



COOK COUNTY

SUMN.org FACT SHEET

2014

Substance Abuse Prevention

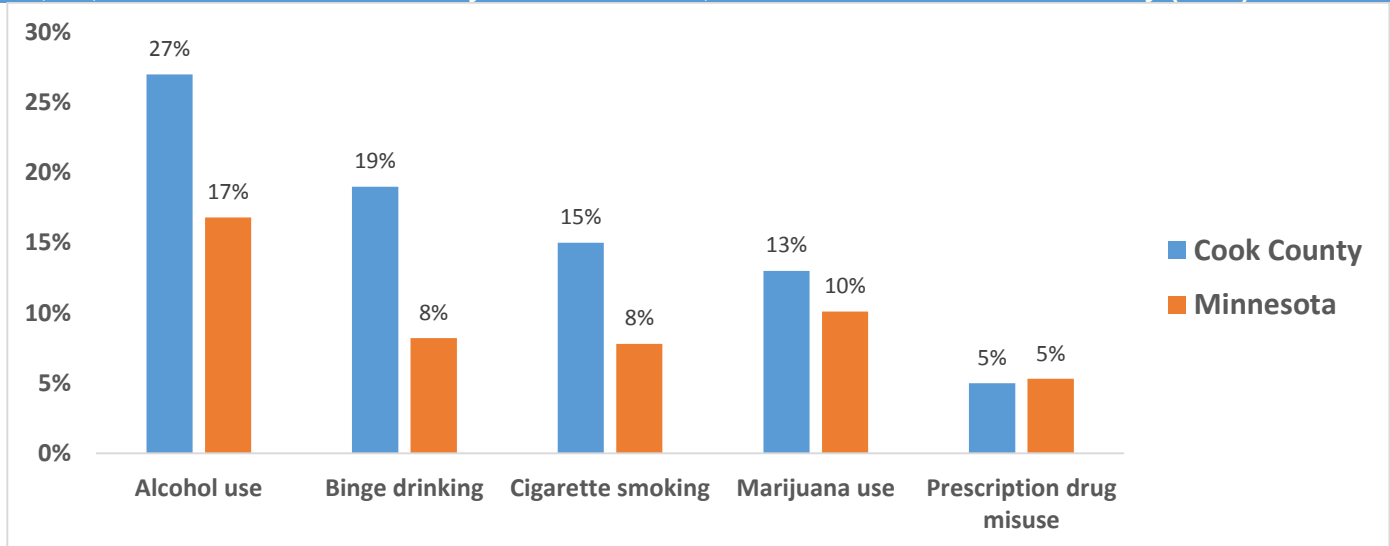
This fact sheet provides county level data on substance use and related factors to help guide decisions about prevention efforts. These data can be used to justify need for prevention funding, monitor substance-related trends, and plan programs and initiatives by establishing community level prevention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

Key Findings

- Cook County students are as likely as the state average to report past 30 day prescription drug misuse, but more likely than average to report past 30 day alcohol use, binge drinking, cigarette smoking, and marijuana use
- While Cook County data on adult use are not available, adults in the Northeast region are more likely than the state average to report past month binge drinking and cigarette smoking
- Though Cook County's DWI arrest rate has been lower than the state average, the percent of motor vehicle crashes that are alcohol-related is higher
- Cook County students perceive the most risk of harm from smoking cigarettes or misusing prescription drugs—they perceive the least risk of harm from smoking marijuana
- Cook County students are less likely than the state average to report any past year self-harm, past year suicidal ideation, or high distress levels for internalizing and externalizing disorders

For more information on alcohol, tobacco, and other drug use, consequences, contributing factors, and treatment, as well as mental health data, visit SUMN.org

8th, 9th, and 11th Grade Past 30 Day Substance Use, 2013 Minnesota Student Survey (MSS)



Adult Substance Use

According to the 2010 Minnesota Survey on Adult Substance Use (MNSASU):

- Past month binge drinking was reported by 20% of adults in the Northeast region and 18% of Minnesota adults.
- Past month cigarette smoking was reported by 26% of Northeast adults and 20% of Minnesota adults.

Youth Substance Use

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

Compared to 2013 past 30 day rates of alcohol use, marijuana use, and overall prescription drug misuse, Cook County students are much less likely to report past 12 month abuse of illicit, synthetic, and over-the-counter drugs.

Alcohol

Past 30 day alcohol use was reported by 0% of 8th graders, 22% of 9th graders, and 69% of 11th graders in Cook County in 2013. Males were much more likely than females to report use: 39% vs. 16%. Past 30 day binge drinking was reported by 0% of 8th graders, 15% of 9th graders, and 52% of 11th graders in 2013.

