



RAMSEY NORTH

SUMN.org FACT SHEET

2017

Substance Abuse Prevention

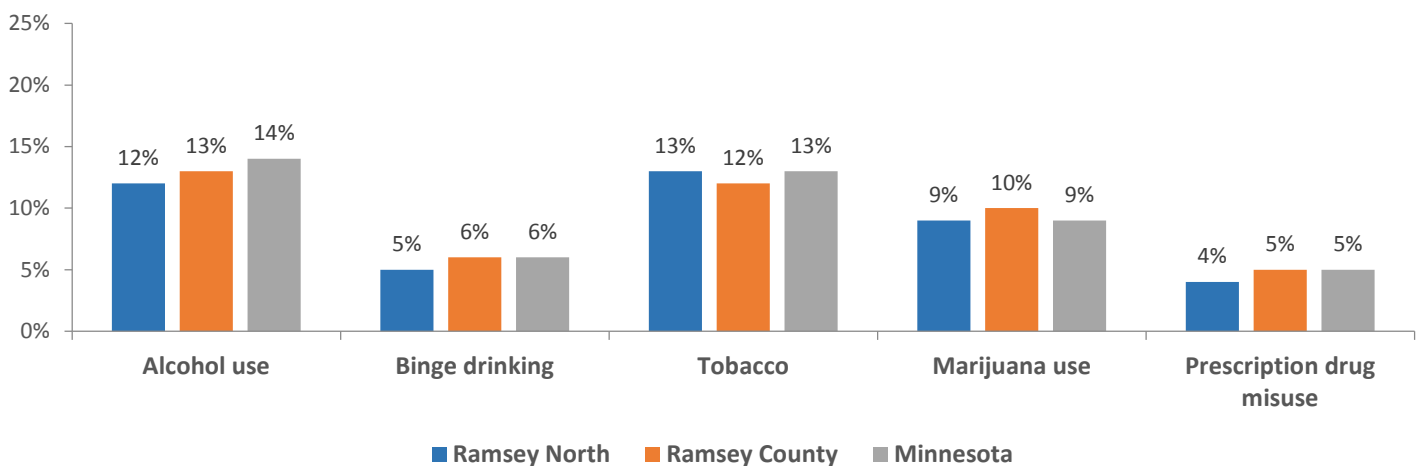
This fact sheet provides county- and sub-county level data on substance use and related factors to help guide decisions about prevention efforts. "**Ramsey North**" includes the school districts of: **Mounds View and White Bear Lake**. These data can be used to justify need for prevention funding, monitor 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 smaller percentage of **Ramsey North** students reported past 30 day alcohol use, binge drinking, and prescription drug misuse (see Figure 1).
- Among **Ramsey North** students, there are disparities by race/ethnicity (see Figure 3), sexual orientation, and gender identity--especially among students identifying as Native American, Hispanic, bisexual, or transgender/genderfluid.
- E-cigarette use has surpassed use of all other tobacco products among **Ramsey North** youth (see Figure 5).
- Family- and school-related protective factors can buffer risk of past month alcohol use among **Ramsey County** youth (see Figure 6).
- In all of **Ramsey 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); **Ramsey North** students make up 2.8% of the overall statewide sample.

	5 th Grade	8 th Grade	9 th Grade	11 th Grade
Females	654	590	627	532
Males	588	596	646	565
Total	1,242	1,186	1,273	1,097

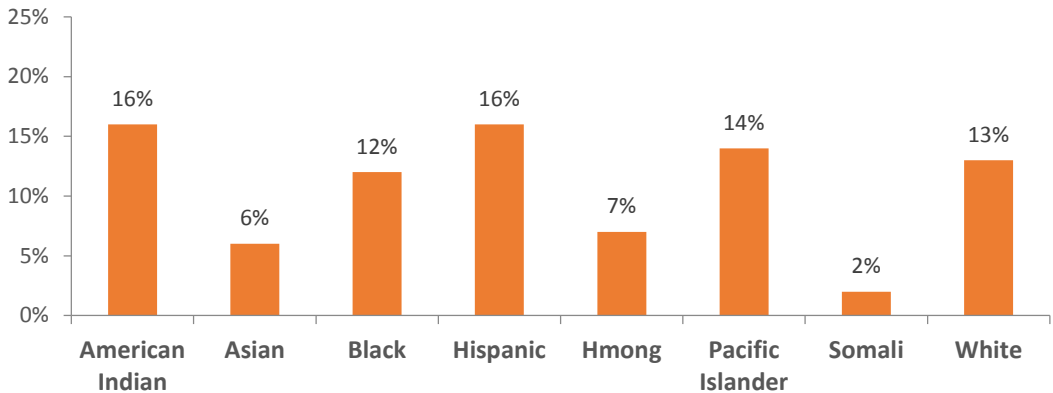
Past year alcohol and/or drug use was reported by 5% of **Ramsey North** 5th graders.

