



KANABEC COUNTY

SUMN.org FACT SHEET

2014

Substance Abuse Prevention

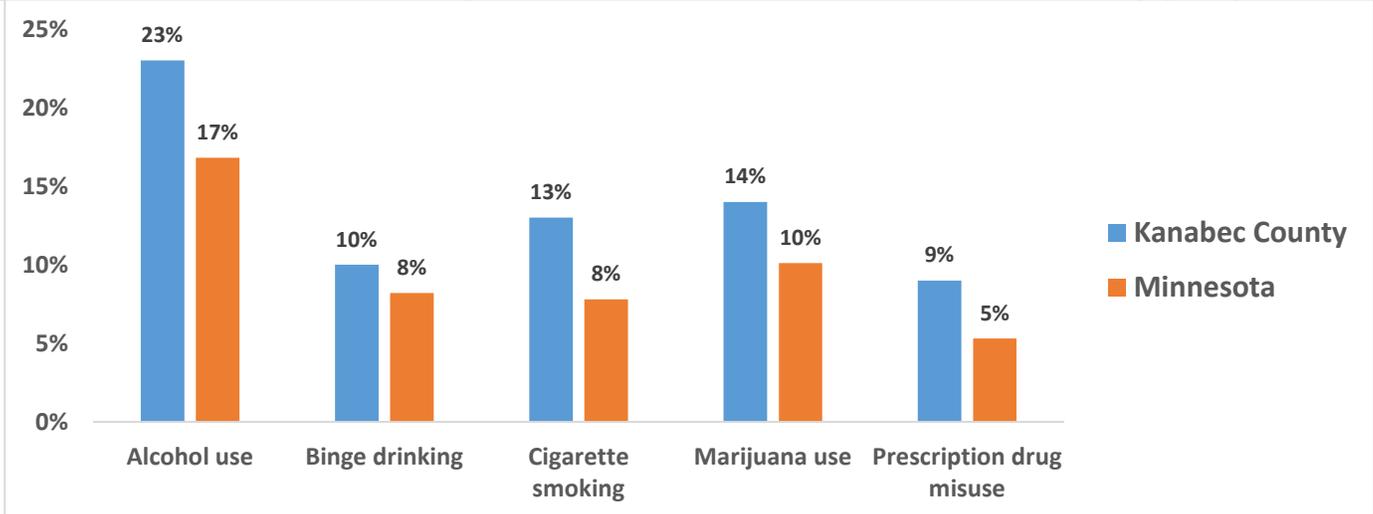
This fact sheet provides county level data on substance use and related factors to help guide decisions about prevention efforts. These data can be used to justify need for prevention funding, monitor substance-related trends, and plan programs and initiatives by establishing community level prevention priorities.

Key Findings

- Kanabec County students are more likely than the state average to report past 30 day alcohol use, binge drinking, cigarette smoking, marijuana use, and misuse of prescription drugs
- While Kanabec County data on adult use are not available, adults in the East Central region are more likely than the state average to report past month binge drinking and cigarette smoking
- The percentage of motor vehicle crashes that are alcohol-related is higher in Kanabec County compared to the state average, as is the lung, bronchus and trachea cancer death rate
- Kanabec County students perceive the most risk of harm from smoking cigarettes or misusing prescription drugs—they perceive the least risk of harm from frequent binge drinking
- Kanabec County students are more likely than the state average to report any past year suicidal ideation, and high distress levels for both internalizing and externalizing disorders

For more information on alcohol, tobacco, and other drug use, consequences, contributing factors, and treatment, as well as mental health data, visit SUMN.org

8th, 9th, and 11th Grade Past 30 Day Substance Use, 2013 Minnesota Student Survey (MSS)



Adult Substance Use

According to the 2010 Minnesota Survey on Adult Substance Use (MNSASU):

- Past month binge drinking was reported by 20% of adults in the East Central region and 18% of Minnesota adults.
- Past month cigarette smoking was reported by 23% of East Central adults and 20% of Minnesota adults.

