



# KANABEC COUNTY

SUMN.org FACT SHEET

2017

## 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.

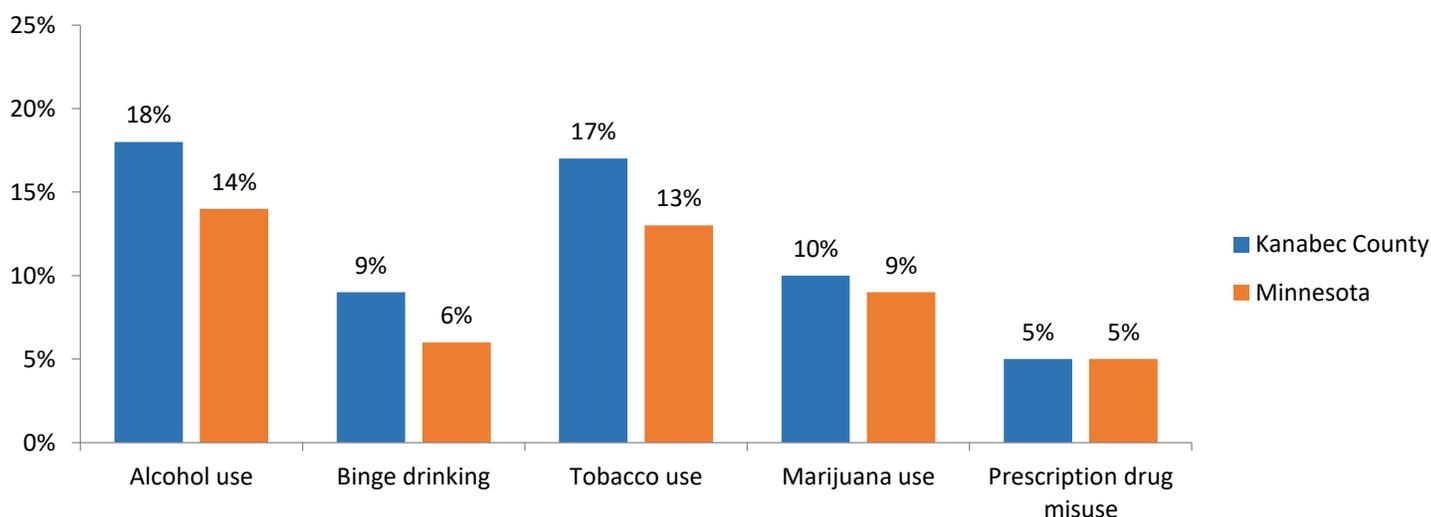
According to 2015 estimates from the U.S. Census Bureau, Kanabec County has 16,003 residents; 22% are under the age of 18.

### Key Findings

- Kanabec County students are more likely than the state average to report past 30 day alcohol use, binge drinking, tobacco use, marijuana use, and misuse of prescription drugs.
- While cigarette smoking has declined over time, 11% of Kanabec County 8th, 9th, and 11th graders reported past month e-cigarette use.
- Among Kanabec County 8th, 9th, and 11th graders, those with better teacher-student relationships were about two times less likely to report past month marijuana use.
- The DWI arrest rate for Kanabec County residents decreased over the past eight years, and was below the state average in 2015.
- From 2000 to 2015, there were seven opioid deaths in Kanabec County. These seven deaths have all occurred since 2008. From 2000 to 2015 there were no heroin deaths reported in Kanabec County.

*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, 2016 Minnesota Student Survey (MSS)



\*\*Tobacco includes any past month use of cigarettes, cigars, chewing tobacco, electronic cigarettes and/or hookah.

## Adult Substance Use

According to the 2015 Minnesota Survey on Adult Substance Use (MNSASU):

- Past month binge drinking was reported by 16% of adults in the East Central region and 14% of Minnesota adults.
- Past month cigarette smoking was reported by 17% of East Central adults and 16% of Minnesota adults.
- Past month marijuana use was reported by 3% of adults in the East Central region compared to 5% of adults statewide.

## Youth Substance Use

Data on youth substance use are from the Minnesota Student Survey (MSS); Kanabec County students make up 0.3% of the overall statewide sample.

2016 Minnesota Student Survey Kanabec County Respondents				
	5 <sup>th</sup> Grade	8 <sup>th</sup> Grade	9 <sup>th</sup> Grade	11 <sup>th</sup> Grade
Females	54	89	71	59
Males	72	67	80	72
No answer	0	0	0	0
Total	126	156	151	131

Past year alcohol and/or drug use was reported by 7% of Kanabec 5<sup>th</sup> graders.

### Alcohol

Past 30 day alcohol use was reported by 12% of 8<sup>th</sup> graders, 14% of 9<sup>th</sup> graders, and 30% of 11<sup>th</sup> graders in Kanabec County in 2016. Males were more likely than females to report use: 21% vs. 15%. Use among 9<sup>th</sup> graders dropped in Kanabec County from 32% in 2010 to 14% in 2016. Past 30 day binge drinking (defined as having five or more drinks in a row on one occasion) was reported by 5% of 8<sup>th</sup> graders, 6% of 9<sup>th</sup> graders, and 16% of 11<sup>th</sup> graders in 2016.

