2009-2011

Substance Use in North Dakota

A Comprehensive Report

Substance Use in North Dakota: A Comprehensive Report 2009 - 2011

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north dakota department of human services

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www.nd.gov/dhs

Data Sources

North Dakota Department of Human Services, Community Readiness Survey [CRS] 2008
http://www.nd.gov/dhs/info/pubs/docs/mhsa/alcohol-drug-report-2008.pdf

North Dakota Department of Transportation Crash Data [DOT] 2009
http://www.dot.nd.gov/manuals/manuals-publications.htm

State Estimates of Substance Use from the 2005-2006
National Surveys on Drug Use and Health [NSDUH] 2008
http://www.oas.samhsa.gov/2k7state/2k7state.pdf

North Dakota Office of the Attorney General, Bureau of Criminal Investigation
Uniform Crime Report [UCR] 2008
http://www.ag.nd.gov/Reports/BCIReports/CrimeHomicide/Crime08.pdf

Pacific Institute for Research and Evaluation [PIRE] 2009
http://www.udetc.org/factsheets/NorthDakota.pdf

Youth Risk Behavior Survey [YRBS] 2009
http://www.dpi.state.nd.us/health/YRBS/index.shtm

This booklet tells the story of substance use in North Dakota. The data paints a picture that will help guide prevention efforts across the state.

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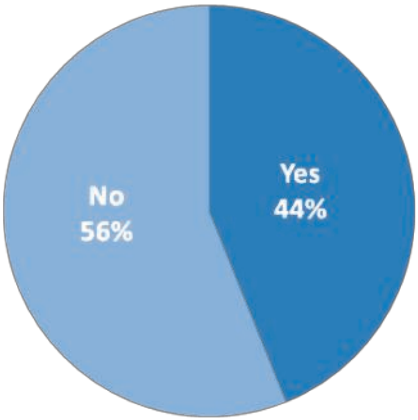
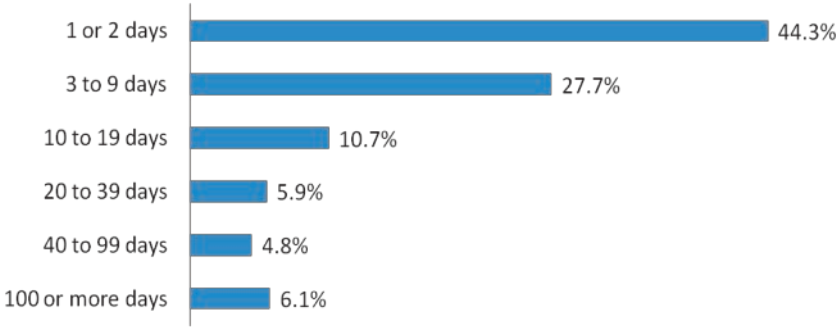
Middle school students who have had at least one drink of alcohol *in their life*

(YRBS, 2009)



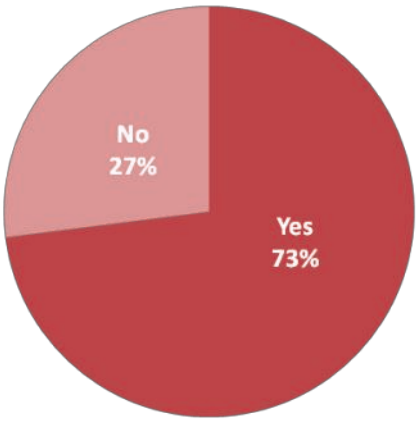
Of the 44% of middle school students who answered "yes" to the above question, *how many days* they had at least one drink of alcohol

(YRBS, 2009)

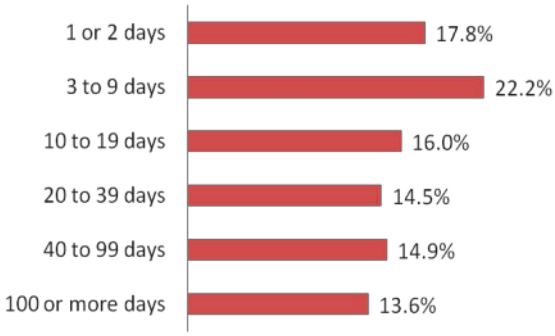


1 out of 6 middle school students who have had at least one drink of alcohol in their life have done so on 20 or more days (1 out of 10 have done so on 40 or more days)

High school students who have had at least one drink of alcohol *in their life*
(YRBS, 2009)

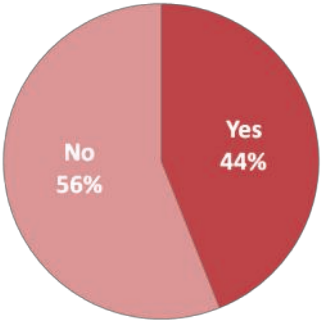


Of the 73% of high school students who answered "yes" to the above question, *how many days* they had at least one drink of alcohol
(YRBS, 2009)



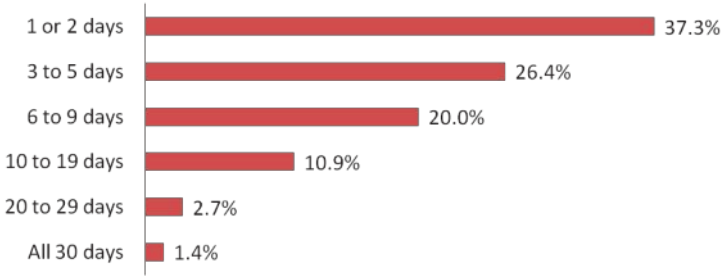
1 out of 4 high school students who have had at least one drink of alcohol in their life have done so on 40 or more days (1 in 8 have done so on 100 or more days)

High school students who have had at least one drink of alcohol *in the past 30 days*
(YRBS, 2009)



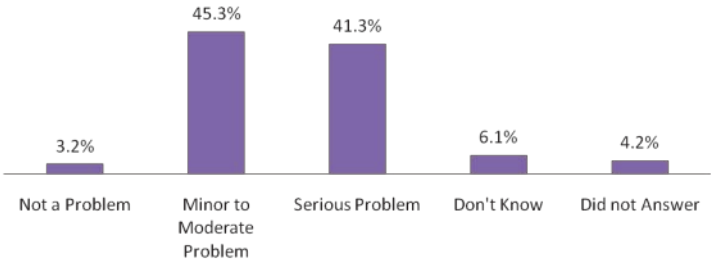
On 10 or more days out of the month, 1 out of 7 high school students are drinking alcohol

Of the 44% of high school students who answered "yes" to the above question, *how many days* those students had at least one drink of alcohol
(YRBS, 2009)

