

Alcohol, Tobacco, and Illicit Drug Consumption and Consequences in North Dakota

**The North Dakota
Epidemiological Profile**

MARCH 2007

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Compiled and Developed by:
The North Dakota State Epidemiological
Outcomes Workgroup

Contact Information:
North Dakota Department of Human Services
Division of Mental Health and Substance Abuse
1237 West Divide Avenue, Suite 1C
Bismarck N.D. 58501-1208
Phone: (701) 328-8920
Toll Free: (800) 755-2719
Fax: (701) 328-8969
Email: dhseo@nd.gov
Web: <http://www.nd.gov/dhs>

Executive Summary

Use of alcohol, tobacco, and illicit drugs exacts a heavy toll on the lives and families of North Dakotans and the economy of the state. North Dakota's culture lends itself to the use and abuse of substances, namely alcohol, cigarettes, and smokeless tobacco. Compared to the nation and other U.S. states, alcohol use and abuse is the biggest substance-related problem that faces the state (NSDUH, 2004; BRFSS, 2005). North Dakota has among the highest rates in the nation in recent alcohol use and binge drinking, regardless of age group. For example, among North Dakotans aged 12 to 20 years, 42.7 percent consumed alcohol in the past 30 days and 32.3 percent engaged in binge alcohol use in the past 30 days (NSDUH, 2004). Both of these figures are the highest across all 50 states. North Dakota ranks near the bottom among U.S. states regarding the percentage of persons who perceive great harm associated with drinking five or more drinks at a time on two or more occasions in the past month (NSDUH, 2004). This finding assists in understanding why binge drinking rates are so high in North Dakota: many perceive little or no physical, mental, or societal harm associated with this behavior.

There is evidence that alcohol use and abuse is generational in North Dakota. Children and young adults are following the example of the state's adults who use and abuse alcohol at the highest rate in the country. North Dakota children and young adults who are not of legal drinking age are also rated number one in the nation for recent alcohol use and bingeing (NSDUH, 2004). Further, North Dakota students grades 9-12 are substantially more likely than their U.S. counterparts to have recently driven a vehicle after consuming alcohol (BRFSS, 2005). Among DUI arrests in the state, persons aged 21-24 are the most frequent offenders and their arrest rate has substantially increased in recent years (ND Office of the Attorney General, 2006).

North Dakota adults and children smoke cigarettes at rates that are comparable to the U.S. American Indians, who smoke cigarettes at twice the rate of whites (48.4 percent vs. 20.7 percent) in the state (BRFSS, 1996-2005). Use of smokeless tobacco in North Dakota appears somewhat higher than the U.S. American Indians, who are more likely than whites to be current users of this form of tobacco (BRFSS, 1996-2005).

Among illicit drugs, methamphetamines are a growing problem, both in use and manufacturing. In 2004, there were 217 meth lab seizures in the state, which placed North Dakota in the top 20 percent of all states for meth lab offenses per capita (DEA, 2004). In addition, treatment admissions for meth use are on the upswing, similar to what is happening across the entire country. At present, marijuana is still the leading illicit drug used by persons entering treatment in North Dakota (TEDS, 2005). Marijuana and meth are the top two drugs among North Dakota's drug-related arrests, with meth use increasing at higher rates in recent years (ND Office of the Attorney General, 2006).

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Introduction

North Dakota is named after the Dakota Indian Tribes who were the early inhabitants of the region. Dakota is most often referred to denote the terms, “friends” or “allies.” It is home to the International Peace Garden that straddles the border between the United States and Manitoba, Canada. North Dakota covers 68,976 square miles, with a 2005 estimated population of 636,677. About 340,372 persons live in rural areas (USDA-ERS, 2005).

North Dakota, a vastly rural and frontier state, has experienced substantial population losses. From 1990-2000, 47 of 53 counties lost population, with 6 counties losing over 20 percent and 20 counties experiencing a decline of 10-20 percent. All of the counties losing population were rural. Further, 48 of 53 counties experienced a decline in the youth cohort (17 years and younger). Five counties saw their youngest population group decline by 30 percent or more and 18 counties experienced a loss of 20-30 percent of this important age group.

North Dakota has a small population spread out over a large area. The state’s population density is 9.3 people per square mile; comparatively, the national density is 79.6 people per square mile. Thirty-six of the state’s 53 counties (68 percent) are designated as ‘frontier’, with six or fewer persons per square mile.

According to the 2002 Census, ND has 373 incorporated communities. Fifty-one percent of these communities have 200 people or less. Bismarck, the capital, is located in the south-central region of the state. The state’s largest cities are Fargo, Bismarck, Grand Forks, and Minot. According to the U.S. Census (2006), 92.4 percent of the state’s population is white, 4.9 percent is American Indian, and 1.2 percent is of Hispanic/Latino origin. North Dakota is aging, as reflected by the increase in the state’s median age from 36.2 years in 2000 to 38.8 years in 2004. By comparison, the 2004 U.S. median age was 36.2 years. In 1960, North Dakota’s median age was 26.2 years. A majority (51 percent) of counties have more than 20 percent of their population base being age 65 or older (Gibbens, 2006).

Regarding health care, there are 45 hospitals in North Dakota, 39 of which are located in rural areas (North Carolina Rural Health Research/Policy Analysis Center, 2006). There are 59 Rural Health Clinics and four Federally Qualified Health Centers that provide services at 27 sites in the state (Kaiser, 2004). Most North Dakotans have some form of health insurance coverage, although 11 percent of its residents lack any health insurance (Kaiser, 2004).

According to the Economic Research Service (2005), the average per-capita income for all North Dakotans in 2004 was \$29,494, although rural per-capita income lagged at \$27,651. Estimates from 2003 indicate a poverty rate of 11.6 percent exists in rural North Dakota, compared to a 9.2 percent level in urban areas of the state. Data from 2000 indicate 19.7 percent of the rural population has not completed high school, while only 11.3 percent of the urban population lacks a high school diploma. The unemployment rate in rural North Dakota is at 4.0 percent, while in urban North Dakota it is at 2.9 percent (USDA-ERS, 2005).

RURAL CULTURE OF SUBSTANCE USE

Studies have demonstrated that rural and frontier areas of the U.S. are prone to substance use and abuse. Are people living in rural areas more apt to abuse substances? Why do residents of rural

and frontier states and regions abuse alcohol? Egan (2006) listed a number of possible reasons:

- boredom
- stress
- anxiety
- depression
- for use as a depressant and sleep aid
- genetic predisposition to and family history of substance abuse/addiction
- unemployment and underemployment
- poverty
- poor farm/ranch economy
- peer pressure
- research says `it is good for your cardiovascular system
- feeling of isolation, especially in winter
- the reward at the end of a hard day's work
- associated with happiness, relaxation, socializing, conformity, attractiveness, wealth, and youthfulness
- a rite of passage ("What's the big deal? Kids just have to learn to drink.")
- a way for young people to prove themselves (use and binge)
- getting validation by saying, 'Boy, did I get hammered.'
- a way for adults (especially males) to prove themselves to their peers
- the idea that life is harsh and you learn it at an early age is part of our history

THE STATE EPIDEMIOLOGICAL OUTCOMES WORKGROUP

The State Epidemiological Outcomes Workgroup (SEOW) was initiated in 2006 by the North Dakota Department of Human Services, Division of Mental Health and Substance Abuse Services. Funding for the project was provided by the federal Substance Abuse and Mental Health Services Administration (SAMHSA). The mission of the ND SEOW is to utilize relevant state, tribal, and local data to guide substance use prevention planning, programming and evaluation. The goals and functions of the North Dakota SEOW are delineated in its Charter (**Appendix A**). The North Dakota SEOW, guided by a 48-member advisory committee or workgroup (**Appendix B**), collects and analyzes data to support a framework for advancing the North Dakota Substance Use and Abuse Prevention System's mission. The data (**Appendix C**), summarized in this Epidemiological Profile, characterizes consumption patterns and consequences of various substances in the state of North Dakota. These substances include alcohol, tobacco, and other drugs such as methamphetamines, marijuana and prescription drugs. Data were collected and analyzed from the State Epidemiological Data System (SEDS) and supported with data from a variety of state agencies. The data used in this report are at the aggregate state level, with limited substate analyses. For more information on miscellaneous North Dakota substate documents and questionnaires, please refer to **Appendix D**.

Aggregate only analyses were used due to the wide availability of this information and the lack of this type of report ever having been developed for North Dakota. Thus, aggregate analyses seemed to be a logical starting point in this process of delineating the burden of substance consumption and consequences in the state. However, when data allowed, subgroup analyses were conducted by gender, age, race, and income level. Also, in some cases it was possible to compare North Dakota to surrounding states regarding substance use and consequences. Such comparisons are of interest to the SEOW to assist in determining whether data trends found in North Dakota are unique or are held in common with neighboring states.

Methods

The Core Workgroup for North Dakota's SEOW project includes personnel from the North Dakota Department of Human Services (NDDHS; Administration; Bismarck, ND), University of North Dakota Center for Rural Health (CRH; Epidemiology; Grand Forks, ND), North Dakota State University (NDSU; Process Evaluator; Fargo, ND), and DLN Consulting, Incorporated (DLN; Facilitators and Organization; Dickinson, ND). The work on this project has been guided by feedback, comments, advice, and data assistance from the SEOW (**Appendix B**), that has representation from a variety of state government, tribal, university, and advocacy agencies.

The SEOW met monthly. The principal functions of the committee were to assist in identifying potential data sources, assess and prioritize the quality and appropriateness of various data sources and indicators, interpret and identify patterns and trends in substance use/consequence data, and general guidance for developing the state's Alcohol, Tobacco, and Other Drugs (ATOD) Epidemiology Profile.

The SEOW epidemiology team:

- created a scoring/rating scheme for use by committee members for assessing the validity, reliability, appropriateness, utility, and quality of constructs and indicators. Specifically, questionnaires were used to have workgroup members assign scores ranging from 1 (low quality/appropriateness) to 3 (high quality/appropriateness) to each considered construct and indicator as individuals;
- discussed and rated the constructs and indicators by breaking into smaller groups on the same scale as a subgroup. Following the subgroup discussion, items that received low scores were discussed in the large group. Also, items that were not included on the list and possible sources for the information were discussed and documented; and
- collected and processed scores following the meeting and produced mean rating scores that were used to prioritize the items for inclusion or exclusion (**Appendices E and F**). Indicators with low mean rating scores (below 1.51) were omitted from consideration. Items with high ratings (2.5 and higher) were accepted for inclusion into the Epidemiological Profile, provided the data were available and accessible to the epidemiological team. Items with moderate ratings (1.51-2.49) were re-examined by the group for availability of data and whether the items clarified or provided information not otherwise available.

Data sources used in the ATOD Epidemiology Profile development included:

- Youth Risk Behavioral Surveillance Survey (YRBSS)
- Behavioral Risk Factor Surveillance System (BRFSS)
- National Survey on Drug Use and Health (NSDUH)
- North Dakota Core Alcohol and Drug Survey (NDCORE)
- CDC Wonder Query System
- North Dakota Division of Vital Records (NDDVR)
- North Dakota Division of Tobacco Prevention and Control (NDDTPC)
- North Dakota Office of Attorney General (Bureau of Criminal Investigation; NDBCI)
- North Dakota Division of Cancer Prevention and Control (NDDCPC)
- North Dakota Department of Transportation (NDDOT)
- Fatal Analysis Reporting System (FARS), National Center for Vital Statistics (NCVS)
- Treatment Episode Data Set (TEDS)
- North Dakota Department of Corrections and Rehabilitation (NDDOCR). (See detailed list in **Appendix B**.)

These data sets are excellent, sound sources of information on substance use and consequences in North Dakota. However, no data set is perfect and the state's data sources are no exception. For

example, some of the key sources such as the Behavioral Risk Factor Surveillance System (BRFSS) and the Youth Risk Behavior Surveillance System (YRBSS) rely on voluntary surveys of selected respondents. Thus, they are subject to survey response biases which represent challenges for researchers to overcome. Also, many of the national survey efforts such as the BRFSS and the YRBSS employ methodologies with the state that are not ideally suited for generating regional or county estimates. Thus, this is another reason for directing the majority of our Epidemiological Profile's analytic work and efforts toward aggregate state data. Other data sets have notable shortcomings that must be considered while seizing their positive aspects. For example, Treatment Episode Data Set (TEDS) data is a good source of substance-related treatment admissions for North Dakota; however, one must keep in mind this system does not collect data from all of the state's treatment facilities. In fact, private treatment providers are not obligated to report any of their patient or client information to TEDS. Crime data in North Dakota is a rich source of information of substance consequences but it is not without its limitations. The integrity of crime databases is dependent and reliant on crime reporting compliance among law enforcement agencies and personnel throughout the state. For more information on North Dakota's data shortcomings and possible solutions to these informational gaps, please refer to **Appendix G**.

After consumption/consequence items were prioritized, data were collected and presented to the workgroup graphically in MS PowerPoint slide format at the monthly SEOW meetings. SEOW members gave feedback on grouping of figures and tables with data, format, and clarification in the presentation of data. The SEOW epidemiology staff made modifications and provided the updated material to the entire workgroup for review before submission of the draft report. Upon receiving the review feedback in January on the draft report submitted in December, revisions were addressed and presented to the workgroup for additional feedback and revision from the local committee before final revision was submitted to SAMHSA in March 2007.

Alcohol Consumption in North Dakota

Alcohol is the most commonly used substance in the United States (SAMHSA, 2005). Annually, approximately 100,000 deaths in the U.S. are attributed to alcohol misuse. In the United States, children and adolescents are more likely to drink alcohol than smoke tobacco or use illicit drugs (YRBSS, 2005). Excessive alcohol consumption leads to many adverse health and social consequences and results in approximately 4,500 deaths among underage youth each year (CDC, 2006). Alcohol use among children decreases concentration, attention, and memory retention, which all affect academic achievement. It also impedes the healthy development of social, emotional, and physical skills which children need to develop self-confidence and self-esteem. Also, children who drink are at increased risk for a number of health and safety problems including traffic crashes and other unintentional injuries; alcohol/drug abuse and dependence; early sexual activity and pregnancy; changes in brain development; disruption of normal growth and sexual development; poor school performance and absenteeism; juvenile delinquency; stress, anxiety, depression, and suicide; unwanted and unprotected sexual activity; cirrhosis, hypertension, and cancer; and homicides and other violent crimes (Wright, 2002; CDC, 2006).

AGE STARTED DRINKING

The earlier that one begins drinking alcohol, the more likely one will become a heavy chronic user of alcohol (SAMSHA, 2006b). The Youth Risk Behavioral Survey (YRBS) calculates the percent of school-aged respondents that had their first drink before the age of 13 years. In 2005, North Dakota's overall rate (19.7 percent) was lower than the national rate (25.6 percent). From 1995 to 2005, the state's rate of early drinking has steadily declined over time, with males consistently being more likely than females to drink before age 13.

The CORE Alcohol and Drug Survey of North Dakota college students asked respondents when they first consumed alcohol. Results of the first CORE survey from 1994 were compared to the most recent data derived in 2003-5. The majority (55-56 percent) of the respondents indicated they had tried alcohol between the ages of 14 and 17 years. In comparing results from the two survey periods, the main finding was that 2003-5 respondents reported they were slightly younger than the 1994 respondents when they first tried alcohol (Walton, 2005).

DRINKING ON SCHOOL PROPERTY

One of the YRBS's measures of alcohol consumption is the use of alcohol on high school property. North Dakota high school students (grades 9-12) who engage in this drinking behavior run the risk of school suspension, expulsion, and misdemeanor charges. Among the state's high school students, 3.6 percent said they had consumed alcohol on school property on one or more occasions in 2005. This figure is lower than the 2005 U.S. figure of 4.3 percent. During the period 1995-2005, North Dakota's figure has steadily declined over time from a high of 8.6 percent in 1995. North Dakota boys were much more likely than girls to drink on school property (YRBSS, 2005).

ALCOHOL USE BY RACE

Some studies have found that members of some ethnic/racial minority groups have alcohol consumption rates that are higher than White populations. In North Dakota, it is somewhat difficult to measure alcohol differences by ethnicity, given that few such studies have been conducted in North Dakota and the few standardized, statewide surveys (BRFSS, YRBSS, NSDUH) administered in the state do not select a representative sample of non-White respondents. In North Dakota, the racial/ethnic breakdown is approximately 92 percent Whites, 5 percent American Indians, and 3 percent are of other races. Thus, the dominant minority group in North Dakota is American Indians. In 2004, the University of North Dakota Center for Health Promotion and Translation Research (CHPTR) conducted a BRFSS-like survey of a randomly selected group of 100 American Indian respondents from each of the four main Indian Reservation areas (N=400) in North Dakota (Holm et al., 2004). The questionnaire included items that assessed alcohol use. Findings from this study indicated that American Indian sample members were less likely to be drinkers compared to the aggregate BRFSS sample of North Dakotans. But among drinkers, the American Indian sample was more likely to report heavy drinking than participants from the North Dakota sample.

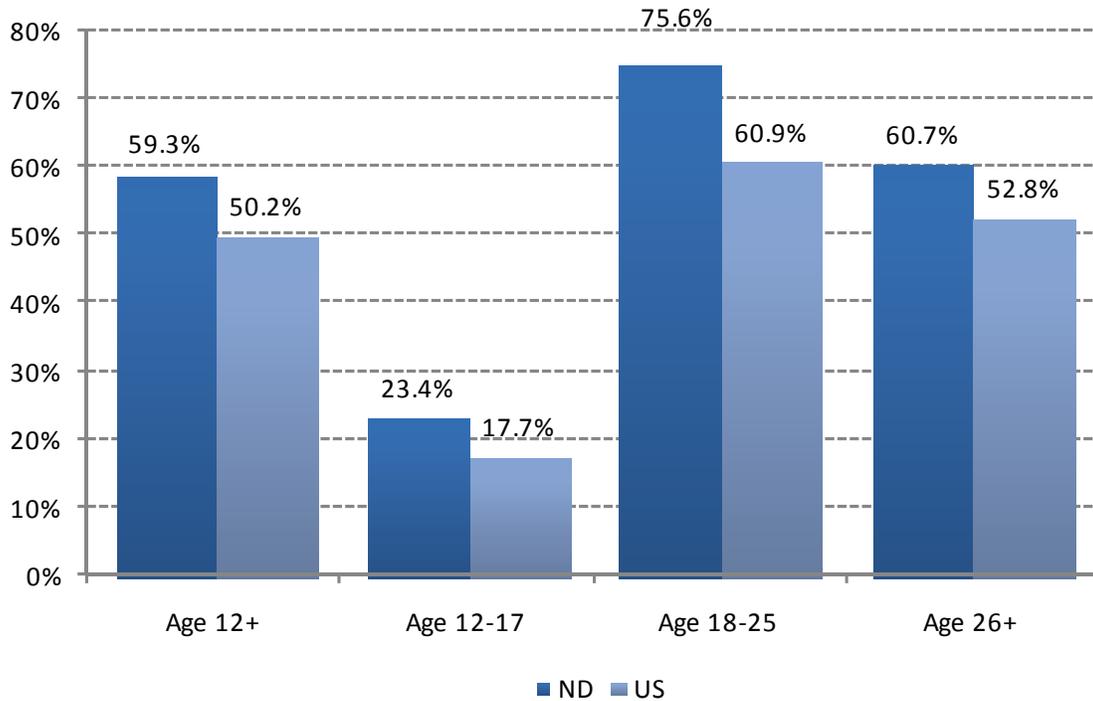
Another analysis of alcohol use by race was conducted using North Dakota's BRFSS combined data for years 1996-2005. Results indicated that, compared to whites, American Indians were less likely to have recently consumed alcohol (49.1 percent vs. 63.7 percent), more likely to have recently binged alcohol (28.6 percent vs. 21.6 percent), and less likely to be heavy drinkers (4.2 percent vs. 5.3 percent).

RECENT ALCOHOL USE

According to the YRBS, approximately one-half (49 percent) of North Dakota high school students (grades 9-12) in 2005 took one or more drinks of alcohol in the past month, a figure that is higher than the national rate of 43.3 percent. North Dakota's 2005 rate is 11 percentage points below the state's 1995 rate when 60.7 percent of students had recently consumed alcohol. Boys in North Dakota were generally more likely than girls to have consumed alcohol in the past month. The rates for both girls and boys have declined steadily over time, but the state's rates remain higher than the U.S. usage rates (YRBSS, 2005).

The National Survey of Drug Use and Health (NSDUH) (2004) found that 59.3 percent of North Dakotans aged 12 and older had one or more drinks of alcohol in the past month (**Figure 1**).

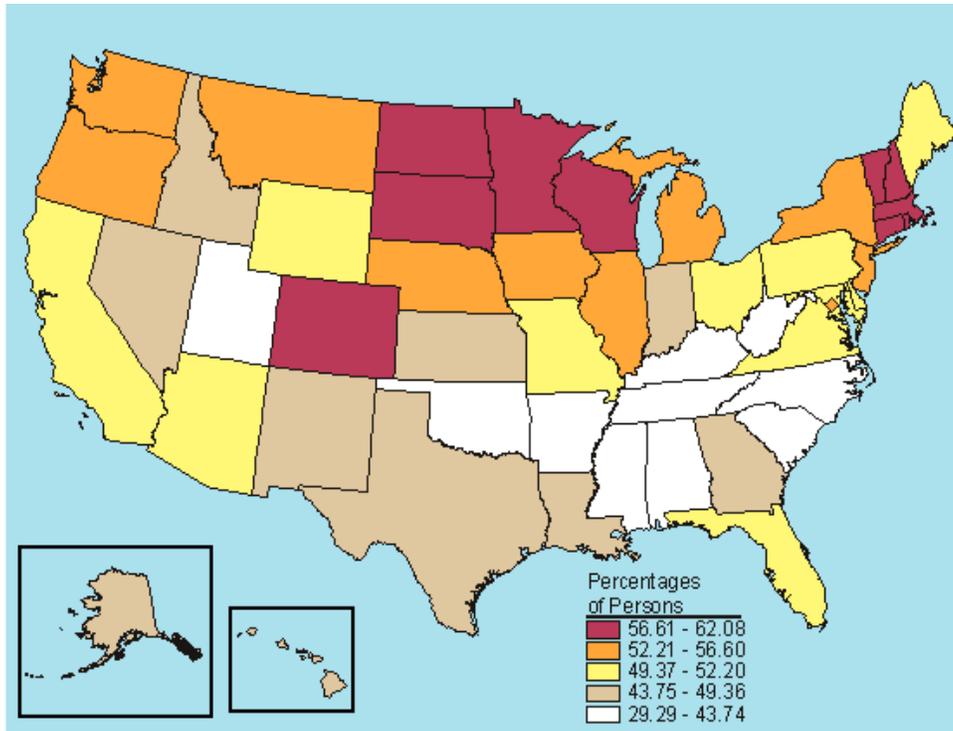
Figure 1: Alcohol Use in Past Month, North Dakota and United States, by Age, 2003-2004



Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004

This is substantially higher than the U.S rate of 50.2 percent. North Dakota’s ‘recent alcohol usage’ rate of 59.3 percent for persons 12 and older puts it in the upper one-fifth of all states for this drinking behavior (**Figure 2**).

Figure 2: Alcohol Use in Past Month, Ages 12+, 2003-2004



Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004

Among North Dakotans aged 12-17 years, about one-quarter (23.4 percent) used alcohol in the past month (**Figure 1**). Nationally, 17.7 percent of this age cohort indicated they had used alcohol within the past month. North Dakota is in the top 20 percent of all states for using alcohol in the past month among ages 12-17.

Among persons aged 12-20 years, North Dakota (42.7 percent) is ranked number one in alcohol use in the past month. Among our neighboring states, South Dakota (39.1 percent) and Montana (38.1 percent) are on the top-five list of highest percentages. Utah (18.6 percent) had the lowest rate of recent alcohol use among persons aged 12-20 (NSDUH, 2004).

The NSDUH (2004) reported that North Dakotans aged 18-25 years were most likely (75.6 percent) of any age cohort to have used alcohol during the past month, which is almost 15 percent higher than the national rate of 60.9 percent. North Dakota is in the top 20 percent of all U.S states for recent alcohol use among persons 18-25 years. The NSDUH (2004) estimated that 60.7 percent of North Dakotans aged 26 years and older had used alcohol in the past month. The national estimate was substantially lower at 52.8 percent of this age group. Again, North Dakota was in the top one-fifth of all U.S. states in recent alcohol use, along with Minnesota and Wisconsin.

The Behavioral Risk Factor Surveillance System (BRFSS) is another statewide survey effort that generates information on alcohol use. Among North Dakotans aged 18 years and older, 59.6 percent indicated using alcohol in the past month in 2005 (**Table 1**).

Table 1: Percent of Recent, Heavy, and Binge Alcohol Use Among Adults Ages 18+, North Dakota and the United States, 2001-2005

		Recent		Heavy		Binge	
		ND	US	ND	US	ND	US
2005	Overall	59.6	56.2	5.0	4.9	18.9	14.4
	Male	67.6	63.5	6.5	5.6	27.7	22.0
	Female	51.6	49.0	3.5	4.0	10.2	7.4
2004	Overall	62.5	57.1	5.1	4.9	20.5	15.1
	Male	70.8	64.7	6.3	5.8	30.2	23.1
	Female	54.4	50.1	4.0	4.2	11.0	7.8
2003	Overall	65.2	59.4	5.8	5.8	21.5	16.5
	Male	74.5	66.9	7.9	6.9	32.6	25.1
	Female	56.1	51.7	3.7	4.6	10.4	8.6
2002	Overall	64.0	58.1	5.2	5.9	22.0	16.3
	Male	73.7	66.6	7.0	7.1	33.7	24.6
	Female	54.5	50.0	3.3	4.5	10.6	8.2
2001	Overall	64.4	55.8	4.8	5.1	22.3	14.8
	Male	73.3	64.1	6.2	6.3	34.1	22.7
	Female	55.8	49.3	3.5	3.9	10.9	7.1

Source: BRFSS, 2001-2005

This rate is higher than the U.S. rate of 56.2 percent for the same year. The state's usage rate remained steady at 64-65 percent from 2001 to 2003 and declined in the two proceeding years. The BRFSS categorized states into five groupings according to their percent of persons 18 and older that used alcohol in the past month. North Dakota's figure of 59.6 percent placed it in the second-highest group, along with neighboring states South Dakota, Montana, and Nebraska (BRFSS, 2005).

In 2005, two-thirds (67.6 percent) of adult males and one-half (51.6 percent) of adult females in North Dakota indicated they had used alcohol in the past month (**Table 1**). Among males, recent alcohol use has declined by about 7 percent from 73.3 percent in 2001 to 67.6 percent in 2005. For women, recent alcohol use declined from 95.8 percent to 51.6 percent (BRFSS, 2005).

The percent of recent alcohol use among North Dakota men was higher than the US rate for males during years 2001 to 2005 (**Table 1**). Similarly, women in North Dakota are somewhat more likely than their U.S. female counterparts to have consumed alcohol in the past month (**Table 1**) (BRFSS, 2005).

North Dakotans ages 18-64 were more likely than their U.S. counterparts to have consumed alcohol in the past month (**Table 2**). North Dakotans age 65 and older were equally likely as their U.S. counterparts to have engaged in this drinking behavior. They were least likely (39.3 percent) among all North Dakota age cohorts. For North Dakota, persons aged 25 through 44 were most likely (67-68 percent) to have consumed alcohol in the past month. Beginning at age 45, the prevalence rate of recent alcohol use begins to decline (BRFSS, 2005).

