This booklet tells the story of substance use in North Dakota and is based off the 2016 North Dakota Epidemiological Profile. Research has shown the importance of using data to guide effective and targeted behavioral health efforts. The data presented in this booklet paints a picture to help guide these efforts across the state.

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

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

You may also visit the Substance Use North Dakota (SUND) website ([www.sund.nd.gov](http://www.sund.nd.gov)) to search substance use data based on substance type, human service center region, grade level, age and year.
NORTH DAKOTA DEMOGRAPHICS OVERVIEW

NORTH DAKOTA POPULATION IS 756,927

12.5% INCREASE FROM APRIL 2010.

3.5% of North Dakotans identify as Hispanic or Latino.²

There are 52,035 veterans in North Dakota, which is 9.6% of the state’s adult population.⁴

40.1% of North Dakota residents live in rural areas, compared to 19.3% nationwide.⁵

One in ten (11%) North Dakotans are currently living in poverty.⁶

There are five federally recognized Tribes and one Indian community located at least partially within the state.³

23% of North Dakotans are under age 18 and 14.2% are over age 65.²

North Dakota has a 3% unemployment rate.⁷

RACE/ETHNICITY²

- White: 88.6%
- Black or African American: 2.4%
- American Indian and Alaska Native: 5.5%
- Asian: 1.4%
- Native Hawaiian and other Pacific Islander: 0.1%
- Two or more races: 2.1%
OVERVIEW OF SUBSTANCE USE
IN NORTH DAKOTA

Alcohol is the most commonly abused drug in the state.

YOUTH (HIGH SCHOOL STUDENTS) *
ND High School Student Reported LIFETIME Substance Use

- **ALCOHOL**: 62.1%
- **CIGARETTE SMOKING**: 35.1%
- **PRESCRIPTION DRUGS**: 14.5%
- **OVER-THE-COUNTER DRUGS**: 7.3%
- **SYNTHETIC DRUGS**: 5.7%
- **COCAINE**: 3.9%
- **ECSTASY**: 3.6%
- **HEROIN**: 1.2%

*In 2009 (the last time the question was asked), lifetime use of marijuana among ND high school students was 30.7%.

ADULTS (AGES 18+)*
Adults Age 18 and Older Past 30-Day Substance Use

- **BINGE ALCOHOL USE**: 30%
- **TOBACCO**: 31.9%
- **MARIJUANA**: 5.8%
- **ILlicit DRUGS**: 2.9%

* In North Dakota

- **Alcohol**: 24.7%
- **Tobacco**: 27.2%
- **Marijuana**: 8%
- **Illicit Drugs**: 3.3%

prevention.nd.gov/data
ALCOHOL: UNDERAGE DRINKING
Great strides have been made in the prevention of underage drinking over the past decade, but there is still more work to do.

The majority of ND adults agree that **underage drinking is a problem in their community.**

91.9%

- **21%** of ND middle school students report alcohol use in their lifetime, a decrease from **28.2%** in 2011.

- **30.8%** of ND high school students report **current alcohol use** (within the past 30 days), a decrease from **59.2%** in 2001.

- **17.6%** of ND high school students report **current binge drinking** (within the past 30 days), a decrease from **41.5%** in 2001.

17.6% is equivalent to approximately 5,351 students, or the number of enrolled students at Bismarck High School, Fargo South High School, Grand Forks Century High School, Williston High School, and Dickinson High School combined.

Research has shown brain development is not complete until around age 25.

Among the last parts of the brain to be developed are those responsible for impulse control and extended reasoning. Alcohol use among youth and young adults can result in irreversible changes impacting problem-solving skills, performance at school, and potentially their body, mood, and mental health.

*Binge drinking: 5 or more drinks of alcohol in a row within a couple of hours*
Not only is underage drinking against the law, but there are many consequences to underage drinking impacting health and safety.