Tobacco

Past 30 day cigarette smoking was reported by 9% of 8th graders, 14% of 9th graders, and 23% of 11th graders in Cook County in 2013. Males were considerably more likely than females to report use: 20% vs. 10%.

Marijuana

Past 30 day marijuana use was reported by 0% of 8th graders, 12% of 9th graders, and 32% of 11th graders in Cook County in 2013. Males were much more likely than females to report use: 19% vs. 8%.

Prescription Drug Misuse

Past 30 day prescription drug misuse was reported by 3% of 8th graders, 5% of 9th graders, and 8% of 11th graders in Cook County in 2013. Females were more likely than males to report use: 6% vs. 4%.

Cook County 11th Graders Reporting How Much They Typically Drink at One Time



	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?”	38%	10%	5%	8%	14%	17%	8%
“How often do you use marijuana?”	81%	5%	3%	2%	1%	5%	3%

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

Alcohol

- The DWI arrest rate for Cook County residents has fluctuated over time, but Cook's average for 2001 to 2012 was lower than the state's: 59.1 per 10,000 population vs. 64.1 per 10,000 (Minnesota Office of Traffic Safety, DPS)
- In 2012, 8.3% of motor vehicle crashes in Cook County were alcohol-related. In comparison, 5.5% throughout the state were alcohol-related (*Crash Facts*, DPS)

Tobacco

- The lung, bronchus and trachea cancer death rate for Cook County has fluctuated over time, averaging 6.3 per 10,000 population from 2001 to 2011. That's higher than the state average of 4.6 per 10,000 (Minnesota Center for Health Statistics, MDH)

Drugs

- The rate of Cook County adults in prison for drug offenses has changed little over time, averaging 0.03 per 1,000 population. The state rate has also held steady over time, but has averaged 0.42 (*Inmate Profile*, DOC)

Contributing Factors

Social and retail access to substances, low perception of harm, 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

Cook 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: 52%. Perceived great or moderate risk of harm for other substances was as follows—five or more alcoholic drinks once or twice per week 57%, smoking one or more packs of cigarettes per day 81%, using prescription drug not prescribed for you 77%.

Alcohol Access

Among Cook County 8th, 9th, and 11th graders reporting any past 30 day alcohol use in 2013, 15% said they bought the alcohol from someone or somewhere, 70% said they got the alcohol from someone or somewhere, and 11% said they took the alcohol from someone or somewhere.

Perceived Parental Disapproval

Among Cook County 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 (89%), to smoke marijuana (84%) or to use prescription drugs not prescribed for them (96%).

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.

From 2008 to 2012, Cook County's suicide rate averaged 1.1 per 10,000 population while Minnesota's averaged 1.2 (Minnesota Center for Health Statistics, MDH). In 2013, Cook County students were slightly less likely than the state average to report any past year suicidal ideation—see graph. They were also less likely to report any self-harm in the past year: 11% vs. 15%.

According to the 2010 MNSASU, Northeast adults were more likely than the state average to report at least moderate depressive symptoms in the past two weeks: 11% vs. 8%. Three percent of Cook County 8th, 9th, and 11th graders reported having been treated for a mental health, emotional, or behavioral problem during the past year as compared to 8% overall in Minnesota (2013 MSS). Cook County 8th, 9th, and 11th graders were less likely than the state average to report high distress levels for internalizing disorders (20% vs. 27%), and slightly less likely for externalizing disorders (30% vs. 31%) according to the 2013 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.

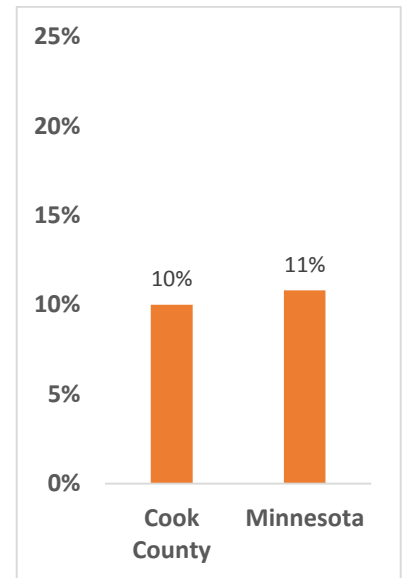
State Epidemiological Outcomes Workgroup

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



8th, 9th and 11th Graders Reporting Any Past Year Suicidal Ideation (MSS 2013)

Contact Us

For questions or more information regarding the State Epidemiological Outcomes Workgroup or SUMN.org, please email: substanceusemn@gmail.com

To contact the Regional Prevention Coordinator for the Northeast Region, please visit: www.rpcmn.org