The percent of North Dakotans' recent alcohol use increases incrementally with a corresponding rise in annual income level (**Table 2**). Seventy percent of the wealthiest (\$50,000 or more) and 46.1 percent of the poorest (less than \$15,000) group indicated they had used alcohol in the past month. Compared to the U.S., North Dakotans had higher rates of recent alcohol use across all income levels (BRFSS, 2005).

HEAVY ALCOHOL USE

The BRFSS defines "heavy alcohol use" as consuming more than one alcoholic beverage a day for women and more than two alcoholic beverages per day for men. For North Dakota, about 5 percent can be classified as heavy drinkers and this rate has remained relatively unchanged from 2001 to 2005 (**Table 1**). The state's rate of heavy alcohol use is roughly equivalent to the U.S. rate over this five-year period (BRFSS, 2005).

The BRFSS categorized states into five groupings according to their percent of persons 18 and older that engaged in heavy alcohol use. North Dakota's 2005 figure of 5 percent placed it in the third-highest ranked group, along with neighboring state Minnesota. Among the other neighboring states, North Dakota's rate was higher than South Dakota's rate and lower than Montana's rate. In North Dakota, men (6.5 percent) were almost twice as likely as women (3.5 percent) to be heavy alcohol users (**Table 1**). For both sexes, rates of heavy alcohol use have remained relatively steady from 2001 to 2005, ranging from 6.2 to 7.9 percent for men and 3.3 to 4 percent for women (BRFSS, 2005).

North Dakota men drank heavily at a rate (6.5 percent) that was slightly higher than U.S. men (5.6 percent) (**Table 1; BRFSS, 2005**). During 2001-2005, the North Dakota men's rate peaked in 2003 at 7.9 percent and then dropped to 6.3 percent in 2004 and 6.5 percent in 2005. North Dakota women's rate of heavy alcohol use has been slightly below the U.S. women's rate for every year within the period 2001-2005 (**Table 1**). By age, North Dakotans aged 18-24 years (10.3 percent) and 25-34 years (6.7 percent) were most likely to be heavy consumers of alcohol in 2005 (**Table 2**). Heavy use tends to decline with age, as only 1.3 percent of persons aged 65 and older indicated heavy use. Compared to the U.S., North Dakotans had higher rates for ages 18-34 years, lower rates for ages 35-44 and 65+, and equivalent rates among those aged 45-64 years. By income level, lowest-earning (i.e., less than \$15,000 per year) North Dakotans were most likely (7.9 percent) to drink heavily and highest-earning (i.e., \$50,000 or more per year) residents were least likely (4.7 percent) to drink heavily (**Table 2**). Compared to the U.S., North Dakotans had higher rates among poorer income categories and lower rates among higher income categories (BRFSS, 2005).

The North Dakota CORE Alcohol and Drug Survey asked North Dakota's colleges students about the average number of alcoholic beverages they consume per week. Results were compared between the two time periods (1994 and 2003-5) in which it was administered in the state. Compared to 1994, students in 2003-5 were more likely to report consuming alcohol in higher quantities. Specifically, 40.4 percent in 2003-5 reported having six or more alcoholic beverages per week as compared to 23.5 percent in 1994 (Walton, 2005).

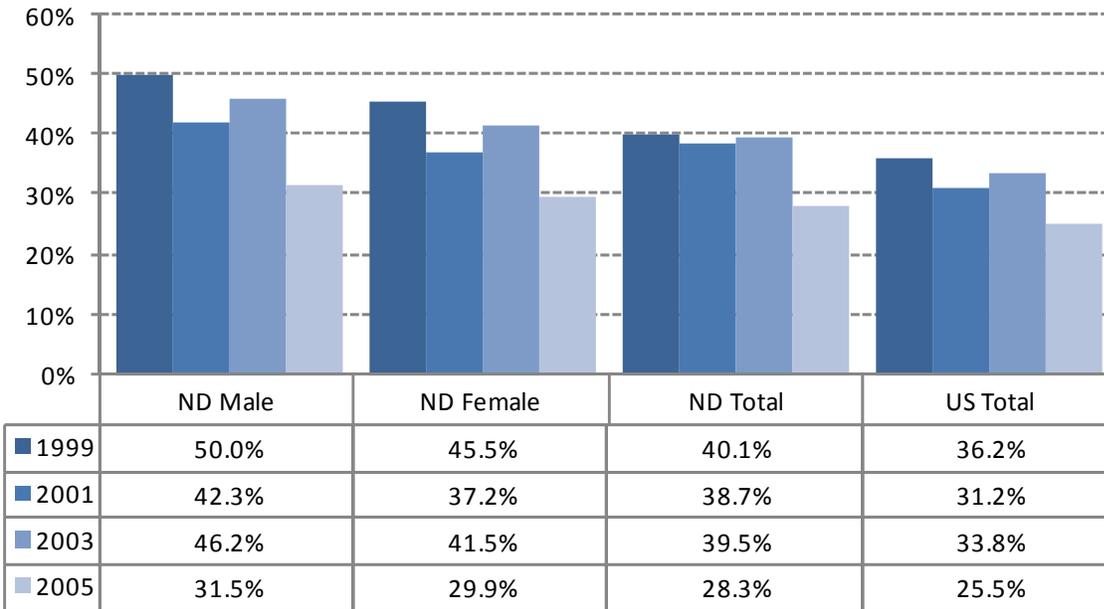
Table 2: Percent of Recent, Heavy, and Binge Alcohol Use Among Adults Ages 18+, by Gender, Age, and Income, North Dakota and United States, 2005

	Recent		Heavy		Binge	
	ND	US	ND	US	ND	US
Overall	59.6	56.2	5.0	4.9	18.9	14.4
Gender						
Male	67.6	63.5	6.5	5.6	27.7	22.0
Female	51.6	49.0	3.5	4.0	10.2	7.4
Age						
18-24	62.4	56.4	10.3	7.4	34.0	26.1
25-34	68.1	62.6	9.7	5.3	30.4	21.4
35-44	67.1	61.3	3.6	5.1	20.7	16.1
45-54	63.9	59.1	4.4	4.7	16.3	11.9
55-64	59.3	53.3	4.5	4.2	12.0	7.8
65+	39.3	39.5	1.3	2.9	2.5	3.0
Income (thousand)						
<\$15	46.1	36.7	7.9	4.2	19.1	12.3
\$15-24	47.7	45.1	5.4	4.5	15.5	14.0
\$25-34	58.4	50.3	5.3	4.7	24.6	14.0
\$35-49	66.4	57.9	5.1	5.4	19.0	15.2
\$50+	70.0	68.3	4.7	5.4	19.8	16.4

BINGE ALCOHOL USE

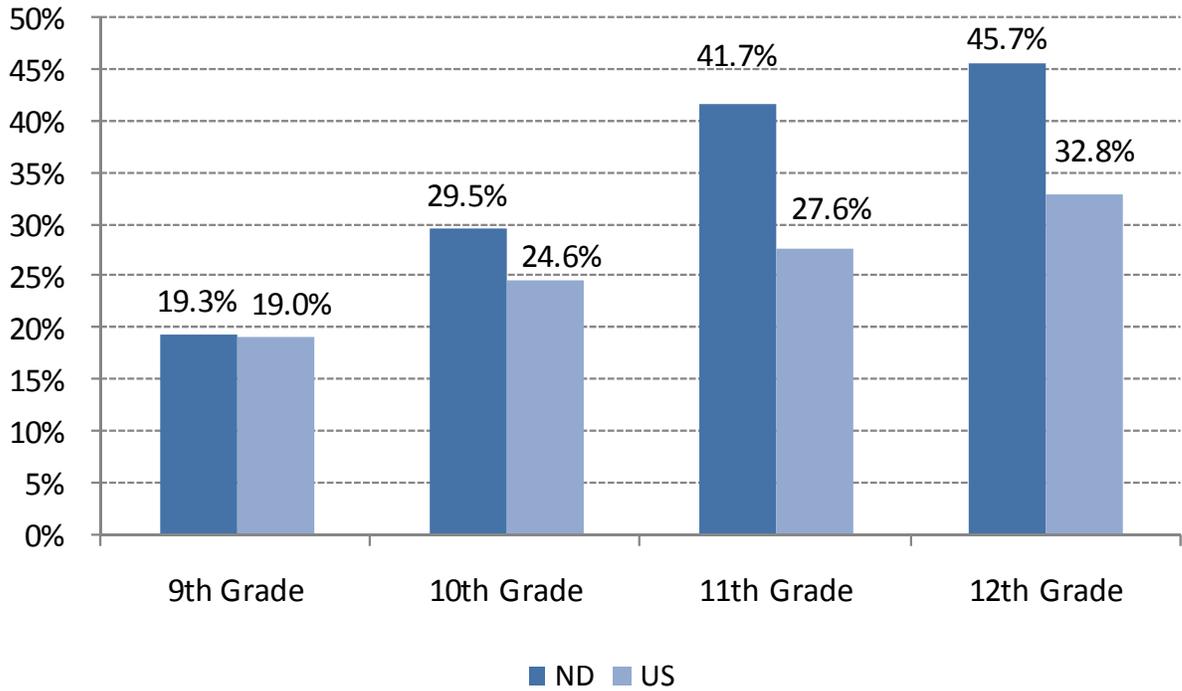
Binge alcohol use is defined by the YRBS as having five or more drinks of alcohol in a row on one or more of the past 30 days. In 2005, one-third (33.8 percent) of North Dakota high school students (grades 9-12) were binge drinkers, compared to one-quarter (25.5 percent) of similarly-aged U.S. high school students (**Figure 3**).

Figure 3: Binge Alcohol Use, by Gender, North Dakota and United States, All Students Grades 9-12



North Dakota's high school binge drinking rate has declined sharply over time from its high of 46.2 percent in 1995. By gender in North Dakota, boys were more likely than girls to engage in this drinking behavior across all surveyed years (YRBSS, 2005). As students advanced to higher grades, they were more likely to have engaged in binge alcohol use (**Figure 4**).

Figure 4: Binge Alcohol Use by Grade, North Dakota and United States, Students Grades 9-12

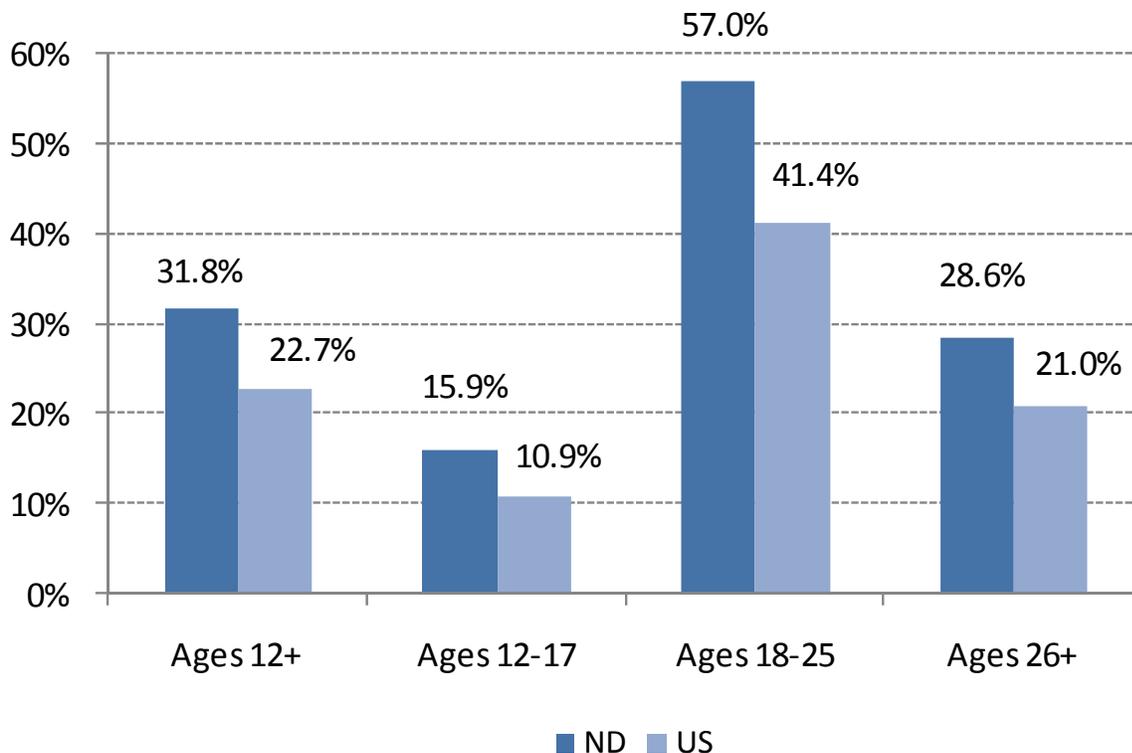


Source: Youth Risk Behavioral Surveillance Survey*5+ drinks of alcohol in a row on 1+ of the past 30 days

The NSDUH (2004) estimated that almost one-third (31.8 percent) of North Dakotans aged 12 years and older had binged alcohol on one or more of the past 30 days (**Figure 5**). This figure is substantially higher than the national rate of 22.7 percent. Among U.S. states, North Dakota ranked number one in binge drinking among persons aged 12 years and older. All of North Dakota's neighboring states (MN, SD, and MT) were in the top 10 percent of alcohol bingeing states for this age group, suggesting this drinking behavior is a regional phenomenon.

Among persons aged 12 to 17 years, 15.9 percent of North Dakotans and 10.0 percent of U.S. residents indicated binge drinking in the survey years of 2003 and 2004 (**Figure 5**). North Dakota, along with several other Midwestern states, was in the top 10 percent of U.S. states for binge drinkers aged 12 to 17 years (NSDUH, 2004).

Figure 5: Binge Alcohol Use in Past Month, North Dakota and United States, by Age Group, 2003-2004



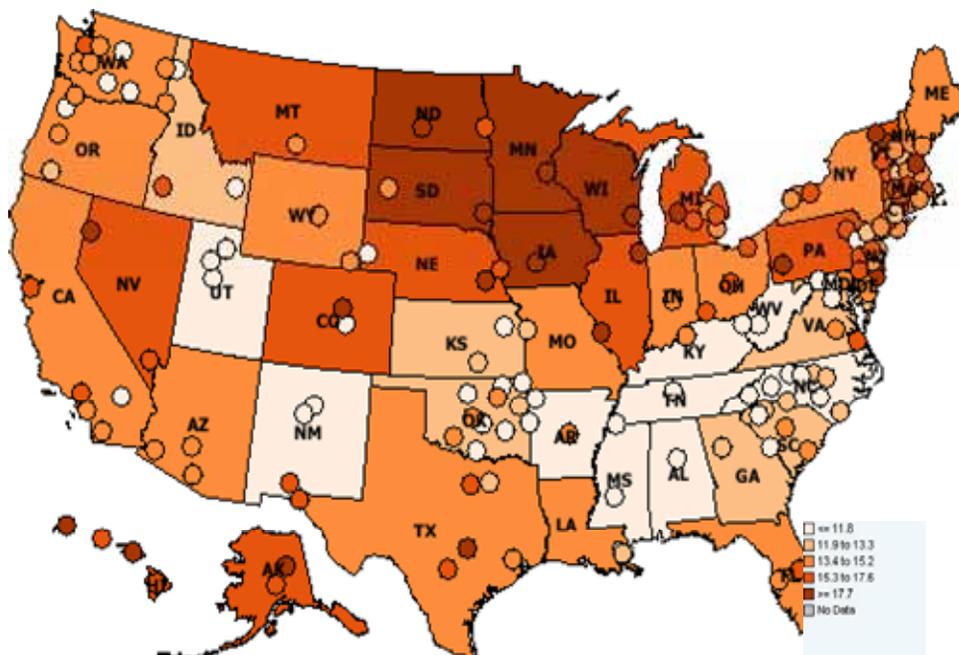
Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2003 and 2004. NOTE: Binge Alcohol Use is defined as drinking five or more drinks on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past 30 days.

For persons aged 12 to 20 years, North Dakota is ranked number one among U.S. states with 32.3 percent indicating binge drinking behavior within the past month (Figure 7; NSDUH, 2004). The neighboring states of South Dakota (29.5 percent) and Montana (29.0 percent) are ranked number two and three, respectively. Tennessee (13.1 percent) is ranked last among all states. Among persons aged 18 to 25 years, 57.0 percent of North Dakotans and 41.4 percent of U.S. residents indicated they had engaged in binge drinking on one more of the past 30 days. Compared to all U.S. states, North Dakota ranked at the top for binge drinking among ages 18-25 years. According to the NSDUH (2004), 28.6 percent of North Dakotans aged 26 years or older engaged in binge drinking on one or more of the past 30 days. Comparatively, 21.0 percent of similarly-aged U.S. residents binged alcohol within this time. North Dakota's binge drinking rate placed it in the top 20 percent of all U.S. states for persons aged 26 years and older (NSDUH, 2004).

The Behavioral Risk Factor Surveillance System (BRFSS) assesses the extent of binge drinking among adults aged 18 years and older. North Dakota's binge rate has steadily declined from 22.3 percent in 2001 to 18.9 percent in 2005. Despite this decrease, the state's rate has consistently been above the national average for the past five years (BRFSS, 2005).

BRFSS categorized states into five groupings according to their percent of persons 18 and older that engaged in binge alcohol use in the past month. North Dakota's 2005 figure of 18.9 percent placed it in the highest-ranking group, along with neighboring or nearby states of South Dakota, Minnesota, Wisconsin, and Iowa (Figure 6). By gender, North Dakota men are virtually three times more likely than women to engage in binge drinking behavior (Table 1). Binging among men has decreased from 34.1 percent in 2001 to 27.7 percent in 2005. For women, binge alcohol use had remained relatively stable over the past five years at approximately 10-11 percent (BRFSS, 2005).

Figure 6: Binge Alcohol Use, Ages 18+, 2005



Source: Behavioral Risk Factor Surveillance System, 2005

Over the past five years, binge alcohol use among North Dakota males has consistently been higher than the U.S. rate for similarly-aged men (**Table 1**). Over this time period, the North Dakota males' rate has ranged from 28-34 percent, whereas the U.S. males' rate has ranged from 22-25 percent. The alcohol binge rate for North Dakota women, despite being substantially lower than the North Dakota men's rate, is consistently higher than the rate for U.S. women (**Table 1**). Typically, about 10 percent of North Dakota women and eight percent of U.S. women indicate they have engaged binge alcohol use (BRFSS, 2005).

Binge drinking in North Dakota, similar to the nation as a whole, is predominantly a behavioral pattern that afflicts younger, rather than older, adults. One-third of North Dakotans aged 18 to 34 years were the most likely of all age cohorts to binge drink, as about one-third indicated engaging in this behavior in 2005 (**Table 2**). Compared to the U.S., North Dakotans were more likely to engage in binge alcohol use across all age groups from 18 through 64. For ages 65 and older, North Dakotans (2.5 percent) and their U.S. counterparts (3.0 percent) were equally likely to binge drink. By income, North Dakotans earning \$25,000-34,999 were most likely (24.6 percent) to engage in binge drinking (**Table 2**). Compared to the U.S. rates, North Dakotans had higher rates of binge drinking across all income categories (BRFSS, 2005).

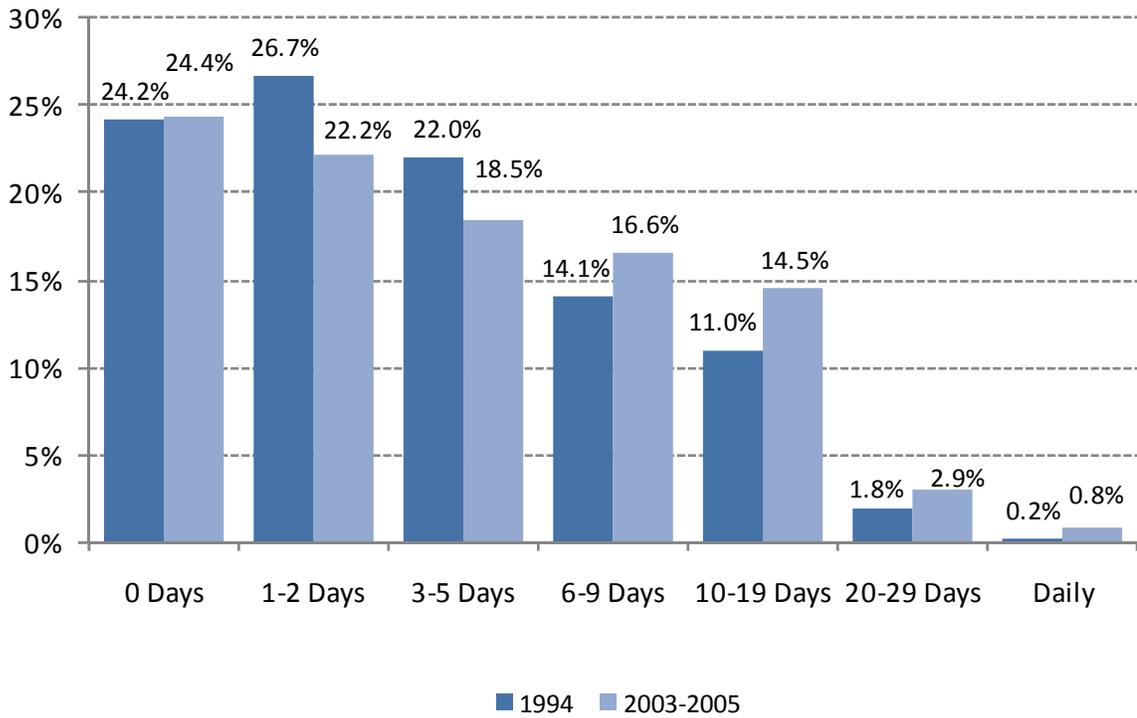
The North Dakota CORE survey assessed the extent of binge drinking among the state's college students. Results were compared between the two time periods (1994 and 2003-5) in which the survey was administered. Compared to 1994 figures, North Dakota college students reported higher percentages of binge drinking behavior and higher percentages of repeated alcohol binging within the past two weeks. Over this time period, the rate of persons reporting one or more alcohol binges within the past two weeks increased from 44.1 percent to 54.8 percent. Also, the rate of persons reporting 3 or more alcohol binges in the past two weeks increased from 15.4 percent to 25.9 percent (Walton, 2005).

ATTITUDES TOWARD BINGE DRINKING

The National Survey of Drug Use and Health NSDUH (2004) polled respondents about whether they agreed that having five or more alcoholic beverages once or twice a week posed a "great risk" to one's health. Across all U.S. states, the percent agreeing to this statement varied across age cohorts and ranged from approximately 29 percent to 51 percent. North Dakotans were found to agree with great health risks to binge drinking at low levels relative to other states. In fact, North Dakota was in the lowest 20 percent of states for ages 12 and older, 18-25, and 26 and older. The state was in the second-lowest group among persons aged 12-17 years.

The North Dakota CORE Alcohol and Drug Survey queried North Dakota college students about the 30-day frequency of alcohol consumption. CORE survey results were compared between the two time periods (1994 and 2003-5) in which it was administered in the state. Responses ranged from zero days in a month to everyday in a month. Compared to the 1994 findings, the major noted difference was a substantial increase in the percent of college students stating they drank six or more days per month (27.1 percent versus 34.8 percent). For drinking 6-9 days a month, rates rose from 14.1 percent in 1994 to 16.6 percent in 2003-5. For those drinking 10-19 days a month, rates increased from 11 percent in 1994 to 14.5 percent in 2003-5. Finally, for persons drinking 20 or more days a month, the rate rose from 2.0 percent to 3.7 percent (**Figure 7**) (Walton, 2005).

Figure 7: 30-Day Frequency of Alcohol Consumption Among North Dakota College Students, 1994 and 2003-2005



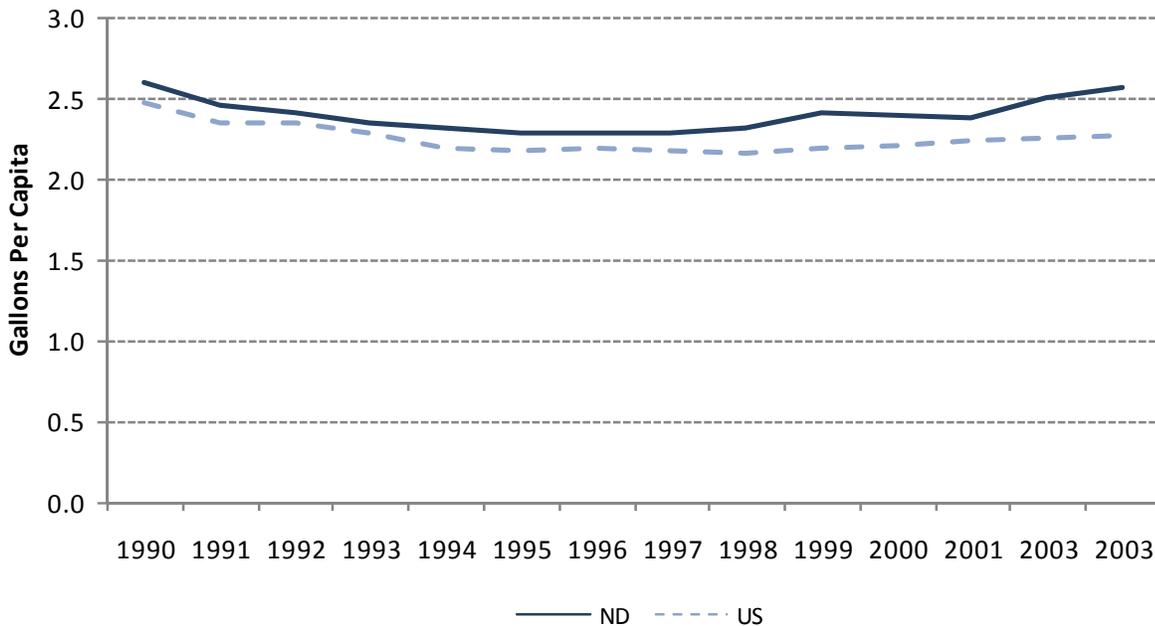
Source: ND CORE Survey

The North Dakota CORE survey asked college student respondents about their annual drinking behavior. Results from 1994 were compared to 2003-5. Over this time period, the most significant finding was an increase in the percent of students stating they drank at higher frequencies of occurrence. The percent of student who drank alcohol one or more times each week in the past year increased from 38.3 percent in 1994 to 48.1 percent in 2003-5 (Walton, 2005).

ALCOHOL SALES

Alcohol sales are a well-known measure of alcohol consumption. In 2003, North Dakotans purchased and consumed 1.35 million gallons of alcohol. Alcohol purchases have steadily increased since 1994, when only 1.1 million gallons were purchased and consumed (NIAAA, 2006). By type of alcohol purchased, beer is the leading product in North Dakota with slightly over 800,000 gallons purchased and consumed in 2003. Beer gallons sold have also steadily increased over time as only 700,000 gallons were sold in 1993. Spirits are the second-leading alcohol category, with approximately 450,000 gallons being purchased in North Dakota in 2003. Lastly, wine totaled just under 100,000 gallons purchased in 2003. Compared to the U.S., North Dakotans consume more alcohol per person. In 2003, North Dakotans consumed 2.6 gallons per person (aged 14 or older), compared to 2.2 gallons per person for the U.S. (**Figure 8; NIAAA, 2006**).