7.8% of ND high school students report **driving after drinking alcohol** within the past 30 days.\(^9\)

More than 1 in 6 (17.7%) ND high school students report **riding with a driver who had been drinking alcohol** within the past 30 days.\(^9\)

13.6% of juvenile arrests are **alcohol-related** (DUI and liquor law violations).\(^11\)

Approximately 3.5% of ND youth ages 12-17 met the criteria for **alcohol dependence or abuse** in the past year.\(^12\)

**Underage drinking** costs the citizens of North Dakota nearly **$160 million each year** in medical, work lost and pain and suffering.

<table>
<thead>
<tr>
<th>Costs</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Violence</strong></td>
<td>$83.8 million</td>
</tr>
<tr>
<td><strong>Traffic Crashes</strong></td>
<td>$40.3 million</td>
</tr>
<tr>
<td><strong>Injury</strong></td>
<td>$7.0 million</td>
</tr>
<tr>
<td><strong>Treatment</strong></td>
<td>$4.6 million</td>
</tr>
</tbody>
</table>

In 2013, this was **$2,327** for each youth in the state or **$3.70** per drink consumed underage.\(^13\)
ALCOHOL: YOUNG ADULT/COLLEGE STUDENTS

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

- Of young adults ages 18-29 report using alcohol in the past 30 days. 14
- Of ND college students report using alcohol in the past 30 days, a decrease from 72.6% in 2001. 15
- Of young adults ages 18-29 report binge alcohol use in the past 30 days. 14

PERCEIVED VERSUS ACTUAL BINGE* DRINKING BEHAVIOR AMONG YOUNG ADULTS
(Number of days in past 30 days)

<table>
<thead>
<tr>
<th>Days</th>
<th>Perceived use</th>
<th>Actual use</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>2%</td>
<td>13%</td>
</tr>
<tr>
<td>1-2 days</td>
<td>59%</td>
<td>22%</td>
</tr>
<tr>
<td>3-5 days</td>
<td>36%</td>
<td>10%</td>
</tr>
<tr>
<td>6-10 days</td>
<td>25%</td>
<td>6%</td>
</tr>
<tr>
<td>11+ days</td>
<td>24%</td>
<td>3%</td>
</tr>
</tbody>
</table>

*5 or more drinks on an occasion or in a row

A significant misperception is revealed when perceptions of how frequently peers binge drink are compared to actual binge drinking rates. 14

23.9% of ND young adults ages 18-29 report driving within two hours of drinking in the past 30 days. 14
Adult binge drinking in North Dakota is a serious public health issue, resulting in many consequences impacting individuals, families and communities.

88.8% of ND adults believe adult alcohol use is a problem in their community.8

ND ranks 4th in the nation for current binge alcohol use (past 30-days) among adults age 26 and older (25.8%).12

5.6% (equivalent to 32,638 individuals) of ND adults report drinking and driving in the past 30 days.16

More than one in five (22.2%) adult arrests in ND are for Driving Under the Influence.11

43.2% of fatal crashes in ND are alcohol-related.17

41% of new domestic violence cases in ND involve alcohol.18

Approximately 6.7% of ND adults age 26 or older met the criteria for alcohol dependence or abuse in the past year.12

Approximately 75% of the ND inmate population has a substance use disorder diagnosis.19

Nationally, excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential life lost each year from 2006 – 2010, shortening the lives of those who died by an average of 30 years.20

The economic costs of excessive alcohol consumption in the U.S. are estimated at $249 billion, or $2.05 a drink.21
ALCOHOL: RISK FACTORS
There are many risk factors that influence a person’s likelihood of engaging in illegal or risky substance use. Effective prevention focuses on reducing these risk factors.

1
Research shows that individuals who start drinking before the age of 15 are 4 times more likely to meet the criteria for alcohol dependence at some point in their lives.\textsuperscript{22}

- of ND high school students report their first use of alcohol before the age of 13,\textsuperscript{9}
  - a decrease from 29.8\% in 2001.

