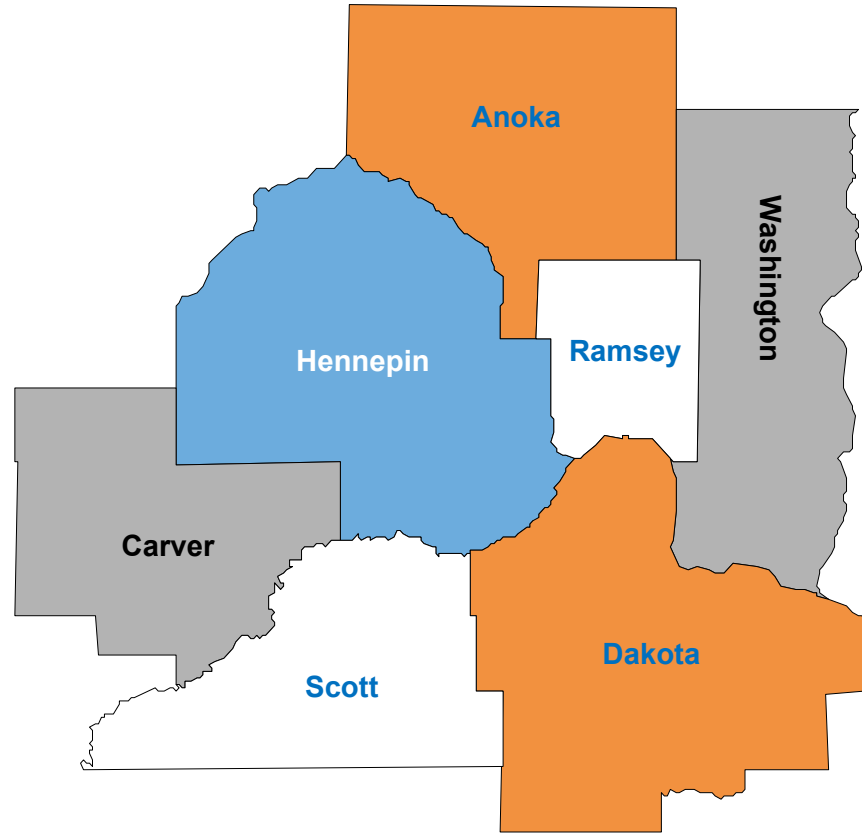


DATA COME HOME

Using Local Data to Mobilize Support for Prevention Efforts

Region 7: Metro





Consequences

Alcohol

| | METRO REGION | MINNESOTA |
|--|-----------------|-----------------|
| 2015 ARMV incident costs per capita | \$31 | \$50 |
| % of crashes that were alcohol-related in 2015 | 4.2% | 4.9% |
| 2015 ARMV fatalities | 4 per 100,000 | 3 per 100,000 |
| 2015 DWI by location of residence | 43.2 per 10,000 | 44.7 per 10,000 |

Tobacco

- The 2015 rate of lung, bronchus, and trachea cancer deaths for the Metro Region was 39 per 100,000 population—slightly lower than 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

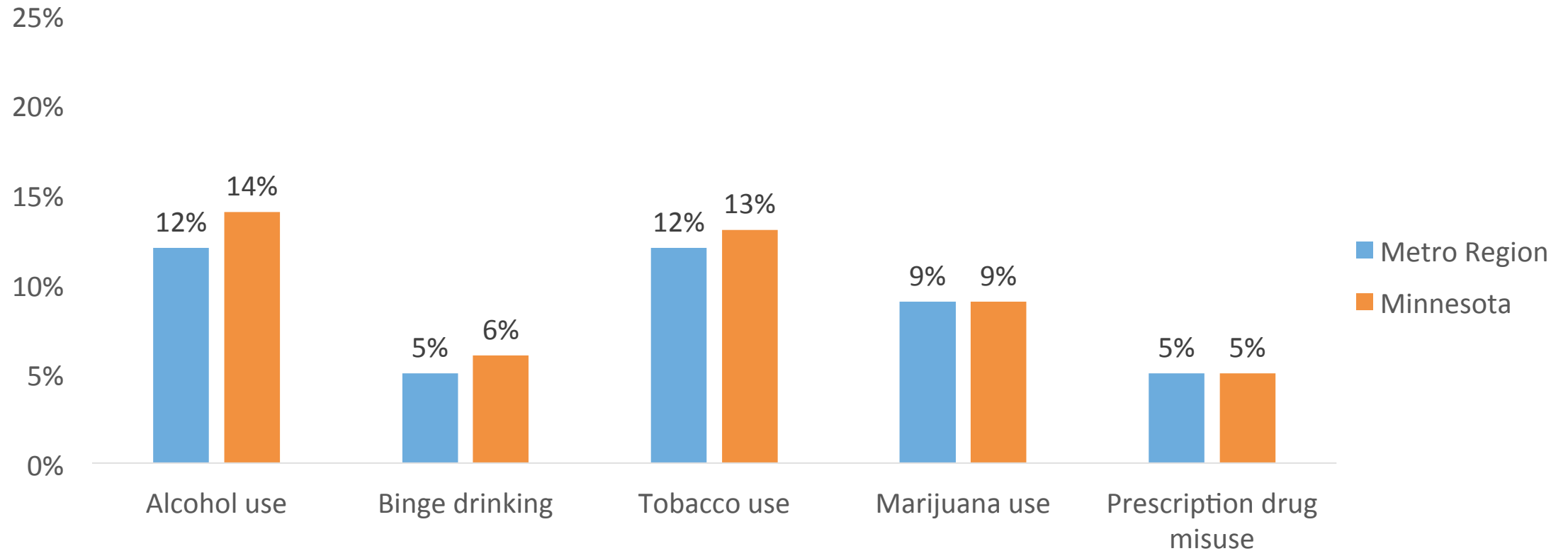
- Administered in the first half of 2016 to public school students in grades 5, 8, 9, and 11
- 85.5% of public operating school districts participated
- Overall participation across the four grades was approximately 66% of total enrollment
- **Metro Region students make up 52.9% of the overall statewide sample**



Substance Use

Overview

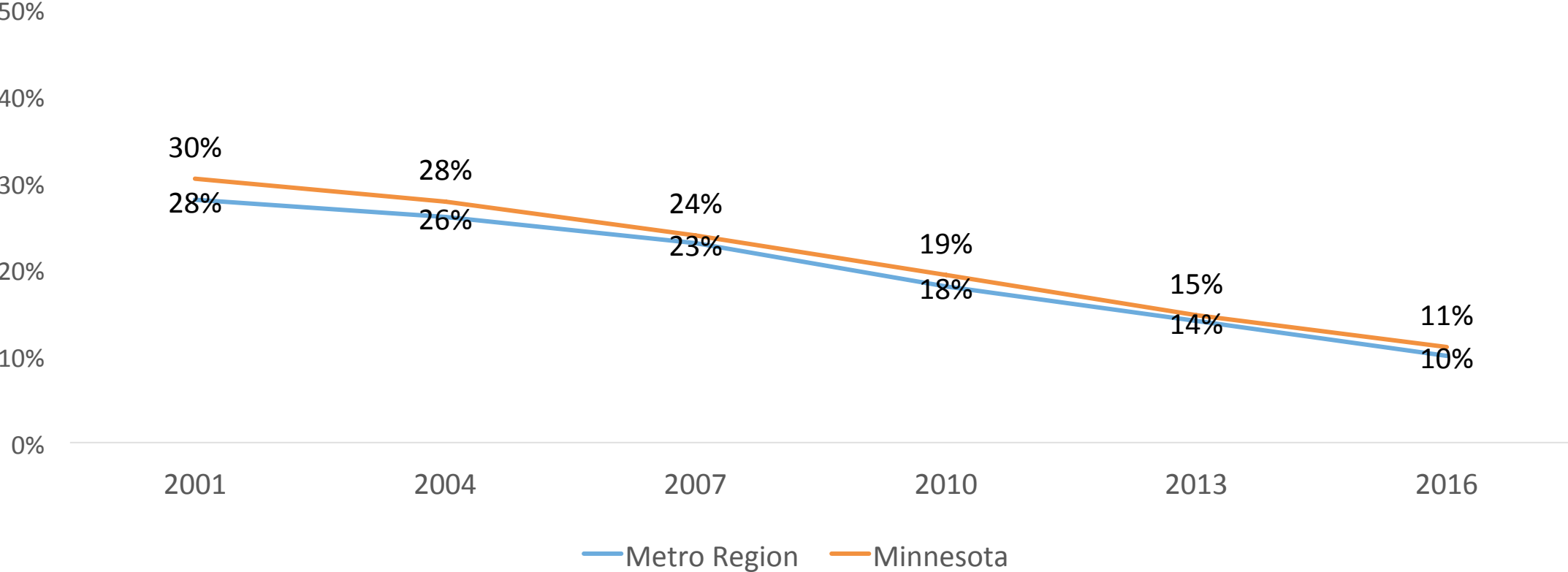
8th, 9th, + 11th Graders Reporting Past-Month Substance Use, 2016 MSS