Youth Substance Use

Data on youth substance use are from the Minnesota Student Survey (MSS).

Compared to 2013 past 30 day rates of alcohol use, marijuana use, and overall prescription drug misuse, Kanabec County students are much less likely to report past 12 month abuse of illicit, synthetic, and over-the-counter drugs.

Alcohol

Past 30 day alcohol use was reported by 14% of 8th graders, 19% of 9th graders, and 40% of 11th graders in Kanabec County in 2013. Males were less likely than females to report use: 22% vs. 24%. Use among 9th graders dropped in Kanabec County from 25% in 2001 to 19% in 2013. Past 30 day binge drinking was reported by 1% of 8th graders, 7% of 9th graders, and 27% of 11th graders in 2013.

Tobacco

Past 30 day cigarette smoking was reported by 8% of 8th graders, 8% of 9th graders, and 28% of 11th graders in Kanabec County in 2013. Males were a bit less likely than females to report use: 13% vs. 14%. Use among 9th graders dropped in Kanabec County from 14% in 2001 to 8% in 2013.

Marijuana

Past 30 day marijuana use was reported by 6% of 8th graders, 15% of 9th graders, and 26% of 11th graders in Kanabec County in 2013. Males were more likely than females to report use: 16% vs. 12%. Use among 9th graders increased in Kanabec County from 11% in 2001 to 15% in 2013.

Prescription Drug Misuse

Past 30 day prescription drug misuse was reported by 6% of 8th graders, 11% of 9th graders, and 11% of 11th graders in Kanabec County in 2013. Females were as likely as males to report use: 9%.

Kanabec County 11th Graders Reporting How Much They Typically Drink at One Time



	Never	Tried once or twice	Once or twice a year	Once a month	Twice a month	Once a week	Daily
“How often do you think most students in your school use marijuana?”	27%	16%	5%	8%	6%	10%	27%
“How often do you use marijuana?”	80%	5%	2%	3%	2%	4%	3%

For the most recent year available, the economic costs associated with alcohol use in Minnesota are an estimated \$5.06 billion.

This amounts to over \$975 for every person in the state.

These costs are 17 times greater than the \$296 million in tax revenues collected from alcohol sales.

The Human and Economic Cost of Alcohol Use in Minnesota, MDH (March 2011)

Consequences

Alcohol

- The DWI arrest rate for Kanabec County residents increased from 53.7 per 10,000 population in 2002 to 82.0 in 2007, then fell to 56.9 in 2012. The state rate followed a similar pattern but has been slightly higher than Kanabec's over time (Minnesota Office of Traffic Safety, DPS)
- In 2012, 8.7% of motor vehicle crashes in Kanabec County were alcohol-related as compared to the state average of 5.5% (*Crash Facts*, DPS)

Tobacco

- The lung, bronchus and trachea cancer death rate for Kanabec County has decreased slightly over time, averaging 6.3 per 10,000 population from 2001 to 2011. That's higher than the state average of 4.6 per 10,000 (Minnesota Center for Health Statistics, MDH)

Drugs

- The rate of Kanabec County adults in prison for drug offenses has decreased slightly over time from 1.0 per 1,000 population in 2002 to 0.4 per 1,000 in 2012. The state rate has held steady during the period, averaging 0.4 per 1,000 (*Inmate Profile*, DOC)

Contributing Factors

Social and retail access to substances, low perception of harm, low perception of parental disapproval, and community norms favorable toward substance use all contribute to alcohol, tobacco, and drug use in a community.

Perceived Harm

Kanabec County 5th, 8th, 9th, and 11th graders were least likely to believe that people put themselves at great or moderate risk of harm, physically and in other ways, by having five or more alcoholic drinks once or twice per week: 58%. Perceived great or moderate risk of harm for other substances was as follows—smoking marijuana once or twice per week 61%, smoking one or more packs of cigarettes per day 73%, using prescription drug not prescribed for you 75%.

