



AMERICAN INDIAN + ALASKA NATIVE

SUMN.org FACT SHEET

2017

Substance Abuse Prevention

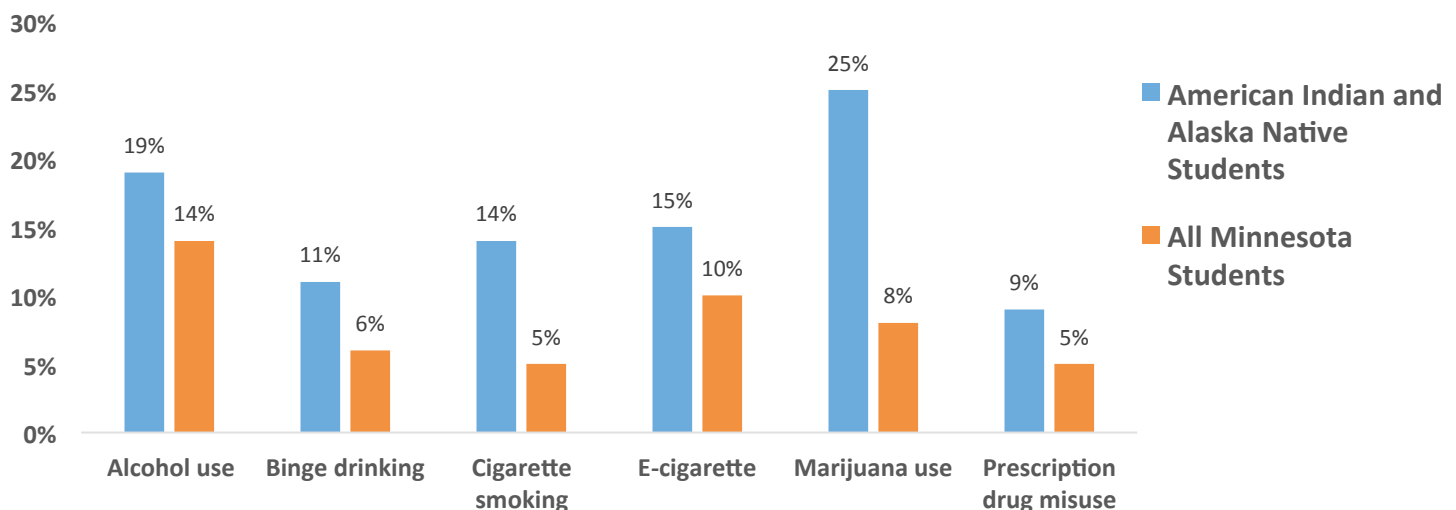
This fact sheet provides data on substance use and related factors to help guide decisions about prevention efforts. These data can be used to justify need for prevention funding, monitor substance-related trends, and plan programs and initiatives by establishing community level prevention priorities.

Key Findings

- American Indian and Alaska Native students are more likely than the state average to report past 30-day alcohol use, binge drinking, cigarette and e-cigarette smoking, marijuana use, and misuse of prescription drugs (see Figure 1)
- Native American Minnesota adults are slightly more likely than the state average to report past-month binge drinking, and considerably more likely to report past-month smoking
- The percentage of Native Americans admitted to Minnesota treatment facilities for crack/cocaine as their primary substance of abuse has been decreasing over time, while the percentages admitted for opioids and methamphetamines have increased considerably over time
- American Indian and Alaska Native students perceive the most risk of harm from smoking cigarettes or misusing prescription drugs—they perceive the least risk of harm from smoking marijuana
- American Indian and Alaska Native students are more likely than the state average to report any past-year self-harm and past-year suicidal ideation

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)



Adult Substance Use

According to the 2015 Minnesota Survey on Adult Substance Use (MNSASU):

- Past-month binge drinking was reported by 16% of Native American adults as compared to 14% of all Minnesota adults.
- Past-month cigarette smoking was reported by 46% of Native American adults as compared to 16% of all Minnesota adults.
- Past-year marijuana use was reported by 18% of Native American adults as compared to 9% of adults in Minnesota.

Youth Substance Use

Data on youth substance use are from the 2016 Minnesota Student Survey (MSS).

Alcohol

Past 30-day alcohol use was reported by 14% of American Indian and Alaska Native 8th graders, 17% of 9th graders, and 32% of 11th graders in 2016. Female students were more likely than male to report use: 22% vs. 16%. Past 30-day binge drinking was reported by 8% of 8th graders, 9% of 9th graders, and 21% of 11th graders in 2016.

Tobacco

Past 30-day cigarette smoking was reported by 10% of American Indian and Alaska Native 8th graders, 13% of 9th graders, and 20% of 11th graders in 2016. E-cigarette use was reported by 12% of 8th graders, 14% of 9th graders, and 21% of 11th graders. Female students were more likely than male to report use for both: 17% vs. 11% for cigarettes and 16% vs. 14% for e-cigarettes.

