Substance Use Trends in the Military, Veteran and Family Population

Prepared by:

Shana Malone
Arizona Criminal Justice Commission
Statistical Analysis Center
National Illicit Drug Use

• 1 in 10 individuals ages 12+ years in the general population have used illicit drugs in the past 30 days

• 1 in 8 active duty military personnel are current users of illicit drugs

Sources: NSDUH; ONDCP
Arizona Adult Marijuana Use in the Past 30 Days by Veteran Status (2010)

- **Iraq/Afghanistan Veteran**: 5.8%
- **Other Veteran**: 3.2%
- **Non-Veteran**: 3.0%

Note: Scale reduced for visual purposes; accurate depiction is out of 100%

Source: 2010 Arizona Health Survey
National Alcohol Misuse

• Occurs in 11.5%-36% of our active duty forces returning from Afghanistan and Iraq

• Veterans who screen positive for post traumatic stress disorder (PTSD) or depression are two times more likely to have an associated alcohol problem

• Binge drinking:
  • Occurs monthly in 43% of active duty (particularly in those 17-25 years of age)
  • Rates increase dramatically after a deployment

Sources: NEJM; Addictive Behaviors; AJPM
Arizona Adult Alcohol Use in the Past 12 Months by Veteran Status:
5+ drinks in a single day (2010)

Source: 2010 Arizona Health Survey
Arizona Adult Alcohol Use in the Past 12 Months by Veteran Status: Number of Days Engaging in 5+ drinks in a single day (2010)

Source: 2010 Arizona Health Survey
The Opioid Influx

• A 4 fold increase in the quantity of Rx Pain Relievers sold in the U.S. in the last decade

• The United States makes up 4.6% of the world’s population, but consumes 80% of its Rx opioids

• 46 people a day are dying!

Source: CDC
• ~ 579 million Class II-IV pills were prescribed in Arizona in 2014

• Pain Relievers accounted for 60.0% of all pills prescribed

• Hydrocodone and Oxycodone accounted for 81.4% of all pain relievers prescribed in Arizona

• Why it matters = probability and access!
Enough Rx pain relievers are dispensed every year to medicate every adult in Arizona around-the-clock for 2 weeks straight!!!
Opioids and SMVF Populations

- Over **50%** of VA patients seen in primary care settings report chronic pain
- Prescription drug abuse among service members and veterans has **more than doubled** since 2002
- In veterans aged **18–25** the risk for prescription drug abuse is at an all time high
- Opioid use in the military is **twice** that of use in the general population

Sources: VA; DOD
Arizona Adult Rx Drug Misuse in the Past 30 Days by Veteran Status

Note: Scale reduced for visual purposes; accurate depiction is out of 100%
Source: 2010 Arizona Health Survey
Number of Drug Overdose Deaths Involving Selected Drugs in Arizona 2003 - 2014

Number of drug poisoning deaths

Year


Number of drug poisoning deaths

Opioid pain relievers* (T40.2-T40.4)

Cocaine (T40.5)

Heroin (T40.1)

*Includes methadone

Source: ADHS
Number of Heroin Overdose Deaths in Arizona
2003 - 2014

184.5% Increase

Source: ADHS
Heroin and Other Substances

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least 3 other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and death for users.

People who are addicted to...

- Alcohol are 2x more likely to be addicted to heroin.
- Marijuana are 3x more likely to be addicted to heroin.
- Cocaine are 15x more likely to be addicted to heroin.
- Rx Opioid Painkillers are 40x more likely to be addicted to heroin.

Arizona Mental Health and Substance Abuse Problems by Veteran Status (2010)

Note: Scale reduced for visual purposes; accurate depiction is out of 100%
Source: 2010 Arizona Health Survey
PTSD

- **14-22 percent** who served in Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) ¹.
- Has levels of severity
- Often a delayed presentation from 6 months to 1 year
- **17 percent** with PTSD had an increased probability of an alcohol use disorder ².
- **Females** who serve in combat are more at risk ¹.
Addiction and Suicide

• Approximately 18 – 22 veterans are dying each day by suicide 1.

• Alcohol and drug abuse are contributing factors 2.

