



# FREEBORN 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.

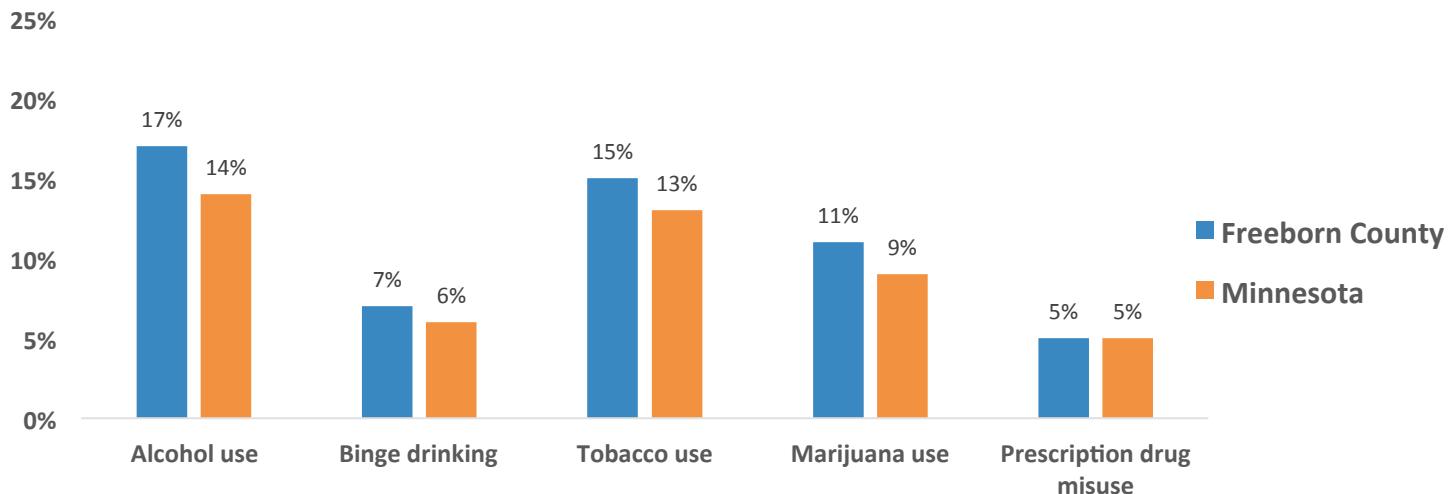
According to 2016 estimates from the U.S. Census Bureau, Freeborn County has 30,446 residents; 22% are under the age of 18.

### Key Findings

- Freeborn 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 30-day misuse of prescription drugs (see Fig. 1).
- Cigarette smoking among 9<sup>th</sup> graders has declined from 27% in 1998 to 4% in 2016; nearly 3 times more 9<sup>th</sup> graders (11%) reported using e-cigarettes in 2016.
- Among Freeborn County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, those with better teacher-student relationships are over 9 times less likely to report past-month marijuana use.
- Freeborn County's alcohol-related motor vehicle crash rate is higher than the state average, but the arrest rate for driving while intoxicated (DWI) is lower.
- From 2000 to 2015, Freeborn County recorded 10 overdose deaths from opioids, 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); Freeborn County students make up 0.3% of the overall statewide sample.

**Table 1. 2016 Minnesota Student Survey Freeborn County Respondents**

	5 <sup>th</sup> Grade	8 <sup>th</sup> Grade	9 <sup>th</sup> Grade	11 <sup>th</sup> Grade
Females	118	124	100	89
Males	123	114	120	84
No Answer	1	0	0	0
Total	242	238	220	173

Past year alcohol and/or drug use was reported by 8.9% of Freeborn 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, 14% of 9<sup>th</sup> graders, and 24% of 11<sup>th</sup> graders in Freeborn County in 2016. Female students were more likely than male to report use: 18% vs. 16%. Use among 9<sup>th</sup> graders dropped in Freeborn County from 43% in 1998 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, 5% of 9<sup>th</sup> graders, and 12% of 11<sup>th</sup> graders in 2016.

**Figure 2. Freeborn County 11<sup>th</sup> Graders Reporting How Much They Typically Drink at One Time (2016 MSS)**



### Tobacco/Nicotine

Of Freeborn County 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders, 17% reported any past 30-day tobacco or nicotine use: 6% reported smoking cigarettes; 3% reported smoking cigars or cigarillos; and 3% reported chewing tobacco use. In addition, 13% reported e-cigarette use, and 4% 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 Freeborn County from 27% in 1998 to 4% in 2016.

### Marijuana

Past 30-day marijuana use was reported by 5% of 8<sup>th</sup> graders, 12% of 9<sup>th</sup> graders, and 12% of 11<sup>th</sup> graders in Freeborn County in 2016. Male students were more likely than female to report use: 12% vs. 10%. Use among 9<sup>th</sup> graders in Freeborn County has ranged between 7% and 14% since 2001; 12% reported use in 2016.

### Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 7% of 8<sup>th</sup> graders, 6% of 9<sup>th</sup> graders, and 3% of 11<sup>th</sup> graders in Freeborn County in 2016. Specifically, in the past year, students in these grades combined reported the misuse of stimulants (1.4%); ADD or ADHD medication (3.3%); pain relievers (3.1%); and tranquilizers (1.0%).

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

Freeborn 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: only 57% perceived harm from marijuana. Perceived great or moderate risk of harm by consuming five or more alcoholic drinks once or twice per week was slightly higher at 64%, while 73% believed smoking one or more packs of cigarettes per day is harmful, and 74% perceived harm from misuse of prescription drugs.

### Perceived Disapproval

Among Freeborn County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, 91% 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 (89%) or to use prescription drugs not prescribed for them (93%). Freeborn 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 (82%); alcohol use (79%); marijuana use (74%); or prescription drug misuse (85%).

### School Factors

Freeborn County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders with better student-teacher relationships are over 9 times less likely to report past-month marijuana use, and those with greater educational engagement were over 2 times less likely. Similar associations are seen with alcohol, tobacco, and prescription drugs.

### Misperception of Peer Use

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

**Table 2. Perceived vs. Actual Use, Freeborn 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	38%	59%	71%
Students reporting they drink alcohol themselves once per month or more often	6%	5%	17%
Students reporting they think MOST students in their school use marijuana once per month or more often	42%	57%	69%
Students reporting they use marijuana themselves once per month or more often	5%	7%	11%

# Consequences

## Alcohol

- The DWI arrest rate for Freeborn County residents has remained relatively stable over time. In 2015, the county's rate was 31.7 per 10,000 population, with an average of 51.7 per 10,000 between 2006 and 2015. The state rate peaked in 2006 and has been decreasing since then, with an average of 57.0 per 10,000 over the same time period (Minnesota Office of Traffic Safety, DPS)
- In 2015, 4.5% of motor vehicle crashes in Freeborn 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 Freeborn County has generally hovered near 7 per 10,000 population since 2006, with 7.7 per 10,000 in 2015. That's higher than the state average of 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

## Drugs

- From 2000 to 2015, there were 10 opioid deaths (non-exclusive) in Freeborn County; 4 of those occurred in 2009. Over that same 15-year period, there was 1 heroin death in Freeborn County (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 55 arrests for marijuana in Freeborn County, 7 arrests for opium or cocaine, 6 arrests for synthetic drugs, and 69 arrests for other drugs (*Minnesota Crime Information*, DPS)



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

