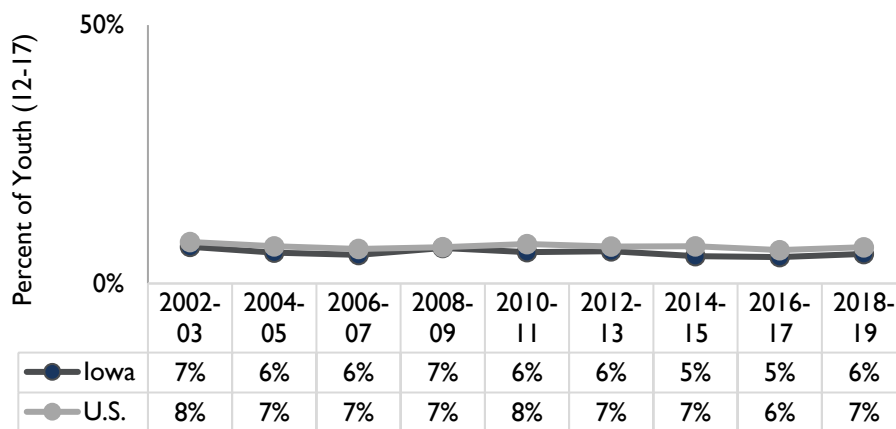


Figure AE-13. Marijuana Use in the Past 30 Days among Youth, Aged 12 to 17, Iowa & US, NSDUH, 2002-2019 Every Two Years

Youth Risk Perceptions of Marijuana Use

From 2016-17 to 2018-19, the percentage of youth reporting great risk from smoking marijuana once a month has decreased in both Iowa and the US (Figure AE-14). Due to changes in question wording and methodology across survey years, perceptions of monthly marijuana use cannot be compared to years prior to 2016, nor can estimates from 2021 be compared with previous years.

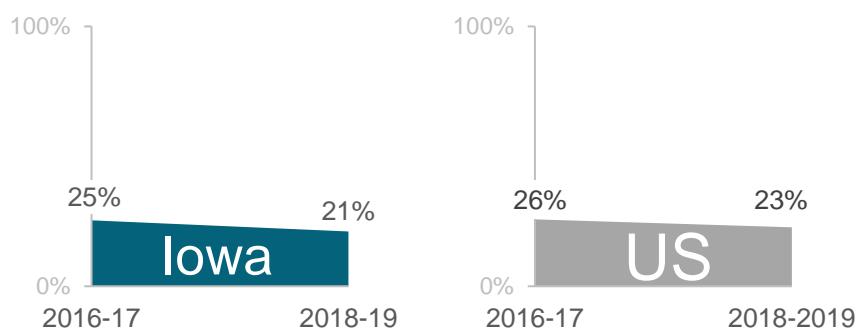


Figure AE-14. Youth Risk Perceptions of Marijuana Use in the Past 30 Days among Youth, Aged 12 to 17, Iowa & US, NSDUH, 2016-2019

Youth Illicit Drug Use

From 2016-17 to 2018-19, the percentage of youth reporting illicit drug use in the past month remained essentially the same both when marijuana is included or excluded and, in both Iowa, and the US (Figure AE-15). Due to changes in question wording and methodology across survey years, current trends in illicit drug use in the past month cannot be compared to years prior to 2016, nor can estimates from 2021 be compared with previous years.