• Nearly 6,000 military veterans take their own lives each year

• Highest age group – 30-64 years of age

• Higher prevalence in men than women

• Higher rate of women veterans than women in general population
Barriers to Access

• Veterans struggling with addiction are being discharged to local communities and VA Centers where a capacity for treatment exists for **only 20 percent** of the existing total population

• Nearly 2.7 million veterans have enrolled in the VA health care since 2009
  – **54,000** of these will likely need substance use screening and treatment

Source: ONDCP
Homelessness

Disability as a Reason for Homelessness by Veteran Population (2013)

- Veteran: 23.0%
- Not a Veteran: 15.0%

Alcohol Use as a Reason for Homelessness by Veteran Population (2013)

- Veteran: 16.0%
- Not a Veteran: 8.0%

Source: ASU, Morrison Institute
Arizona Youth Living in Military and Veteran Families

Source: Arizona Youth Survey, Arizona Criminal Justice Commission
CONSUMPTION

Identifying the severity of the problem and who is most affected
Percentage of Arizona Youth Reporting Past 30 Day Substance Use (2014)

- Alcohol: 24.0%
- Marijuana: 13.5%
- Cigarettes: 9.3%
- Chewing Tobacco: 6.6%
- Prescription Drugs: 6.3%
- OTC: 3.4%
- Inhalants: 2.1%
- Hallucinogens: 1.2%
- Ecstasy: 1.0%
- Synthetic Drugs: 0.8%
- Steroids: 0.6%
- Heroin: 0.3%
- Meth: 0.3%
Percentage of Arizona Youth Reporting Past 30 Day Use of the Most Common Substance Types

- **Alcohol**: 30.2% Decrease
- **Cigarettes**: 39.2% Decrease
- **Marijuana**: 3.1% Increase
- **Rx Drugs**: 41.1% Decrease

Note: scale reduced for visibility; accurate depiction is out of 100%
Percentage of Youth Reporting the Most Common Substances Used in Past 30 Days (2014)

Youth with Military Parent/Guardian  Youth with Non-Military Parent/Guardian

Alcohol: 24.3%  24.0%
Marijuana: 14.0%  13.5%
Cigarettes: 11.3%  8.9%
Rx Drugs: 7.0%  6.1%

Note: Scale reduced for visual purposes; accurate depiction is out of 100%
Percentage of Youth with Military Parent/Guardian Reporting Current Substance Use (2014)

Note: Scale reduced for visual purposes; accurate depiction is out of 100%
CONSEQUENCES

Identifying the Costs of Substance Use and Markers of Return on Investment for Prevention
Percentage of Youth Reporting Public Safety Consequences by Military Status (2014)

Youth with Military Parent/Guardian | Youth with Non-Military Parent/Guardian
--- | ---
Got into fights | 10.8 | 8.3
Arrested | 6.8 | 5.2
Sold Drugs | 7.0 | 5.8
Drinking & Driving | 5.8 | 4.9
Driving while misusing Rx drugs | 3.8 | 2.9
Passenger to impaired driver | 21.0 | 21.1

Note: Scale reduced for visual purposes; accurate depiction is out of 100%
Percentage of Youth Reporting School-Related Consequences by Military Status (2014)

Youth with Military Parent/Guardian
Youth with Non-Military Parent/Guardian

Drunk/high at school: 14.3%, 13.2%
In fights at school: 14.2%, 10.3%
Suspended from school: 13.1%, 10.8%
Bullied at school: 35.0%, 30.4%
Bullied another student: 22.5%, 19.8%
Threatened at school: 12.3%, 8.4%

Note: Scale reduced for visual purposes; accurate depiction is out of 100%
CONTEXTUAL FACTORS

Identifying What Can Be Changed
Notable Risk Factors among Youth with a Military Parent/Guardian (2014)

Perceived Availability of Drugs: 24.5%
Early Initiation of Drug Use: 54.6%
Poor Family Management: 51.8%
Parental Attitudes Favor Drug Use: 31.8%
Attitudes Favor Drug Use: 18.3%
Peer Drug Use: 48.5%
Any Substance Use: 55.2%
Notable Risk Factors: 62.1%

Percentage (%) at High Risk

No Substance Use
Any Substance Use
Where Alcohol
Most Common Source of Alcohol for Youth with a Military Parent/Guardian

43%
Parents

• 1 out of 5 got alcohol from their parents

• 23% higher rate than youth with non-military parent/guardian
Marijuana & Rx Drugs
78.9% of Arizona youth who have misused prescription drugs in the past 30 days report getting them from friends, family or right out of the home.
Where Arizona Youth Obtained Marijuana*

