



LGBQ

SUMN.org FACT SHEET

2015

Substance Abuse Prevention

This fact sheet provides state-level data on substance use and related factors to help guide decisions about prevention efforts for lesbian, gay, bisexual, and questioning or queer (LGBQ) people. 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.

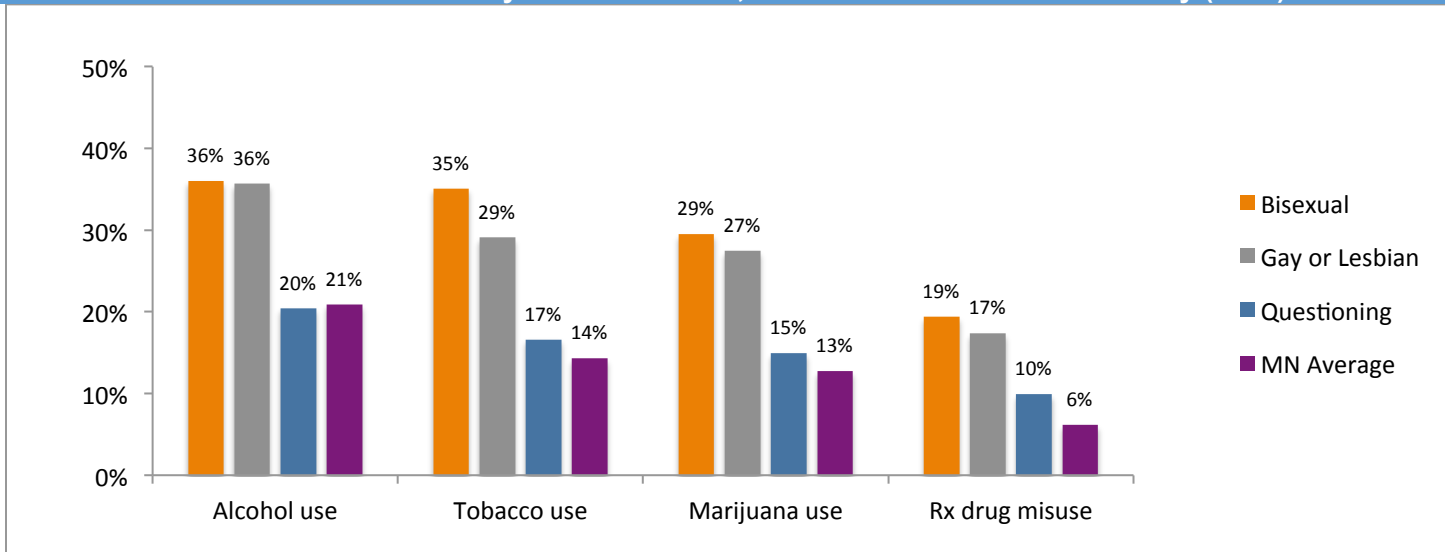
In 2013, 6.4% of the students taking the Minnesota Student Survey (MSS) identified as lesbian, gay, bisexual, or questioning (LGBQ). According to a Gallup Special Report published in 2013, 2.9% of Minnesotans identified as lesbian, gay, bisexual, or transgender.

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

Key Findings

- All subgroups of LGBQ students are more likely than the state average to report past 30-day alcohol use, binge drinking, tobacco use, and marijuana use
- LGBQ adult students are as likely as the state average to report past-month alcohol use, but bisexual women are more likely than lesbian or heterosexual women to report binge drinking in the past two weeks
- LGBQ adults are more likely to report cigarette smoking
- LGBQ students perceive the most risk of harm from misusing prescription drugs—they perceive the least risk of harm from smoking marijuana

