



# ITASCA COUNTY

SUMN.org FACT SHEET

2014

## Substance Abuse Prevention

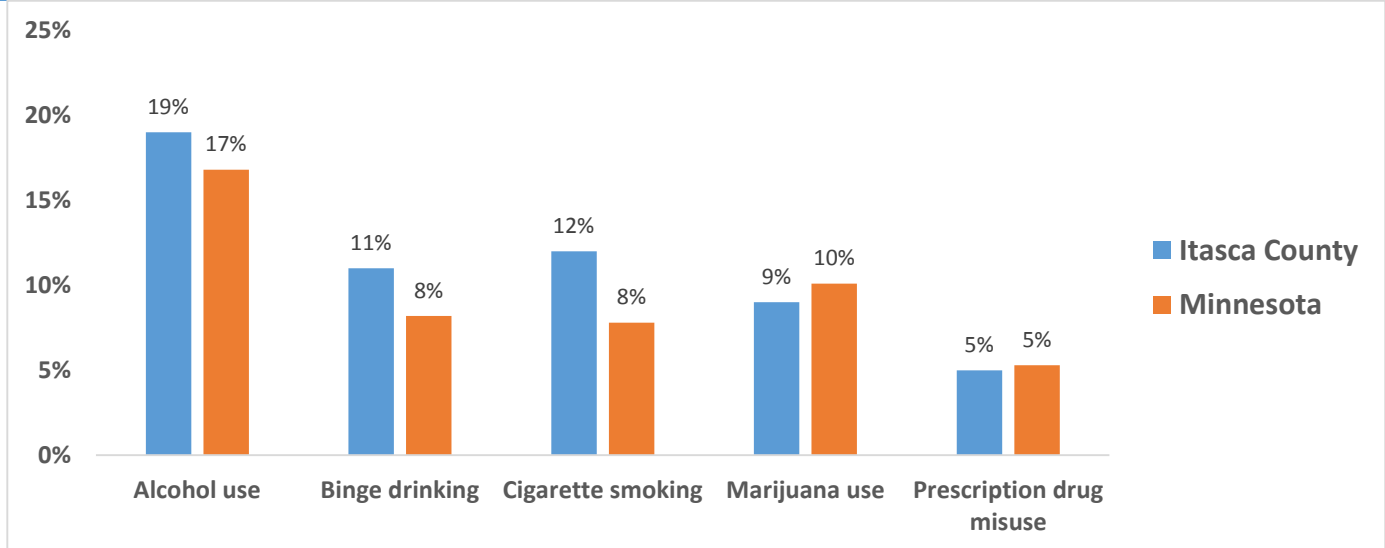
This fact sheet provides county level data on substance use and related factors to help guide decisions about prevention efforts. These data can be used to justify need for prevention funding, monitor substance-related trends, and plan programs and initiatives by establishing community level prevention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

### Key Findings

- Itasca County students are as likely as the state average to report past 30 day prescription drug misuse, less likely to report marijuana use, but more likely to report past month alcohol use, binge drinking, and cigarette smoking
- While Itasca County data on adult use are not available, adults in the Northeast region are more likely than the state average to report past month binge drinking and cigarette smoking
- The DWI arrest rate for Itasca County is higher than the state average, as is the percentage of all motor vehicle crashes that are alcohol-related
- Itasca County students perceive the most risk of harm from misusing prescription drugs—they perceive the least risk of harm from frequently binge drinking or smoking marijuana
- Itasca County students are more likely than the state average to report high distress levels for internalizing and externalizing disorders, and more likely to report having been treated for a mental health disorder in the past year

*For more information on alcohol, tobacco, and other drug use, consequences, contributing factors, and treatment, as well as mental health data, visit [SUMN.org](http://SUMN.org)*

### 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> 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 Northeast region and 18% of Minnesota adults.
- Past month cigarette smoking was reported by 26% of Northeast 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, Itasca 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 10% of 8<sup>th</sup> graders, 20% of 9<sup>th</sup> graders, and 31% of 11<sup>th</sup> graders in Itasca County in 2013. Males were more likely than females to report use: 21% vs. 17%. Use among 9<sup>th</sup> graders dropped in Itasca County from 31% in 2007 to 20% in 2013. Past 30 day binge drinking was reported by 5% of 8<sup>th</sup> graders, 13% of 9<sup>th</sup> graders, and 19% of 11<sup>th</sup> graders in 2013.