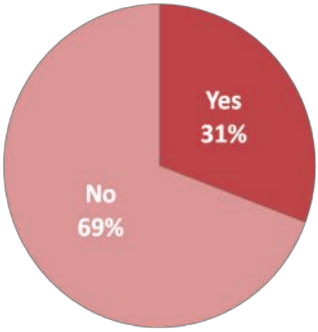


Less than half of community members perceive youth alcohol use as a serious problem in their community

Community member perception of *youth* alcohol use in their community
N=2357
(CRS, 2008)

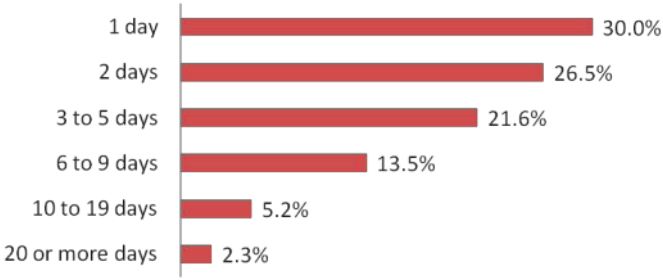


High school students who have had 5 or more drinks of alcohol in a row within a couple of hours (*Binge Drinking*) in the past 30 days
(YRBS, 2009)

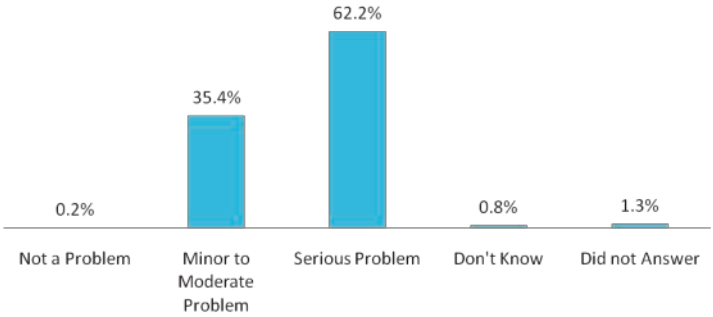


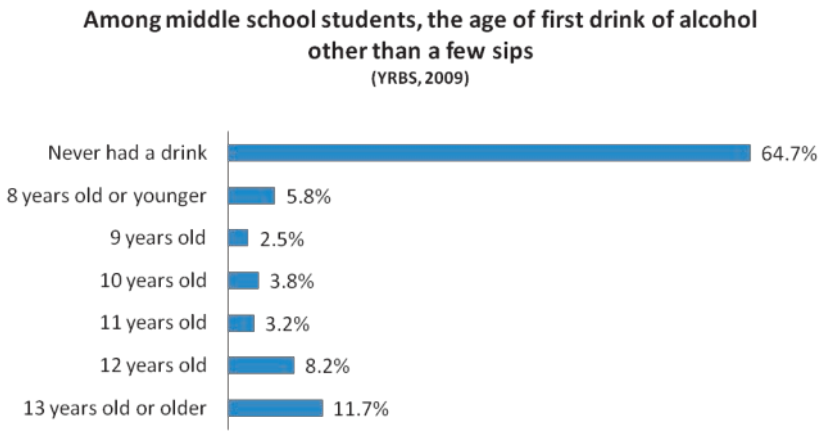
On 6 or more days out of the month, 1 out of 5 high school students have participated in binge drinking

Of the 31% of high school students who answered "yes" to the above question, *how many days* those students had 5 or more drinks of alcohol in a row within a couple of hours
(YRBS, 2009)



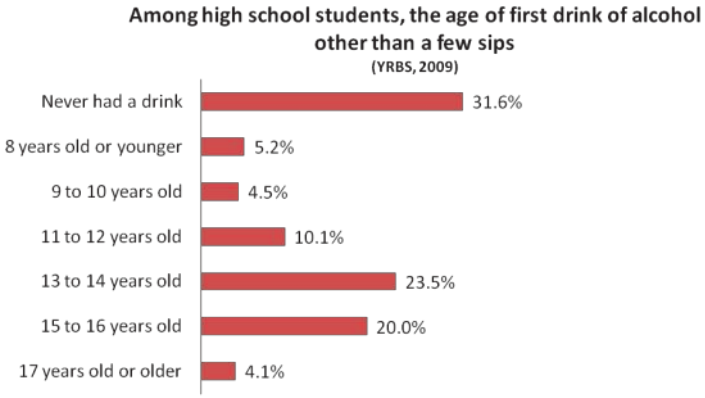
Key community professional perception of *youth* alcohol use in their community
N=593
(CRS, 2008)



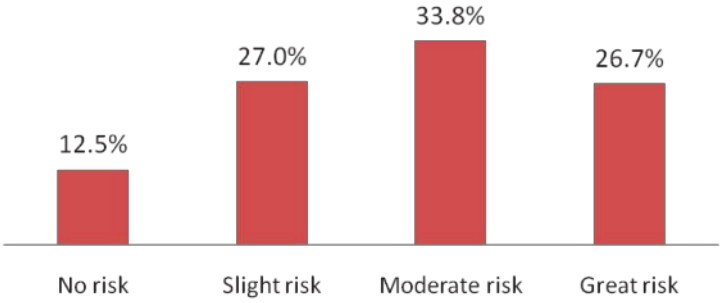


Nearly 6% of middle school students had their first drink of alcohol at 8 years of age or younger

1 out of 4 high school students had their first drink of alcohol between the ages of 13 and 14

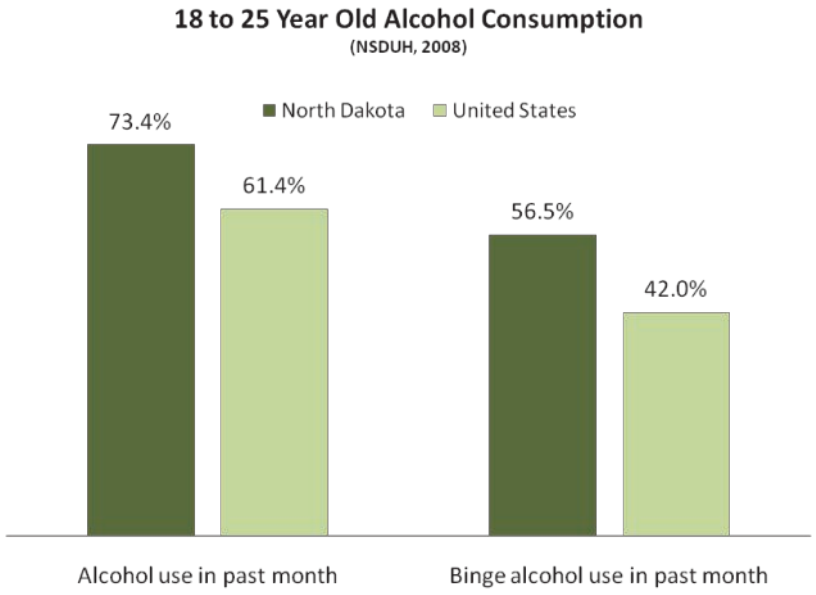


Perceived risk of harming oneself among high school students, physically or in other ways, with 5 or more drinks of an alcoholic beverage once or twice each week (*Binge Drinking*)
(YRBS, 2009)