2
Generally, binge drinking rates are higher when individuals do not believe binge drinking is risky.

- 68.5\% of ND high school students (68.5\%) and ND young adults (66.9\%) believe binge drinking one or two times a week does NOT pose a great risk.\textsuperscript{9, 14}

3
The more easily alcohol is to obtain, the higher likelihood for use and abuse.

- 1 BAR for 1620 PEOPLE
  - North Dakota ranks highest in the nation for the number of bars per capita, with 1 bar for every 1,620 people. Compare this to Virginia with 1 bar for every 64,773 people.\textsuperscript{23}

- 1 LICENSE for 498 PEOPLE
  - There is 1 alcohol beverage license (restaurant serving alcohol, bar or liquor store) in ND for every 498 people.\textsuperscript{24}
  - 14.1\% of ND adults believe it is not at all difficult for youth to buy alcohol at a store themselves.\textsuperscript{8}
  - 48.2\% of ND adults believe it is not at all difficult for youth to get an older person to buy alcohol for them.\textsuperscript{8}
  - 59\% of ND adults believe it is not at all difficult for youth to sneak alcohol from their home or a friend’s home.\textsuperscript{8}

SHifting community norms to be supportive of healthy decisions, and not supportive of excessive alcohol consumption.

- 81.7\% of ND adults support penalties for adults who provide alcohol to minors.\textsuperscript{8}
- 79.1\% of ND college students believe their parents’ expectations or rules about alcohol is an effective way to limit their alcohol consumption.\textsuperscript{15}
- 80.5\% of ND adults support the legal drinking age of 21.\textsuperscript{8}
- 71.3\% of ND adults support DUI checkpoints.\textsuperscript{8}

Increased awareness of the risks associated with underage drinking and adult binge drinking.

- 68\% of ND adults believe that alcohol servers and bartenders should be specially trained.\textsuperscript{8}
ALCOHOL: PREVENTION WORKS

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

CHANGE COMES FROM

Increased awareness of the risks associated with underage drinking and adult binge drinking.

Strengthened policies to reduce access to alcohol.

- 68% of ND adults believe that alcohol servers and bartenders should be specially trained. 8

- 81.7% of ND adults support penalties for adults who provide alcohol to minors. 8

Enforcement of laws and policies related to alcohol.

- 80.5% of ND adults support the legal drinking age of 21. 8

- 71.3% of ND adults support DUI checkpoints. 8

Shifting community norms to be supportive of healthy decisions, and not supportive of excessive alcohol consumption.

- 70.1% of ND adults believe it is possible to reduce alcohol and other drug problems through prevention. 8

Protective parental behaviors such as ongoing conversations, healthy role-modeling, monitoring, support and engagement.

- 71.6% Believe that prevention programs are a good investment. 8

- 79.1% of ND college students believe their parents’ expectations or rules about alcohol is an effective way to limit their alcohol consumption. 16

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

ND ADULTS

70.1%

Believe it is possible to reduce alcohol and other drug problems through prevention. 8

71.6%

Believe that prevention programs are a good investment. 8
TOBACCO

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

YOUTH

91.3% of ND adults believe TOBACCO USE AMONG YOUTH IS A PROBLEM IN THEIR COMMUNITY.⁸

16.2% of ND middle school students report trying cigarette smoking (even one or two puffs) at one point in their life.⁹

15.5% of ND middle school students report using electronic vapor products at one point in their life.⁹

24.4% of ND college students used tobacco within the past 30 days.¹⁵

31.1% of ND high school students report current (in the past 30 days) use of tobacco.⁹

22.3% of ND high school students report current use of electronic vapor products.⁹

11.7% of ND high school students report current (past 30-day) use of cigarettes; compared to 40.6% in 1999.⁹

ADULT

89% of ND adults believe TOBACCO USE AMONG ADULTS IS A PROBLEM IN THEIR COMMUNITY.⁸

29% of ND adults age 26 and older report tobacco product use in the past month; compared to 25.7% of US adults.¹²
Tobacco is the leading preventable cause of death in the United States and takes a tremendous toll on lives and money in North Dakota. When we prevent tobacco use and exposure to secondhand smoke, we prevent disease, suffering and death, and save money on healthcare expenditures and productivity losses.