Figure 8: Per Capita Alcohol Consumption, North Dakota and United States, 1990-2003

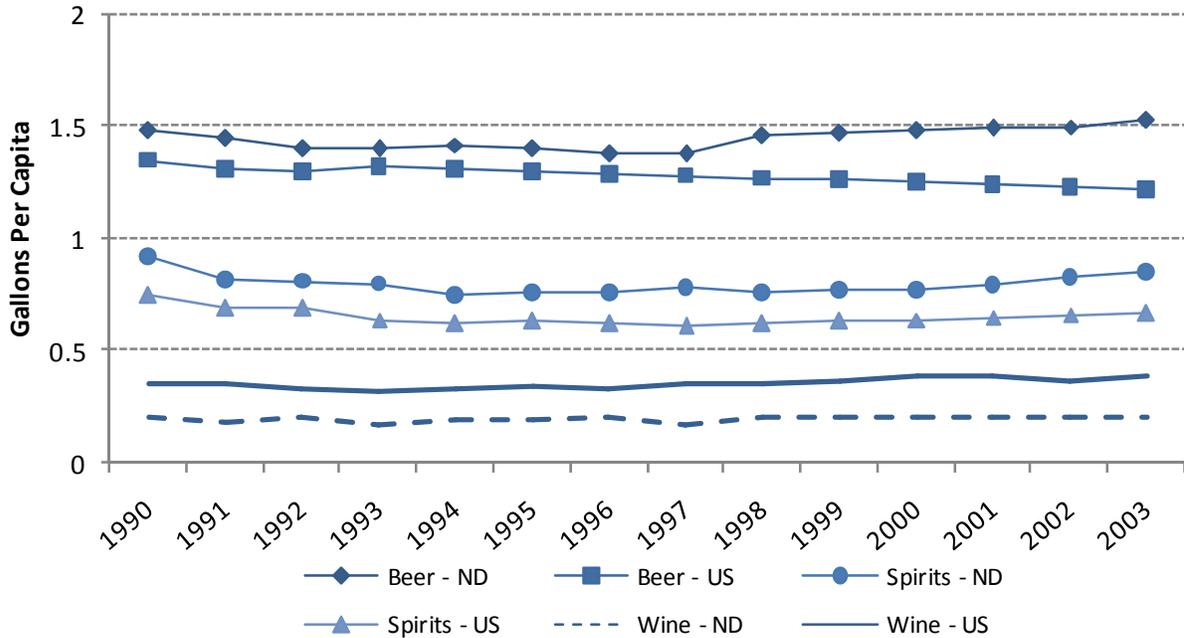


Source: National Institute on Alcohol Abuse and Alcoholism (NIAAA)

*For population ages 4 and older.

North Dakota is at the 80-90th percentile among U.S. states for alcohol sales (NIAAA, 2006). Per capita alcohol sales by alcohol type indicate that North Dakotans consume beer and spirits at higher rates than the U.S., but lower rates for wine (**Figure 9**). In 2003, it is estimated that each North Dakotan aged 14 and older consumed an average of 1.5 gallons of beer, 0.9 gallons of spirits, and 0.2 gallons of wine (NIAAA, 2006).

Figure 9: Per Capita Alcohol Sales by Beverage Type, North Dakota



Source: National Institute on Alcohol Abuse and Alcoholism (NIAAA)

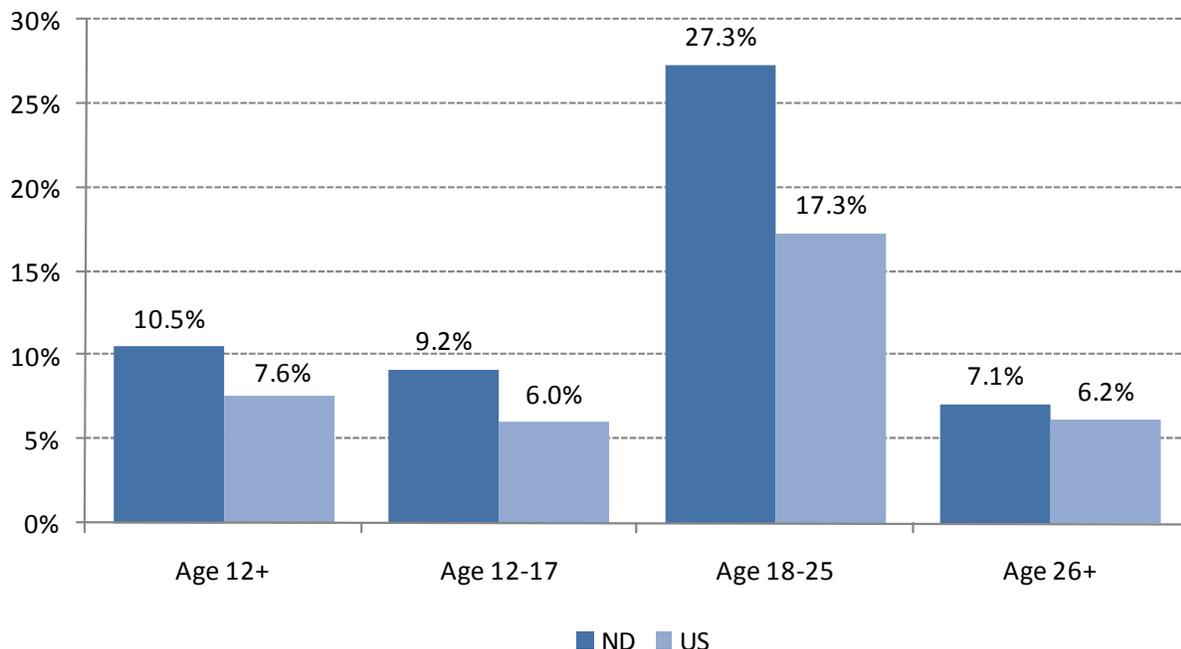
*For population aged 14 and older

Alcohol Consequences in North Dakota

ALCOHOL ABUSE OR DEPENDENCE IN THE PAST YEAR

The NSDUH (2004) assessed the extent to which U.S. and state residents aged 12 and older were dependent on or had abused alcohol in the past year. The survey questions that address these issues are based on the substance dependence/abuse definitions found in the DSM-IV. The survey items on dependence address various issues such as health and emotional problems, attempts to reduce alcohol use, alcohol tolerance, alcohol withdrawal, and other symptoms. The survey items on abuse address problems with home, family, friends, and work; physical danger; and contact with the law due to alcohol use. Dependence reflects a more severe alcohol problem than abuse, and persons can be classified as abusing alcohol only if they are not defined as being alcohol dependent. According to the NSDUH (2004), North Dakotans were either dependent on or abused alcohol in the past year at the following rates by age cohort: 12 and older – 10.5 percent; 12-17 years – 9.2 percent; 18-25 year – 27.3 percent; and 26 years or older – 7.1 percent. For each of these age cohorts, North Dakota was in the top 20 percent of all U.S. states for alcohol dependence or abuse (**Figure 10**).

Figure 10: Alcohol Dependence or Abuse in Past Year, North Dakota and United States, by Age, 2003-2004



Source: SAMHSA Office of Applied Studies, National Survey on Drug Use and Health; 2003 and 2004.

*'Dependence' and 'abuse' defined by the Diagnostic and Statistical Manual of Mental Disorders, 4th Edition

The NSDUH (2004) assessed the extent to which U.S. residents were dependent (note: based on DSM-IV criteria) on alcohol within the past year. States are categorized into five groupings based on the magnitude of their rate of alcohol dependence across the age cohorts of 12 years or older, 12-17 years, 18-25 years, and 26 years or older. North Dakotans aged 12 and older were categorized in the second-highest grouping (rates of 3.6-3.8 percent) for alcohol dependence. Also, North Dakotans aged 12-17 years were categorized in the second-highest grouping (rates of 2.3-2.5 percent) for alcohol dependence. North Dakotans aged 18-25 years had a relatively high rate of alcohol dependence and were subsequently classified in the highest-ranked group (dependence rates of 8.3-9.0 percent) of U.S. states. Finally, North Dakotans aged 26 years and older were categorized in the third-highest grouping of U.S. states which had prevalence rates ranging from 2.8 to 3.0 percent (NSDUH, 2004).

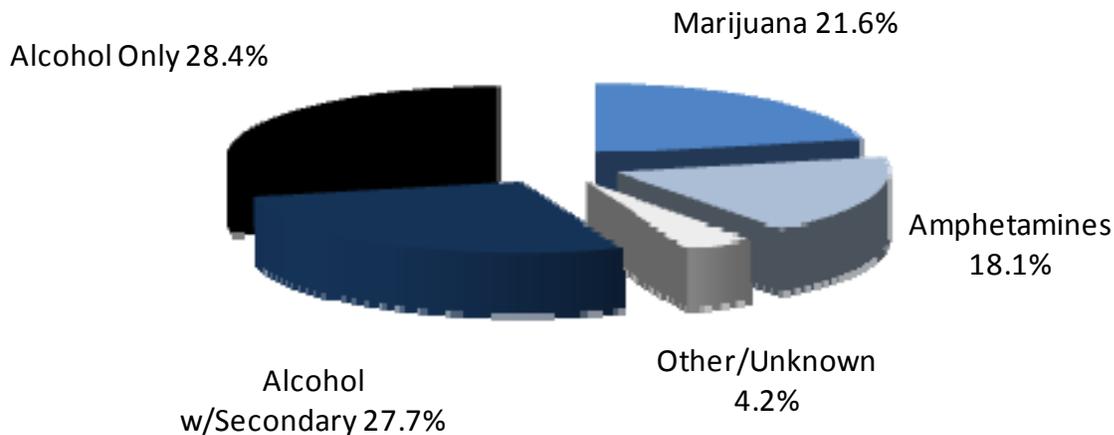
NEEDING BUT NOT RECEIVING TREATMENT

The National Survey on Drug Use and Health (2004) assessed the percent of U.S. state residents that needed but did not receive treatment for alcohol use. This group was delineated through the use of a question that asked whether the respondent had received treatment for their alcohol use in the past year. North Dakota age cohorts in the top 20 percent of all U.S. states for needing but not receiving alcohol treatment included persons aged 12 years and older (rate= 8.9-10.8 percent), 12-17 years (rate=6.8-9.3 percent), and 18-25 years (rate=20.0-26.4 percent). North Dakotans aged 26 and older were categorized in the second-highest ranked group of U.S. states which had rates ranging from 6.2 to 6.7 percent (NSDUH, 2004).

TREATMENT FOR ALCOHOL DEPENDENCE AND ABUSE

A consequence of alcohol consumption is becoming dependent and having to receive professional treatment. TEDS contains information on substance treatment admissions for persons who are eligible for and receive benefits from SAMHSA's Substance Abuse Prevention and Treatment (SAPT) Block Grant. TEDS does not contain information on persons who receive substance abuse treatment in private agencies or facilities. In 2005, 56.1 percent of North Dakota substance abuse admissions were related to alcohol (**Figure 11**).

Figure 11: North Dakota Substance Abuse Treatment, by Primary Substance 2005



Source: Treatment Episode Data Set

*Total admissions=2,307

Of this figure, 28.4 percent were for alcohol only and 27.7 percent were for alcohol with a secondary drug. By gender, males comprised 67.3 percent of alcohol-only admissions and 62.2 percent of the alcohol/drug admissions. By race, whites comprised 80.3 percent of the alcohol-only admissions and 72.1 percent of the alcohol/drug admissions. American Indians, which comprise 5 percent of the state's population, comprised 17.7 and 24 percent of the alcohol-only and alcohol/drug treatment admissions, respectively (TEDS, 2006).

By age, alcohol-only admissions in North Dakota primarily involved persons aged 21-25 years (13.4 percent), 31-35 years (12.7 percent), 36-40 years (12.7 percent), 41-45 years (12.5 percent), and 46-50 years (11.9 percent). Alcohol with secondary drug admissions were most common among persons aged 12-17 years (20.4 percent), followed by 21-25 years (18.7 percent), 26-30 years (14.1 percent), 41-45 years (9.6 percent), and 36-40 years (9.4 percent) (TEDS, 2006).

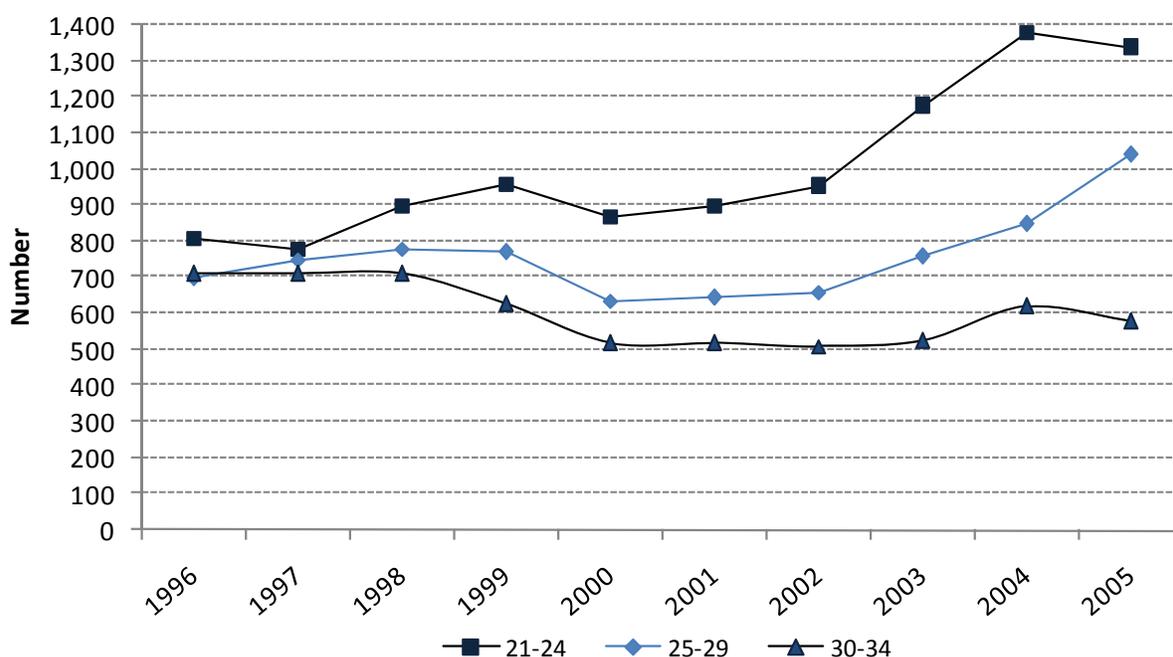
North Dakota's alcohol-related treatment admission rates per 100,000, which have steadily declined since 1992, are roughly equivalent to U.S. rates. For alcohol-only treatment, North Dakota had about 150 admissions per 100,000 in 2004, compared to 220 admissions per 100,000 in 1992. Regarding treatment for alcohol with a secondary drug, there were about 150 admissions per 100,000 in 2004 and in 1992 (TEDS, 2006).

CRIME

One consequence of alcohol use is getting in trouble with the law, namely being arrested, fined, imposed with various other penalties (e.g., driver's license revocation), and/or being incarcerated. The North Dakota Uniform Crime Reporting (UCR) program collects and analyzes crime and arrest data reported by the various local law enforcement agencies in the state. In 2005, 44 sheriffs' departments and 30 police departments reported data to the state UCR program (North Dakota Office of Attorney General, 2006).

Arrests for driving under the influence of alcohol totaled a ten-year high mark in 2005 when 5,916 persons, including 5,826 adults and 90 juveniles, were arrested for DUI (note: these figures exclude cases with missing age). In 2005, annual DUI arrests were up 37.7 percent from 2000, when 4,295 persons were arrested (note: cases with missing age were excluded from this analysis). It is unclear whether the increases in arrests were due to increased rates of drunk driving, increased law enforcement efforts, or both. By age, DUI arrests in North Dakota typically involve offenders who are between the ages of 21 and 34 years (**Figure 12**).

Figure 12: DUI Arrests in North Dakota, by High-Risk Age Groups



Source: Office of Attorney General, Bureau of Criminal Investigation; ND Department of Transportation

In fact, 48 percent of all DUI arrests in the state involve this age cohort. Arrests for offenders in their 20s have steadily increased since 2000, whereas arrests for persons aged 30-34 years have been declining. In 2005, male offenders made up about three-quarters (78.0 percent) of DUI arrests. Since 2000, DUI arrests have increased 34 percent for males and 50 percent for females by 2005.

The U.S. Department of Transportation and the North Dakota Department of Transportation (2006) process and disseminate a variety of information on fatal motor vehicle crashes, including blood alcohol concentration (BAC) levels among persons involved in these crashes. Across all fatal crashes during 1996 through 2005, 45.4 percent of the drivers tested positive for alcohol. Of the drivers with some level of alcohol involvement, the overwhelming majority (84.6 percent) had BAC

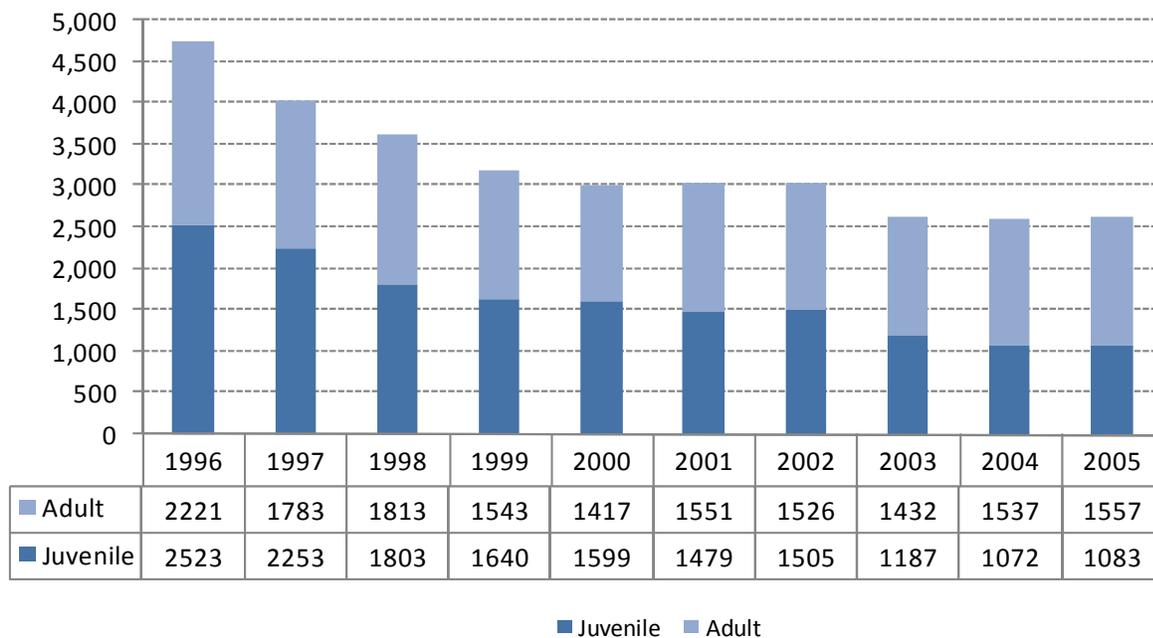
levels above 0.10. Of the remainder, 18 (3.9 percent) had BAC levels of .08 to .09, and 53 (11.5 percent) had BAC levels of .01 to .07.

A total of 2,567 blood tests and 3,130 breath tests were administered to DUI suspects in 2005. Aggregated results of the blood tests indicated that 95.7 percent of suspects were at or above the legal BAC level of .08. Comparatively, 92.2 percent of all breath tests yielded BAC levels that were at or above the 0.08 mark. Thirty-two percent of blood-tested and 16.7 percent of breath-tested suspects were highly inebriated, with BAC levels at or above 0.2 (NDDOT, 2006).

Violent behavior and crimes are associated with alcohol, although the causal pathway is not completely understood. Drinking on the part of the perpetrator or victim can increase the risk of assaults and related injuries. It is estimated that 23 percent of assaults, 30 percent of physical assaults, and three percent of robberies are related to alcohol use (SAMHSA, 2006b).

“Index crimes” refer to seven common violent or property crimes, including burglary, larceny, motor vehicle theft, murder/non-negligent manslaughter, forcible rape, robbery, and aggravated assault. In North Dakota, the number of arrests for crime index offenses has decreased by 44.5 percent from 4,755 offenses in 1996 to 2,641 offenses in 2005 (**Figure 13**). From 1996 to 2005, adult arrests declined by 30 percent (N=664) and juvenile arrests decreased by 57 percent (N=1,440) (ND OAG, 2006).

Figure 13: Number of Arrests for Crime Index Offenses by Age, North Dakota



Source: ND Office of Attorney General, Bureau of Criminal Investigation (BCI)

*'Juvenile' is defined as under age 18; cases with missing age are excluded from this figure.

The total number of crime index offenses in North Dakota was 12,563 in 2005. Since 1996, crime index offenses have declined by 29 percent (5,119 fewer offenses in 2005). The crime index offense rate for North Dakota was about 1,972 per 100,000 in 2005. This figure represents a substantial 28 percent decrease from 1996 when the rate was 2,746 offenses per 100,000 population.

Regarding crime index offenses, the most common type in North Dakota is larceny/theft (9,081 offenses in 2005), followed by burglary (1,884 offenses in 2005). While larceny has substantially decreased by 35 percent since 1996, burglary remains relatively unchanged in this ten-year period. Aside from larceny and burglary, the next most common crime index offenses in 2005 include aggravated assault (396 offenses), rape (146 offenses), robbery (45 offenses), and murder (13 offenses). Aggravated assaults in 2005 have increased by 82 percent since 1999, while the other crimes have remained relatively stable over time (ND OAG, 2006).

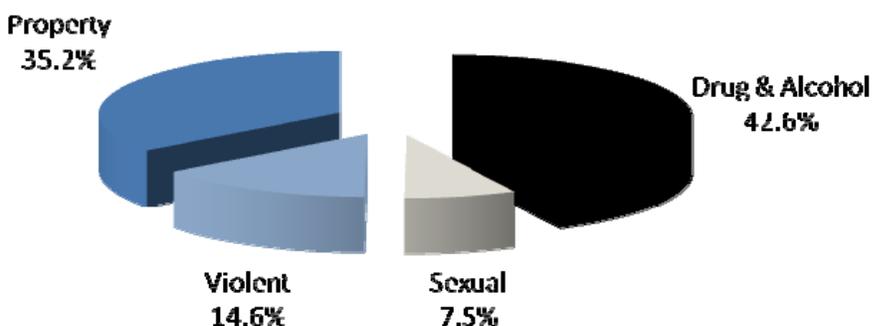
Violent crimes include murder, non-negligent manslaughter, forcible rape, aggravated assault, and robbery. In 2005, violent crime arrests in North Dakota totaled 411, of which 305 were adults (74 percent) and 106 (26 percent) were juveniles. Since 1999, the number of these arrests increased 148 percent in 2005. The state's violent crime rate was about 94 offenses per 100,000 population in 2005. Since 1996, this rate has remained relatively stable over time with a rather large decrease in 1999 to 70 offenses per 100,000. North Dakota ranks 50th for all violent crime offenses per 100,000 population (ND OAG, 2006).

The North Dakota Office of Attorney General (2006) collects information of reported liquor law violations (LLVs) which include such offenses as minor in possession, minor in consumption, unlawful delivery to minor, minor in liquor establishment, and illegal manufacture of alcoholic beverages. In 2005, there were 5,899 total arrests, of which 4,643 (78.7 percent) involved adults and 1,248 (21.3 percent) involved juveniles (i.e., under age 18). Since 2002, the total number of LLV arrests increased sharply in 2003 to 6,969 and then declined sharply to 5,717 in 2004. Juvenile liquor law offenses have declined by 24 percent from 2002 to 2005 (ND OAG, 2006).

IMPRI SONMENT

A harsh potential consequence of alcohol use is prison time. In 2002, 823 inmates entered prison in North Dakota (**Figure 14**).

Figure 14: Offense Types Among North Dakota Inmates, 2002

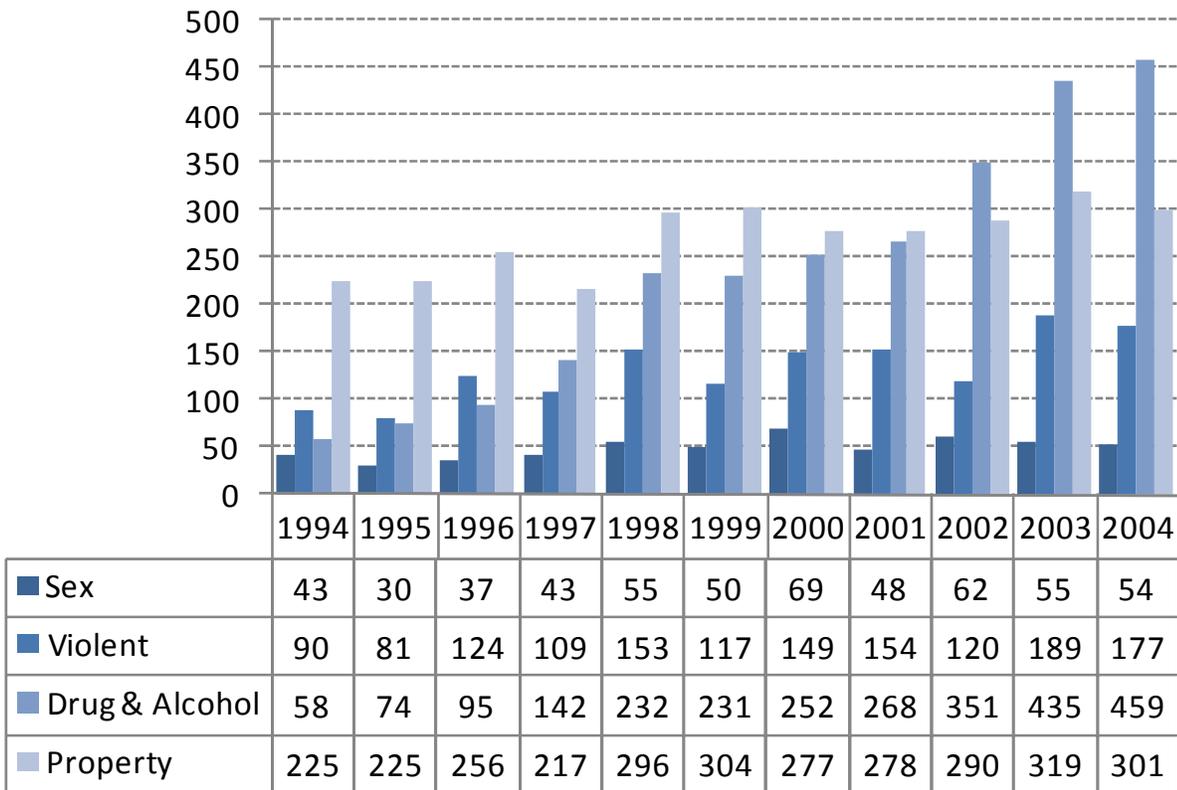


Source: ND Department of Corrections and Rehabilitation, Prisons Division, Inmate Population Information, 2002

Of this number, 42.6 percent were drug and alcohol offenders, 35.2 percent were property offenders, 14.6 percent were violent crime offenders, and 7.5 percent were sex offenders (**Figure 14**). In 2004-2005, there were 884 male offenders that entered the North Dakota prison system (ND Department of Corrections and Rehabilitation, 2002). Of these inmates, their criminal offenses comprised the following: drug (40 percent); property (25 percent); violent (21 percent); sexual (7 percent); DUI (4 percent); and Other (3 percent). In 2004-2005, there were 168 female offenders that entered the North Dakota prison system. Of these inmates, their criminal offenses comprised the following: drug (55 percent); property (32 percent); violent (7 percent); DUI (4 percent); and sexual (2 percent).

Since 1994, the number of alcohol/drug-related prison admissions in North Dakota increased from 58 to 351 in 2002, an increase of just over 400 percent (**Figure 15**). In this same time period, property crime admissions increased by 29 percent, violent crime admissions rose by 33 percent and sex offenses increased 44 percent (NDDOCR, 2002).

