



OTTER TAIL 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.

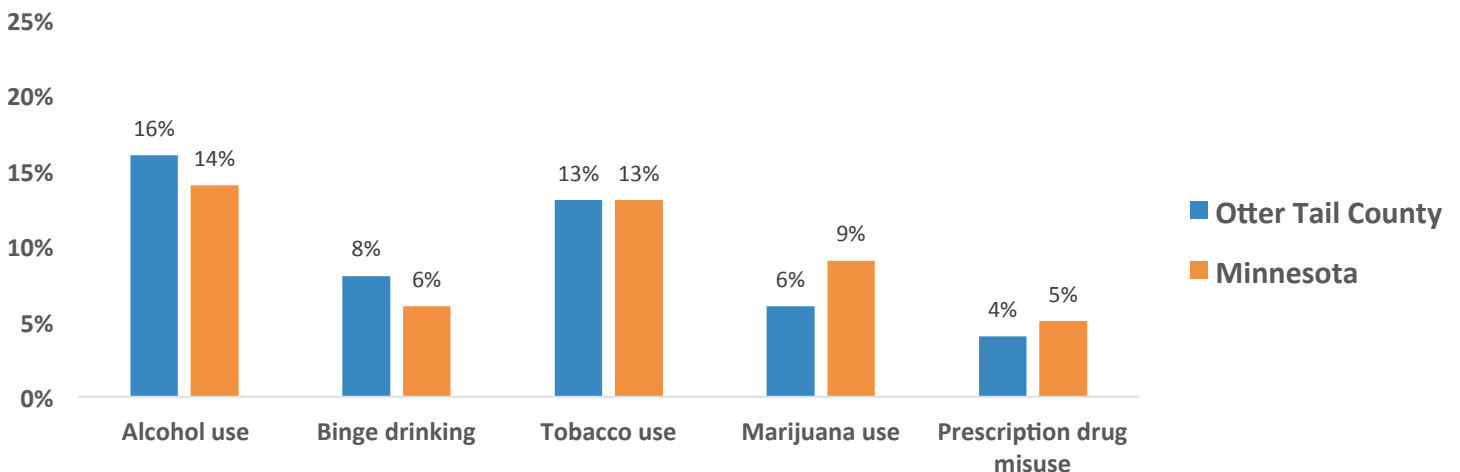
According to 2015 estimates from the U.S. Census Bureau, Otter Tail County has 58,085 residents; 22% are under the age of 18.

Key Findings

- Otter Tail County students are more likely than the state average to report past 30-day cigarette smoking, alcohol use, and binge drinking, but are less likely than average to report past 30-day marijuana use or misuse of prescription drugs
- Cigarette smoking among 9th graders has declined from 18% in 2001 to 3% in 2016; however, 7% of 9th graders also reported using e-cigarettes in 2016.
- Among the county's 8th, 9th, and 11th graders, those with better teacher-student relationships are nearly 4 times less likely to report past-month marijuana use.
- Both Otter Tail County's alcohol-related motor vehicle crash rate, and the arrest rate for driving while under the influence (DWI), are higher than the state averages
- From 2000 to 2015, Otter Tail County recorded 12 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 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); Otter Tail County students make up 1.1% of the overall statewide sample.

	5 th Grade	8 th Grade	9 th Grade	11 th Grade
Females	253	210	234	216
Males	240	272	232	219
No Answer	0	0	1	1
Total	493	482	467	436

Past-year alcohol and/or drug use was reported by 8.1% of Otter Tail 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 11% of 8th graders, 12% of 9th graders, and 28% of 11th graders in Otter Tail County in 2016. Use among 9th graders dropped in Otter Tail County from 31% 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 8th graders, 4% of 9th graders, and 18% of 11th graders in 2016.

Tobacco/Nicotine

Of Otter Tail County 8th, 9th and 11th graders, 13% reported any past 30-day tobacco use: 7% reported smoking cigarettes, 3% reported smoking cigars or cigarillos, and 5% reported chewing tobacco use. In addition, 8% 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 Otter Tail County from 18% in 2001 to 3% in 2016.

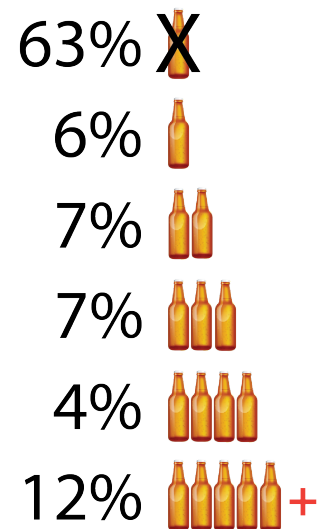
Marijuana

Past 30-day marijuana use was reported by 3% of 8th graders, 4% of 9th graders, and 11% of 11th graders in Otter Tail County in 2016. Females were slightly more likely than males to report use: 7% vs. 5%. Use among 9th graders dropped in Otter Tail County from 11% in 2001 to 4% in 2016.

Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 3% of 8th graders, 3% of 9th graders, and 6% of 11th graders in Otter Tail County in 2016. Specifically, in the past year, students in those three grades reported the misuse of stimulants (0.8%); ADD or ADHD medication (2.1%); pain relievers (2.5%); and tranquilizers (1.4%).

Figure 2. Otter Tail 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

Otter Tail 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: 64%. Perceived great or moderate risk of harm for other substances was as follows: consuming five or more alcoholic drinks once or twice per week: 68%; smoking one or more packs of cigarettes per day 77%, using prescription drug not prescribed for you 79%.

Perceived Parental Disapproval

Among Otter Tail County 5th, 8th, 9th, and 11th 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 (91%) or to use prescription drugs not prescribed for them (94%). Otter Tail County 8th, 9th, and 11th 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 (84%); alcohol use (80%); marijuana use (81%); or prescription drug misuse (88%).

School Factors

Otter Tail County 8th, 9th, and 11th graders with better student-teacher relationships are nearly 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

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

Table 2. Perceived vs. Actual Use, Otter Tail 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	26%	52%	65%
Students reporting they drink alcohol themselves once per month or more often	4%	7%	22%
Students reporting they think MOST students in their school use marijuana once per month or more often	22%	44%	56%
Students reporting they use marijuana themselves once per month or more often	3%	4%	9%

Consequences

Alcohol

- The DWI arrest rate for Otter Tail County residents has decreased from 70.2 per 10,000 population in 2006, to 45.3 in 2015, with an average of 53.2. The state rate also fell, but has been slightly higher than Otter Tail's over time, with an average of 57.0 (Minnesota Office of Traffic Safety, DPS)
- In 2015, 7.0% of motor vehicle crashes in Otter Tail 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 Otter Tail County has changed little over time, averaging 6.5 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 12 opioid deaths (non-exclusive) in Otter Tail County. Three of those deaths occurred in 2015. Over that same fifteen-year period, there was 1 heroin death in Otter Tail County, which occurred in 2015. (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 50 arrests for marijuana in Otter Tail County, 1 arrest for opium or cocaine, 1 arrest for synthetic drugs, and 78 arrests for other drugs, including methamphetamine (*Minnesota Crime Information*, DPS)

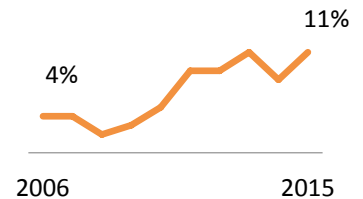


Figure 3. Percentage of Opioid Admissions to Minnesota Treatment Facilities for Drug Use by Otter Tail County Residents (The Drug and Alcohol Abuse Normative Evaluation System, Minnesota Department of Human Services)

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.

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

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