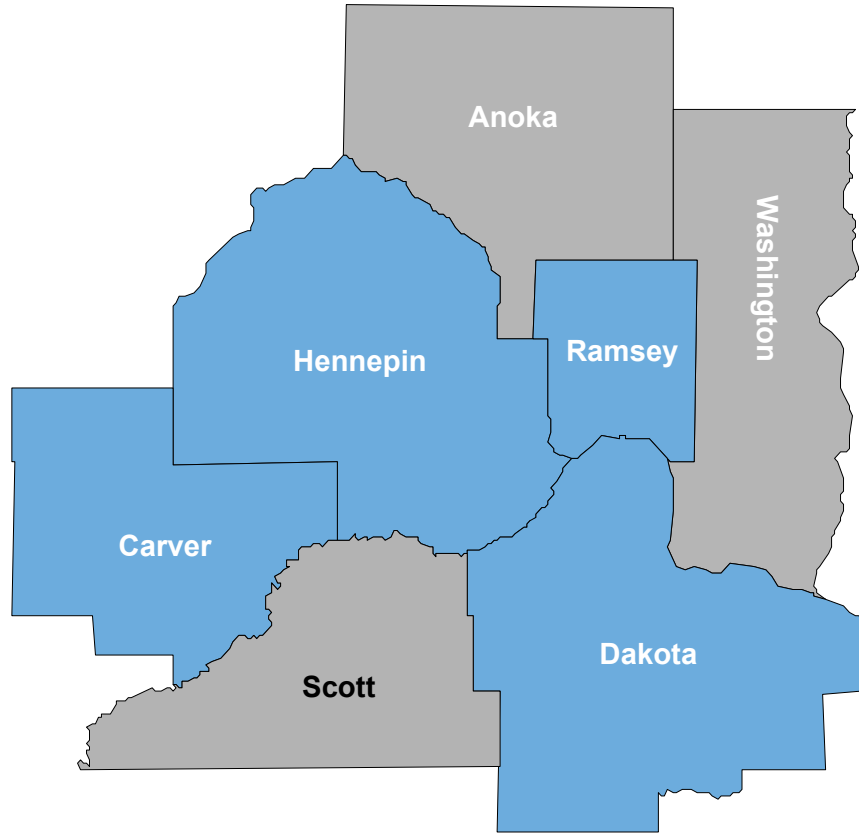
Past-Month Alcohol Use

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

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



Past-Month Alcohol Use



Higher than MN



Similar to MN

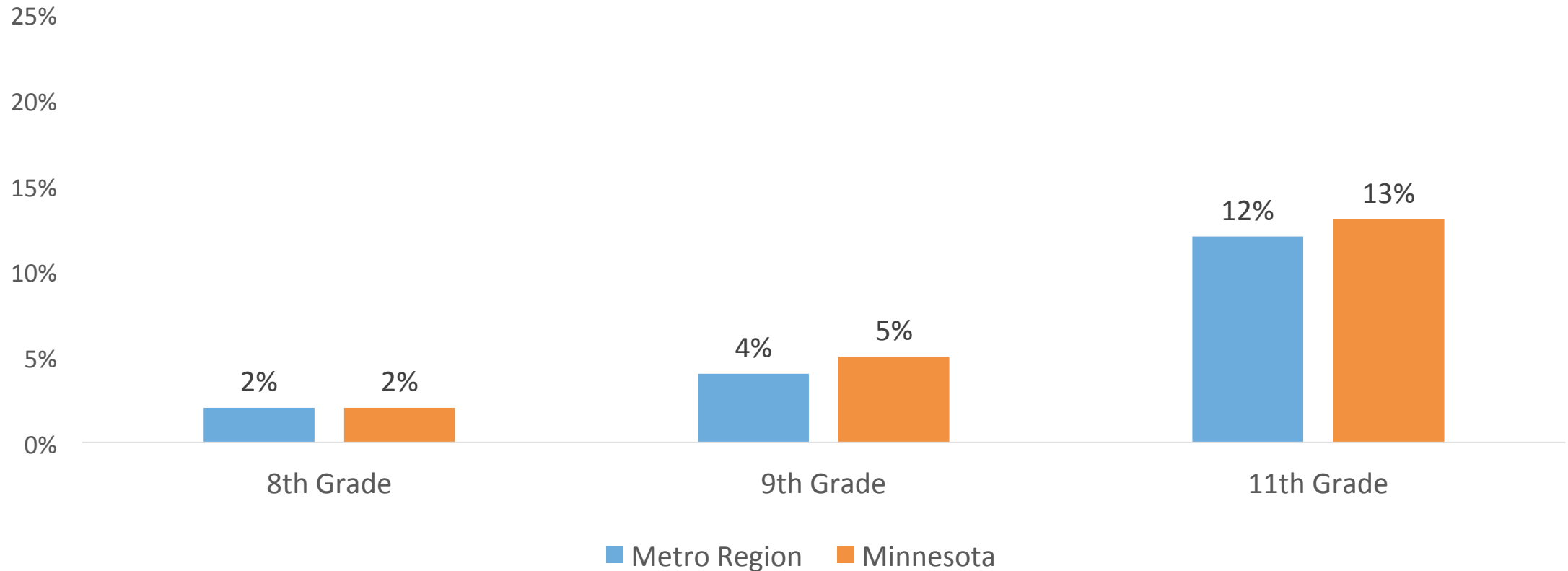


Lower than MN

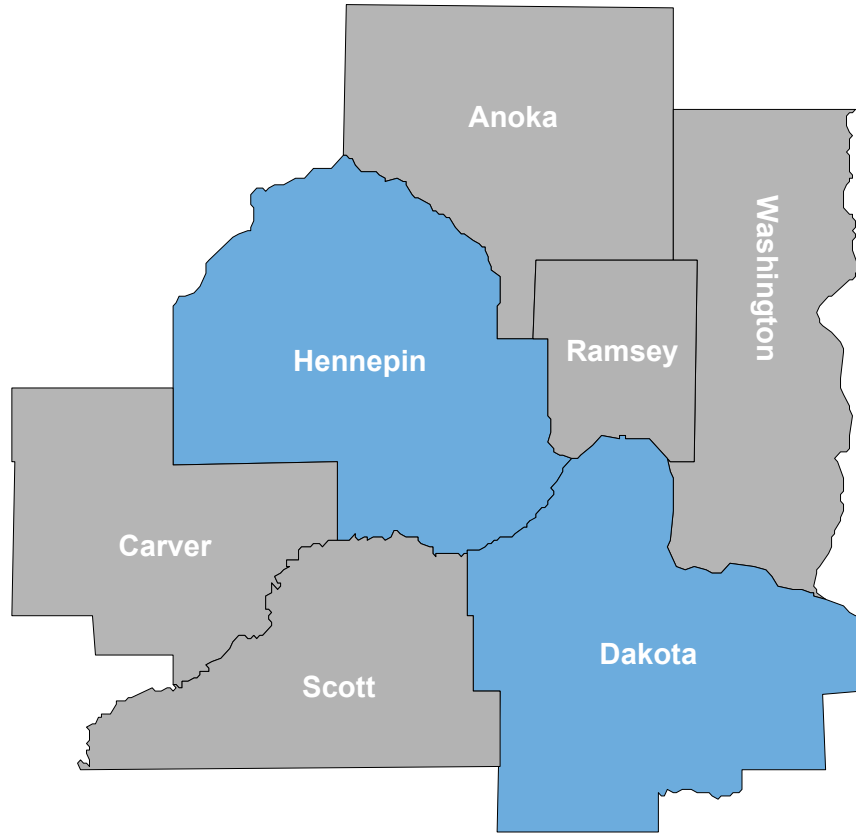
Past-Month Binge Drinking

Nationally, 10% of 9th graders + 22% of 11th 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

