



# POLK 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.

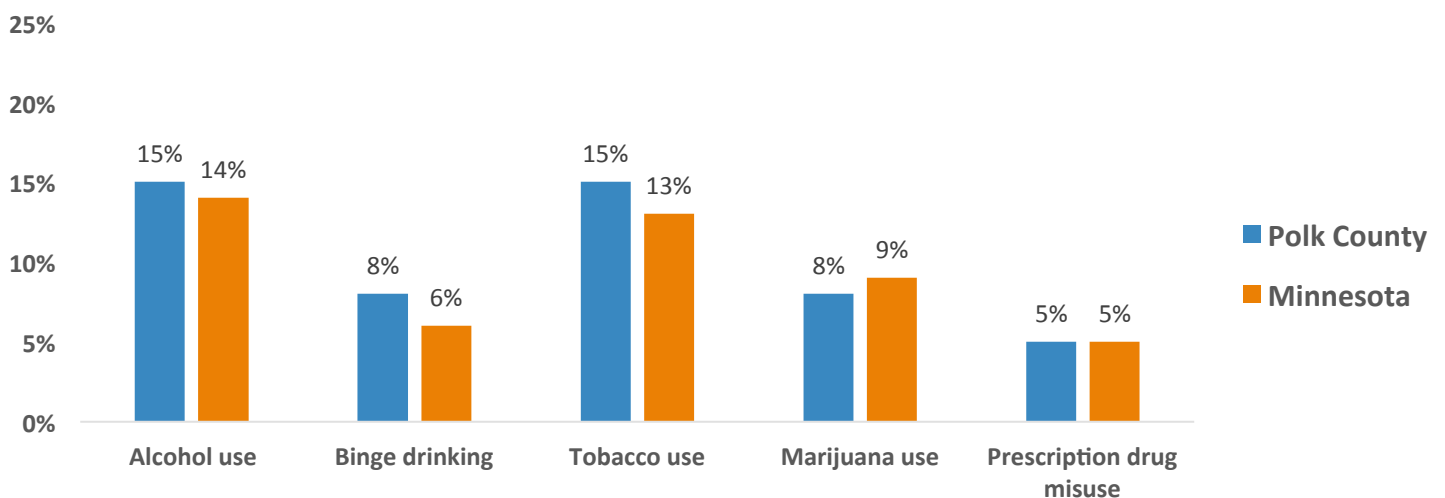
According to 2016 estimates from the U.S. Census Bureau, Polk County has 31,660 residents; 24% are under the age of 18.

#### Key Findings

- Compared to state averages, smaller percentages of Polk County students reported past 30-day alcohol use, binge drinking, and tobacco use (see Fig. 1).
- Cigarette smoking among 9<sup>th</sup> graders has declined from 20% in 2001 to 5% in 2016; however, 10% of 9<sup>th</sup> graders also reported using e-cigarettes in 2016.
- Among Polk County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, those with better teacher-student relationships are over 3 times less likely to report past-month marijuana use.
- In 2015, Polk County's alcohol-related motor vehicle crash rate and arrest rate for driving while intoxicated (DWI) were higher than the state rates.
- From 2000 to 2015, Polk County recorded 25 overdose deaths due to opioids and none due to heroin.

*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)*

Figure 1. 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 (women having 4+ drinks or men having 5+ drinks in a row on one occasion) was reported by 14% of adults in the Northwest Region and 14% of Minnesota adults.
- Past-month cigarette smoking was reported by 19% of Northwest adults and 16% of Minnesota adults.
- Past-month marijuana use was reported by 4% of adults in the Northwest Region compared to 5% of adults statewide.

## Youth Substance Use

Data on youth substance use are from the Minnesota Student Survey (MSS); Polk County students make up 0.7% of the overall statewide sample.

	5 <sup>th</sup> Grade	8 <sup>th</sup> Grade	9 <sup>th</sup> Grade	11 <sup>th</sup> Grade
Females	160	166	159	141
Males	172	164	176	115
No Answer	0	1	1	0
Total	332	331	336	256

Past year alcohol and/or drug use was reported by 5.6% of Polk 5<sup>th</sup> graders. Questions about past 30-day substance use (covered in the following section) are not asked of 5<sup>th</sup> grade students.

### Alcohol

Past 30-day alcohol use was reported by 5% of 8<sup>th</sup> graders, 11% of 9<sup>th</sup> graders, and 31% of 11<sup>th</sup> graders in Polk County in 2016. Use among 9<sup>th</sup> graders dropped in Polk County from 32% in 2004 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 1% of 8<sup>th</sup> graders, 5% of 9<sup>th</sup> graders, and 20% of 11<sup>th</sup> graders in 2016.

