



CARLTON 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.

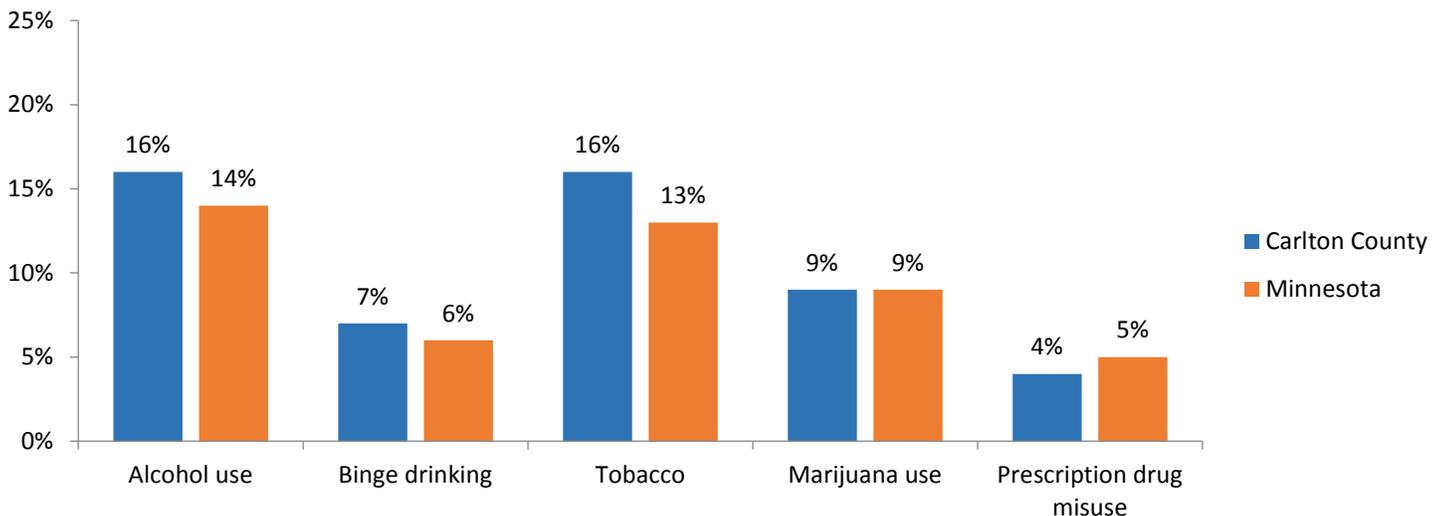
According to 2015 estimates from the U.S. Census Bureau, Carlton County has 35,443 residents; 23% are under the age of 18.

Key Findings

- Carlton 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 to report marijuana use, and slightly less likely to report prescription drug misuse.
- While cigarette smoking has declined over time, 12% of Carlton County 8th, 9th, and 11th graders reported past month e-cigarette use.
- Among Carlton County 8th, 9th, and 11th graders, those with better teacher-student relationships were almost 3 times less likely to report past month marijuana use.
- In 2015, 8.5% of motor vehicle crashes in Carlton County were alcohol-related. In comparison, 4.9% throughout the state were alcohol-related.
- From 2006 to 2015, admissions to treatment for opioids as the primary substance of abuse increased from 8% of Carlton County admissions to 40%.

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); Carlton County students make up 0.9% of the overall statewide sample.

2016 Minnesota Student Survey Carlton County Respondents				
	5 th Grade	8 th Grade	9 th Grade	11 th Grade
Females	160	201	183	162
Males	207	205	199	157
No answer	1	0	1	0
Total	368	406	383	319

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

Alcohol

Past 30 day alcohol use was reported by 8% of 8th graders, 11% of 9th graders, and 35% of 11th graders in Carlton County in 2016. Males were slightly less likely than females to report use: 16% vs. 17%. Use among 9th graders dropped in Carlton County from 28% in 2001 to 11% in 2016. Past 30 day binge drinking (defined as having five or more drinks in a row on one occasion) was reported by 2% of 8th graders, 4% of 9th graders, and 18% of 11th graders in 2016.

