



# ST. LOUIS 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.

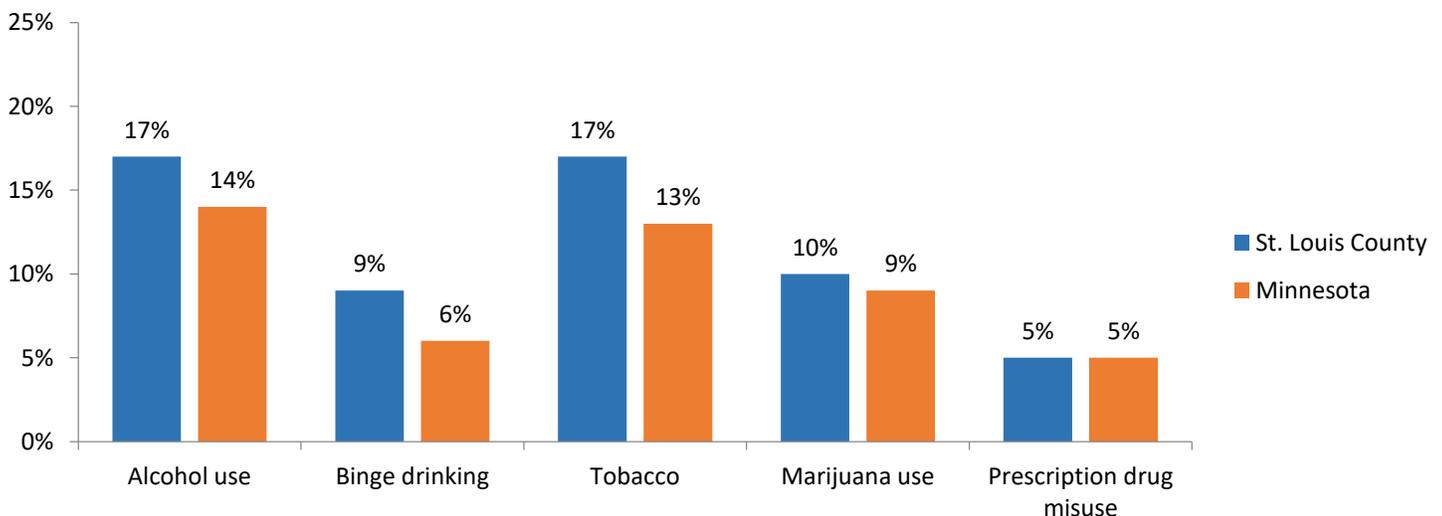
According to 2015 estimates from the U.S. Census Bureau, St. Louis County has 200,506 residents; 19% are under the age of 18.

### Key Findings

- St. Louis County students are more likely than the state average to report past 30 day alcohol use, binge drinking, tobacco use and marijuana use; they are as likely to report past month prescription drug misuse.
- While cigarette smoking has declined over time, 12% of St. Louis County 8th, 9th, and 11th graders reported past month e-cigarette use.
- Among St. Louis County 8th, 9th, and 11th graders, those with better teacher-student relationships were 3 times less likely to report past month marijuana use.
- The lung, bronchus and trachea cancer death rate for St. Louis County increased from 5.5 per 10,000 population in 2013 to 7.2 in 2015. In comparison, the 2015 state average was 4.5 per 10,000.
- From 2000 to 2015, there were 83 opioid deaths in St. Louis County; a majority of these deaths (77) have occurred since 2011. From 2012 to 2015 there were 21 heroin deaths reported in the County.

*For more information on alcohol, tobacco, and other drug use, consequences, contributing factors, and treatment, as well as mental health data, visit [SUMN.org](http://SUMN.org)*

### 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> 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); St. Louis County students make up 2.7% of the overall statewide sample.

2013 Minnesota Student Survey St. Louis County Respondents				
	5 <sup>th</sup> Grade	8 <sup>th</sup> Grade	9 <sup>th</sup> Grade	11 <sup>th</sup> Grade
Females	620	538	629	457
Males	610	547	645	490
No answer	4	3	4	2
Total	1,234	1,088	1,278	4,549

Past year alcohol and/or drug use was reported by 4% of St. Louis 5<sup>th</sup> graders.

### Alcohol

Past 30 day alcohol use was reported by 10% of 8<sup>th</sup> graders, 14% of 9<sup>th</sup> graders, and 28% of 11<sup>th</sup> graders in St. Louis County in 2016. Males were less likely than females to report use: 16% vs. 18%. Use among 9<sup>th</sup> graders dropped in St. Louis County from 33% in 2001 to 14% 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 8<sup>th</sup> graders, 6% of 9<sup>th</sup> graders, and 17% of 11<sup>th</sup> graders in 2016.