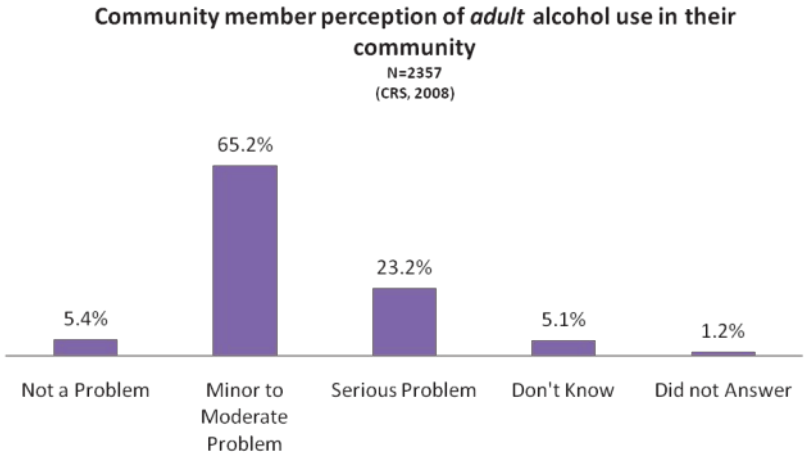


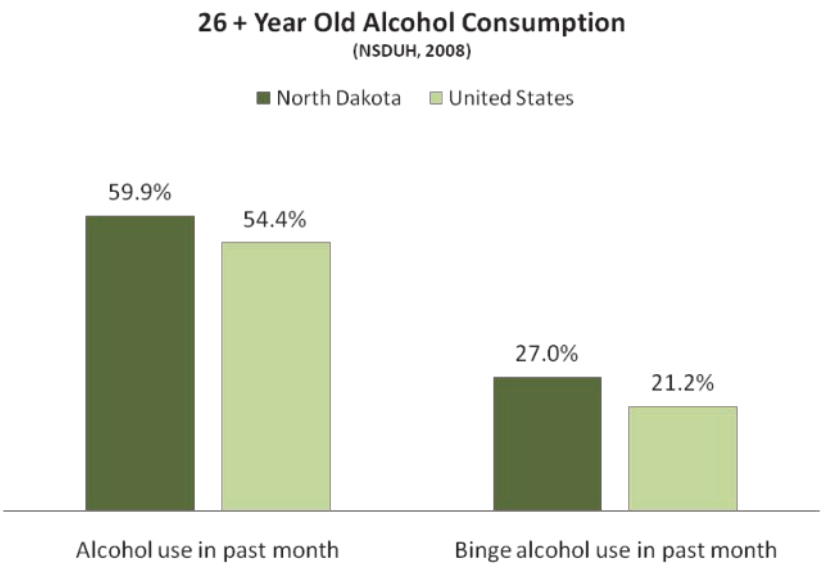
3 out of 4 high school students believe people who binge drink once or twice each week do not put themselves at great risk

North Dakota ranks #1 in the nation for binge drinking (ages 18-25 and 26+)

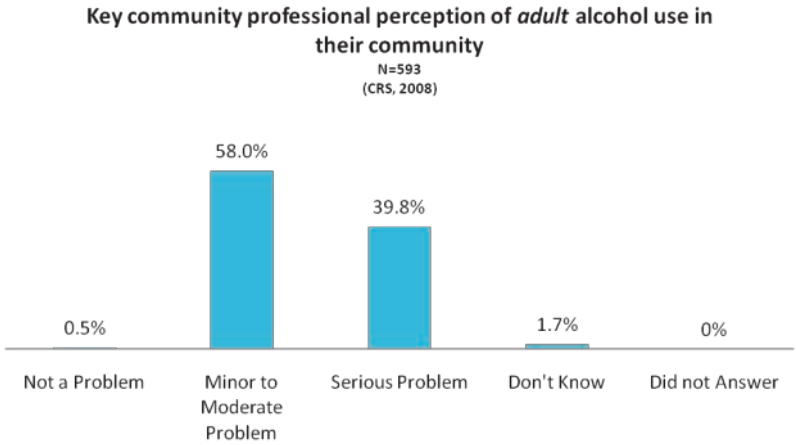


Less than 1/4 of community members perceive adult alcohol use in their community as a serious problem



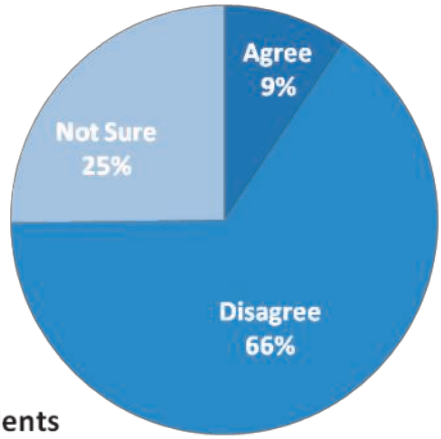


Less than 1/2 of key community professionals perceive adult alcohol use in their community as a serious problem

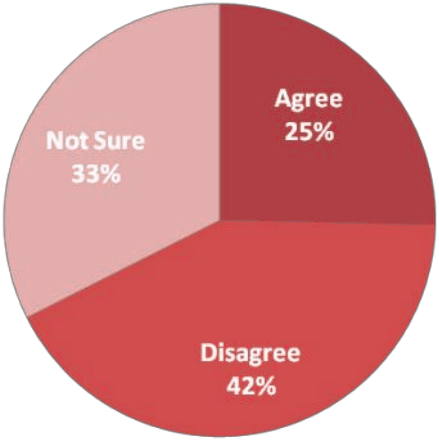


The percentage of *middle and high school students* that disagree, agree, or aren't sure that in their community, drinking among teenagers is acceptable

Middle school students
(YRBS, 2009)



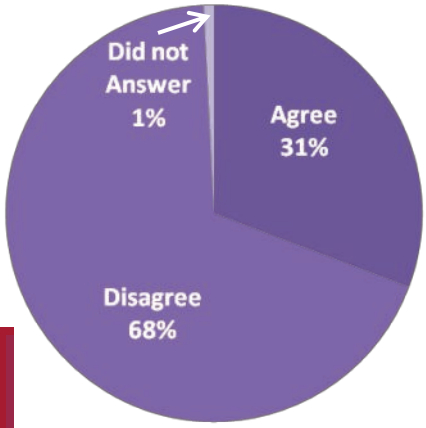
High school students
(YRBS, 2009)