Tobacco

Sixteen percent of Carlton County 8th, 9th and 11th graders reported any past 30 day tobacco use; 7% reported smoking cigarettes; 4% reported smoking cigars or cigarillos; 4% reported chewing tobacco use. In addition, 12% 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 Carlton County from 18% in 2001 to 6% in 2016.

Marijuana

Past 30 day marijuana use was reported by 4% of 8th graders, 6% of 9th graders, and 17% of 11th graders in Carlton County in 2016. Males were as likely as females to report use: 9%. Use among Carlton County 9th graders dropped from 10% in 2013.

Prescription Drug Misuse

Past 30 day prescription drug misuse was reported by 4% of 8th graders, 2% of 9th graders, and 5% of 11th graders in Carlton County in 2016. Specifically, in the past year, students in the three grades combined reported the misuse of stimulants (0.5%); ADD or ADHD medication (2%); pain relievers (3%); and tranquilizers (1%).

Carlton 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

Carlton 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: 62%. Perceived great or moderate risk of harm for other substances was as follows—five or more alcoholic drinks once or twice per week 70%, smoking one or more packs of cigarettes per day 82%, using prescription drug not prescribed for you 82%.

Perceived Disapproval

Among Carlton County 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 (91%), 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 79% for marijuana, 81% for alcohol, 90% for prescription drugs, and 84% for cigarettes.

School Factors

Among Carlton County 8th, 9th, and 11th graders, those with better teacher-student relationships were 2.8 times less likely to report past month marijuana use and those with greater educational engagement were 3.8 times less likely to report use. Similar associations are seen with alcohol, tobacco, and prescription drugs.

Misperception of Peer Use

Carlton County 8th, 9th, and 11th graders who think most students at their school drink monthly or more often are over three 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	28%	52%	77%
Students reporting they drink alcohol themselves once per month or more often	3%	6%	21%
Students reporting they think MOST students in their school use marijuana once per month or more often	31%	48%	75%
Students reporting they use marijuana themselves once per month or more often	3%	5%	15%

Consequences

Alcohol

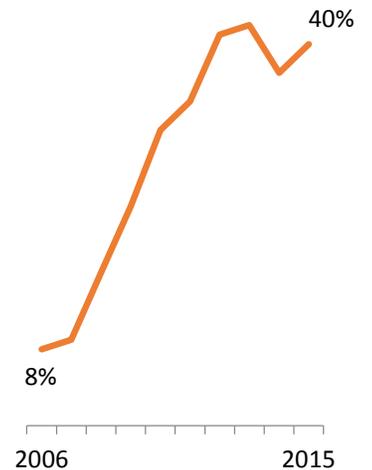
- The DWI arrest rate for Carlton County residents decreased steadily from 94.1 per 10,000 population in 2006 to 40.0 in 2013, then rose to 51.6 in 2015. In 2013, Carlton's rate fell below the state's for the first time since 2008--but the county's 2015 rate was higher than the state average of 44.7 (Minnesota Office of Traffic Safety, DPS)
- In 2015, 8.5% of motor vehicle crashes in Carlton County were alcohol-related. In comparison, 4.9% throughout the state were alcohol-related (*Crash Facts*, DPS)

Tobacco

- From 2006 to 2015, the lung, bronchus and trachea cancer death rate for Carlton County fluctuated with a high of 9.0 per 10,000 population in 2010 and a low of 3.9 in 2013. The county's 2015 rate was 6.9 per 10,000 as compared to the state average of 4.5 (Minnesota Center for Health Statistics, MDH)

Drugs

- From 2000 to 2015, there were 29 opioid deaths (non-exclusive) in Carlton County. A majority of these deaths (22) have occurred since 2008. From 2000 to 2015 there were three heroin deaths reported in Carlton County. (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 59 arrests for marijuana in Carlton County, 11 arrests for opium or cocaine, 5 arrests for synthetic drugs, and 93 arrests for other drugs (*Minnesota Crime Information*, DPS)



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