



AITKIN 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.

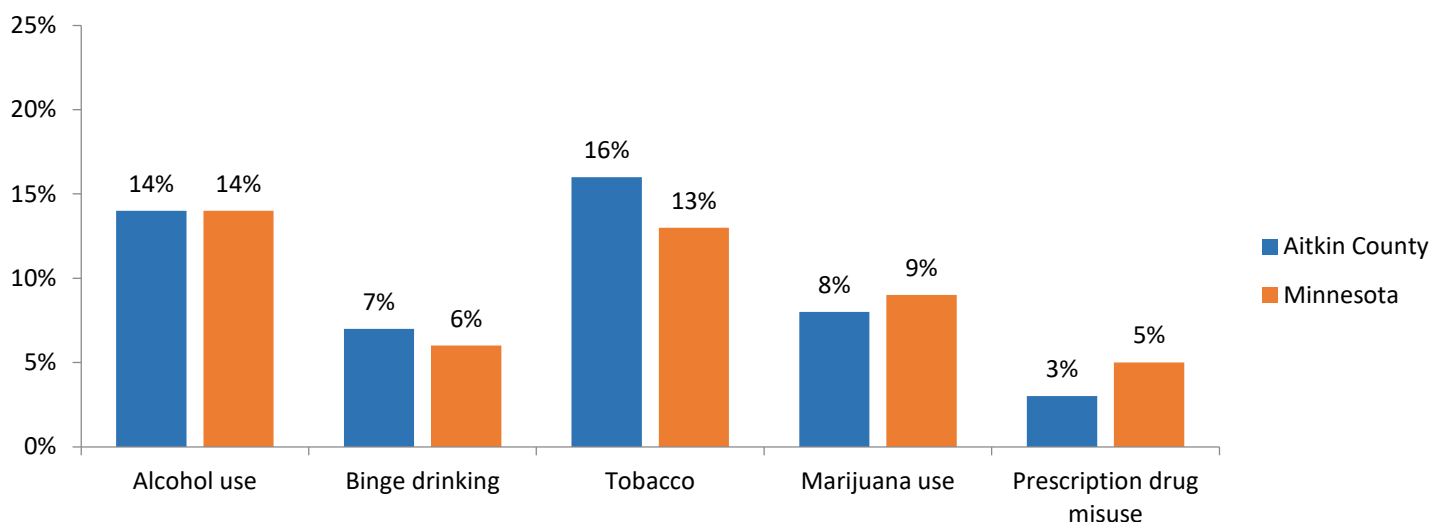
According to 2015 estimates from the U.S. Census Bureau, Aitkin County has 15,839 residents; 17% are under the age of 18.

Key Findings

- Aitkin County students are more likely than average to report past 30 day binge drinking or tobacco use, as likely as average to report alcohol use, and less likely to report marijuana use or prescription drug misuse.
- While cigarette smoking has declined over time, 9% of Aitkin County 8th, 9th, and 11th graders reported past month e-cigarette use.
- Among Aitkin County 8th, 9th, and 11th graders, those with better teacher-student relationships were 6.7 times less likely to report past month marijuana use.
- In 2015, DWI arrest rate for Aitkin County residents was higher than the state average: 59.8 per 10,000 population as compared to 44.7.
- From 2000 to 2015, there were 17 opioid deaths in Aitkin County. A majority of these deaths (12) have occurred since 2009.

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 15% of adults in the Northeast region and 14% of Minnesota adults.
- Past month cigarette smoking was reported by 21% of Northeast adults and 16% of Minnesota adults.
- Past month marijuana use was reported by 6% of adults in the Northeast region compared to 5% of adults statewide.

Youth Substance Use

Data on youth substance use are from the Minnesota Student Survey (MSS); Aitkin County students make up 0.2% of the overall statewide sample.

| 2013 Minnesota Student Survey Aitkin County Respondents | | | | |
|---|-----------------------|-----------------------|-----------------------|------------------------|
| | 5 th Grade | 8 th Grade | 9 th Grade | 11 th Grade |
| Females | 58 | 22 | 63 | 48 |
| Males | 86 | 25 | 53 | 58 |
| Total | 144 | 47 | 116 | 106 |

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

Alcohol

Past 30 day alcohol use was reported by 7% of 8th graders, 11% of 9th graders, and 20% of 11th graders in Aitkin County in 2016. Males were more likely than females to report use: 18% vs. 9%. Use among 9th graders dropped in Aitkin County from 45% in 2001 to 11% in 2016. Past 30 day binge drinking (defined as having one or more drinks in a row on one occasion) was reported by 0% of 8th graders, 4% of 9th graders, and 15% of 11th graders in 2016.

