This booklet tells the story of substance use in North Dakota and is based off the 2018 North Dakota Epidemiological Profile.

Research shows the importance of using data to guide effective and targeted behavioral health efforts. The data presented in this booklet paints a picture to help guide these efforts across the state.

This is a product of the North Dakota State Epidemiological Outcomes Workgroup (SEOW). For more information and to view the most recent North Dakota Epidemiological Profile, go to prevention.nd.gov/data.

You may also visit the Substance Use North Dakota (SUND) website (www.sund.nd.gov) to search substance use data based on substance type, region, grade level, age and year.

Evidence-based prevention practices have been proven to be cost-effective, saving up to $64 dollars for every dollar invested.¹
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Evidence-based prevention practices have been proven to be cost-effective, saving up to $64 dollars for every dollar invested.1
NORTH DAKOTA DEMOGRAPHICS OVERVIEW

NORTH DAKOTA POPULATION IS 755,393
12.3% INCREASE FROM APRIL 2010.

RACE/ETHNICITY

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>87.5%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>3.1%</td>
</tr>
<tr>
<td>American Indian and Alaska Native</td>
<td>5.5%</td>
</tr>
<tr>
<td>Asian</td>
<td>1.6%</td>
</tr>
<tr>
<td>Native Hawaiian and other Pacific Islander</td>
<td>0.1%</td>
</tr>
<tr>
<td>Two or more races</td>
<td>2.2%</td>
</tr>
</tbody>
</table>

3.7% of North Dakotans identify as Hispanic or Latino.

There are 49,560 veterans in North Dakota, which is 6.6% of the state’s adult population.

49.6% of North Dakota residents live in rural areas, compared to 14.1% nationwide.

One in eight (13.4%) North Dakotans are currently living in poverty.

There are five federally recognized Tribes and one Indian community located at least partially within the state.

23.3% of North Dakotans are under age 18 and 15.0% are over age 65.

North Dakota has a 2.6% unemployment rate.
OVERVIEW OF SUBSTANCE USE IN NORTH DAKOTA
Alcohol is the most commonly used drug in the state.

YOUTH (HIGH SCHOOL STUDENTS)\textsuperscript{5}
ND High School Student LIFETIME Substance Use

- **ALCOHOL**: 59.2%
- **CIGARETTE SMOKING**: 30.5%
- **PRESCRIPTION PAIN MEDICATION**: 14.4%
- **SYNTHETIC MARIJUANA**: 7%
- **INHALANTS**: 6.3%
- **METHAMPHETAMINE**: 2.6%
- **HEROIN**: 1.6%

In 2009, lifetime use of marijuana among ND high school students was 30.7%\textsuperscript{6}

ADULTS (AGES 18+)\textsuperscript{7}
Adults Age 18 and Older PAST 30-DAY Substance Use

- **BINGE ALCOHOL USE**: 35.2%
- **TOBACCO**: 30.7%
- **MARIJUANA**: 5.6%
- **ILlicit DRUGS**: 2.8%

- **BINGE ALCOHOL USE**: 26.5%
- **TOBACCO**: 25.6%
- **MARIJUANA**: 8.8%
- **ILlicit DRUGS**: 3.5%

prevention.nd.gov/data
In the past 30 days, 16.4% of North Dakota high school students engaged in binge drinking.\(^5\)

In the past month, 7.3% | 4,000 ND youth (age 12-17) used illicit drugs.\(^7\)

In the past month, 5.4% | 3,000 ND youth (age 12-17) with a Substance Use Disorder (SUD).\(^7\)

Major depressive episode in the past year, among ND youth age 12-17.\(^7\)

ND Middle School Students
- 19.2% seriously thought about killing themselves in their life.\(^5\)
- 6.3% tried to kill themselves at least once in their life.\(^6\)

ND High School Students
- 16.7% seriously considered attempting suicide in the past year.\(^5\)
- 13.5% attempted suicide one or more times in the past year.\(^6\)