The majority of North Dakotans age 12 or older believe smoking one or more packs of cigarettes per day poses great risk. 64% of ND high school students usually obtain their own cigarettes by buying them in a store or gas station. 43.8% of ND high school students report it would be very easy to get tobacco products if they wanted some. 16.9% of ND high school students usually obtain their own electronic vapor products by buying them in a store. 12.2% of ND high school students report it would be very easy to get tobacco products if they wanted some.

In the 2014-2015 school year, 209 North Dakota students were expelled or suspended because of tobacco-related incidents, resulting in 509 days removed from school. Exposure to secondhand smoke causes an estimated 41,000 deaths each year among adults in the United States.

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

- Annual health care costs directly caused by smoking: $326 million
- Medicaid costs caused by smoking: $56.9 million
- Residents’ state and federal tax burden from smoking-caused government expenditures: $795 per household
- Smoking-caused productivity losses: $232.6 million

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

Marijuana use in North Dakota is higher among youth than adults. And, when compared to national rates, marijuana use in the state is generally lower. Young adults often overestimate how frequently their peers are using marijuana which can influence personal decisions surrounding marijuana use.

- The majority (86.4%) of ND adults believe youth marijuana use is a problem in their community.
- Over three quarters (77.8%) believe it is a problem for adults.

### Youth

- 8.3% of ND middle school students have used marijuana one or more times in their lifetime.
- 15.2% of ND high school students have used marijuana one or more times in the last 30 days.
- 5.3% of ND high school students tried marijuana for the first time before the age of 13.

5.3% is equivalent to approximately 1,611 students, or the number of enrolled students at Bismarck High School.

### Young Adult

- 14% of ND college students report using marijuana in the past 30 days.
- 11% of ND young adults age 18 to 29 report marijuana use in the past 30 days.

### Adult

- 4% of ND adults age 26 and older report using marijuana in the past month, compared to 6% in the U.S.

### Perceived Versus Actual Marijuana Use Among Young Adults

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

- 89% of perceived use compared to 52% of actual use.

(Number of days in the past 30 days)

<table>
<thead>
<tr>
<th>Days</th>
<th>Perceived use</th>
<th>Actual use</th>
</tr>
</thead>
<tbody>
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<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>1 Day</td>
<td>5%</td>
<td>2%</td>
</tr>
<tr>
<td>2 Days</td>
<td>4%</td>
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</tr>
<tr>
<td>3-5 Days</td>
<td>10%</td>
<td>6%</td>
</tr>
<tr>
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</tr>
<tr>
<td>10+ Days</td>
<td>2%</td>
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</tr>
</tbody>
</table>
As efforts to legalize marijuana continue, there is an increasing perception that marijuana is not harmful or addictive. The reality is that marijuana can cause major health, safety, social, and learning problems - especially in adolescents.

Of those ND college students (14%) who report using marijuana:
- 17.1% experienced irritability
- 35.5% experienced nervousness or anxiety
- 11.2% experienced sleep difficulty
- 17% experienced restlessness, difficulty focusing/attention
- 26.9% experienced difficulty remembering or recalling information

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

72.5% of ND youth age 12-17 and 75.5% of ND adults age 18 or older do NOT perceive great risk in smoking marijuana once a month.

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

- 50.6% of ND adults believe it is not at all difficult for adults or youth to access marijuana in their community.
- 18.2% of ND high school students were offered, sold, or given an illegal drug on school property during the year before the survey.

Nearly 53% of drug/narcotic violations in 2015 were marijuana-related.

Among adolescents receiving substance use disorder treatment services at a regional human service center, 91% report marijuana use.
Prescription opioid abuse and overdose is a growing concern across the nation and in North Dakota communities.

More than three quarters of ND adults believe prescription drug use among both youth (76.5%) and adults (78.7%) is a problem in their community.

- 4.4% of ND middle school students and 14.5% of ND high school students report using prescription drugs without a doctor’s prescription one or more times during their lifetime.
- 8.7% of ND college students used a prescription drug non-medically one or more times during their lifetime.
- 2% of ND young adults age 18-29 report they have used prescription medication in the last 30 days to get high.
- 3% of ND adults age 26 or older report non-medical use of pain relievers in the past year, which is nearly in line with those nationally (3.3%).