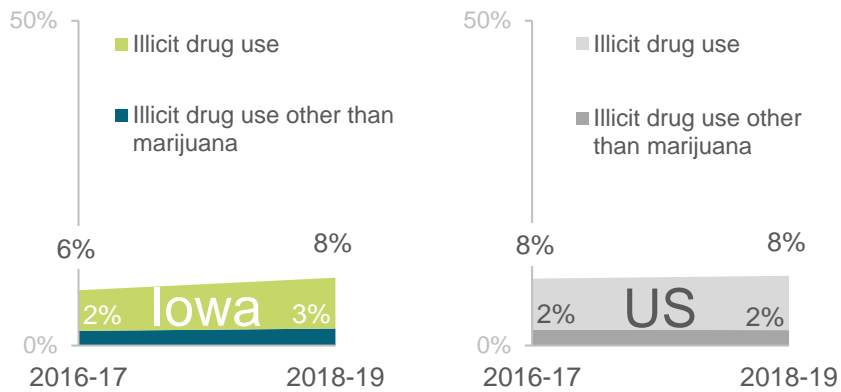


Figure AE-15. Illicit Drug Use among Youth, Aged 12 to 17, IA & US, NSDUH, 2016-2019

Adult Prescription Pain Reliever Misuse

In 2016-17, prescription pain reliever misuse was significantly higher among young adults, aged 18 to 25, compared to adults aged 26 or older in Iowa and for the US (Figure AE-16). In 2018-19, there was no difference in prescription pain reliever misuse between young adults and those aged 26 or older in Iowa.

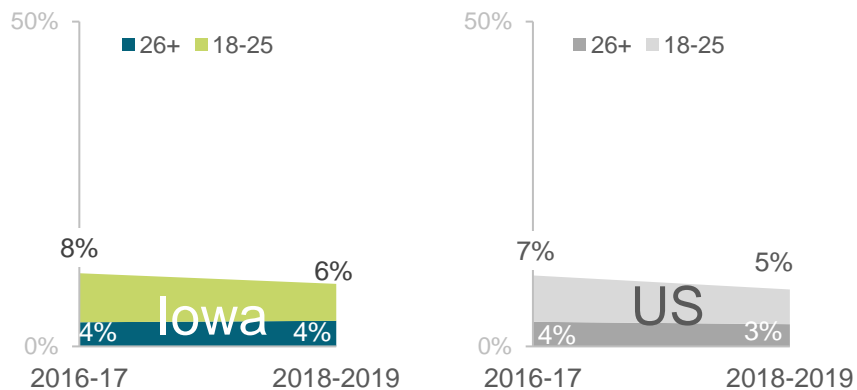


Figure AE-16. Prescription Pain Reliever Misuse in the Past Year, Aged 18 or Older, NSDUH, 2016-2019

Youth Prescription Medication Misuse

From 2016-17 to 2018-2019, the percentage of youth reporting prescription pain reliever misuse in the past year trended higher in Iowa (Iowa, 3% vs. 4%, respectively, not significant), and it was significantly lower between the two years nationwide (US, 3.3% (95% CI: 3.1-3.6%) vs. 2.5% (95% CI: 2.3%-2.8%), respectively) (Figure AE-17).

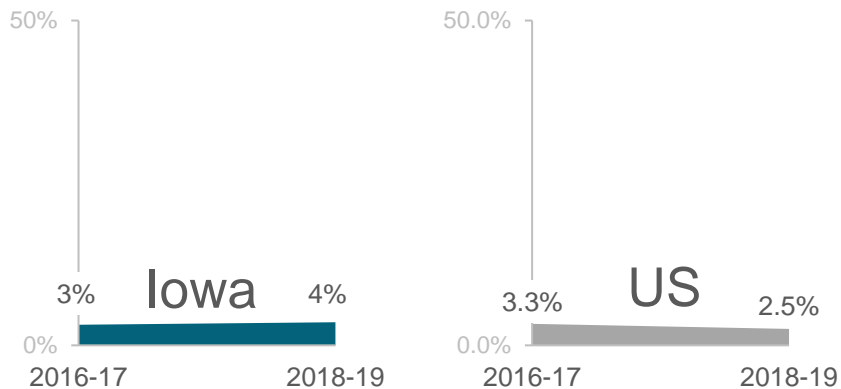


Figure AE-17. Prescription Pain Reliever Misuse in the Past Year among Youth, Aged 12 to 17, NSDUH, 2016-2019

Adult Mental Health in the Past Year

From 2016-17 to 2018-19, the percentages of Iowa adults reporting having had a mental illness, having received mental health services, having had a major depressive episode, or having serious thoughts of suicide in the past year stayed the same (Figure AE-18). Because of methodological changes, estimates from 2021 should not be compared with previous years of NSDUH data.