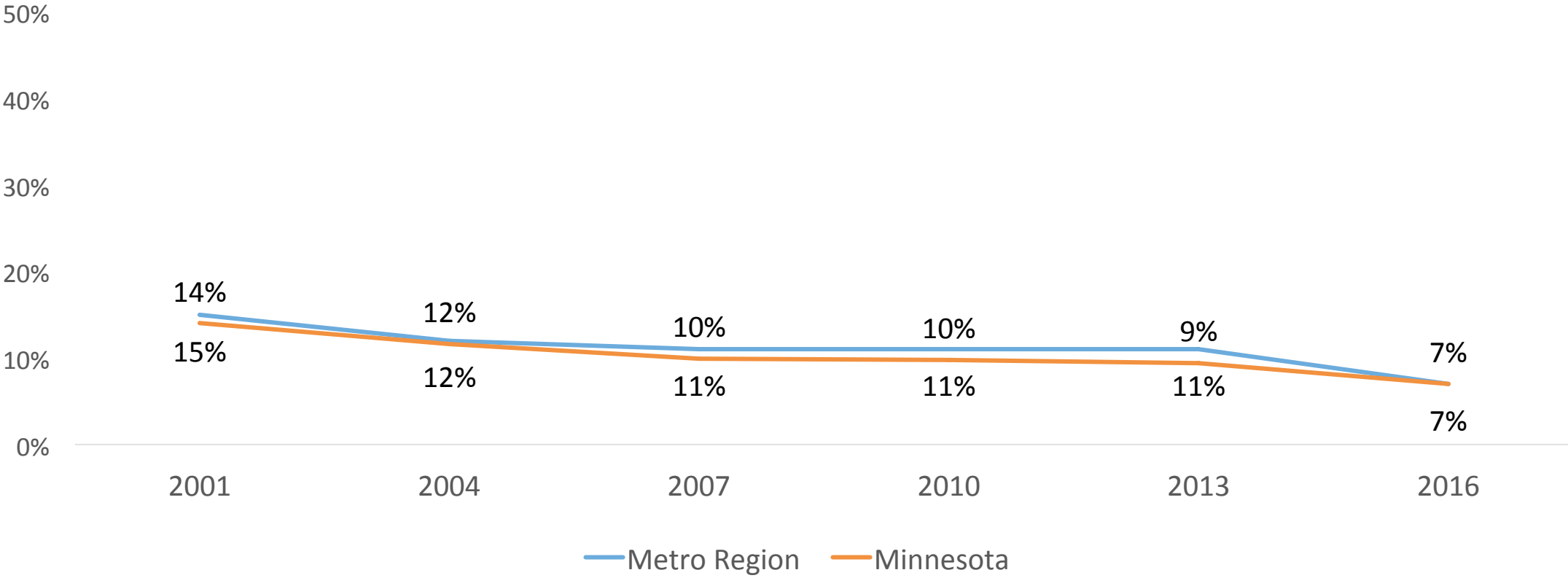


Lower than MN

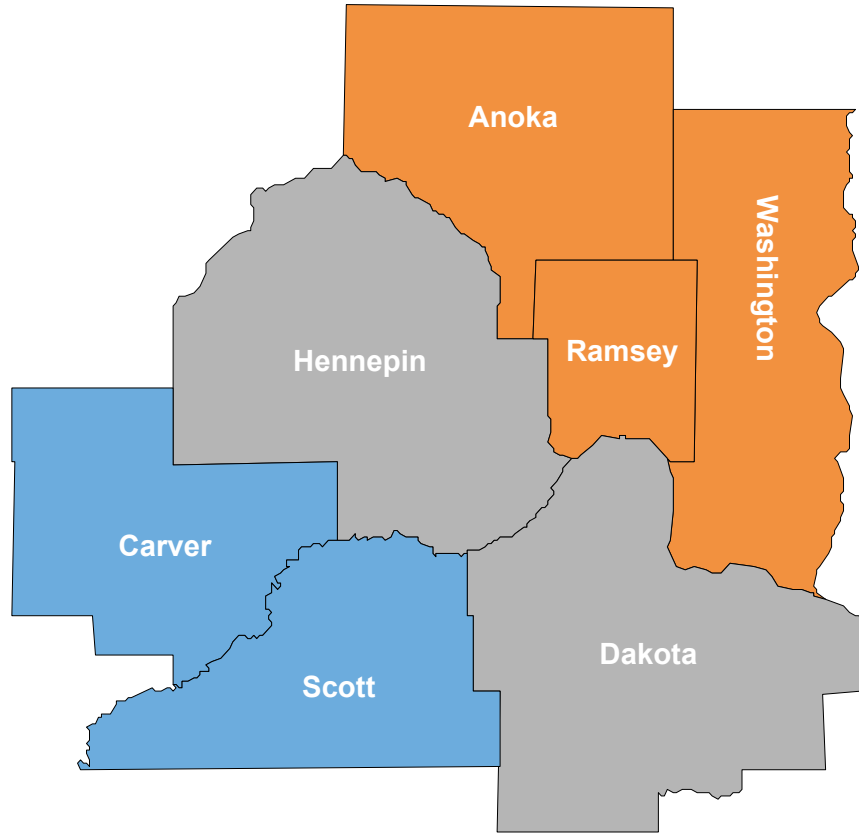
Past-Month Marijuana Use

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

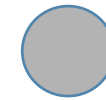
9th Graders Reporting Any Past-Month Marijuana Use, by Year, MSS



Past-Month Marijuana Use



Higher than MN



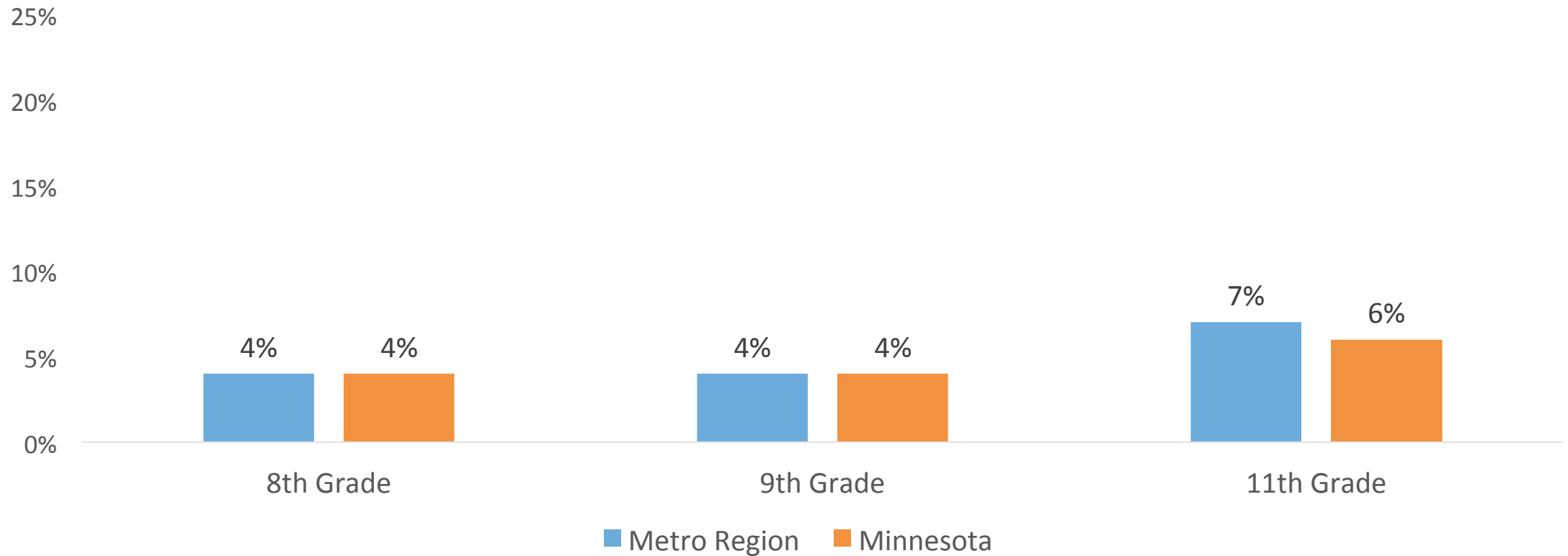
Similar to MN



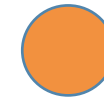
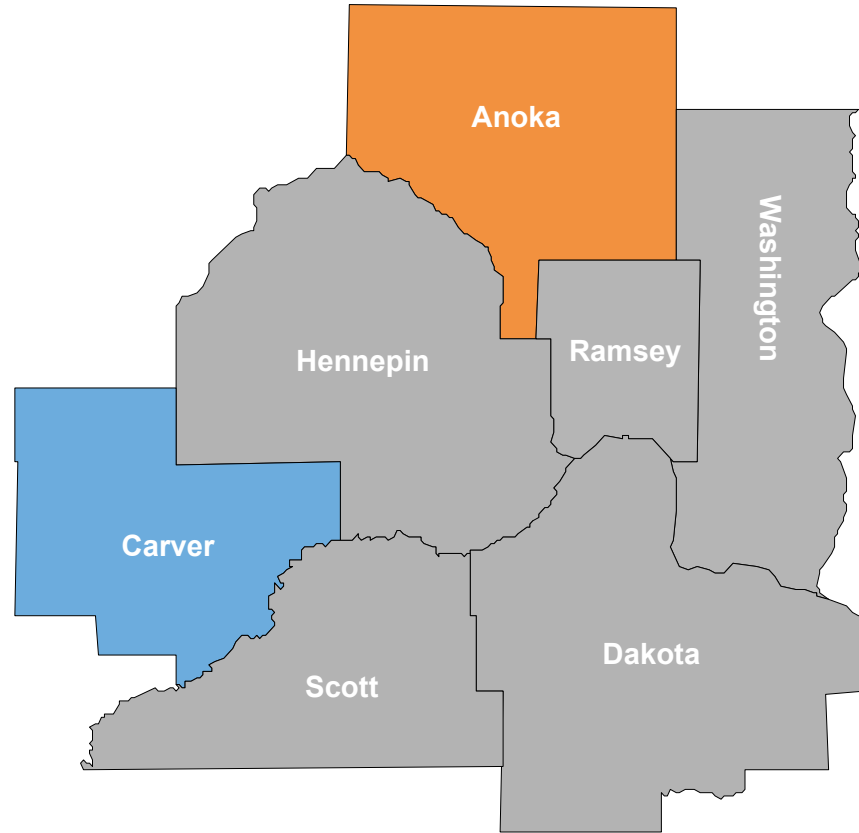
Lower than MN

Past-Month Prescription Drug Misuse

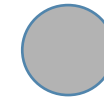
Students Reporting Past-Month Prescription Drug Misuse, 2016 MSS



