



CASS 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.

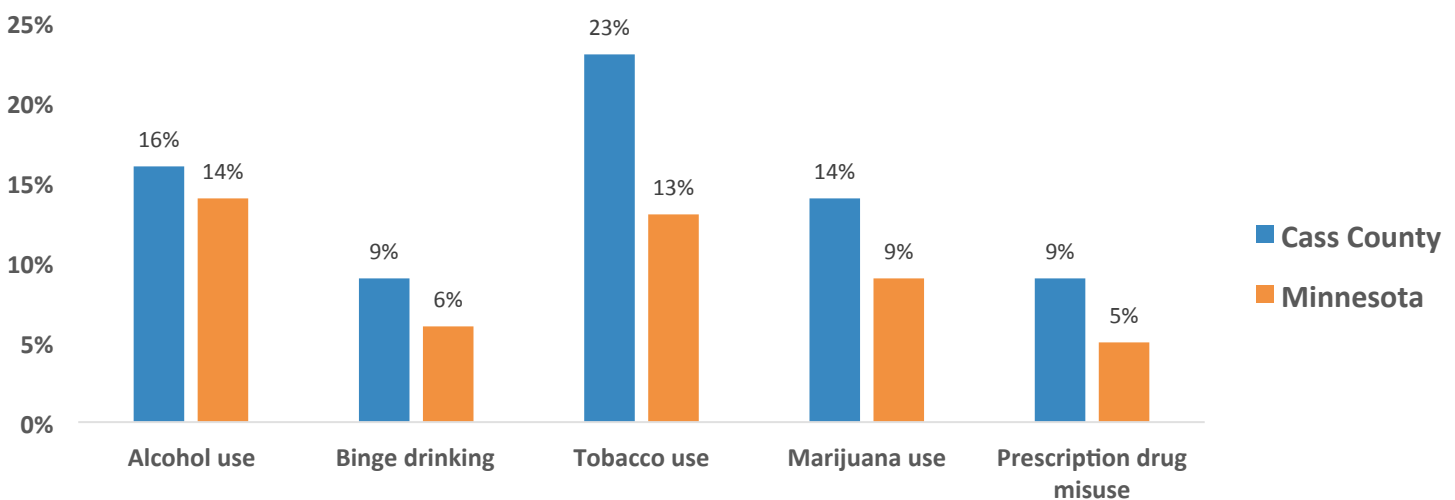
According to 2015 estimates from the U.S. Census Bureau, Cass County has 28,706 residents; 21% are under the age of 18.

Key Findings

- Compared to state averages, larger percentages of Cass County students reported past 30-day alcohol use, binge drinking, tobacco use, marijuana use, and misuse of prescription drugs (see Fig. 1).
- Cigarette smoking among 9th graders has declined from 24% in 2001 to 14% in 2016; slightly more 9th graders (15%) also reported using e-cigarettes in 2016.
- Among Cass County 8th, 9th, and 11th graders, those with better teacher-student relationships are nearly 2 times less likely to report past-month marijuana use.
- Cass County's alcohol-related motor vehicle crash rate and arrest rate for driving while intoxicated (DWI) are higher than the state average.
- From 2000 to 2015, Cass County recorded 27 opioid and 4 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

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 13% of adults in the West Central region and 14% of Minnesota adults.
- Past-month cigarette smoking was reported by 19% of West Central adults and 16% of Minnesota adults.
- Past-month marijuana use was reported by 3% of adults in the West Central region compared to 5% of adults statewide.

Youth Substance Use

Data on youth substance use are from the Minnesota Student Survey (MSS); Cass County students make up 0.6% of the overall statewide sample.

	5 th Grade	8 th Grade	9 th Grade	11 th Grade
Females	143	115	124	81
Males	169	129	130	89
No Answer	4	0	1	1
Total	316	244	255	171

Past-year alcohol and/or drug use was reported by 9.7% of Cass 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 7% of 8th graders, 17% of 9th graders, and 31% of 11th graders in Cass County in 2016. Females were more likely than males to report use: 20% vs. 14%. Use among 9th graders dropped in Cass County from 33% in 2001 to 17% 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 8th graders, 8% of 9th graders, and 23% of 11th graders in 2016.

