



DAKOTA NORTH

SUMN.org FACT SHEET

2017

Substance Abuse Prevention

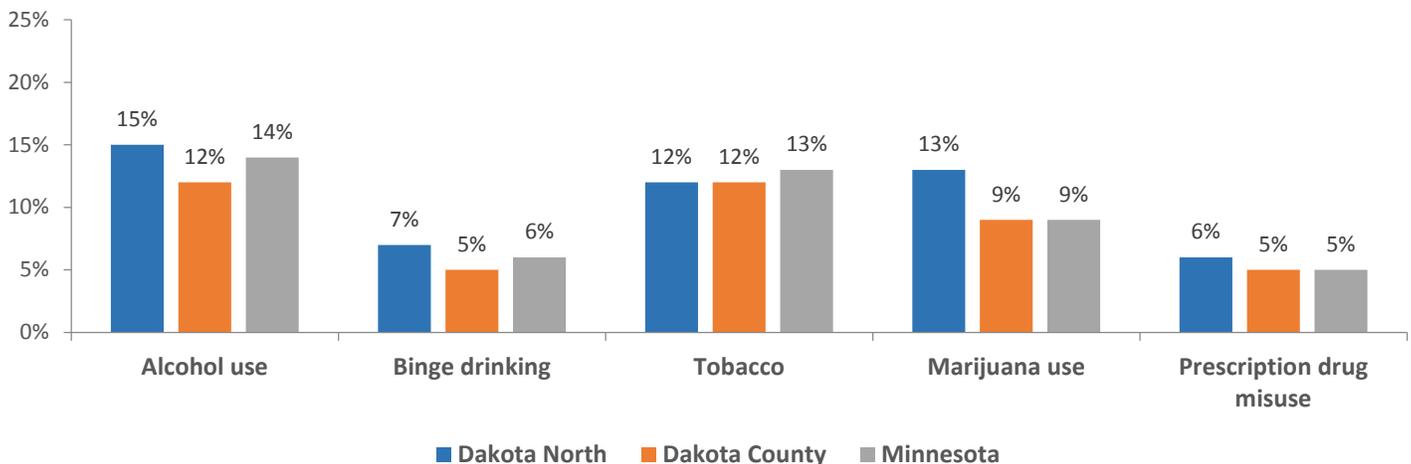
This fact sheet provides county- and sub-county level data on substance use and related factors to help guide decisions about prevention efforts. "**Dakota North**" includes the school districts of: **Inver Grove Heights, South St. Paul, and West St. Paul-Mendota Heights-Eagan**. These data can be used to justify need for prevention funding, monitor substance-related trends, and plan programs and initiatives by establishing community level prevention priorities. Sub-county data are not available for all measures included in this fact sheet.

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

- Compared to the state average, a larger percentage of **Dakota North** students reported past 30 day alcohol use, binge drinking, marijuana use and misuse of prescription drugs (see Figure 1).
- Among **Dakota North** students, there are disparities by race/ethnicity (see Figure 3), sexual orientation, and gender identity--especially among students identifying as Native American, Pacific Islander, bisexual, or transgender/genderfluid.
- E-cigarette use has surpassed use of all other tobacco products among **Dakota North** youth (see Figure 5).
- Family- and school-related protective factors can buffer risk of past month alcohol use among **Dakota North** youth (see Figure 6).
- In all of **Dakota County**, both the number of opioid-related deaths and the percent of admissions to treatment for opioids as the primary substance of abuse (see Figure 6) have increased over the past ten to fifteen years.

Figure 1. 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.

Youth Substance Use

Data on youth substance use are from the Minnesota Student Survey (MSS); **Dakota North** students make up 1.7% of the overall statewide sample.

	5 th Grade	8 th Grade	9 th Grade	11 th Grade
Females	392	378	396	311
Males	377	389	395	280
Total	769	767	791	591