In the past year, 7.3% | 4,000 ND youth (age 12-17) with a Substance Use Disorder (SUD).\(^7\)
9% 52,145 adults had a **Substance Use Disorder (SUD)** in the past year.⁷

Substance Use Disorder (SUD): Individuals with alcohol or illicit drug dependence or abuse are defined as having SUD. The questions used to measure dependence and abuse are based on criteria in the fourth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

In the past month,

34% 198,150 adults engaged in **binge drinking**.⁷

In the past month,

7% 40,557 adults used **illicit drugs**.⁷

17% 98,843 adults have **Any Mental Illness (AMI)** in the past year.⁷

Any Mental Illness (AMI) is defined as individuals having any mental, behavior, or emotional disorder in the past year that met DSM-IV criteria (excluding developmental and substance use disorders).

4% 23,175 adults have **Serious Mental Illness (SMI)** in the past year.⁷

Serious Mental Illness (SMI) is defined as adults with any mental, behavior, or emotional disorder that substantially interfered with or limited one or more major life activities.

**19,699 adults have a co-occurring behavioral health disorder (SUD & AMI).**

Based on National 2016 NSDUH Prevalence
Research has shown brain development is not complete until around age 25. Among the last parts of the brain to be developed are those responsible for impulse control and extended reasoning. Alcohol use among youth and young adults can result in irreversible changes impacting problem-solving skills, performance at school, and potentially their body, mood, and mental health.

THE MAJORITY OF ND ADULTS AGREE THAT UNDERAGE DRINKING IS A PROBLEM IN THEIR COMMUNITY.8

- 92.5%
- 19.2% of ND middle school students report alcohol use in their lifetime, a decrease from 40.6% in 2003.
- 29.1% of ND high school students report current alcohol use (within the past 30 days), a decrease from 54.2% in 2003.
- 16.4% of ND high school students report current binge drinking* (within the past 30 days), a decrease from 40% in 2003.

16.4% is equivalent to approximately 5,041 students, or the number of enrolled students at Bismarck High School, Fargo South High School, Grand Forks Central High School, Williston High School, and Dickinson High School combined.9

*Binge drinking: 5 or more drinks of alcohol in a row within a couple of hours

Great strides have been made in the prevention of underage drinking over the past decade, but there is still more work to do.
Research has shown brain development is not complete until around age 25. Among the last parts of the brain to be developed are those responsible for impulse control and extended reasoning. Alcohol use among youth and young adults can result in irreversible changes impacting problem-solving skills, performance at school, and potentially their body, mood, and mental health.

- 6.5% of ND high school students report driving after drinking alcohol within the past 30 days.\(^5\)
- 1 in 6 (16.5%) ND high school students report riding with a driver who had been drinking alcohol within the past 30 days.\(^5\)
- 11.5% of juvenile arrests are alcohol-related (DUI and liquor law violations).\(^11\)
- Approximately 2.8% of ND youth ages 12-17 met the criteria for alcohol use disorder in the past year.\(^7\)

Not only is underage drinking against the law, but there are also many consequences to underage drinking impacting health and safety.

Underage drinking costs the citizens of North Dakota nearly $160 million each year in medical work lost & pain and suffering. Some of these costs include:

- In 2013, this was $2,327 for each youth in the state or $3.70 per drink consumed underage.\(^12\)

Some of these costs include:

- Violence = $83.8 million
- Traffic crashes = $40.3 million
- Injury = $7.0 million
- Treatment = $4.6 million

\(^{12}\) Approximately 2.8% of ND youth ages 12-17 met the criteria for alcohol use disorder in the past year.
ALCOHOL: YOUNG ADULT/COLLEGE STUDENTS

Two out of five ND young adults binge drink and a quarter report driving after drinking. This age group often overestimates how frequently their peers are binge drinking, which can influence personal decisions surrounding alcohol use.

