



# LYON 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.

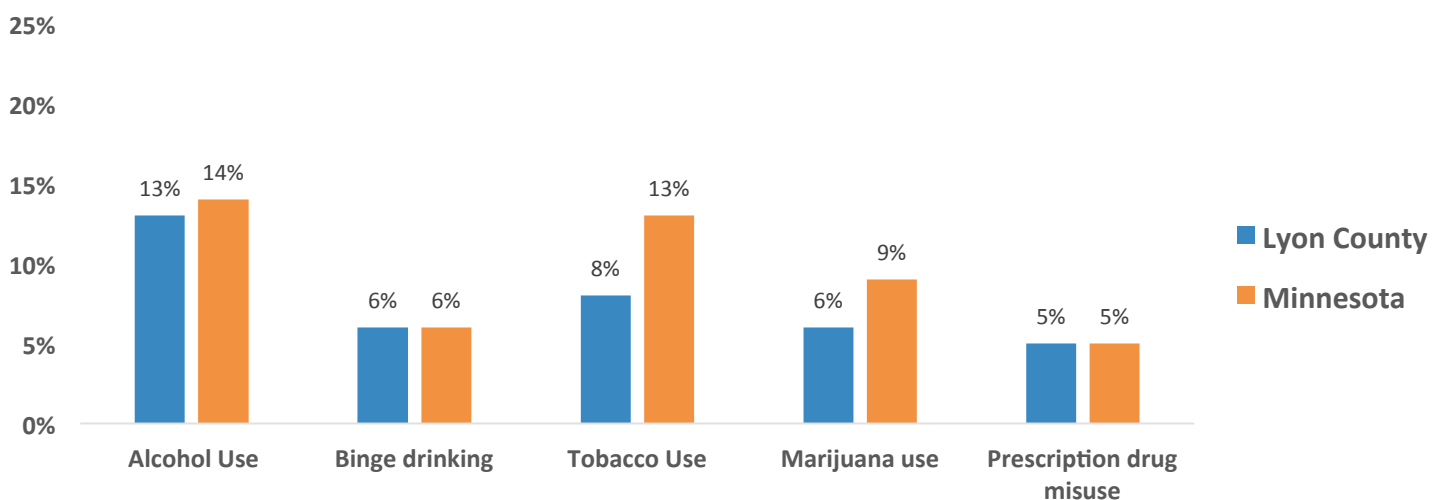
According to 2016 estimates from the U.S. Census Bureau, Lyon County has 25,699 residents; 25% are under the age of 18.

#### Key Findings

- Compared to the state average, smaller percentages of Lyon County students reported past 30-day alcohol, tobacco, and marijuana use (see Fig. 1).
- Cigarette smoking among 9<sup>th</sup> graders dropped in Lyon County from 21% in 2001 to 5% in 2016; however, 6% of 9<sup>th</sup> graders also reported using e-cigarettes in 2016.
- Among Lyon County 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.
- Lyon County's alcohol-related motor vehicle crash rate and arrest rate for driving while intoxicated (DWI) are both lower than the state averages.
- From 2000 to 2015, Lyon County recorded 1 each of opioid and 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); Lyon County students make up 0.6% 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	141	135	144	116
Males	149	145	153	112
No Answer	0	0	0	0
Total	290	280	297	228

Past year alcohol and/or drug use was reported by 1.9% of Lyon 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, 12% of 9<sup>th</sup> graders, and 23% of 11<sup>th</sup> graders in Lyon County in 2016. Use among 9<sup>th</sup> graders dropped in Lyon County from 36% in 2001 to 12% in 2016. Past 30-day binge drinking (defined as having five or more drinks in a row on one occasion) was reported by 3% of 8<sup>th</sup> graders, 4% of 9<sup>th</sup> graders, and 14% of 11<sup>th</sup> graders in 2016.

### Tobacco/Nicotine

Of Lyon County 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders, 8% reported any past 30-day tobacco use: 5% reported smoking cigarettes, 2% reported smoking cigars or cigarillos, and 3% reported chewing tobacco use. In addition, 5% 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 Lyon County from 21% in 2001 to 5% in 2016.

### Marijuana

Past 30-day marijuana use was reported by 4% of 8<sup>th</sup> graders, 5% of 9<sup>th</sup> graders, and 9% of 11<sup>th</sup> graders in Lyon County in 2016. Use among 9<sup>th</sup> graders dropped in Lyon County from 15% in 2001 to 5% in 2016.

### Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 4% of 8<sup>th</sup> graders, 5% of 9<sup>th</sup> graders, and 5% of 11<sup>th</sup> graders in Lyon County in 2016. Specifically, in the past year, students in these grades combined reported the misuse of stimulants (0.6%); ADD or ADHD medication (1.9%); pain relievers (2.5%); and tranquilizers (0.4%).

Figure 2. Lyon 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

Lyon 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: 66%. Perceived great or moderate risk of harm for other substances was as follows: five or more alcoholic drinks once or twice per week: 69%; smoking one or more packs of cigarettes per day: 76%; using prescription drug not prescribed for you: 76%.

### Perceived Disapproval

Among Lyon 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 (88%), to smoke marijuana (90%) or to use prescription drugs not prescribed for them (92%). Lyon 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 (85%); alcohol use (79%); marijuana use (82%); or prescription drug misuse (88%).

### School Factors

Lyon 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 over 3.5 times less likely. Similar associations are seen with alcohol, tobacco, and prescription drugs.

### Misperception of Peer Use

Lyon 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 10 times more likely to report that they themselves drink alcohol monthly or more often.

**Table 2. Perceived vs. Actual Use, Lyon 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	31%	55%	71%
Students reporting they drink alcohol themselves once per month or more often	4%	10%	18%
Students reporting they think MOST students in their school use marijuana once per month or more often	30%	46%	62%
Students reporting they use marijuana themselves once per month or more often	2%	5%	9%

## Consequences

### Alcohol

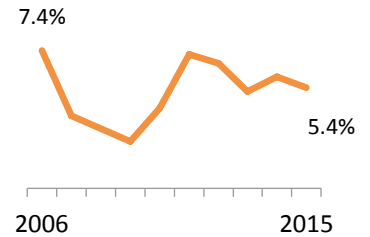
- The DWI arrest rate for Lyon County residents has fallen from 79.6 per 10,000 population in 2006 to 47.7 in 2015, with an average of 58.3. The state average also fell, with an average of 57.0 per 10,000 population over the same time period (Minnesota Office of Traffic Safety, DPS)
- In 2016, 3.7% of motor vehicle crashes in Lyon 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 Lyon County has fluctuated quite a bit over time, averaging 4.9 per 10,000 population from 2006 to 2015. That's slightly higher than the state average of 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

### Drugs

- From 2000 to 2015, there was 1 opioid death (non-exclusive) in Lyon County, of 2,273 total in Minnesota. Over that same 15-year period, there was also 1 heroin death in Lyon County; there were 453 in the state as a whole (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 29 arrests for marijuana in Lyon County, no arrests for opium or cocaine, or for for synthetic drugs, and 26 arrests for other drugs, including methamphetamine (*Minnesota Crime Information*, DPS)



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

Funded by the Minnesota Department of Human Services Alcohol and Drug Abuse Division

## 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)