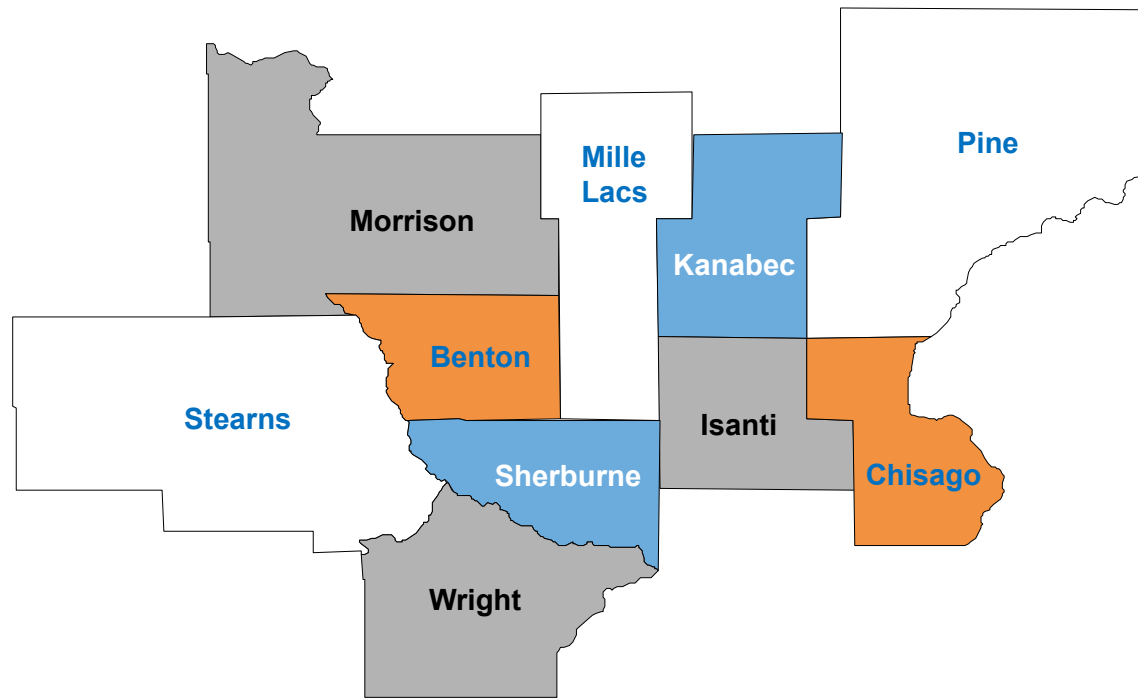


# DATA COME HOME

Using Local Data to Mobilize Support for Prevention Efforts

# Region 4: East Central





Consequences

# Alcohol

	EAST CENTRAL REGION	MINNESOTA
2015 ARMV incident costs per capita	\$77	\$50
% of crashes that were alcohol-related in 2015	5.9%	4.9%
2015 ARMV fatalities	3 per 100,000	3 per 100,000
2015 DWI by location of residence	39.8 per 10,000	44.7 per 10,000

# Tobacco

- The 2015 rate of lung, bronchus, and trachea cancer deaths for the East Central Region was 43 per 100,000 population—similar to the state rate of 45
- It is estimated that 90% of lung cancer deaths among males and 79% among females are smoking-related
- According to the Surgeon General's report, smoking harms nearly every organ in the body, causing many diseases (including coronary heart disease—the leading cause of death in the US)



# Minnesota Student Survey

# 2016 MSS

- Administered in the first half of 2016 to public school students in grades 5, 8, 9, and 11
- 85.5% of public operating school districts participated
- Overall participation across the four grades was approximately 66% of total enrollment
- **East Central Region students make up 13.3% of the overall statewide sample**

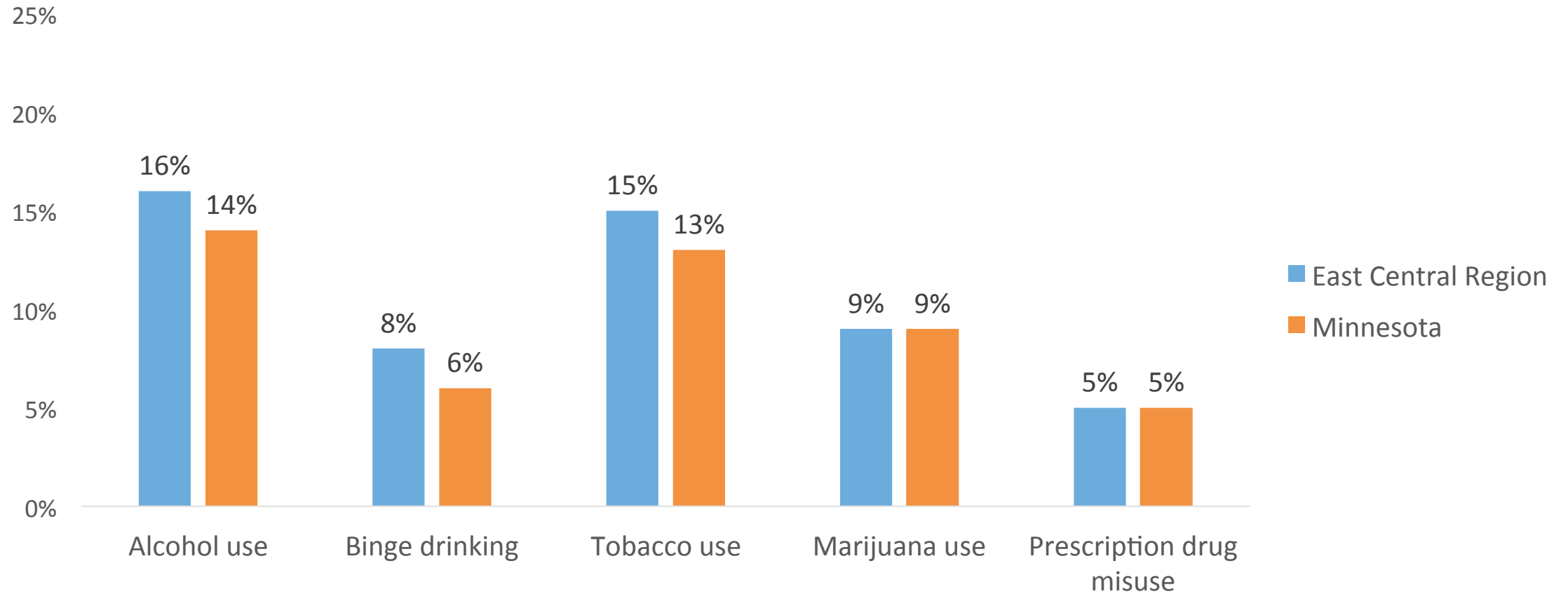


Substance Use



# Overview

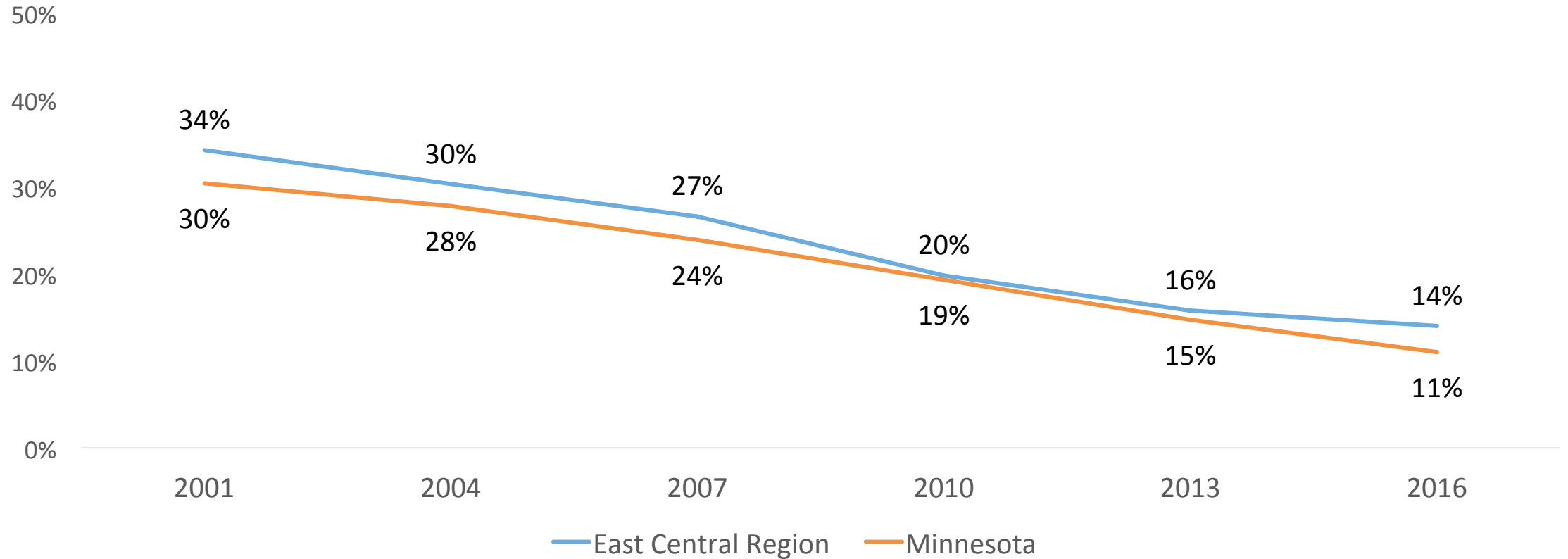
## 8th, 9th, + 11th Graders Reporting Past-Month Substance Use, 2016 MSS