- **75.4%** of ND college students report using alcohol in the past 30 days.
- **59.4%** of ND young adults age 18-29 report using alcohol in the past 30 days.
- **40.6%** of ND young adults age 18-29 report binge* alcohol use in the past 30 days.

A significant misperception is revealed when perceptions of how frequently peers binge drink are compared to actual binge drinking rates.

### PERCEIVED VERSUS ACTUAL BINGE* DRINKING BEHAVIOR AMONG ND YOUNG ADULTS

(Number of days in past 30 days)

<table>
<thead>
<tr>
<th>Days</th>
<th>Actual Use</th>
<th>Perceived Peer Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Days</td>
<td>59%</td>
<td>14%</td>
</tr>
<tr>
<td>1-2 Days</td>
<td>22%</td>
<td>14%</td>
</tr>
<tr>
<td>3-5 Days</td>
<td>36%</td>
<td>14%</td>
</tr>
<tr>
<td>6-10 Days</td>
<td>27%</td>
<td>5%</td>
</tr>
<tr>
<td>11+ Days</td>
<td>22%</td>
<td>3%</td>
</tr>
</tbody>
</table>

*5 or more drinks on an occasion or in a row
42% of new domestic violence cases in ND involve alcohol.  

Approximately 6.2% of ND adults age 26 or older met the criteria for alcohol use disorder in the past year.  

More than one in six (16%) adult arrests in ND are for driving under the influence.  

49% of fatal crashes in ND are alcohol-related.  

ND ranks 2nd in the nation for current binge alcohol use (past 30-days) among adults age 26 and older (30.7%).  

6.4% (equivalent to 48,345 individuals) of ND adults report drinking and driving in the past 30 days.  

Approximately 78% of the ND inmate population has a substance use disorder diagnosis.  

Nationally, excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential life lost each year from 2006 – 2010, shortening the lives of those who died by an average of 30 years.  

The economic costs of excessive alcohol consumption in the ND are estimated at $487 million, which is $725 per person or $1.40 a drink.

89.5% of ND adults believe adult alcohol use is a problem in their community.
Research shows that individuals who start drinking before the age of 15 are **four times** more likely than individuals who start drinking at the age of 21 to meet the criteria for alcohol use disorder at some point in their lives.²¹

14.5% of ND **high school** students report their first use of alcohol before the age of 13,³ a decrease from 25.4% in 2003.

Generally, binge drinking rates are higher when individuals do **NOT** believe binge drinking is risky.

70% of ND **high school** students (70%) and ND **young adults** age 18-29 (70.8%) believe binge drinking one or two times a week does **NOT** pose a great risk.⁵,¹³

The majority of ND **high school** students (70%) and ND **young adults** age 18-29 (70.8%) believe binge drinking one or two times a week does **NOT** pose a great risk.⁵,¹³

The more easily alcohol is to obtain, the higher likelihood for use and abuse.

1 BAR for 1,809 PEOPLE

North Dakota ranks highest in the nation for the number of bars per capita, with 1 bar for every 1,809 people. Compare this to Virginia with 1 bar for every 64,773 people.²²

1 LICENSE for 460 PEOPLE

There is 1 alcohol beverage license (restaurant serving alcohol, bar or liquor store) in ND for every 460 people.²³

12% of ND adults believe it is **not at all difficult** for youth to **buy alcohol at a store** themselves.⁴

43.1% of ND adults believe it is **not at all difficult** for youth to **get an older person to buy alcohol** for them.⁸

60.3% of ND adults believe it is **not at all difficult** for youth to **sneak alcohol from their home or a friend’s home**.⁸
Shifting community norms to be supportive of healthy decisions, and not supportive of excessive alcohol consumption.

79.9% of ND adults support penalties for adults who provide alcohol to minors.

Parents are the #1 influence in their child’s life. Visit parentslead.org.

ALCOHOL: PREVENTION WORKS

Prevention is a proactive approach; creating an environment that promotes the health and well-being of individuals, families and communities, which prevents problems before they occur.

ND ADULTS

70.5%

Believe it is possible to reduce alcohol and other drug problems through prevention.