Alcohol Access

Among Kanabec County 8th, 9th, and 11th graders reporting any past 30 day alcohol use in 2013, 9% said they bought the alcohol from someone or somewhere, 74% said they got the alcohol from someone or somewhere, and 33% said they took the alcohol from someone or somewhere.

Perceived Parental Disapproval

Among Kanabec County 5th, 8th, 9th, and 11th graders, 89% said their parents would think it's very wrong or wrong for them to smoke cigarettes. Similarly, students felt their parents would feel it's very wrong or wrong for them to have one or two drinks of alcohol nearly every day (86%), to smoke marijuana (89%) or to use prescription drugs not prescribed for them (92%).

Mental Health

An estimated 23% of suicides are alcohol-related. Further, having a mental health disorder such as depression or anxiety is a risk factor for substance abuse and many individuals suffer from co-occurring substance use and mental disorders.

From 2008 to 2012, Kanabec County's suicide rate averaged 1.9 per 10,000 population while Minnesota's averaged 1.2 (Minnesota Center for Health Statistics, MDH). In 2013, Kanabec County students were a bit more likely than the state average to report any past year suicidal ideation—see graph. They were as likely as the state average to report any self-harm in the past year: 15% vs. 15%.

According to the 2010 MNSASU, East Central adults were as likely as the state average to report at least moderate depressive symptoms in the past two weeks: 8%. Eight percent of Kanabec County 8th, 9th, and 11th graders reported having been treated for a mental health, emotional, or behavioral problem during the past year—the same as the overall state average (2013 MSS). Kanabec County 8th, 9th, and 11th graders were more likely than the state average to report high distress levels for internalizing disorders (31% vs. 27%), and more likely for externalizing disorders (34% vs. 31%) according to the 2013 MSS.

A number of risk and protective factors are associated with not only substance use but also mental, emotional, and behavioral disorders. Examples of shared protective factors are youth being able to talk to their parents about problems they're having, and feeling safe (at home, at school, and in your neighborhood). Examples of shared risk factors are adverse childhood experiences, dating violence, and bullying. For data on shared risk and protective factors, visit SUMN.org.

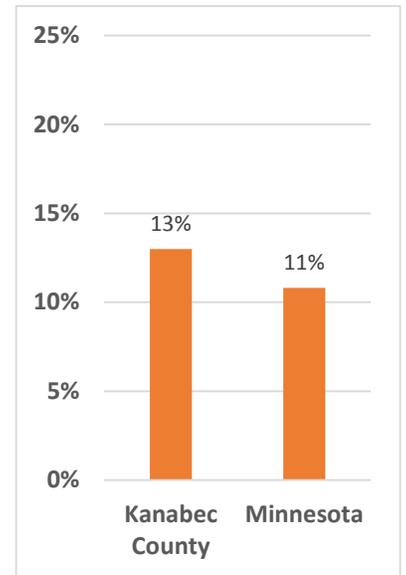
State Epidemiological Outcomes Workgroup

Minnesota's SEOW has been monitoring substance abuse trends since 2007. The Workgroup helps guide prevention planning at the state level, and provides training and technical assistance to communities. In, 2008 the SEOW launched the Substance Use in Minnesota (SUMN) website to ensure quick and easy access to data for prevention professionals.

SUMN.org

SUMN is a one-stop-shop for data, tools, and prevention resources. Visitors can search county, regional, and state level data by topic, by location, and by demographic producing tables, charts, graphs, and maps. View and download data products, such as this fact sheet, and find tips on finding, analyzing, translating, using, and disseminating data.

Funded by the Minnesota Department of Human Services Alcohol and Drug Abuse Division



8th, 9th and 11th Graders Reporting Any Past Year Suicidal Ideation (MSS 2013)

Contact Us

For questions or more information regarding the State Epidemiological Outcomes Workgroup or SUMN.org, please email: substanceusemn@gmail.com

To contact the Regional Prevention Coordinator for the East Central Region, please visit: www.rpcmn.org