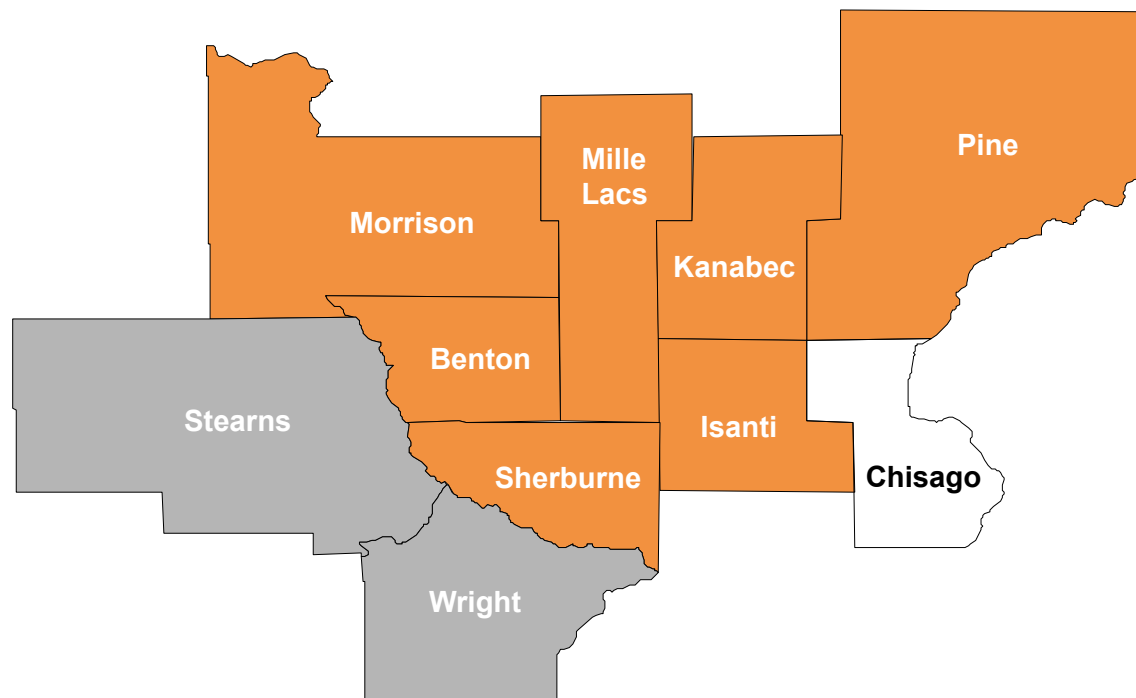
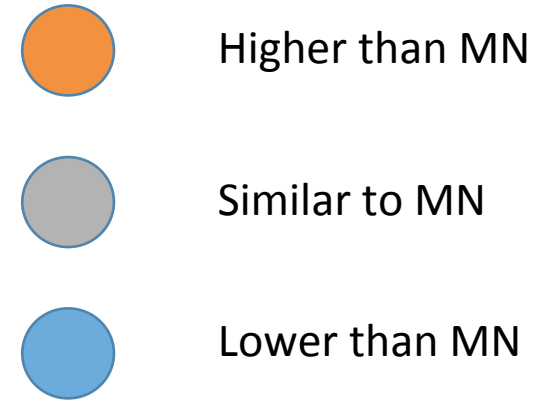
# Past-Month Alcohol Use

23% of 9<sup>th</sup> graders nationally reported past-month use (2015 YRBS)

9th Graders Reporting Any Past-Month Alcohol Use, by Year, MSS



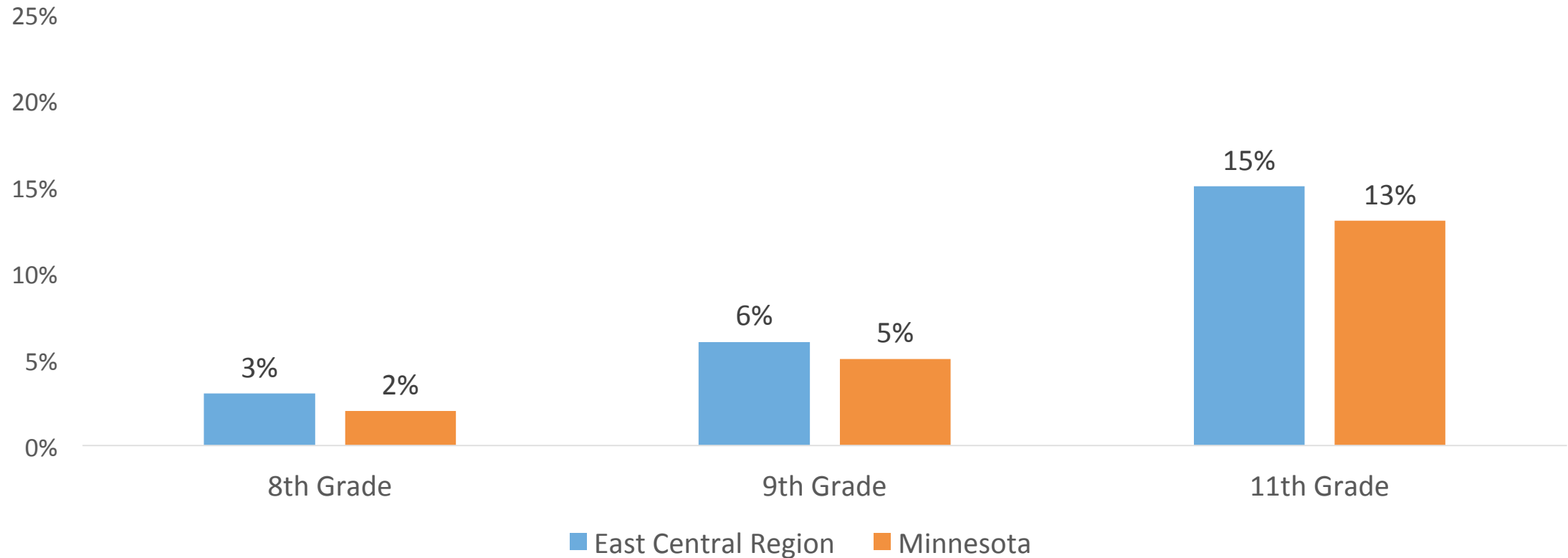
# Past-Month Alcohol Use 🍷



# Past-Month Binge Drinking




Nationally, 10% of 9<sup>th</sup> graders + 22% of 11<sup>th</sup> graders reported past-month binge drinking (2015 YRBS)

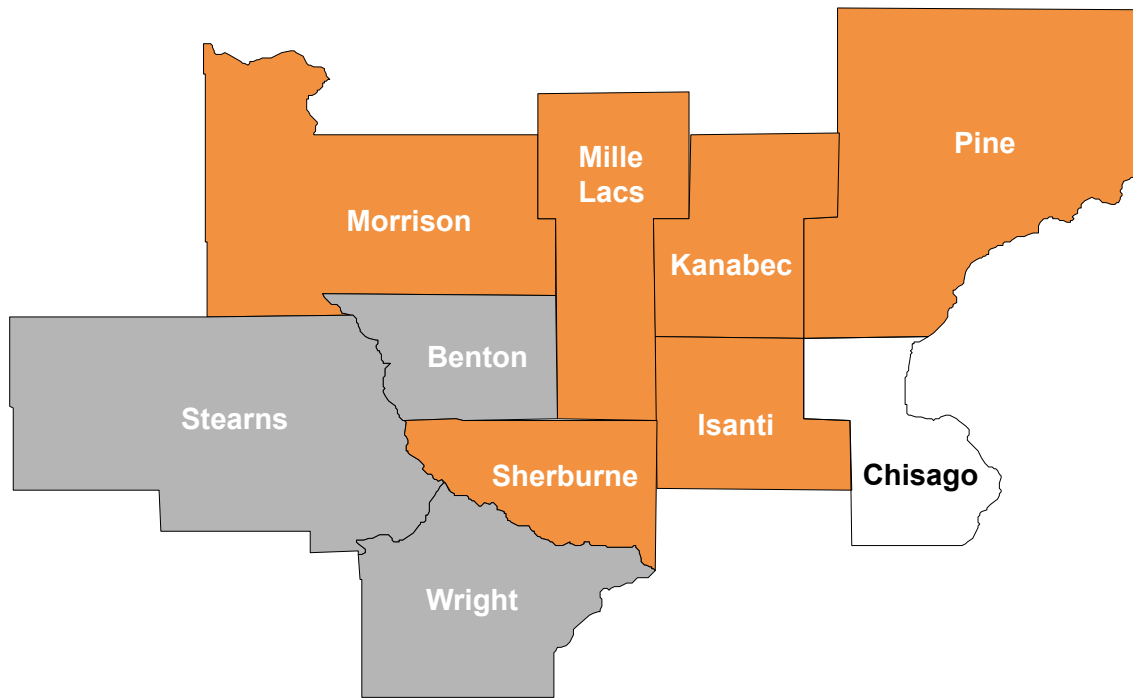
Students Reporting Past-Month Binge Drinking, 2016 MSS



# Past-Month Binge Drinking



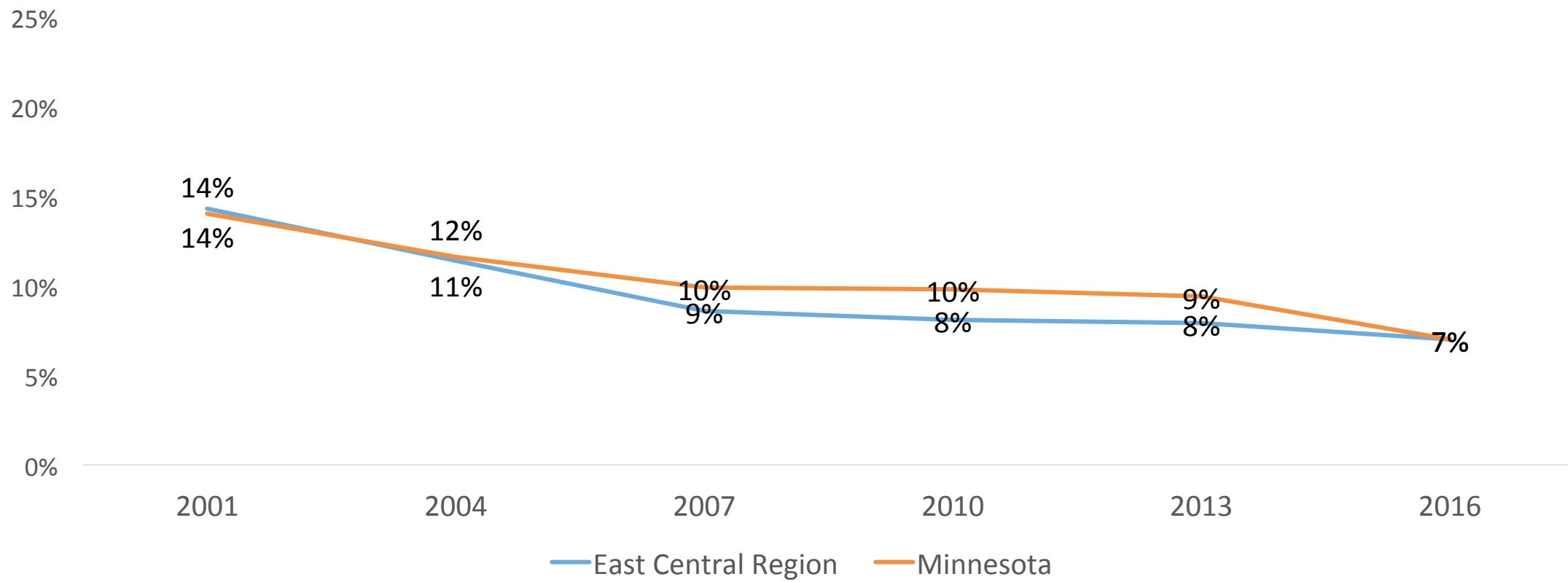
-  Higher than MN
-  Similar to MN
-  Lower than MN