### Tobacco/Nicotine

Of Polk County 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders, 15% reported any past 30-day tobacco use: 6% reported smoking cigarettes; 3% reported smoking cigars or cigarillos; and 5% 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 Polk County from 20% in 2001 to 5% in 2016.

### Marijuana

Past 30-day marijuana use was reported by 3% of 8<sup>th</sup> graders, 6% of 9<sup>th</sup> graders, and 17% of 11<sup>th</sup> graders in Polk County in 2016. Use among 9<sup>th</sup> graders in Polk County rose from 8% in 2001 to 12% in 2007, then fell to 6% in 2016.

### Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 3% of 8<sup>th</sup> graders, 3% of 9<sup>th</sup> graders, and 10% of 11<sup>th</sup> graders in Polk County in 2016. Specifically, in the past year, students in these grades combined reported the misuse of stimulants (1.1%); ADD or ADHD medication (3.7%); pain relievers (4.3%); and tranquilizers (1.8%).

Figure 2. Polk 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://sumn.org/~/media/498/MENTAL\\_HEALTH\\_2017\\_SUMN\\_Fact\\_Sheet.pdf](http://sumn.org/~/media/498/MENTAL_HEALTH_2017_SUMN_Fact_Sheet.pdf)

## Contributing Factors

Low perception of harm, low perception of parental disapproval, and misperception of peer use all contribute to alcohol, tobacco, and drug use in a community. Although data are presented here as a group, percentages vary by grade. For data by grade level, or for more protective factors, visit [www.sumn.org](http://www.sumn.org).

### Perceived Harm

Polk 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: 63%. Perceived great or moderate risk of harm for other substances was as follows: having 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: 80%.

### Perceived Disapproval

Among Polk County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, 92% 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 (90%), to smoke marijuana (90%) or to use prescription drugs not prescribed for them (94%). Polk County students also believe their friends would disapprove of substance use: most students believe their friends would think it was wrong for them to engage in cigarette use (84%); alcohol use (81%); marijuana use (79%); or prescription drug misuse (88%).

### School Factors

Polk County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders with better student-teacher relationships are over 3 times less likely to report past-month marijuana use, and those with greater educational engagement were nearly 4.5 times less likely. Similar associations are seen with alcohol, tobacco, and prescription drugs.

### Misperception of Peer Use

Polk 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 over 7 times more likely to report that they themselves drink alcohol monthly or more often.

**Table 2. Perceived vs. Actual Use, Polk 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	28%	52%	80%
Students reporting they drink alcohol themselves once per month or more often	2%	7%	21%
Students reporting they think MOST students in their school use marijuana once per month or more often	24%	48%	75%
Students reporting they use marijuana themselves once per month or more often	2%	5%	15%

## Consequences

### Alcohol

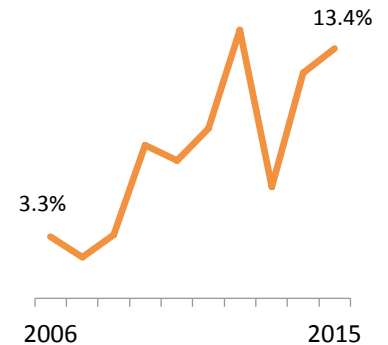
- The DWI arrest rate for Polk County residents has fluctuated over time, averaging 68.3 per 10,000 population from 2006 to 2015—somewhat higher than the state average of 57.0 (Minnesota Office of Traffic Safety, DPS)
- In 2015, 8.0% of motor vehicle crashes in Polk County were alcohol-related. In comparison, 4.9% throughout the state were alcohol-related (*Crash Facts*, DPS)

### Tobacco

- The lung, bronchus and trachea cancer death rate for Polk County has fluctuated over time, averaging 5.2 per 10,000 population from 2006 to 2015. That's somewhat higher than the state average of 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

### Drugs

- From 2000 to 2015, there were 25 opioid deaths (non-exclusive) in Polk County, of 2,273 total in Minnesota. Over that same 15-year period, there were no heroin deaths in Polk County; there were 453 in the state as a whole (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 17 arrests for marijuana in Polk County, 1 arrest for opium or cocaine, 3 arrests for synthetic drugs, and 31 arrests for other drugs, including methamphetamine (*Minnesota Crime Information*, DPS)



**Figure 3. Admissions to Treatment for Opioids as the Primary Substance of Abuse among Polk 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](mailto:info@sumn.org)

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

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