Marijuana

Past 30-day marijuana use was reported by 21% of American Indian and Alaska Native 8th graders, 23% of 9th graders, and 35% of 11th graders in 2016. Female students were more likely than male students to report use: 31% vs. 20%.

Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 10% of American Indian and Alaska Native 8th graders, 7% of 9th graders, and 12% of 11th graders in 2016. Female students were more likely than males to report use: 12% vs. 8%.

Figure 2.
American Indian and Alaska Native 11th Graders Reporting How Much They Typically Drink at One Time (2016 MSS)



	Never	Tried once or twice	Once or twice a year	Once a month	Twice a month	Once a week	Daily
“How often do you think most students in your school use marijuana?”	31%	15%	4%	7%	6%	12%	25%
“How often do you use marijuana?”	70%	9%	3%	3%	3%	4%	8%

For the most recent year available, the economic costs associated with alcohol use in Minnesota are an estimated \$5.06 billion.

This amounts to over \$975 for every person in the state.

These costs are 17 times greater than the \$296 million in tax revenues collected from alcohol sales.

The Human and Economic Cost of Alcohol Use in Minnesota, MDH (March 2011)

Consequences

According to Uniform Crime Reports:

- The overall number of liquor law arrests and apprehensions of Native Americans declined steadily in Minnesota from 2009 to 2015, mirroring the state as a whole.
- The overall number of narcotics arrests remained flat in Minnesota from 2009 to 2015, but the number of narcotics arrests for Native Americans has generally increased.

Treatment

Data from the Drug and Alcohol Abuse Normative Evaluation System show:

- The percentage of Native Americans admitted to Minnesota treatment facilities for alcohol as their primary substance of abuse has decreased over time, with about one-quarter of all admissions recorded as for alcohol in 2016.
- The percentage of Native Americans admitted to Minnesota treatment facilities for crack/cocaine decreased from 6% in 2007 to 1% in 2016, while the percentage admitted for opioids increased during that same period from 12% to 34%, and methamphetamines increasing from 4% to 23% (generally following a similar pattern as all Minnesotans admitted to treatment).

Contributing Factors

Low perception of harm, school factors, low perception of parental disapproval, and community norms favorable toward substance use all contribute to alcohol, tobacco, and drug use in a community.

Perceived Harm

American Indian and Alaska Native 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: 42%. Perceived great or moderate risk of harm for other substances was as follows: five or more alcoholic drinks once or twice per week: 53%; smoking one or more packs of cigarettes per day: 58%; using prescription drug not prescribed for you: 60%.

School Factors

Among American Indian and Alaska Native 8th, 9th, and 11th graders, those with better teacher-student relationships (feeling that school rules were fair, and that teachers care about them, listen to them, and are interested in them), or with greater levels of educational engagement, were over 2 times less likely to engage in past-month marijuana use.

Perceived Parental Disapproval

Of American Indian and Alaska Native 5th, 8th, 9th, and 11th graders, 85% 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 (84%), to smoke marijuana (79%), or to use prescription drugs not prescribed for them (87%).

Mental Health

An estimated 23% of suicides are alcohol-related. Further, having a mental health disorder such as depression or anxiety is a risk factor for substance abuse and many individuals suffer from co-occurring substance use and mental disorders.

According to the 2015 MNSASU, Native American adults were more likely than the state average to report at least moderate depressive symptoms in the past two weeks: 13% vs. 7%.

In 2016, American Indian and Alaska Native students were more likely than the state average to report any past year suicidal thoughts—see Figure 3. They were also considerably more likely to report any self-harm in the past year: 25% vs. 16%.

Additionally, nearly 26% of American Indian and Alaska Native 8th, 9th, and 11th graders reported having a long-term mental health, behavioral, or emotional problem, and 17% reported having been treated for such an issue in the past year—compared to 18% and 11%, respectively, for Minnesota students overall (2016 MSS).

A number of risk and protective factors are associated with not only substance use but also mental, emotional, and behavioral disorders. Examples of shared protective factors are youth being able to talk to their parents about problems they're having, and feeling safe (at home, at school, and in your neighborhood). Examples of shared risk factors are adverse childhood experiences, dating violence, and bullying. For data on shared risk and protective factors, visit SUMN.org.

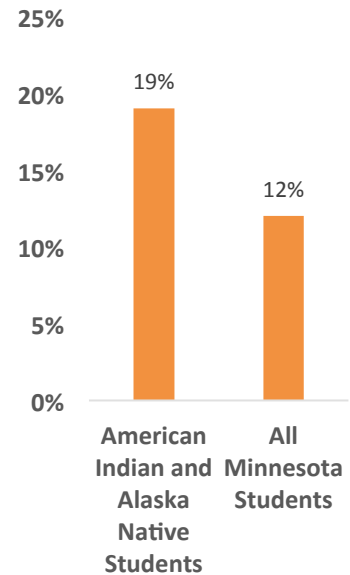


Figure 3. Past-Year Suicidal Thoughts Reported by 8th, 9th, and 11th Graders (2016 MSS)

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

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

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