Figure 15: Prison Inmate Admissions of Selected Offenses, North Dakota



Source: ND Department of Corrections and Rehabilitation, Prisons Division, Inmate Population Information, December 31, 2002

DOMESTIC VIOLENCE, ABUSE, AND NEGLECT

Domestic violence is a potential consequence of alcohol use, abuse, and dependence. The North Dakota Office of Attorney General, Bureau of Criminal Investigation (BCI), collects information on domestic violence incidents in the state. Since 1998, these incidents rose from 1,442 to 1,835 in 2001, an increase of 27 percent (ND OAG, 2001).

The Centers for Disease Control and Prevention's Pregnancy Risk Assessment System (PRAMS) collects information on domestic violence and substance use among pregnant women. According to PRAMS, 2.6 percent of expectant North Dakota mothers indicated they were victims of physical abuse by their husband or partner in 2002. This percentage ranks North Dakota 23rd out of 27 PRAMS-participating states (CDC, 2002).

North Dakota Kids Count (2006) reported there were 3,903 reports of child abuse or neglect and 6,851 associated victims in North Dakota in 2003. From 1998 to 2003, the number of child abuse/neglect reports declined by 9 percent and the number of victims decreased by 7 percent.

ALCOHOL AND PREGNANCY

According to PRAMS, 3.6 percent of North Dakota expectant mothers indicated they had used alcohol during the last three months of their pregnancy in 2002. This figure puts North Dakota in 22nd place among the 27 PRAM states. Vermont had the highest rate (12 percent), while West Virginia had the lowest percent (2 percent). A potential consequence of alcohol use during pregnancy is delivering an underweight infant who, as a result, may face daunting health challenges as a neonate, toddler, adolescent, and adult. According to the North Dakota Division of Vital Records, North Dakota's 2005 low birth weight rate was 66.3 births per 1,000 live births. Since 1991, when there were 54.2 births per 1,000, the low birth weight rate has increased by 22 percentage points. Compared to the U.S., North Dakota's low weight birth rate is substantially lower (CDC, 2002).

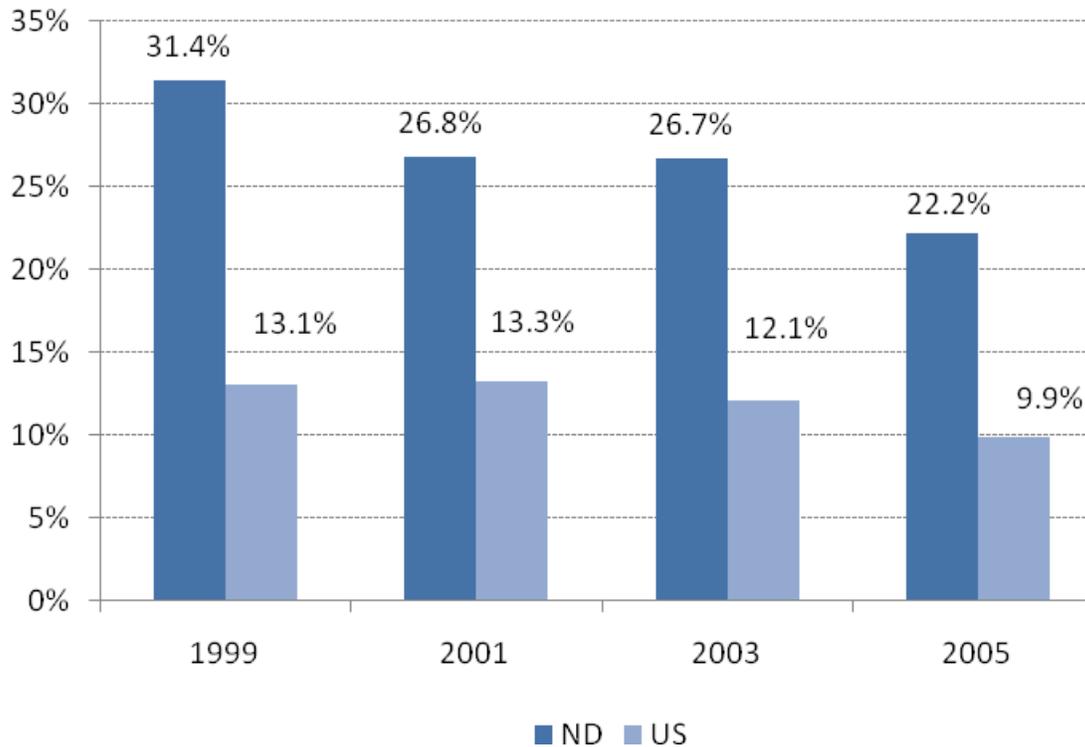
Fetal Alcohol Syndrome (FAS) is another potential consequence caused by mothers who use alcohol during their pregnancies. According to the North Dakota Division of Vital Records (2006), there are very limited numbers of these cases per year. In fact, there was only one documented FAS case in 2005 and only seventeen documented cases since 1990. Burd (2006) derived estimates of Fetal Alcohol Spectrum Disorders and related developmental disorders (FASD) in the U.S., and each of the 50 states including North Dakota. In North Dakota, Burd estimated there were a total of 6,343 persons with FASD and 76 new cases each year. The annual costs for FASD in North Dakota are an estimated \$16.7 million (Burd, 2006).

ALCOHOL AND VEHICLES

Alcohol-related motor vehicle crashes kill one person every 31 minutes and non-fatally injure someone every two minutes (NHTSA, 2006). During 2005, 16,885 people in the U.S. died in alcohol-related motor vehicle crashes, representing 39 percent of all traffic-related deaths (NHTSA, 2006). In 2005, about 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics (Department of Justice, 2006). This number represents less than one percent of the 159 million self-reported episodes of alcohol-impaired driving among U.S. adults each year (Quinlan et al., 2005). Each year, alcohol-related crashes in the U.S. cost about \$51 billion (Blincoe, 2002). Alcohol-related vehicle crashes are the leading cause of death among youth and young adults (SAMHSA, 2006b).

In the YRBS (2005), North Dakota high school students (grades 9-12) were asked whether they had driven a vehicle after consuming alcohol during the past 30 days (**Figure 16**). In 2005, 22 percent of students responded in the affirmative.

Figure 16: Driving After Consuming Alcohol, North Dakota and United States, Students Grades 9-12



Source: Youth Risk Behavior survey (Grades 9-12)

*Within past 30 days.

Since 1999, the percent of impaired teen drivers in North Dakota has declined from one-third to one-fifth. However, North Dakota’s rates are more than twice the magnitude of U.S. rates. By gender of high school students, boys were more likely than girls to have driven a vehicle after drinking alcohol. The percentage for both genders has substantially declined since 1999. By grade, it is clear that drinking and driving becomes more prevalent among North Dakota high school students as they become older and progress toward and reach the 12th grade. From 1999 to 2005, the percent of students by grade who drove after consuming alcohol has general declined (YRBSS, 2005).

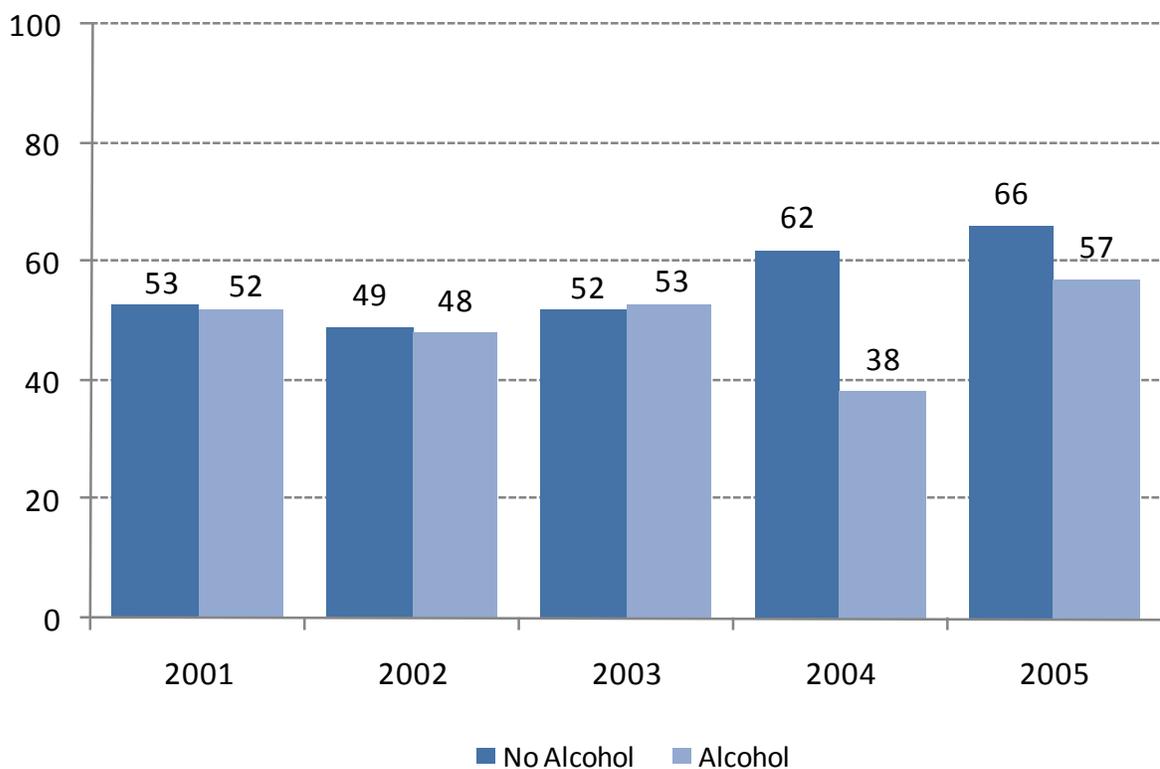
More than one-third (37.4 percent) of North Dakota high school students said that in the past month, they were a passenger of a driver who had consumed alcohol. Although this rate is substantially lower than the 48 percent rate in 1999, North Dakota’s percentages across all YRBS years are significantly higher than the U.S. rates (YRBSS, 2005).

The BRFSS asks U.S. adults aged 18 and older whether they drove a vehicle on at least one of the past 30 days when they “perhaps had too much to drink.” Among North Dakotans, 7.2 percent said they had recently driven a vehicle when they had drunk alcohol in 2004. Compared to the U.S. rate, North Dakotans are twice as likely to engage in this illegal and dangerous behavior. By gender among North Dakota adults, men were at least three times more likely than women to have driven a

vehicle when they had drunk alcohol (BRFSS, 2005). By age of North Dakota adults, those age 18 to 29 years were far more likely than their older counterparts to have driven a vehicle when they had drunk alcohol (BRFSS, 2005).

In the period 2001 to 2005, there were 475 fatal vehicle crashes in North Dakota, or about 95 per year. The highest annual number of fatal crashes (i.e., 105) occurred in 2005. Within this five-year period, approximately half (47.2 percent) of crashes had alcohol involvement. The percent of alcohol-related crashes varied across the years, ranging from a low of 40 percent in 2004 to a high of 50.5 percent in 2003. Since 2001, fatal crashes have increased nine percent and alcohol-related fatal crashes have increased 17 percent. From 2001 to 2005, a total of 530 persons died in the 475 crashes, and 248 (46.8 percent) of these deaths were a result of alcohol-related crashes (North Dakota Department of Transportation, 2006) (**Figure 17**).

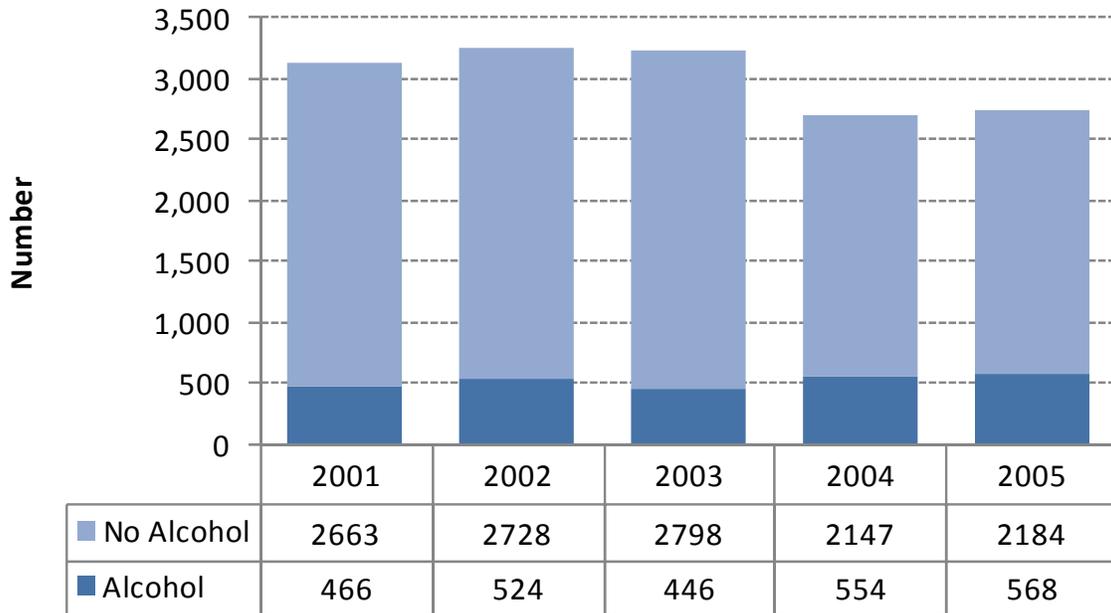
Figure 17: Alcohol-Related Motor Vehicle Fatalities, North Dakota



Source: ND Department of Transportation; Fatal Accident Reporting System

In the period 2001-2005, there were 15,078 injury crashes, with 2,558 (17.0 percent) having alcohol involvement (**Figure 18**). Over this period, the number of injury crashes declined but the percent of crashes that were alcohol-related increased (15 percent in 2001 to 20 percent in 2005). A total of 23,282 injuries were incurred in these 15,078 crashes for the five-year period. About 15 percent (N=3,579) of these injuries were the result of alcohol-related crashes (North Dakota Department of Transportation, 2006).

Figure 18: Alcohol-Related Motor Vehicle Crashes Involving Injury, North Dakota



Source: ND Department of Transportation

North Dakota's motor vehicle crash fatality rate in 2005 was 1.65 deaths per 100 million miles traveled (North Dakota Department of Transportation, 2005). Comparatively, the U.S. rate for 2005 was 1.47 deaths per 100 million miles traveled. Thus, North Dakota's death rate is higher, but since 1995 its rate has been lower than or equal to the U.S. rates. Regionally, North Dakota's 2005 rate of 1.65 deaths per 100 million miles traveled was higher than Minnesota's rate (0.94 deaths), but lower than the rates of Montana (2.24 deaths) and South Dakota (2.13 deaths). All four states had rates that were higher than the national rate of 1.47 deaths per 100 million miles traveled. Regional state comparisons are of interest to assess whether North Dakota is unique to the Midwest in having a relatively high crash fatality rate or if it is a problem that is endemic to the area (North Dakota Department of Transportation, 2005).

The North Dakota Department of Transportation (NDDOT) (2006) estimates that traffic crashes cost the state \$462 million in 2005. Of this figure, \$140.2 million were due to fatalities, \$219.7 million were associated with injuries, and \$102.5 million were due to property damage. In 2005, it is estimated that alcohol-attributable motor vehicle crash fatalities and injuries cost the state approximately \$97.1 million. Of this figure, \$65 million were due to deaths and \$32.1 million were associated with injuries.

SCHOOL EXPULSIONS/SUSPENSIONS

The North Dakota Department of Public Instruction (NDDPI) collects data on the number of incidents involving use of alcohol among school-aged (K-12) children in the state. North Dakota's definition of 'alcohol-related incident' entails occurrences where those involved individuals were under the influence of alcohol, or if there is evidence that they had been drinking, based on testing or investigation at the scene. Possession, use, or sale of alcohol is included. In the year 2004-2005, there were 117 alcohol-related incidents involving school-aged students, including 12 in-school suspensions, 101 out-of-school suspensions, and four expulsions. Comparatively, in 2003-2004, there were 109 alcohol-related incidents involving school-aged students, including 8 in-school suspensions, 101 out-of-school suspensions, and no expulsions (North Dakota Department of Public Instruction, 2006).

MORTALITY RATES

Use, abuse, or dependence on alcohol can lead to premature death due to a variety of causes. Long term, heavy alcohol consumption is the leading cause of chronic liver disease (ex: cirrhosis), which is one of the 12 leading causes of death in the U.S. Each year, about 15,000 people die from cirrhosis. The link between alcohol and suicide is well documented. Suicidal individuals have high rates of alcohol use and abuse and alcohol abusers have high rates of suicidal behavior. It is estimated that 20 percent of suicides are alcohol-related (SAMHSA, 2006b). For homicide, an estimated 30 percent are attributable to alcohol use. In 2005, there were approximately 16,700 homicides in the U.S. (Department of Justice, 2006).

From 1999 through 2003, North Dakota had an average of 66 chronic liver deaths per year. During this period, the state's age-adjusted cirrhosis death rate increased from 9 deaths to 12 deaths per 100,000 population. The U.S. cirrhosis death rate has remained stable over the time period at about 11 deaths per 100,000 population (CDC Wonder, 2006).

According to the Centers for Disease Control and Prevention (CDC), North Dakota averaged about 79 suicide deaths per year in the period 1999 to 2003. North Dakota's age-adjusted suicide rate was approximately 11 deaths per 100,000 in 1999 and 2000, but increased to 14 deaths per

100,000 in 2002. By 2003, the state's suicide rate decreased slightly to about 12 deaths per 100,000 population. The U.S. suicide death rate has remained stable over the time period at about 11 deaths per 100,000 population (CDC Wonder, 2006).

North Dakota has one of the lowest violent crime and murder rates in the country (Department of Justice, 2006). From 1999 to 2003, North Dakota averaged 11 homicides per year. The age-adjusted homicide rate for the state has ranged from 1 to 2 deaths per 100,000 populations. Comparatively, the U.S. rate is 6 deaths per 100,000 (CDC Wonder, 2006).

According to the CDC (2006), North Dakota averaged 243 unintentional injury deaths per year in the period 1999 to 2003. The state's age-adjusted injury mortality rate has typically been about 35 deaths per 100,000 population, which is highly similar to the U.S. rate. The state's rate in 1999 was slightly above the national rate and declined in years 2000 and 2001 to marks that were below the national benchmark. However, since 2001 North Dakota's unintentional injury mortality rate increased once again to a level that was higher than the U.S. rate in 2003. It is plausible that alcohol use was in part responsible for this most recent increase in the state's injury mortality rate, given the known connection.

During the period 1999 through 2003, North Dakota averaged 117 motor vehicle crash fatalities per year. The state's age-adjusted mortality rate had fluctuated slightly over this five-year period, ranging from 16 to 20 deaths per 100,000 population. In contrast, the U.S. rate has remained steady at about 15 motor vehicle crash deaths per 100,000 population (CDC Wonder, 2006).

Tobacco Consumption in North Dakota

AGE OF FIRST USE

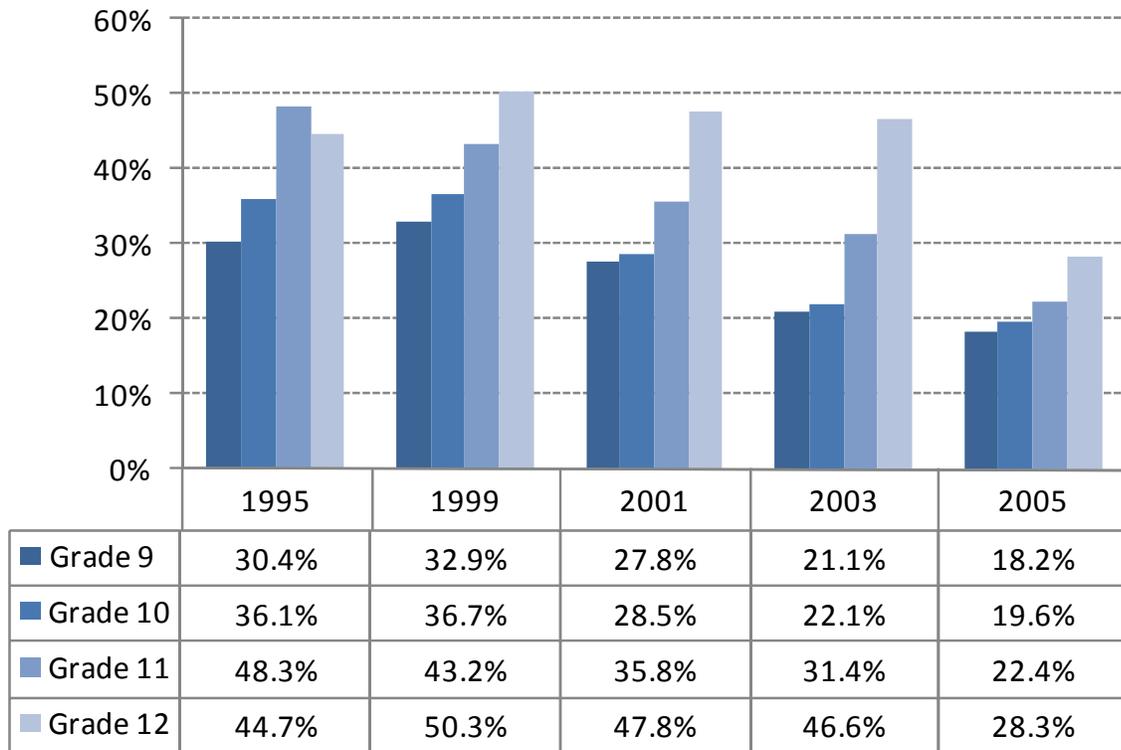
Many school-aged children encounter a situation where they may try cigarette smoking. The Youth Behavioral Risk Survey (YBRS) asked North Dakota student respondents if they had ever tried cigarette smoking, even if it was one or two puffs. In 2005, 55.9 percent of students said they had tried smoking. This figure is slightly higher than 54.3 percent. North Dakota's rate has declined substantially from 73.1 percent in 1999. North Dakota's boys were more likely than girls to have ever tried cigarette smoking (YRBSS, 2005).

Children who try smoking at earlier ages are at greater risk of tobacco use and addiction in later years. The YRBSS asked North Dakota high school students (grades 9-12) if they had smoked a whole cigarette before the age of 13 years. In 2005, 17.3 percent of the state's students responded in the affirmative, a figure that is slightly higher than the U.S. rate of 16 percent. North Dakota's percent of early smoking initiation has declined from a high of 25.4 percent in 2001. North Dakota boys were more likely than girls to have smoked a cigarette before 13 years of age (YRBSS, 2005).

RECENT CIGARETTE USE AMONG STUDENTS

North Dakota high school students (grades 9-12) were asked if they had smoked one or more cigarettes in the past month (YRBSS, 2005). In 2005, the state's rate of 22.1 percent was slightly lower than the U.S. rate of 23 percent. This represents a 50 percent decrease in smoking since the 1999 high of 40.6 percent. Girls were slightly more likely than boys to have smoked in the past month. This pattern was present in all YRBS survey years. Recent cigarette use among North Dakota high school students was assessed by grade and year (**Figure 19**).

Figure 19: Cigarette Smokers Among North Dakota Students, by Grade



Source: Youth Risk Behavioral Surveillance Survey, grades 9-12

*Smoked cigarettes on one or more of the past 30 days.

Findings demonstrate that higher cigarette use corresponds with higher grades. Recent cigarette use substantially declined within all grades, 9 through 12. Patterns of recent cigarette use among North Dakota high school students were assessed by grade and gender in 2005. In general, increased use of cigarettes corresponded with higher grades. Among 10th and 11th graders, boys' smoking rates were higher than for girls. Conversely, for 9th and 12 graders, girls' smoking rates were higher than for boys (YRBSS, 2005).

REGULAR CIGARETTE SMOKING AMONG STUDENTS

Students in grades 9-12 were asked if they smoked 20 or more cigarettes in the past month (YRBSS). In 2005, 11.9 percent of North Dakota high school students compared to 9.4 percent of U.S. students indicated they did smoke at least 20 cigarettes in the past month. Since 1995, North Dakota's rates of regular smoking among students have been consistently higher than the U.S. rate (YRBSS, 2005). Boys' rates were higher in 1995 and 2005, and girls' rates were higher in 1999,

2001, and 2003. Rates of regular cigarette smoking among students for North Dakota and the U.S. have declined since 1999 (YRBSS, 2005).

High-consumption cigarette use among North Dakota high school students (grades 9-12) was examined by the YRBSS in years 1995, 1999, 2001, and 2003. Students were asked if they had smoked more than 10 cigarettes a day during the past month. In 2003, 14.5 percent of North Dakota high school students and 13.7 percent of U.S. students indicated they had engaged in this smoking behavior. Across all years, North Dakota boys were more likely than their female counterparts to smoked cigarettes in this manner (YRBSS, 2005).

Another measure of high tobacco consumption used by the Youth Risk Behavioral Survey is smoking at least one cigarette per day for the past 30 days. Among students in grades 9-12, 16.6 percent of North Dakotans and 13.4 percent of U.S. respondents engaged in this smoking behavior in 2005. This state rate is a substantial decline from the previous YRBSS survey year (2003) in which 21.1 percent said they smoked cigarettes every day for the past month. North Dakota boy and girls smoked cigarettes at roughly equal rates (YRBSS, 2005).

SMOKING ON SCHOOL GROUNDS

Smoking among persons under age 18 years is illegal in the U.S., and smoking on school grounds therefore is unlawful and subject to punishment such as school suspension or expulsion. In 2005, 5.9 percent of North Dakota high school students said they had smoked cigarettes on school property on one or more occasions in the past 30 days (YRBSS, 2005). This figure is slightly higher than the U.S rate of 6.8 percent for the same year. The state's rate was three times higher in 1995, and has declined in each ensuing YRBSS survey year. Boys were more likely than girls to engage in this rule-breaking behavior across all surveyed years (YRBSS, 2005).

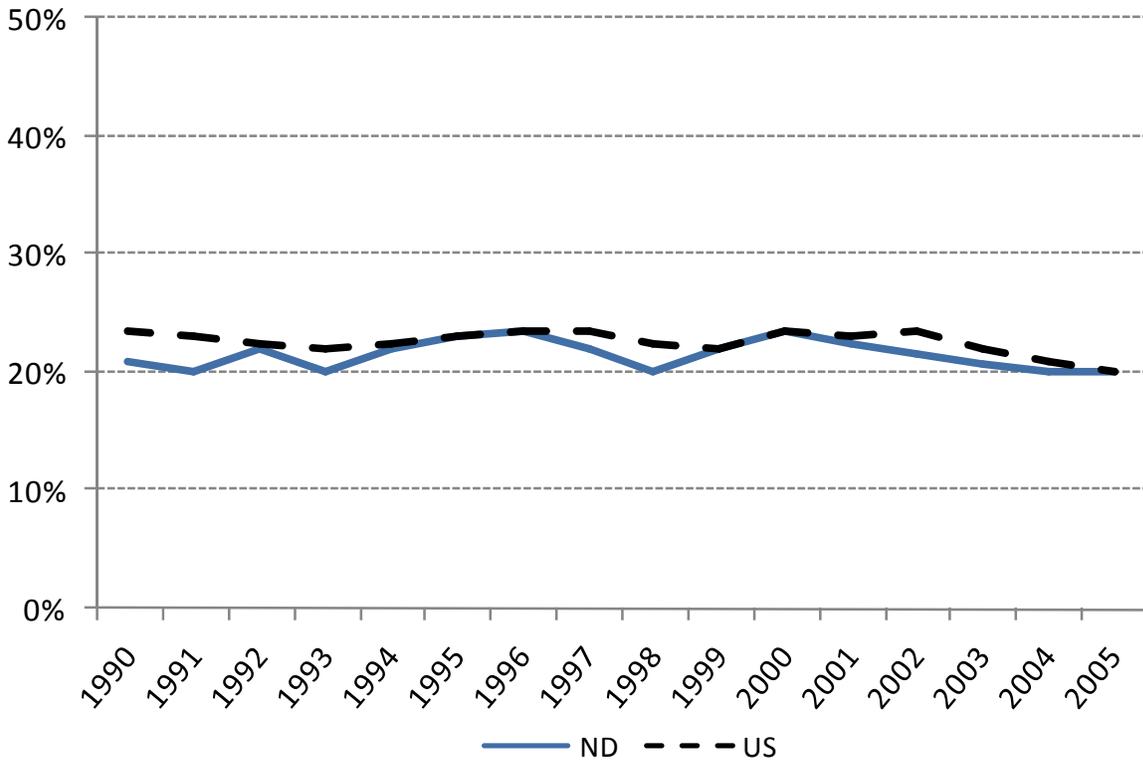
QUITTING CIGARETTES AMONG STUDENTS

The cigarette smoking behavior continuum of children and adolescents can be described in stages of experimentation, regular smoking, and nicotine dependence. Smokers can quit at any stage, but successful cessation becomes more difficult as one becomes dependent on nicotine. According to the 2005 Youth Behavioral Risk Survey, two-thirds (65.1 percent) of North Dakota high school smokers (grades 9-12) tried to quit smoking during the past year. This figure is substantially higher than the national figure of 54.6 percent. Over time, the percent of student smokers trying to quit has increased, which is perhaps a reflection of increased anti-tobacco advertisement campaigns in recent years. Girls have been more likely than boys to attempt quitting smoking (YRBSS, 2005).