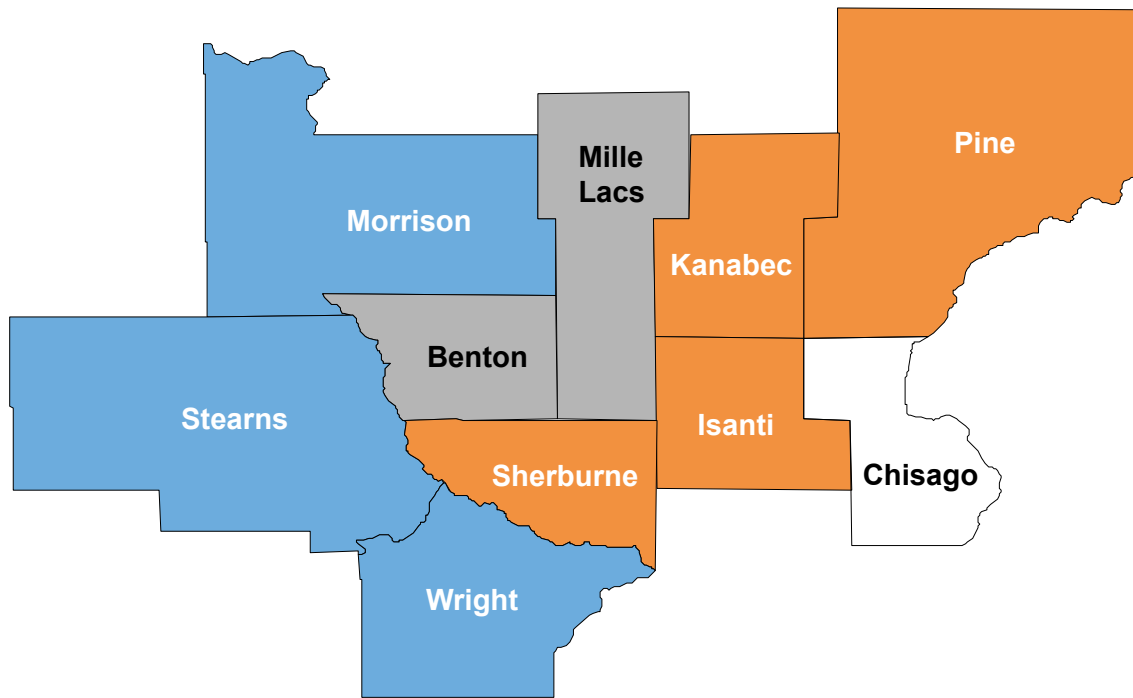
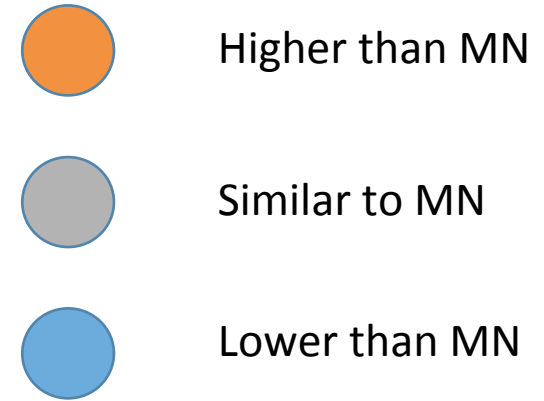
# Past-Month Marijuana Use

15% of 9<sup>th</sup> graders nationally reported past-month use (2015 YRBS)