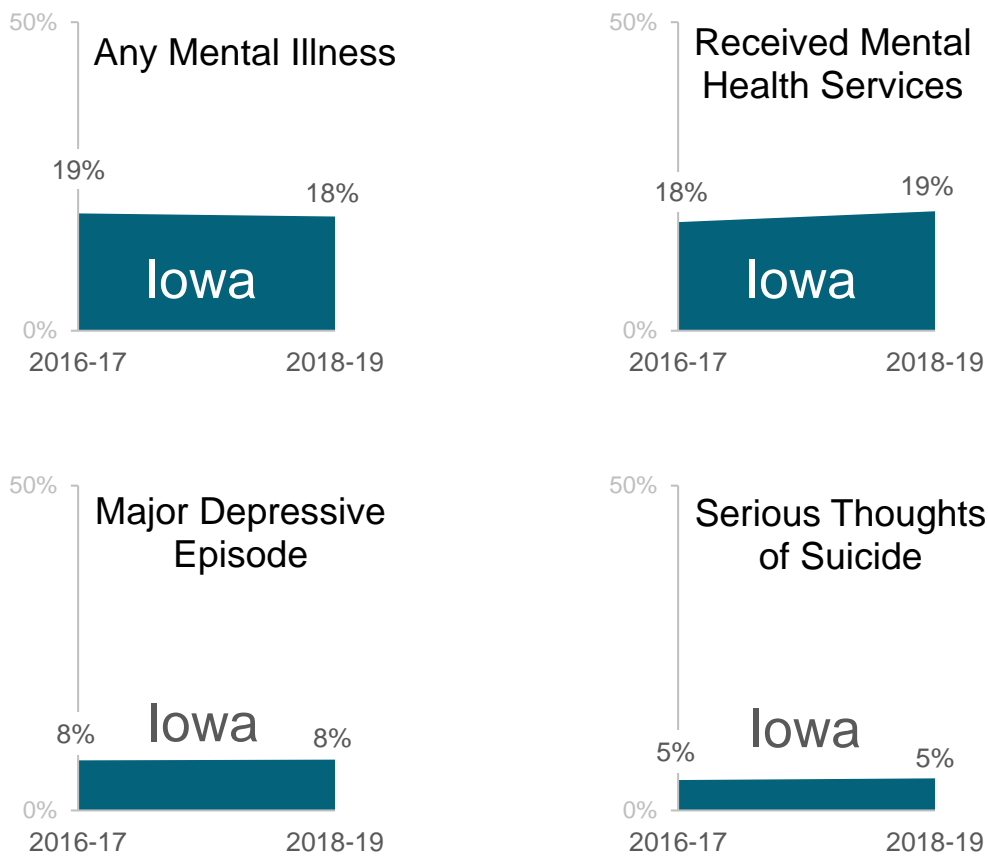


Figure AE-18. Adult Mental Health and Thoughts of Suicide in the Past Year, NSDUH, 2016-2019

In 2018-19, a higher percentage of lowans aged 18 to 25 reported any mental illness (Figure AE-19), major depressive disorder (Figure AE-20), and serious thoughts of suicide (Figure AE-21) than lowans aged 26 or older. The percentage of adults reporting having received mental health services in the past year was similar for lowans 18 to 25 and those 26 and older (Figure AE-22).