RECENT CIGARETTE SMOKING AMONG ADULTS

One of the best data sources for assessing smoking behavior among adults in the United States is the Behavioral Risk Factor Surveillance System. The BRFSS defines 'current cigarette smoker' as one who has smoked 100 cigarettes in their lifetime and who currently smokes every day or some days. In North Dakota, the percent of adult (18 and older) cigarette smokers has remained relatively constant from 1990 through 2005, at about 20 to 22 percent (**Figure 20**). The state rates have been similar to the U.S. rates over this time period (BRFSS, 2005).

Figure 20: Adult Cigarette Smokers, North Dakota and United States, Age 18+



Source: Behavioral risk Factor Surveillance System

*Smoked 100 cigarettes in their lifetime and reported smoking every day or some days

Compared to the other U.S. states, North Dakotans smoke cigarettes at rates that are lower than most states and are similar to the rates of contiguous states of Minnesota, South Dakota, and Montana. The lowest rates appear in Western states and the highest rates are concentrated in the Southern and Appalachian regions. Specifically, North Dakota's 20 percent rate of adult cigarette smokers ranks it 33rd among U.S. states. Comparatively, Kentucky has the highest rate of 28.7 percent, and Utah has the lowest rate of 11.5 percent of cigarette smoking (BRFSS, 2005).

North Dakota men are more likely than women to smoke cigarettes. This pattern has occurred across virtually every year since 1990. In 2005, 21.6 percent of men and 18 percent of women were cigarette smokers. North Dakotans are more likely to smoke cigarettes at younger ages (**Table 3**). Slightly more than one-quarter (27.5 percent) of persons aged 18 to 24 years smoked cigarettes, compared to 20.2 percent of persons aged 55 to 64 years and only 7.8 percent of persons aged 65 and older (BRFSS, 2005).

Table 3: Cigarette Smoking Among Adults Ages 18+, North Dakota, 2005

Overall:	20.1
Gender:	
Male	21.6
Female	18.7
Age:	
18-24	27.5
25-34	23.1
35-44	22.0
45-54	22.5
55-64	20.2
65+	7.8
Race:	
American Indian	48.4
Hispanic	23.9
White	20.7
Asian	18.0
Black	17.3
Other	21.6
Education:	
Less Than High School	28.5
High School or GED	28.5
Some Post-High School	20.1
College Graduate	10.0
Income (thousand):	
<\$15,000	30.4
\$15,000-24,999	27.8
\$25,000-34,999	25.6
\$35,000-49,999	19.0
\$50,000+	13.3

American Indians (48.4 percent) in North Dakota are more than twice as likely to smoke cigarettes as persons of other races, including whites (20.7 percent) (BRFSS, 2005; Table 7). Other races and their corresponding smoking rates are as follows: Hispanic (23.9 percent); Asian (18.0 percent); and Black (17.3 percent). North Dakotans with lesser education were more likely to smoke cigarettes than their higher educated counterparts (Table 7). Persons with a high school diploma or less smoked at 28.5 percent, those with some post-high school education smoked at a rate of 20.1 percent, and only 10 percent of college graduates smoked cigarettes. Similarly, North Dakotans with lower incomes were more likely to smoke cigarettes (Table 7). Slightly less than one-third (30.4 percent) of persons earning less than \$15,000 a year smoke cigarettes, compared to only 13.3 percent of those earning \$50,000 or more per year (BRFSS, 2005).

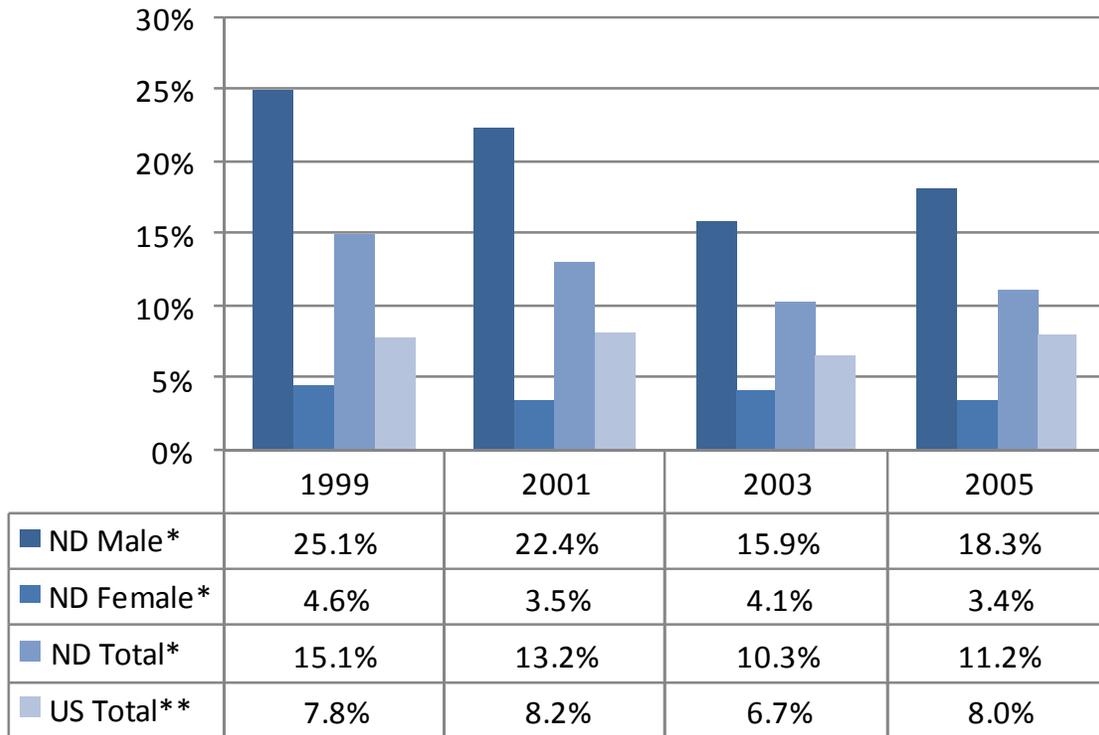
The National Survey of Drug Use and Health (NSDUH) is another source of information on tobacco use in the U.S. This survey, similar to the YRBS and BRFSS, assesses the percent of persons that smoked one or more cigarettes in the past month. The NSDUH determines the percent of state residents that are recent cigarette smokers by age cohort (12+, 12-17, 18-25, 26+), categorizes the rates into five ranked groupings, and plots these groupings on U.S. maps (NSDUH, 2004). North Dakotans age 12 and older were classified in the second-highest group of U.S. states (26.6 – 27.9 percent smokers). Compared to similarly-aged persons in other U.S. states, North Dakotans aged 12-17 were in the highest grouping (14.2 – 18.8 percent smokers) for recent smokers. State residents aged 18-25 years were in the second-highest grouping (42.9 – 44.5 percent). Finally, state residents aged 26 years and older were classified in the third-highest ranked group of U.S. states (24.1 – 26.0 percent smokers) (NSDUH, 2004).

SMOKELESS TOBACCO

According to the YRBSS, chewing tobacco, snuff, or dip was used by 11.2 percent of North Dakota high school students in 2005 (**Figure 21**). By comparison, 8 percent of U.S. high school students used chewing tobacco, snuff, or dip on one or more of the past 30 days. North Dakota's smokeless tobacco rate declined from a high of 15.1 percent in 1999, but it is higher than the U.S. rate across every YRBSS survey year. Boys were six times more likely than girls (18.3 percent versus 3.4 percent) to use smokeless tobacco in 2005 (YRBSS, 2005).

In 2005, 5.1 percent of North Dakota high school students used smokeless tobacco on school property. Similarly, among U.S. high school students, 5.0 percent used it on school premises. The North Dakota prevalence decreased since 1995 when 8.3 percent of North Dakota high school students used smokeless tobacco at school. Boys were 11 times more likely than girls to use it on school property (YRBSS, 2005).

Figure 21: North Dakota Students, Grades 9-12 Who Used Chewing Tobacco, Snuff, or Dip



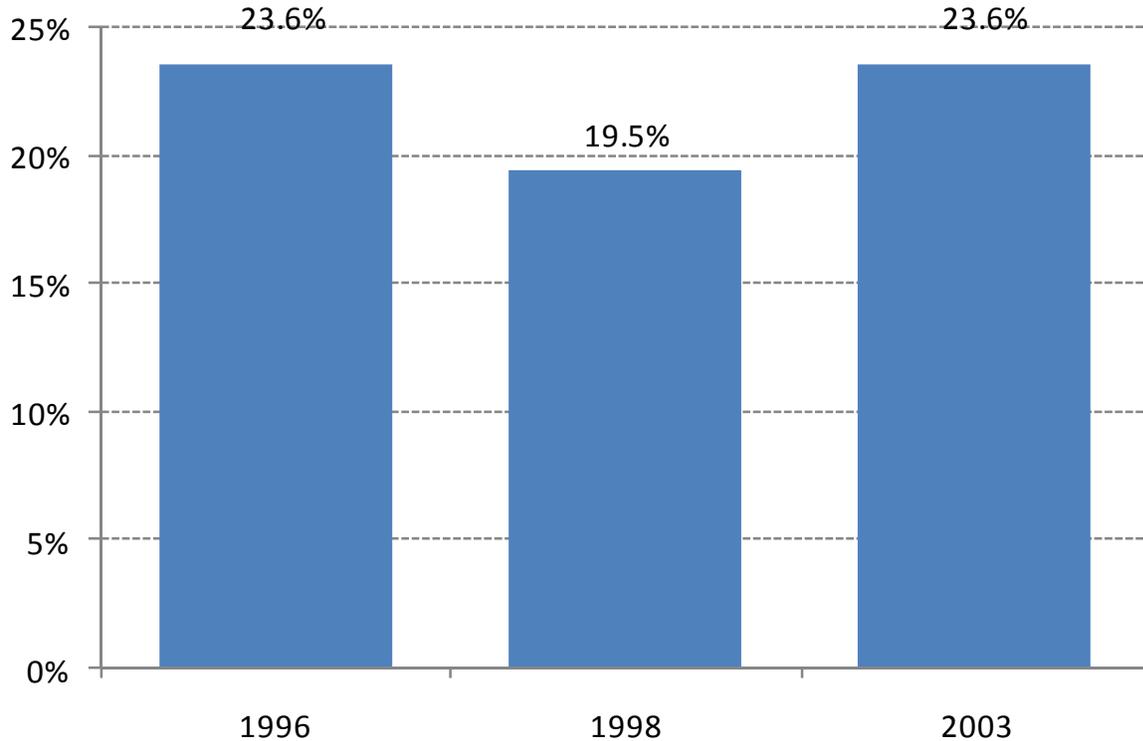
Source: Youth Risk Behavioral Surveillance Survey, Grades 9-12

*Used sometime in the last year

**Used on one or more of the past 30 days

Smokeless tobacco use data from the BRFSS is very sparse for North Dakota, as available information is from 1996, 1998, and 2003 (**Figure 22**). Based on these years of data, it is estimated that about one-quarter of North Dakotans, primarily men who have ever tried smokeless tobacco, are current users.

Figure 22: Current Smokeless Tobacco Users, North Dakota, Adults Ages 18+



Source: Behavior Risk Factor Surveillance System

*Among those that have tried smokeless tobacco.

ANY FORM OF TOBACCO

The YRBSS estimated that 34.1 percent of North Dakota high students used some form of tobacco in the past month in 2003. In 2005, this figure dropped to 27.7 percent of students recently using tobacco. The comparable U.S. rate for 2005 was 28.4 percent. Boys (31.1 percent) were more likely than girls (24 percent) to have recently used some form of tobacco in 2005 (YRBSS, 2005).

In the NSDUH, respondents are asked whether they had used any form of tobacco in the past 30 days. North Dakotans aged 12 and older used any tobacco at a rate that warranted classification into the second-highest rank U.S. state grouping which had rates of 31.7-33.8 percent (NSDUH, 2004). North Dakotans aged 12-17 were categorized in the highest-ranked grouping of U.S. states which had rates of 17.4-24.3 percent. North Dakotans aged 18-25 years were classified in the second-highest ranked grouping of U.S. states that possessed (any) tobacco use rates of 48.2-50.6 percent. Finally, North Dakota residents aged 26 years and older were classified in the second-

highest ranked grouping of U.S. which had tobacco use rates ranging from 31 to 33 percent (NSDUH, 2004). The North Dakota CORE survey, conducted in 2003-05, found that North Dakota college students were more likely than U.S. college students in 2005 to have used some form of tobacco in the past 30 days (38.9 percent vs. 28.1 percent) (Walton, 2005).

ATTITUDES TOWARD CIGARETTE SMOKING

The NSDUH polled respondents about whether they agreed that smoking one or more packs of cigarettes per day posed a “great risk” to one’s health. Across all U.S. states, the percent agreeing to this statement varied across age cohorts and ranged from approximately 29 percent to 51 percent. North Dakotans were found to agree that there were great health risks associated with cigarette smoking at low to moderate levels relative to other states (NSDUH, 2004). In fact, North Dakota was in the lowest 20 percent grouping of states for ages 12 and older, and 26 and older. The state was in the third-lowest group among persons aged 12-17 years and 18-25 years (NSDUH, 2004).

Tobacco Consequences in North Dakota

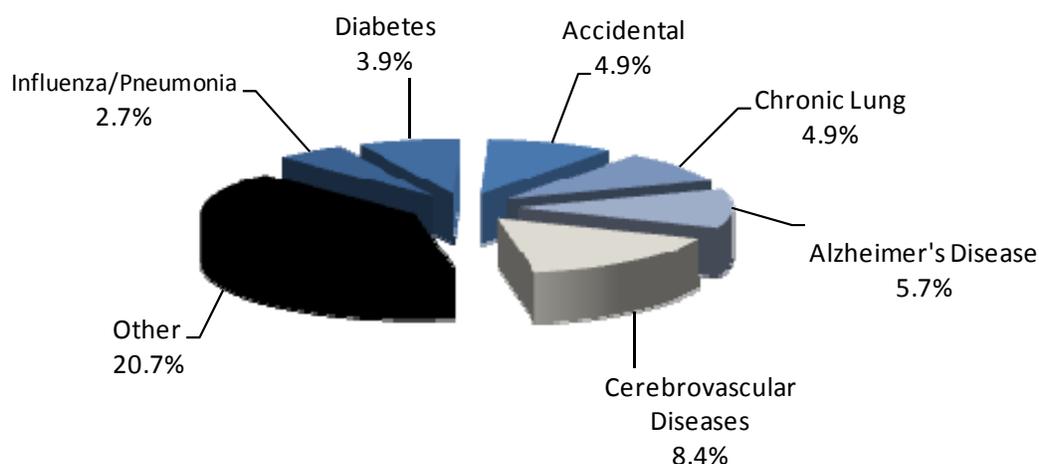
SMOKING AND PREGNANCY

According to the North Dakota Division of Vital Records, North Dakotan expectant mothers smoked during pregnancy at a rate of 17 percent. Since 1990, the percentage of smokers dropped gradually from a high of 22.1 percent in 1991. According to the CDC's (2002) Pregnancy Risk Assessment Monitoring System, 15.6 percent of North Dakota expectant mothers smoked cigarettes during the last three months of pregnancy in 2002. This figure ranked North Dakota as 10th out of 27 PRAMS states. Among other states, West Virginia had the highest rate (25.3 percent) and Utah had the lowest rate (6.8 percent).

MORTALITY

According to the North Dakota Division of Vital Records (2005), 48 percent of all North Dakota deaths were the result of heart disease (26 percent) and cancer (22 percent) in 2004 (**Figure 23**). Tobacco use may have contributed to these two major causes of death, as well as other leading causes such as cerebrovascular disease (8 percent), and chronic lung disease (5 percent). Tobacco use plays a part in the deaths of North Dakotans due to a variety of cancer types, namely lung cancer. One-quarter of all cancer deaths in the state are due to lung cancer, which is caused by tobacco use in 87 percent of the cases. Other cancers linked to tobacco use include oral/pharynx and head/neck.

Figure 23: Causes of Death, North Dakota 2004



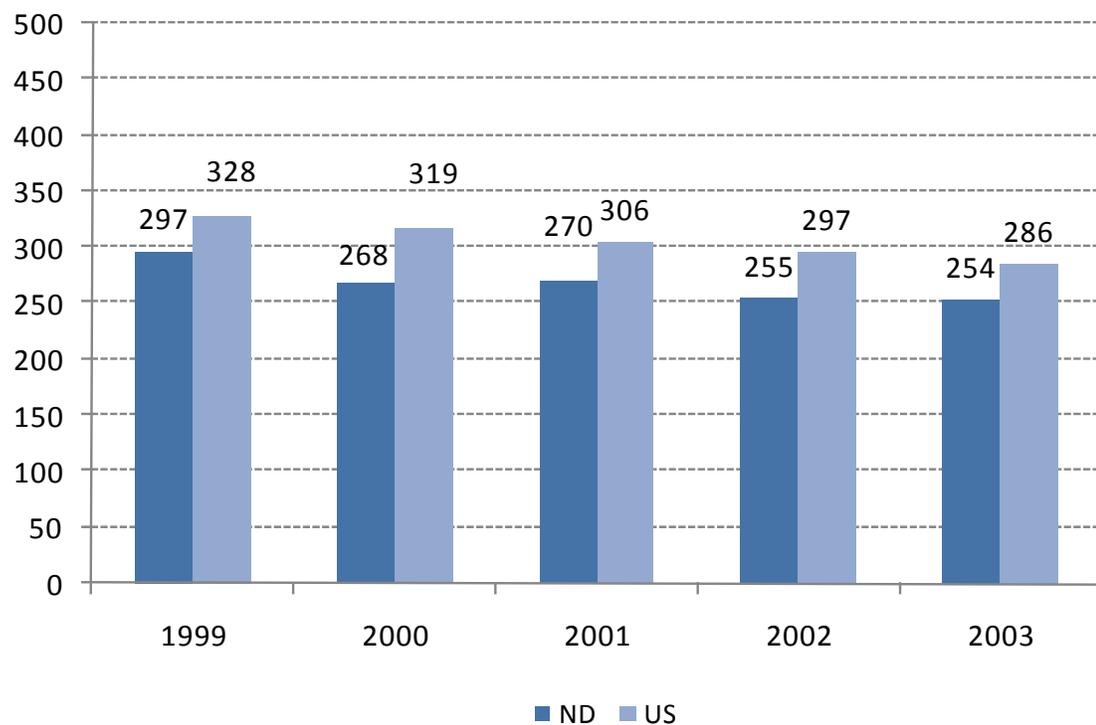
Source:
ND Vital
Records

North Dakota's lung cancer incidence (i.e., new cases or diagnoses) and mortality rates are lower than the U.S. rates across all years. It is estimated there are 378 new cases of lung cancer each year in North Dakota. North Dakota men are much more likely to be diagnosed with and die from lung cancer. For both genders, lung cancer incidence has remained relatively steady, while mortality has dropped in recent years (North Dakota Division of Vital Records, 2005).

Chronic Obstructive Pulmonary Disease (COPD) and Emphysema are grave health consequences associated with chronic tobacco use. In the period 1999 to 2003, North Dakota averaged 286 deaths per year. North Dakota's age-adjusted mortality rate ranges from 35 to 40 COPD/emphysema deaths per 100,000 population. These rates are lower than the U.S. figure of 43 deaths per 100,000 (CDC Wonder, 2006).

Cardiovascular disease, the leading cause of mortality in the nation and state, is responsible for approximately 2,178 deaths per year in North Dakota (**Figure 24**). The state's age-adjusted rate, substantially lower than the U.S. rate, has declined from 300 deaths per 100,000 in 1999 to about 250 deaths per 100,000 in 2003. The U.S. cardiovascular mortality rate is also declining, from about 330 deaths per 100,000 in 1999 to about 290 deaths per 100,000 in 2003.

Figure 24: Cardiovascular Mortality, North Dakota and United States



Source: CDC Wonder

The CDC developed estimates of smoking-attributable mortality using 1997-2001 data for every U.S. state. North Dakota's smoking-attributable mortality rate of 233 deaths per 100,000 population, was ranked 47th out of 50 states. Neighboring states of South Dakota (40th) and Minnesota (48th) were also in the bottom 10 ranked states. Kentucky had the highest mortality rate (378.1 deaths per 100,000) and Utah had the lowest rate (144.9 deaths per 100,000).

Illicit Drug Consumption in North Dakota

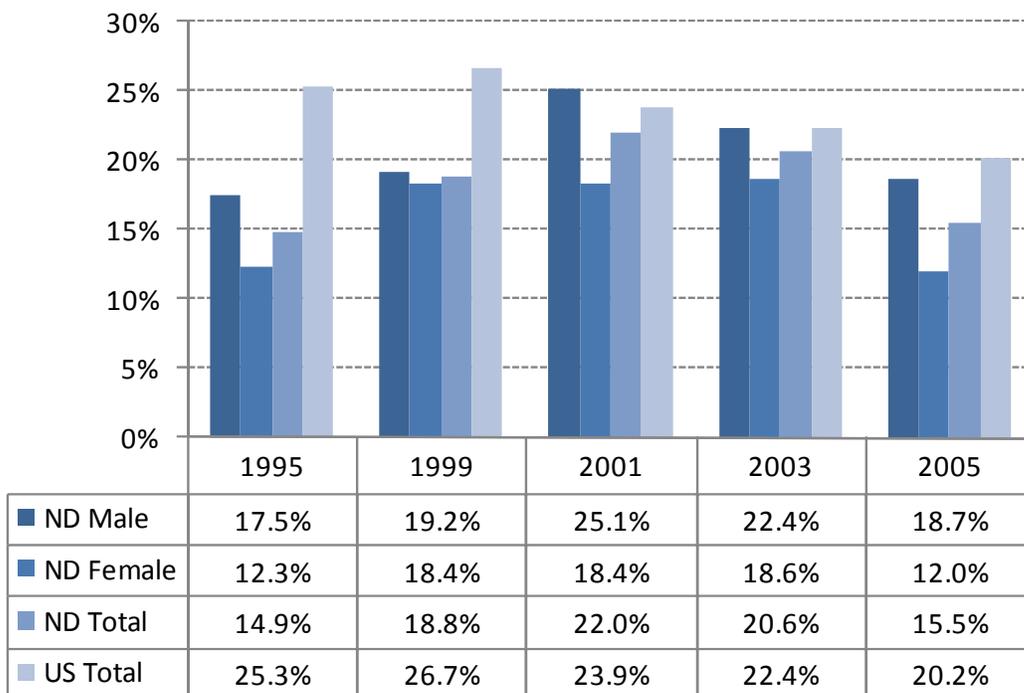
TRYING MARIJUANA FOR THE FIRST TIME

The Youth Risk Behavioral Survey indicated that 6.7 percent of North Dakota high school students in 2005 tried marijuana for the first time before the age of 13 years. Comparatively, the U.S. rate was 8.7 percent in 2005 and, in fact, the U.S. rate was higher than the North Dakota rate across all YRBSS survey years. North Dakota boys were twice as likely as girls to have tried marijuana before age 13 (YRBSS, 2005).

RECENT MARIJUANA USE

The YRBSS found that North Dakota's 15.5 percent rate of marijuana use in the past month in 2005 was substantially lower than the U.S. rate of 20.2 percent. North Dakota's recent marijuana use rate among high school students is lower than the U.S rate for all available YRBSS survey years. North Dakota's overall rate increased from 14.9 percent in 1995 to 22 percent in 2001, and then declined to 20.6 percent in 2003 and finally 15.5 percent in 2005 (**Figure 25**).

Figure 25: North Dakota Students, Grades 9-12, Who Used Marijuana One or More Times in the Past 30 Days



Source: Youth Risk Behavioral Surveillance Survey

North Dakota boys were consistently more likely than girls to have used marijuana in the past month (YRBSS, 2005). Regarding North Dakota college students, 11.4 percent indicated using marijuana in the past month in 2005. This rate represents a two-fold increase in marijuana use since 1994 (Walton, 2005). Comparatively, the U.S. figure for marijuana use in the past month was 16.7 percent in 2005.

LIFETIME COCAINE USE AMONG STUDENTS

North Dakota high school students were asked if they had used cocaine one or more times during their lifetime. In 2005, 7.2 percent of North Dakota students, compared to 7.6 percent of U.S. students, indicated they had used cocaine at least once (YRBSS, 2005). The U.S. rate for student cocaine use was higher than the North Dakota rate for four of the five YRBSS years. In 2003, North Dakota's rate of 9.7 percent was higher than the U.S. rate of 8.7 percent. Of North Dakota students, boys were consistently more likely than girls to have tried cocaine at least once (YRBSS, 2005).

LIFETIME INHALANT USE AMONG STUDENTS

The use of inhalants to get high is a very dangerous and potentially lethal activity that is particularly hazardous to children and adolescents. The use of inhalants includes sniffing glue, breathing contents of aerosol spray cans, and sniffing paints or sprays. Among North Dakota high school students, 10.9 percent indicated using inhalants one or more times during their lives in 2005 compared to 12.4 percent of U.S. high school students (YRBSS, 2005). Since 1999, rates for both North Dakota and the U.S. have gradually but steadily declined over time. North Dakota boys and girls were equally likely (10.6 percent and 11 percent, respectively, in 2005) to have used inhalants during their lives. The rates for both genders have steadily declined (YRBSS, 2005).

LIFETIME HEROIN USE AMONG STUDENTS

Heroin is a very powerful and lethal drug, especially in the hands of juveniles. The Youth Risk Behavioral Survey does ask about the use of heroin but the data are somewhat limited for North Dakota. In 1999, 2.8 percent of North Dakota high school students and 2.4 percent of U.S. students had used it one or more time during their lives (YRBSS, 2005). In 2001, 3.4 percent of North Dakota high school students and 3.1 percent of U.S. high school students had used heroin at least once. North Dakota boys were more likely than girls to have tried this drug (YRBSS, 2005).

