

# 3 out of 4 Minnesota Lead Health Education Teachers Want Alcohol and Drug Use Prevention Education

## Why is substance use prevention needed?

Most students in Minnesota are making healthy choices to avoid using alcohol and drugs. However, there is great concern in knowing that almost one-third of 8th, 9th, and 11th graders reported using alcohol and/or drugs in the past year.<sup>1</sup> For example, alcohol—the most commonly reported substance of use among Minnesota youth—was reportedly used by 9% of 8th graders, 15% of 9th graders, and 28% of 11th graders in 2013. Prevention education is important because it is effective and brings hope to our communities.

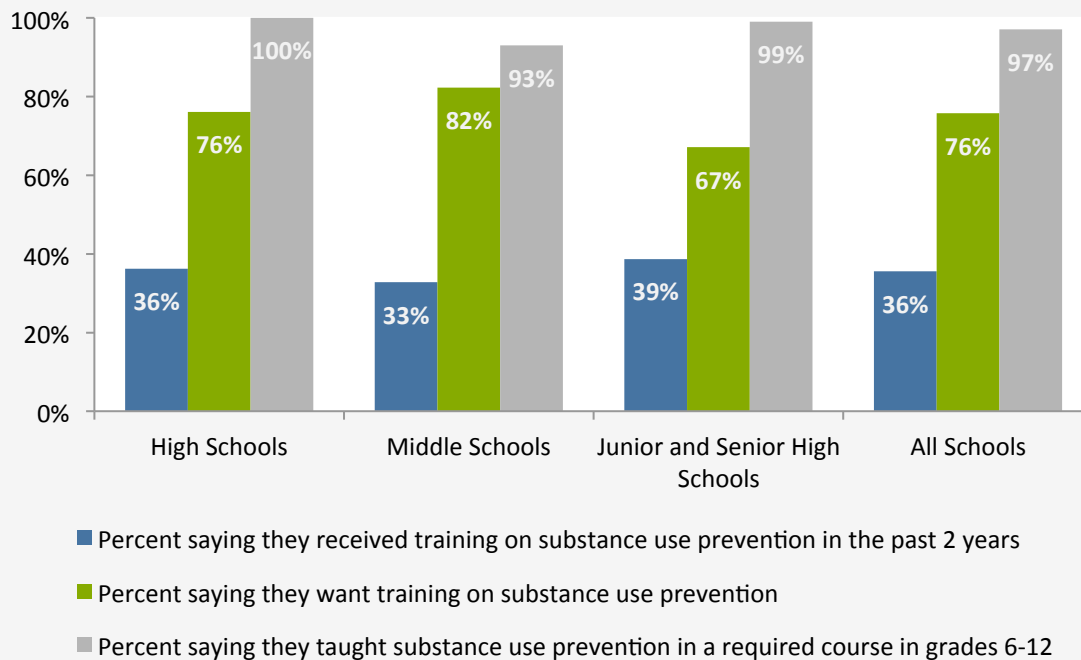
## What do we know about substance use prevention training for health teachers?

While a majority of Minnesota schools teach alcohol and other drug use prevention, in 2014 only 36% of lead health education teachers reported receiving professional development on this topic in the past two years.<sup>2</sup> Over three-quarters of lead health education teachers reported wanting professional development in this area.

## STUDENT HEALTH FACT SHEETS



Three-quarters of Minnesota's lead health education teachers want professional development on substance use prevention<sup>2</sup>