Alcohol

Among **Ramsey North** students, past 30 day alcohol use was reported by 6% of 8th graders, 8% of 9th graders, and 22% of 11th graders in 2016. Males were less likely than females to report use: 11% vs. 13%. In all of **Ramsey County**, past month use among 9th graders fell from 26% 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 1% of 8th graders, 3% of 9th graders, and 13% of 11th graders in **Ramsey North**.

Among **Ramsey North** 8th, 9th, and 11th graders, Somali and Asian students were least likely to report past 30 day use (see Figure 3). Among only 9th and 11th graders, use was reported by students identifying as: bisexual (29%), heterosexual (14%), and transgender or genderfluid (28%). 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 **Ramsey North** Students (2016 MSS)



Marijuana

In 2016, past 30 day marijuana use was reported by 4% of **Ramsey North** 8th graders, 6% of 9th graders, and 17% of 11th graders. **Ramsey North** males were slightly more likely than females to report use: 9% vs. 8%. In all of **Ramsey County**, past month use among 9th graders fell from 14% in 2001 to 8% in 2016.

Among **Ramsey North** 8th, 9th, and 11th graders, past 30 day marijuana use was reported by students identifying as: American Indian (11%), Asian (3%), Black (13%), Hispanic (14%), Hmong (4%), Pacific Islander (8%), Somali (7%), and White (10%). Among only 9th and 11th graders, use was reported by students identifying as: bisexual (19%), heterosexual (11%), and transgender or genderfluid (15%).

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



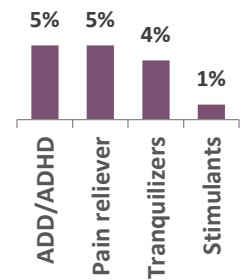
Prescription Drug Misuse

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 **Ramsey North** 8th graders, 4% of 9th graders, and 6% of 11th graders. **Ramsey North** females were slightly more likely than males to report use: 5% vs. 4%. The question about past 30 day misuse was first asked in 2013; in all of **Ramsey 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 **Ramsey North** 11th graders, 5% said they misused prescription pain relievers (such as Oxycodone, Oxycontin, Percocet or Vicodin). Similarly, 5% reported past year misuse of ADHD/ADD drugs like Ritalin--see Figure 4.

Among **Ramsey North** 8th, 9th, and 11th graders, past 30 day prescription drug misuse was reported by students identifying as: American Indian (7%), Asian (3%), Black (6%), Hispanic (5%), Hmong (3%), Pacific Islander (5%), Somali (2%), and White (4%). Among only 9th and 11th graders, use was reported by students identifying as: bisexual (9%), heterosexual (4%), and transgender or genderfluid (8%).

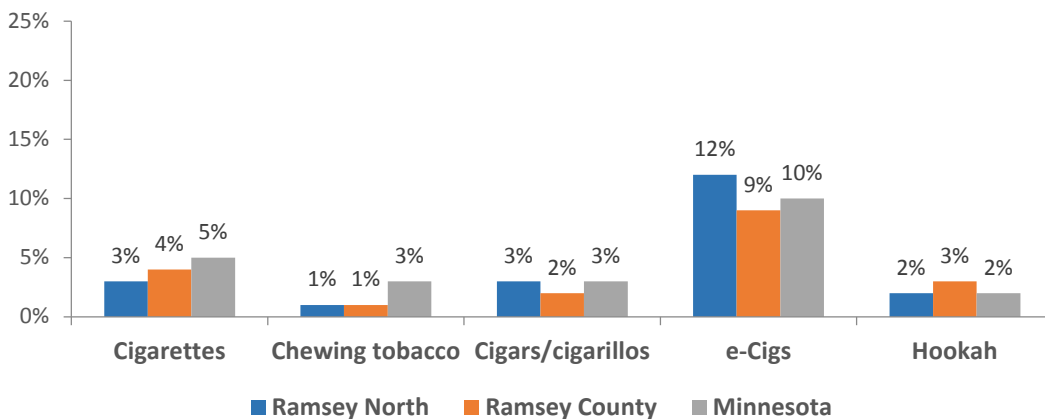
Figure 4. Ramsey North 11th Graders Reporting Past Year Prescription Drug Misuse (2016 MSS)



Tobacco/Nicotine

In 2016, past 30 day tobacco use was reported by 6% of **Ramsey North** 8th graders, 9% of 9th graders, and 24% of 11th graders. **Ramsey North** males were more likely than females to report use: 14% vs. 12%. 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 or cigars/cigarillos (see Figure 5). In all of **Ramsey County**, past month use of cigarettes (not including e-cigs) fell from 17% in 2001 to 3% in 2016.

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



Among **Ramsey North** students reporting any past month tobacco use (regardless of type of tobacco product), 26% reported using tobacco flavored like mint or menthol and 40% reported using tobacco flavored like candy, fruit, chocolate, clove, spice, or alcoholic drinks.

Among **Ramsey North** 8th, 9th, and 11th graders, past 30 day tobacco use was reported by students identifying as: American Indian (16%), Asian (5%), Black (15%), Hispanic (17%), Hmong (9%), Pacific Islander (22%), Somali (5%), and White (14%). Among only 9th and 11th graders, use was reported by students identifying as: bisexual (26%), heterosexual (16%), and transgender or genderfluid (24%).