LIFETIME METH USE AMONG STUDENTS

Methamphetamine, one of the nation's most dangerous drugs, is highly toxic and addictive. Use of this drug is escalating, especially in rural areas and among populations not previously known to use illicit drugs. The production of methamphetamine can be conducted anywhere such as rural farmhouses, apartments, suburban areas, garages, motels, warehouses, and rental storage spaces. In 2005, 5.4 percent of North Dakota high school students and 6.2 percent of U.S. high school students had tried meth at least once. North Dakota's use rate for 2005 is about one-half of the state's 1999 rates of 10.5 percent (YRBSS, 2005). Thus, the state has experienced a healthy decline in youth use of this illegal substance over time. Boys were more likely than girls to have

used meth at least once during 2001, 2003, and 2005. However, girls (11.7 percent) were more likely than boys (9.4 percent) to have used meth in 1999 (YRBSS, 2005).

ECSTASY LIFETIME USE AMONG STUDENTS

Ecstasy is an illegal drug used as a stimulant and as a means to relax one's inhibitions. Among North Dakota high school students, 6.4 percent (2003) and 4.3 percent (2005) indicated having used ecstasy at least once in their lives. Comparatively, U.S. high school students used the drug at rates of 11.1 percent (2003) and 6.3 percent (2005), figures that are higher than both rate estimates for North Dakota high school students. North Dakota boys were more likely than girls to have tried ecstasy at least once (YRBSS, 2005).

STERIOD LIFETIME USE AMONG STUDENTS

Illegal use of non-prescribed, anabolic steroids is popular among some persons for its ability to add muscle bulk and increase endurance among athletes. These steroids can take the form of pills or injections and can be quite dangerous to one's health and well-being. Across five different years of Youth Risk Behavioral Survey data, North Dakota's steroid prevalence rates among high school students ranged from 2.5 percent in 1999 to 4.8 percent in 2003. Similarly, steroid use rates for U.S. students ranged 3.7 percent in 1995 to 6.1 percent in 2003. Boys were three times more likely than girls to have used steroids at least once (YRBSS, 2005).

LIFETIME INTRAVENOUS DRUG USE AMONG HIGH SCHOOL STUDENTS

According to the Youth Risk Behavioral Survey, 2.4 percent of North Dakota high school students and 2.3 percent of U.S. high school students had used illegal drug injections at least once. North Dakota boys were much more likely than girls to have used illegal injections at least one time (YRBSS, 2005).

MARIJUANA ON SCHOOL GROUNDS

High school students who use marijuana on or near school grounds run the risk of receiving severe punitive actions that could include school suspension, expulsion, and criminal charges via law enforcement authorities. In 2005, 4.0 percent of North Dakota high school students and 4.5 percent of U.S. high school students indicated using marijuana on school grounds. Since 1995, North Dakota's rate has remained relatively stable (4-6 percent), whereas the U.S. rate has declined over time from a high of 8.8 percent in 1995 (YRBSS, 2005).

CONTACT WITH ILLEGAL DRUGS ON SCHOOL PROPERTY

About one-fifth (19.6 percent) of North Dakota high school students and one-quarter (25.4 percent) of U.S. high school students indicated they had used, were offered, sold, or given an illegal drug on school property during the past year. For both North Dakota and the U.S., rates have declined

steadily over time to their lowest levels in 2005. North Dakota boys were substantially more likely than girls to have engaged in the drug-related behavior on school property (YRBSS, 2005).

RECENT ILLICIT DRUG USE

In the NSDUH, respondents are asked whether they had used any illicit drug in the past 30 days. North Dakotans aged 12 and older used any illicit drug at a rate that warranted classification into the fourth-highest ranked U.S. state grouping which had rates of 7.0-7.6 percent (NSDUH, 2004). North Dakotans aged 12-17 were categorized in the third-highest ranked grouping of U.S. states which had rates of 10.4-11.5 percent. North Dakotans aged 18-25 years were classified in the lowest-ranked grouping of U.S. states that possessed (any) illicit drug use rates of 13.3-16.8 percent. Finally, North Dakota residents aged 26 years and older were classified in the fourth-highest ranked grouping of U.S. states which had illegal drug use rates ranging from 4.9 to 5.1 percent (NSDUH, 2004).

MARIJUANA USE

In the NSDUH, respondents were asked whether they had used marijuana in the past year. North Dakotans aged 12 and older used this drug at a rate that warranted classification into the fourth-highest ranked U.S. state grouping which had rates of 9.4-10.1 percent. North Dakotans aged 12-17 were categorized in the second-highest ranked grouping of U.S. states which had rates of 16.1-18.0 percent (NSDUH, 2004). North Dakotans aged 18-25 years were classified in the third-highest ranked grouping of U.S. states which had annual marijuana use rates of 27.8-29.5 percent. Finally, North Dakota residents aged 26 years and older were classified in the lowest-ranked grouping of U.S. states which had marijuana use rates ranging from 4.4 to 5.6 percent (NSDUH, 2004).

Respondents were asked whether they had used marijuana in the past month. North Dakotans aged 12 and older used this drug at a rate that warranted classification into the fourth-highest ranked U.S. state grouping which had rates of 5.0-5.6 percent (NSDUH, 2004). North Dakotans aged 12-17 were categorized in the third-highest ranked grouping of U.S. states which had rates of 7.4-8.2 percent. North Dakotans aged 18-25 years were classified in the fourth-highest ranked grouping of U.S. states which had monthly marijuana use rates of 13.8-15.7 percent. Finally, North Dakota residents aged 26 years and older were classified in the fourth-lowest ranked grouping of U.S. states which had marijuana use rates ranging from 3.1 to 3.6 percent (NSDUH, 2004).

ATTITUDES TOWARD MARIJUANA SMOKING

The NSDUH polled respondents about whether they agreed that smoking marijuana once a month posed a “great risk” to one’s health. North Dakotans were found to agree with “great health risks to marijuana smoking” at moderate to high levels relative to other states. To illustrate, North Dakotans age 12 and older were categorized in the second-highest ranked grouping of U.S. states which had rates ranging from 40.2-43.5 percent (NSDUH, 2004). State residents aged 12-17 years were classified in the second-highest ranked grouping of U.S. states which had rates ranging from 35.7 to 44.4 percent. North Dakotans aged 18-25 years were placed in the third-highest ranked grouping which had rates of 23.0-25.7 percent. Finally, state residents aged 26 years and older were categorized in the second-highest ranked grouping of U.S. states which had agreement rates of 43.5-46.5 percent (NSDUH, 2004).

ILLICIT DRUG USE OTHER THAN MARIJUANA

Respondents were asked whether they had used any illegal drug other than marijuana in the past month. North Dakotans aged 12 and older used this drug at a rate that warranted classification into the fourth-highest ranked U.S. state grouping which had rates of 3.2-3.4 percent (NSDUH, 2004). North Dakotans aged 12-17 were categorized in the third-highest ranked grouping of U.S. states which had rates of 5.3-5.4 percent. North Dakotans aged 18-25 years were classified in the lowest-ranked grouping of U.S. states which had monthly illicit drug use rates of 5.4-7.3 percent. Finally, North Dakota residents aged 26 years and older were classified in the fourth-lowest ranked grouping of U.S. states which had illicit drug use rates ranging from 2.2 to 2.4 percent (NSDUH, 2004).

The North Dakota Core Survey, conducted in 2003-5, asked college students how often they had used an illicit drug in the past 30 days (Walton, 2005). Findings indicated that North Dakota college students consumed illicit drugs at rates that were equal to or lower than the National college student rates for 2005. The North Dakota and U.S. rates for each of the following drugs were as follows: amphetamines (2.5 percent vs. 3.3 percent); cocaine (1.3 percent vs. 2.1 percent); sedatives (1.2 percent vs. 2.0 percent); hallucinogens (1.0 percent vs. 1.0 percent); Designer drugs (0.8 percent vs. 0.8 percent); opiates (0.7 percent vs. 0.7 percent); inhalants (0.6 percent vs. 0.5 percent); steroids (0.5 percent vs. 0.4 percent); other (0.9 percent vs. 0.8 percent) (Walton, 2005).

COCAINE USE IN PAST YEAR

In the NSDUH, respondents were asked whether they had used cocaine in the past year. North Dakotans aged 12 and older used this drug at a rate that warranted classification into the lowest-ranked U.S. state grouping which had rates of 1.7-2.0 percent (NSDUH, 2004). North Dakotans aged 12-17 were categorized in the second-highest ranked grouping of U.S. states which had rates of 1.8-2.0 percent. North Dakotans aged 18-25 years were classified in the fourth-highest ranked grouping of U.S. states which had annual cocaine use rates of 5.5-6.1 percent. Finally, North Dakota residents aged 26 years and older were classified in the lowest-ranked grouping of U.S. states which had cocaine use rates ranging from 1.1 to 1.4 percent (NSDUH, 2004).

PAINKILLER USE

Respondents were asked whether they had engaged in non-medical use of painkillers in the past year. North Dakotans aged 12 and older used these drugs at a rate that warranted classification into the lowest-ranked U.S. state grouping which had rates of 3.1-4.0 percent (NSDUH, 2004). The sub-state map of ages 12 and older indicates very low usage rates in North Dakota. North Dakotans aged 12-17 were categorized in the lowest-ranked grouping of U.S. states which had rates of 4.4-6.2 percent. North Dakotans aged 18-25 years were classified in the lowest-ranked grouping of U.S. states which had painkiller use rates of 6.3-10.3 percent. Finally, North Dakota residents aged 26 years and older were classified in the fourth-highest ranked grouping of U.S. states which had painkiller use rates ranging from 2.6 to 3.0 percent (NSDUH, 2004).

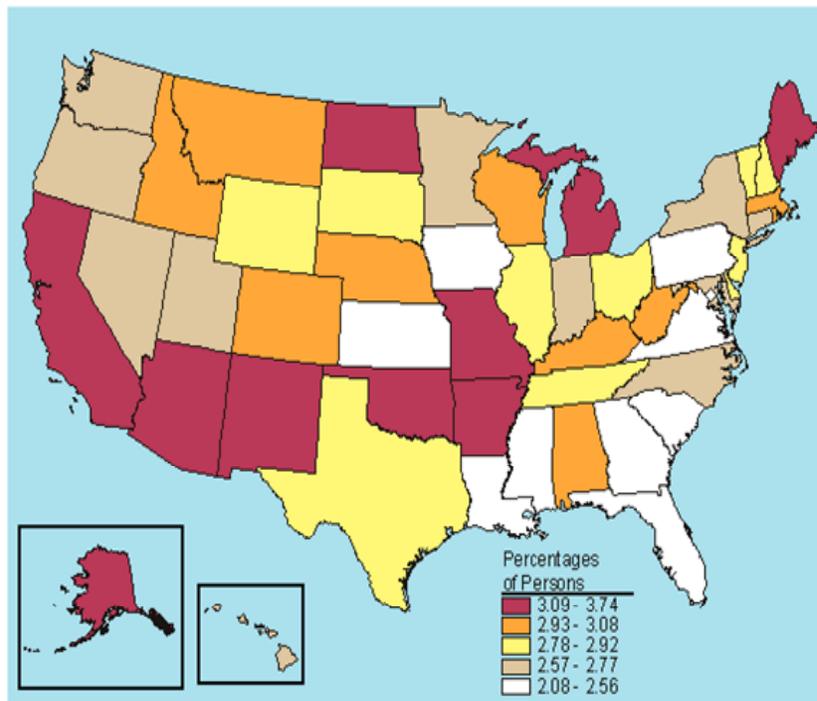
DRUG DEPENDENCE OR ABUSE

Respondents were asked whether they had any illicit drug dependence or abuse in the past year. North Dakotans aged 12 and older had dependence/abuse that warranted classification into the

lowest-ranked U.S. state grouping which had rates of 2.5-2.8 percent (NSDUH, 2004). North Dakotans aged 12-17 were categorized in the second-lowest ranked grouping of U.S. states which had rates of 6.0-6.9 percent. North Dakotans aged 18-25 years were classified in the lowest-ranked grouping of U.S. states which had dependence/abuse rates of 6.1-7.2 percent. Finally, North Dakota residents aged 26 years and older were classified in the lowest-ranked grouping of U.S. states which had dependence/abuse rates ranging from 1.4 to 1.6 percent (NSDUH, 2004).

In the National Survey on Drug Use and Health, respondents were asked whether they had any illicit drug dependence in the past year. North Dakotans aged 12 and older had dependence that warranted classification into the lowest-ranked U.S. state grouping which had rates of 1.7-1.8 percent (NSDUH, 2004). North Dakotans aged 12-17 were categorized in the highest ranked grouping of U.S. states which had rates of 3.1-3.7 percent (**Figure 26**).

Figure 26: Any Illicit Drug Dependence in Past Year, Ages 12-17, 2003-2004



Source: SAMHSA, Office of Applied Studies, National Survey on Drug use and Health, 2003 and 2004.

NOTE: Any illicit drug includes marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or any prescription-type psychotherapeutic used nonmedically.

North Dakotans aged 18-25 years were classified in the lowest-ranked grouping of U.S. states which had dependence rates of 3.7-4.6 percent. Finally, North Dakota residents aged 26 years and older were classified in the lowest-ranked grouping of U.S. states which had dependence rates ranging from 1.0 to 1.1 percent (NSDUH, 2004).

Illicit Drug Consequences in North Dakota

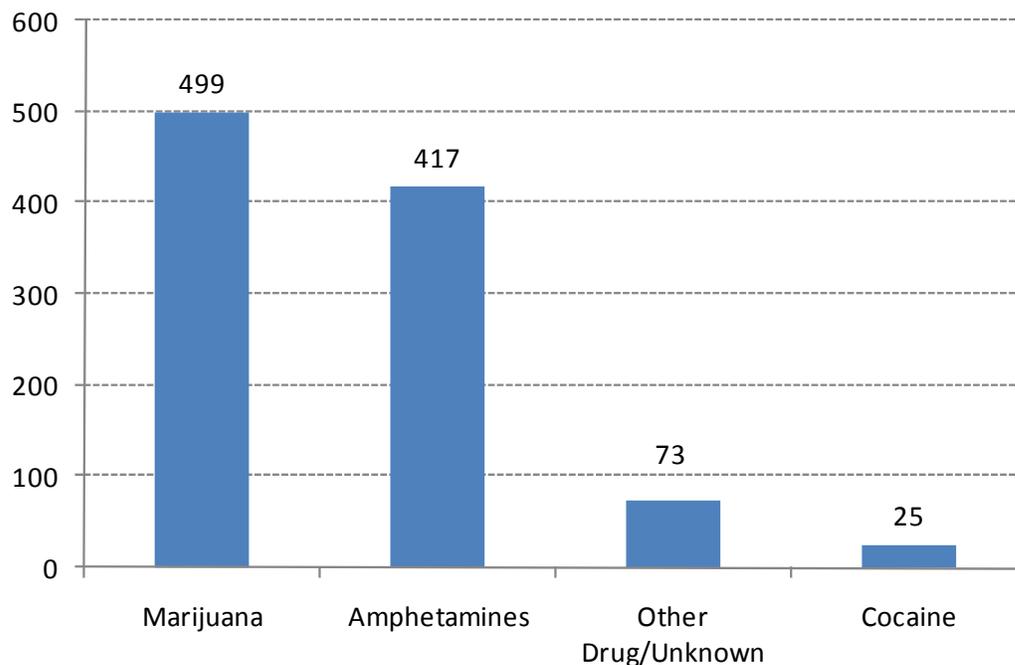
NEEDING TREATMENT BUT NOT RECEIVING IT

In the NSDUH, respondents were asked whether they needed drug treatment but did not receive it in the past year. North Dakotans aged 12 and older warranted classification into the lowest-ranked U.S. state grouping which had rates of 2.2-2.5 percent (NSDUH, 2004). North Dakotans aged 12-17 were categorized in the highest ranked grouping of U.S. states which had rates of 5.0-5.6 percent. North Dakotans aged 18-25 years were classified in the lowest-ranked grouping of U.S. states which had rates of 5.4-6.7 percent. Finally, North Dakota residents aged 26 years and older were classified in the lowest-ranked grouping of U.S. states which had dependence rates ranging from 1.2 to 1.4 percent (NSDUH, 2004)

GETTING DRUG TREATMENT

According to the Treatment Episode Data Set (TEDS), marijuana (499 admissions) was the most commonly abused drug for which people sought professional treatment in North Dakota in 2005 (Figure 27).

Figure 27: Illicit Drug Treatment Admissions, North Dakota, 2005



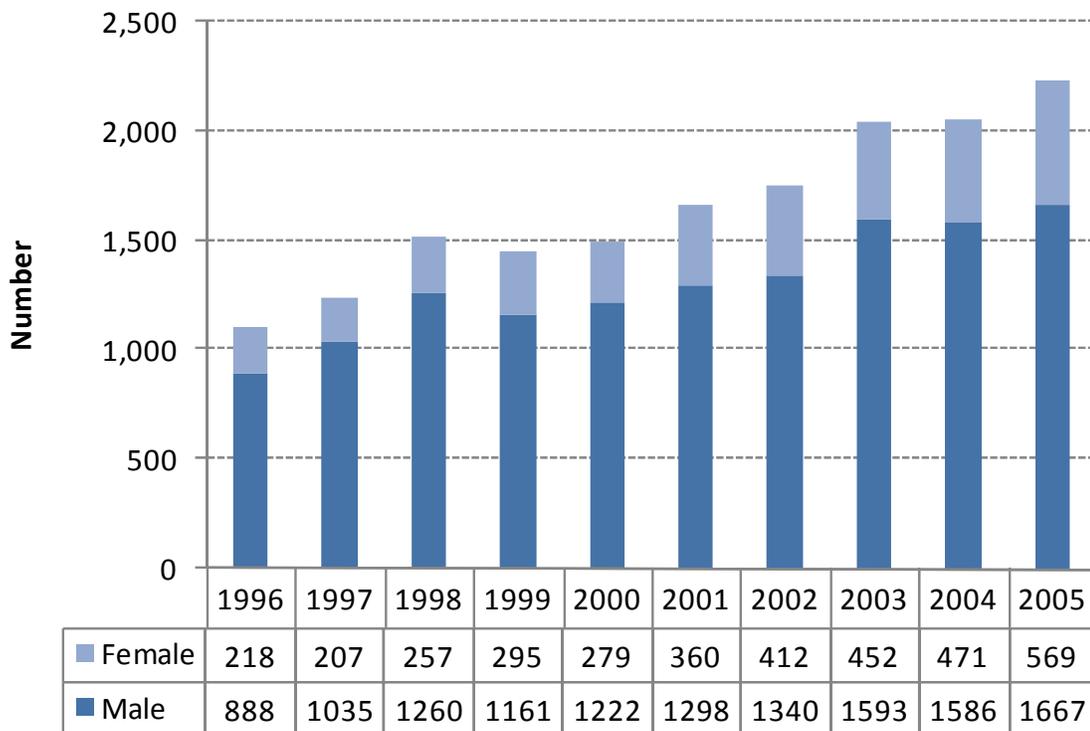
Source: Treatment Episode Data Set

Amphetamines were the second most commonly abused drug with 417 admissions. Among the other drug-related treatment admissions, 25 admits were for cocaine addiction and 73 admits were for some other drug (TEDS, 2005). By gender, men comprised 67.7 percent of marijuana admissions and 47 percent of amphetamine admissions in North Dakota in 2005. By race, Whites comprised 76.9 percent of marijuana admissions and 77.9 percent of amphetamine admissions. American Indians, totaling 5 percent of the state's population, comprised 18.2 percent of the marijuana admissions and 19.7 percent of the amphetamine admissions in 2005. By age, marijuana clearly is a teen problem as those aged 12-17 years comprised 35.7 percent of the marijuana admissions in 2005. For amphetamines, admitted persons were most commonly aged 21 to 25 years. Marijuana admission rates for North Dakota tended to mirror the rates for the U.S. The general trend is for increasing numbers seeking treatment for marijuana addiction. Similarly, the rates for amphetamine treatment have skyrocketed for North Dakota and the U.S. (TEDS, 2005).

DRUG ARRESTS

In North Dakota, drug arrests have increased 49 percent since 2000 (**Figure 28**).

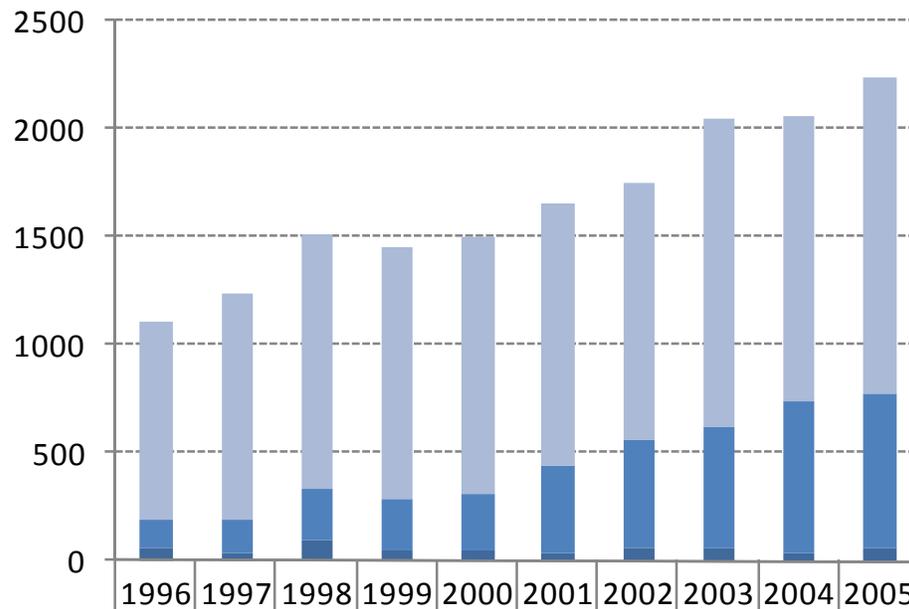
Figure 28: Drug Arrests by Gender, North Dakota



Source; ND Office of Attorney General, BCI, 2006

Large increases are noted for both males and females. Regarding drug arrests by type, marijuana remains the number one drug, but amphetamines are becoming much more prevalent among suspects (**Figure 29**).

Figure 29: Drug Arrests by Type of Drug, North Dakota

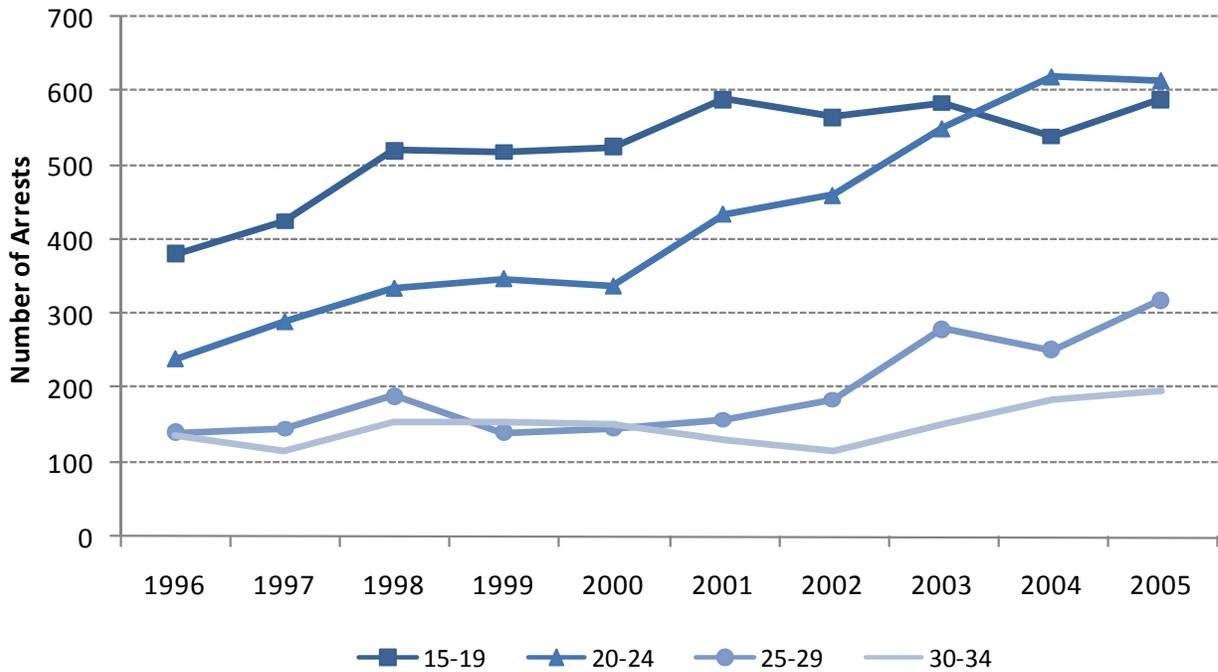


■ Marijuana	914	1050	1189	1173	1189	1221	1189	1428	1320	1470
■ Other Drugs or Narcotics	133	153	232	230	267	404	502	555	702	711
■ Opiates, Cocaine	59	39	96	53	45	33	61	62	35	58

Source: ND Office of Attorney General, BCI, 2006
 NOTE: Meth is included in the 'other drugs' category.

Regarding drug arrests in North Dakota, ages 15 to 24 years account for 54 percent of arrests (Figure 30). Large percentage increases in arrests are noted for persons aged 15 to 24 years (ND OAG, 2006).

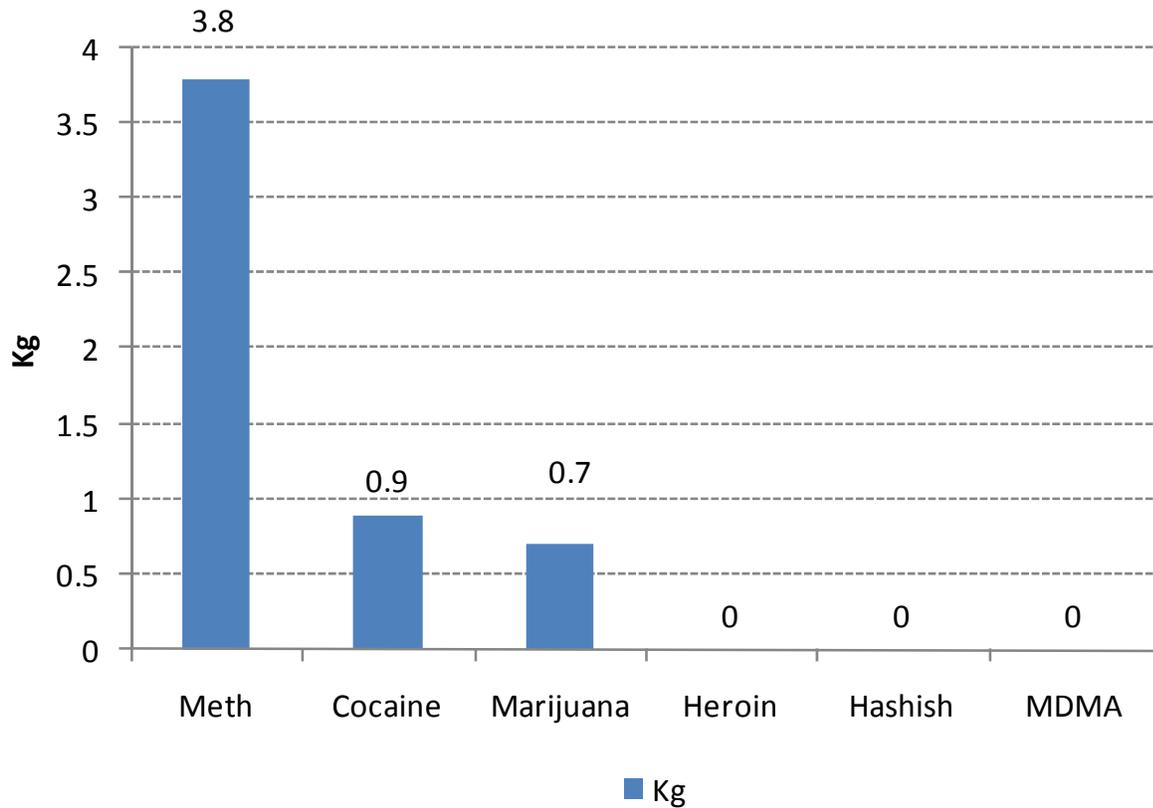
Figure 30: Drug Arrests by High-Risk Age Groups, North Dakota



Source: ND Office of Attorney General, BCI, 2006

In North Dakota, there were 54 Drug Enforcement Administration (DEA) drug violation arrests in 2005. Meth leads the way with 3.8 kilograms in Federal drug seizures in North Dakota in 2005. Other seizures included cocaine (0.9 kilograms) and marijuana (0.7 kilograms) (Figure 31; DEA, 2005).