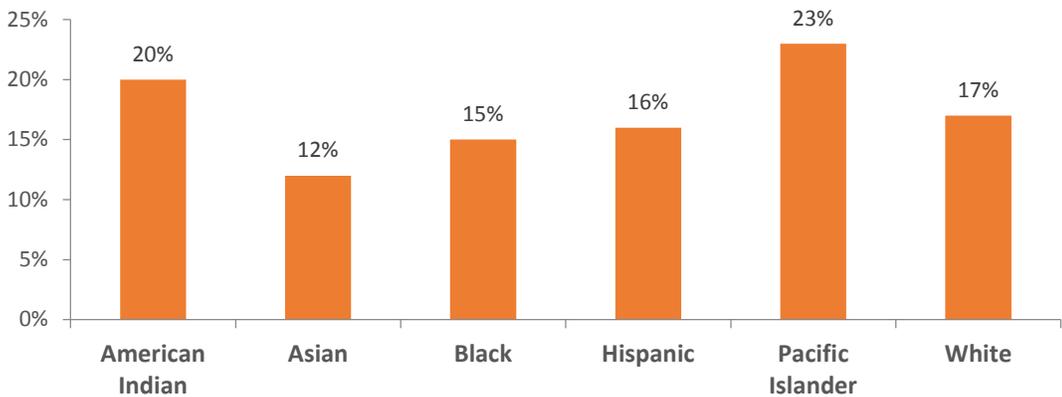
Past year alcohol and/or drug use was reported by 6% of **Dakota North** 5th graders.

Alcohol

Among **Dakota North** students, past 30 day alcohol use was reported by 8% of 8th graders, 13% of 9th graders, and 26% of 11th graders in 2016. Males were less likely than females to report use: 14% vs. 16%. In all of **Dakota County**, past month use among 9th graders fell from 28% in 2001 to 9% in 2016. 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, 5% of 9th graders, and 16% of 11th graders in **Dakota North**.

Among **Dakota North** 8th, 9th, and 11th graders, Asian students were least likely to report past 30 day alcohol use while Pacific Islander students were most likely (see Figure 3). Among only 9th and 11th graders, use was reported by students identifying as: bisexual (31%), heterosexual (18%), and transgender or genderfluid (49%). These categories are not mutually exclusive. Too few students identified as gay or lesbian to report reliable rates.

Figure 3. Past 30 Day Alcohol Use among **Dakota North** Students (2016 MSS)



Marijuana

In 2016, past 30 day marijuana use was reported by 6% of **Dakota North** 8th graders, 11% of 9th graders, and 24% of 11th graders. Males were less likely than females to report use: 12% vs. 14%. In all of **Dakota County**, past month use among 9th graders fell from 13% in 2001 to 6% in 2016.

Among **Dakota North** 8th, 9th, and 11th graders, past 30 day marijuana use was reported by students identifying as: American Indian (21%), Asian (9%), Black (19%), Hispanic (16%), Pacific Islander (23%), and White (13%). Among only 9th and 11th graders, use was reported by students identifying as: bisexual (31%), heterosexual (16%), and transgender or genderfluid (37%).

Figure 2. **Dakota North** 11th Graders Reporting How Much They Typically Drink at One Time (2016 MSS)



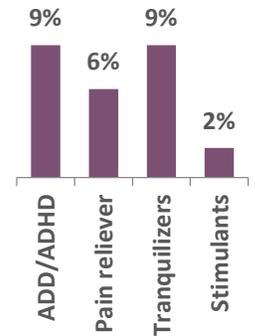
Prescription Drug Misuse

In 2016, past 30 day misuse of any prescription drug (not prescribed by one's doctor or taken only to get high) was reported by 4% of **Dakota North** 8th graders, 5% of 9th graders, and 9% of 11th graders. Females were as likely as males to report use: 6%. The question about past 30 day misuse was first asked in 2013; in all of **Dakota County** misuse among 9th graders fell slightly from 6% in 2013 to 4% in 2016.

Students were also asked about past-year misuse of specific prescription drugs. Among **Dakota North** 11th graders, 9% reported misuse of ADD/ADHD drugs (such as Ritalin), and 9% said they misused prescription tranquilizers (such as Valium, Xanax, nerve pills or sedatives)--see Figure 4.

Among **Dakota North** 8th, 9th, and 11th graders, past 30 day prescription drug misuse was reported by students identifying as: American Indian (7%), Asian (4%), Black (9%), Hispanic (6%), Pacific Islander (11%), and White (6%). Among only 9th and 11th graders, use was reported by students identifying as: bisexual (13%), heterosexual (6%), and transgender or genderfluid (15%).