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

Ramsey 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: 65%. Perceived great or moderate risk of harm for other substances was as follows—five or more alcoholic drinks once or twice per week 77%, smoking one or more packs of cigarettes per day 83%, using prescription drug not prescribed for you 83%.

Perceived Disapproval

Among **Ramsey North** 5th, 8th, 9th, and 11th graders, 95% 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 (93%), to smoke marijuana (92%) or to use prescription drugs not prescribed for them (96%).

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, 85% for alcohol, 89% for prescription drugs, and 88% for cigarettes.

Misperception of Peer Use

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

Table 2. Perceived vs. Actual Use, Ramsey 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	15%	48%	69%
Students reporting they drink alcohol themselves once per month or more often	2%	5%	16%
Students reporting they think MOST students in their school use marijuana once per month or more often	19%	51%	68%
Students reporting they use marijuana themselves once per month or more often	2%	5%	15%

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

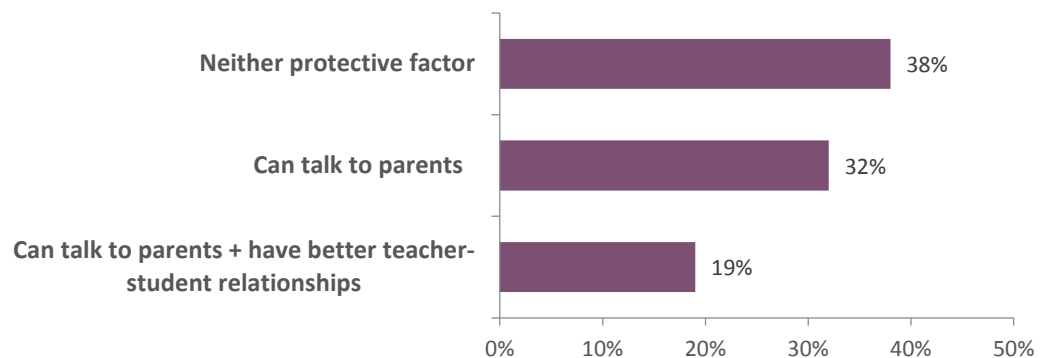
Being able to *talk to their mother and/or father about problems they are having* was reported by 91% of **Ramsey North** 8th, 9th, and 11th graders. Those who can talk to one or both parents are 1.8 times less likely to report past month alcohol use, and 2.3 times less likely to report past month marijuana use.

Better *teacher-student relationships* were reported by 60% of **Ramsey North** 8th, 9th, and 11th graders. Those with better teacher-student relationships are 2.2 times less likely to report alcohol use, and 2.8 times less likely to report marijuana use.

Greater *educational engagement* was reported by 78% of **Ramsey North** 8th, 9th, and 11th graders. Those with greater educational engagement are 2.3 times less likely to report alcohol use, and 2.6 times less likely to report marijuana use.

As noted on page two, 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 problems is protective for bisexual students; *also* having better-teacher student relationships is even *more* protective.

Figure 6. Past 30 Day Alcohol Use among **Ramsey County** 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 **Ramsey County** residents decreased from 66.8 per 10,000 population in 2006 to 45.9 per 10,000 population in 2015. The state rate followed a similar decreasing trend. Up through 2008, that state rate tended to be higher than the county's, but from 2009 to 2015 **Ramsey County's** rate has been slightly higher than the statewide average (Minnesota Office of Traffic Safety, DPS)
- In 2015, 4.0% of motor vehicle crashes in **Ramsey County** were alcohol-related. In comparison, 4.9% throughout the state were alcohol-related (*Crash Facts*, DPS)

Tobacco

- The lung, bronchus and trachea cancer death rate for **Ramsey County** has fluctuated over time, averaging 4.4 deaths per 10,000 population from 2006 to 2015. The state rate in 2015 was 4.5 per 10,000--somewhat higher than the county's rate of 4.2 (Minnesota Center for Health Statistics, MDH)

Drugs

- From 2000 to 2015, there were 247 opioid deaths (non-exclusive) in **Ramsey County**--70% of those deaths occurred after 2006. Over that same fifteen-year period, there were 46 heroin deaths reported in **Ramsey County**. (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 506 arrests for marijuana (down from 679 in 2014) in **Ramsey County**, 212 arrests for opium or cocaine (up slightly from 205 in 2014), 407 arrests for synthetic drugs (up from 376 in 2014), and 200 arrests for other drugs--similar to 2014 (*Minnesota Crime Information*, DPS)

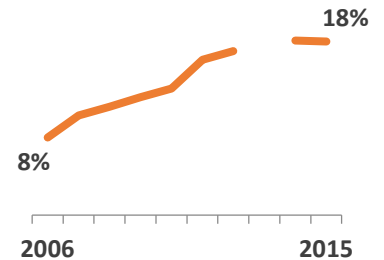


Figure 7. Admissions to Treatment for Opioids as the Primary Substance of Abuse among **Ramsey County** Residents Admitted (Drug and Alcohol Abuse Normative Evaluation System)

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