### Tobacco

Past 30 day cigarette smoking was reported by 6% of 8<sup>th</sup> graders, 13% of 9<sup>th</sup> graders, and 18% of 11<sup>th</sup> graders in Itasca County in 2013. Males were as likely as females to report use: 12%. Use among 9<sup>th</sup> graders dropped in Itasca County from 24% in 2001 to 13% in 2013.

### Marijuana

Past 30 day marijuana use was reported by 5% of 8<sup>th</sup> graders, 10% of 9<sup>th</sup> graders, and 13% of 11<sup>th</sup> graders in Itasca County in 2013. Males were more likely than females to report use: 11% vs. 7%. Use among 9<sup>th</sup> graders dropped in Itasca County from 18% in 2001 to 10% in 2013.

### Prescription Drug Misuse

Past 30 day prescription drug misuse was reported by 2% of 8<sup>th</sup> graders, 8% of 9<sup>th</sup> graders, and 4% of 11<sup>th</sup> graders in Itasca County in 2013. Females were slightly more likely than males to report use: 5% vs. 4%.

### Itasca County 11<sup>th</sup> 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?”	29%	16%	7%	9%	7%	14%	19%
“How often do you use marijuana?”	85%	5%	2%	2%	1%	3%	2%

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 Itasca County residents increased from 53.6 per 10,000 population in 2003 to 112.1 in 2006, then fell to 63.0 in 2012. The state rate followed a similar pattern but has been lower than Itasca's over time (Minnesota Office of Traffic Safety, DPS)
- In 2012, 9.0% of motor vehicle crashes in Itasca County were alcohol-related. In comparison, 5.5% throughout the state were alcohol-related (*Crash Facts*, DPS)

### Tobacco

- The lung, bronchus and trachea cancer death rate for Itasca County has changed little over time, averaging 7.1 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 Itasca County adults in prison for drug offenses has changed little over time, averaging 0.5 per 1,000 population. The state rate has also held steady over time averaging 0.4 (*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

Itasca County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> 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: 64%. Perceived great or moderate risk of harm for other substances was as follows—smoking marijuana once or twice per week 66%, smoking one or more packs of cigarettes per day 76%, using prescription drug not prescribed for you 79%.

### Alcohol Access

Among Itasca County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders reporting any past 30 day alcohol use in 2013, 13% said they bought the alcohol from someone or somewhere, 69% said they got the alcohol from someone or somewhere, and 34% said they took the alcohol from someone or somewhere.

### Perceived Parental Disapproval

Among Itasca County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, 88% 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 (85%), to smoke marijuana (88%) 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, Itasca County's suicide rate averaged 1.5 per 10,000 population while Minnesota's averaged 1.2 (Minnesota Center for Health Statistics, MDH). In 2013, Itasca County students were as likely as the state average to report any past year suicidal ideation—see graph. They were also as likely to report any self-harm in the past year: 15%.

According to the 2010 MNSASU, Northeast adults were more likely than the state average to report at least moderate depressive symptoms in the past two weeks: 11% vs. 8%. Ten percent of Itasca County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders reported having been treated for a mental health, emotional, or behavioral problem during the past year as compared to 8% overall in Minnesota (2013 MSS). Itasca County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders were more likely than the state average to report high distress levels for internalizing disorders (29% vs. 27%), and more likely for externalizing disorders (35% 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](http://SUMN.org).

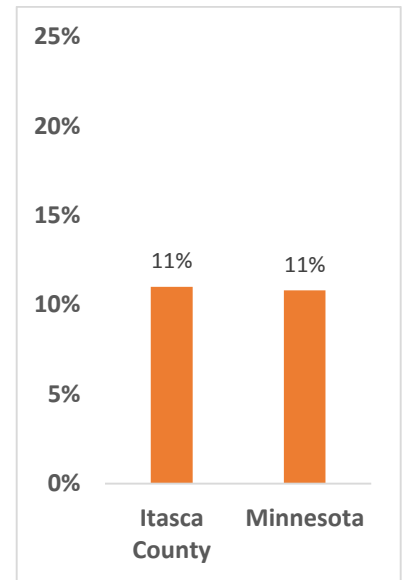
## State Epidemiological Outcomes Workgroup

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



8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> 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](mailto:substanceusemn@gmail.com)

To contact the Regional Prevention Coordinator for the Northeast Region, please visit: [www.rpcmn.org](http://www.rpcmn.org)