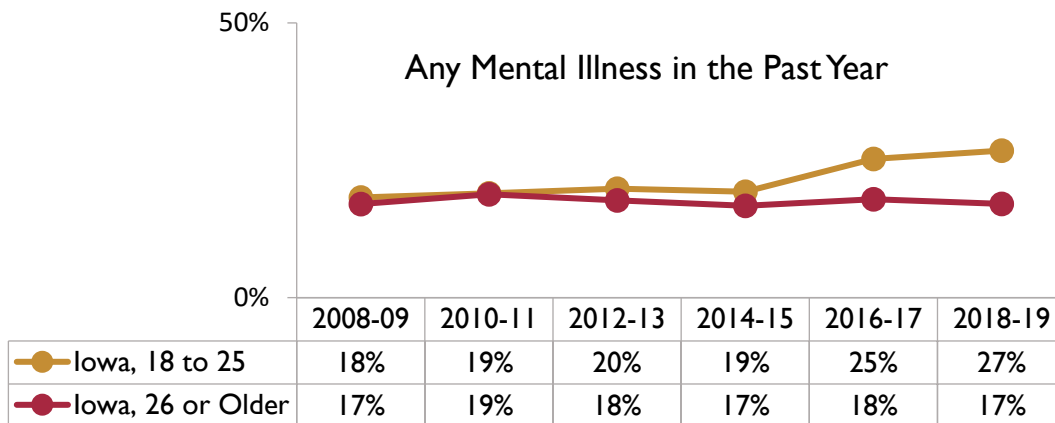


Figure AE-19. Adult Any Mental Illness in the Past Year, NSDUH, 2008-09 to 2018-19 Every Two Years

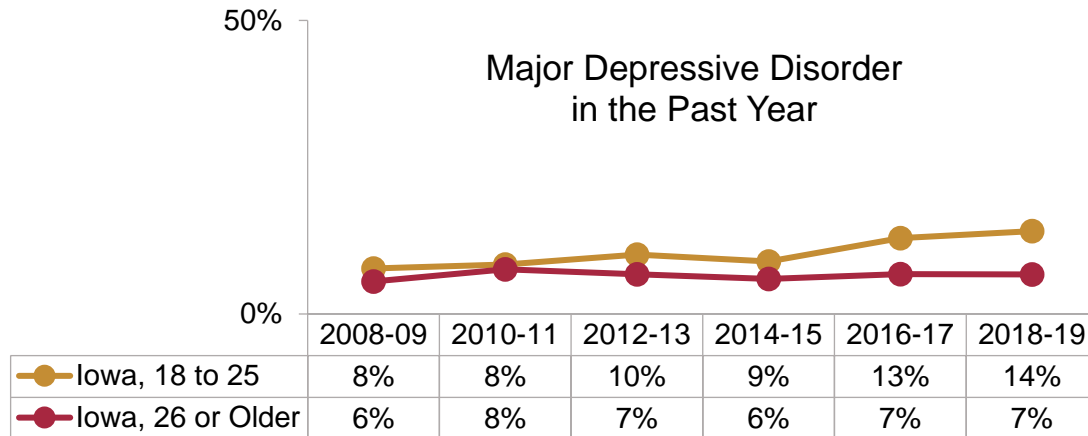


Figure AE-20. Adult Major Depressive Disorder in the Past Year, NSDUH, 2010-11 to 2018-19 Every Two Years