9th Graders Reporting Any Past-Month Marijuana Use, by Year, MSS

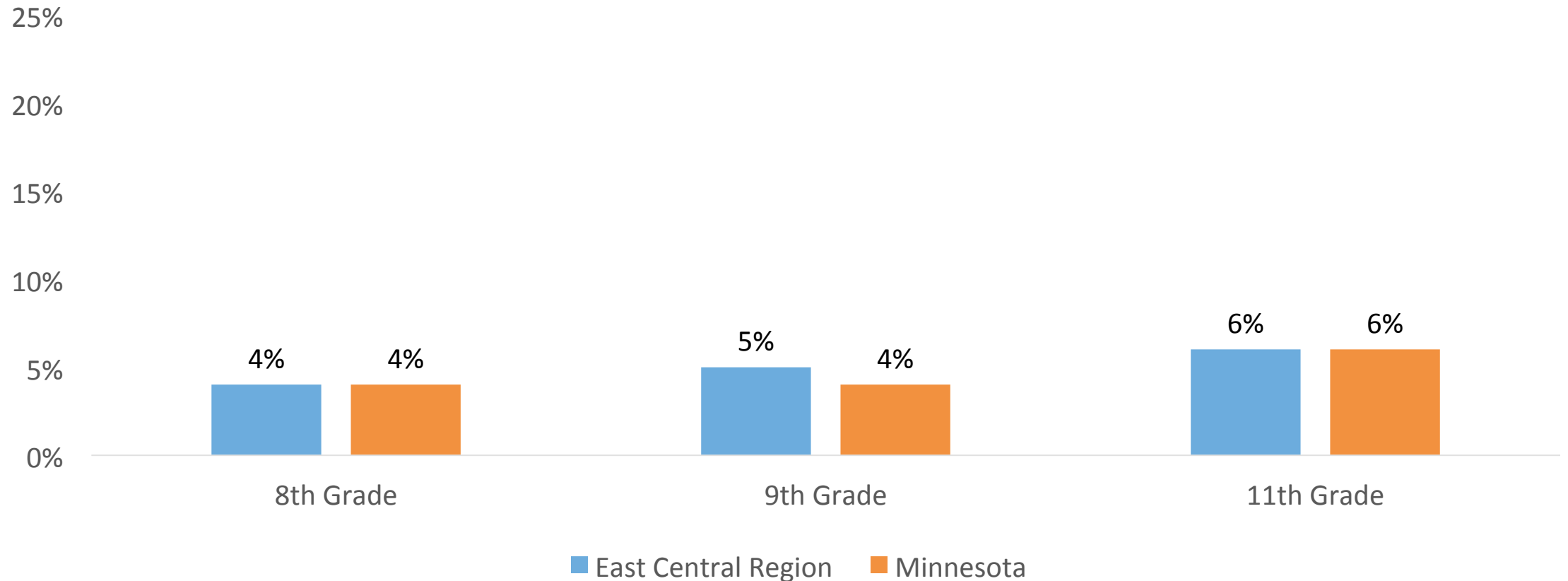


# Past-Month Marijuana Use



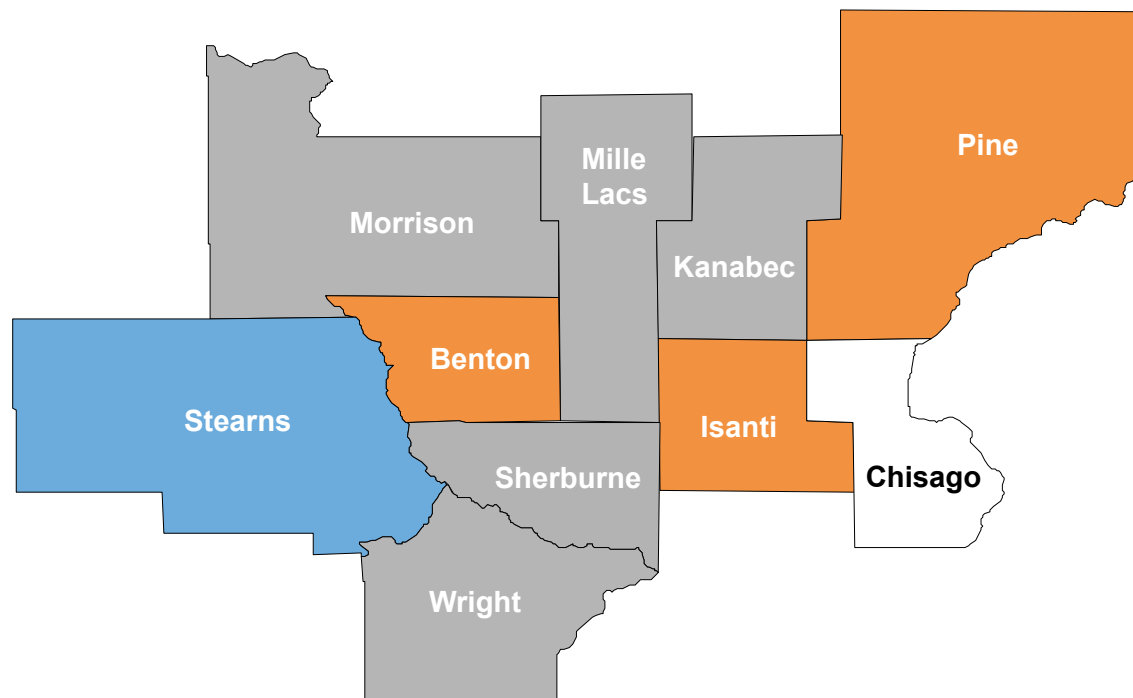
# Past-Month Prescription Drug Misuse

Students Reporting Past-Month Prescription Drug Misuse, 2016 MSS





# Past-Month Prescription Drug Misuse



Higher than MN



Similar to MN



Lower than MN



Risk + Protective Factors

# Definitions

## Risk Factors

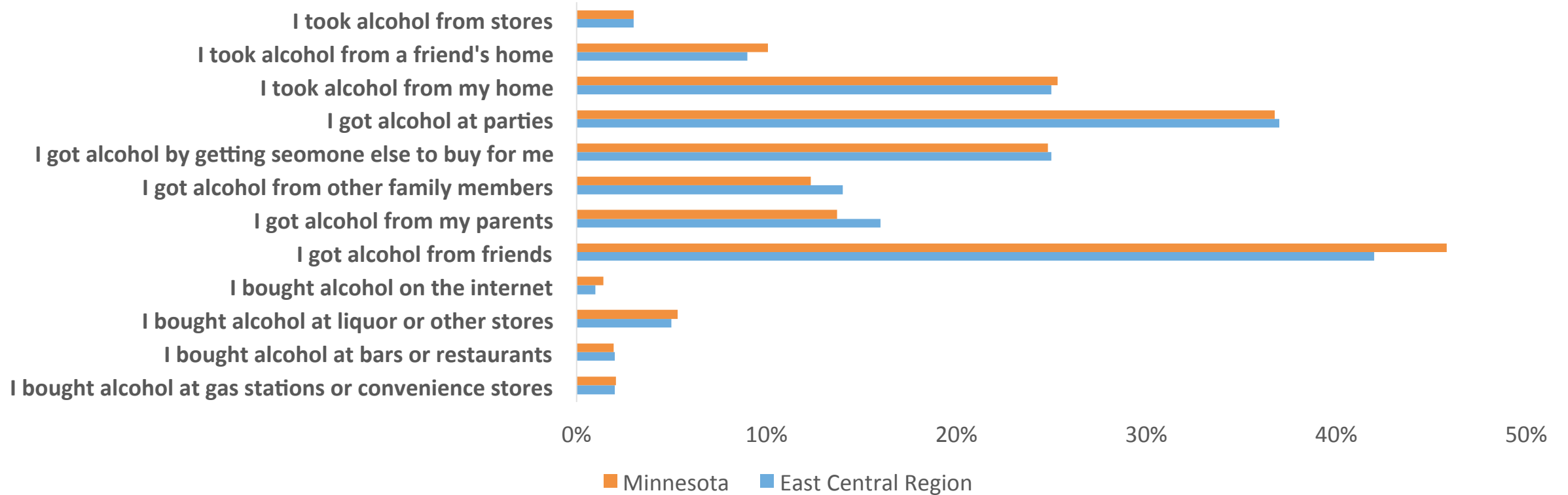
Individual characteristics and environmental influences associated with an **increased vulnerability** to the initiation, continuation, or escalation of substance use

## Protective Factors

Individual resilience and other circumstances that are associated with a **reduction in the likelihood** of substance use

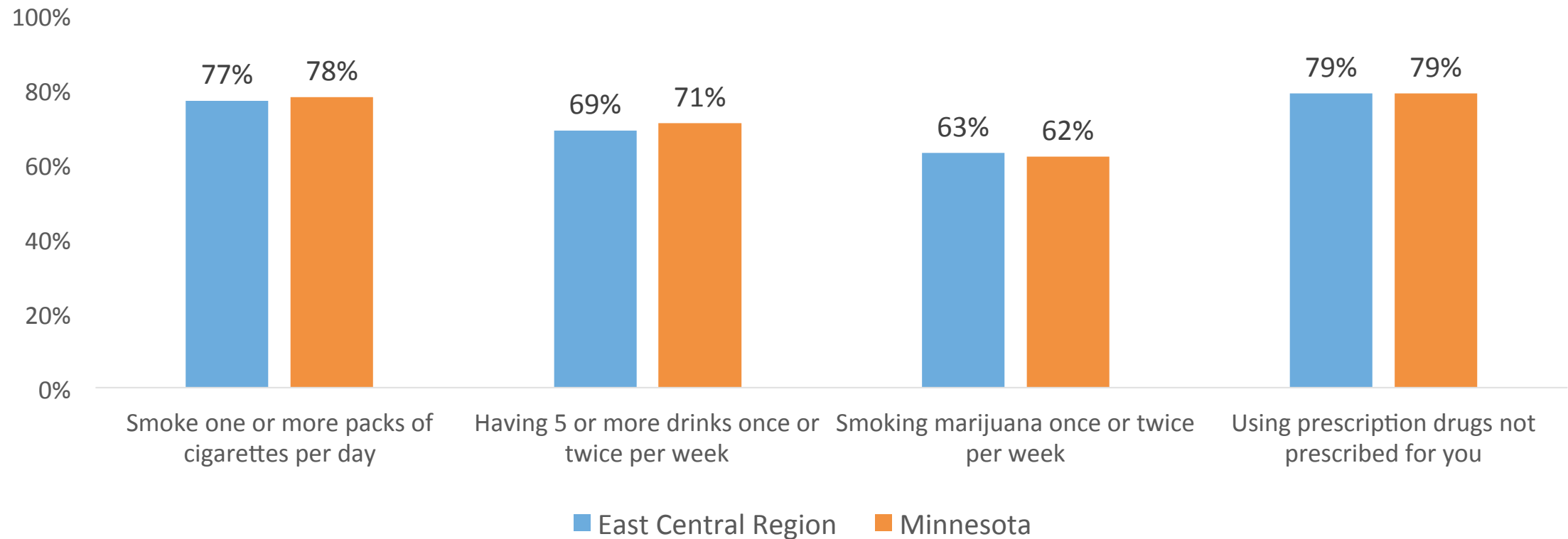
# Alcohol Access (Not included on 2016 survey)

## Alcohol Sources for 8th, 9th, + 11th Graders Reporting Any Past Month Use, 2013 MSS



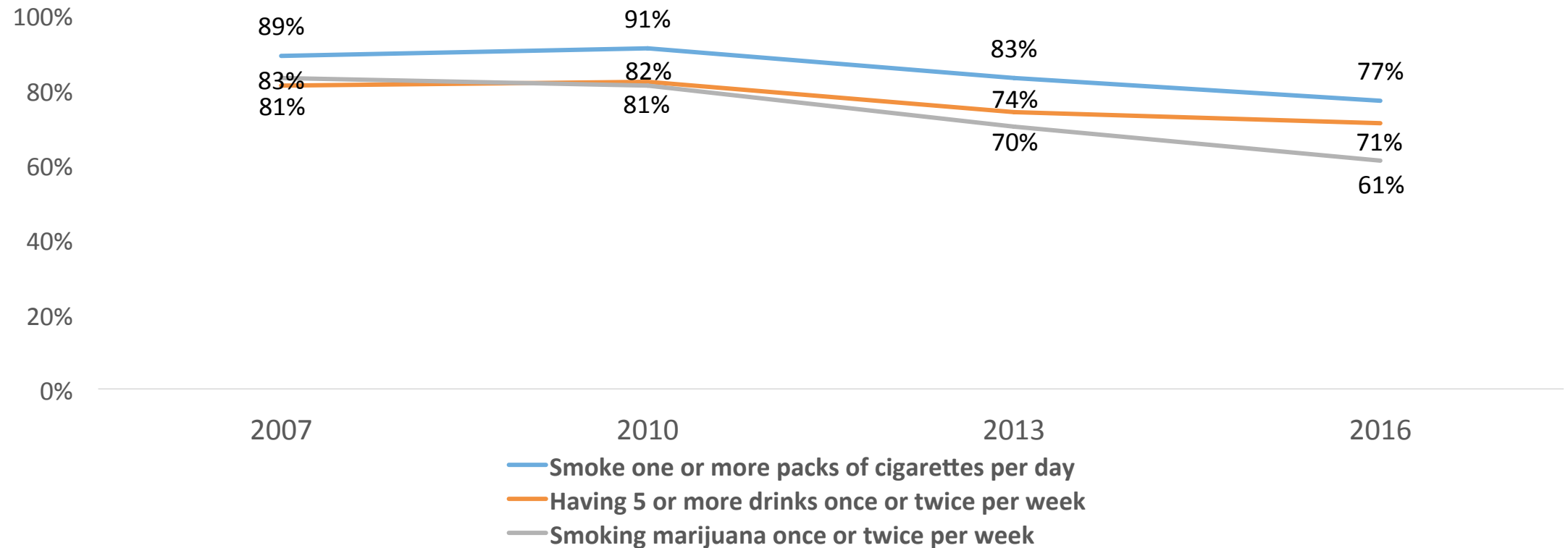
# Perceived Risk of Harm

5th, 8th, 9th, + 11th Graders' Perceived Risk of Great or Moderate Harm from Substance Use, 2016 MSS



# Perceived Risk of Harm

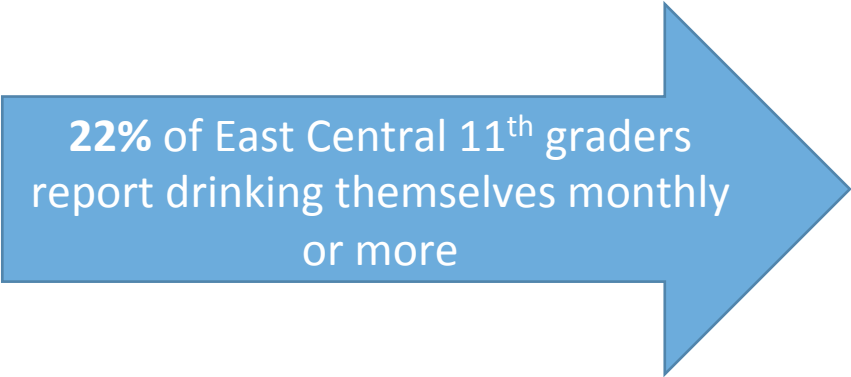
East Central 9th Graders' Perceived Risk of Great or Moderate Harm from Substance Use, by Year (MSS)



