



# COTTONWOOD 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.

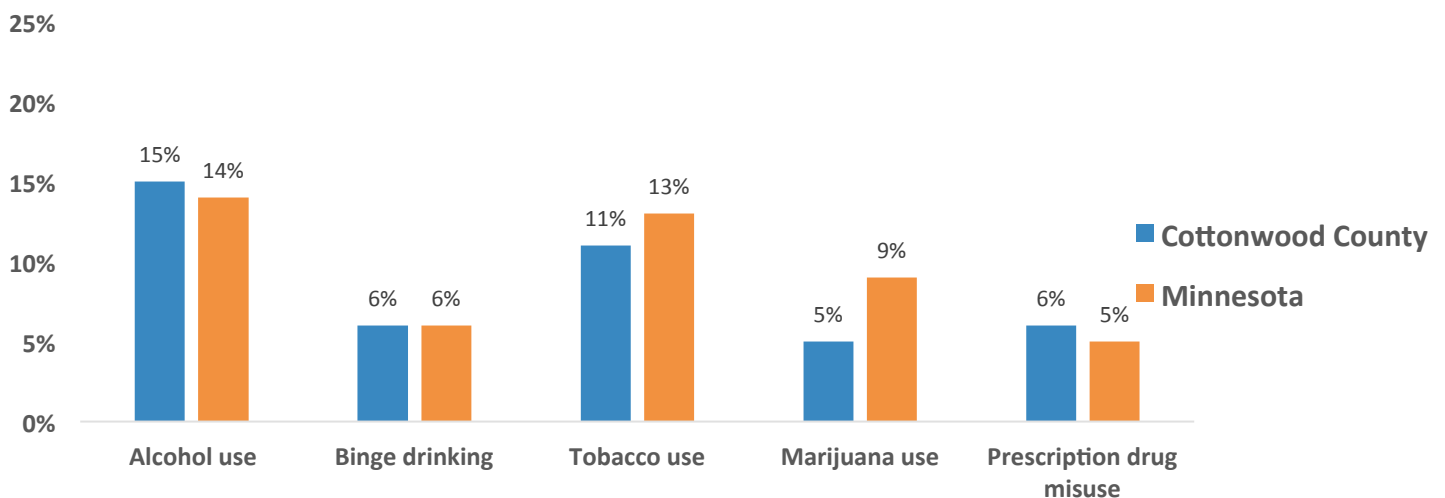
According to 2016 estimates from the U.S. Census Bureau, Cottonwood County has 11,470 residents; 24% are under the age of 18.

### Key Findings

- Compared to the state average, a smaller percentage of Cottonwood County students reported past 30-day tobacco and marijuana use. They were more likely to report alcohol use and misuse of prescription drugs (see Fig. 1).
- Cigarette smoking among 9<sup>th</sup> graders has declined from 24% in 2001 to 8% in 2016; however, 7% of 9<sup>th</sup> graders also reported using e-cigarettes in 2016.
- Among the county's 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, those with better teacher-student relationships are over 4 times less likely to report past-month marijuana use.
- In 2015, Cottonwood County's alcohol-related motor vehicle crash rate was lower than the state average, while the arrest rate for driving while intoxicated (DWI) was higher.
- From 2000 to 2015, Cottonwood County recorded 3 opioid and no heroin overdose deaths.

*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 11% of adults in the Southwest region and 14% of Minnesota adults.
- Past-month cigarette smoking was reported by 16% of Southwest adults and 16% of Minnesota adults.
- Past-month marijuana use was reported by 2% of adults in the Southwest region compared to 5% of adults statewide.

## Youth Substance Use

Data on youth substance use are from the Minnesota Student Survey (MSS); Cottonwood County students make up 0.2% of the overall statewide sample.

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

	5 <sup>th</sup> Grade	8 <sup>th</sup> Grade	9 <sup>th</sup> Grade	11 <sup>th</sup> Grade
Females	41	46	48	44
Males	44	50	50	52
	1	0	0	0
Total	86	96	98	96

Past year alcohol and/or drug use was reported by 9.6% of Cottonwood 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 7% of 8<sup>th</sup> graders, 19% of 9<sup>th</sup> graders, and 17% of 11<sup>th</sup> graders in Cottonwood County in 2016. Use among 9<sup>th</sup> graders has dropped in Cottonwood County, from 27% in 2001 to 19% 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, 7% of 9<sup>th</sup> graders, and 10% of 11<sup>th</sup> graders in 2016.