1 out of 3 high school students is not sure if drinking among teenagers is acceptable in their community

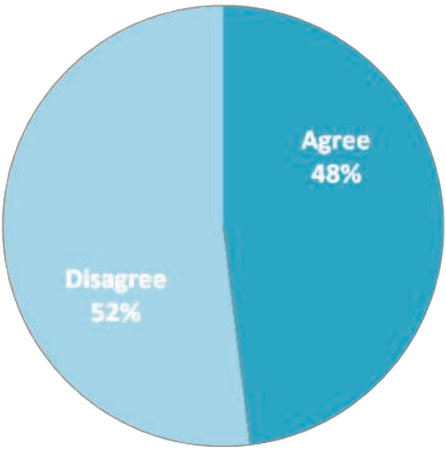
The percentage of *community members and key community professionals* that disagree or agree that in their community, drinking among teenagers is acceptable

Community Members
N=2357
(CRS, 2008)

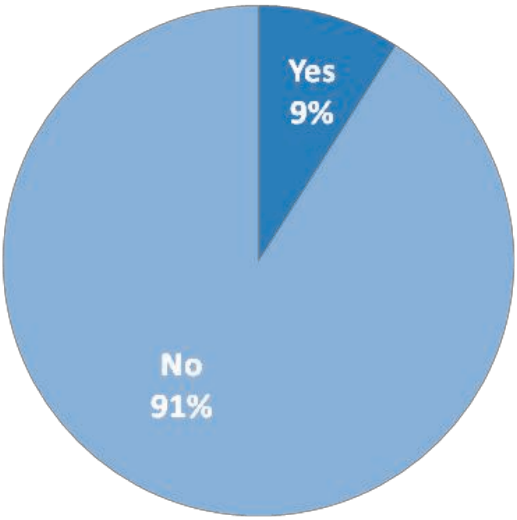


1 out of 3 community members perceive that drinking among teenagers is acceptable in their community

Key Community Professionals
N=593
(CRS, 2008)



Middle school students who have ever used marijuana *in their life*
(YRBS, 2009)



High school students who have ever used marijuana *in their life*

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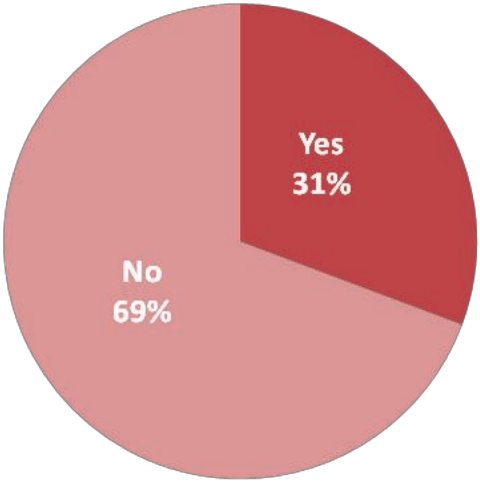
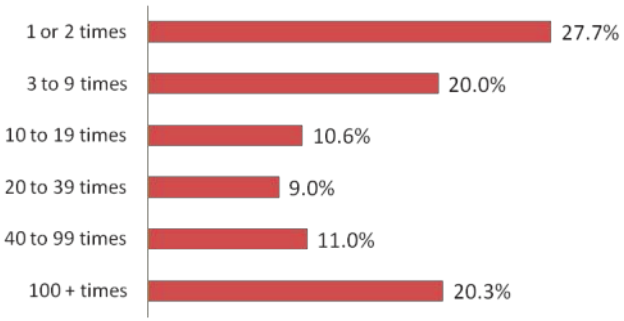


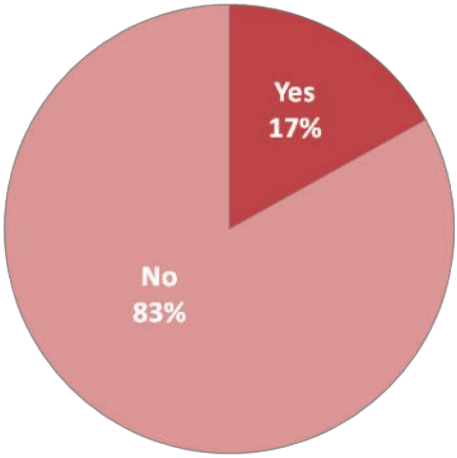
Of the 31% of high school students who answered "yes" to the above question, *how many times* those students have used marijuana

(YRBS, 2009)

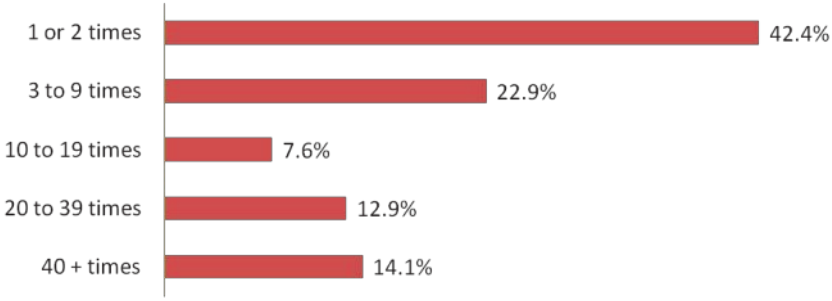


1 out of 5 high school students who have used marijuana have done so 100 or more times in their life

High school students who have used marijuana *in the past 30 days*
(YRBS, 2009)

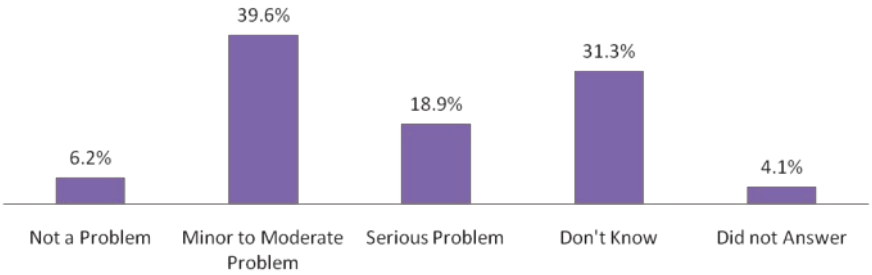


Of the 17% of high school students who answered "yes" to the above question, *how many times* those students had used marijuana
(YRBS, 2009)

