



MILLE LACS 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.

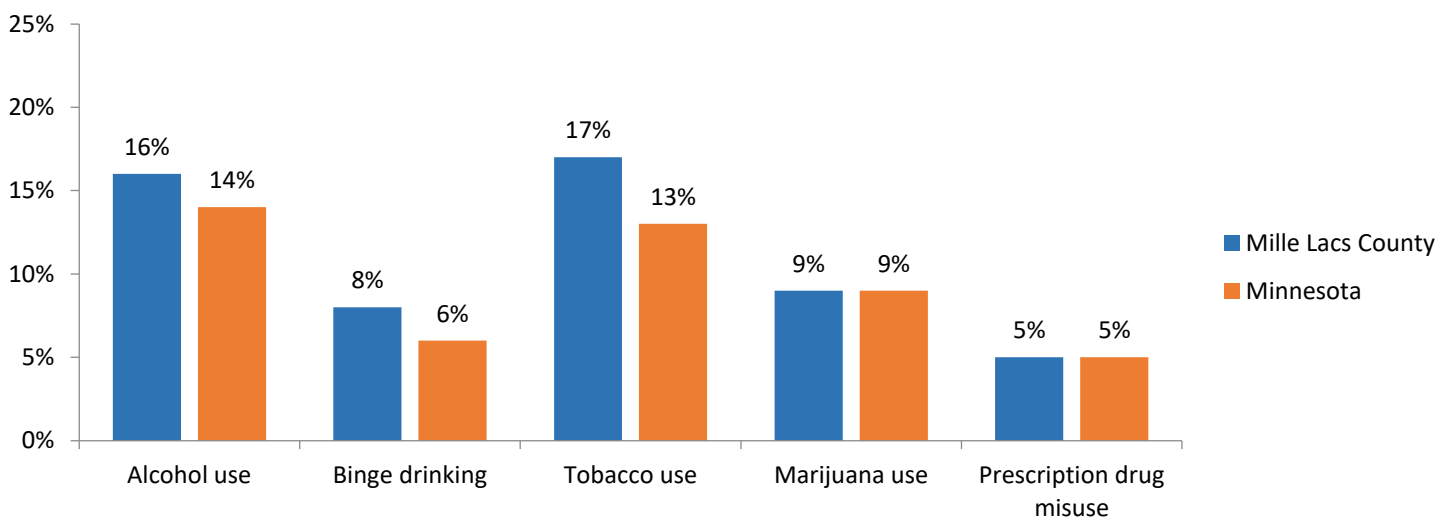
According to 2015 estimates from the U.S. Census Bureau, Mille Lacs County has 25,809 residents; 25% are under the age of 18.

Key Findings

- Mille Lacs County students are more likely than the state average to report past 30 day alcohol use, binge drinking, and tobacco use; they are as likely as average to report past month use of marijuana or misuse of prescription drugs.
- While cigarette smoking has declined over time, 13% of Mille Lacs County 8th, 9th, and 11th graders reported past month e-cigarette use.
- Among Mille Lacs County 8th, 9th, and 11th graders, those with better teacher-student relationships were almost 5 times less likely to report past month marijuana use.
- While the DWI arrest rate for Mille Lacs County residents decreased over the past nine years, it's still higher than the state average as is the percent of all motor vehicle accidents that were alcohol-related.
- From 2006 to 2015, admissions to treatment for opioids as the primary substance of abuse increased from 3% of Mille Lacs County admissions to 26%.

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, 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); Mille Lacs County students make up 0.9% of the overall statewide sample.

2016 Minnesota Student Survey Mille Lacs County Respondents				
	5 th Grade	8 th Grade	9 th Grade	11 th Grade
Females	197	192	192	149
Males	227	236	176	152
No answer	1	0	0	1
Total	425	428	368	302

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

Alcohol

Past 30 day alcohol use was reported by 8% of 8th graders, 18% of 9th graders, and 27% of 11th graders in Mille Lacs County in 2016. Males were slightly less likely than females to report use: 16% vs. 17%. Use among 9th graders dropped in Mille Lacs County from 34% in 2004 to 18% in 2016. Past 30 day binge drinking (defined as having five or more drinks in a row on one occasion) was reported by 3% of 8th graders, 7% of 9th graders, and 16% of 11th graders in 2016.

