

# BEHAVIORAL HEALTH AND HEALTHY NEW JERSEY 2020

**Mental Health and Substance Abuse** were the number one concerns among New Jersey local health departments and regional hospital systems in their most recent community health (needs) assessments and improvement plans, and **Behavioral Health/Mental Health/Substance Abuse** was also the leading concern among participants at the 2015 Healthy New Jersey Regional Health Meetings. Based on these findings, along with the review of the mental health and substance abuse statistics below, the New Jersey Department of Health chose to add Behavioral Health to the state list of leading health priorities for the 2017-2020 State Health Improvement Plan.

The tables that follow show how New Jersey compares to the U.S. as a whole on [Healthy People 2020](#) Mental Health and Mental Disorders ([MHMD](#)) and Substance Abuse ([SA](#)) objectives for which New Jersey data exist.

## Key:



New Jersey is performing BETTER than the U.S., and the difference is statistically significant.



The New Jersey value is the same or ABOUT THE SAME as the U.S. Differences are not statistically significant.



New Jersey is performing WORSE than the U.S., and the difference is statistically significant.

## For more information about Behavioral Health:







U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), National Survey on Drug Use and Health:

<https://www.samhsa.gov/data/population-data-nsduh>



New Jersey Department of Human Services, Division of Mental Health and Addiction Services:











<http://nj.gov/humanservices/dmhas/home/index.html>













## MENTAL HEALTH AND MENTAL DISORDERS (MHMD) OBJECTIVES

HP2020 Objective	Data Year and Source	NJ Value	US Value	NJ Compared to US
MHMD-1: Suicide rate, age-adjusted	2015 Death certificates	8.3 per 100,000 population	13.3 per 100,000 population	
MDMH-2: Suicide attempts by high school students that required medical attention	2011* Youth Risk Behavior Surveillance System (YRBSS)	2.1%	2.4%	
MDMH-4.1: Major depressive episodes (age 12-17)	2014-2015 National Survey on Drug Use and Health (NSDUH)	10.3%	11.9%	
MDMH-4.2: Major depressive episodes (age 18+)	2014-2015 NSDUH	6.5%	6.6%	
MDMH-9.1: In treatment for serious mental illness (age 18+)	2011-2014 NSDUH	66.1%	66.3%	
MDMH-9.2: In treatment for major depressive episode (age 18+)	2011-2014 NSDUH	68.5%	68.3%	

## SUBSTANCE ABUSE (SA) OBJECTIVES

HP2020 Objective	Data Year and Source	NJ Value	US Value	NJ Compared to US
SA-1: Rode with a driver who'd had alcohol in past 30 days (grades 9-12)	2013* YRBSS	19.9%	21.9%	
SA-2.1: At-risk adolescents who refrained from using alcohol for the first time, in past year (age 12-17)	2011-2014 NSDUH	83.8%	87.4%	

HP2020 Objective	Data Year and Source	NJ Value	US Value	Nj Compared to US
SA-2.2: At-risk adolescents who refrained from using marijuana for the first time, in past year (age 12-17)	2011-2014 NSDUH	94.6%	94.3%	
SA-4.1: Perception of binge drinking as a great risk (age 12-17)	2011-2014 NSDUH	37.5%	39.7%	
SA-4.2: Perception of marijuana use as a great risk (age 12-17)	2011-2014 NSDUH	24.3%	25.3%	
SA-4.3: Perception of cocaine use as a great risk (age 12-17)	2011-2014 NSDUH	49.0%	49.4%	
SA-8.1: Received specialty treatment for illicit drug abuse or dependence (age 12+)	2011-2014 NSDUH	26.9%	19.4%	
SA-8.2: Received specialty treatment for alcohol and/or illicit drug abuse and dependence (age 12+)	2011-2014 NSDUH	13.6%	11.0%	
SA-8.3: Received specialty treatment for alcohol abuse or dependence (age 12+)	2011-2014 NSDUH	10.1%	8.3%	
SA-11: Cirrhosis death rate, age-adjusted	2015 Death certificates	7.3 per 100,000 population, age-adjusted	10.9 per 100,000 population, age-adjusted	
SA-12: Drug-induced death rate, age-adjusted	2015 Death certificates	16.9 per 100,000 population	17.2 per 100,000 population	
SA-13.1: Alcohol or illicit drug use, past month (age 12-17)	2011-2014 NSDUH	20.6%	16.8%	

HP2020 Objective	Data Year and Source	NJ Value	US Value	NJ Compared to US
SA-13.2: Marijuana use in past month (age 12-17)	2014-2015 NSDUH	6.8%	7.2%	
SA-13.3: Illicit drug use in past month (age 18+)	2011-2014 NSDUH	7.7%	9.4%	
SA-14.3: Binge drinking in past month (age 18+)	2011-2014 NSDUH	26.1%	26.9%	
SA-14.4: Binge drinking in past month (age 12-17)	2011-2014 NSDUH	11.4%	7.3%	
SA-15: Excessive drinking in past month (age 18+)	2011-2014 NSDUH	27.9%	28.1%	
SA-17: Alcohol-impaired driving deaths (BAC >= .08)	2013 Fatality Analysis Reporting System	0.20 deaths per 100 million vehicle miles	0.34 deaths per 100 million vehicle miles	
SA-19.1: Nonmedical use of pain relievers in past year (age 12+)	2011-2014 NSDUH	3.7%	4.3%	
SA-19.2: Nonmedical use of tranquilizers in past year (age 12+)	2011-2014 NSDUH	2.2%	2.1%	
SA-19.3: Nonmedical use of stimulants in past year (age 12+)	2011-2014 NSDUH	1.09%	1.27%	
SA-19.4: Nonmedical use of sedatives in past year (age 12+)	2011-2014 NSDUH	0.12%	0.24%	
SA-19.5: Nonmedical use of psychotherapeutic drugs, past year (age 12+)	2011-2014 NSDUH	5.3%	5.9%	
SA-21: Inhalant use, past year (age 12-17)	2011-2014 NSDUH	3.1%	2.5%	

\* The Youth Risk Behavior Survey is only conducted in odd-numbered years. The 2015 NJ YRBS did not achieve a high enough overall response rate to receive [weighted results](#). Therefore, results were not distributed. The 2013 NJ YRBS did not contain a question about suicide attempts that required medical attention.

#### **Data Source Links:**

- Death certificates:
  - US data: <https://wonder.cdc.gov/>
  - NJ data: <https://nj.gov/health/shad>
- Youth Risk Behavior Surveillance System: <https://nccd.cdc.gov/youthonline/App/Default.aspx>
- 2014-2015 National Survey on Drug Use and Health: <https://www.samhsa.gov/data/sites/default/files/NSDUHsaePercents2015.pdf>
- 2011-2014 National Survey on Drug Use and Health: <https://www.healthypeople.gov/2020/data-search/Search-the-Data#topic-area=3498;topic-area=3500;sld=34;>
- Fatality Analysis Reporting System: <https://www.nhtsa.gov/research-data/fatality-analysis-reporting-system-fars>

#### **More New Jersey data:**

- Mental Health: <https://www26.state.nj.us/doh-shad/topic/MentalHealth.html>
- Substance Use: <https://www26.state.nj.us/doh-shad/topic/SubstanceUse.html>