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



Adult Substance Use

Alcohol

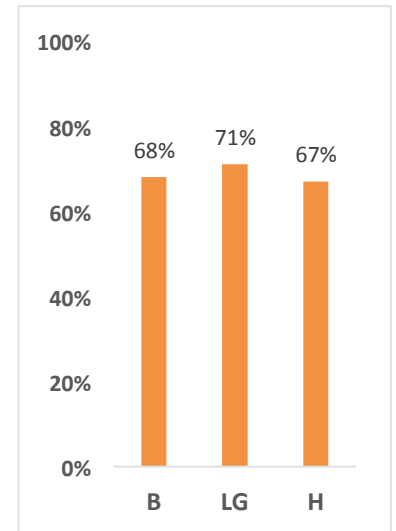
- According to the College Student Health Survey (CSHS) Report for the years 2007-2011, past-month alcohol use was reported by 68% of bisexual and 71% of gay and lesbian adult college students in Minnesota.
- From 2007 to 2011, CSHS found that male heterosexuals were most likely to report binge drinking, at 40.2%, while lesbians were least likely, at 25.1%. Bisexual women were more likely to report bingeing than either lesbian or heterosexual women (29.5%, 25.1%, and 26.9%, respectively). Men, across groups, were more likely to report bingeing than women.

Tobacco

- According to the 2010 Minnesota Survey of Adult Substance Use (MNSASU), the state past 30-day cigarette smoking rate for adults is 18.5%. In comparison, the 2014 Voices of Health (VOH) survey found that 25% of LGBTQ respondents characterized themselves as current smokers.

Marijuana

- The 2007-2011 CSHS survey found gay and lesbian adult students reported much higher levels of past 30-day marijuana use than heterosexual students (16.8% vs. 10.3%), with bisexual students reporting the highest rate (23.6%).



Bisexual, Lesbian and Gay, and Heterosexual Adult Students Reporting Past 30-Day Alcohol Use (CSHS 2007-2011)

Youth Substance Use

Data on LGBQ youth substance use are from the Minnesota Student Survey (MSS) of 9th and 11th graders. Compared to 2013 past 30-day rates of alcohol use, marijuana use, and overall prescription drug misuse, LGBTQ 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 36% of bisexual students, 36% of gay and lesbian students, 21% of questioning students, and 20% of heterosexual students in 2013. Female bisexuals were more likely than males to report use (38% vs. 30%); gay and questioning males were more likely than females to report use (38% vs. 33% and 23% vs. 18%, respectively); while male and female heterosexuals were about as likely (21% vs. 20%). Past 30-day binge drinking (defined as having five or more drinks in a row on one occasion) was reported by 21% of bisexual, lesbian, and gay students, while the state average was 11%.

Tobacco

Past 30-day cigarette smoking in 2013 was reported by 33% of bisexuals, 23% of gay and lesbian students, and 13% of questioning students, compared to the state average of 10%. Overall past 30-day tobacco use rates were slightly higher for each group.

SAMHSA, the Substance Abuse and Mental Health Services Administration, provides survey reports, data, and other resources on substance abuse and other health issues pertaining to the LGBTQ population.

To learn more, go to: <http://www.samhsa.gov/behavioral-health-equity/lgbt>

Marijuana

Past 30-day marijuana use in 2013 was reported by 30% of bisexual students, 28% of gay and lesbian students, and 15% of questioning students in 2013, compared to the state average of 13%.

Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 19% of bisexual students, 17% of gay and lesbian students, and 10% of questioning students, as compared to 6% for the Minnesota average in 2013.