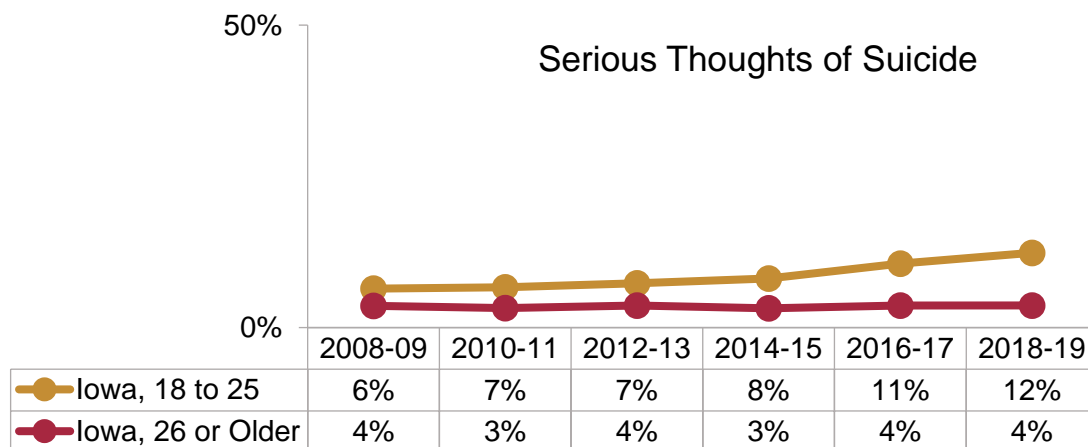


Figure AE-21. Adult Serious Thoughts of Suicide in the Past Year,

NSDUH, 2008-09 to 2018-19 Every Two Years

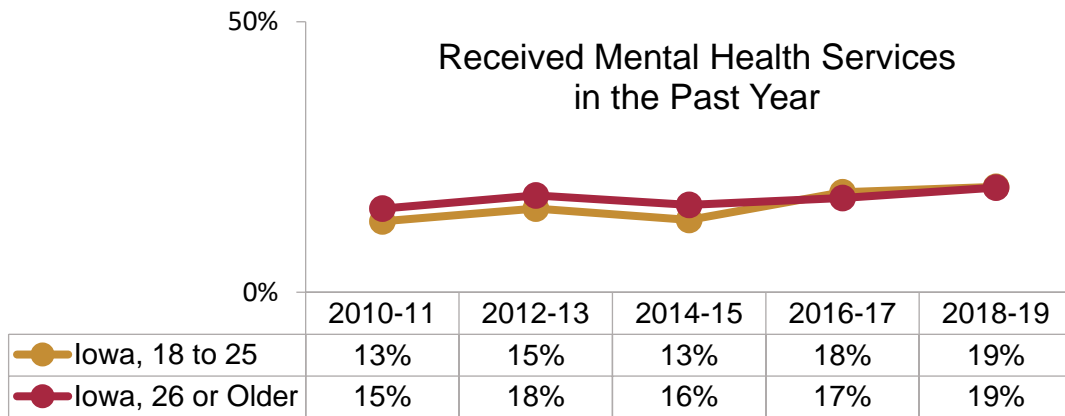


Figure AE-22. Adult Received Mental Health Services in the Past Year, NSDUH, 2010-11 to 2018-19 Every Two Years

F. STATE EPIDEMIOLOGICAL WORKGROUP AND PREVENTION PARTNERSHIPS ADVISORY COUNCIL (SEWPPAC)

In 2006, the Iowa Department of Public Health (IDPH) received funding from the US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Prevention, for a State Epidemiological Outcome Workgroup (SEOW; name changed later to the State Epidemiological Workgroup (SEW)). In 2019, the SEW merged with the Prevention Partnerships Advisory Council due to a significant overlap in members and interests. This new group adopted the title of **State Epidemiological Workgroup and Prevention Partnerships Advisory Council (SEWPPAC)**. After the merger that created the SEWPPAC, a systematic review and recruitment to add members was instituted. Sectors that had previously not been engaged were identified with representation reviewed annually. This included members from the following organizations:

- County Public Health Departments
- Iowa Hospital Association
- State of Iowa Youth Advisory Council

In 2009, IDPH was awarded a SAMHSA cooperative agreement, Strategic Prevention Framework State Incentive Grant (SPF SIG), to address underage drinking, as well as adult binge drinking and related consequences. In 2011, another one-year award, the Strategic Prevention Enhancement, was awarded to IDPH to expand the work of the SEW, as well as increase partnership, collaboration and data sharing between various state agencies. The new expanded SEW had the mission of redefining the scope of its work and identifying meaningful epidemiological products (in addition to the *Epidemiological Profiles*) for the public,

researchers, prevention and treatment professionals statewide, plus state and federal legislators.