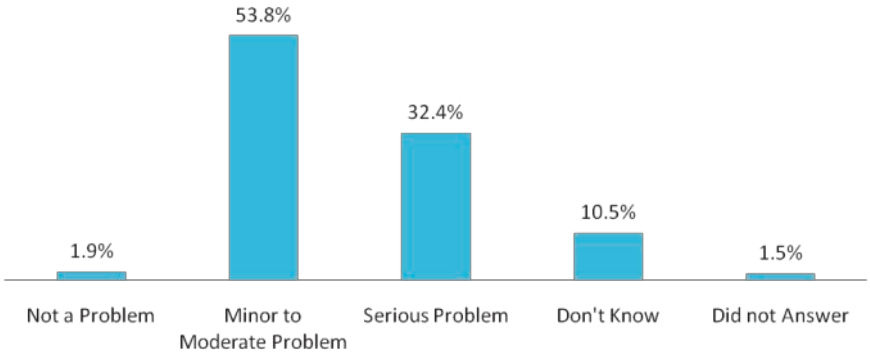


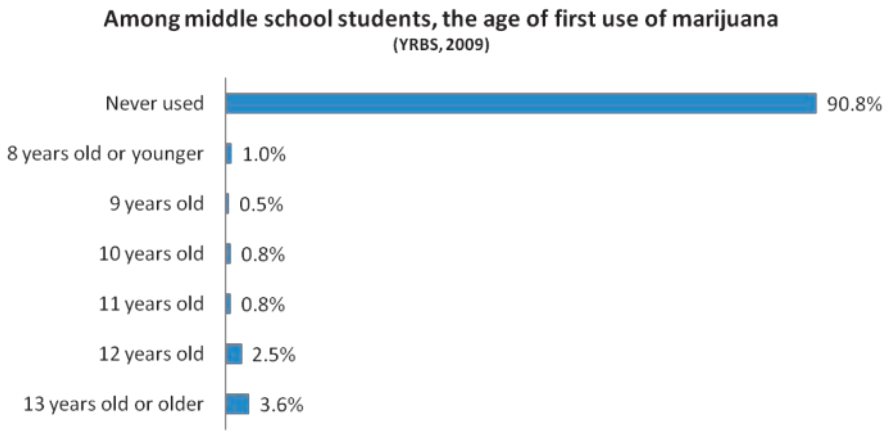
1 out of 4 high school students who have used marijuana in the past 30 days have done so 20 or more times

Community member perception of *youth* marijuana use in their community
N=2357
(CRS, 2008)

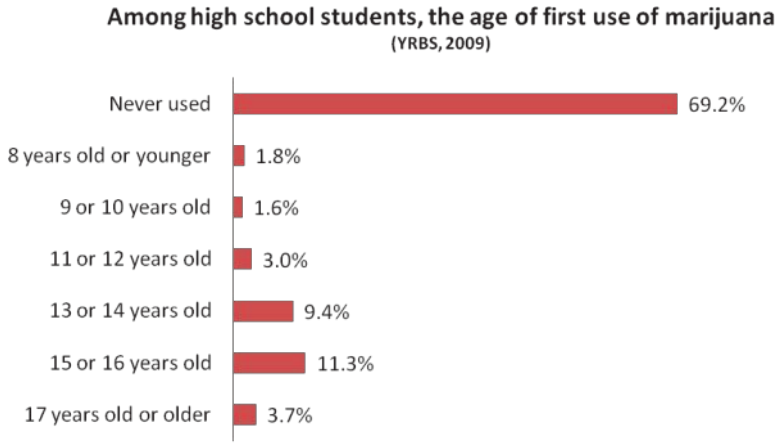


Key community professional perception of *youth* marijuana use in their community
N=593
(CRS, 2008)

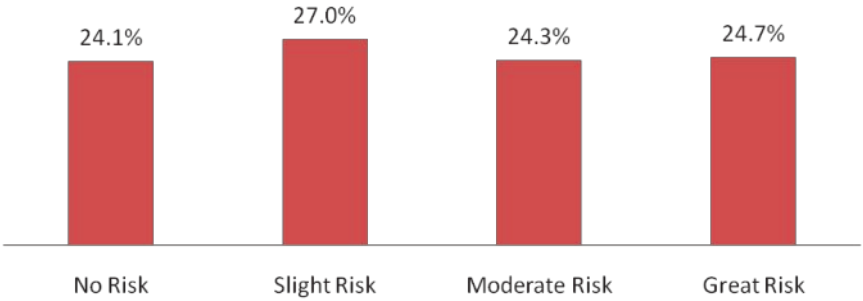




1 out of 5 high school students start using marijuana between 13 and 16 years of age



Perceived risk of harming oneself among high school students, physically or in other ways, with smoking marijuana once a month
(YRBS, 2009)

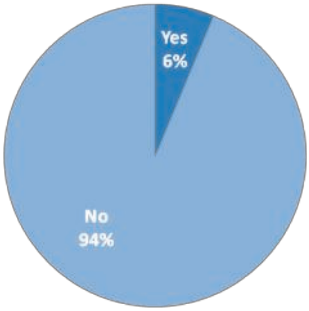


Over half of high school students believe that smoking marijuana once a month poses either no or a slight risk

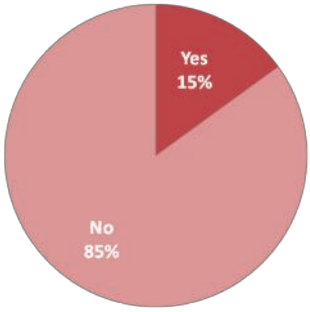
PRESCRIPTION DRUGS

Almost 1 in 6 high school students have taken a prescription drug without a doctor's prescription

Middle school students who have ever taken prescription drugs without a doctor's prescription
(YRBS, 2009)

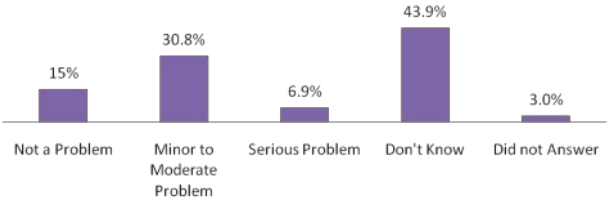


High school students who have ever taken a prescription drug without a doctor's prescription
(YRBS, 2009)

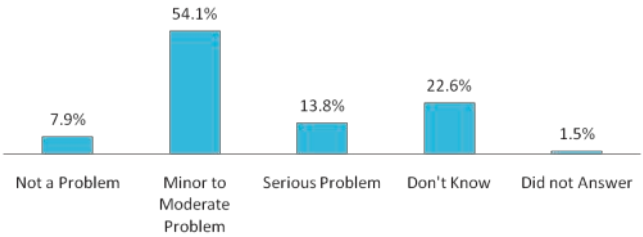


A majority of community members do not know if youth prescription drug use is a problem

Community member perception of *youth* prescription drug abuse in their community
N=2357
(CRS, 2008)

