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 2013 estimates from the U.S. Census Bureau, Hennepin County has 1,198,778 residents; 22% are under the age of 18.

Key Findings

- Hennepin County students are less likely than the state average to report past 30 day alcohol use, binge drinking, and tobacco use, but slightly more likely to report marijuana use and misuse of prescription drugs
- While Hennepin County data on adult use are not available, adults in the Metro region are as likely as the state average to report past month binge drinking but less likely to report past month cigarette smoking
- The alcohol-related crash rate has been slightly lower in Hennepin County than the state’s, as has the lung, bronchus, and trachea cancer death rate
- Hennepin 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

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 (women having 4+ drinks or men having 5+ drinks in a row on one occasion) was reported by 18% of adults in the Metro region—the same as the overall state average.
- Past month cigarette smoking was reported by 18% of Metro adults and 20% of Minnesota adults.
- Past year marijuana use was reported by 9% of adults in the Metro region compared to 8% of adults statewide.

**Youth Substance Use**
Data on youth substance use are from the Minnesota Student Survey (MSS); Hennepin County students make up 16.2% of the overall statewide sample.

<table>
<thead>
<tr>
<th>2013 Minnesota Student Survey</th>
<th>Hennepin County Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5&lt;sup&gt;th&lt;/sup&gt; Grade</td>
</tr>
<tr>
<td>Females</td>
<td>3136</td>
</tr>
<tr>
<td>Males</td>
<td>3219</td>
</tr>
<tr>
<td>Total</td>
<td>6355</td>
</tr>
</tbody>
</table>

Past year alcohol and/or drug use was reported by 4% of Ramsey 5<sup>th</sup> graders.

**Alcohol**
Past 30 day alcohol use was reported by 7% of 8<sup>th</sup> graders, 12% of 9<sup>th</sup> graders, and 25% of 11<sup>th</sup> graders in Hennepin County in 2013. Males were as likely as females to report use: 14%. Use among 9<sup>th</sup> graders dropped in Hennepin County from 25% in 2001 to 12% in 2013. Past 30 day binge drinking (defined as having five or more drinks in a row on one occasion) was reported by 2% of 8<sup>th</sup> graders, 5% of 9<sup>th</sup> graders, and 14% of 11<sup>th</sup> graders in 2013.

**Tobacco**
Eight percent of Hennepin County 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders reported any past 30 day tobacco use; 5% reported smoking cigarettes, 5% reported smoking cigars or cigarillos, and 3% reported chewing tobacco use. Cigarette smoking among 9<sup>th</sup> graders dropped in Hennepin County from 16% in 2001 to 5% in 2013.

**Marijuana**
Past 30 day marijuana use was reported by 5% of 8<sup>th</sup> graders, 10% of 9<sup>th</sup> graders, and 20% of 11<sup>th</sup> graders in Hennepin County in 2013. Males were more likely than females to report use: 14% vs. 9%. Use among 9<sup>th</sup> graders dropped in Hennepin County from 14% in 2001 to 10% in 2013.

**Prescription Drug Misuse**
Past 30 day prescription drug misuse was reported by 4% of 8<sup>th</sup> graders, 6% of 9<sup>th</sup> graders, and 8% of 11<sup>th</sup> graders in Hennepin County in 2013. Females were as likely as males to report use: 6%.
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://www.sumn.org/~/media/167/MENTAL%20HEALTH%20SUMN%20Fact%20Sheet.pdf](http://www.sumn.org/~/media/167/MENTAL%20HEALTH%20SUMN%20Fact%20Sheet.pdf)

**Contributing Factors**
Social and retail access to substances, 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.

**Perceived Harm**
Hennepin 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: 66%. Perceived great or moderate risk of harm for other substances was as follows—five or more alcoholic drinks once or twice per week 78%, smoking one or more packs of cigarettes per day 83%, using prescription drug not prescribed for you 84%.

**Alcohol Access**
Among Hennepin County 8th, 9th, and 11th graders reporting any past 30 day alcohol use in 2013 (n = 2,538), 8% said they bought the alcohol from someone or somewhere, 72% said they got the alcohol from someone or somewhere, and 34% said they took the alcohol from someone or somewhere.

**Perceived Parental Disapproval**
Among Hennepin County 5th, 8th, 9th, and 11th graders, 95% 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 (94%), to smoke marijuana (93%) or to use prescription drugs not prescribed for them (96%).

**Misperception of Peer Use**
Hennepin County 8th, 9th, and 11th graders who think most students at their school drink monthly or more often are about eight times more likely to report that they themselves drink alcohol monthly or more often.

<table>
<thead>
<tr>
<th>Perceived vs. Actual Use, Hennepin County 2013 Minnesota Student Survey</th>
<th>8th Grade</th>
<th>9th Grade</th>
<th>11th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students reporting they think MOST students in their school drink alcohol once per month or more often</td>
<td>22%</td>
<td>53%</td>
<td>78%</td>
</tr>
<tr>
<td>Students reporting they drink alcohol themselves once per month or more often</td>
<td>3%</td>
<td>7%</td>
<td>20%</td>
</tr>
<tr>
<td>Students reporting they think MOST students in their school use marijuana once per month or more often</td>
<td>27%</td>
<td>55%</td>
<td>74%</td>
</tr>
<tr>
<td>Students reporting they use marijuana themselves once per month or more often</td>
<td>3%</td>
<td>8%</td>
<td>17%</td>
</tr>
</tbody>
</table>
Consequences

Alcohol

- The DWI arrest rate for Hennepin County residents increased from 54.1 per 10,000 population in 2001 to 71.1 in 2006, then fell steadily to 48.4 in 2013. The state rate followed a similar pattern, and has been about the same as Hennepin’s since 2008 (Minnesota Office of Traffic Safety, DPS)
- In 2013, 4.3% of motor vehicle crashes in Hennepin County were alcohol-related. In comparison, 4.7% throughout the state were alcohol-related (Crash Facts, DPS)

Tobacco

- The lung, bronchus and trachea cancer death rate for Hennepin County has decreased slightly over time, averaging 3.8 per 10,000 population from 2004 to 2013. That’s lower than the state average of 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

Drugs

- The rate of Hennepin County adults in prison for drug offenses has changed little over time, averaging 0.3 per 1,000 population from 2001 to 2013. The state rate has held steady during the period, averaging 0.4 per 1,000 (Inmate Profile, DOC)
- In 2013, there were 3,200 arrests for marijuana in Hennepin County, 951 arrests for opium or cocaine, 192 arrests for synthetic drugs, and 1,044 arrests for other drugs (Minnesota Crime Information, DPS)

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 the Metro Region, please visit: www.rpcmn.org

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