Tobacco

Sixteen percent of Aitkin County 8th, 9th and 11th graders reported any past 30 day tobacco use; 7% reported smoking cigarettes; 3% reported smoking cigars or cigarillos; 5% reported chewing tobacco use. In addition, 9% reported e-cigarette use, and 2% 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 Aitkin County from 26% in 2001 to 7% in 2016.

Marijuana

Past 30 day marijuana use was reported by 0% of 8th graders, 7% of 9th graders, and 12% of 11th graders in Aitkin County in 2016. Males were more likely than females to report use: 11% vs. 4%. Use among Aitkin County 9th graders dropped from 15% in 2013.

Prescription Drug Misuse

Past 30 day prescription drug misuse was reported by 0% of 8th graders, 4% of 9th graders, and 4% of 11th graders in Aitkin County in 2016. Specifically, in the past year, students in the three grades combined reported the misuse of stimulants (1%); ADD or ADHD medication (1%); pain relievers (4%); and tranquilizers (1%).

Aitkin 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

Aitkin 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: 59%. Perceived great or moderate risk of harm for other substances was as follows—having five or more alcoholic drinks once or twice per week 64%, smoking one or more packs of cigarettes per day 74%, using prescription drug not prescribed for you 75%.

Perceived Disapproval

Among Aitkin County 5th, 8th, 9th, and 11th graders, 89% 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 (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 79% for marijuana, 79% for alcohol, 86% for prescription drugs, and 81% for cigarettes.

School Factors

Among Aitkin County 8th, 9th, and 11th graders, those with better teacher-student relationships were 6.7 times less likely to report past month marijuana use and those with greater educational engagement were 5.8 times less likely to report use. Similar associations are seen with alcohol, tobacco, and prescription drugs.

Misperception of Peer Use

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

| | 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% | 64% | 69% |
| Students reporting they drink alcohol themselves once per month or more often | 2% | 6% | 18% |
| Students reporting they think MOST students in their school use marijuana once per month or more often | 18% | 66% | 57% |
| Students reporting they use marijuana themselves once per month or more often | 2% | 7% | 9% |

Consequences

Alcohol

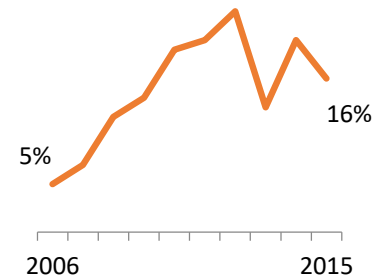
- From 2006 to 2015, the DWI arrest rate for Aitkin County residents has fluctuated with a high of 81.7 per 10,000 population in 2007 and a low of 46.3 in both 2010 and 2014. On average, Aitkin's rate has been higher than the state's--in 2015 Aitkin County's rate was 59.8 as compared to the state average of 44.7 (Minnesota Office of Traffic Safety, DPS)
- In 2015, 5.2% of motor vehicle crashes in Aitkin County were alcohol-related--that's similar to the state average of 4.9% (*Crash Facts*, DPS)

Tobacco

- The lung, bronchus and trachea cancer death rate for Aitkin County increased from 6.3 per 10,000 population in 2012 to 14.0 in 2014, then dipped to 8.4 in 2015. The state average in 2015 was 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

Drugs

- From 2000 to 2015, there were 17 opioid deaths (non-exclusive) in Aitkin County. A majority of these deaths (12) have occurred since 2009. From 2000 to 2015 there was one heroin death reported in Aitkin County. (Minnesota Center for Health Statistics, MDH)
- In 2015, there were four arrests for marijuana in Aitkin County, no arrests for opium or cocaine, no arrests for synthetic drugs, and 19 arrests for other drugs (*Minnesota Crime Information*, DPS)



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