### Tobacco/Nicotine

Of Cottonwood County 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders, 11% reported any past 30-day tobacco use: 6% reported smoking cigarettes, 3% reported smoking cigars or cigarillos, and 4% reported chewing tobacco use. In addition, 7% reported e-cigarette use, and 1% 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 Cottonwood County from 17% in 2001 to 8% in 2016.

### Marijuana

Past 30-day marijuana use was reported by 3% of 8<sup>th</sup> graders, 2% of 9<sup>th</sup> graders, and 8% of 11<sup>th</sup> graders in Cottonwood County in 2016. Use among 9<sup>th</sup> graders dropped in Cottonwood County from 12% in 2001 to 2% in 2016.

### Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 2% of 8<sup>th</sup> graders, 10% of 9<sup>th</sup> graders, and 6% of 11<sup>th</sup> graders in Cottonwood County in 2016. Specifically, in the past year, students in these grades combined reported the misuse of stimulants (0.4%); ADD or ADHD medication (1.4%); pain relievers (3.9%); and tranquilizers (1.4%).

**Figure 2. Cottonwood 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

Cottonwood 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: 60%. Perceived great or moderate risk of harm for other substances was as follows: consuming five or more alcoholic drinks once or twice per week: 62%; smoking one or more packs of cigarettes per day: 71%; using prescription drug not prescribed for you: 71%.

### Perceived Disapproval

Among Cottonwood County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, 90% 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 (86%), to smoke marijuana (92%) or to use prescription drugs not prescribed for them (92%). Cottonwood 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 (78%); alcohol use (77%); marijuana use (81%); or prescription drug misuse (85%).

### School Factors

Cottonwood County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders with better student-teacher relationships are over 4 times less likely to report past-month marijuana use, and those with greater educational engagement were 12.5 times less likely. Similar associations are seen with alcohol, tobacco, and prescription drugs.

### Misperception of Peer Use

Cottonwood 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 4 times more likely to report that they themselves drink alcohol monthly or more often.

**Table 2. Perceived vs. Actual Use, Cottonwood 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	27%	46%	61%
Students reporting they drink alcohol themselves once per month or more often	1%	8%	14%
Students reporting they think MOST students in their school use marijuana once per month or more often	19%	33%	45%
Students reporting they use marijuana themselves once per month or more often	0%	3%	3%

## Consequences

### Alcohol

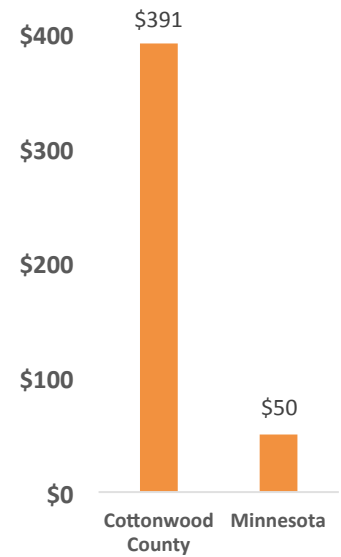
- The DWI arrest rate for Cottonwood County residents has remained relatively steady, averaging 52.1 per 10,000 between 2006 and 2015, with 50.1 per 10,000 in 2015. The state averaged of 57.0 per 10,000 population over the same time period (Minnesota Office of Traffic Safety, DPS)
- In 2015, 4.5% of motor vehicle crashes in Cottonwood 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 Cottonwood County has fluctuated over time, averaging 5.7 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 3 opioid deaths (non-exclusive) in Cottonwood County, of 2,273 in Minnesota. Over that same 15-year period, there were no heroin deaths in Cottonwood County; the state as a whole recorded 453 (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 14 arrests for marijuana in Cottonwood County, no arrests for opium or cocaine, no arrests for synthetic drugs, and 10 arrests for other drugs (*Minnesota Crime Information*, DPS)



**Figure 3. 2015 Cost per Capita of Alcohol-Related Traffic Crashes, Fatalities, and Injuries (National Safety Council and Minnesota Crash Facts)**

### 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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