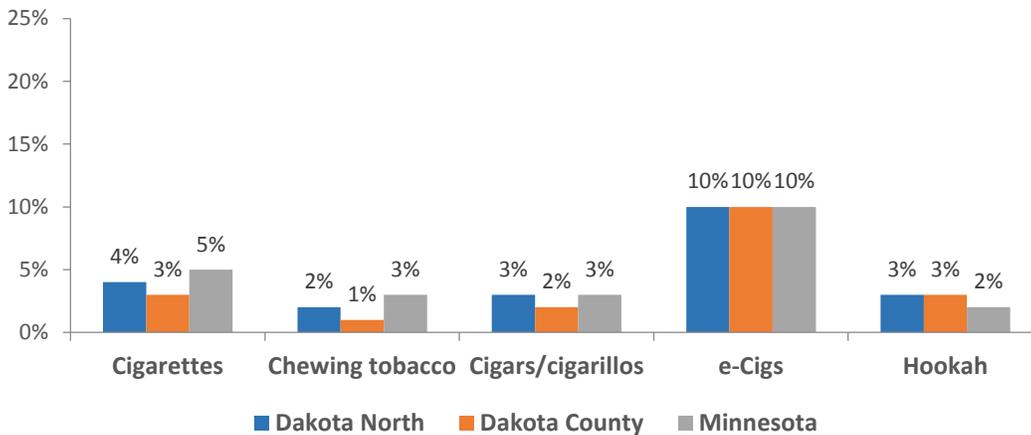
Figure 4. Dakota North 11th Graders Reporting Past Year Prescription Drug Misuse (2016 MSS)



Tobacco/Nicotine

In 2016, past 30 day tobacco use was reported by 6% of **Dakota North** 8th graders, 14% of 9th graders, and 18% of 11th graders. **Dakota North** males were slightly less likely than females to report use: 12% vs. 13%. Students in grades 8, 9, and 11 were most likely to report e-cigarette use, and least likely to report use of chewing tobacco/snuff (see Figure 5). In all of **Dakota County**, past month use of cigarettes (not including e-cigs) fell from 18% in 2001 to 3% in 2016.

Figure 5. Past 30 Day Use of Tobacco/Nicotine (2016 MSS)



Among **Dakota North** students reporting any past month tobacco use (regardless of type of tobacco product), 29% reported using tobacco flavored like mint or menthol and 41% reported using tobacco flavored like candy, fruit, chocolate, clove, spice, or alcoholic drinks.

Among **Dakota North** 8th, 9th, and 11th graders, past 30 day tobacco use was reported by students identifying as: American Indian (19%), Asian (12%), Black (15%), Hispanic (12%), Pacific Islander (19%), and White (13%). Among only 9th and 11th graders, use was reported by students identifying as: bisexual (31%), heterosexual (15%), and transgender or genderfluid (35%).

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 2017 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, better teacher-student relationships, and being able to talk with ones parents about problems are associated with lower rates of substance use. Percentages can vary by grade level. For county-level data by grade-level, or for more protective factors, visit www.sumn.org.

Perceived Harm

Dakota North 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: 55%. Perceived great or moderate risk of harm for other substances was as follows—five or more alcoholic drinks once or twice per week 69%, smoking one or more packs of cigarettes per day 76%, using prescription drug not prescribed for you 78%.

Perceived Disapproval

Among **Dakota North** 5th, 8th, 9th, and 11th graders, 94% 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 (92%), to smoke marijuana (89%) or to use prescription drugs not prescribed for them (94%).

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 70% for marijuana, 80% for alcohol, 85% for prescription drugs, and 84% for cigarettes.

Misperception of Peer Use

Dakota North 8th, 9th, and 11th 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.

Table 2. Perceived vs. Actual Use, Dakota North 2016 MSS

	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	24%	51%	76%
Students reporting they drink alcohol themselves once per month or more often	3%	7%	19%
Students reporting they think MOST students in their school use marijuana once per month or more often	31%	59%	78%
Students reporting they use marijuana themselves once per month or more often	3%	9%	21%

If a health outcome is seen to a greater or lesser extent between populations, there is disparity. Such health disparities are the result of a complex mix of biology, genetics, individual behavior, access to high quality health services, socioeconomic status, discrimination, literacy levels, the physical environment, and legislative policies.

<https://www.healthypeople.gov/2020/about/foundation-health-measures/Disparities>