# Perceived vs Actual Use



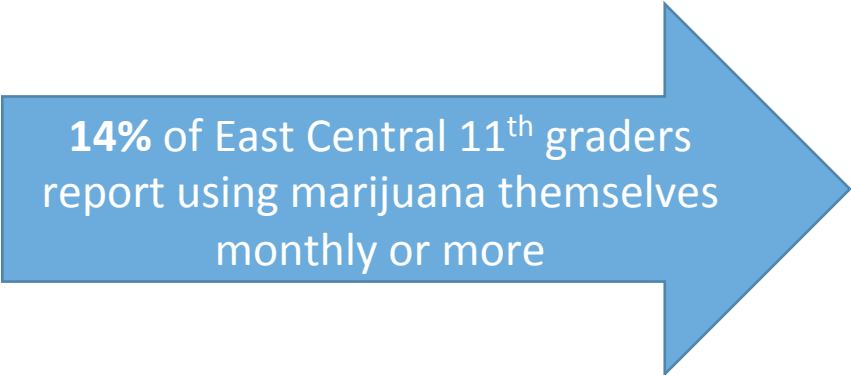
**74%** of East Central 11<sup>th</sup> graders think most students in their school drink monthly or more



**22%** of East Central 11<sup>th</sup> graders report drinking themselves monthly or more



**67%** of East Central 11<sup>th</sup> graders think most students in their school use marijuana monthly or more



**14%** of East Central 11<sup>th</sup> graders report using marijuana themselves monthly or more

# Risk Ratios

- Compare level of risk between two different student groups
- Show association, *not* causation
- Can vary from community to community
- Example:

$$\frac{\text{Students getting mostly A grades}}{\text{Students who didn't drink in the past month}} : \frac{\text{Students getting mostly A grades}}{\text{Students who DID drink in the past month}}$$



# Comparison Groups



Be mindful of  
the comparison  
groups!

East Central youth who think MOST students drink monthly or more often are nearly **7x** more likely to report they drink monthly or more

vs

East Central youth who drink monthly or more often are **2x** more likely to say they think MOST students drink monthly or more often

---

East Central youth who reported being bullied in the past month are **2.4x** more likely to report past 30-day prescription drug misuse

vs

East Central youth who reported past 30-day prescription drug misuse are **1.5x** more likely to report having been bullied in the past month

# Alcohol Use

## Students reporting NO past-month alcohol use were...

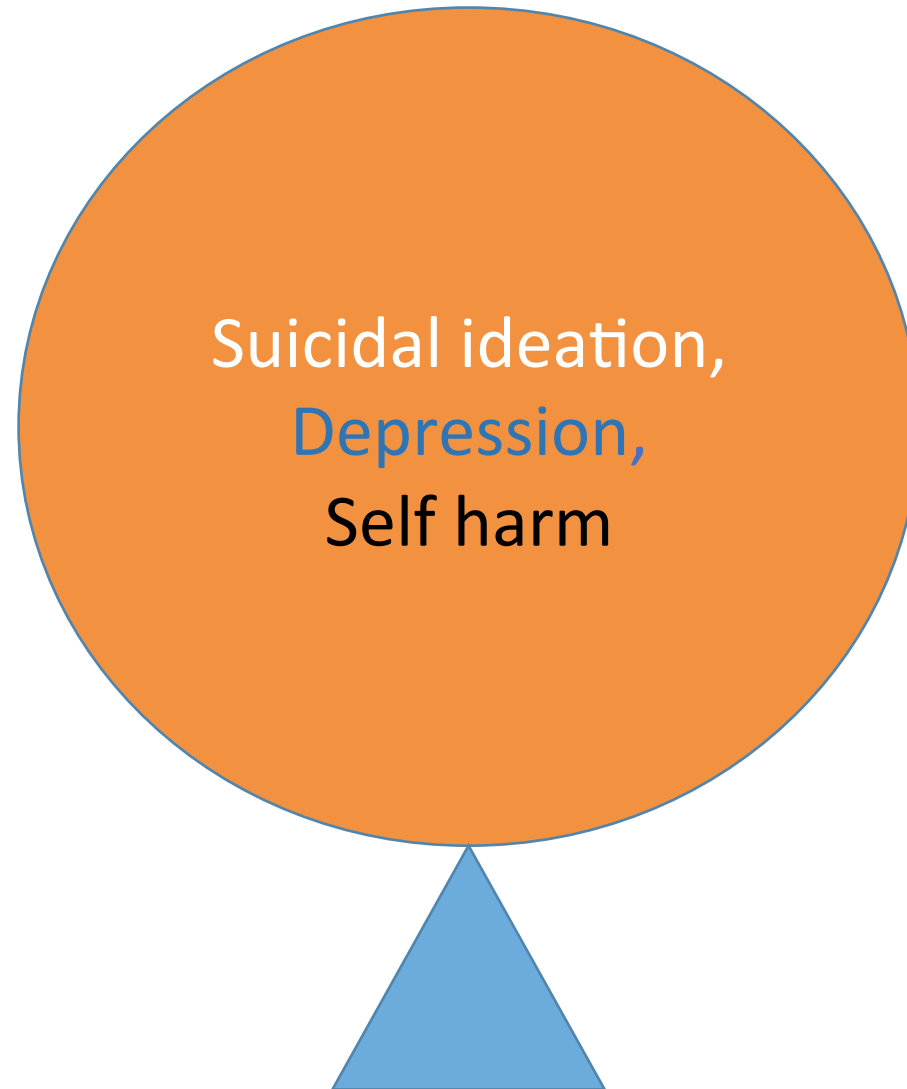
EAST CENTRAL REGION	MINNESOTA	<i>Less</i> likely to report past month use of...
Almost <b>9x</b>	Almost <b>9x</b>	Tobacco
<b>13x</b>	Almost <b>12x</b>	Marijuana
Over <b>8x</b>	Almost <b>8x</b>	Prescription drugs not prescribed for them

# Tobacco Use

## Students reporting NO past-month tobacco use were...

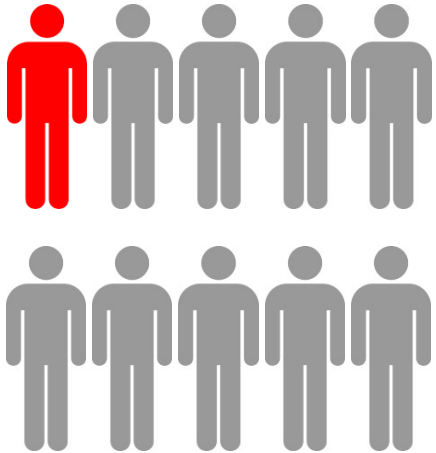
EAST CENTRAL REGION	MINNESOTA	<i>Less</i> likely to report past month use of...
Almost <b>8x</b>	<b>8x</b>	Alcohol
Over <b>19x</b>	Over <b>16x</b>	Marijuana
Over <b>8x</b>	Almost <b>8x</b>	Prescription drugs not prescribed for them

# Mental Health



# Suicidal Ideation

Just over 1 out of 10 (12%) of both East Central + Minnesota 8<sup>th</sup>, 9<sup>th</sup>, + 11<sup>th</sup> graders reported past-year suicidal ideation

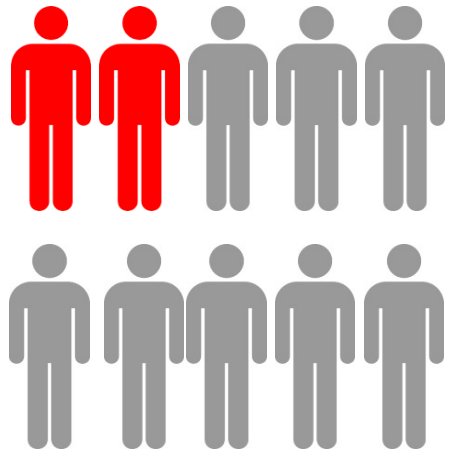


East Central students reporting past-year suicidal ideation were:

- **2.3x** more likely to report alcohol use
- **2.6x** more likely to report tobacco use
- **3.0x** more likely to report marijuana use
- **4.6x** more likely to report Rx drug misuse

# Depression

Almost 2 out of 10 East Central (21%) + Minnesota (22%) 8<sup>th</sup>, 9<sup>th</sup>, + 11<sup>th</sup> graders reported past-year significant problems with feeling very depressed

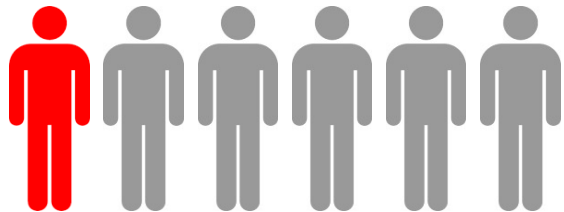


East Central students reporting past-year significant problems with feeling very depressed were:

- **1.8x** more likely to report alcohol use
- **2.2x** more likely to report tobacco use
- **2.2x** more likely to report marijuana use
- **3.3x** more likely to report Rx drug misuse