71.7%

Believe that prevention programs are a good investment.
TOBACCO

Generally, cigarette use is declining among youth in the state. However, use of other tobacco products has remained steady or increased.

YOUTH

92% of ND adults believe TOBACCO USE AMONG YOUTH IS A PROBLEM IN THEIR COMMUNITY.

- 10.9% of ND middle school students report trying cigarette smoking (even one or two puffs) at one point in their life.5
- 13.1% of ND middle school students report using electronic vapor products at one point in their life.5
- 20% of ND college students used tobacco within the past 30 days.14

12.6% of ND high school students report current (past 30-day) use of cigarettes;4 compared to 35.3% in 2001.

ADULT

88.6% of ND adults believe TOBACCO USE AMONG ADULTS IS A PROBLEM IN THEIR COMMUNITY.

- 28.8% of ND high school students report current (in the past 30 days) use of tobacco.5
- 19.1% of ND high school students report current use of electronic vapor products.24

29.3% of ND adults age 26 and older report tobacco product use in the past month; compared to 24.6% of US adults.7

Exposure to secondhand smoke causes more than 41,000 deaths each year among adults in the United States.26

Annual health care costs directly caused by smoking: $326 million
Medicaid costs caused by smoking: $56.9 million
Residents’ state and federal tax burden from smoking-caused government expenditures: $758 per household
Smoking-caused productivity losses: $232.6 million

During the 30 days before the survey, among students who were less than 18 years old and who currently smoke or use electronic vapor products.

In the 2014-2015 school year, 421 North Dakota students were expelled or suspended because of tobacco-related incidents, resulting in 1,052 days removed from school.25

Tobacco is the leading preventable cause of death in the United States and takes a tremendous toll on lives in North Dakota. When we prevent tobacco use and exposure to secondhand smoke, we prevent disease, suffering and death, and save money on healthcare expenditures and productivity losses.
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The majority of North Dakotans age 12 or older believe smoking one or more packs of cigarettes per day poses great risk.7

41.6% of ND high school students report it would be very easy to get tobacco products if they wanted some.4

7.5% of ND high school students usually obtain their own cigarettes by buying them in a store or gas station.5*

6% of ND high school students usually obtain their own electronic vapor products by buying them in a store.5*

*During the 30 days before the survey, among students who were less than 18 years old and who currently smoke or use electronic vapor products.

Tobacco costs us all, even those who do not use tobacco. North Dakota smoking-caused monetary costs include:27

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Exposure to secondhand smoke causes more than 41,000 deaths each year among adults in the United States.26

The life expectancy for smokers is at least 10 years shorter than for nonsmokers.28

15% of North Dakotans age 12 or older believe smoking one or more packs of cigarettes per day poses great risk.7
Marijuana use in North Dakota is higher among youth than adults. When compared to national rates, marijuana use in the state is generally lower. Young adults often overestimate how frequently their peers are using marijuana which can influence personal decisions surrounding marijuana use.

### YOUTH
- **8.2%** of ND middle school students have used marijuana one or more times in their lifetime.
- **15.5%** of ND high school students have used marijuana one or more times in the last 30 days, compared to 19.8% in U.S.

### YOUNG ADULT
- **13.1%** of ND college students report using marijuana in the past 30 days.
- **13.1%** of ND young adults age 18 to 29 report marijuana use in the past 30 days.

### ADULT
- **6.9%** of ND adults age 26 and older report using marijuana in the past month, compared to 3.8% in the U.S.

A significant misperception is revealed when perceptions of how frequently peers use marijuana are compared to actual marijuana use rates. A significant misperception is revealed when perceptions of how frequently peers use marijuana are compared to actual marijuana use rates.