Tobacco/Nicotine

Of Cass County 8th, 9th and 11th graders, 17% reported any past 30-day tobacco or nicotine use: 12% reported smoking cigarettes; 4% reported smoking cigars or cigarillos; and 8% reported chewing tobacco use. In addition, 14% reported e-cigarette use, and 3% 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 Cass County from 24% in 2001 to 14% in 2016.

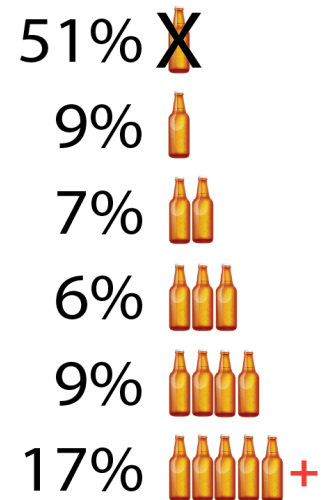
Marijuana

Past 30-day marijuana use was reported by 10% of 8th graders, 13% of 9th graders (which dropped from 23% in 2001), and 20% of 11th graders in Cass County in 2016. Females were more likely than males to report use: 18% vs. 10%. Use among 9th graders dropped slightly in Cass County from 23% in 2001 to 13% in 2016.

Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 5% of 8th graders, 4% of 9th graders, and 8% of 11th graders in Cass County in 2016. Specifically, in the past year, students in these grades combined reported the misuse of stimulants (1.5%); ADD or ADHD medication (5.0%); pain relievers (6.2%); and tranquilizers (2.2%).

Figure 2. Cass 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

Cass 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: 46%. Perceived great or moderate risk of harm for other substances was as follows: five or more alcoholic drinks once or twice per week: 57%; smoking one or more packs of cigarettes per day: 68%; using prescription drug not prescribed for you: 69%.

Perceived Disapproval

Among Cass County 5th, 8th, 9th, and 11th 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 (87%), to smoke marijuana (84%) or to use prescription drugs not prescribed for them (92%). Cass 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 (76%); marijuana use (69%); or prescription drug misuse (85%).

School Factors

Cass County 8th, 9th, and 11th graders with better student-teacher relationships are nearly 2 times less likely to report past-month marijuana use, and those with greater educational engagement were nearly 3 times less likely. Similar associations are seen with alcohol, tobacco, and prescription drugs.

Misperception of Peer Use

Cass County 8th, 9th, and 11th graders who think most students at their school drink monthly or more often are over 3.5 times more likely to report that they themselves drink alcohol monthly or more often.

Table 2. Perceived vs. Actual Use, Cass 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	35%	55%	83%
Students reporting they drink alcohol themselves once per month or more often	1%	10%	31%
Students reporting they think MOST students in their school use marijuana once per month or more often	43%	56%	80%
Students reporting they use marijuana themselves once per month or more often	7%	14%	19%

Consequences

Alcohol

- The DWI arrest rate for Cass County residents increased from 87.4 per 10,000 population in 2005 to 118.1 in 2006, then fell steadily to 62.3 in 2015. The state rate followed a similar pattern but has been lower than Cass County's over time, at an average of 58.3 per 10,000 population (Minnesota Office of Traffic Safety, DPS)
- In 2015, 9.8% of motor vehicle crashes in Cass 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 Cass County has changed little over time, averaging 8.6 per 10,000 population from 2006 to 2015. That's nearly twice the state average of 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

Drugs

- From 2000 to 2015, there were 27 opioid deaths (non-exclusive) in Cass County. From 2000 to 2003, no deaths occurred; between 1 and 4 people died from opioid overdose each year from 2004 to 2015. Over that same 15-year period, there were 4 heroin deaths in Cass County; 3 of those occurred in 2015 (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 8 arrests for marijuana in Cass County, no arrests for opium or cocaine, 2 arrests for synthetic drugs, and 54 arrests for other drugs, including methamphetamine (*Minnesota Crime Information*, DPS)

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

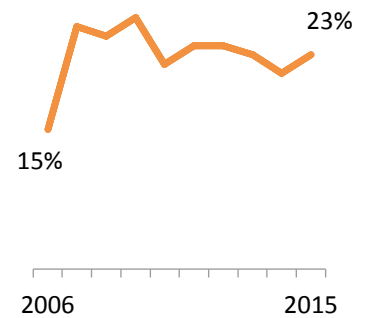


Figure 3. Admissions to Treatment for Opioids as the Primary Substance of Abuse among Cass County Residents Admitted (Drug and Alcohol Abuse Normative Evaluation System)

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