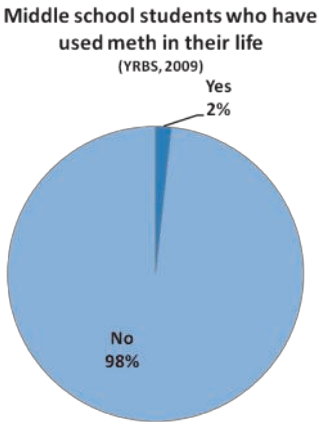


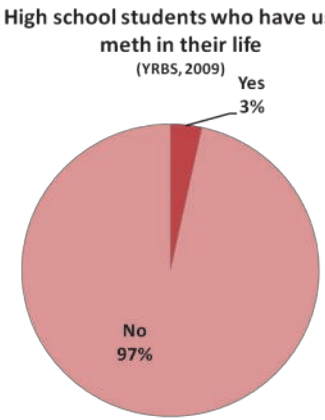
Key community professional perception of *youth* prescription drug abuse in their community
N=593
(CRS, 2008)



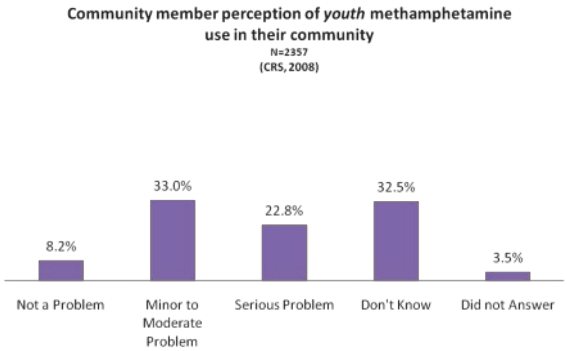
METHAMPHETAMINE

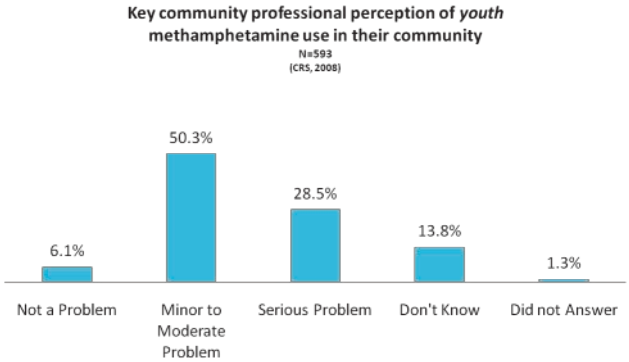
2 out of 100 middle school students and 3 out of 100 high school students reported using meth in their lifetime





A majority of community members perceive youth methamphetamine use as problematic

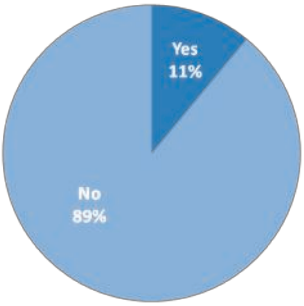




INHALANTS

Inhalants are the 2nd most commonly used drug among middle school students, following alcohol

Middle school students who have ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high
(YRBS, 2009)



High school students who have ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high
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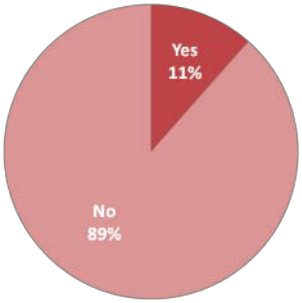
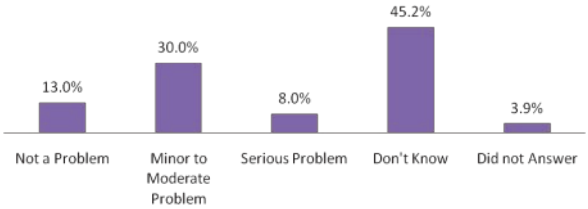
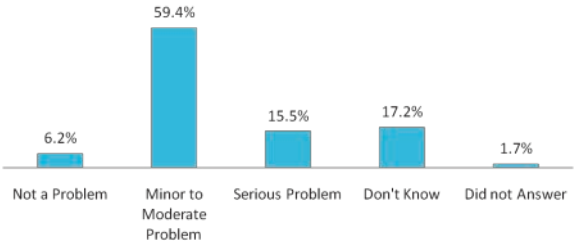


A majority of community members do not know if youth inhalant use is a problem in their community

Community member perception of *youth* inhalant (glue, paint, aerosols, solvents, etc.) use in their community
N=2357
(CRS, 2008)



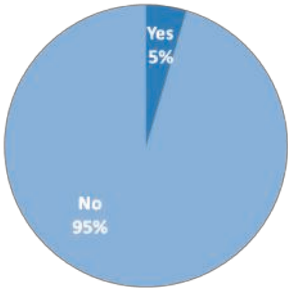
Key community professional perception of *youth* inhalant (glue, paint, aerosols, solvents, etc.) use in their community
N=593
(CRS, 2008)



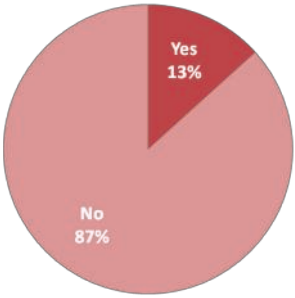
OVER-THE-COUNTER DRUGS

Almost 1 in 7 high school students have taken over-the-counter drugs to get high

Middle school students who have ever taken over-the-counter drugs to get high
(YRBS, 2009)

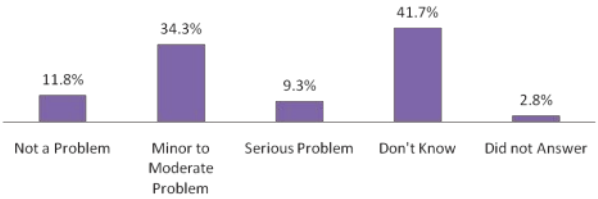


High school students who have ever taken over-the-counter drugs to get high
(YRBS, 2009)

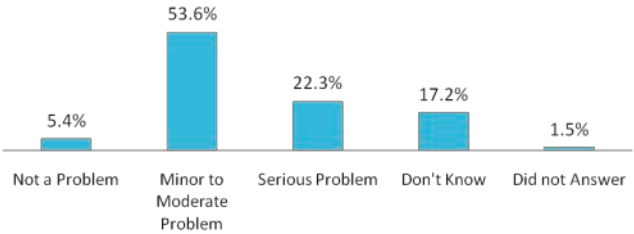


A majority of community members do not know if youth over-the-counter drug use is a problem in their community

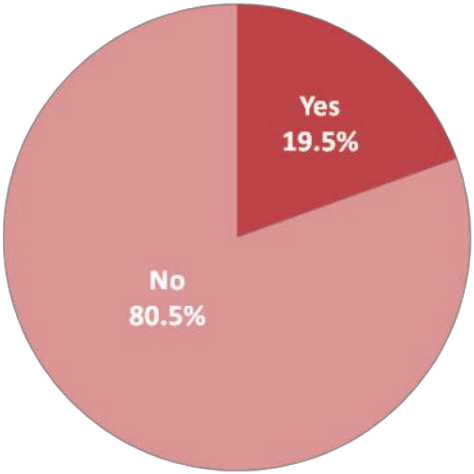
Community member perception of *youth* over-the-counter drug abuse in their community
N=2357
(CRS, 2008)



