



# STEVENS 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.

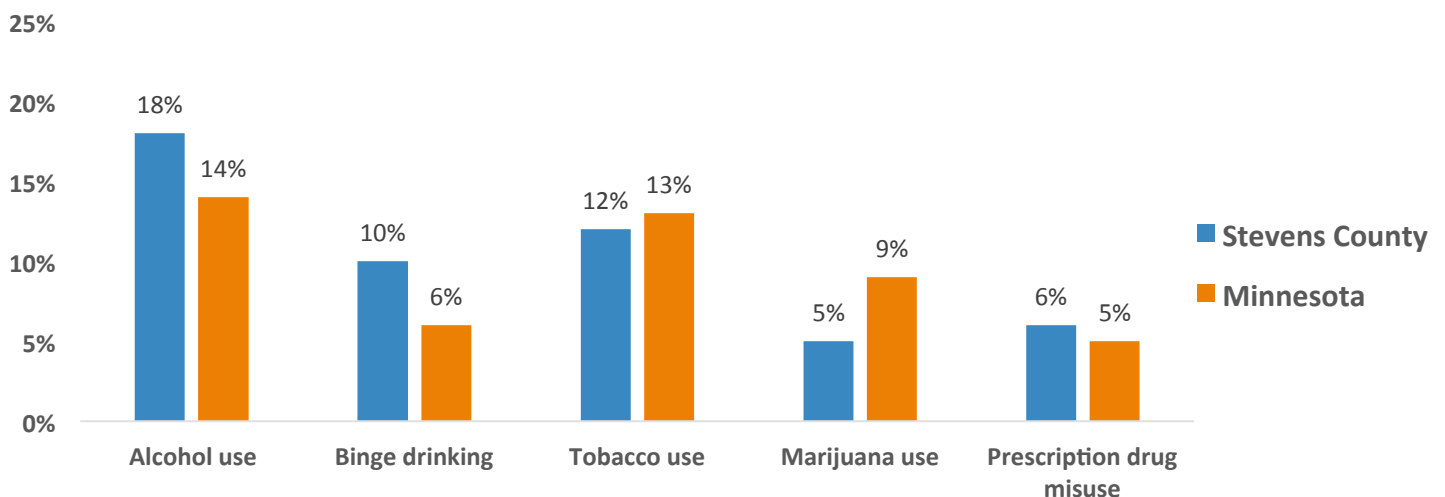
According to 2016 estimates from the U.S. Census Bureau, Stevens County has 9,693 residents; 21% are under the age of 18.

### Key Findings

- Compared to state averages, smaller percentages of Stevens County students reported past 30-day tobacco use and marijuana use. They reported higher levels of alcohol use and prescription drug misuse (see Fig. 1).
- Cigarette smoking among 9<sup>th</sup> graders has declined from 12% in 2004 to 7% in 2016; however, 5% 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 nearly 7 times less likely to report past-month marijuana use.
- In 2015, Stevens County's alcohol-related motor vehicle crash rate was higher than the state average, but the arrest rate for driving while intoxicated (DWI) was lower.
- From 2000 to 2015, Stevens County recorded 3 overdose deaths due to opioids, and none 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); Stevens County students make up 0.2% of the overall statewide sample.

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

	5 <sup>th</sup> Grade	8 <sup>th</sup> Grade	9 <sup>th</sup> Grade	11 <sup>th</sup> Grade
Females	30	35	34	44
Males	39	42	42	40
No Answer	0	0	0	0
Total	69	77	76	84

Past year alcohol and/or drug use was reported by 10.4% of Stevens County 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 17% of 8<sup>th</sup> graders, 13% of 9<sup>th</sup> graders, and 23% of 11<sup>th</sup> graders in Stevens County in 2016. Use among 9<sup>th</sup> graders dropped in Stevens County from 29% in 2004 to 13% 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, 8% of 9<sup>th</sup> graders, and 18% of 11<sup>th</sup> graders in 2016.

