



# FILLMORE 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.

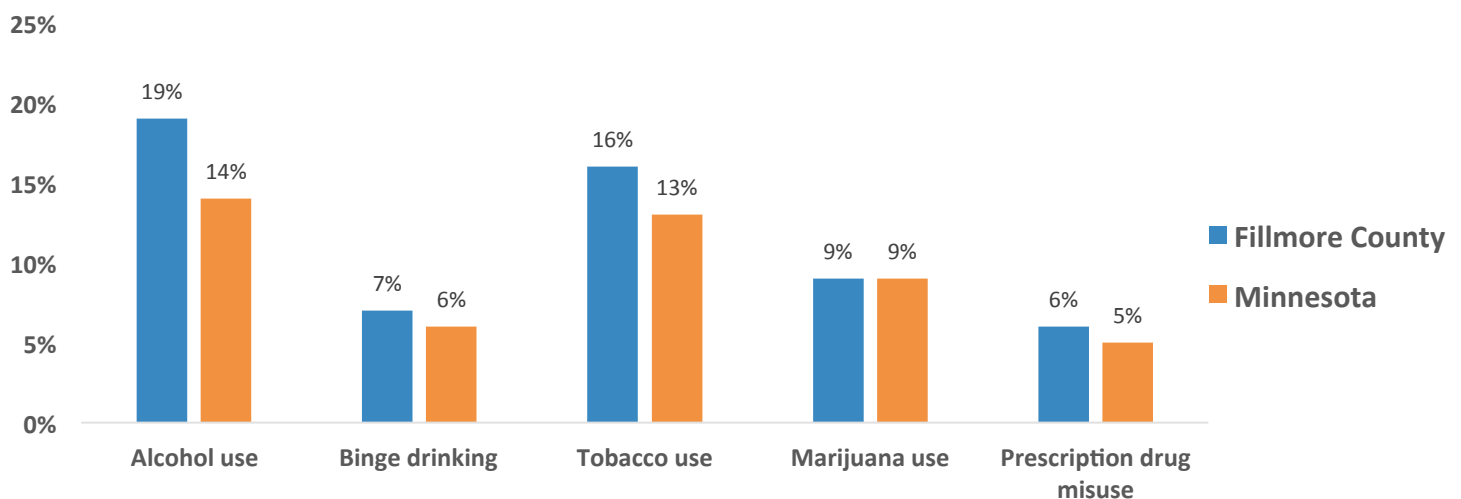
According to 2016 estimates from the U.S. Census Bureau, Fillmore County has 21,003 residents; 24% are under the age of 18.

### Key Findings

- Fillmore County students are more likely than the state average to report past 30-day alcohol use, binge drinking, tobacco use, and prescription drug misuse. They are as likely to report marijuana use (see Fig. 1).
- Cigarette smoking among 9<sup>th</sup> graders has declined from 26% in 1998 to 2% in 2016; more 9<sup>th</sup> graders (8%) also reported using e-cigarettes in 2016.
- Of Fillmore County's 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, those with better teacher-student relationships are 6.5 times less likely to report past-month marijuana use.
- Fillmore County's alcohol-related motor vehicle crash rate is higher than the state average, while the arrest rate for driving while intoxicated (DWI) is lower than the state average.
- From 2000 to 2015, Fillmore County recorded 5 deaths from opioid overdose, and 1 from 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 Southeast region—the same as the overall state average.
- Past-month cigarette smoking was reported by 16% of Southeast adults, which is also the same rate as the state average.
- Past-month marijuana use by adults in the Southeast region is also the same as the statewide rate, at 5%.

## Youth Substance Use

Data on youth substance use are from the Minnesota Student Survey (MSS); Fillmore County students make up 0.3% 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	60	65	75	64
Males	72	70	72	62
No Answer	0	1	2	0
Total	132	136	149	126

Past-year alcohol and/or drug use was reported by 6.2% of Fillmore 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 14% of 8<sup>th</sup> graders, 12% of 9<sup>th</sup> graders, and 31% of 11<sup>th</sup> graders in Fillmore County in 2016. Males were slightly less likely than females to report use: 17% vs 20%. Use among 9<sup>th</sup> graders dropped in Fillmore County from 33% in 2001 to 13% in 2016. Past 30-day binge drinking (defined as having five or more drinks in a row on one occasion) was reported by 5% of 8<sup>th</sup> graders, 2% of 9<sup>th</sup> graders, and 14% of 11<sup>th</sup> graders in 2016.