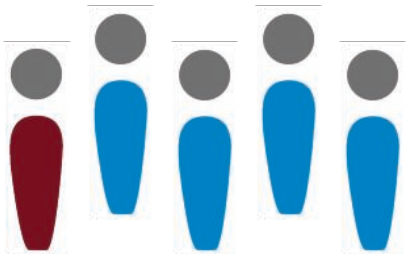
Key community professional perception of *youth* over-the-counter drug abuse in their community
N=593
(CRS, 2008)

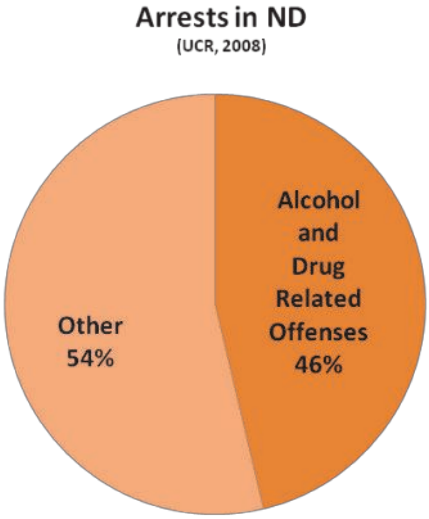


High school students who have been offered, sold, or given an illegal drug on school property in the past year
(YRBS, 2009)



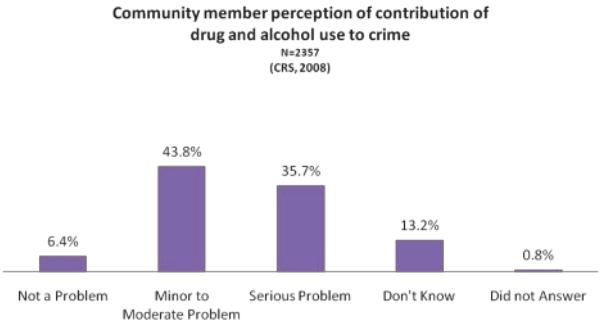
1 out of 5 students have been offered, sold, or given an illegal drug on school property in the past year

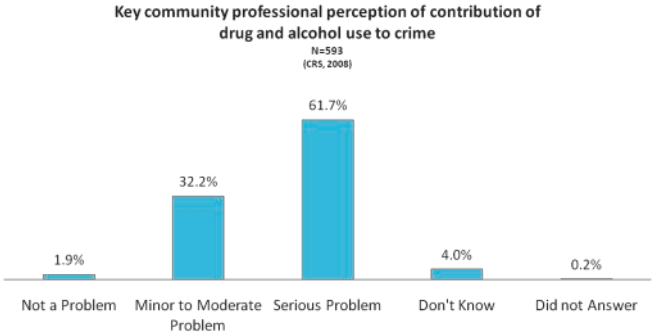




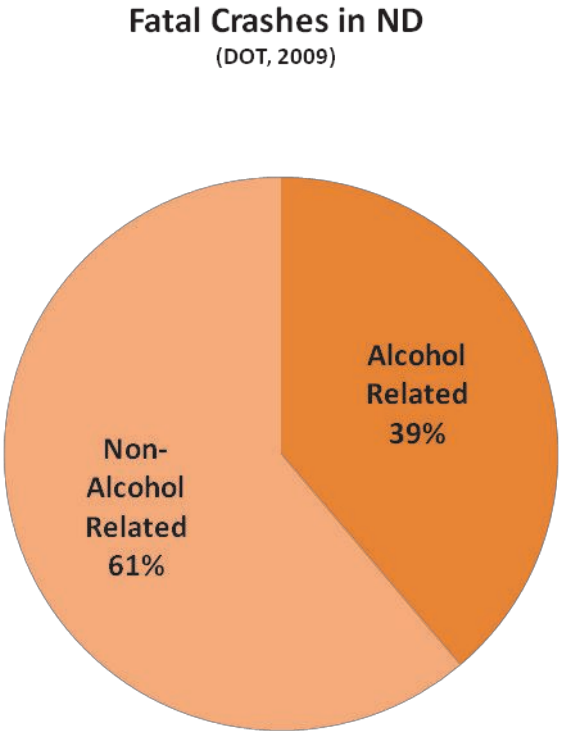
Nearly half of all arrests in ND were for alcohol and drug related offenses

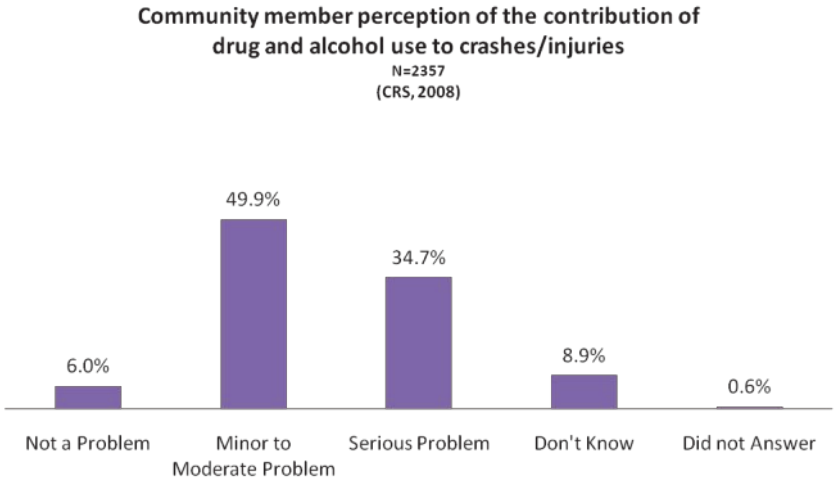
1 out of 3 community members perceive the contribution of drug and alcohol use to crime as a serious problem