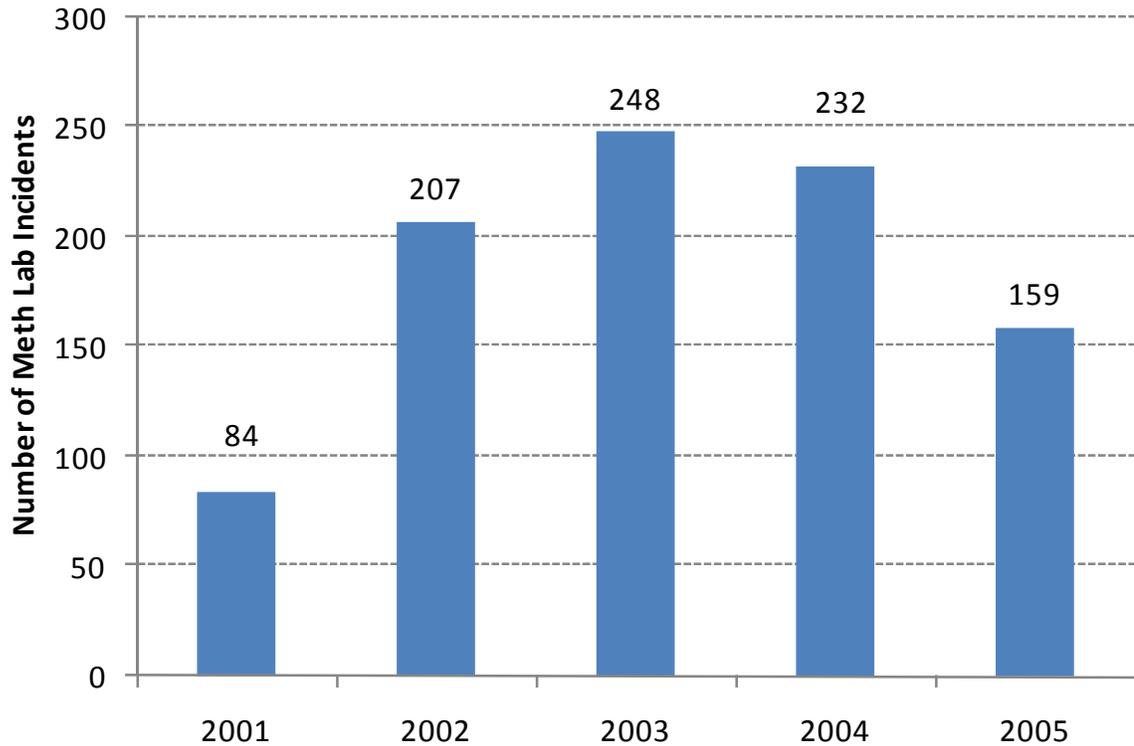
Figure 31: Federal Drug Seizures, North Dakota, 2005



Source: U.S.DEA; <http://www.usdoj.gov/dea/pubs/states/northdakota.html>

According to the U.S. Drug Enforcement Administration (2005), there were 17,170 meth lab incidents in the U.S. in 2004. According to the DEA and the El Paso Intelligence Center, the number of meth lab incidents in North Dakota increased sharply from 84 in 2001 to 207 in 2002 to 248 in 2003 (**Figure 32**).

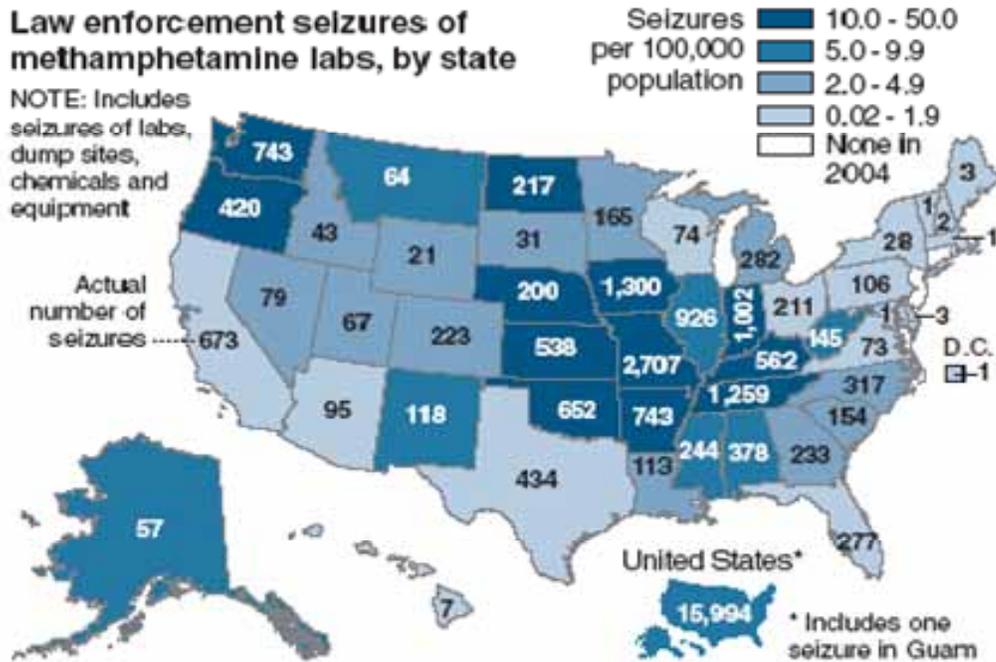
Figure 32: Methamphetamine Lab Incidents, North Dakota



Source: U.S. DEA; <http://www.usdoj.gov/dea/pubs/states/northdakota.html>

Then, the numbers began to drop as there were 232 incidents in 2004 and 159 in 2005. Clandestine meth lab seizures include laboratories, manufacture chemicals only, manufacture equipment only, or dumpsites (DEA, 2005). Regarding nationally-reported meth seizures, North Dakota had 235 in 2003. In 2004, there were 217 reported meth seizures in North Dakota (**Figure 33**). In 2005, the state of North Dakota followed the lead of other states by restricting the availability of cold medicines containing pseudoephedrine. The restriction of pseudoephedrine, one of the key ingredients in manufacturing methamphetamine, is part of a nationwide movement to cut meth use.

Figure 33: Nationally Reported Methamphetamine Seizures, 2004



Source: Drug Enforcement Agency - AP

There are about four drug deaths in North Dakota per year. The state's drug mortality rate is similar to the U.S. rate, at less than 1 death per 100,000. There are only about three HIV/AIDS deaths in North Dakota each year. The state's HIV/AIDS mortality rate is less than one per 100,000. The U.S. rate is 5 per 100,000 (CDC Wonder, 2006).

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Appendix A: Charter

North Dakota State Epidemiological Outcomes Workgroup CHARTER

OVERVIEW OF THE SEOW

Principles of the SEOW:

Five principles direct the work of the North Dakota State Epidemiological Outcomes Workgroup (SEOW):

- The prevention framework throughout ND addressing substance use and consequences will be outcomes based.
- A public health approach¹ will be used when developing the prevention framework.
- The prevention framework will be developed using epidemiological² data.
- The framework will be developed addressing the unique issues of North Dakota involving our rurality and cultural diversity.
- The SEOW will use a collaborative process inviting tribal and state agencies, skilled professionals, community based programs and other identified stake holders at all stages of its work.

Functions of the SEOW:

- Systematically analyze the causes and consequences of the usage of Alcohol, Tobacco, and Other Drugs (ATOD) in order to effectively and efficiently utilize prevention resources
- Promote decision making based on reliable data throughout the State substance use prevention system
- Facilitate interagency and community collaboration
- Provide a mechanism for exchange, access, and utilization of data across organizations related to substance use and consequences.

Mission:

¹ An approach to improving health that focuses on population-based measures.

² The study of the various factors influencing the occurrence, distribution, prevention and control of disease, injury and other health-related events in a defined human population.

Utilize relevant state, tribal, and local data to guide substance use prevention planning, programming and evaluation.

Organizational Overview:

Lead Agency:

The lead agency for North Dakota's SEOW is the Department of Human Services, Division of Mental Health and Substance Abuse Services.

Structure:

The North Dakota SEOW is comprised of a core group with time allocated for the completion of work outside the SEOW meetings, and general membership from state and community agencies and organizations that will provide the direction and guidance for the work of the SEOW.

Data Collection:

The North Dakota SEOW will collect and analyze data to support a framework for advancing the North Dakota Substance Use and Abuse Prevention System's mission. The data will be summarized in an Epidemiological Profile that will characterize consumption patterns and consequences of various substances in the state of North Dakota. These substances include alcohol, tobacco, and other drugs such as methamphetamines, marijuana and prescription drugs. Data will be collected from the State Epidemiological Data System (SEDS) and supported with data from a variety of state agencies. Data will include race, gender and race/ethnicity where available. Additionally, sub-state data sources will be collected for assessment of assets and resources, and identification of gaps in data collection.

Members of the SEOW will share data collection instruments to develop a data inventory. Data from already developed reports, including spreadsheets and graphic data will be supplied to the epidemiologists for the purposes of developing the Epidemiological Profiles and the National Outcome Measures (NOMs) data collection plan.

Time Frames for SEOW Work Completion:

SEOW Contract in Effect	March 15, 2006
Core Group Organized	June 19, 2006
SEOW Organizational Meeting	July 26, 2006

SEOW Expiration:

The SEOW will not expire, but will continue its work into the SEW upon the state's successful application of the Strategic Prevention Framework State Prevention Grant.

SEOW Members:

Current Co-Chairs:

Becky Byzewski
Region VIII Substance Abuse Prevention/Safe Communities
Community Action Partnership
202 East Villard
Dickinson, North Dakota 58601
(701) 227-0131 – Telephone

(701) 2274750 – Facsimile
beckyb@dickinsoncap.org

Kimberly Lemieux
Region III Substance Abuse Prevention/Safe Communities
Rolette County Public Health
PO Box 757
Rolla, North Dakota 58367
(701) 477-5646 - Telephone
(701) 477-9578 – Facsimile
klemieux@nd.gov

Responsibilities:

- Assist facilitator with drafting the agendas for SEOW meetings
- Attend and chair meetings of the SEOW
- Participate in meetings of the SEOW's Core group

Contractual and Division Staff:

SEOW Project Director

Don Wright

Asst. Director of Division of Substance Abuse & Mental Health Services

5 percent FTE

- Responsibilities:
- Attend SEOW meetings
- Monitor work of SEOW
- Submit regularly scheduled progress reports
- Monitor budget

Internal Research Consultant:

Dr. Mariah Tenamoc

Lead Research Analyst, ND Department of Human Services

10 percent FTE

Responsibilities:

- Provide initial orientation for key personnel and SEOW
- Work with evaluator to design evaluation pieces, including formative and summative reporting
- Attend SEOW meetings
- Consult with epidemiologists on assessment methods

Project Staff

Charlotte Olson

Prevention Coordinator, Division of Substance Abuse & Mental Health Services

10 percent FTE

Responsibilities:

- ND Department of Human Services Representative
- Serve as Project Director's designee at meetings when necessary
- Facilitate orientation to SEOW
- Administer NOMs data collection process

SEOW Epidemiologists
Dr. Kyle Muus
Center for Rural Health, University of North Dakota
35 percent FTE

Dr. Jacqueline Gray
20 percent FTE
Center for Rural Health, University of North Dakota

Responsibilities:

- Attend all SEOW meetings
- Communicate with agencies and organizations to receive reports and data files
- Review supporting databases
- Design, conduct and analyze readiness data
- Identify current assessment tools
- Reference sources of data and indicators used for Epi Profiles
- Build a prevention inventory and repository
- Conduct and document analysis of collected data in a data workbook
- Draft, with SEOW member guidance, the Epidemiological Profile
- Prepare presentation of the Epidemiological Profile

SEOW Process Evaluators
Dr. Kevin Thompson
Criminal Justice Department, North Dakota State University

Lindsey Bergeron
Criminal Justice Department, North Dakota State University
31 percent FTE

Responsibilities:

- Develop process evaluation methodology
- Write quarterly normative evaluations and final summative evaluation

SEOW Facilitator & Support
Deb Nelson
President, DLN Consulting, Inc.
20 percent FTE

Lydia Camp
Program Consultant, DLN Consulting, Inc.
18 percent FTE

Responsibilities:

- Facilitate monthly meetings
- Assist in identification of additional SEOW members and collect contact information
- Be the central communication outlet for the SEOW
- Work with SEOW members to help them identify and establish ground rules for the extended development and organizational ground rules for the SEOW
- Facilitate the development of the SEOW Charter and Epidemiological Profiles

- Provide meeting minutes to all stakeholders
- Facilitate the members in identifying and creating a plan for sustainability, including an assessment of the ability and capacity to achieve sustainability

Workgroup Members:

Workgroup members participate in the scheduled monthly meetings of the SEOW.

Their responsibilities include:

- attending the scheduled meetings of the SEOW;
- providing relevant data on substance use and consequences;
- providing direction in the analysis and interpretation of the data;
- assisting in the development of the SEOW charter;
- providing direction and guidance for the development of the Epidemiological Profile;
- providing direction and guidance for the NOMs data collection plan.

Agencies and organizations currently participating in the SEOW include the following:

Agency/Organization	Individual Representative(s)	Title
Community Action Partnership	Becky Byzewski	Southwest Coalition Prevention & Safe Communities Program Coordinator
CSAP's Central CAPT	Vanessa Joy Kittelson	Prevention Specialist
Dacotah Foundation	Doreen Eichele	Chief Operating Officer
	Rebecca Gerhardt	Region 7 Prevention & Safe Communities Program Coordinator
Fargo Cass Public Health	Robyn Litke	Safe Communities of the Red River Valley Coordinator
ND Department of Corrections and Rehabilitation	Patrick Foley	Research and Program Evaluation Youth Director
	Mike Froemke	ND State Penitentiary Director of Treatment
	Rick Hoekstra	Field Services Treatment Program Manager
	Robyn Schmalenberger	Field Services Program Manager
	Glory White	ND State Penitentiary Clinical Supervisor
ND Department of Health	Terry Dwelle	State Health Officer
	Stephen Pickard	Medical Epidemiologist
	Clint Boots	Division of Tobacco Prevention and Control Data Analyst
ND Department of Human Services	Devaiah Muccatira	Children's Special Health Services Research Analyst III State System Development Initiative
	Charlotte Olson	Division of Mental Health & Substance Abuse Services, Prevention Coordinator
	Mariah Tenamoc	Lead Research Analyst
	Don Wright	Division of Mental Health & Substance Abuse Services Assistant Director
ND Department of Public Instruction	Patrice S. Anderson	Assistant Director
	Drinda Olsen	School Health Unit Coordinator
	Andrea D. Peña	Coordinated School Health YRBS Data Manager & HIV/AIDS Coordinator
	Wayne Sanstead	State Superintendent
ND Department of Transportation	Lynn Heinert	Office of Traffic Safety Traffic Records Manager
	Sandy Wilson	Office of Traffic Safety Program Manager
	Francis G. Ziegler	Director
ND Highway Patrol	Mark Nelson	Field Operations Commander
	Kelly Rodgers	Safety and Education Officer

ND Mental Health Association	Mark LoMurray	ND Adolescent Suicide Prevention Project Director
ND Office of the Attorney General	Judy Volk	Bureau of Criminal Investigation Information Services Manager
	Colleen Weltz	Bureau of Criminal Investigation UCR/IBR Program Manager
ND Students Against Destructive Decisions	Lee Erickson	Coordinator
ND State University	Lindsey Bergeron	Project Evaluator
	Joel Hektner	Child Development & Family Science Assistant Professor
	Greg Sanders	Child Development & Family Science Associate Dean
	Kevin Thompson	Criminal Justice & Political Science Professor & Department Chair
	Duane Hauck	Extension Service Director
Office of the First Lady	Mikey L. Hoeven	First Lady
Office of the State Tax Commissioner	Kathy Strombeck	Research Analyst
Rolette County Health District	Kimberly Lemieux	Region III Prevention & Safe Communities Program Coordinator
Three Affiliated Tribes	Jarret Baker	Boys & Girls Club Executive Director
Three Affiliated Tribes Tourism	Scott Eagle	Tourism Director
University of North Dakota	Jacqueline Gray	Center for Rural Health Assistant Professor
	Kyle Muus	Center for Rural Health Assistant Professor & Senior Research Associate
	Karin Walton	ND Higher Education Consortium for Substance Abuse Prevention Director

Action Plan: Year One

Activities	Completion Date (mm/yy)
Key personnel orientation to SEOW	06-06
Attend national SEOW workshop	06-06
First SEOW meeting & member orientation	07-06
Develop Charter	08-06
Gather data instruments from participants; begin data inventory	08-06
Finalize and submit Charter for initial review	09-06
SEOW members begin draft format for Epidemiological Profile – review indicators and constructs	09-06
Review feedback and make changes to Charter based on recommendations	11-06
SEOW members make final recommendations for Epidemiological Profile	11-06
Draft of Epidemiological Profile completed and submitted	12-06
Review feedback on Epidemiological Profile and make recommended changes	01-07
Develop NOMs data collection plan	01-07
Document data sources and indicators into a Data Workbook and submit	02-07
Submit NOMs data collection plan	02-07
Final changes to Epidemiological Profile	02-07
Final changes to Charter	02-07
Submit final Epidemiological Profile	03-07
Submit final Charter	03-07
Submit final summative evaluation of the SEOW process	03-07

SUBSEQUENT YEAR ACTIVITIES:

The work of the SEOW will continue beyond the first year, either as a SEOW or as a SEW under the direction of the SPF-SIG. The epidemiological workgroup will concentrate its activities to assist in the development of a state prevention framework through its five-step process:

ASSESSMENT—The SEOW will profile the population needs, resources and readiness to include:

- The magnitude of substance use and related problems
- Risk and protective factors
- Assets and resources
- Gaps in services and capacity to fill those gaps
- Readiness to act
- Specifications of baseline data to measure progress and outcomes
- Identify priorities

CAPACITY BUILDING—The SEOW will use statewide assessments and secondary data sources to evaluate:

- Capacity to include determination of task responsibilities
- Skill development needs of key leadership in communities
- Mobilization to include evaluation of time, people and finances

COMMUNITY PLANNING FOR OUTCOMES—The SEOW will assist in various subs-state levels by:

- Identifying priorities based on problem assessment
- Establishing key milestones and outcomes
- Monitoring plans and recommending adjustments

IMPLEMENTING EVIDENCE-BASED STRATEGIES—The SEOW will analyze data to:

- Identify target populations, key strategies and outcomes, and cost estimates
- Identify programs, strategies and appropriate models
- Guide selection of outcome-based strategies

MONITOR AND EVALUATE

- Perform ongoing statewide monitoring and evaluation
- Provide technical assistance to local communities in monitoring and evaluation
- Ensure collection of performance data
- Participate in cross-evaluations

Process Evaluation Plan:

Process evaluations will consist of four (4) evaluation reports assessing the successful process of the SEOW workgroup. Formative evaluations will be submitted to the group and the Project Director in July 2006, October 2006 and January 2007. A summative process evaluation report will be submitted in March 2007. The evaluation methodology used will primarily consist of observing group meetings and ensuring that the group is successfully meeting required dates and deadlines.

Meetings of the SEOW:

Meetings will be held on the last Wednesday of each month through February 2007, with no meeting in December 2006. After February 2007, the SEOW members will determine the frequency and date of meetings based upon the work to be completed.

Linkages:

Structural Linkages:

State level agencies and organizations represented on the SEOW are related to education, health, mental health services, law enforcement, corrections, human services, treatment, transportation and administration. These agencies are charged with developing and implementing policy, program planning, and working with community and statewide agencies and organizations to deliver programs to the citizens of North Dakota. Most of these agencies collect and analyze various types of substance use data.

The Native American population is represented by reservation programs and by Indian Health Services.

Several regional, community, tribal and statewide organizations, charged with program delivery, are represented on the SEOW. Several of these organizations collect and analyze data for their own programs, as well as use data provided by the state agencies. These organizations represent higher education, youth organizations, mentoring programs, and community coalitions.

A representative of the Center for Substance Abuse Prevention (CSAP) Central Centers for the Application of Prevention Technologies (CAPT) attends the SEOW meetings to provide technical

assistance. The Pacific Institute for Research and Evaluation (PIRE) provides additional technical assistance.

Procedural Linkages:

Information Sharing: Information regarding SEOW activities and procedures is shared between members through the SEOW facilitator and support staff, primarily through email and at meetings. Monthly meeting minutes, action steps, and support documentation will be sent within one week of each meeting. Agendas and meeting notices will be sent within ten days of the next meeting.

Sustainability:

Sustainability is important to the North Dakota SEOW. Sustainability is achieved when a strong systemic and organizational framework is established. This is accomplished by:

clarifying mission compatibility;
establishing leadership endorsement;
facilitating activity, program and strategy system integration; and
adapting to system and local needs, conditions, and expectations.

Through the development and acceptance of this charter by the participants in the North Dakota State Epidemiological Outcomes Workgroup, sustainability of the group will be achieved.

Charter was unanimously approved by workgroup on January 31, 2007.

Appendix B: North Dakota SEOW Committee Members

Patrice S. Anderson	ND Department of Public Instruction	Bismarck
Jarret Baker	Three Affiliated Tribes	New Town
Lindsey Bergeron	North Dakota State University	Fargo
Clint Boots	North Dakota Department of Health	Bismarck
Melissa Bronstein	ND Department of Health	Bismarck
Becky Byzewski	Community Action Partnership	Dickinson
Lydia Camp	DLN Consulting, Inc.	Dickinson
Terry Dwelle	ND Department of Health	Bismarck
Scott Eagle	Three Affiliated Tribes Tourism	New Town
Doreen Eichele	Dacotah Foundation	Bismarck
Lee Erickson	North Dakota SADD	Hillsboro
Patrick Foley	ND Dept. of Corrections/Rehabilitation	Bismarck
Mike Froemke	ND Dept of Corrections/Rehabilitation	Bismarck
Rebecca Gerhardt	Dacotah Foundation	Bismarck
Jacqueline Gray	University of North Dakota	Grand Forks
Duane Hauck	NDSU Extension Service	Fargo
Lynn Heinert	ND Department of Transportation	Bismarck
Joel Hektner	North Dakota State University	Fargo
Rick Hoekstra	ND Dept of Corrections/Rehabilitation	Bismarck
Mikey Hoeven	Office of the First Lady	Bismarck
Vanessa Joy Kittelson	CSAP Central CAPT	Mounds Vw.
Kimberly Lemieux	Rolette County Health District	Rolla
Robyn Litke	Fargo Cass Public Health	Fargo
Mark LoMurray	ND Mental Health Association	Bismarck
Devaiah Muccatira	ND Department of Human Services	Bismarck
Kyle Muus	University of North Dakota	Grand Forks
Mark Nelson	North Dakota Highway Patrol	Bismarck
Deb Nelson	DLN Consulting, Inc.	Dickinson
Drinda Olsen	ND Department of Public Instruction	Bismarck
Charlotte Olson	ND Department of Human Services	Bismarck
Sarah Patrick	University of South Dakota	Sioux Falls
Andrea Peña	ND Department of Public Instruction	Bismarck
Stephen Pickard	ND Department of Health	Bismarck
Kelly Rodgers	North Dakota Highway Patrol	Bismarck
Greg Sanders	North Dakota State University	Fargo
Wayne Sanstead	North Dakota Department of Public Instruction	Bismarck
Robyn Schmalenberger	ND Dept of Corrections/Rehabilitation	Bismarck
Kathy Strombeck	Office of the State Tax Commissioner	Bismarck
Mariah Tenamoc	ND Department of Human Services	Bismarck
Kevin Thompson	North Dakota State University	Fargo
Judy Volk	ND Office of the Attorney General	Bismarck
Karin Walton	University of North Dakota	Grand Forks
Colleen Weltz	ND Office of the Attorney General	Bismarck
Glory White	ND Dept of Corrections/Rehabilitation	Bismarck
Sandy Wilson	ND Department of Transportation	Bismarck
Don Wright	ND Department of Human Services	Bismarck
Francis Ziegler	ND Department of Transportation	Bismarck

Appendix C: Data Sources Used

Appendix C. Data Sources Used					
Data	Description	Sponsoring Agency	Years	North Dakota Data Contributors/Contacts	Location
Alcohol Consumption and Sales	Alcohol consumption and sales for ND and US	NIAAA	1990-2003		http://www.niaaa.nih.gov/Resources/DatabaseResources/QuickFacts/AlcoholSales/default.htm
American Indian Health Risk Data	Health risk information on ND American Indians	UND CHPTR	2004	Nancy Vogeltanz-Holm, Jeff Holm, UND CHPTR	http://www.med.und.nodak.edu/depts/chptr/
BRFSS	Annual state survey of adults ages 18+	CDC; ND DoH	1990-2005	Dr. Stephen Pickard, Clint Boots, Kathy Moum, ND DoH	http://www.cdc.gov/brfss/index.htm
Cancer Mortality	Cancer mortality rates, ND vs. US	National Cancer Institute	1990-2004	Denise Steinbach, ND DoH	http://statecancerprofiles.cancer.gov/index.html
Child Abuse and Neglect	Annual numbers of child abuse and neglect incidents and victims	ND KIDS COUNT	1996-2003	Richard Rathge, Executive Director, ND KIDS COUNT	http://www.ndkidscount.org/
CORE Survey	Survey conducted periodically with ND college students	ND HECSAP	1994, 2003-5	Karin Walton, ND HECSAP	http://www.und.edu/org/ndhec/ http://www.siu.edu/~coreinst/
Domestic Violence	Domestic violence statistics for ND	ND OAG	1998-2001	Colleen Weltz, ND OAG, BCI	http://www.ag.state.nd.us/Reports/BCIReports/Domvio2001.pdf
MVC Fatality Rate	Motor vehicle crash fatality rate per 100,000	US DOT; FARS	1995-2005	Lynn Heinert, ND DOT	http://www.dot.nd.gov/
MVCs	Number of annually reported ND MVCs with alcohol involvement	ND DOT; FARS	2001-2005	Lynn Heinert, ND DOT	http://www.dot.nd.gov/ http://www-fars.nhtsa.dot.gov/
National Survey on Drug Use and Health	Data on substance use among persons aged 12+	SAMHSA	2003-2004	Don Wright, Charlotte Olson Mariah Tenamoc, ND DHS	http://oas.samhsa.gov/
ND Criminal Offender and Crime Reporting	Number of offenses and reported crimes in ND	ND OAG, BCI	1996-2005	Colleen Weltz, ND OAG, BCI	http://www.ag.state.nd.us/ http://www.ag.state.nd.us/Reports/BCIReports/CrimeHomicide/Crime05.pdf

