

Indiana Strategic Behavioral Health Priorities 2017 – 2021

UPDATE (Spring 2019)

The State's overarching goal is to reduce substance abuse and protect the physical and mental wellbeing of all Hoosiers. Based on findings from the 2018 State Epidemiological Profile and expertise from SEOW members, we identified behavioral health priorities in the following areas:

- Tobacco use in youth, pregnant women, and overall adults
- High-risk alcohol consumption in youth and young adults
- Misuse of prescription and non-prescription opioids, often leading to, potentially fatal, overdoses
- Suicide attempts in youth
- General recommendations to (a) monitor marijuana use and (b) expand data collection efforts to better address behavioral health needs of special populations

The SEOW recommends a four-year period, from 2017 to 2021, to address and re-evaluate the identified behavioral health priorities. However, we will review these statistics annually and add priorities as necessary; i.e., if the magnitude or consequences of an emerging trend warrants additional attention.

TOBACCO (NICOTINE)

Youth tobacco use

Goal: Reduce past-month use of any tobacco product, including e-cigarettes, in middle school students from 8.2% to 5.0% and in high school students from 26.9% to 20.0%.

Update:

Middle school students: 4.9% (rate decreased by 3.3 percentage points – achieved goal).

High school students: 20.3% (rate decreased by 6.6% percentage points – on track).

(Based on 2016 data from the Indiana Youth Tobacco Survey.)

Smoking during pregnancy

Goal: Reduce smoking in pregnant women from 14.3% to 8.0%.

Update:

Smoking among pregnant women in Indiana: 13.5% (rate decreased by 0.8 percentage point – on track).

(Based on 2017 Natality Report.)

Adult smoking

Goal: Reduce smoking among all adults from 20.6% to 18.0%.

Update:

Adult smoking prevalence in Indiana: 21.8% (rate increased by 1.2 percentage points – moved further away from goal).

(Based on 2017 data from the Behavioral Risk Factor Surveillance System.)

ALCOHOL

Underage drinking

Goal: Reduce past-month alcohol use in 12- to 20-year-olds from 21.0% to 18.9%.

Update:

Past-month alcohol use in 12- to 20-year-olds in Indiana: 20.2% (rate decreased by 0.8 percentage point – on track).

(Based on 2017 data from the National Survey on Drug Use and Health.)

Binge drinking in young adults

Goal: Reduce past-month binge drinking in young adults ages 18 to 24 from 28.7% to 25.8%.

Update:

Young adult binge drinking in Indiana: 24.4% (rate decreased by 4.3 percentage points – achieved goal).

(Based on 2017 data from the Behavioral Risk Factor Surveillance System.)

OPIOIDS

Drug overdose mortality

Goal: Reduce fatal drug overdoses from 1,236 deaths to 927 deaths.

Update:

Fatal drug overdoses in Indiana: 1,852 deaths (number increased by 616 deaths – moved further away from goal).

(Based on 2017 data from the Indiana State Department of Health.)

Prescription opioid misuse

Due to changes in the design of the National Survey on Drug Use and Health, state-level estimates were not available this year and future estimates will not be comparable to prior years. We recommend re-evaluating next year's rate of prescription opioid misuse for inclusion in next year's priorities.

Update:

Past-year prescription opioid misuse in Hoosiers ages 12 and older: 4.8% (rate decreased by 0.1 percentage point from last year – no real difference).

(Based on 2017 data from the National Survey on Drug Use and Health.)

MENTAL HEALTH

Suicide attempts in youth

Goal: Reduce the percentage of high school students who attempted suicide in the past year from 9.9% to not more than 8.9%.

No updated data from the Youth Risk Behavioral Surveillance System available yet.

GENERAL RECOMMENDATIONS

1. Continue to monitor marijuana use in the general population.
2. Maintain and improve its efforts to collect relevant data on behavioral health indicators and to expand collecting information from special populations, including the LGBTQ community; racial/ethnic minorities such as African Americans, Latinos, and Native Americans/Indian Tribes; people involved with the criminal justice system; veterans and military families; people who live in rural areas; and people experiencing homelessness.

We (SEOW) continue to support these general recommendations.