# Self-Harm

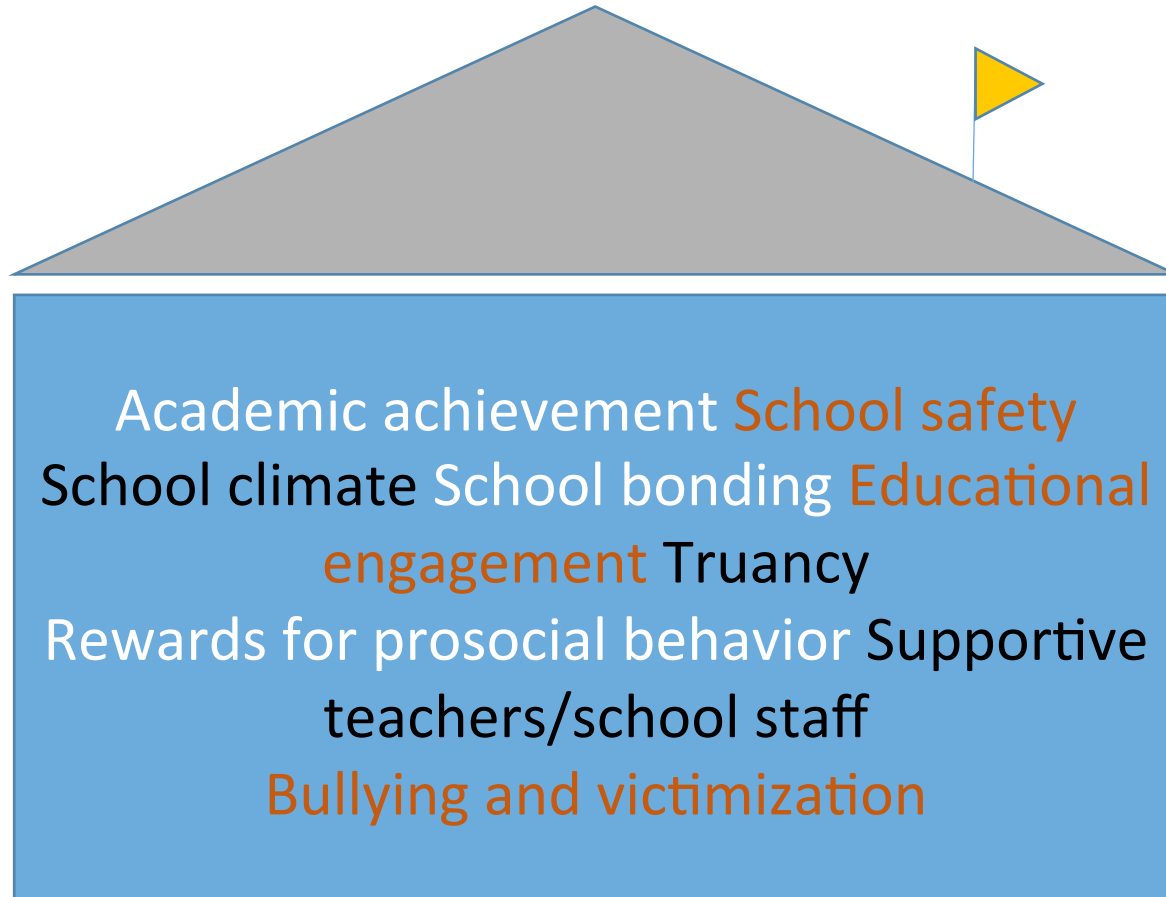
Roughly 1 out of 6 East Central (16%) + Minnesota (16%) 8<sup>th</sup>, 9<sup>th</sup>, + 11<sup>th</sup> graders reported past-year self-harm



East Central students reporting past-year self-harm were:

- **2.5x** more likely to report alcohol use
- **3.0x** more likely to report tobacco use
- **3.4x** more likely to report marijuana use
- **5.1x** more likely to report Rx drug misuse

# School

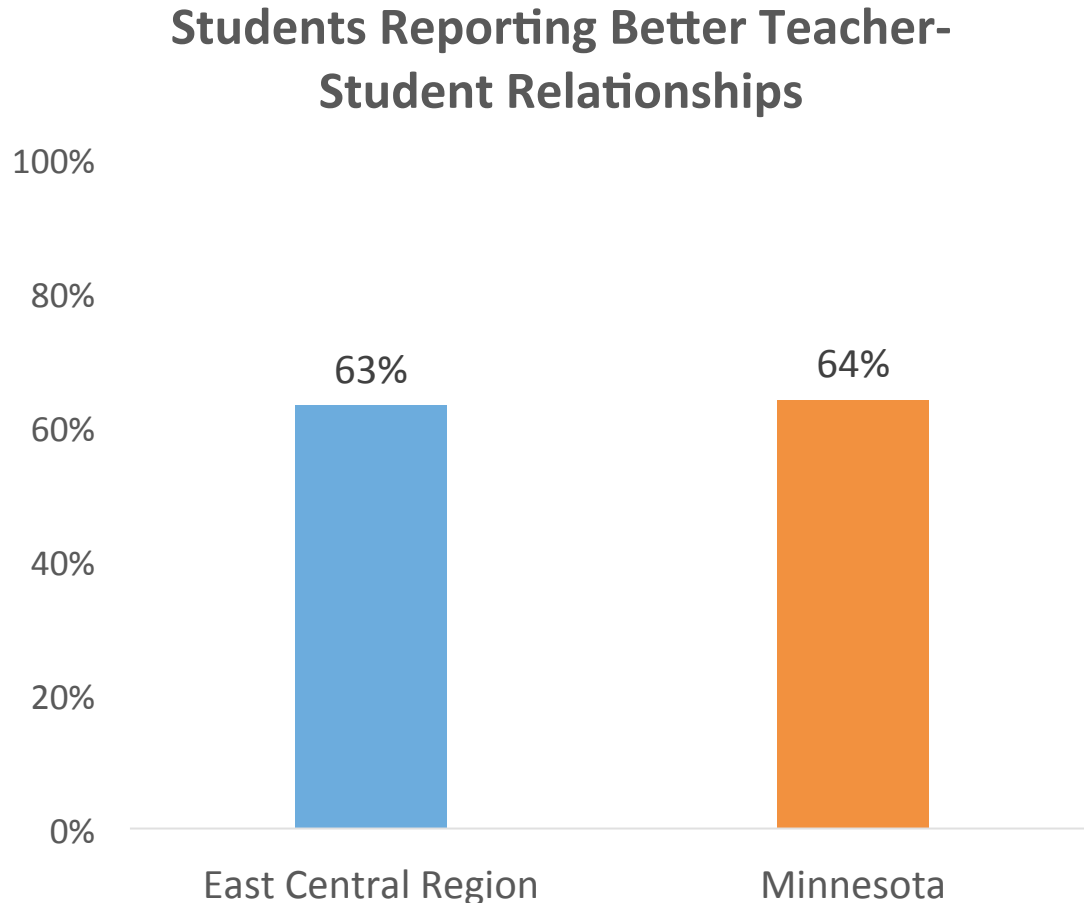




# Teacher-Student Relationships

- Overall, adults at my school treat students fairly
- Adults at my school listen to the students
- The school rules are fair
- At my school, teachers care about students
- Most teachers at my school are interested in me as a person

# Teacher-Student Relationships



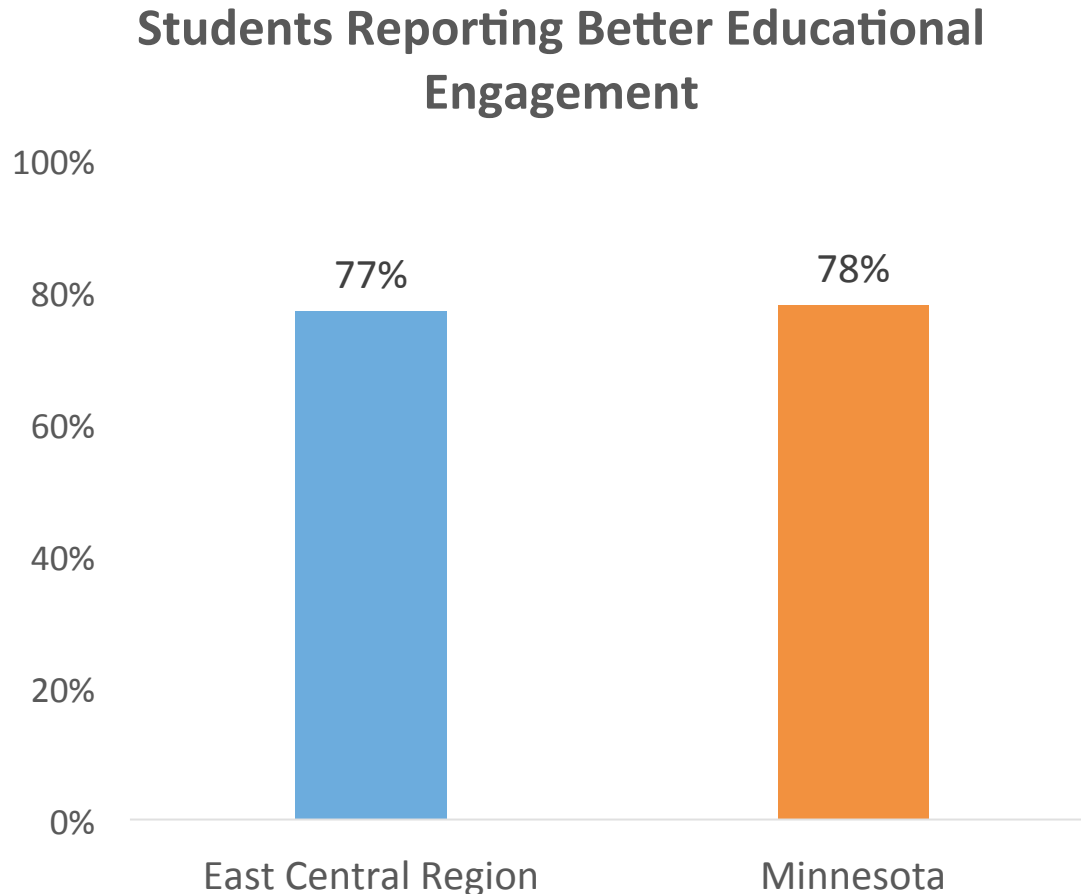
East Central students reporting better teacher-student relationships were:

- **2.6x** less likely to report alcohol use
- **3.2x** less likely to report tobacco use
- **3.6x** less likely to report marijuana use
- **3.1x** less likely to report Rx drug misuse

# Educational Engagement

- How often do you care about doing well in school?
- How often do you pay attention in class?
- How often do you go to class unprepared?
- If something interests me, I try to learn more about it.
- I think the things I learn at school are useful.
- Being a student is one of the most important parts of who I am.