<table>
<thead>
<tr>
<th>PERCEIVED VERSUS ACTUAL MARIJUANA USE AMONG ND YOUNG ADULTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Number of days in the past 30 days)</td>
</tr>
<tr>
<td><strong>Perceived use</strong></td>
</tr>
<tr>
<td>0 DAYS</td>
</tr>
<tr>
<td>1-2 DAY</td>
</tr>
<tr>
<td>3-5 DAYS</td>
</tr>
<tr>
<td>6-10 DAYS</td>
</tr>
<tr>
<td>11-20 DAYS</td>
</tr>
<tr>
<td>21+ DAYS</td>
</tr>
</tbody>
</table>

The majority of ND adults believe YOUTH marijuana use is a problem in their community.

Three out of four ND adults believe it is a problem for ADULTS.
As efforts to legalize marijuana continue, there is an increasing perception that marijuana is not harmful or addictive. The reality is that marijuana can cause major health, safety, social, and learning problems – especially in adolescents.

**Youth initiation of marijuana use is associated with adverse health consequences**

5.6% of ND high school students tried marijuana for the first time before the age of 13.5

5.6% is equivalent to approximately 1,724 students, or the number of enrolled students at Grand Forks Red River High and Jamestown High School combined.9

**Generally, marijuana use is higher when individuals do not believe marijuana use is risky.**

69.1% of ND youth age 12-17 and 73.4% of ND adults age 18 or older do NOT perceive great risk in smoking marijuana once a month.7

**The more easily marijuana is to obtain, the higher likelihood for use and abuse.**

42.6% of ND adults believe it is not at all difficult for adults or youth to access marijuana in their community.8

12.1% of ND high school students were offered, sold, or given an illegal drug on school property during the year before the survey.5

**NEARLY 51.7% OF DRUGS SEIZED IN DRUG/NARCOTIC VIOLATIONS IN 2017 WERE MARIJUANA-RELATED.**11

**AMONG ADOLESCENTS RECEIVING SUBSTANCE USE DISORDER TREATMENT SERVICES AT A REGIONAL HUMAN SERVICE CENTER, 91.0% MARIJUANA USE.**20

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Prescription drug misuse and overdose is a growing concern across the nation and in North Dakota communities.

More than three quarters of ND adults believe prescription drug use among both youth (84.8%) and adults (84.2%) is a problem in their community. 8

Of ND college students, 6.1% used a prescription drug non-medically one or more times during their lifetime. 8

Of ND middle school students and 14.4% of ND high school students report using prescription pain medication without a doctor’s prescription one or more times during their lifetime. 8

4.3% of ND middle school students and 14.4% of ND high school students report using prescription pain medication without a doctor’s prescription one or more times during their lifetime. 8

In North Dakota, the number of overdose deaths has increased from 20 in 2013 to 77 in 2016. 32

More than three out of five drug overdose deaths in the United States involve an opioid (42,249 deaths) and nearly half of those deaths were from prescription opioids. 31, 32

The majority of heroin users report that they began abusing prescription drugs before using heroin. 7

40x People who are addicted to prescription pain killers are 40x more likely to become addicted to heroin. 30

Of ND young adults age 18-29 report use of prescription medication in the last 30 days to get high. 13

Of ND adults age 26 or older report non-medical use of pain relievers in the past year, compared to 4% in the U.S. 7

Common types of prescription pain medication (opioids): Morphine; Oxycodone (Oxycontin, Percocet); Methadone; Hydrocodone (Vicodin); Codeine; Fentanyl

Believe prescription drug use among both youth (84.8%) and adults (84.2%)
Access to prescription medications is a key risk factor relating to the misuse of and addiction to prescription opioid medication.

The more prescription opioid medication is available, the higher likelihood of misuse.