People who are addicted to prescription painkillers are 40x more likely to become addicted to heroin.

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

More than six out of ten drug overdose deaths in the United States involved an opioid (28,000 deaths) and nearly half of those deaths were from prescription opioids.

In North Dakota, the number of overdose deaths has increased from 20 in 2013 to 61 in 2015.

Common types of prescription pain medication (opioids):
- Morphine
- Oxycodone (Oxycontin, Percocet)
- Methadone
- Hydrocodone (Vicodin)
- Codeine
- Fentanyl
Access to prescription medications is a key risk factor relating to the abuse of and addiction to prescription opioid medication.

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

53.7% of people (age 12+) who misuse pain relievers obtain them from a friend of relative.\textsuperscript{34}

23.8% ND adults believe it is not at all difficult for youth or adults to access prescription drugs in their community.\textsuperscript{8}

\textbf{60\% INCREASE}

In North Dakota, there has been a nearly \textbf{60\% increase} in the number of controlled substance prescriptions dispensed between 2008 (935,201) and 2015 (1,493,847).\textsuperscript{35}

\begin{tabular}{l} \hline 2008 & 935,201 \hline 2015 & 1,493,847 \hline \end{tabular}

Of the 4.9% of college students who have used prescription drugs non-medically in the past year, 63% report they did so for the first time before turning 18.\textsuperscript{15}

\textbf{STOP OVERDOSE}

North Dakota offers two free programs for residents to dispose of unwanted medications – the Take Back program at participating local law enforcement agencies, and the Yellow Jug Old Drugs program at participating pharmacies. Visit takeback.nd.gov to find a location near you.

To support community efforts, the Department of Human Services, Behavioral Health Division in collaboration with the Reducing Pharmaceutical Narcotics Task Force launched ‘Stop Overdose’. This statewide campaign is built on saving lives by sharing information and providing resources for those impacted by this public health concern from family and friends to prescribers, pharmacists, behavioral health counselors, and first responders. Visit prevention.nd.gov/stopoverdose.
OTHER ILLICIT DRUGS
Illicit drug use is relatively low in North Dakota; however, the consequences of illicit drug use impact our families and communities.

YOUTH

- 5.7% of ND high school students report using synthetic drugs one or more times in their life.\(^9\)
- 3.9% of ND high school students report using cocaine one or more times in their life.\(^9\)
- 3.6% of ND high school students report using ecstasy one or more times in their life.\(^9\)
- 3.5% of ND high school students report using methamphetamine one or more times in their life.\(^36\)
- 1.2% of ND high school students report using heroin one or more times in their life.\(^9\)

ADULT

- 2.3% of ND adults age 26 and over report using illicit drugs (other than marijuana) in the past month.\(^12\)

20.4% (or nearly 6,500 arrests) of all ND arrests are drug violations.\(^11\)

Approximately 75% of the ND inmate population has a substance use disorder diagnosis.\(^19\)
Research has shown that populations affected by mental illness and substance use disorders often overlap, as do the factors that contribute to them. Therefore, successful prevention efforts in one area can have a positive effect in another.

Nationally, an estimated 37% of alcohol abusers and 53% of other drug abusers also have at least one serious mental illness.37

In North Dakota, nearly 19,000 adults (age 18 and older) have a co-occurring substance use disorder and any mental illness.12

16.2% of ND high school students reported seriously considering attempting suicide and 9.4% reported attempting suicide within the last 12 months.9
There’s an often-told parable about a couple named Jon and Amy, fishing along the banks of a river. Suddenly, they see a woman drowning in the water. They jump into the water and pull her out to safety. Once ashore, Jon and Amy notice another person in the river in need of help. Again, they jump in to save this drowning person. Before long, the river is filled with drowning people and Jon and Amy are struggling. After several hours, they are exhausted and defeated because they couldn’t save everyone.