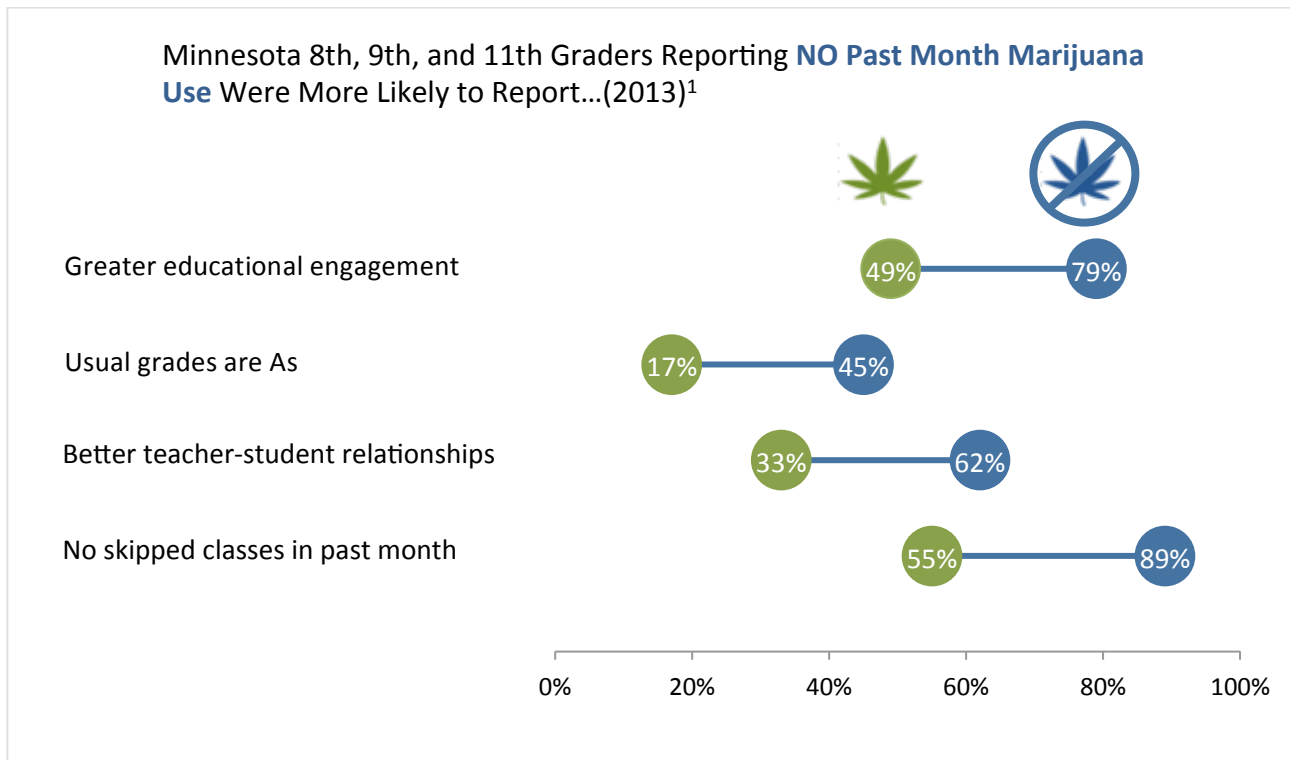
Minnesota Department of Education

and

Minnesota Department of Human Services

### How does substance use impact academics?

Substance use negatively impacts students' academic performance, educational engagement, and school experience. For example, Minnesota students reporting no current marijuana use were over two and a half times more likely to report usually getting A grades as compared to students who did say they used marijuana in the past month. While the graph shows data for multiple grade levels combined, this association can also be seen for each of the individual grade levels (8th, 9th, and 11th) and for each substance (alcohol, tobacco, etc).



### How can schools collaborate with substance use prevention coalitions in Minnesota?

Though most Minnesota schools teach alcohol and other drug use prevention, no comprehensive information is currently available about which specific curricula are used in each school, or what information about substance use is shared with students. Substance use prevention coalitions across Minnesota can serve as a resource to schools interested in improving their substance use prevention education. Many coalitions have experience using Minnesota Student Survey data, in conjunction with other local data, to make informed decisions about which prevention programming would fit best with local needs. In addition, most are familiar with the process of finding evidence-based programs and curricula that are a good fit for local needs, local capacity, and local culture.

**The Minnesota Department of Human Resources Alcohol and Drug Abuse Division (ADAD) funds seven [Regional Prevention Coordinators](#) who can help connect schools with coalitions in their area, and provide training and technical assistance on substance use prevention efforts. ADAD also funds the [Minnesota Prevention Resource Center](#).**

### Where can I learn more about the data?

1. [Minnesota Student Survey](#)
2. [Minnesota School Health Profiles](#)
3. [Substance Use in MN](#)