



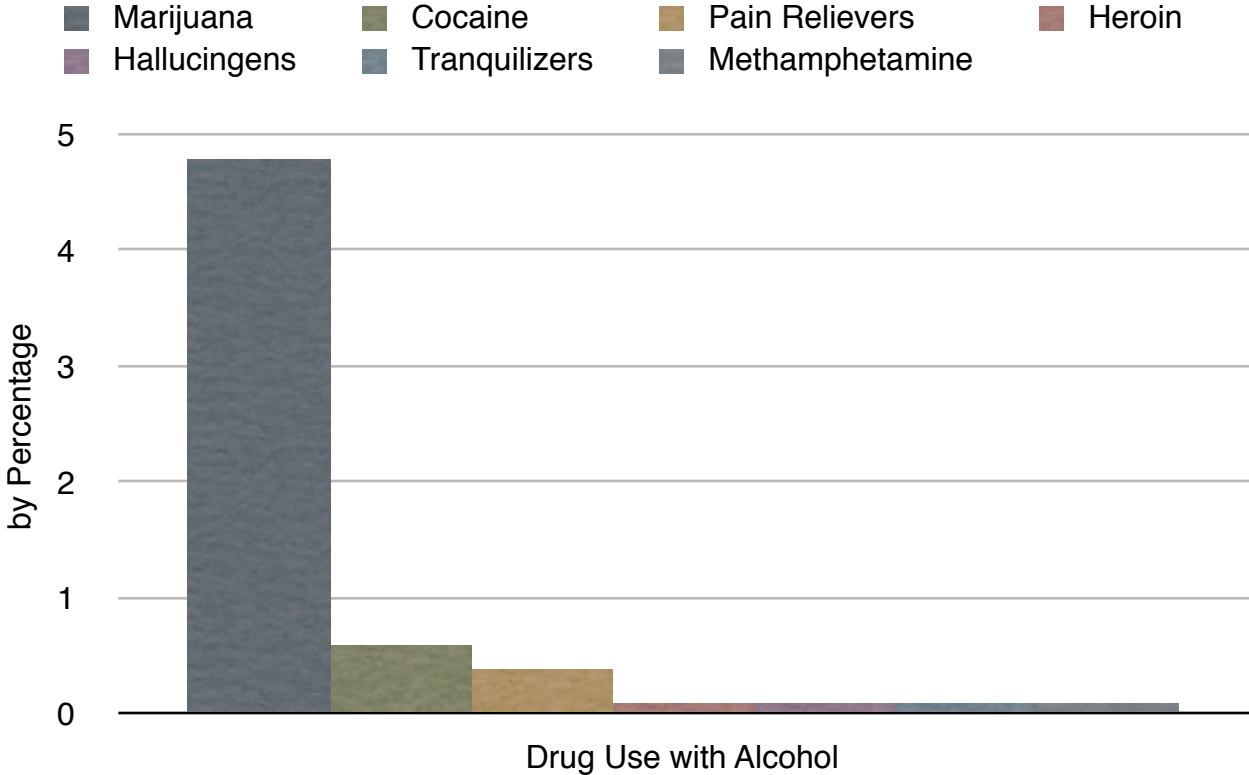
Concurrent Drug and Alcohol Use

There was a short report done by the National Survey on Drug Use and Health (NSDUH) that examined concurrent drug and alcohol use. As the report suggests, there is a limited amount of research into this topic, despite the potential for more severe adverse consequences when using more than a single substance at a time. We'll take a look at some of its data here. Although this comes as no big surprise, adolescents and young adults have higher rates of concurrent drug and alcohol use than individuals in older age brackets; and marijuana was the most frequently used illicit drug with alcohol.

Illicit drug use within 2 hours of the last use of alcohol was reported by 5.6% of the past month of alcohol users aged 12 or older. This is equivalent to an estimated 7.1 million persons. Marijuana was the illicit drug most frequently used with alcohol (4.8%), followed by cocaine (0.6 %) and pain relievers (0.4%). Heroin, hallucinogens, tranquilizers and methamphetamine were all reportedly used with alcohol 0.1% in the past month. See Figure 1 below for further data.

