



ST. LOUIS COUNTY

SUMN.org FACT SHEET

2015

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.

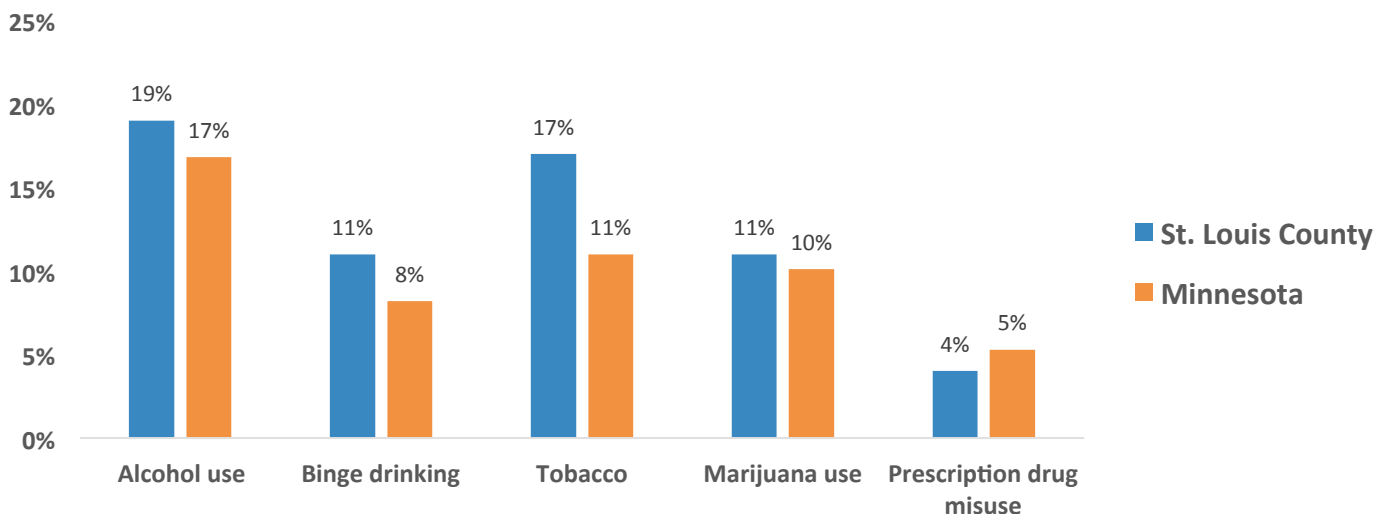
According to 2013 estimates from the U.S. Census Bureau, St. Louis County has 200,540 residents; 19% are under the age of 18.

Key Findings

- St. Louis County students are less likely than the state average to report past 30 day prescription drug misuse, but more likely than average to report past 30 day alcohol use, binge drinking, tobacco use, and marijuana use
- While St. Louis 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 St. Louis County is higher than the state average, as is the percentage of all motor vehicle crashes that are alcohol-related
- St. Louis County students perceive the most risk of harm from smoking cigarettes or misusing prescription drugs—they perceive the least risk of harm from smoking marijuana

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 Northeast region and 18% of Minnesota adults.
- Past month cigarette smoking was reported by 26% of Northeast adults and 20% of Minnesota adults.
- Past month marijuana use was reported by 10% of adults in the Northeast region compared to 8% of adults statewide.

Youth Substance Use

Data on youth substance use are from the Minnesota Student Survey (MSS); St. Louis County students make up 2.8% of the overall statewide sample.

| 2013 Minnesota Student Survey St. Louis County Respondents | | | | |
|--|-----------------------|-----------------------|-----------------------|------------------------|
| | 5 th Grade | 8 th Grade | 9 th Grade | 11 th Grade |
| Females | 596 | 540 | 638 | 520 |
| Males | 582 | 529 | 614 | 464 |
| Total | 1,178 | 1,069 | 1,252 | 984 |

Past year alcohol and/or drug use was reported by 4% of St. Louis 5th graders.

Alcohol

Past 30 day alcohol use was reported by 11% of 8th graders, 18% of 9th graders, and 30% of 11th graders in St. Louis County in 2013. Males were a bit more likely than females to report use: 20% vs. 19%. Use among 9th graders dropped in St. Louis County from 33% in 2001 to 18% in 2013. Past 30 day binge drinking (defined as having five or more drinks in a row on one occasion) was reported by 4% of 8th graders, 10% of 9th graders, and 20% of 11th graders in 2013.

Tobacco

Seventeen percent of St. Louis County 8th, 9th and 11th graders reported any past 30 day tobacco use; 11% reported smoking cigarettes, 8% reported smoking cigars or cigarillos, and 7% reported chewing tobacco use. Cigarette smoking among 9th graders dropped in St. Louis County from 23% in 2001 to 9% in 2013.

