



# DOUGLAS 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.

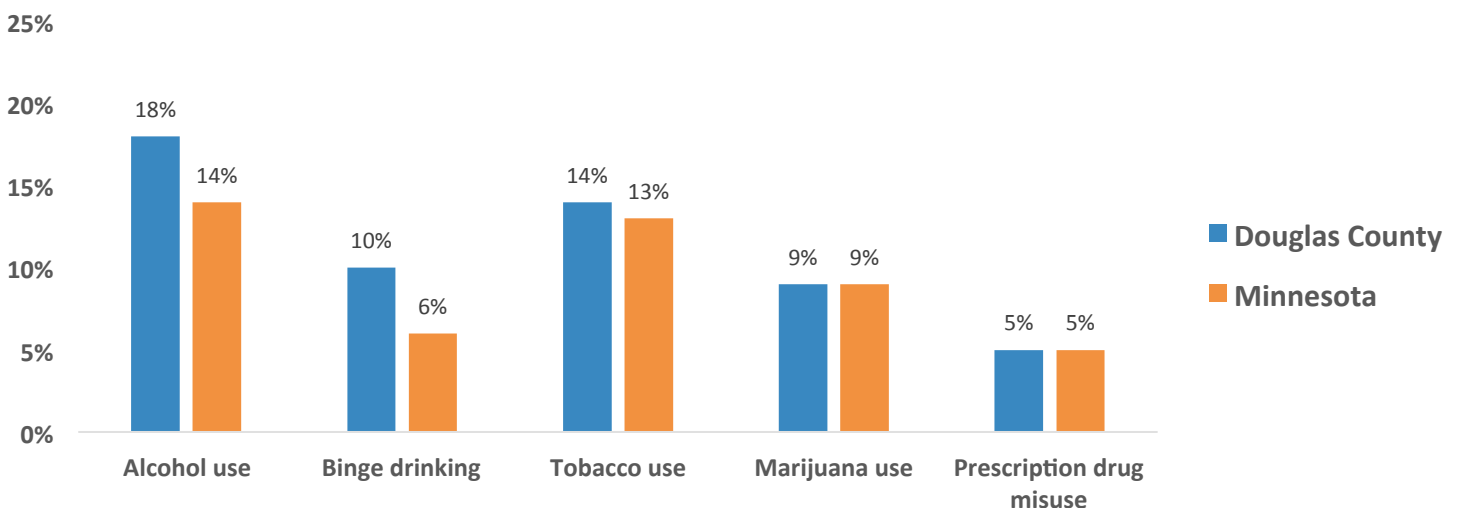
According to 2016 estimates from the U.S. Census Bureau, Douglas County has 37,456 residents; 21% are under the age of 18.

### Key Findings

- Douglas County students are more likely than the state average to report past 30-day alcohol use, binge drinking, tobacco and nicotine use, marijuana use, and misuse of prescription drugs (see Fig. 1).
- Cigarette smoking among 9<sup>th</sup> graders has declined from 20% in 2001 to 4% in 2016; however, 7% of 9<sup>th</sup> graders also reported using e-cigarettes in 2016.
- Among Douglas 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.
- Both Douglas County's alcohol-related motor vehicle crash rate, and the rate of arrests for driving while intoxicated (DWI), are lower than the state averages
- From 2000 to 2015, XX County recorded 8 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](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 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); Douglas County students make up 0.8% of the overall statewide sample.

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

	5 <sup>th</sup> Grade	8 <sup>th</sup> Grade	9 <sup>th</sup> Grade	11 <sup>th</sup> Grade
Females	156	165	158	132
Males	160	157	158	160
No Answer	2	0	0	1
Total	318	322	316	293

Past year alcohol and/or drug use was reported by 4.5% of Douglas 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 10% of 8<sup>th</sup> graders, 15% of 9<sup>th</sup> graders, and 33% of 11<sup>th</sup> graders in Douglas County in 2016. Use among 9<sup>th</sup> graders dropped in Douglas County from 33% in 2001 to 13% in 2013, and rose slightly to 15% 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, 5% of 9<sup>th</sup> graders, and 22% of 11<sup>th</sup> graders in 2016.

### Tobacco/Nicotine

Of Douglas County 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders, 14% reported any past 30-day tobacco or nicotine use: 7% reported smoking cigarettes, 4% reported smoking cigars or cigarillos, and 7% reported chewing tobacco use. In addition, 10% 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 steadily in Douglas County from 20% in 2001 to 4% in 2016.