### Tobacco/Nicotine

Of Kanabec County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, 17% reported any past 30-day tobacco use: 7% reported smoking cigarettes; 6% reported smoking cigars or cigarillos; 9% reported chewing tobacco use. In addition, 11% reported e-cigarette use, and 4% reported hookah use (questions about these two methods of nicotine use were added to the survey in 2016). Cigarette smoking among 9<sup>th</sup> graders dropped in Kanabec County from 18% in 2010 to 6% in 2016.

### Marijuana

Past 30 day marijuana use was reported by 6% of 8<sup>th</sup> graders, 8% of 9<sup>th</sup> graders, and 18% of 11<sup>th</sup> graders in Kanabec County in 2016. Males were more likely than females to report use: 12% vs. 9%. Use among 9<sup>th</sup> graders in Kanabec County has fluctuated over time, but did decrease from 20% in 2010 to 8% in 2016.

### Prescription Drug Misuse

Past 30 day prescription drug misuse was reported by 7% of 8<sup>th</sup> graders, 3% of 9<sup>th</sup> graders, and 5% of 11<sup>th</sup> graders in Kanabec County in 2016. Specifically, in the past year, students in the three grades combined reported the misuse of stimulants (2%); ADD or ADHD medication (2%); pain relievers (4%); and tranquilizers (2%).

Kanabec County 11<sup>th</sup> Graders Reporting How Much They Typically Drink at One Time (2016 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/498/MENTAL\\_HEALTH\\_2017\\_SUMN\\_Fact\\_Sheet.pdf](http://www.sumn.org/~media/498/MENTAL_HEALTH_2017_SUMN_Fact_Sheet.pdf)

## Contributing Factors

Low perception of harm, low perception of peer and parental disapproval, and misperception of peer use all contribute to substance use in a community. Factors such as educational engagement and better teacher-student relationships are associated with lower rates of substance use. Percentages can vary by grade level. For data by grade-level, or for more protective factors, visit [www.sumn.org](http://www.sumn.org).

### Perceived Harm

Kanabec 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 smoking marijuana once or twice per week: 54%. Perceived great or moderate risk of harm for other substances was as follows— having five or more alcoholic drinks once or twice per week 62%, smoking one or more packs of cigarettes per day 72%, using prescription drug not prescribed for you 74%.

### Perceived Disapproval

Among Kanabec County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, 90% 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 (85%) or to use prescription drugs not prescribed for them (90%). Students were also asked whether their friends would think it's very wrong or wrong for them to use substances. The percent reporting friend disapproval was 76% for marijuana, 78% for alcohol, 85% for prescription drugs, and 79% for cigarettes.

### School Factors

Among Kanabec County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, those with better teacher-student relationships were 1.9 times less likely to report past month marijuana use and those with greater educational engagement were 3.1 times less likely to report use. Similar associations are seen with alcohol, tobacco, and prescription drugs.

### Misperception of Peer Use

Kanabec County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders who think most students at their school drink monthly or more often are almost seven times more likely to report that they themselves drink alcohol monthly or more often.

## Perceived vs. Actual Use, Kanabec County 2016 Minnesota Student Survey

	8 <sup>th</sup> Grade	9 <sup>th</sup> Grade	11 <sup>th</sup> Grade
Students reporting they think MOST students in their school drink alcohol once per month or more often	39%	53%	75%
Students reporting they drink alcohol themselves once per month or more often	7%	10%	22%
Students reporting they think MOST students in their school use marijuana once per month or more often	43%	53%	74%
Students reporting they use marijuana themselves once per month or more often	5%	7%	13%

## Consequences

### Alcohol

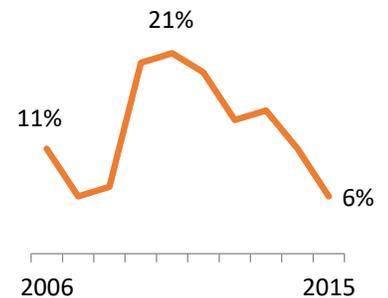
- The DWI arrest rate for Kanabec County residents increased from 53.7 per 10,000 population in 2002 to 82.0 in 2007, then fell to 36.5 in 2015. The state rate followed a similar pattern. In 2015, Kanabec's rate was below the state average of 44.7 per 10,000 population (Minnesota Office of Traffic Safety, DPS)
- In 2015, 4.4% of motor vehicle crashes in Kanabec County were alcohol-related as compared to the state average of 4.9% (*Crash Facts*, DPS)

### Tobacco

- The lung, bronchus and trachea cancer death rate for Kanabec County has fluctuated over time, averaging 5.9 per 10,000 population from 2006 to 2015. That's higher than the state average of 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

### Drugs

- From 2000 to 2015, there were seven opioid deaths (non-exclusive) in Kanabec County. These seven deaths have all occurred since 2008. From 2000 to 2015 there were no heroin deaths reported in Kanabec County. (Minnesota Center for Health Statistics, MDH)
- Since 2013 there has been only one arrest for marijuana reported in Kanabec County; in 2012 there were 17 arrests. In 2015 there were no arrests for opium or cocaine, or for synthetic drugs. There were 19 arrests for other drugs (*Minnesota Crime Information*, DPS)



### Admissions to Treatment for Opioids as the Primary Substance of Abuse among Kanabec County Residents Admitted (Drug and Alcohol Abuse Normative Evaluation System)

## 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](mailto:info@sumn.org)

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

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