Past-Month Prescription Drug Misuse



Higher than MN



Similar to MN



Lower than MN



Risk + Protective Factors

Definitions

Risk Factors

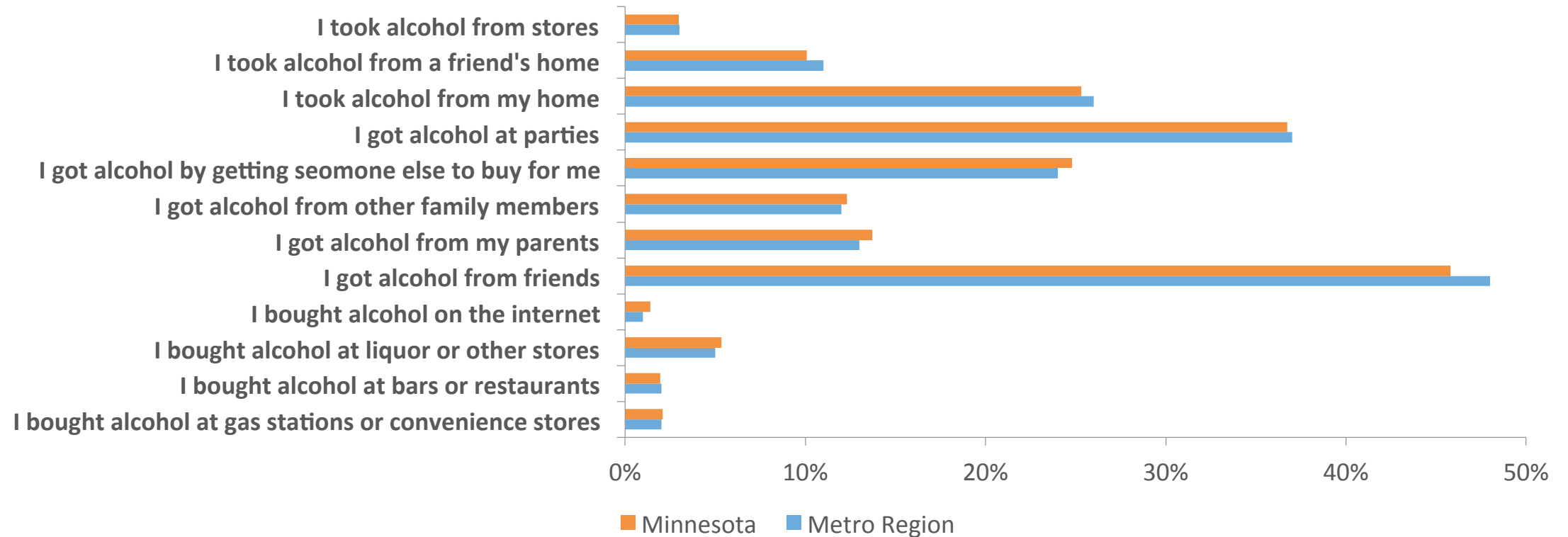
Individual characteristics and environmental influences associated with an **increased vulnerability** to the initiation, continuation, or escalation of substance use

Protective Factors

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

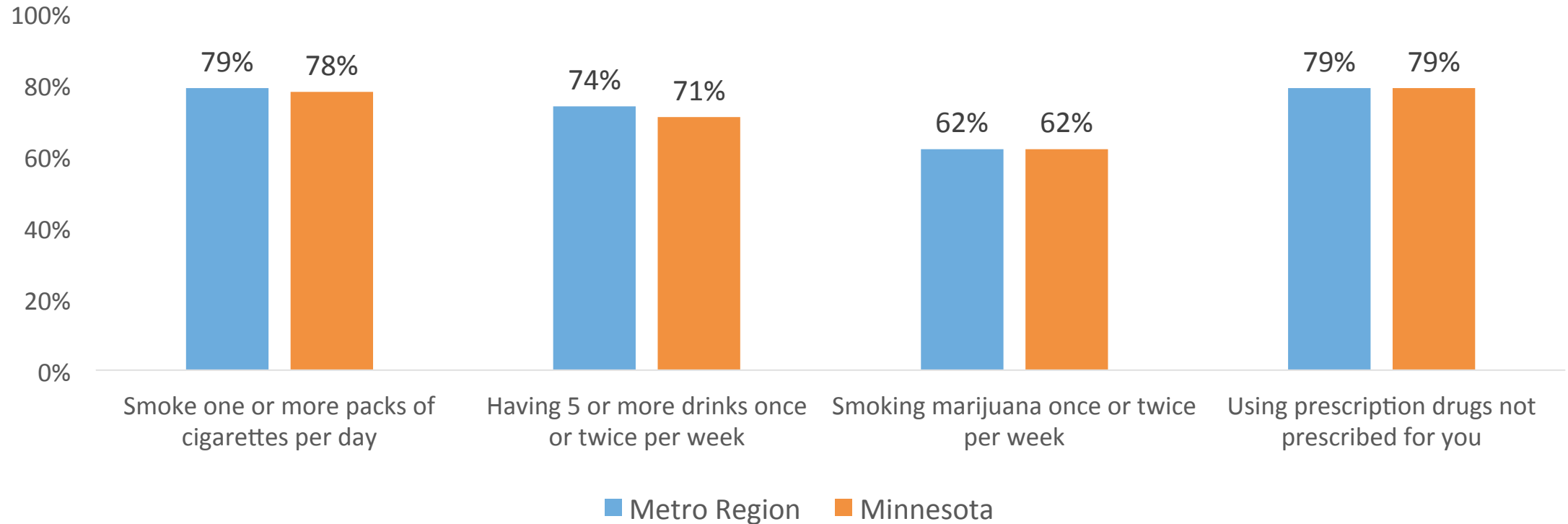
Alcohol Access (Not included on 2016 survey)

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



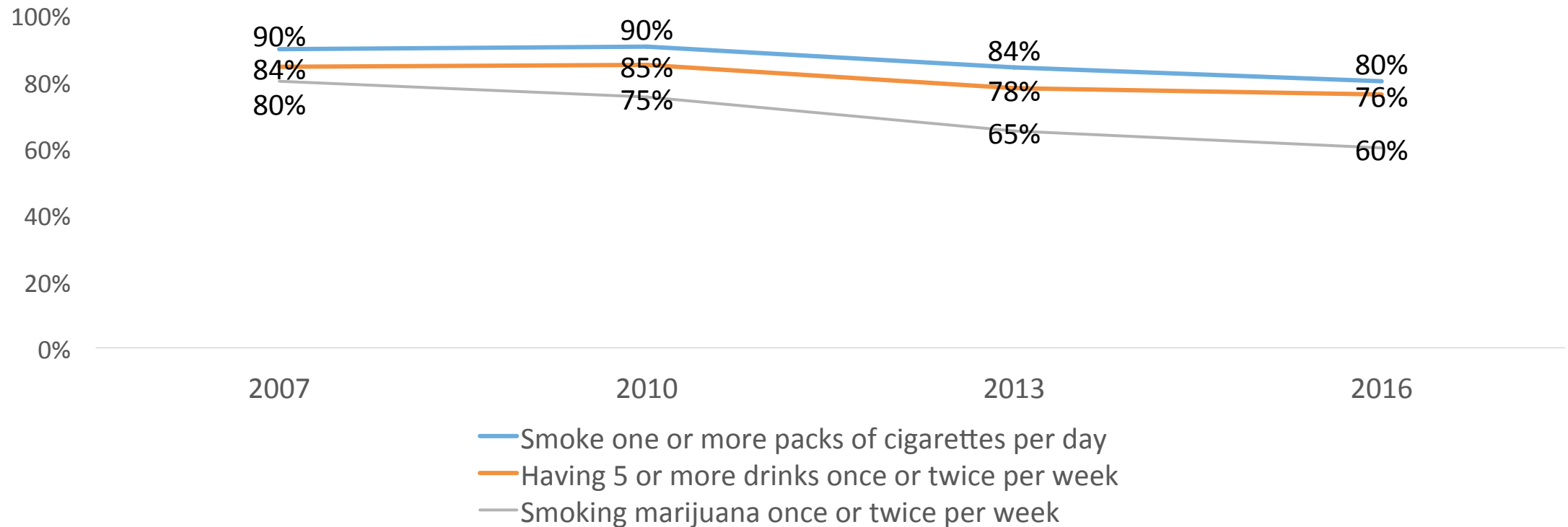
Perceived Risk of Harm

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

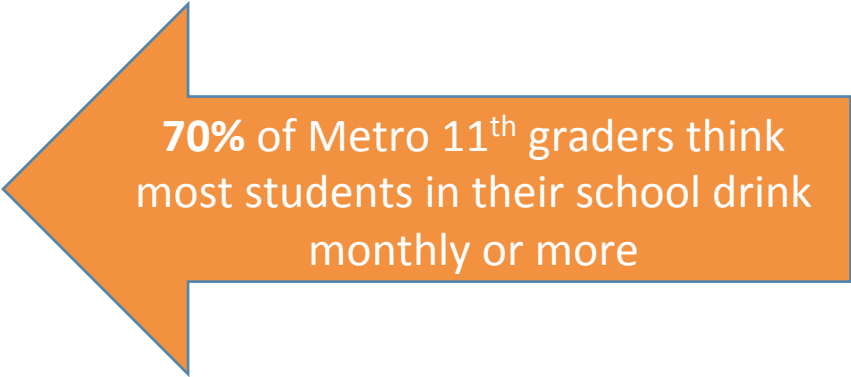


Perceived Risk of Harm

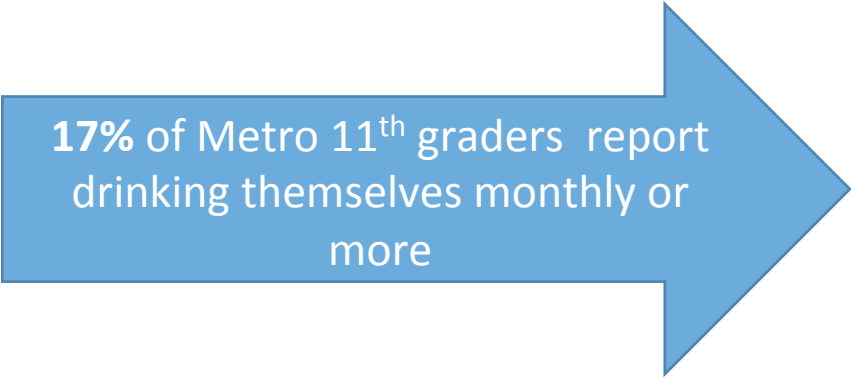
Metro Region 9th Graders' Perceived Great or Moderate Risk of Harm from Substance Use, by Year, MSS



