



# MAHNOMEN COUNTY

SUMN.org FACT SHEET

2015

## 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.

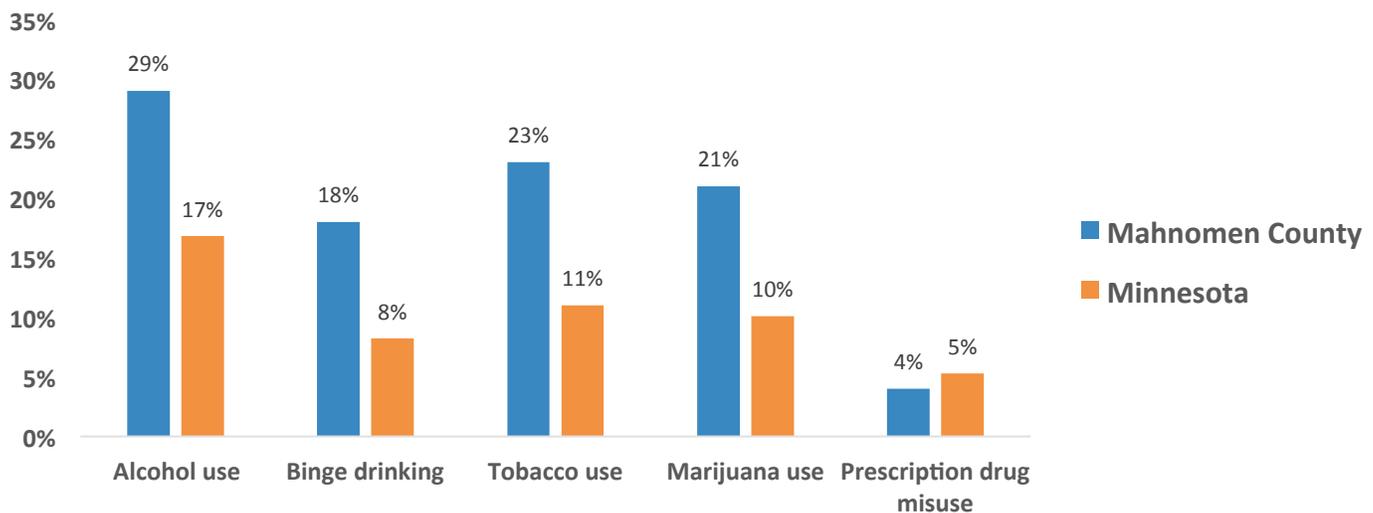
According to 2013 estimates from the U.S. Census Bureau, Mahnommen County has 5,532 residents; 30% are under the age of 18.

### Key Findings

- Mahnommen County students are considerably more likely than the state average to report any past 30 day alcohol use, binge drinking, tobacco use, and marijuana use, but slightly less likely to report prescription drug misuse
- While Mahnommen County data on adult use are not available, adults in the Northwest region are more likely than the state average to report past month binge drinking and cigarette smoking
- The DWI arrest rate for Mahnommen County residents is more than double the state average, as is the average rate of adults in prison for drug offenses
- Mahnommen 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](http://SUMN.org)*

### 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> 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 18.5% of adults in the Northwest region and 18.2% of Minnesota adults.
- Past month cigarette smoking was reported by 23.3% of Northwest adults and 19.8% of Minnesota adults.
- Past year marijuana use was reported by 6.3% of adults in the Northwest region compared to 8.1% of adults statewide.

## Youth Substance Use

Data on youth substance use are from the Minnesota Student Survey (MSS); Mahnomen County students make up 0.2% of the overall statewide sample.

2013 Minnesota Student Survey Mahnomen County Respondents				
	5 <sup>th</sup> Grade	8 <sup>th</sup> Grade	9 <sup>th</sup> Grade	11 <sup>th</sup> Grade
Females	27	35	31	25
Males	50	32	43	22
Total	77	67	74	47

Past year alcohol and/or drug use was reported by 11% of Mahnomen 5<sup>th</sup> graders.

### Alcohol

Past 30 day alcohol use was reported by 17% of 8<sup>th</sup> graders, 16% of 9<sup>th</sup> graders, and 63% of 11<sup>th</sup> graders in Mahnomen County in 2013. Males were less likely than females to report use: 27% vs. 30%. Use among Mahnomen 9<sup>th</sup> graders has fluctuated over time; the lowest rate was in 2013. Past 30 day binge drinking (defined as having five or more drinks in a row on one occasion) was reported by 7% of 8<sup>th</sup> graders, 10% of 9<sup>th</sup> graders, and 46% of 11<sup>th</sup> graders in 2013.