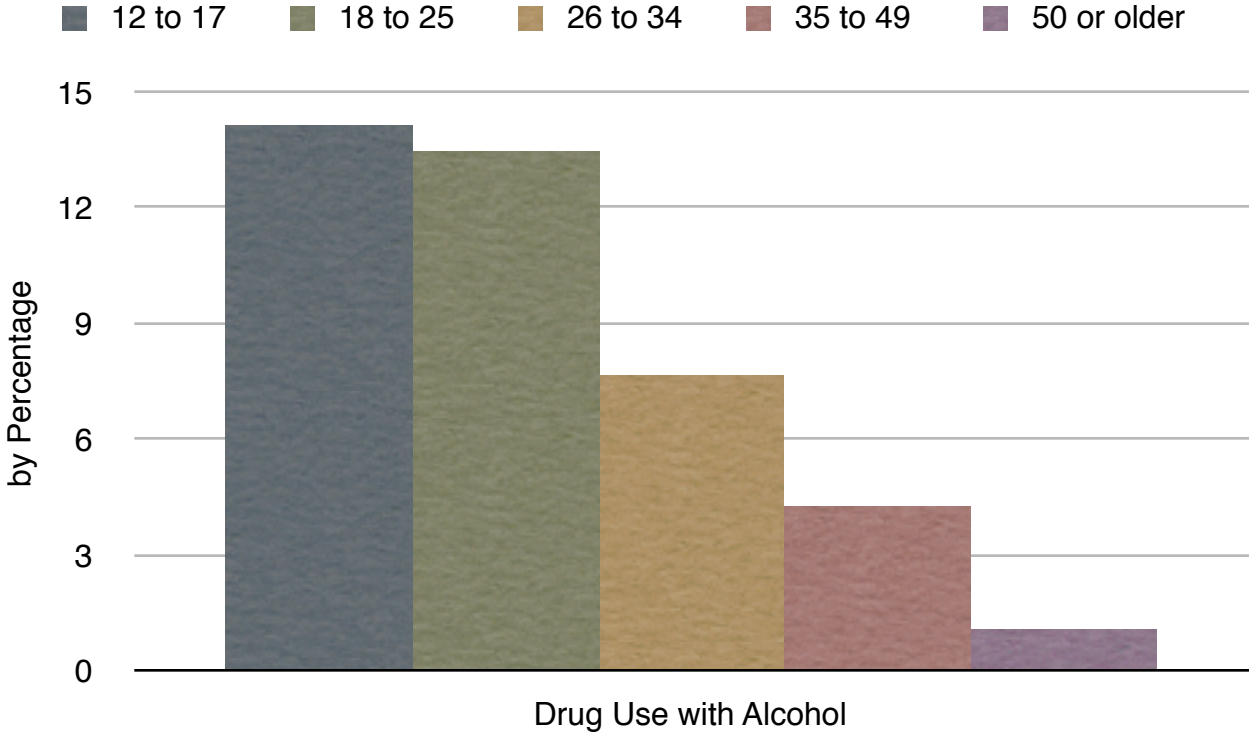
There was a higher reported concurrent use of drugs among binger drinkers, (drinking five or more drinks within a couple of hours) than those drinking lower amounts of alcohol. Among individuals reportedly drinking 4 or less drinks per occasion, 3.8% reported concurrent illicit drug use. Among binge drinkers, this rose to 13.9%.

Figure 1
Concurrent Use of Alcohol and Illicit Drugs in the Past Month



Males were almost twice as likely as females to report illicit drug use concurrent with alcohol use in the past month (7.1% vs. 3.9%). Rates were also higher among younger drinkers, and were progressively less frequent with age. Rate among adolescents were 14.2%, 13.5% among young adults aged 18 to 25, 7.7% among adults aged 26 to 34, 4.3% among adults aged 35 to 49 and 1.1% among adults over 50. See Figure 2 below for the data.

Figure 2
Concurrent Use of Alcohol and Drugs by Age



Concurrent drug and alcohol use also varied by race/ethnicity. American Indian or Alaskan Native drinkers had the highest rate of concurrent use with 11.7%; Asian drinkers had the lowest with 2.1%. Additional ethnic groups were as follows in Table 1 below. Black and individuals reporting two or more races were more frequent concurrent users of drugs and alcohol than Hispanics, Whites or Asians.

Table 1
Concurrent Drug and Alcohol Use by Race/Ethnicity

Race/Ethnicity	% of concurrent use
Amer. Indian or Alaskan Native	11.7
Black	9.9
Two or More Races	7.4
Hispanic or Latino	5.4
White	5.2
Native Hawaiian or Pacific Islander	4.2
Asian	2.1

For [the original NSDUH report](#), follow the link to: “Concurrent Illicit Drug and Alcohol Use.”