Tobacco/Nicotine

Of Mille Lacs County 8th, 9th, and 11th graders, 17% reported any past 30-day tobacco use: 9% reported smoking cigarettes; 6% reported smoking cigars or cigarillos; 6% reported chewing tobacco use. In addition, 13% reported e-cigarette use, and 3% reported hookah use (questions about these two methods of nicotine use were added to the survey in 2016). Cigarette smoking among 9th graders dropped in Mille Lacs County from 25% in 2004 to 9% in 2016.

Marijuana

Past 30 day marijuana use was reported by 5% of 8th graders, 8% of 9th graders, and 16% of 11th graders in Mille Lacs County in 2016. Males were slightly less likely than females to report use: 9% vs. 10%. Use among 9th graders dropped in Mille Lacs County from 14% in 2004 to 8% in 2016.

Prescription Drug Misuse

Past 30 day prescription drug misuse was reported by 5% of 8th graders, 5% of 9th graders, and 7% of 11th graders in Mille Lacs County in 2016. Specifically, in the past year, students in the three grades combined reported the misuse of stimulants (1%); ADD or ADHD medication (2%); pain relievers (4%); and tranquilizers (2%).

Mille Lacs County
11th 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

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.

Perceived Harm

Mille Lacs 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: 60%. 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 75%, using prescription drug not prescribed for you 77%.

Perceived Disapproval

Among Mille Lacs County 5th, 8th, 9th, and 11th graders, 91% 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 (89%), to smoke marijuana (89%) or to use prescription drugs not prescribed for them (93%). 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 78% for marijuana, 79% for alcohol, 86% for prescription drugs, and 81% for cigarettes.

School Factors

Among Mille Lacs County 8th, 9th, and 11th graders, those with better teacher-student relationships were 4.7 times less likely to report past month marijuana use and those with greater educational engagement were 2.8 times less likely to report use. Similar associations are seen with alcohol, tobacco, and prescription drugs.

Misperception of Peer Use

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

Perceived vs. Actual Use, Mille Lacs County 2016 Minnesota Student Survey

	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	28%	63%	70%
Students reporting they drink alcohol themselves once per month or more often	5%	9%	21%
Students reporting they think MOST students in their school use marijuana once per month or more often	25%	57%	64%
Students reporting they use marijuana themselves once per month or more often	4%	5%	14%

Consequences

Alcohol

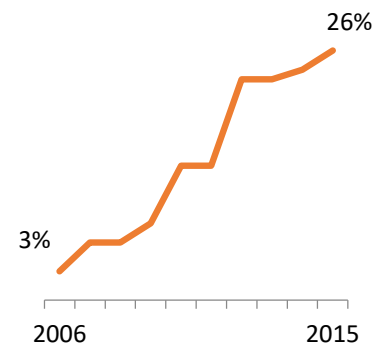
- The DWI arrest rate for Mille Lacs County residents increased from 89.9 per 10,000 population in 2003 to 126.3 in 2006, then fell to 56.2 in 2015. The state rate followed a similar pattern but has been considerably lower than Mille Lacs' over time (Minnesota Office of Traffic Safety, DPS)
- In 2015, 8.7% of motor vehicle crashes in Mille Lacs 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 Mille Lacs County has fluctuated over time, averaging 6.8 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 17 opioid deaths (non-exclusive) in Mille Lacs County. A majority of these deaths (14) have occurred since 2007. From 2000 to 2015 there were six heroin deaths reported in Mille Lacs County--all occurring since 2011. (Minnesota Center for Health Statistics, MDH)
- The number of marijuana arrests in Mille Lacs County has fallen steadily from 79 in 2011 to 23 in 2015. In 2015, there were 7 arrests for opium or cocaine, no arrests for synthetic drugs, and 51 arrests for other drugs (*Minnesota Crime Information*, DPS)



Admissions to Treatment for Opioids as the Primary Substance of Abuse among Mille Lacs 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

To contact the Regional Prevention Coordinator for your region, please visit: www.rpcmn.org

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