



HOUSTON 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.

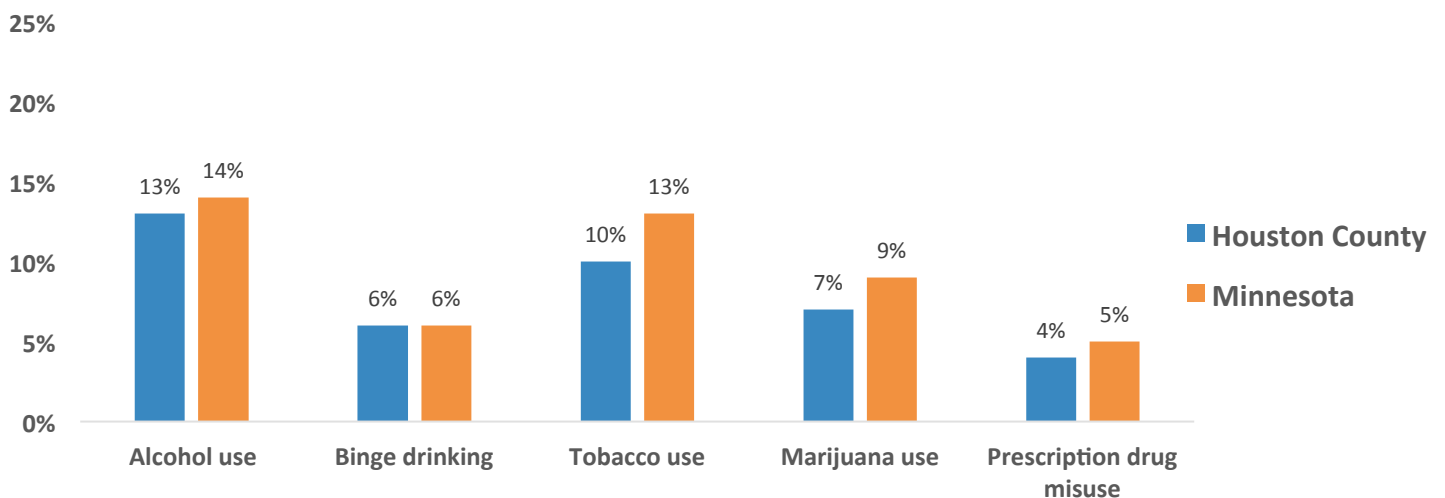
According to 2016 estimates from the U.S. Census Bureau, Houston County has 18,814 residents; 22% are under the age of 18.

Key Findings

- Compared to the state average, a smaller percentage of Houston County students reported past 30-day alcohol use, tobacco use, marijuana use, and misuse of prescription drugs. Houston County students were as likely to report binge drinking (see Fig. 1).
- Cigarette smoking among 9th graders has declined from 22% in 2001 to 4% in 2016; additionally, 5% of 9th graders reported using e-cigarettes in 2016.
- Among the county's 8th, 9th, and 11th graders, those with better teacher-student relationships are nearly 12 times less likely to report prescription drug misuse.
- Houston 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, Houston County recorded 11 overdose deaths due to opioids, and 1 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

Figure 1. 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 (women having 4+ drinks or men having 5+ drinks in a row on one occasion) was reported by 14% of adults.
- 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); Houston County students make up 0.4% of the overall statewide sample.

	5 th Grade	8 th Grade	9 th Grade	11 th Grade
Females	85	88	83	81
Males	84	76	109	63
No Answer	1	1	1	0
Total	170	165	193	144

Past year alcohol and/or drug use was reported by 5.8% of Houston 5th graders. Questions about past 30-day substance use (covered in the following section) are not asked of 5th grade students.

Alcohol

Past 30-day alcohol use was reported by 6% of 8th graders, 15% of 9th graders, and 18% of 11th graders in Houston County in 2016. Male and female students were about as likely to report use. Use among 9th graders dropped in Houston County from 38% in 2001 to 16% 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 8th graders, 7% of 9th graders, and 10% of 11th graders.

Tobacco/Nicotine

Of Houston County 8th, 9th and 11th graders, 10% reported any past 30-day tobacco or nicotine use: 4% reported smoking cigarettes; 2% reported smoking cigars or cigarillos; and 3% reported chewing tobacco use. In addition, 7% 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 Houston County from 22% in 2001 to 4% in 2016.