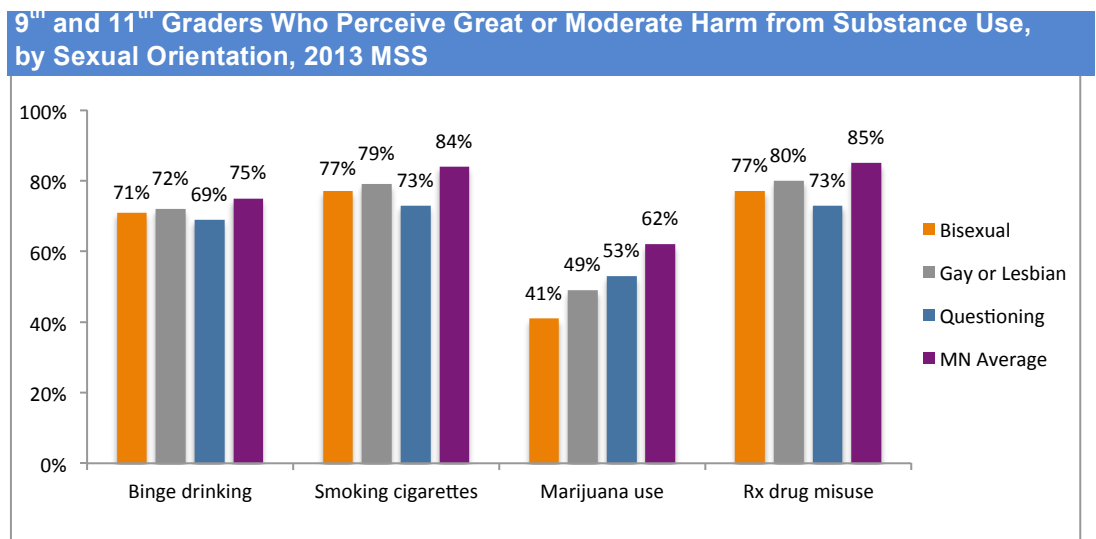
Contributing Factors

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

LGBQ 9th and 11th graders were less likely than the state average 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, consuming five or more alcoholic drinks once or twice per week, smoking one or more packs of cigarettes per day, or using prescription drugs prescribed for someone else.

Questioning students were the least likely to perceive harm from any substance use, followed by bisexual students, and then gay and lesbian students.



Perceived Parental Disapproval

Among LGBQ 9th and 11th graders, 82-84% said their parents would think it's very wrong or wrong for them to smoke cigarettes. Similarly, LGBQ 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: 82-84%; to smoke marijuana: 78-82%; or to use prescription drugs not prescribed for them: 86-91%.

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.

In 2013, LGBTQ students were much more likely than the state average to report any past year suicidal ideation—see graph. They were also more likely to report any self-harm in the past year: 55% of bisexuals, 39% of gay and lesbian students, and 29% of questioning students reported self-harm, compared to the state average of 14%.

According to the CSHS survey, LGB adult students were more likely to report a diagnosis of depression in the past 12 months, with 18% and 17% of male and female bisexuals, and 48% and 68% of gays and lesbians reporting a diagnosis, compared to 27% and 39% of heterosexual males and females. Lesbian and gay, bisexual, and questioning 9th and 11th graders were more likely than the state average to report high distress levels for internalizing disorders (55%, 70%, and 45%, respectively, compared to 28% state average). They are also more likely to report externalizing disorders (47%, 49%, and 36% respectively, compared to the state average of 32%), according to the 2013 MSS.

To learn more about mental health and its relationship with substance abuse, read the SUMN fact sheet on this topic, on the SUMN website at: http://www.sumn.org/~media/188/Mental_Health_2015_SUMN_Fact_Sheet.pdf

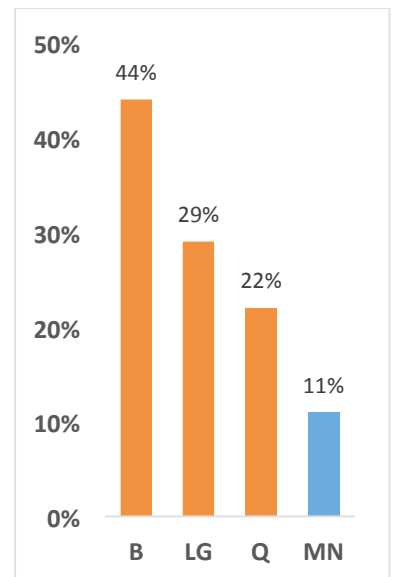
A number of risk and protective factors are associated with not only substance use but also mental, emotional, and behavioral disorders. Examples of shared protective factors are youth being able to talk to their parents about problems they're having, and feeling safe (at home, at school, and in your 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.



Bisexual, Lesbian and Gay, Questioning, and Total MN 9th and 11th Graders Reporting Any Past Year Suicidal Ideation (MSS 2013)

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

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 your Region, please visit: www.rpcm.org