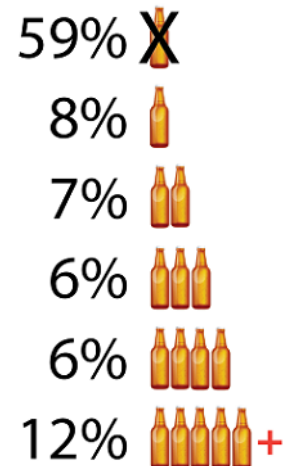
Marijuana

Past 30 day marijuana use was reported by 6% of 8th graders, 10% of 9th graders, and 16% of 11th graders in St. Louis County in 2013. Males were more likely than females to report use: 12% vs. 10%. Use among 9th graders dropped in St. Louis County from 16% in 2001 to 10% in 2013.

Prescription Drug Misuse

Past 30 day prescription drug misuse was reported by 4% of 8th graders, 5% of 9th graders, and 5% of 11th graders in St. Louis County in 2013. Females were as likely as males to report use: 4.5% and 4.4% respectively.

St. Louis County 11th Graders Reporting How Much They Typically Drink at One Time (2013 MSS)



Mental health disorders can increase risk of substance use, and substance use can in turn increase the risk for poor mental health. In addition, numerous risk and protective factors are shared between substance use and mental health outcomes.

To learn more, read the SUMN fact sheet on this topic: <http://www.sumn.org/~media/167/MENTAL%20HEALTH%202015%20SUMN%20Fact%20Sheet.pdf>

Contributing Factors

Social and retail access to substances, low perception of harm, low perception of parental disapproval, and misperception of peer use all contribute to alcohol, tobacco, and drug use in a community.

Perceived Harm

St. Louis 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 smoking marijuana once or twice per week: 63%. Perceived great or moderate risk of harm for other substances was as follows—five or more alcoholic drinks once or twice per week 67%, smoking one or more packs of cigarettes per day 78%, using prescription drug not prescribed for you 81%.

Alcohol Access

Among St. Louis County 8th, 9th, and 11th graders reporting any past 30 day alcohol use in 2013 (n = 605), 10% said they bought the alcohol from someone or somewhere, 75% said they got the alcohol from someone or somewhere, and 33% said they took the alcohol from someone or somewhere.

Perceived Parental Disapproval

Among St. Louis County 5th, 8th, 9th, and 11th graders, 93% 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 (91%), to smoke marijuana (92%) or to use prescription drugs not prescribed for them (96%).

Misperception of Peer Use

St. Louis County 8th, 9th, and 11th graders who think most students at their school drink monthly or more often are over six times more likely to report that they themselves drink alcohol monthly or more often..

| | 8 th Grade | 9 th Grade | 11 th Grade |
|--|-----------------------|-----------------------|------------------------|
| Students reporting they think MOST students in their school drink alcohol once per month or more often | 41% | 66% | 80% |
| Students reporting they drink alcohol themselves once per month or more often | 6% | 14% | 23% |
| Students reporting they think MOST students in their school use marijuana once per month or more often | 39% | 62% | 75% |
| Students reporting they use marijuana themselves once per month or more often | 5% | 9% | 14% |

Consequences

Alcohol

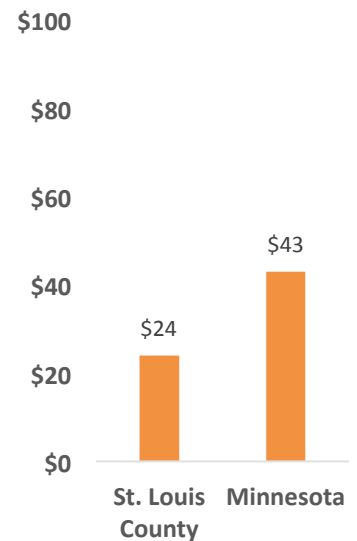
- The DWI arrest rate for St. Louis County residents increased from 62.2 per 10,000 population in 2003 to 80.5 in 2006, then fell to 51.1 in 2013. The state rate followed a similar pattern, but has been slightly lower than St. Louis County's over time (Minnesota Office of Traffic Safety, DPS)
- In 2013, 5.1% of motor vehicle crashes in St. Louis County were alcohol-related. In comparison, 4.7% throughout the state were alcohol-related (*Crash Facts*, DPS)

Tobacco

- The lung, bronchus and trachea cancer death rate for St. Louis County has decreased very slightly over time, averaging 6.5 per 10,000 population from 2004 to 2013. That's higher than the state average of 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

Drugs

- The rate of St. Louis County adults in prison for drug offenses has changed little over time, averaging 0.4 per 1,000 population. The state rate has also held steady over time averaging 0.4 (*Inmate Profile*, DOC)
- In 2013, there were 419 arrests for marijuana in St. Louis County, 64 arrests for opium or cocaine, 208 arrests for synthetic drugs, and 193 arrests for other drugs (*Minnesota Crime Information*, DPS)



2013 Cost per Capita of Alcohol Related Traffic Crashes, Fatalities, and Injuries (National Safety Council and Minnesota Crash Facts)

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.

Contact Us

For questions or more information regarding the State Epidemiological Outcomes Workgroup or SUMN.org, please email: info@sumn.org

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

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