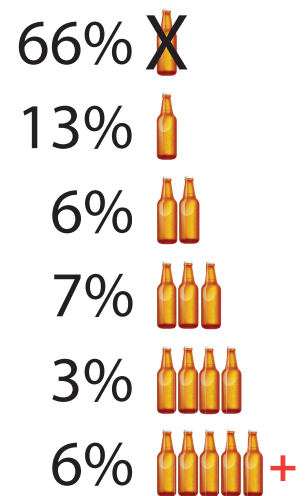
Marijuana

Past 30-day marijuana use was reported by 4% of 8th graders, 4% of 9th graders, and 14% of 11th graders in Houston County in 2016. Male students were more likely than female to report use: 8% vs. 5%. Use among 9th graders dropped in Houston County from 11% in 2001 to 4% in 2016.

Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 4% of 8th graders, 3% of 9th graders, and 4% of 11th graders in Houston County in 2016. Specifically, in the past year, students in these grades combined reported the misuse of stimulants (0.2%); ADD or ADHD medication (2.0%); pain relievers (3.8%); and tranquilizers (0.4%).

Figure 2. Houston 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://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.

Perceived Harm

Houston 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: 65%; smoking one or more packs of cigarettes per day: 75%; using prescription drug not prescribed for you: 79%.

Perceived Disapproval

Among Houston County 5th, 8th, 9th, and 11th graders, 93% 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 (91%) or to use prescription drugs not prescribed for them (93%). Houston 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 (89%); alcohol use (83%); marijuana use (81%); or prescription drug misuse (90%).

School Factors

Houston County 8th, 9th, and 11th graders with better student-teacher relationships are nearly 12 times less likely to report past-month prescription drug misuse, and those with greater educational engagement were over 4 times less likely. Similar associations are seen with alcohol, tobacco, and marijuana.

Misperception of Peer Use

Houston County 8th, 9th, and 11th graders who think most students at their school drink monthly or more often are over 3 times more likely to report that they themselves drink alcohol monthly or more often.

Table 2. Perceived vs. Actual Use, Houston County 2016 Minnesota Student Survey

	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	16%	45%	78%
Students reporting they drink alcohol themselves once per month or more often	4%	10%	16%
Students reporting they think MOST students in their school use marijuana once per month or more often	22%	38%	75%
Students reporting they use marijuana themselves once per month or more often	4%	4%	14%

Consequences

Alcohol

- The DWI arrest rate for Houston County residents has stayed relatively flat, with 52.8 per 10,000 population in 2006 and 53.8 in 2015, with an average of 53.9. The state had an average of 57.0 per 10,000 over the same time period (Minnesota Office of Traffic Safety, DPS)
- In 2015, 10.0% of motor vehicle crashes in Houston 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 Houston County has changed little over time, averaging 5.5 per 10,000 population from 2006 to 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 11 opioid deaths (non-exclusive) in Houston County. Over that same 15-year period, there was 1 heroin death in Houston County, in 2012 (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 14 arrests for marijuana in Houston County, 2 arrests for opium or cocaine, 7 arrests for synthetic drugs, and 17 arrests for other drugs (*Minnesota Crime Information*, DPS)

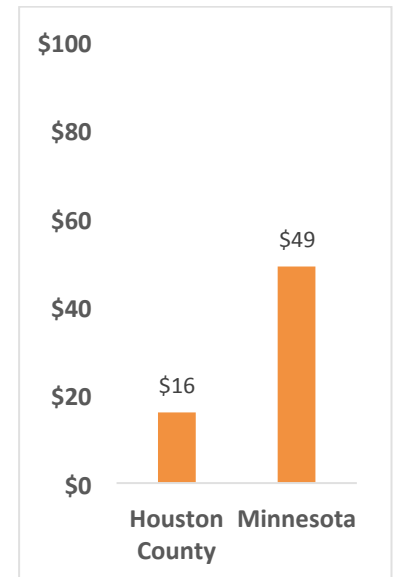


Figure 3. Admissions to Treatment for Opioids as the Primary Substance of Abuse among Houston County Residents Admitted (Drug and Alcohol Abuse Normative Evaluation System)

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

To contact the Regional Prevention Coordinator for your region, please visit: www.rpcmn.org