

National Survey on Drug Use and Health: Vermont 2022/2023 Data Summary

April 2025

Substance Abuse and Mental Health Services Administration (SAMHSA)'s annual [National Survey on Drug Use and Health \(NSDUH\)](#) 2022/2023 continues to show that rates of alcohol, cannabis and illicit drug use in Vermont are worse than the U.S. average.

If you need help accessing or understanding this information, contact AHS.VDHDSU@Vermont.gov.

Vermont rates of substance use and risk perception are worse than the U.S.

There are no measures where Vermont is statistically better than the U.S. average.



Higher Substance Use

Alcohol and cannabis use among Vermont residents of all age groups except 12-17 is consistently higher than the U.S. rates.



Lower Risk Perception

Vermont residents of all ages believe the risk of using alcohol and cannabis (perception of risk) is lower than the U.S. as a whole.

The tables below show measures in **red** where Vermont is doing significantly worse than the U.S. average (rates of use are higher or perception of risk is lower). **Green** measures would show where Vermont is doing better (rates of use are lower or perception of risk is higher), but **there are no green measures**.

The tables also show how Vermont ranks compared to other states as a “quintile ranking.” Quintiles group states to show where they fall among the 50 States and DC. The 10 states with the highest rates of use or lowest perception of risk are in quintile 1 (the worst 10 states) and the 10 states with the lowest rates of use or highest perception of risk are in quintile 5 (the best states). Quintiles more accurately reflect state prevalence rankings. However, confidence intervals for some measures are wide so it does not mean there is a statistically significant difference between quintiles.

More detailed 2022/2023 state level NSDUH reporting is available on the [NSDUH website](#) and on an [interactive dashboard](#) which may not yet have the current data.



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Alcohol use in Vermont

Alcohol use in Vermont is higher than the U.S. rate for most age groups. Vermont is in the quintile with the highest rates of alcohol use for all measures.

Alcohol use by age and consumption	Past Month Prevalence Rate	VT Quintile Rank 1-5
Age 12+ Any Consumption	59.1	1
Age 12+ Binge Use*	25.4	1
Underage Any Consumption (Age 12-20)	20.1	1
Underage Binge Use* (Age 12-20)	11.5	1
Age 12-17 Any Consumption	9.6	1
Age 12-17 Binge Use*	4.1	1
Age 18-25 Any Consumption	63.2	1
Age 18-25 Binge Use*	40.1	1
Age 26+ Any Consumption	63.0	1
Age 26+ Binge Use*	25.1	1
Age 18+ Any Consumption	63.0	1
Age 18+ Binge Use*	27.1	1

Perception of great risk of drinking 5+ drinks once or twice a week in Vermont is lower than the U.S. rate. Vermont is in the quintile with the lowest perception of risk of alcohol use for all ages.

Perception of great risk of drinking 5+ drinks once or twice a week by age	Past Month Prevalence Rate	VT Quintile Rank 1-5
Age 12+	36.8	1
Age 12-17	32.9	1
Age 18-25	29.6	1
Age 26+	38.2	1
Age 18+	37.1	1

*Binge Use of alcohol is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.

Cannabis* use in Vermont

Cannabis use in Vermont is higher than the U.S. rate for all ages other than for those aged 12-17 and Vermont is in the quintile with the highest rates of cannabis use for all ages.

Cannabis Use by Age**	Past Month Prevalence Rate	VT Quintile Rank 1-5
Age 12+	25.3	1
Age 12-17	8.5	1
Age 18-25	42.0	1
Age 26+	24.3	1
Age 18+	26.7	1

Perception of great risk of smoking cannabis once a month in Vermont is lower than the U.S. rate. Vermont is in the quintile with the lowest perception of risk of cannabis use for all ages.

Perception of great risk of smoking cannabis once a month	Past Month Prevalence Rate	VT Quintile Rank 1-5
Age 12+	11.1	1
Age 12-17	14.2	1
Age 18-25	5.0	1
Age 26+	11.7	1
Age 18+	10.8	1

*Vermont uses the term “cannabis” and NSDUH uses the term “marijuana”.

**These estimates include vaping marijuana.

Other substance use in Vermont

Illicit drug use (other than cannabis) in Vermont is similar to the U.S. rate and Vermont's quintile rank varies.

Illicit Drug Use (other than cannabis) by Age	Past Year Prevalence Rate	VT Rank 1-5
Age 12+	3.4	3
Age 12-17	1.8	2
Age 18-25	6.2	1
Age 26+	3.1	4
Age 18+	3.6	3

Opioid misuse* in Vermont is similar to the U.S. rate and Vermont's quintile rank varies.

Opioid Misuse by Age	Past Year Prevalence Rate	VT Rank 1-5
Age 12+	2.7	5
Age 12-17	1.7	4
Age 18-25	2.7	4
Age 26+	2.7	5
Age 18+	2.7	5

* Respondents were classified as misusing opioids in the past year if they reported using heroin or misusing prescription pain relievers in the past year. Prescription pain relievers are a type of prescription psychotherapeutic. Misuse of prescription psychotherapeutics is defined as use in any way not directed by a doctor, including use without a prescription of one's own; use in greater amounts, more often, or longer than told; or use in any other way not directed by a doctor. Prescription pain relievers do not include over-the-counter drugs, but may include non-opioid prescription drugs. Excludes illegally manufactured fentanyl, however, these may be present in products sold as heroin or fake prescription drugs without people's knowledge.

Perception of great risk from trying heroin once or twice is significantly lower in Vermont than the U.S. rate for all ages except for those aged 12-17. Vermont is in the quintile with the lowest perception of risk for all ages except for those aged 18-25.

Perception of great risk from trying heroin once or twice	Past Month Prevalence Rate	VT Quintile Rank 1-5
Age 12+	77.6	1
Age 12-17	52.2	1
Age 18-25	74.1	2
Age 26+	80.4	1
Age 18+	79.5	1

Perception of great risk from using cocaine once a month is significantly lower in Vermont than the U.S. rate for all ages except for those aged 12-17. Vermont is in the quintile with the lowest perception of risk for all ages except for those aged 12-17.

Perception of great risk from using cocaine once a month	Past Month Prevalence Rate	VT Quintile Rank 1-5
Age 12+	56.9	1
Age 12-17	45.5	2
Age 18-25	49.9	1
Age 26+	59.1	1
Age 18+	57.8	1

Note: NSDUH did not provide year-to-year comparisons between 2021-2022 and 2022-2023.