In September 2014, SAMSHA awarded IDPH a five-year Partnerships for Success Grant. This project continued to build upon the experience and established Strategic Prevention Framework (SPF) prevention infrastructure to address two of the nation's top substance abuse prevention priorities (i.e., underage drinking, adult binge drinking) in identified high need communities. The project is based on the premise that over time, community-level change will lead to measurable change at the state/tribal level.

In September 2016, SAMHSA awarded IDPH a five-year Strategic Prevention Framework (SPF) for Prescription Drugs (SPF Rx) grant. Some of the key elements of the SPF Rx project include:

- Identify highest need counties and prescription drug disparities;
- Create a SPF evidence-based prescription drug misuse prevention infrastructure to identify, promote, and evaluate evidence-based practices, programs, and policies;
- Create and disseminate a statewide media campaign focused on the misuse of prescription drugs; and
- Direct funding, through a competitive RFP process, to the 3 "highest need" counties identified with data indicators focused on prescription drug misuse.

Effective July 1, 2023, Iowa realigned state departments merging the Iowa Department of Public Health and the Iowa Department of Human Services into the new Iowa Department of Health & Human Services (Iowa HHS) effective July 1, 2023. The Iowa HHS, Division of Behavioral Health, the Single State Authority for substance abuse prevention and treatment, administers the funds and activities of the SEWPPAC. Through SEWPPAC, Iowa initiated a systematic process to identify and analyze substance use harms and behavioral health epidemiology statewide. The resulting epidemiological profiles of substance use helped assess substance use issues and prioritize prevention services and treatment. Statewide profiles were divided into sections to summarize data by consumption patterns and consequences of use of various substances.