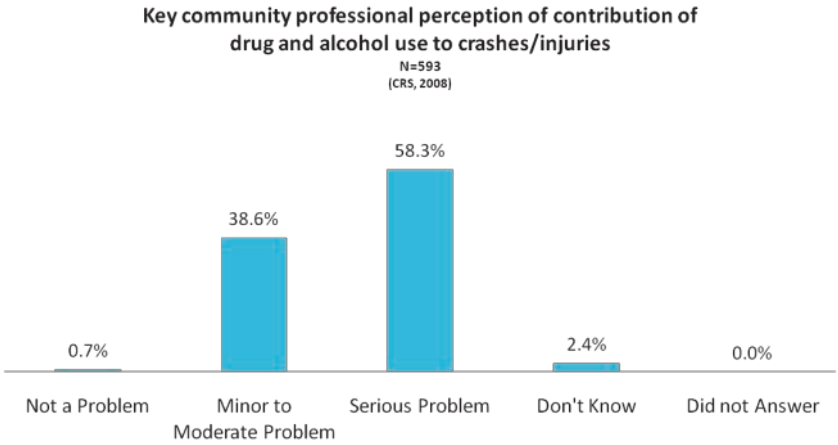


In North Dakota, there were 55 alcohol related fatalities in 2009



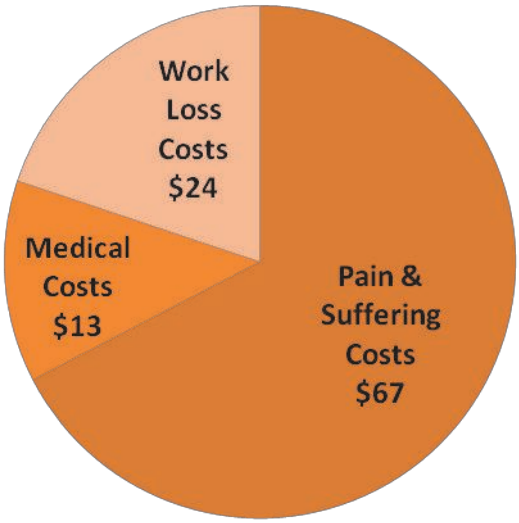


1 out of 3 community members perceive the contribution of drug and alcohol use to crashes/injuries as a serious problem



Costs of underage drinking in North Dakota 2007, in millions

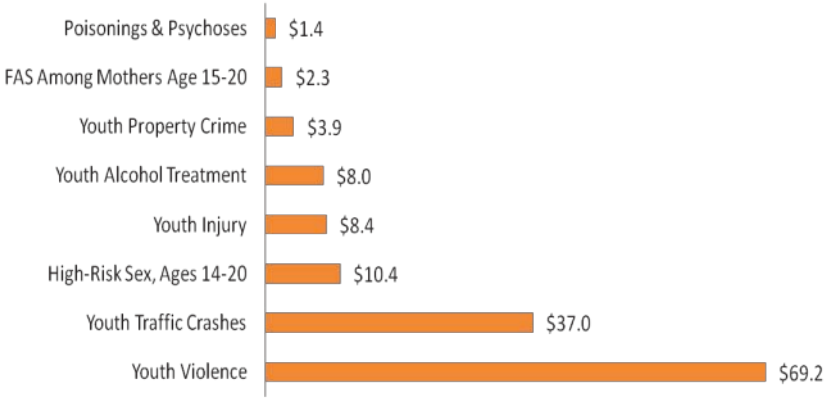
(PIRE, 2009)



Underage drinking cost the citizens of North Dakota $141 million in 2007

Costs of underage drinking by problem in North Dakota 2007, in milions

(PIRE, 2009)



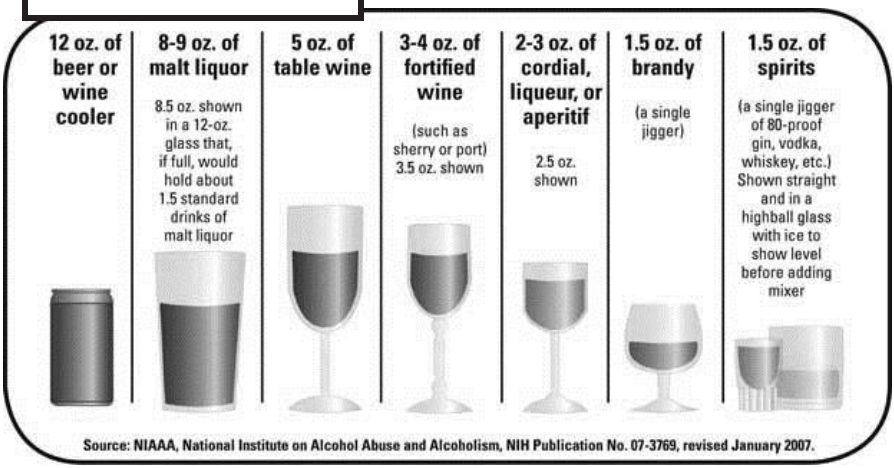
Binge Drinking:

For the typical adult, this pattern corresponds to consuming…

- **5 or more drinks for men in about 2 hours**
- **4 or more drinks for women in about 2 hours**

NIAAA

1 Drink Equals…



RISKS OF BINGE DRINKING

- Unintentional injuries (e.g., car crashes, falls, burns, drowning)
- Intentional injuries (e.g., firearm injuries, sexual assault, domestic violence)
- Alcohol poisoning
- Sexually transmitted diseases
- Unintended pregnancy
- Children born with Fetal Alcohol Spectrum Disorders
- High blood pressure, stroke, and other cardiovascular diseases
- Liver disease
- Neurological damage
- Sexual dysfunction
- Poor control of diabetes

http://www.cdc.gov/alcohol/quickstats/binge_drinking.htm

Effective prevention efforts need to be...

- Community-specific
- Culturally relevant
- Consistent with the level of readiness or how prepared a community is to take action on substance abuse issues

The process of determining a community's level of readiness begins with an assessment in five areas:

1. Community Perception of an Alcohol, Tobacco, and Other Drug problem
2. Permissiveness of Attitudes on Alcohol, Tobacco, and Other Drug use
3. Access to Alcohol, Tobacco, and Other Drugs
4. Community Support for Alcohol, Tobacco, and Other Drug Prevention (and Policy)
5. Perception of Community Commitment

	Area to Improve	Area of Strength
Perception of Documented Problem	✓	
Permissive Attitude		✓
Access	✓	
Support for ATOD Prevention		✓
Community Commitment		✓

The results of the Community Readiness Survey completed in North Dakota in 2008 place the state in a ***vague awareness*** stage where…

- most community members recognize that alcohol, tobacco, and other drug use is a local problem, but there is no immediate motivation to do anything about it.

The goal is to raise awareness that the community can do something.

WHAT WE CAN DO:

1. Present information at local community events and to unrelated groups.
2. Post flyers, posters, and billboards.
3. Begin to initiate your own events to present information on the issue.
4. Conduct informal local surveys/interviews with community people by phone or door-to-door.
5. Publish newspaper editorials and articles with general information, but relate information to local situation.
6. Increase awareness of youth use and abuse of alcohol, tobacco, and other drugs.

Edwards, R. W., Jumper-Thurman, P., Plested, B. A., Oetting, E. R., & Swanson, L. (2000). Community readiness: Research to practice. *Journal of Community Psychology, 28*(3), 291-307.

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