Family and School Protective Factors

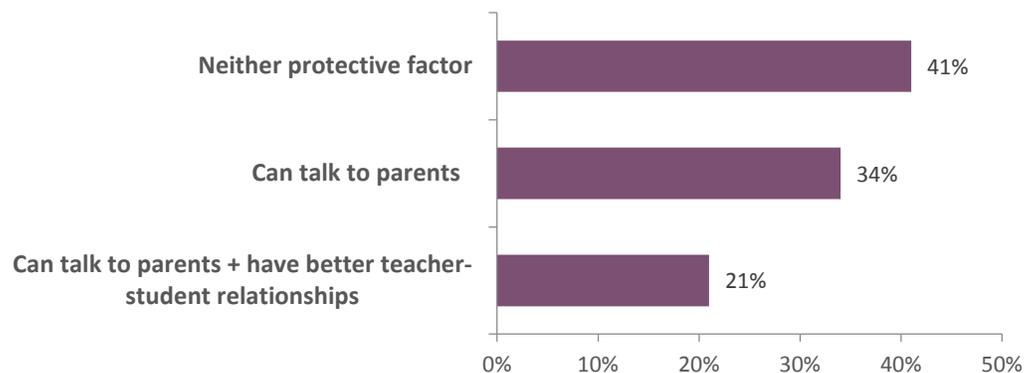
Being able to *talk to their mother and/or father about problems they are having* was reported by 89% of **Dakota North** 8th, 9th, and 11th graders. Those who can talk to one or both parents are 1.8 times less likely to report past month alcohol use, and 2 times less likely to report past month marijuana use.

Better *teacher-student relationships* were reported by 52% of **Dakota North** 8th, 9th, and 11th graders. Those with better teacher-student relationships are 2.3 times less likely to report alcohol use, and 3.6 times less likely to report marijuana use.

Greater *educational engagement* was reported by 75% of **Dakota North** 8th, 9th, and 11th graders. Those with greater educational engagement are 2.4 times less likely to report alcohol use, and 2.7 times less likely to report marijuana use.

As noted on page two, **Dakota North** 9th and 11th graders identifying as bisexual are considerably more likely to report past month alcohol use as compared to students not identifying as bisexual. Protective factors can help buffer that risk. Further, multiple protective factors can have an additive protective effect. As shown in Figure 6, being able to communicate with parents about protective problems is protective for bisexual students; *also* having better-teacher student relationships is even *more* protective.

Figure 6. Past 30 Day Alcohol Use among **Dakota North** Students Identifying as Bisexual (2016 MSS)



Adult Substance Use

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

- Past month binge drinking (women having 4+ drinks or men having 5+ drinks in a row on one occasion) was reported by 14% of adults in the **Metro region**—the same as the overall state average.
- Past month cigarette smoking was reported by 14% of **Metro** adults and 16% of Minnesota adults.
- Past month marijuana use was reported by 6% of adults in the **Metro region** compared to 5% of adults statewide.

Consequences

Alcohol

- The DWI arrest rate for **Dakota County** residents decreased steadily from 76.0 per 10,000 population in 2006 to 41.7 per 10,000 population in 2015. The state rate followed a similar pattern, but has generally been a bit higher than the county's rate (Minnesota Office of Traffic Safety, DPS)
- In 2015, 5.0% of motor vehicle crashes in **Dakota County** were alcohol-related. Similarly, 4.9% throughout the state were alcohol-related (*Crash Facts*, DPS)

Tobacco

- The lung, bronchus and trachea cancer death rate for **Dakota County** has fluctuated over time, averaging 3.6 deaths per 10,000 population from 2006 to 2015. The state rate in 2015 was 4.5 per 10,000--higher than the county's rate of 3.1 (Minnesota Center for Health Statistics, MDH)

Drugs

- From 2000 to 2015, there were 199 opioid deaths (non-exclusive) in **Dakota County**--80% of those deaths occurred after 2006. Over that same fifteen-year period, there were 39 heroin deaths reported in **Dakota County**. (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 1,114 arrests for marijuana (up from 1,033 in 2014) in **Dakota County**, 36 arrests for opium or cocaine (up from 29 in 2014), 46 arrests for synthetic drugs (up from 30 in 2014), and 410 arrests for other drugs--up from 277 in 2014 (*Minnesota Crime Information*, DPS)

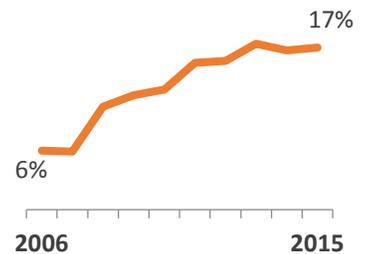


Figure 7. Admissions to Treatment for Opioids as the Primary Substance of Abuse among Dakota County Residents Admitted (Drug and Alcohol Abuse Normative Evaluation System)

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.

- Use the 'Data by Topic' search function to access county level data, by grade and gender, for all measures included in this fact sheet.
- Visit the 'Publications' page to find SUMN fact sheets on a variety of risk and protective factors, including educational engagement and teacher-student relationships.

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