Appendix C - Data Sources Used (continued)					
Data	Description	Sponsoring Agency	Years	North Dakota Data Contributors/Contacts	Location
National Survey on Drug Use and Health	Data on substance use among persons aged 12+	SAMHSA	2003-2004	Don Wright, Charlotte Olson Mariah Tenamoc, ND DHS	http://oas.samhsa.gov/
ND Criminal Offender and Crime Reporting	Number of offenses and reported crimes in ND	ND OAG, BCI	1996-2005	Colleen Weltz, ND OAG, BCI	http://www.ag.state.nd.us/Reports/BCIReports/CrimeHomicide/Crime05.pdf
ND Inmate Population	Characteristics of ND prison inmates	ND DCR	2002-2005	Michael Froemke, Richard Foley, ND DCR	http://www.state.nd.us/docr/
PRAMS	Health risk data on pregnant women	CDC	2002	Devaiah Muccatira, ND DHS, DoH	http://www.cdc.gov/prams/
Sexual assault	Sexual assault and violence data on ND college students	North Dakota CAWS	2004	North Dakota CAWS	"Experiences of and Attitudes about Sexual Assault, Violence, and Stalking Among North Dakota College Students," by S. Steiner & K. Kraft
Smoking-Attributable Mortality	Smoking-attributable mortality rates for ND vs. all other states	CDC NCCDPHP	1997-2001	Clint Boots, ND DoH	http://www.cdc.gov/tobacco/research_data/economics/mm5425_intro.htm
TEDS		SAMHSA	1992-2005	Charlotte Olson, Sue Tohm, ND DHS	http://www.dasis.samhsa.gov/webt/NewMapv1.htm
Vital Statistics, ND vs. US	Substance-related mortality incidence and rates	ND DVR; NCHS	1994-2004	Carmell Barth, ND DoH, DVR	http://wonder.cdc.gov/
YRBSS	State survey conducted every 2 years among students in grades 9-12	CDC; ND DPI	1995-2005	Andrea Pena, ND DPI	http://apps.nccd.cdc.gov/yrbss/SelHealthTopic.asp?Loc=ND

Appendix D: Data Sources Not Used

Appendix D. Data Sources Not Used				
Document Name	Type & Description	Date	Author(s) and Publisher	Reason for Non-Use
The Survey of Student Resources and Assets.	Report; details sub-state survey findings among students in grades 6-12; includes a variety of topics including health risk behaviors.	2006	America's Promise & Search Institute. Minneapolis, MN: Search, Inc.	Sub-state information; beyond the Epidemiological Profile's scope
American College Health Association-National College Health Assessment: Reference Group Executive Summary.	Report; details national findings of a survey that was used by a few ND universities, including UND.	2005	American College Health Association. Baltimore: Author.	National survey findings of a survey that was not used throughout the ND University System
Behavioral Health Dashboard Indicators: All Students Attending UND.	Summary Table; Snapshot of health risks among UND students, 2000-2006.	2006	UND Student Health Services. Grand Forks, ND: Author.	Sub-state information; beyond the Epidemiological Profile's scope
Behavioral Health Status Report 2005.	Report; details health risk behaviors among UND students.	2005	Chen, J., & Allery, A. Grand Forks, ND: UND.	Sub-state information; beyond the Epidemiological Profile's scope
2005 North Dakota High School (Grades 9-12) YRBS: Summary of the National, Statewide, Regional & Urban/Rural Results.	Report; summarizes YRBS survey findings on health risk behaviors among ND students in grades 9-12.	2005	Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, CDC.	Sub-state information; beyond the Epidemiological Profile's scope
Community Readiness Survey: One Size Does Not Fit All.	Report; details findings of a state regional survey of adults on perceptions of substance problems.	2005	Minnesota Institute of Public Health. Mounds View, MN: Author.	Sub-state information; beyond the Epidemiological Profile's scope

Appendix D - Data Sources Not Used (continued)				
Document Name	Type & Description	Date	Author(s) and Publisher	Reason for Non-Use
North Dakota Community Action Association: Needs Assessment Questionnaire.	Questionnaire; used in some ND communities to assess the needs of low income persons and families.	Undated	North Dakota Community Action Association.	No data; questionnaire used at the local level.
Community Perception Survey: Region VIII, North Dakota.	Questionnaire; survey of parents or guardians on perceptions of alcohol, tobacco, and other drug use.	2005	Region VIII Prevention, Community Action Partnership, Dickinson, ND.	No data; questionnaire used at the sub-state level
Law Enforcement Survey on Underage Drinking.	Questionnaire; survey of ND regional law enforcement officers.	Undated	Region VIII Prevention, Community Action Partnership, Dickinson, ND.	No data; questionnaire used at the sub-state level
Youth and Young Adult Perception Survey: Region VIII, North Dakota.	Questionnaire; survey of youth and young adults on perceptions of alcohol, tobacco, and other drug use.	Undated	Region VIII Prevention, Community Action Partnership, Dickinson, ND.	No data; questionnaire used at the sub-state level
School Health Profiles.	Brochure; details information about profiles that can be developed for U.S. schools.	2006	U.S. Department of Health & Human Services, CDC.	No data; profiles are specific to individual schools

Appendix E: Constructs for Alcohol, Tobacco, and Illicit Drug Use and Consequences

Appendix E: Constructs for Alcohol, Tobacco, and Illicit Drug Use and Consequences	
	Mean Rating Score
Alcohol Consequence Constructs	
Mortality and Morbidity	3
Motor vehicle crashes	3
Crime	2.5
Dependence or abuse	3
Tobacco Consequence Constructs	
Mortality and Morbidity	3
Crime	1.5
Dependence or abuse	2.75
Illicit Drug Consequence Constructs	
Mortality and Morbidity	3
Motor vehicle crashes	2.5
Crime	3
Dependence or abuse	3
Alcohol Use Constructs	
Current use	2.5
Current binge drinking	2.75
Heavy drinking	3
Age of initial use	3
Drinking and driving	3
Consumption per capita	2.5
Tobacco Use Constructs	
Current use	2.25
Daily use	2.75
Age of initial use	3
Consumption per capita	2.5
Illicit Drug Use Constructs	
Current use	2.75
Lifetime use	2
Age of initial use	3
Note: Mean rating scores ranged from 1 (low) to 3 (high); scores were derived from a ND SEOW monthly meeting where grouped committee members considered these constructs and rated them based on their perceived quality and utility for North Dakota; constructs with mean scores of 1.5 or lower were targeted for exclusion from the Epidemiological Profile	

Appendix F: Indicators for Alcohol, Tobacco, and Illicit Drug Use and Consequences

Appendix F: Indicators for Alcohol, Tobacco, and Illicit Drug Use and Consequences			
Alcohol Consumption Indicators	Mean Rating	Source	Action
30-Day alcohol use	2.75	YRBSS BRFSS NSDU H	U
Age started drinking regularly	3		O-NU
Age of first Alcohol use	2.75	YRBSS	U
% of students reporting drunk or high at school	2.75		U
Heavy drinkers (adult: men >2 drinks/day; women >1 drink/ day)	2.5	BRFSS	U
Lifetime Alcohol Use	3	YRBSS	U
Number of liquor licenses	3	NDDO R	O-NU
Per capita consumption (all beverages), based on population >14 years	3	NIAAA	U
% of students reporting drinking >4 drinks at least once in the past 14 days	2.75		O-ND
% of students reporting drinking >4 drinks at least once in the past 30 days	3	YRBSS NSDU H BRFSS	U
% of women reporting alcohol use during pregnancy	3	NDVR	U
% of adults (18+) reporting driving after having “perhaps too much to drink” in past 30 days	2.75	BRFSS	U
% of case sales	3		O-ND
% of cash sales	2.5		O-NU
% of students drinking alcohol & driving car/other vehicles during the past 30 days	2	YRBSS	U
% of students riding in car/other vehicle driven by someone drinking alcohol during the past 30 days	3	YRBSS	U
% of students who had at least one drink of alcohol on school property on one or more of the past 30 days	2.5	YRBSS	U
OTHERS:			
Number of parties attended			
Kege sold			

How minors get access			
TAXABLE liquor sales			
Compliance checks			
Tribal and military alcohol use			
Alcohol Consequence Indicators:			
Chronic liver disease/cirrhosis deaths/100,000 population using ICD-10 codes K70-K74	2.5	CDC_w onder, NDVR	U
Suicides/100,000 population using ICD-10 codes X60-X84, Y87	3	CDC_w onder NDVR	U
The rate (per 100,000) of suicide deaths among youths aged 15 – 19	3	CDC_w onder	O-NU

Appendix F: Indicators for Alcohol, Tobacco, and Illicit Drug Use and Consequences (continued)			
Alcohol Consequence Indicators: (continued)	Mean Rating	Source	Action
Homicides/100,000 population using ICD-10 codes X85-Y09,Y87.1	2.5	CDC_w onder NVSS_ M NDVR	U
Vehicle & traffic deaths/100,000 population	2.25	US DOT	U
Motor vehicle crash death rate/100,000 for unintentional injuries among children <15 years	2.25	CDC_w onder NDVR	U
Motor vehicle crash death rate/100,000 for unintentional injuries among youth aged 15-24 from unintentional injuries	2.25	NDVR	O-NU
Motor vehicle crashes rate/100,000 of nonfatal injuries among children <15	2	NDVR	O-NU
Rate of other unintentional injuries	2.5	NDVR	O-NU
Unintentional accident deaths per 100,000 population	2	CDC_w onder	U
The death rate/100,000 due to unintentional injuries among children <15	2.25	NDVR	O-NU
Teen deaths by accident, homicides, & suicide:	3	KC	O-NU
Teen Deaths all Causes:	3	KC	O-NU
Infant Mortality:	2.25	KC	U
Child deaths:	2.5	KC	O-NU
Infant mortality rate/100,000 live births	2.25	NDVR	U
The child death rate/100,000 children aged 1-14	2.5	NDVR	O-NU
Percent of fatal Motor crashes that are Alcohol related	3	FARS NHTSA DOT	U
Alcohol-related vehicle Death Rate	3	FARS NHTSA DOT	U
% of Alcohol-involved drivers among all drivers in fatal crashes	3	FARS	U
Deaths caused by motor vehicle accidents	3	FARS	U
% of injury crashes that are alcohol-related	3	NHTSA DOT	U
% of non-fatal injuries that are alcohol-related	3	NHTSA DOT	U
% of property damage that is alcohol-related	3	NHTSA DOT	U
Rate of nonfatal injuries caused by motor vehicle crashes	2.25	NHTSA	O-NU

Rate of boating fatalities per year	2	USCG	O-NU
Total boating accidents per year	2.25	USCG	O-NU
Total boating fatal accident per year	2	USCG	O-NU
Total boating fatalities per year	2	USCG	O-NU
Number of boating injuries per year	2	USCG	O-NU
Number of boating accidents per year	1.75	USCG	O-NU
Number of boating fatalities with alcohol involvement	3	USCG	O-NU
Number of boating injuries with alcohol involvement	3	USCG	O-NU

Appendix F: Indicators for Alcohol, Tobacco, and Illicit Drug Use and Consequences (continued)			
Alcohol Consequence Indicators: (continued)	Mean Rating	Source	Action
Number of boating accidents with alcohol involved	3	USCG	O-NU
Number of violent crimes reported	2.75	NDBCI UCR	U
Number of murder, manslaughter reported	2.5	NDBCI UCR	U
Number of rapes reported	2.5	NDBCI UCR	U
Number of robberies reported	2.25	NDBCI UCR	U
Number of aggravated assaults reported	2.25	NDBCI UCR	U
Number of violent crimes arrests	2.75	NDBCI UCR	U
Number of murder, manslaughter arrests	2.5	NDBCI UCR	U
Number of rapes arrests	2.5	NDBCI UCR	U
Number of robberies arrests	2.5	NDBCI UCR	U
Number of aggravated assaults arrests	2.5	NDBCI UCR	U
DUI	3	NDBCI UCR	U
Liquor law violations	2.75	NDBCI UCR	U
Drunkenness	1.66667	NDBCI UCR	O-ND
Total number of domestic violence incidents	2.75	NDBCI	U
Total number of domestic violence arrests	3	NDBCI	U
Percent of persons aged 12 and older meeting DSM_IV criteria for alcohol abuse or dependence	3	NSDUH	U
Number of persons receiving treatment for alcohol-related disorders from licensed public treatment facilities, per 100000	2.75	TEDS	U
Number of North Dakota K12 alcohol related expulsions	3	SDFS	U
Number of North Dakota K12 alcohol related suspensions	3	SDFS	U

Number of EMS trauma response (MV incidents)	2.25	EMSP	O-NU
Number of EMS trauma response (fall) (EMSP)	1.75	EMSP	O-NU
Number of EMS trauma response (assault)	2.25	EMSP	O-NU
Number of EMS trauma response (altercation))	2	EMSP	O-NU
Number of EMS trauma response stabbing/gunshot)	2	EMSP	O-NU
Number of EMS trauma response (poisoning)	1.75	EMSP	O-NU
Number of EMS trauma response (water accidents)	2	EMSP	O-NU
Number of EMS trauma response (drowning)	1.75	EMSP	O-NU

Appendix F: Indicators for Alcohol, Tobacco, and Illicit Drug Use and Consequences (continued)			
Alcohol Consequence Indicators: (continued)	Mean Rating	Source	Action
Number of EMS trauma response (firearm/self inflicted)	2.5	EMSP	O-NU
Number of EMS trauma response (suicide attempts)	3	EMSP	O-NU
Number of EMS trauma response (stabbing)	2	EMSP	O-NU
Number of EMS trauma response (sexual assault)	2.5	EMSP	O-NU
Number of EMS medical response (psychological/emotional)	2	EMSP	O-NU
Number of EMS medical response (acute alcohol intoxication)	3	EMSP	O-NU
Number of EMS medical response (poisoning)	1.75	EMSP	O-NU
Number of EMS medical response (intoxication)	2.5	EMSP	O-NU
OTHERS:			
Fetal Alcohol Syndrome/Effects			
Number of birth defects due to substance use			
Note: Use "per vehicle miles traveled"			
Farm implement accidents			
Campus alcohol consequences			
Tribal alcohol consequences			
Military alcohol consequences			
Emergency room data			

Action Key

U = Used

O-NU = Omitted, not useful

O-ND = Omitted, no data

Appendix F. Indicators for Alcohol, Tobacco and Illicit Drug Use and Consequences (continued)			
Tobacco Consumption Indicators	Mean Rating	Source	Action
Percent of students smoking cigarettes in the past 30 days	3	YRBSS NSDUH	U
Percent of students using chewing tobacco or snuff in the past 30 days	3	YRBSS	U
Percent of students using any tobacco in the past 30 days	3	YRBSS	U
Percent of students smoking cigars, cigarillos, or little cigars in the past 30 days	3	YRBSS	U
Percent of students smoking >1 cigarettes/day on the days they smoked in the past 30 days	2.75	YRBSS	U
Percent of adults (18+) reporting smoking 100 cigarettes in their lifetime & now smoke everyday	1.25	BRFSS	O-NU
Percent of students smoking cigarettes on >19 of the past 30 days	2.75	YRBSS	U
Percent of students ever smoked cigarettes daily (1+ cigarette/ every day for 30 days	3	YRBSS	U
Percent of students ever trying cigarette smoking, even one or two puffs	1.75	YRBSS	U
Have you smoked 100+ cigarettes in lifetime	2	BRFSS	O-NU
Percent of students reporting any use of cigarettes in their lifetime	1.75		O-NU
Percent of students reporting any use of smokeless tobacco in their lifetime	2.25	YRBSS	U
Percent of students who smoked a whole cigarette for the first time < 13	2.75	YRBSS	U
Age of first use of cigarettes	3		O-ND
Age of first use of smokeless tobacco	3		O-ND
Number of packets of cigarettes sold per capita	2.5		O-NU
Percent of students smoking > 10 cigarettes/day on the days that they smoked in the past 30 days	3	YRBSS	U
Of smokers: on average, how many cigarettes/day do you now smoke	2.5		O-ND
Of smokers: During the past 30 days, how many days did you smoke cigarettes	2.5		O-ND
Of Smokers: on days when you smoked during the past 30 days, about how many cigarettes did you smoke a day?	2.25		O-ND
Percent of births to mothers smoking during pregnancy	3	NDVR	O-NU
Percent of students using chewing tobacco or snuff on school property on 1+ of the past 30 days	2.75	YRBSS	U
Percent of students smoking cigarettes on school property on 1+ of the past 30 days	2.5	YRBSS	U
Percent of students currently smoking & have tried to quit in the past 12 months	3	YRBSS	U
OTHERS - Please list:			
Second-hand smoke			
Tribal and military tobacco use			

Appendix F. Indicators for Alcohol, Tobacco and Illicit Drug Use and Consequences (continued)			
Tobacco Consumption Indicators	Mean Rating	Source	Action
Lung cancer deaths per 100,000 population	3	CDC_w onder NDVR	U
Chronic lower respiratory diseases per 100,000 population	3	CDC_w onder, NDVR	U
Cardiovascular deaths per 100,000 population	3	CDC_w onder, NDVR	U
Percent of low birth weight babies	2	NDVR	U
Percent of live births weighing less than 2,500 g.	2.25	NDVR	U
Percent of live singleton births weighing less than 2,500 g.	2.25	NDVR	O-NU
Percent of live births weighing less than 1,500 g.	2.5	NDVR	O-NU
Percent of live singleton births weighing less 1,500 g.	2.5	NDVR	O-NU
Adults who have been told they currently have asthma	2	BRFSS	O-NU
Adults who have ever been told they have asthma	2	BRFSS	O-NU
OTHERS:			
Other cancer types (ex: mouth)			
Stillbirth or SIDS			
Respiratory disease by age			

Action Key

U = Used

O-NU = Omitted, not useful

O-ND = Omitted, no data

Appendix F. Indicators for Alcohol, Tobacco and Illicit Drug Use and Consequences (continued)			
Illicit Drug Consumption Indicators	Rating	Source	Action
30-day marijuana use	3	CORE YRBSS NSDUH	U
30-day cocaine use	3	CORE YRBSS	U
30-day inhalant use	3	CORE YRBSS	U
30-day any illicit drug use other than marijuana	3	NSDUH	U
30-day LSD	2.75	CORE	U
30-day stimulant use	2.75	CORE	U
30-day sedative use	2.75	CORE	U
30-day heroin use	2.75	CORE	U
30-day ecstasy use	2.75	CORE	U
30-day steroid use	3	CORE	U
Lifetime marijuana use	2.25	YRBSS	U
Lifetime cocaine use	2.25	YRBSS	U
Lifetime inhalant use	2.25	YRBSS	U
Lifetime heroin use	2.25	YRBSS	U
Lifetime methamphetamine use	2.25	YRBSS	U
Lifetime stimulant use	2.25		O-ND
Lifetime ecstasy use	2.25	YRBSS	U
Percent of students taking steroid pills/shots w/o a Dr. Rx 1+ times in their life	3	YRBSS	U
Lifetime LSD use	2.25		O-ND
Lifetime sedative use	2.25		O-ND
Lifetime steroid use	2.25	YRBSS	U
Percent of students trying marijuana for the first time <13	3	YRBSS	U
Age of first use of marijuana	3	YRBSS	U
Daily marijuana use in past 30 days	3	CORE	O-NU
Lifetime injecting drugs	2.75	YRBSS	U
Percent of students using marijuana on school property 1+ times in the past 30 days	2.75	YRBSS	U
Percent of students offered, sold, or given an illegal drug on school property in the past 12 months	3	YRBSS	U
Illicit Drug Consequence Indicators			
Viral hepatitis deaths per 100,000 population	2.75	CDC_wo nder NDVR	O-NU
HIV deaths per 100,000 population	2.25	NVSS_M NDVR	U

Appendix F: Indicators for Alcohol, Tobacco and Illicit Drug Use and Consequences (continued)			
Illicit Drug Consequence Indicators (continued)	Rating	Source	Action
Malnutrition deaths per 100,000 population	2.25	CDC_wonder	O-NU
Number of property crimes reported	2.25	NDBCI UCR	U
Number of burglaries reported	2.25	NDBCI UCR	U
Number of larceny reported	2.25	NDBCI UCR	U
Number of vehicle thefts reported	2	NDBCI UCR	U
Amount of arson reported	2	NDBCI UCR	U
Number of property crimes arrests	2.5	NDBCI UCR	U
Number of burglaries arrests	2.5	NDBCI UCR	U
Number of larceny arrests	2.5	NDBCI UCR	U
Number of vehicle thefts arrests	2.25	NDBCI UCR	U
Amount of arson arrests	2.25	NDBCI	O-NU
Drug abuse violations	2.75		O-NU
Drug manufacture violations	2.75	NDBCI	U
Drug possession violations	2.75	NDBCI	U
Number of North Dakota K12 drug related expulsions	2.75	ND DPI	U
Number of North Dakota K12 drug related suspensions	2.75	ND DPI	O-NU
Number of EMS medical response (drug overdose)	2.5	Div of EMS	O-NU
Reported AIDs cases and annual rates per 100,000	2.75	CDC Wonder	U
Estimated numbers of cases and rates (per 100,000 population) of AIDS (Population +13)	2.25	CDC Wonder	U
DEA drug violation arrests	3	DEA	U
Controlled substance arrests/charges (cocaine)	3	NDBCI	U
Controlled substance seizures/purchases (cocaine)	2.75	NDBCI	U
Controlled substance seizures/purchases (crack cocaine)	2.75	NDBCI	U
Highway patrol cocaine seizure	2.25	NDBCI	O-NU
Highway patrol cocaine cases	2.25	NDBCI	O-NU
Federal drug seizures (cocaine)	2.75	DEA	U
Controlled substance arrests/charges (marijuana)	3	NDBCI	U
Controlled substance seizures/purchases (marijuana)	2.75	NDBCI	U
Controlled substance seizures/purchases (hashish)	2.75	NDBCI	U
Controlled substance seizures/purchases (sinsemilla plants)	2.25	NDBCI	O-NU
Controlled substance seizures/purchases (marijuana plants)	2.75	NDBCI	U

Controlled substance seizures\purchases (ditchweed/wild plants)	1.75	NDBCI	O-NU
Highway patrol marijuana seizure	2.25	NDBCI	O-NU
Highway patrol marijuana cases	2	NDBCI	O-NU
Federal drug seizures (marijuana)	2.75	DEA	U
Highway patrol hashish seizure	2.25	NDBCI	O-NU

Appendix F. Indicators for Alcohol, Tobacco and Illicit Drug Use and Consequences (continued)			
Illicit Drug Consequence Indicators (continued)	Rating	Source	Action
Highway patrol hashish cases	2.25	NDBCI	O-NU
Controlled substance arrests/charges (methamphetamine)	3	NDBCI	U
Controlled substance seizures/purchases (methamphetamine)	2.75	NDBCI	U
Highway patrol methamphetamine seizure	2.5	NDBCI	O-NU
Highway patrol methamphetamine cases	2.5	NDBCI	O-NU
Federal drug seizures methamphetamine	3	DEA	U
Controlled substance seizures/purchases (clandestine labs)	2.75	NDBCI	U
Highway patrol clandestine labs seizures	2.25	NDBCI	O-NU
Number of meth clandestine labs seizures	2.75	DEA	U
Federal drug seizures (labs -DEA, State, local)	2.75	DEA	U
NDBCI other stimulant seizures	2.75	NDBCI	O-NU
Controlled substance seizures/purchases (heroin)	3	NDBCI	U
Highway patrol heroin seizure	2.25	NDBCI	O-NU
Highway patrol heroin cases	2.5	NDBCI	O-NU
Federal drug seizures (heroin)	3	DEA	U
Controlled substance arrests/charges (opiates)	3	NDBCI	U
Controlled substance seizures/purchases (morphine)	3	NDBCI	U
Controlled substance seizures/purchases (opium)	3	NDBCI	U
Controlled substance arrests/charges (hallucinogenic)	3	NDBCI	U
Controlled substance seizures/purchases (LSD)	3	NDBCI	U
Controlled substance seizures/purchases (hallucinogens)	3	NDBCI	U
Highway patrol hallucinogens seizure	2.5		O-NU
Controlled substance seizures/purchases (psilocybin)	3	NDBCI	O-NU
Highway patrol hallucinogens cases	2.25	NDBCI	O-NU
Highway patrol MDMA seizure	2.5	NDBCI	O-NU
Highway patrol MDMA cases	2.25	NDBCI	O-NU
Federal drug seizures (ecstasy)	2.5	DEA	U
Controlled substance seizures/purchases (club drugs)	2.5	NDBCI	U
Highway patrol pharmaceutical seizure	2.5	NDBCI	O-NU
Highway patrol pharmaceutical cases	2.25	NDBCI	O-NU
Controlled substance arrests/charges (other)	3	NDBCI	U
Controlled substance seizures/purchases (other narcotic)	3	NDBCI	U

Appendix F. Indicators for Alcohol, Tobacco and Illicit Drug Use and Consequences (continued)			
Illicit Drug Consequence Indicators (continued)	Rating	Source	Action
OTHERS:			
Prescription Drug Use/Abuse			
Inorganic substances (e.g., paint, aerosols)			
Amounts of drug seizures			
Medical consequences			
DSM - dependency or abuse data			
child abuse/neglect			
GHB			
assaults, homicides, sexual assaults			
anhydrous ammonia fertilizer theft			
child endangerment			
Fires/burns			
Drug-endangered child data			
OD/poisoning			

Action Key:

U = Used

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Key:

BRFSS	Behavioral Risk Factor Surveillance System
BCI	Bureau of Criminal Investigations
CORE	Core Alcohol and Drug Survey of North Dakota College Students
DEA	Drug Enforcement Agency
DOR	Department of Revenue
EMS	ND Division of Emergency Medical Services
FARS	Fatal Analysis Reporting System
KC	Kids Count
MCHB	Maternal and Child Health Bureau
NDBCI	North Dakota Bureau of Criminal Investigation
NDVR	North Dakota Division of Vital Records
NIAAA	National Institute of Alcohol Abuse and Alcoholism
NSDUH	National Survey on Drug Use and Health
NHTSA	National Highway Traffic Safety Administration
NVSS	National Vital Statistics Service
TEDS	Treatment Episode Data Set
UCR	Uniform Crime Reports
USGC	U.S. Coast Guard
YRBS	Youth Risk Behavior Survey
YRBSS	Youth Risk Behavior Surveillance System

Appendix G: Needed Data to Address Gaps

Appendix G. Needed Data to Address Gaps			
Data Needs	Description	Benefits to the State	Barriers to Fruition
Statewide Hospital Discharge Database	All hospitals in the state submit electronic copies of their patient information on an annual basis; standardized data fields; data stored in a centralized location and routinely utilized for health research purposes	Derive incidence rates for ATOD-related health conditions; Monitor emergency room use for ATOD-related health concerns	Cost; public unawareness of its need; hesitation from hospitals regarding confidentiality issues
BRFSS at the regional and county levels	Specific BRFSS survey methods are used to derive valid estimates for state regions and counties	Sub-state analysis of substance use and consequences among adults by geographic region	Cost; Low population in state's rural areas
YRBSS at the regional and county levels	Specific YRBSS survey methods are used to derive valid estimates for state regions and counties	Sub-state analysis of substance use and consequences among students in grades 9-12 by geographic region	Cost; Low population in state's rural areas
Statewide Treatment Data	Statewide, centralized repository for ATOD treatment data; standardized data fields; available for health research purposes	Improve the quality of ATOD treatment data beyond TEDS, which has limitations on quality and generalizability	Cost; Public support for addressing this data need is uncertain
NSDUH at the regional and county levels	Specific NSDUH survey methods are used to derive valid estimates for state regions and counties	Sub-state analysis of substance use and consequences among ND residents by geographic region	Cost; Low population in state's rural areas