Perceived vs Actual Use



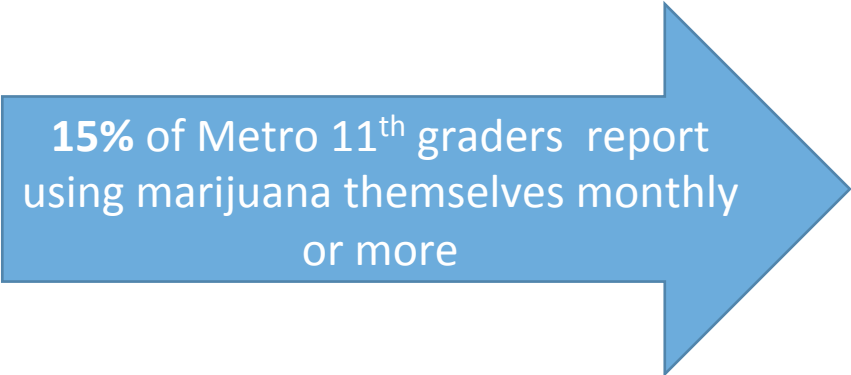
70% of Metro 11th graders think most students in their school drink monthly or more



17% of Metro 11th graders report drinking themselves monthly or more



69% of Metro 11th graders think most students in their school use marijuana monthly or more



15% of Metro 11th 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!

Metro youth who think MOST students drink monthly or more often are **7.1x** more likely to report they drink monthly or more

vs

Metro youth who drink monthly or more often are **2.1x** more likely to say they think MOST students drink monthly or more often

Metro youth who reported being bullied in the past month are **2.6x** more likely to report past 30-day prescription drug misuse

vs

Metro youth who reported past 30-day prescription drug misuse are **1.6x** more likely to report having been bullied in the past month

Alcohol Use

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

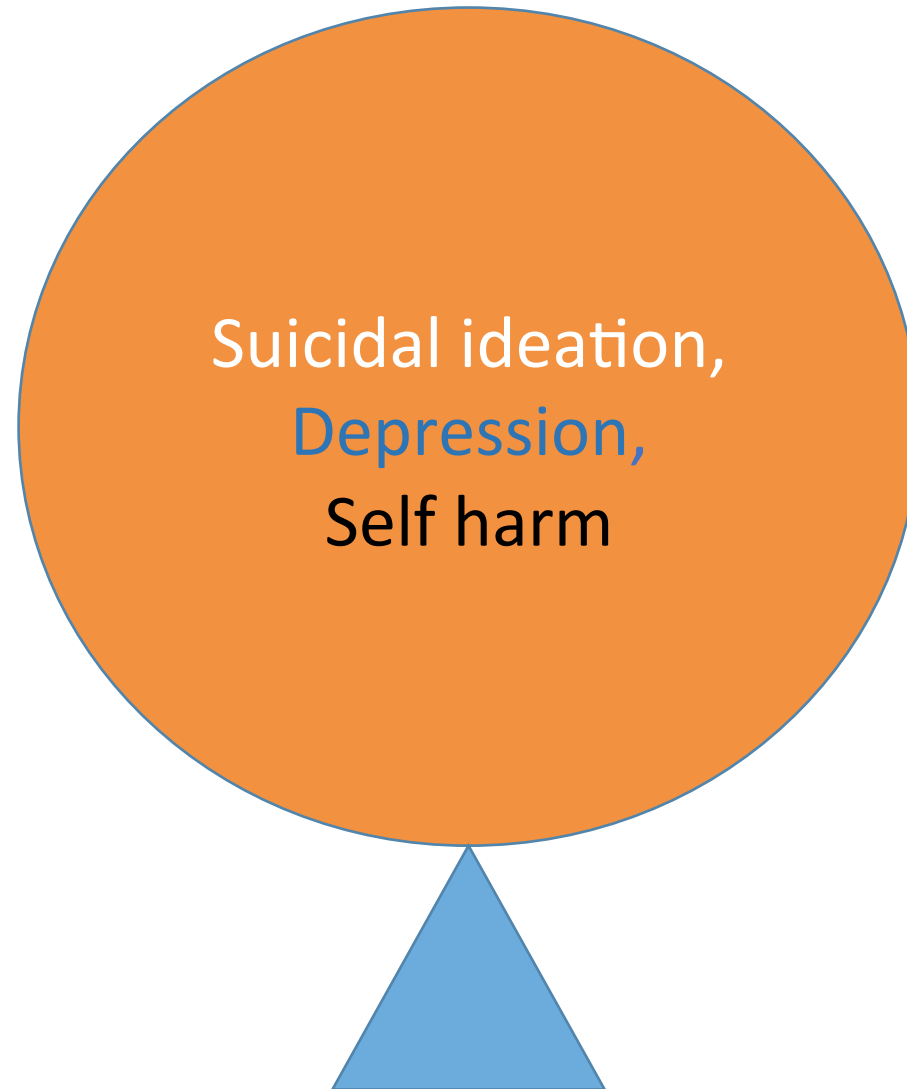
| METRO REGION | MINNESOTA | <i>Less</i> likely to report past month use of... |
|-------------------|-------------------|---|
| 9x | Almost 9x | Tobacco |
| Almost 13x | Almost 12x | Marijuana |
| Over 8x | Almost 8x | Prescription drugs not prescribed for them |

Tobacco Use

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

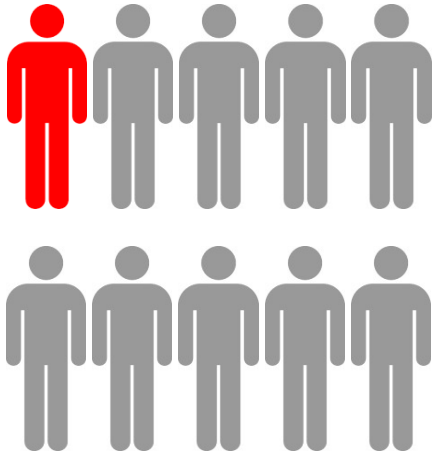
| METRO REGION | MINNESOTA | <i>Less</i> likely to report past month use of... |
|------------------|------------------|---|
| Almost 9x | 8x | Alcohol |
| Over 17x | Over 16x | Marijuana |
| Almost 8x | Almost 8x | Prescription drugs not prescribed for them |

Mental Health



Suicidal Ideation

Over 1 out of 10 Metro (11.7%) + Minnesota (11.8%) 8th, 9th, + 11th graders reported past-year suicidal ideation

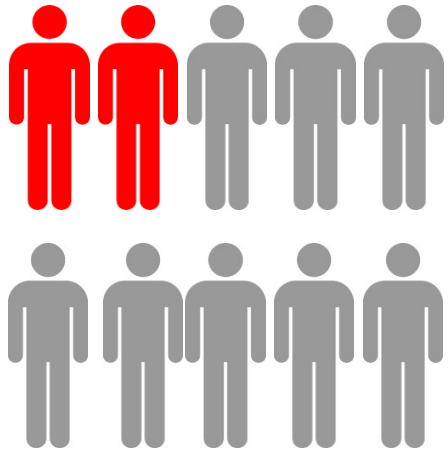


Metro students reporting past-year suicidal ideation were:

- **2.6x** more likely to report alcohol use
- **2.6x** more likely to report tobacco use
- **2.7x** more likely to report marijuana use
- **3.7x** more likely to report Rx drug misuse

Depression

About 2 of 10 Metro + Minnesota (both 22%) 8th, 9th, + 11th graders reported past-year significant problems with feeling very depressed

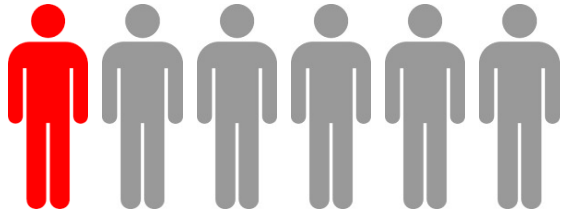


Metro students reporting past-year significant problems with feeling very depressed were:

- **2.0x** more likely to report alcohol use
- **2.0x** more likely to report tobacco use
- **2.0x** more likely to report marijuana use
- **2.8x** more likely to report Rx drug misuse