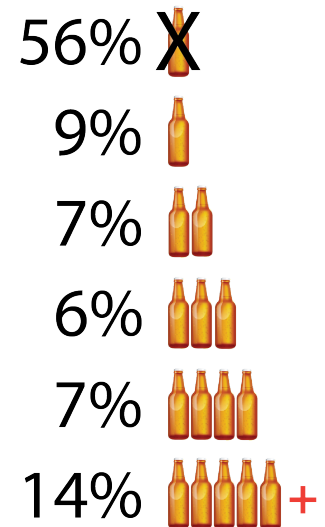
### Marijuana

Past 30-day marijuana use was reported by 5% of 8<sup>th</sup> graders, 5% of 9<sup>th</sup> graders, and 20% of 11<sup>th</sup> graders in Douglas County in 2016. Use among 9<sup>th</sup> graders dropped in Douglas 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, 4% of 9<sup>th</sup> graders, and 8% of 11<sup>th</sup> graders in Douglas County in 2016. Specifically, in the past year, students in those grades combined reported the misuse of stimulants (0.9%); ADD or ADHD medication (3.4%); pain relievers (2.8%); and tranquilizers (1.3%).

**Figure 2. Douglas 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

Douglas 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: 68%. Perceived great or moderate risk of harm for other substances was as follows: five or more alcoholic drinks once or twice per week: 73%; smoking one or more packs of cigarettes per day: 82%; using prescription drug not prescribed for you: 82%.

### Perceived Disapproval

Among Douglas County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, 95% 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 (92%), to smoke marijuana (93%) or to use prescription drugs not prescribed for them (96%). Douglas County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders also believe their friends would disapprove of substance use: most students believe their friends would think it was wrong or very wrong for them to engage in cigarette use (85%); alcohol use (81%); marijuana use (82%); or prescription drug misuse (89%).

### School Factors

Douglas 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 times less likely. Similar associations are seen with alcohol, tobacco, and prescription drugs.

### Misperception of Peer Use

Douglas 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 as likely to report that they themselves drink alcohol monthly or more often.

**Table 2. Perceived vs. Actual Use, Douglas 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	23%	57%	75%
Students reporting they drink alcohol themselves once per month or more often	4%	7%	27%
Students reporting they think MOST students in their school use marijuana once per month or more often	21%	53%	69%
Students reporting they use marijuana themselves once per month or more often	5%	3%	21%

## Consequences

### Alcohol

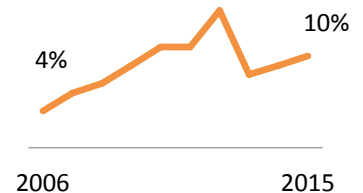
- The DWI arrest rate for Douglas County residents has decreased from 78.4 per 10,000 population in 2006, to 41.8 by 2015. The state rate also fell, with a slightly higher rate than Douglas's over time (57.0 vs. 56.7 per 10,000 population, from 2006 to 2015) (Minnesota Office of Traffic Safety, DPS)
- In 2015, 4.4% of motor vehicle crashes in Douglas 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 Douglas County has fluctuated between 4.1 and 7.6 per 10,000 population from 2006 to 2015, averaging 5.9 per 10,000 population. 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 8 opioid deaths (non-exclusive) in Douglas County. Five of those deaths occurred in 2011, with no fatal overdoses between 2011 and 2015. Over that same fifteen-year period, there was 1 heroin death in Douglas County, also in 2011. (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 46 arrests for marijuana in Douglas County, 1 arrest for opium or cocaine, no arrests for synthetic drugs, and 42 arrests for other drugs, including methamphetamine (*Minnesota Crime Information*, DPS)



**Figure 3. Percentage of Opioid Admissions to Minnesota Treatment Facilities for Drug Use by Douglas County Residents (The Drug and Alcohol Abuse Normative Evaluation System, Minnesota Department of Human Services)**

## State Epidemiological Outcomes Workgroup

Minnesota's SEOW has been monitoring substance abuse trends since 2007. The Workgroup helps guide prevention planning at the state level, and provides training and technical assistance to communities. In, 2008 the SEOW launched the Substance Use in Minnesota (SUMN) website to ensure quick and easy access to data for prevention professionals.

### 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.

## 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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