- **53%** of people (age 12+) who misuse pain relievers obtain them from a friend or relative.\(^3^3\)
- **16.5%** of ND adults believe it is **NOT** at all difficult for youth or adults to access prescription drugs in their community.\(^8\)

**10.6% INCREASE**

In North Dakota, there has been a **10.6% increase** in the number of controlled substance prescriptions dispensed between 2010 (1,175,532) and 2017 (1,299,599).\(^3^4\)

Among individuals receiving substance use disorder treatment services at a Regional Human service center, nearly 10% report heroin or prescription opioid use.\(^2^9\)
7% of ND high school students report using synthetic marijuana one or more times in their life.5

2.6% of ND high school students report using methamphetamine one or more times in their life compared to 2.5% in the U.S.5

1.4% of ND high school students report using heroin one or more times in their life compared to 1.7% in the U.S.).5

7% of ND college students report use of other illegal drugs in the past year (heroin, inhalants, synthetic drugs, etc.).14

2.1% of ND college students report use of amphetamines in the past year.14

1.8% of ND adults age 26 and over report using illicit drugs (other than marijuana) in the past month.7
OTHER ILLICIT DRUGS
The consequences of illicit drug use impact our families and communities.

Nearly 15% of the total arrests in 2017 were for drug/narcotic violations. 11

The most common drug types seized in drug/narcotic violations are

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana</td>
<td>3,984</td>
</tr>
<tr>
<td>Amphetamines/Methamphetamines</td>
<td>2,050</td>
</tr>
<tr>
<td>Heroin</td>
<td>299</td>
</tr>
<tr>
<td>Other Narcotics</td>
<td>297</td>
</tr>
</tbody>
</table>

Up to 3 drug types may be selected for each incident

Approximately 78% of the ND inmate population has a substance use disorder diagnosis. 18

118 individuals received services at one of the two authorized Syringe Service Programs in the state from January 1, 2018 through June 30, 2018 (Mandan and Fargo). 37

Methamphetamine was the primary substance reported with 92% of Syringe Service Program participants indicating use. 37

5.4% of youth age 12-17 met criteria for substance use disorder in the past year. 7

7.6% of adults age 26 and older met criteria for substance use disorder in the past year. 7

Up to 3 drug types may be selected for each incident

The consequences of illicit drug use impact our families and communities.
PREVENTION IS PROACTIVE

Prevention creates an environment that promotes health and well-being of individuals and communities, which prevents problems before they occur.

Evidence-based prevention strategies decrease the likelihood of disease, suffering and death – saving lives and money.

72% of North Dakota adults believe that prevention is a good investment.8

Every dollar invested in evidence-based prevention strategies yields $64 in savings.1

EFFECTIVE PREVENTION LOOKS LIKE...

- Law enforcement implementing alcohol and tobacco compliance checks to enforce the laws related to youth access to substances.
- Parents and other adults engaging with the children in their life and role-modeling healthy behaviors.
- Taking medication as prescribed and safely disposing of any unused or unwanted medication.
- Policy-makers having conversations about policy changes that can help support healthy communities.
- Community coalitions being active in community efforts and promoting healthy and safe messages and activities.

1995 2017

32.3% 60.5% 29.1% 14.5%

The percentage of ND high school students who report having their first drink before age 13 has decreased from 32.3% in 1995 to 14.5% in 2017.5

Tobacco use among pregnant women has decreased nearly 7% in the past decade.35

In nearly 20 years, current alcohol use among ND high school students has been cut in half (from 60.5% to 29.1%).⁵
PREVENTION WORKS!

Years of implementing evidence-based prevention strategies has shown successful outcomes.

POSITIVE OUTCOMES OF PREVENTION

In nearly 20 years, current alcohol use among ND high school students has been cut in half (from 60.5% to 29.1%).

The percentage of ND high school students who report having their first drink before age 13 has decreased from 32.3% in 1995 to 14.5% in 2017.

Tobacco use among pregnant women has decreased nearly 7% in the past decade.
GET INVOLVED!

Your community can work together to become a healthier, more vibrant place to live by investing time, energy and money in prevention. In fact, it is one of the best investments we can make in our state’s future - creating safe and healthy individuals, families, businesses and communities.

Follow these steps to build a healthier community:

- **Target the Problem**
  Prevention research shows using data to inform decision-making is critical to making effective change.