Self-Harm

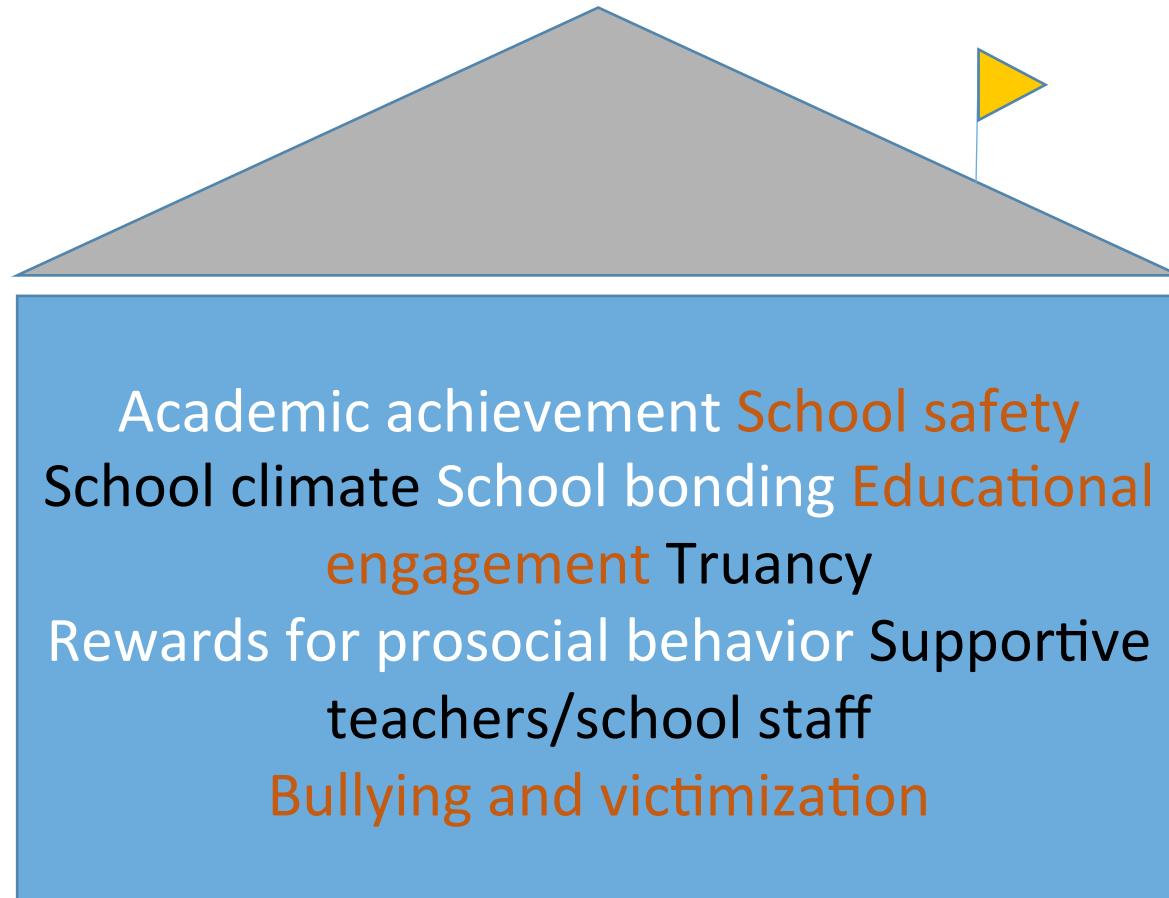
Roughly 1 out of 7 (15%) Metro + Minnesota 8th, 9th, + 11th graders reported past-year self-harm



Metro students reporting past-year self-harm were:

- **2.7x** more likely to report alcohol use
- **2.8x** more likely to report tobacco use
- **2.8x** more likely to report marijuana use
- **4.1x** more likely to report Rx drug misuse

School

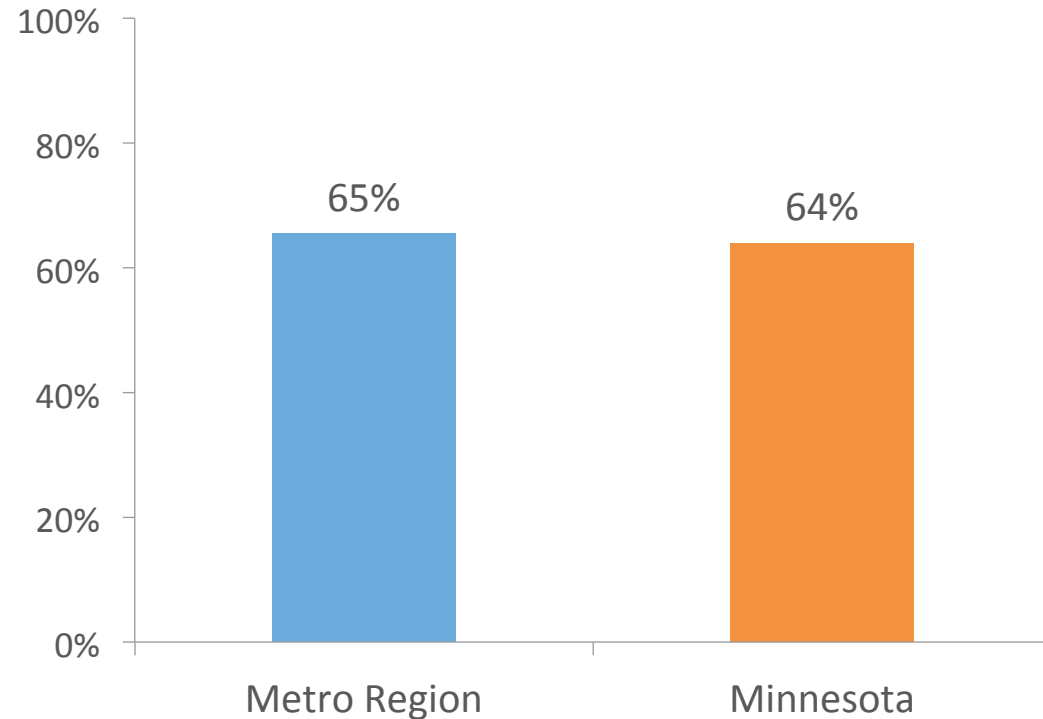


Teacher-Student Relationships

- 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

Students Reporting Better Teacher-Student Relationships



Metro students reporting better teacher-student relationships were:

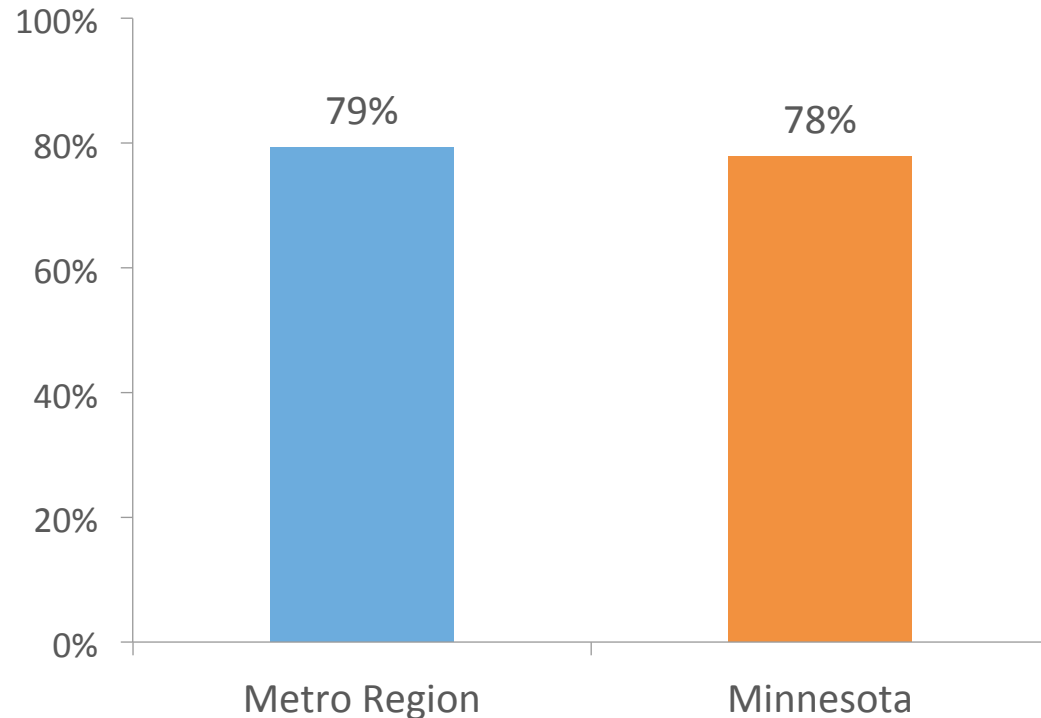
- **2.2x** less likely to report alcohol use
- **2.6x** less likely to report tobacco use
- **2.8x** less likely to report marijuana use
- **2.7x** less likely to report Rx drug misuse

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

Students Reporting Greater Educational Engagement



Metro students reporting greater educational engagement were:

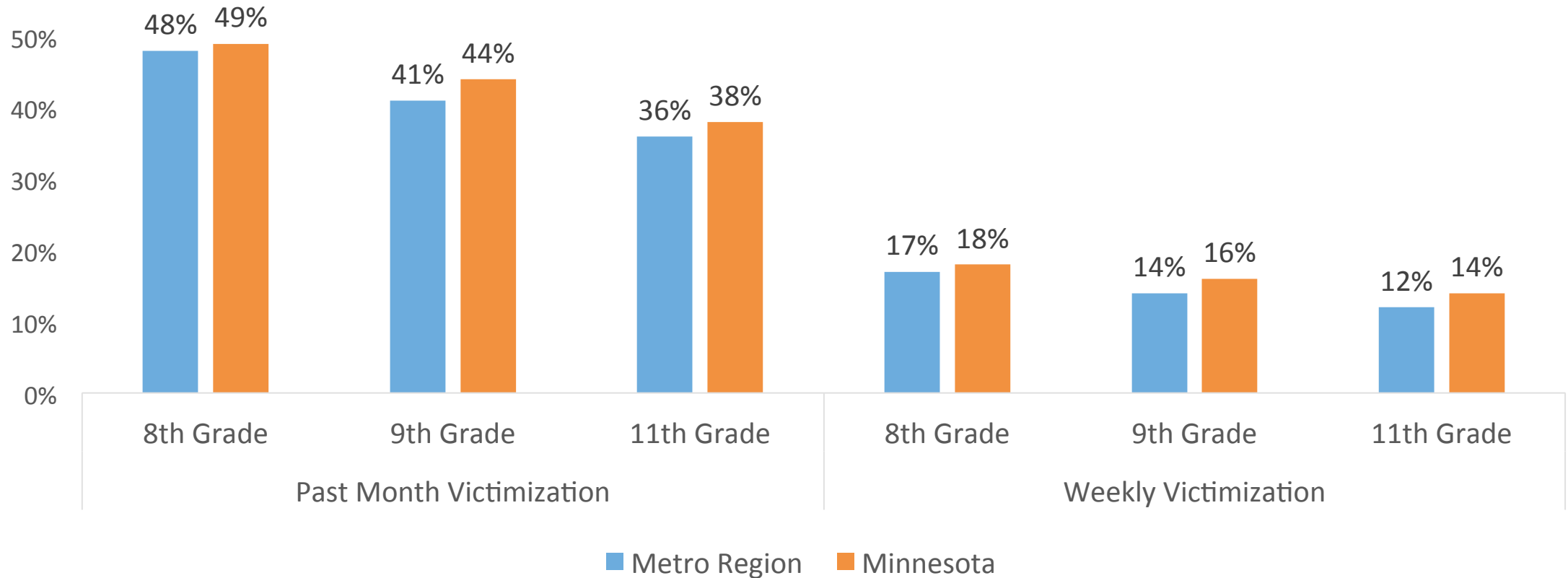
- **2.5x** less likely to report alcohol use
- **2.9x** less likely to report tobacco use
- **3.2x** less likely to report marijuana use
- **2.9x** less likely to report Rx drug misuse

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

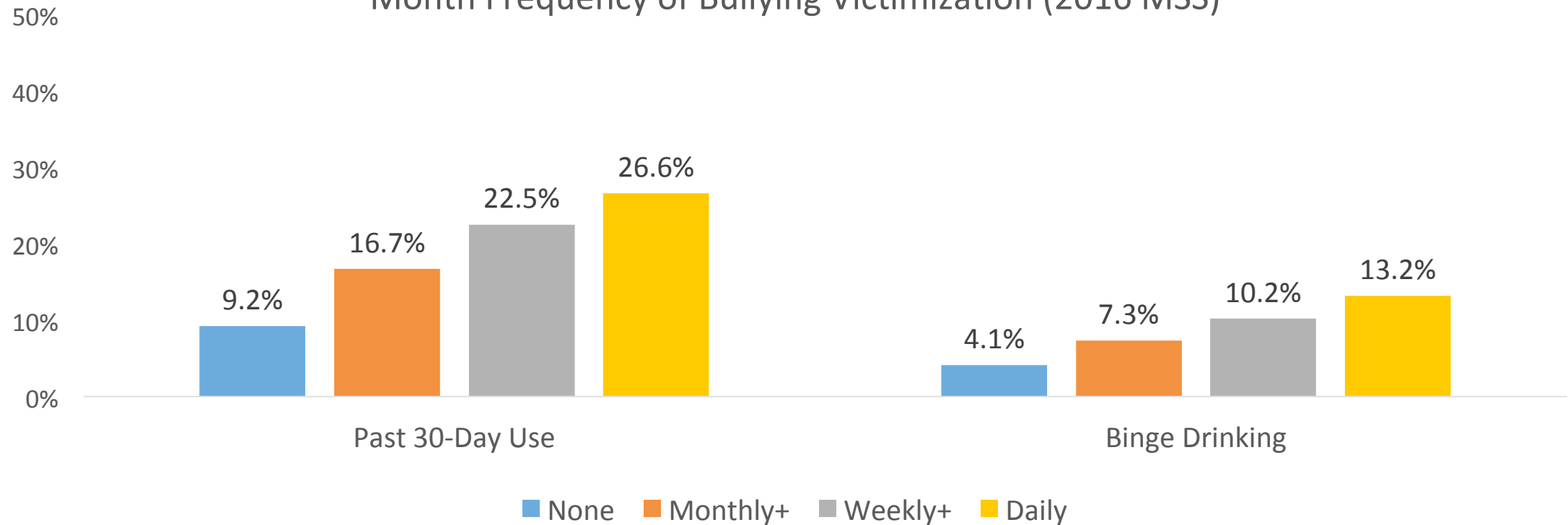
Students Reporting Bullying Victimization, by Frequency + Grade, 2016 MSS



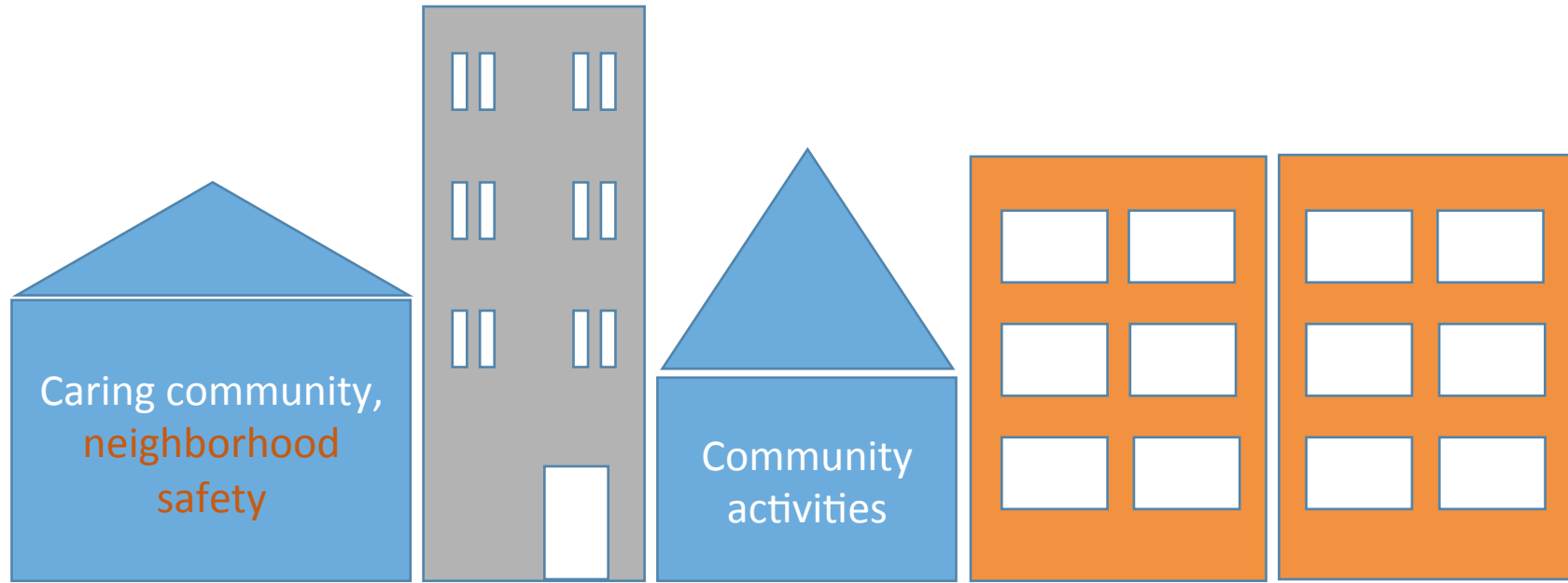
Bullying

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)

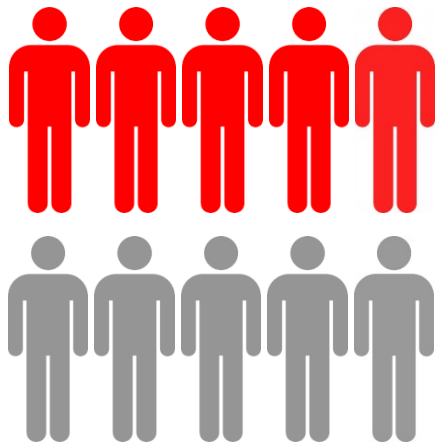


Community



Caring Community

Nearly 5 of 10 (46%) Metro 5th, 8th, 9th, + 11th graders say they think adults in their community care about them quite a bit or very much

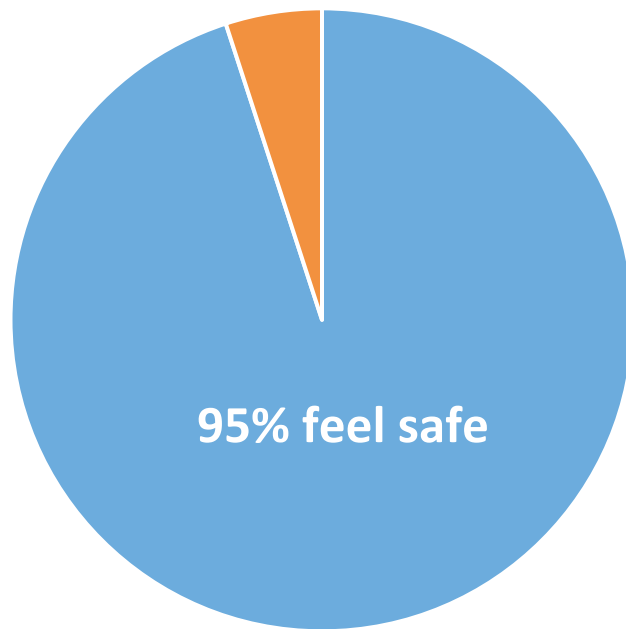


However, those who do feel their community cares were:

- **2.0x** less likely to report alcohol use
- **2.1x** less likely to report tobacco use
- **2.3x** less likely to report marijuana use
- **2.4x** less likely to report Rx drug misuse

Neighborhood Safety

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

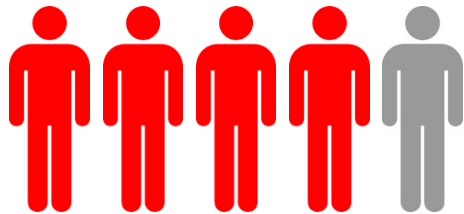


Metro 8th, 9th, + 11th graders who don't feel safe in their neighborhood are:

- **2.0x** more likely to report alcohol use
- **2.0x** more likely to report tobacco use
- **2.2x** more likely to report marijuana use
- **3.1x** more likely to report Rx drug misuse

Participation in Community Activities

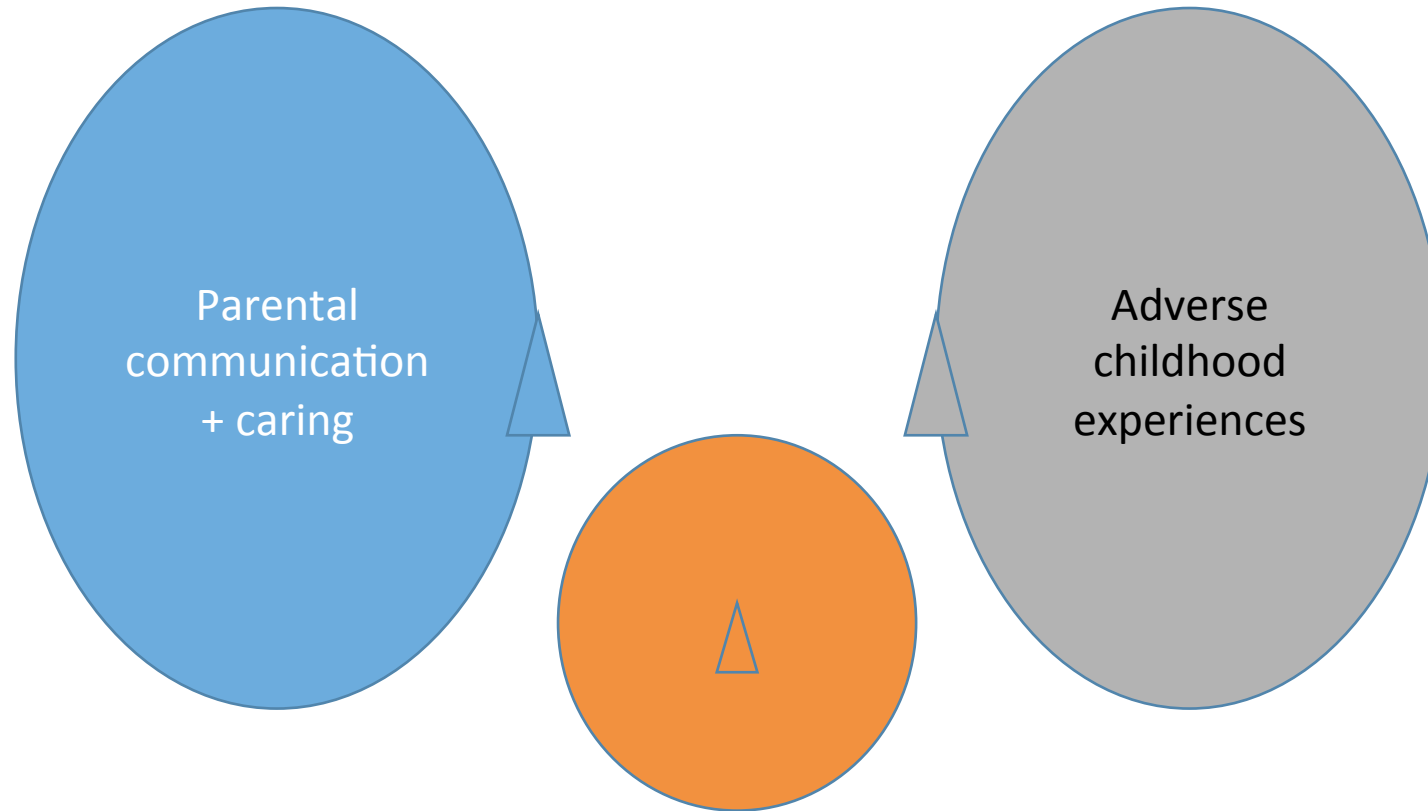
Over 4 of 5 (82%) Metro 8th, 9th, + 11th graders reported participating in community sports, clubs or programs, and/or religious activities at least once per week or more



Metro students reporting participation in community activities were:

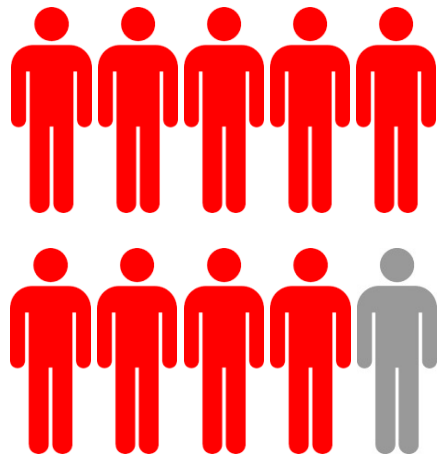
- **1.4x** less likely to report alcohol use
- **1.7x** less likely to report tobacco use
- **1.9x** less likely to report marijuana use
- **1.6x** less likely to report Rx drug misuse

Family



Parental Communication

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



However, those 8th, 9th, + 11th graders who can't were:

- **2.0x** more likely to report alcohol use
- **2.0x** more likely to report tobacco use
- **2.2x** more likely to report marijuana use
- **2.5x** more likely to report Rx drug misuse

Parental Caring

- 9 out of 10 Metro 5th, 8th, 9th, + 11th 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 Metro students reported both parental communication and caring

Metro 8th, 9th, + 11th who feel their parents care quite a bit or very much were:

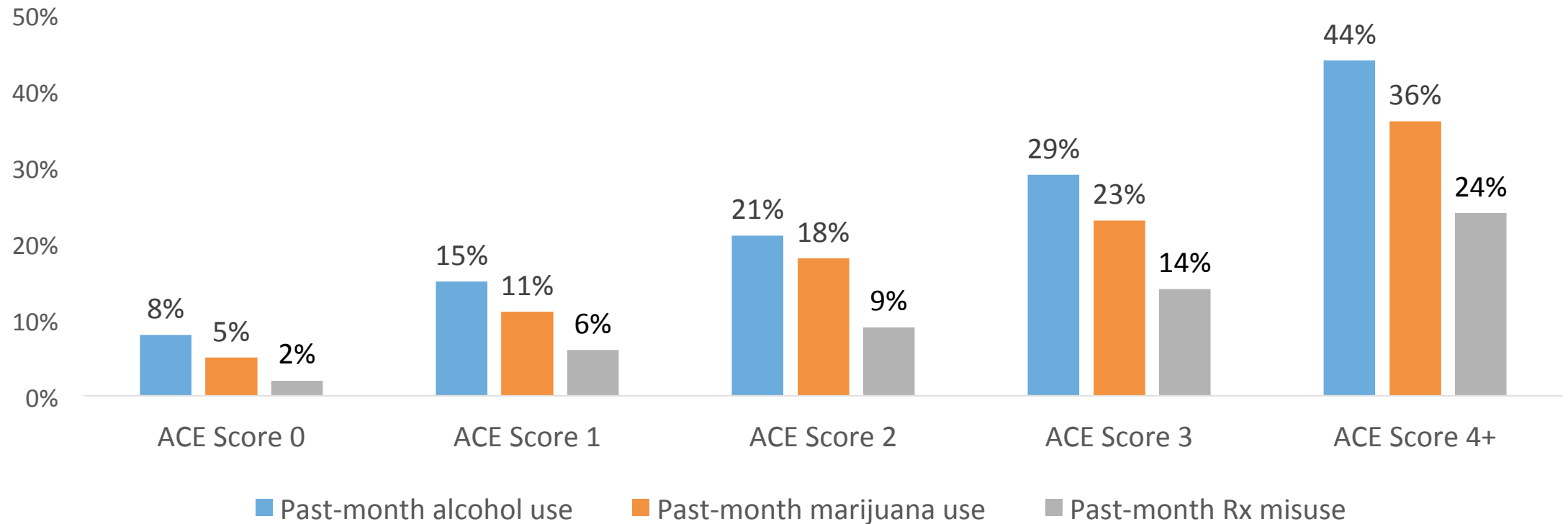
- **2.5x** less likely to report alcohol use
- **2.5x** less likely to report tobacco use
- **2.8x** less likely to report marijuana use
- **3.6x** less likely to report Rx drug misuse

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

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



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