G. 2021 BRFSS SUBSTANCE USE INDICATORS ESTIMATES AND CONFIDENCE INTERVALS³³

Demographics	Groups	Alcohol use (Past 30 days)	Binge drinking (Past 30 days)	Cigarette smoking (Past 30 days)	Heavy drinkers
Age Group	18-24	54.6%, CI [49.9% - 59.2%]	30.3%, CI [25.9% - 34.6%]	6.3%, CI [4.2% - 8.4%]	6.7%, CI [4.4% - 8.9%]
	25-34	65.7%, CI [61.9% - 69.4%]	29.1%, CI [25.6% - 32.6%]	18.8%, CI [15.8% - 21.9%]	7.6%, CI [5.6% - 9.6%]
	35-44	64.2%, CI [60.9% - 67.5%]	25.7%, CI [22.6% - 28.7%]	19.7%, CI [17.1% - 22.4%]	9.8%, CI [7.7% - 11.8%]
	45-54	63.1%, CI [59.9% - 66.3%]	24.6%, CI [21.8% - 27.4%]	18.1%, CI [15.6% - 20.6%]	8.1%, CI [6.2% - 9.9%]
	55-64	57.1%, CI [54.2% - 60.1%]	15.3%, CI [13.1% - 17.5%]	18.4%, CI [16% - 20.8%]	7.1%, CI [5.5% - 8.8%]
	65+	42.9%, CI [40.7% - 45.0%]	5.5%, CI [4.5% - 6.5%]	8.4%, CI [7.1% - 9.7%]	4.4%, CI [3.5% - 5.2%]
Gender	Male	62.3%, CI [60.5% - 64.1%]	26.1%, CI [24.4% - 27.8%]	16.1%, CI [14.7% - 17.4%]	8.5%, CI [7.5% - 9.5%]
	Female	51.3%, CI [49.4% - 53.2%]	14.3%, CI [12.8% - 15.8%]	13.2%, CI [12% - 14.5%]	5.6%, CI [4.7% - 6.6%]
Race/Ethnicity	White	58.8%, CI [57.4% - 60.1%]	20.9%, CI [19.7% - 22.1%]	14.5%, CI [13.5% - 15.5%]	7.4%, CI [6.7% - 8.2%]
	Black	42.6%, CI [34.2% - 51.0%]	11.7%, CI [6.0% - 17.3%]	19.9%, CI [12.9% - 26.8%]	n/a
	American Indian or Alaska Native	46.3%, CI [29.2% - 63.5%]	n/a	29.6%, CI [15.2% - 44.1%]	n/a
	Asian	43.3%, CI [31.1% - 55.5%]	n/a	n/a	n/a
	Native Hawaiian or PI	n/a	n/a	n/a	n/a
	Other	n/a	n/a	n/a	n/a
	Multiracial	50.4%, CI [37.2% - 63.6%]	20.7%, CI [10.1% - 31.3%]	26.1%, CI [15.4% - 36.8%]	n/a
Hispanic	40.1%, CI [34.9% - 45.2%]	15.4%, CI [11.9% - 19.0%]	9.6%, CI [6.4% - 12.7%]	2.8%, CI [1.3% - 4.3%]	
Education Attained	Less than H.S.	32.9%, CI [27.6% - 38.2%]	14.2%, CI [10.3% - 18.0%]	25.4%, CI [20.5% - 30.2%]	5.6%, CI [3.3% - 8.0%]
	H.S. or G.E.D.	49.2%, CI [46.8% - 51.7%]	19.2%, CI [17.2% - 21.2%]	20.3%, CI [18.4% - 22.2%]	6.9%, CI [5.7% - 8.1%]
	Some post-H.S.	60.3%, CI [58.0% - 62.7%]	22.1%, CI [20.0% - 24.2%]	13.6%, CI [12% - 15.2%]	8.0%, CI [6.6% - 9.3%]
	College graduate	67.6%, CI [65.6% - 69.7%]	20.4%, CI [18.6% - 22.3%]	6.6%, CI [5.5% - 7.7%]	6.4%, CI [5.3% - 7.5%]
Household Income	Less than \$15,000	37.0%, CI [30.5% - 43.4%]	16.1%, CI [10.8% - 21.4%]	29.3%, CI [23.5% - 35.0%]	8.2%, CI [4.0% - 12.4%]
	\$15,000-\$24,999	39.5%, CI [34.4% - 44.5%]	13.5%, CI [9.6% - 17.4%]	25.6%, CI [21.3% - 30.0%]	3.9%, CI [1.9% - 5.8%]

³³ Notes about CIs: Prevalence estimate not available if the unweighted sample size for the denominator was < 50 or the Relative Standard Error (RSE) is > 0.3 (BRFSS, 2021), and they are noted as "n/a."

\$25,000-\$34,999	49.5%, CI [45.0% - 53.9%]	16.6%, CI [13.1% - 20.2%]	21.2%, CI [17.6% - 24.9%]	6.2%, CI [4.2% - 8.2%]
\$35,000-\$49,999	52.6%, CI [48.8% - 56.4%]	17.2%, CI [14.1% - 20.3%]	17.2%, CI [14.4% - 20.1%]	7.5%, CI [5.4% - 9.6%]
\$50,000-\$99,999	61.6%, CI [59.2% - 64.1%]	22.0%, CI [19.9% - 24.1%]	12.9%, CI [11.3% - 14.5%]	8.5%, CI [7.2% - 9.8%]
\$100,000-\$199,999	75.5%, CI [72.7% - 78.2%]	29.2%, CI [26.2% - 32.3%]	8.9%, CI [7.1% - 10.7%]	7.7%, CI [6.0% - 9.4%]
\$200,000+	78.5%, CI [73.1% - 84.0%]	34.0%, CI [27.2% - 40.7%]	7.7%, CI [3.8% - 11.7%]	11.5%, CI [6.9% - 16.2%]