- **Find Resources**
  For prevention to be effective, it takes time and collaboration with others committed to addressing community-specific issues.

- **Build Support**
  Well-supported prevention efforts with adequate resources are more likely to succeed.

- **Do What Works**
  Identifying and implementing a comprehensive set of strategies proven to work leads to the greatest chance at making positive community change.

Learn more at [www.prevention.nd.gov/get-involved](http://www.prevention.nd.gov/get-involved)
53% of adults who misuse prescription drugs obtain them from a friend or relative.

Lock. Monitor. Take Back. seeks to reduce access to prescription drugs, especially opioids, by promoting safe use of medication, including safe storage and utilization of statewide take back locations.

To learn more or download campaign materials, visit prevention.nd.gov/takeback

Over the course of three years, the number of ND overdose deaths nearly quadrupled.

Stop Overdose supports individuals and communities impacted by opioid abuse and overdose through education of evidence-based overdose prevention, including the North Dakota Good Samaritan Law and use of naloxone.

To learn more or download campaign materials, visit prevention.nd.gov/stopoverdose

Comprehensive communication is an important component of prevention. The Behavioral Health Division has developed four statewide programs/campaigns to address the statewide data-driven prevention priorities:

1. underage drinking
2. adult binge drinking,
3. prescription drug misuse and opioids.

Each campaign offers a wide variety of easy-to-access tools and resources designed to assist your community with local implementation.

FREE materials and resources are also available for order or download at prevention.nd.gov/materials

69% of youth report their parents as being the greatest influence in their decision not to drink alcohol.

Parents Lead supports parents in promoting the behavioral health of their children by providing resources and materials based on four evidence-based parental behaviors:

1. Ongoing communication
2. Effective monitoring
3. Positive role-modeling
4. Support and engagement

For more information, visit www.parentslead.org or engage on social media.

1 in 3 ND adults age 26 and older currently binge drink.

Speak Volumes addresses adult binge drinking and related consequences through comprehensive messaging about binge drinking, standard drink sizes, and alcohol volume.

For more information, visit speakvolumes.nd.gov
Search for state and regional level data on:

- Alcohol
- Prescription Drugs
- Tobacco
- Other Drugs
- Marijuana

Make informed decisions when planning prevention efforts.

2. North Dakota Census; estimate July 2017

3. North Dakota Indian Affairs Commission


5. ND Youth Risk Behavior Survey (YRBS), 2017

6. ND Youth Risk Behavior Survey (YRBS), 2015

7. National Survey on Drug Use and Health (NSDUH), 2015-2016

8. ND Community Readiness Survey (CRS), 2017

9. ND Department of Public Instruction, Public School District Fall Enrollment 2017-18


11. Crime in ND, 2017


13. ND Young Adult Survey (NDSOA), 2018

14. ND Alcohol, Tobacco, and Other Drug Survey, 2016

15. ND Behavioral Risk Factor Surveillance System (BRFSS), 2016

16. ND Department of Transportation (DOT), 2017

17. ND CAWS, 2016

18. ND Department of Corrections (DoCR), 2015-2017

19. CDC Alcohol-Related Disease Impact


21. National Institute on Alcohol Abuse and Alcoholism (NIAAA)

22. U.S. Census Bureau, 2016 County Business Patterns, U.S. Census Bureau, Population Division 2018

23. ND Attorney General, 2018

24. ND Youth Tobacco Survey (YTS), 2017

25. ND Department of Public Instruction, 2017-2018

26. American Lung Association

27. Campaign for Tobacco-Free Kids


29. ND Attorney General’s Office, 2016 Comprehensive Status and Trends Report

30. Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health

31. National Center for Health Statistics

32. Center for Disease Control (CDC) Wonder, 2016

33. SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2016.

34. ND Board of Pharmacy, PDMP Report 2017 Q4

35. SAMHSA; stat taken from a 1990 JAMA article

36. National Survey on Drug Use and Health (NSDUH) 2013-2014


38. ND Department of Health Vital Statistics Division
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