

# Substance Abuse and Mental Health Services Administration finds increase in nicotine vaping, treatment uptake

July 31 2024, by Sandhya Raman, CQ-Roll Call

---



Credit: Unsplash/CC0 Public Domain

Almost 23% of adults reported having any mental disorder last year, according to a report released from the Substance Abuse and Mental

Health Services Administration.

That number, and several others included in the results of the National Survey on Drug Use and Health for 2023, showed that incidence of mental health and substance use issues have largely remained stable since 2021.

At the same time, the nation has grappled with [treatment](#) uptake and mental health workforce shortages. A separate Mental Health America report showed that there is one mental health provider for every 340 people.

The report comes as the Senate overwhelmingly passed its kids' online safety package, which supporters say would mitigate some online risks for youth related to mental health and substance use.

SAMHSA reports that more people received treatment in 2023 compared to 2022.

Among adults, 23%—59.2 million people —received mental health treatment in 2023, an increase of 3.4 million compared to 2022. Nearly 32% of adolescents aged 12 to 17—8.3 million people—received treatment in the past year, an increase of 500,000 from the previous year. And nearly one in four individuals 12 and older who needed treatment for substance-use disorder received treatment.

HHS Assistant Secretary for Mental Health and Substance Use Miriam E. Delphin-Rittmon applauded the fact that more people receive treatment in a statement and said the overall data "provides an opportunity to identify and address unmet health care needs across America."

A companion report only demonstrated significant changes to metrics

related to alcohol, marijuana and nicotine vaping.

SAMHSA found that 5.9 million people started vaping nicotine last year, higher than the other substances measured. In 2023, 9.4% of the people 12 and older vaped nicotine compared to 8.3% of that population in 2022.

Alcohol and marijuana use both dropped compared to 2021.

In 2023 SAMHSA found that 47.5% of individuals 12 and older reported consuming alcohol within the past 30 days, compared to 48.7% in 2022. Underage and binge alcohol use did not change year over year.

Illicit [drug use](#) excluding marijuana has remained stable since 2021.

Marijuana use dropped compared to 2022 among all individuals. Underage use—those aged 12-20—dropped from 19.2% to 18.4%, a reduction from 7.4 million to 7 million people.

SAMHSA noted that not all metrics from this year's report can be compared year over year.

The results come as separate National Institutes of Health research published in *JAMA Network Open* found an 8% annual increase in preteen suicides annually since 2008.

The uptick was largest among preteen girls and those who are Asian/Pacific Islanders, American Indian/Alaskan Native or Hispanic.

Black preteens had the highest rate of suicide deaths, while Hispanic preteens saw the greatest percentage increase in suicide deaths.

The authors noted that there is little research about the epidemiology of

preteen suicides, which limits their ability to provide input on specific prevention strategies for this subpopulation.

The U.S. Preventive Services Task Force first recommended screening children and teens for anxiety and depression in 2022.

2024 CQ-Roll Call, Inc., All Rights Reserved. Distributed by Tribune Content Agency, LLC.

Citation: Substance Abuse and Mental Health Services Administration finds increase in nicotine vaping, treatment uptake (2024, July 31) retrieved 31 July 2024 from <https://medicalxpress.com/news/2024-07-substance-abuse-mental-health-administration.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.