### Tobacco/Nicotine

Of Stevens County 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders, 12% reported any past 30-day tobacco use: 7% reported smoking cigarettes, 4% reported smoking cigars or cigarillos, and 7% reported chewing tobacco use. In addition, 7% 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 9<sup>th</sup> graders dropped in Stevens County from 12% in 2004 to 7% in 2016.

### Marijuana

Past 30-day marijuana use was reported by 5% of 8<sup>th</sup> graders, 3% of 9<sup>th</sup> graders, and 8% of 11<sup>th</sup> graders in Stevens County in 2016. Use among 9<sup>th</sup> graders dropped in Stevens County from 5% in 2004 to 3% in 2016.

### Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 5% of 8<sup>th</sup> graders, 3% of 9<sup>th</sup> graders, and 9% of 11<sup>th</sup> graders in Stevens County in 2016. Specifically, in the past year, students in these grades combined reported the misuse ADD or ADHD medication (1.3%); pain relievers (3.1%); and tranquilizers (0.4%).

**Figure 2. Stevens 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

Stevens 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 consuming five or more alcoholic drinks once or twice per week: 72%. Perceived great or moderate risk of harm for other substances was as follows: smoking marijuana once or twice per week: 74%; smoking one or more packs of cigarettes per day: 83%; using prescription drug not prescribed for you: 83%.

### Perceived Disapproval

Among Stevens County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, 94% 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 (93%), to smoke marijuana (93%) or to use prescription drugs not prescribed for them (94%). Stevens 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 (84%); alcohol use (79%); marijuana use (82%); or prescription drug misuse (88%).

### School Factors

Stevens County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders with better student-teacher relationships are 2 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

Stevens 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 nearly 7 times as likely to report that they themselves drink alcohol monthly or more often.

**Table 2. Perceived vs. Actual Use, Stevens 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	38%	54%	70%
Students reporting they drink alcohol themselves once per month or more often	7%	9%	19%
Students reporting they think MOST students in their school use marijuana once per month or more often	18%	30%	44%
Students reporting they use marijuana themselves once per month or more often	1%	1%	8%

## Consequences

### Alcohol

- The DWI arrest rate for Stevens County residents has generally decreased since 2006, from 53.4 per 10,000 population to 29.6 in 2015, averaging 41.7 per 10,000. The state rate followed a similar pattern but has been higher than Stevens' over time, with an average of 57.0 (Minnesota Office of Traffic Safety, DPS)
- In 2015, 7.1% of motor vehicle crashes in Stevens 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 Stevens County has changed little over time, averaging 3.6 per 10,000 population from 2006 to 2015. That's slightly lower 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 Stevens County; the last occurred in 2007. Over that same 15-year period, there were no heroin deaths in Stevens County (Minnesota Center for Health Statistics, MDH)
- In 2015, there were 6 arrests for marijuana in Stevens County, 1 arrest for opium or cocaine, 1 for synthetic drugs, and 11 arrests for other drugs, including methamphetamine (*Minnesota Crime Information*, DPS)

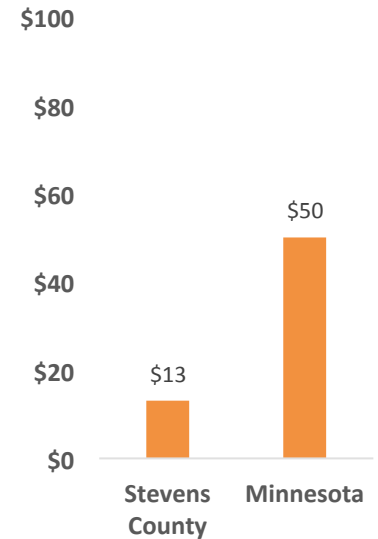


Figure 3. 2015 Cost per Capita of Alcohol Related Traffic Crashes, Fatalities, and Injuries (National Safety Council and Minnesota *Crash Facts*)

## 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 the Metro Region, please visit: [www.rpcmn.org](http://www.rpcmn.org)

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