### Tobacco

Twenty-three percent of Mahnomen County 8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders reported any past 30 day tobacco use; 16% reported smoking cigarettes, 7% reported smoking cigars or cigarillos, and 15% reported chewing tobacco use. Cigarette smoking among 9<sup>th</sup> graders dropped in Mahnomen County from 25% in 2001 to 7% in 2013.

### Marijuana

Past 30 day marijuana use was reported by 24% of 8<sup>th</sup> graders, 17% of 9<sup>th</sup> graders, and 23% of 11<sup>th</sup> graders in Mahnomen County in 2013. Males were more likely than females to report use: 24% vs. 19%. Rates of use among Mahnomen County 9<sup>th</sup> graders remained relatively flat from 2001 to 2013.

### Prescription Drug Misuse

Past 30 day prescription drug misuse was reported by 2% of 8<sup>th</sup> graders, 0% of 9<sup>th</sup> graders, and 11% of 11<sup>th</sup> graders in Mahnomen County in 2013. Females were less likely than males to report use: 2% vs. 5%.

### Mahnomen County 11<sup>th</sup> Graders Reporting How Much They Typically Drink at One Time (2013 MSS)



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%202015%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

Mahnomen County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> 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: 48%. 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 67%, using prescription drug not prescribed for you 73%.

### Alcohol Access

Among Mahnomen County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders reporting any past 30 day alcohol use in 2013 (n = 50), 18% said they bought the alcohol from someone or somewhere, 80% said they got the alcohol from someone or somewhere, and 20% said they took the alcohol from someone or somewhere.

### Perceived Parental Disapproval

Among Mahnomen County 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders, 90% 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 (87%), to smoke marijuana (86%) or to use prescription drugs not prescribed for them (95%).

### Misperception of Peer Use

Mahnomen County 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders who think most students at their school drink monthly or more often are over two times more likely to report that they themselves drink alcohol monthly or more often.

## Perceived vs. Actual Use, Mahnomen County 2013 Minnesota Student Survey

	8 <sup>th</sup> Grade	9 <sup>th</sup> Grade	11 <sup>th</sup> Grade
Students reporting they think MOST students in their school drink alcohol once per month or more often	62%	77%	93%
Students reporting they drink alcohol themselves once per month or more often	13%	16%	37%
Students reporting they think MOST students in their school use marijuana once per month or more often	62%	76%	84%
Students reporting they use marijuana themselves once per month or more often	19%	18%	19%

## Consequences

### Alcohol

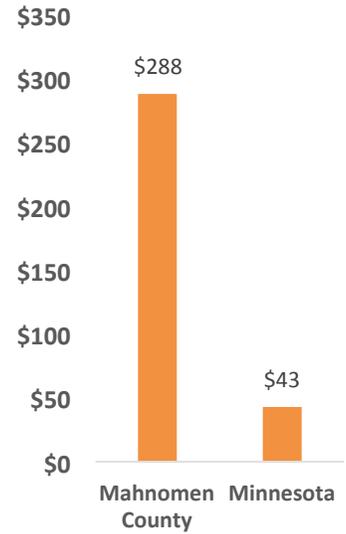
- The DWI arrest rate for Mahnomen County residents has fluctuated over time, averaging 139.5 per 10,000 population from 2002 to 2013—more than double the state average of 62.3 (Minnesota Office of Traffic Safety, DPS)
- In 2013, 17.0% of motor vehicle crashes in Mahnomen County were alcohol-related. In comparison, 4.7% throughout the state were alcohol-related (*Crash Facts*, DPS)

### Tobacco

- The lung, bronchus and trachea cancer death rate for Mahnomen County has fluctuated over time, averaging 9.1 per 10,000 population from 2004 to 2013. That's higher than the state average of 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

### Drugs

- The rate of Mahnomen County adults in prison for drug offenses has fluctuated over time, averaging 0.9 per 1,000 population from 2001 to 2013. The state rate has held steady during that period, averaging 0.4 per 1,000 (*Inmate Profile*, DOC)
- In 2013, there were no arrests for marijuana in Mahnomen County, no arrests for opium or cocaine, no arrests for synthetic drugs, and no arrests for other drugs (*Minnesota Crime Information*, DPS)



2013 Cost per Capita of Alcohol Related Traffic Crashes, Fatalities, and Injuries (National Safety Council and Minnesota Crash Facts)

## 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](mailto:info@sumn.org)

To contact the Regional Prevention Coordinator for the Metro Region, please visit: [www.rpcmn.org](http://www.rpcmn.org)

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