### Tobacco

Seventeen percent of St. Louis County 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders reported any past 30 day tobacco use; 8% reported smoking cigarettes; 5% reported smoking cigars or cigarillos; 4% reported chewing tobacco use. In addition, 12% 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 9<sup>th</sup> graders dropped in St. Louis County from 23% in 2001 to 7% in 2016.

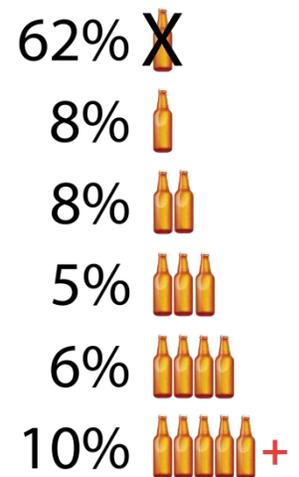
### Marijuana

Past 30 day marijuana use was reported by 7% of 8<sup>th</sup> graders, 8% of 9<sup>th</sup> graders, and 17% of 11<sup>th</sup> graders in St. Louis County in 2013. Males were as likely as females to report use: 10%. Use among 9<sup>th</sup> graders dropped in St. Louis County from 16% in 2001 to 8% in 2016.

### Prescription Drug Misuse

Past 30 day prescription drug misuse was reported by 4% of 8<sup>th</sup> graders, 5% of 9<sup>th</sup> graders, and 6% of 11<sup>th</sup> graders in St. Louis 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 (3%); and tranquilizers (2%).

St. Louis County 11<sup>th</sup> 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](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](http://www.sumn.org).

### Perceived Harm

St. Louis County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> 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—five or more alcoholic drinks once or twice per week 70%, smoking one or more packs of cigarettes per day 79%, using prescription drug not prescribed for you 81%.

### Perceived Disapproval

Among St. Louis County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> 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 (90%) or to use prescription drugs not prescribed for them (95%). 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 76% for marijuana, 81% for alcohol, 89% for prescription drugs, and 83% for cigarettes.

### School Factors

Among St. Louis County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, those with better teacher-student relationships were 3 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

St. Louis County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> 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, St. Louis County 2016 Minnesota Student Survey

	8 <sup>th</sup> Grade	9 <sup>th</sup> Grade	11 <sup>th</sup> Grade
Students reporting they think MOST students in their school drink alcohol once per month or more often	36%	56%	76%
Students reporting they drink alcohol themselves once per month or more often	5%	7%	21%
Students reporting they think MOST students in their school use marijuana once per month or more often	38%	53%	73%
Students reporting they use marijuana themselves once per month or more often	5%	7%	13%

## Consequences

### Alcohol

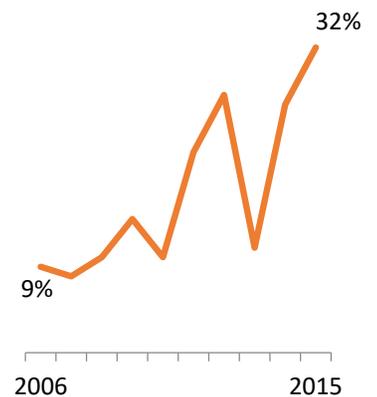
- The DWI arrest rate for St. Louis County residents increased from 62.2 per 10,000 population in 2003 to 80.5 in 2006, then fell to 48.4 in 2015. The state rate followed a similar pattern, but has been slightly lower than St. Louis County's over time; in 2015 the state average was 44.7 per 10,000 population (Minnesota Office of Traffic Safety, DPS)
- In 2015, 4.9% of motor vehicle crashes in St. Louis County were alcohol-related--equal to the state average (*Crash Facts*, DPS)

### Tobacco

- The lung, bronchus and trachea cancer death rate for St. Louis County increased from 5.5 per 10,000 population in 2013 to 7.2 in 2015. In comparison, the 2015 state average was 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

### Drugs

- From 2000 to 2015, there were 83 opioid deaths (non-exclusive) in St. Louis County. A majority of these deaths (77) have occurred since 2011. From 2012 to 2015 there were 21 heroin deaths reported in St. Louis County. (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 223 arrests for marijuana in St. Louis County (down from 396 in 2014), 87 arrests for opium or cocaine (down from 140 in 2014), 48 arrests for synthetic drugs (down from 75 in 2014 and 208 in 2013), and 297 arrests for other drugs (*Minnesota Crime Information*, DPS)



### Admissions to Treatment for Opioids as the Primary Substance of Abuse among St. Louis 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](mailto:info@sumn.org)

To contact the Regional Prevention Coordinator for your region, please visit: [www.rpcmn.org](http://www.rpcmn.org)

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