# Educational Engagement



East Central students reporting greater educational engagement were:

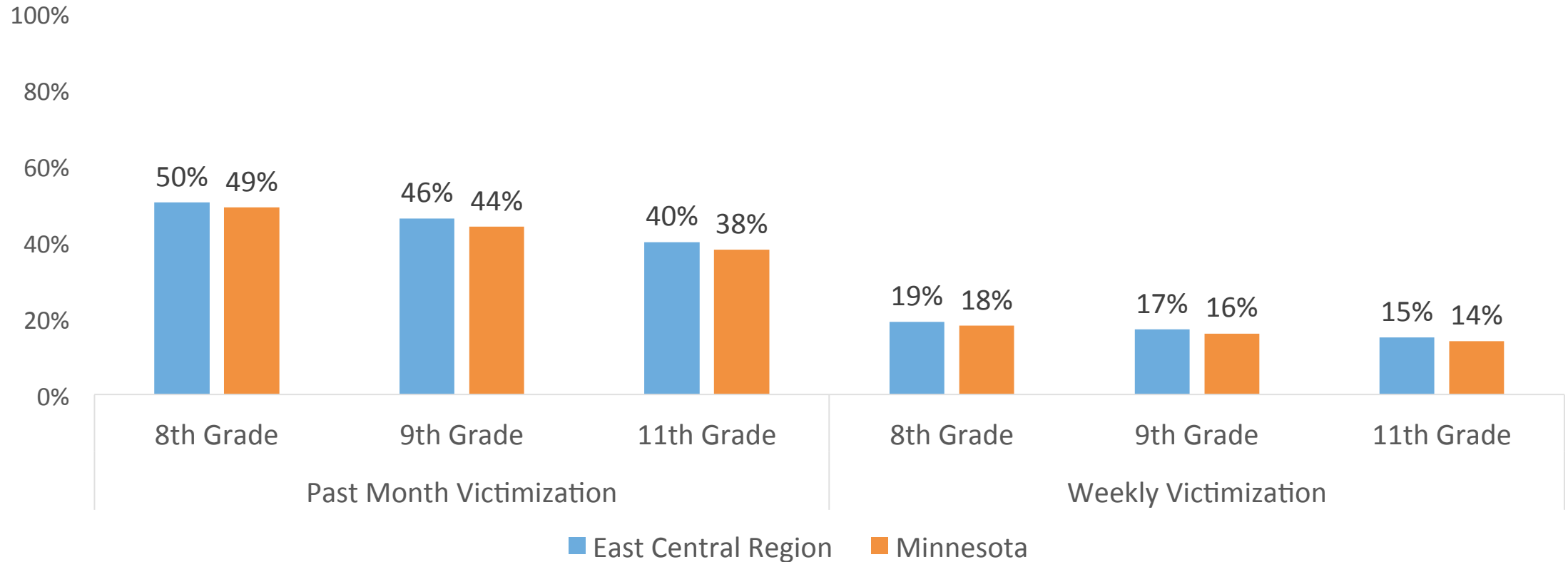
- **2.7x** less likely to report alcohol use
- **3.3x** less likely to report tobacco use
- **3.7x** less likely to report marijuana use
- **3.2x** less likely to report Rx drug misuse

# Bullying

- Students spread mean rumors or lies about you once or more in past month
- Students excluded you from friends, other students, or activities in past month
- Students made sexual jokes, comments, or gestures towards you in past month
- Students pushed, shoved, slapped, hit or kicked you once or more in past month
- Students threatened to beat you up once or more in past month

# Bullying

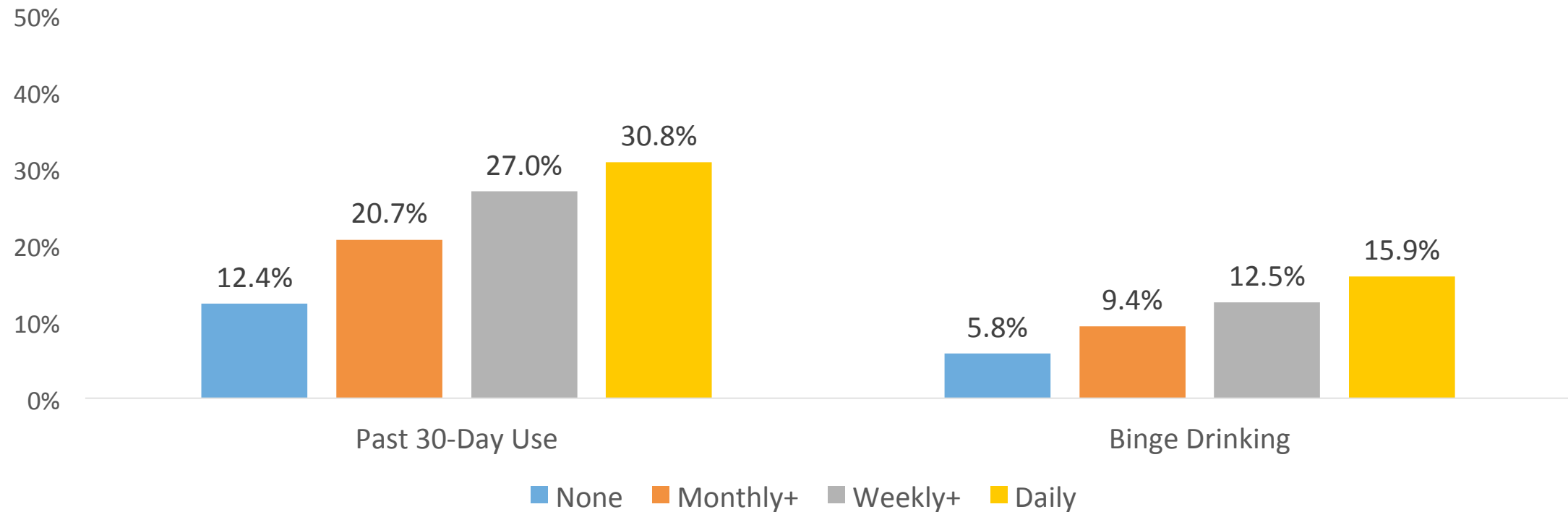
Students Reporting Bullying Victimization, by Frequency + Grade, 2016 MSS



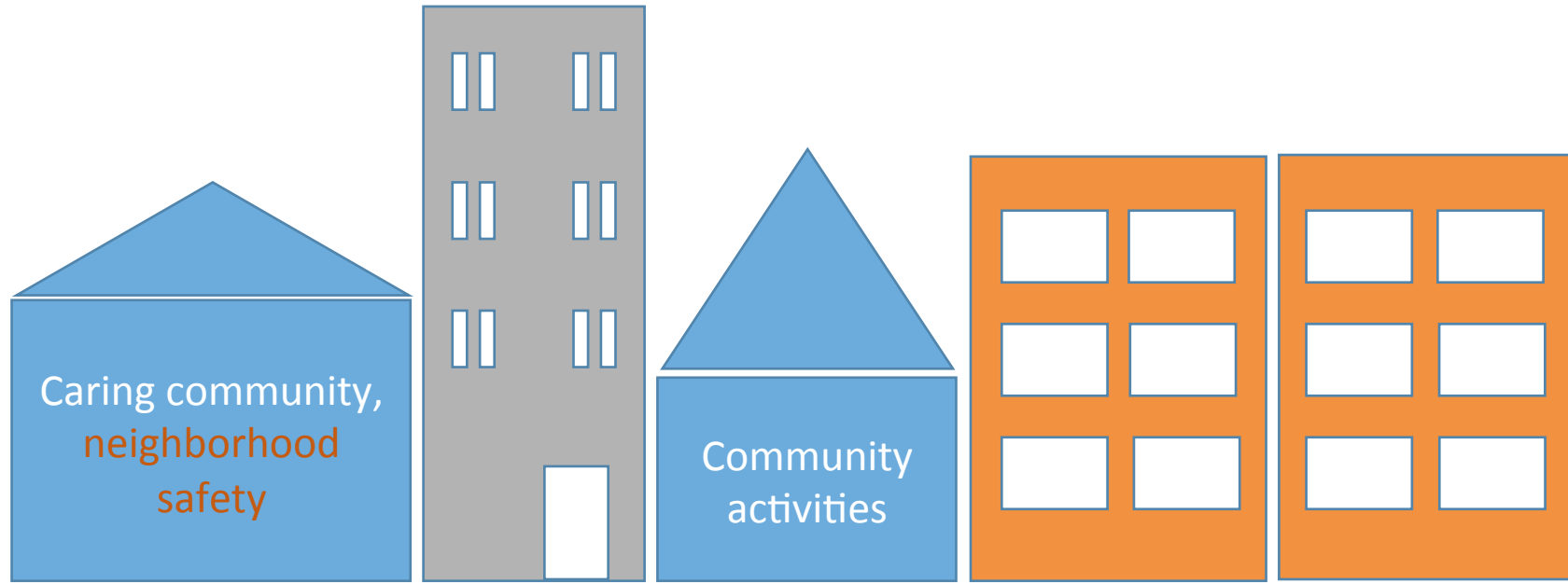
# Bullying

Compared to Minnesota students who said they weren't bullied in the past month, those bullied were **3.4 times** more likely to report suicidal ideation

Minnesota Students Reporting Past Month Drinking + Binge Drinking, by Past Month Frequency of Bullying Victimization (2016 MSS)



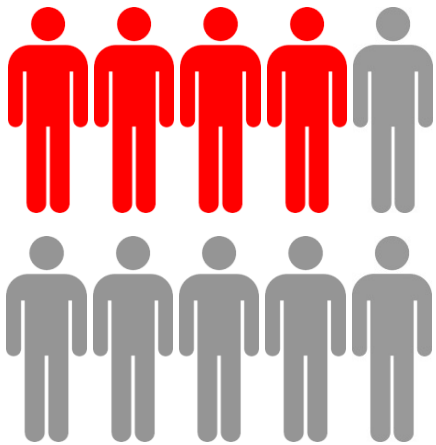
# Community





# Caring Community

Only 4 out of 10 East Central 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, + 11<sup>th</sup> graders say they think adults in their community care about them quite a bit or very much

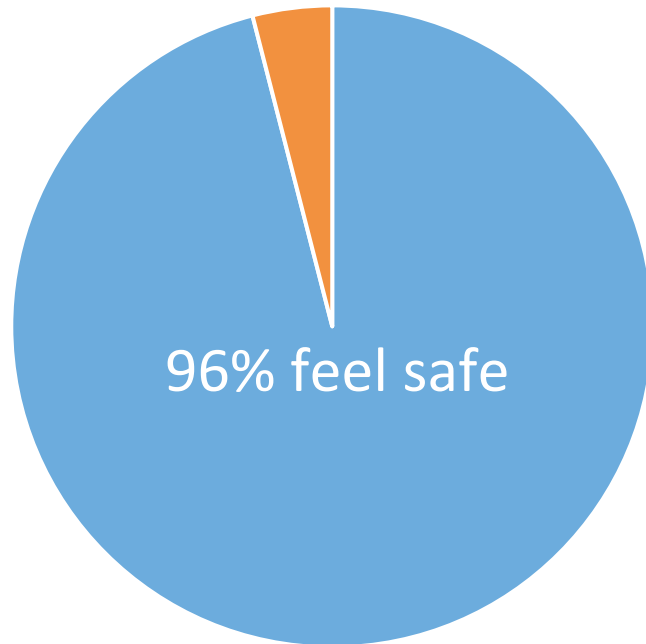


However, those who do feel their community cares were:

- **2.0x** less likely to report alcohol use
- **2.3x** less likely to report tobacco use
- **2.7x** less likely to report marijuana use
- **2.6x** less likely to report Rx drug misuse

# Neighborhood Safety

East Central 5th, 8th, 9th, + 11th  
Graders Reporting They Feel Safe in  
Their Neighborhood, 2016 MSS



East Central 8<sup>th</sup>, 9<sup>th</sup>, + 11<sup>th</sup> graders  
who don't feel safe in their  
neighborhood are:

- **1.7x** more likely to report alcohol use
- **1.8x** more likely to report tobacco use
- **2.0x** more likely to report marijuana use
- **3.0x** more likely to report Rx drug misuse

# Participation in Community Activities

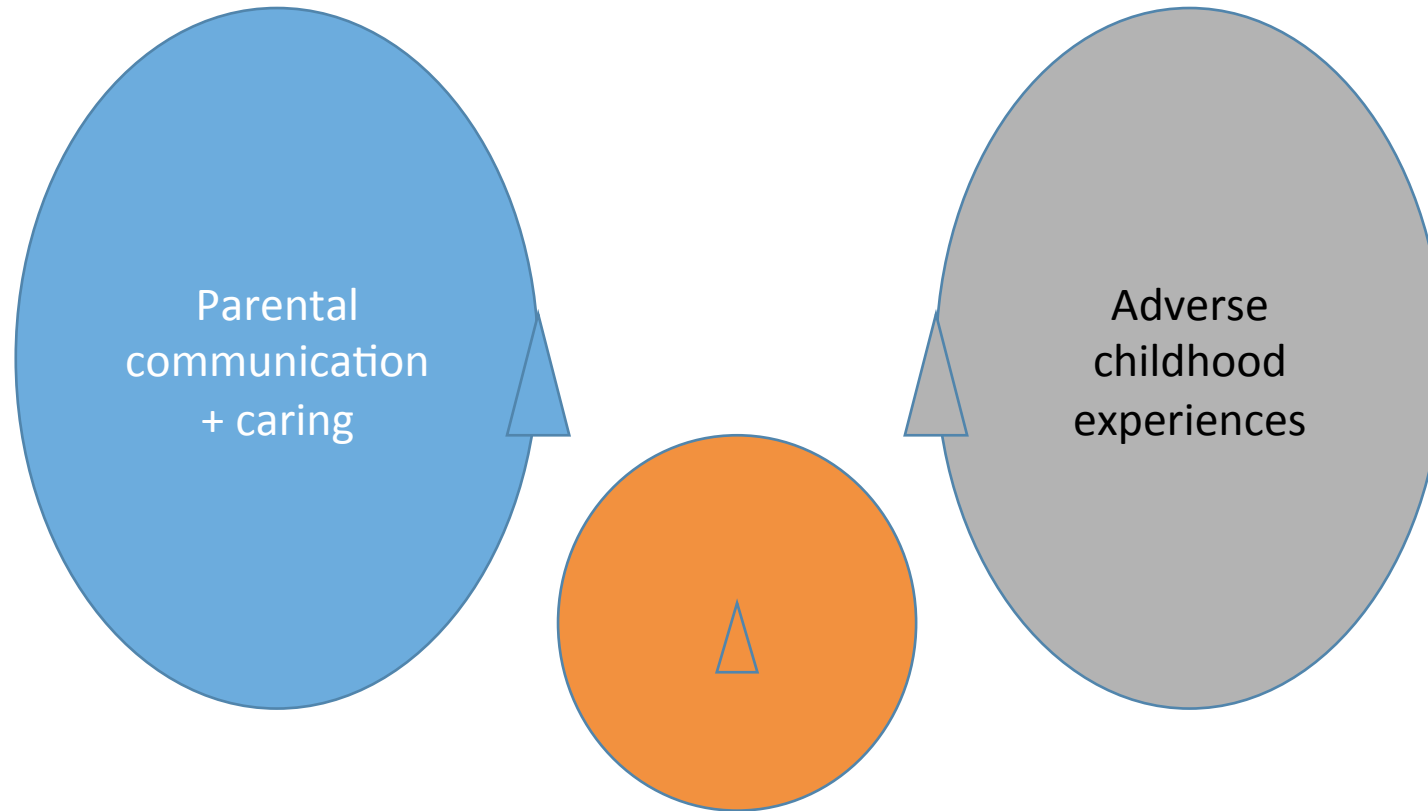
Over 4 out of 5 East Central (81%) + Minnesota (also 81%) 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, + 11<sup>th</sup> graders reported participating in community sports, clubs or programs, and/or religious activities at least once per week or more



East Central 8<sup>th</sup>, 9<sup>th</sup>, + 11<sup>th</sup> reporting participation in community activities were:

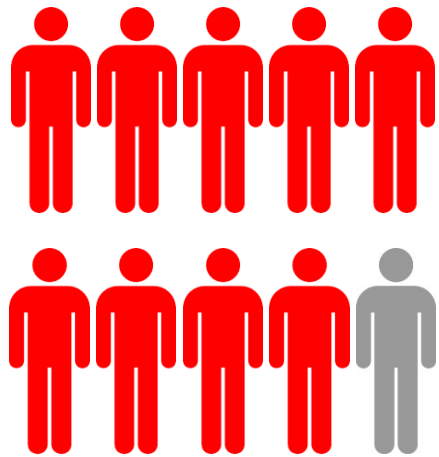
- **1.6x** less likely to report alcohol use
- **1.9x** less likely to report tobacco use
- **2.2x** less likely to report marijuana use
- **1.8x** less likely to report Rx drug misuse

# Family



# Parental Communication

9 out of 10 East Central 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, + 11<sup>th</sup> graders say they can talk to their mother and/or father all or most of the time about problems they are having



However, those who can't were:

- **2.1x** more likely to report alcohol use
- **2.4x** more likely to report tobacco use
- **2.7x** more likely to report marijuana use
- **3.1x** more likely to report Rx drug misuse

# Parental Caring

- 9 out of 10 East Central 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, + 11<sup>th</sup> graders also say they feel their parents care about them quite a bit or very much
- But...that's not the same 9 out of 10 who can talk with their parents about problems—86% of East Central students reported both parental communication and caring

East Central 8<sup>th</sup>, 9<sup>th</sup>, + 11<sup>th</sup> who feel their parents care quite a bit or very much were:

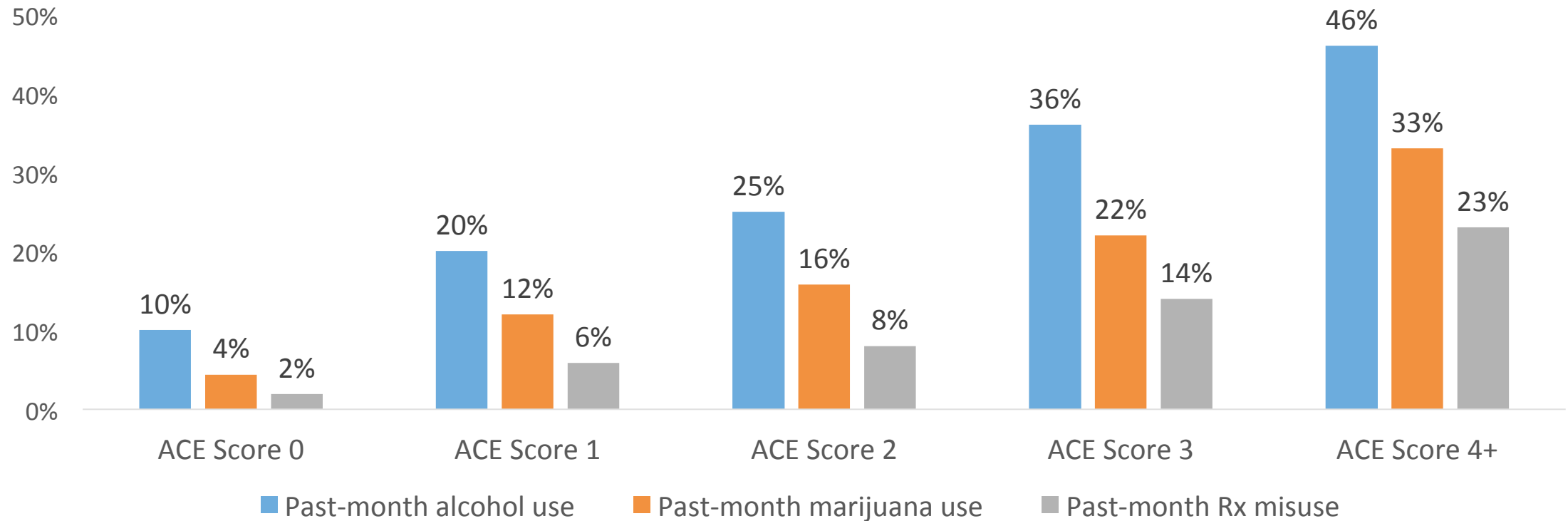
- **2.3x** less likely to report alcohol use
- **2.7x** less likely to report tobacco use
- **3.1x** less likely to report marijuana use
- **4.1x** less likely to report Rx drug misuse

# Adverse Childhood Experiences (ACEs)

- Incarcerated parent/caregiver
- Living with someone who drinks too much alcohol
- Living with someone who uses illegal drugs or abuses prescription drugs
- Verbal abuse
- Physical abuse
- Household domestic abuse
- Sexual abuse

# ACEs

East Central 8th, 9th, + 11th Graders Reporting Past Month Substance Use, by ACE Score (2016 MSS)





# Contact

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