At that point, Amy makes the decision to walk upstream to determine why so many people keep falling into the river in the first place. As it turns out, the bridge leading across the river upstream has a hole through which people are falling. Amy realizes that fixing the hole in the bridge will be much more effective than trying to pull individuals out of the river one by one, ultimately saving more lives.

This is prevention. It’s moving upstream to identify and fix the problem so people don’t fall into the river. It’s preventing problems before they occur by creating an environment that promotes health and well-being.
HOW DOES IT WORK?

Prevention is rooted in science, supported by decades of research.

Prevention follows the Public Health Model, focusing on population-level change. Some of the most effective prevention strategies are the least expensive. For example, changing a policy or law is very inexpensive and can be very effective in supporting long-term behavior change.

Prevention follows a data-driven process to assess, plan, implement and evaluate outcomes, also known as the Strategic Prevention Framework (SPF).

Prevention focuses on reducing risk factors, strengthening protective factors and building resiliency of individuals, families and communities.

Prevention is most effective when stakeholders and community members work together to take action, emphasizing collaboration and community mobilization.

Prevention requires a multi-faceted approach, implementing a variety of evidence-based strategies working toward a common goal.

Prevention must be relevant to the community, including local conditions and diverse demographics.

Prevention is most effective when it impacts individuals across the lifespan.

It can take time to see the results of prevention.

Prevention is an important component of the continuum of care, which represents a comprehensive approach to behavioral health.

TAKE ACTION

- Identify the issues unique to your community.
- Familiarize yourself with strategies proven to work. Visit prevention.nd.gov for more information.
- Start at home. Be a leader and positive role model. Visit parentslead.org for useful information, tools and resources.
- Get involved with a local coalition, community group, or your city government. Partner with law enforcement, schools, faith groups, health departments and others working toward prevention of alcohol-related consequences.
- Strengthen or implement policies within your community, schools, organizations, alcohol establishments and other local businesses. Policies are one of the most effective and long-lasting prevention strategies. They are cost-effective and create an environment where health and safety are promoted.
- Advocate for prevention.
PREVENTION RESOURCES

prevention.nd.gov
SUND.nd.gov
parentslead.org
speakvolumes.nd.gov
ndquits.com
takeback.nd.gov
ndhealth.gov/suicideprevention

2. North Dakota Census; estimate July 2015

3. North Dakota Indian Affairs Commission

4. North Dakota Veterans; U.S. Census Bureau, 2010-2014 American Community Survey 5-Year Estimates

5. U.S. Census Bureau, 2010 Census.


8. ND Community Readiness Survey (CRS), 2015

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


14. ND Young Adult Survey, 2016

15. ND CORE, 2014

16. ND Behavioral Risk Factor Surveillance System (BRFSS), 2014

17. ND Department of Transportation (DOT), 2015

18. ND CAWS, 2015

19. ND Department of Corrections (DoCR), 2015

20. CDC Alcohol-Related Disease Impact


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


24. ND Attorney General, 2015

25. ND Youth Tobacco Survey (YTS), 2015

26. 2014-2015 Truancy Report, ND Department of Public Instruction

27. Center for Disease Control Smoking & Tobacco Use Fact Sheet, 2016

28. Campaign for Tobacco-Free Kids

29. ND Human Service Centers, 2015; primary, secondary, tertiary, and quaternary substance used, as reported by adolescents who were treated in 2015

30. National Survey on Drug Use and Health (NSDUH), 2004-2010


32. Center for Disease Control (CDC), 2000-2014

33. Center for Disease Control (CDC)/NCHS, National Vital Statistics System, Mortality

34. National Survey on Drug Use and Health (NSDUH), 2015

35. ND Board of Pharmacy

36. ND Youth Risk Behavior Survey (YRBS), 2013

37. Substance Abuse and Mental Health Services Administration (SAMHSA)
Be an advocate for prevention

www.prevention.nd.gov

To request copies

online : prevention.nd.gov
email : ndprmc@nd.gov
phone : 701.328.8919