### Tobacco/Nicotine

Of Fillmore County 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders, 16% reported any past 30-day tobacco or nicotine use: 6% reported smoking cigarettes; 3% reported smoking cigars or cigarillos; and 6% reported chewing tobacco use. In addition, 11% 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 9<sup>th</sup> graders dropped in Fillmore County from 15% in 2001 to 2% in 2016.

### Marijuana

Past 30-day marijuana use was reported by 6% of 8<sup>th</sup> graders, 7% of 9<sup>th</sup> graders, and 15% of 11<sup>th</sup> graders in Fillmore County in 2016. Males were more likely than females to report use: 11% vs. 8%. Use among 9<sup>th</sup> graders dropped in Fillmore County from 8% in 2001 to 4% in 2016, but rose again to 7% in 2016.

### Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 5% of 8<sup>th</sup> graders, 4% of 9<sup>th</sup> graders, and 10% of 11<sup>th</sup> graders in Fillmore County in 2016. Specifically, in the past year, students in these grades combined reported the misuse of stimulants (0.5%); ADD or ADHD medication (2.3%); pain relievers (3.8%); and tranquilizers (1.5%).

Figure 2. Fillmore 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

Fillmore 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: 61%. Perceived great or moderate risk of harm for other substances was as follows: consuming five or more alcoholic drinks once or twice per week: 66%; smoking one or more packs of cigarettes per day: 80%; using prescription drug not prescribed for you: 78%.

### Perceived Disapproval

Among Fillmore 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 (89%), to smoke marijuana (91%) or to use prescription drugs not prescribed for them (95%). Fillmore 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 (80%); alcohol use (76%); marijuana use (76%); or prescription drug misuse (86%).

### School Factors

Fillmore County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders with better student-teacher relationships are 6.5 times less likely to report past-month marijuana use, and those with greater educational engagement were nearly 5 times less likely. Similar associations are seen with alcohol, tobacco, and prescription drugs.

### Misperception of Peer Use

Fillmore 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 5 times more likely to report that they themselves drink alcohol monthly or more often.

**Table 2. Perceived vs. Actual Use, Fillmore 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	34%	52%	84%
Students reporting they drink alcohol themselves once per month or more often	12%	6%	26%
Students reporting they think MOST students in their school use marijuana once per month or more often	26%	42%	71%
Students reporting they use marijuana themselves once per month or more often	5%	9%	13%

## Consequences

### Alcohol

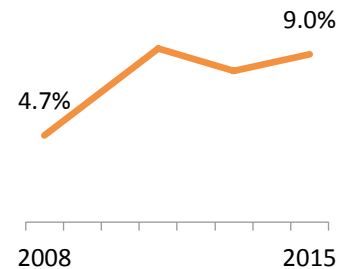
- The DWI arrest rate for Fillmore County residents has remained relatively stable over time, but has generally decreased since 2006, from 60.3 per 10,000 population, to 2015, with 38.9 per 10,000 population. The state has followed a similar pattern, with an average of 57.0 per 10,000 from 2006 to 2015, while Fillmore County's average is 48.6 (Minnesota Office of Traffic Safety, DPS)
- In 2015, 6.8% of motor vehicle crashes in Fillmore 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 Fillmore County has changed little over time, averaging 4.7 per 10,000 population from 2006 to 2015. That's similar to the state average of 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

### Drugs

- From 2000 to 2015, there were 5 opioid deaths (non-exclusive) in Fillmore County. Four of those deaths occurred 2002-2006. Over that same 15-year period, there was 1 heroin death in Fillmore County, in 2005 (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 3 arrests for marijuana in Fillmore County, no arrests for opium, cocaine, or synthetic drugs, and 3 arrests for other drugs (*Minnesota Crime Information*, DPS)



**Figure 3. Admissions to Treatment for Opioids as the Primary Substance of Abuse among Fillmore 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.

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### 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)