*Students could pick more than one source; will not sum to 100%
Why Does Age of Initiation Matter?
Figure 7.4 Alcohol Dependence or Abuse in the Past Year among Adults Aged 21 or Older, by Age at First Use of Alcohol: 2010

National Data; Source: SAMHSA
First Specific Drug Associated with Initiation of Illicit Drug Use 2013

- Marijuana: 70.3%
- Pain Relievers: 12.5%
- Inhalants: 6.3%
- Tranquilizers: 5.2%
- Stimulants: 2.7%
- Hallucinogens: 2.6%
- Sedatives: 0.2%
- Cocaine: 0.1%

2.8 million initiates of illicit drugs

National Data; Source: NIDA
Average Age of 1st Use for Alcohol, Tobacco, Marijuana and Rx Drugs in Arizona?
Youth Living in Military Families:
Age of First Alcohol Use

- Elementary: 29.4%
- Middle School: 43.1%
- High School: 27.4%

Youth Living in Non-Military Families:
Age of First Alcohol Use

- Elementary: 25.1%
- Middle School: 43.5%
- High School: 31.4%
Youth Living in Military Families: Age of First Marijuana Use

- High School: 34.8%
- Middle School: 49.5%
- Elementary: 15.7%

Youth Living in Non-Military Families: Age of First Marijuana Use

- High School: 36.9%
- Middle School: 50.2%
- Elementary: 12.8%
Youth Living in Military Families: 
Age of First Rx Drug Misuse

- High School: 34.3%
- Elementary: 23.5%

Youth Living in Non-Military Families: 
Age of First Rx Drug Misuse

- High School: 37.2%
- Middle School: 43.0%
- Elementary: 19.8%
Source of Stressors for Youth Indicating Stress as a Reason for Past 30 Day Substance Use (2014)

<table>
<thead>
<tr>
<th>Source</th>
<th>Youth with Military Parent/Guardian</th>
<th>Youth with Non-Military Parent/Guardian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>63.5</td>
<td>60.2</td>
</tr>
<tr>
<td>Peer/Friend</td>
<td>45.3</td>
<td>43.9</td>
</tr>
<tr>
<td>School</td>
<td>67.1</td>
<td>65.3</td>
</tr>
<tr>
<td>Community</td>
<td>20.9</td>
<td>16.1</td>
</tr>
</tbody>
</table>
Percentage of Arizona Youth Reporting No/Slight Perceived Risk of Substance Use (2014)

Youth with Military Parent/Guardian

- 1-2 Drinks Daily: 36.9%
- Cigarettes: 18.4%
- Rx Drug Misuse: 20.3%
- Trying Marijuana: 67.1%
- Regular Marijuana Use: 48.7%

Youth with Non-Military Parent/Guardian

- 1-2 Drinks Daily: 33.4%
- Cigarettes: 15.4%
- Rx Drug Misuse: 18.7%
- Trying Marijuana: 66.2%
- Regular Marijuana Use: 46.6%
Percentage of Arizona Youth Reporting No/Slight Risk of Marijuana Use

- **Try Marijuana**
  - 2006: 50%
  - 2014: 70%
  - 25.8% Increase

- **Regular use of marijuana**
  - 2006: 20%
  - 2014: 35%
  - 116.6% Increase
Over HALF of Arizona youth have never talked to their parents about alcohol or drugs!
Percentage of Arizona Youth Who Have Never Talked to Their Parents about Drugs and Alcohol (2014)

<table>
<thead>
<tr>
<th>Category</th>
<th>Percent (%) Youth Reporting Stress Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Duty Parent/Guardian</td>
<td>49.2</td>
</tr>
<tr>
<td>Reservist Parent/Guardian</td>
<td>50.7</td>
</tr>
<tr>
<td>Veteran Parent/Guardian</td>
<td>52.8</td>
</tr>
<tr>
<td>Deceased Military Parent/Guardian</td>
<td>58.5</td>
</tr>
<tr>
<td>Non-Military</td>
<td>51.0</td>
</tr>
</tbody>
</table>
Take Away Message

AHA MOMENT
What Should We Do?
How Do We Get There?
Think BIG!

1. Things to do at a state level?

2. Things the AZCMF could do?

3. Things you could do individually?
For More Information

• Shana Malone
  602-364-1158
  smalone@azcjc.gov

• SAC website:

• Community Data Project website:
  http://www.azcjc.gov/cdp_site/default.aspx