

SUBSTANCE USE



IN NORTH DAKOTA

DATA BOOK 2017



NORTH DAKOTA
PREVENTION
RESOURCE & MEDIA CENTER



prevention.nd.gov/data



ABOUT THIS DATA BOOK

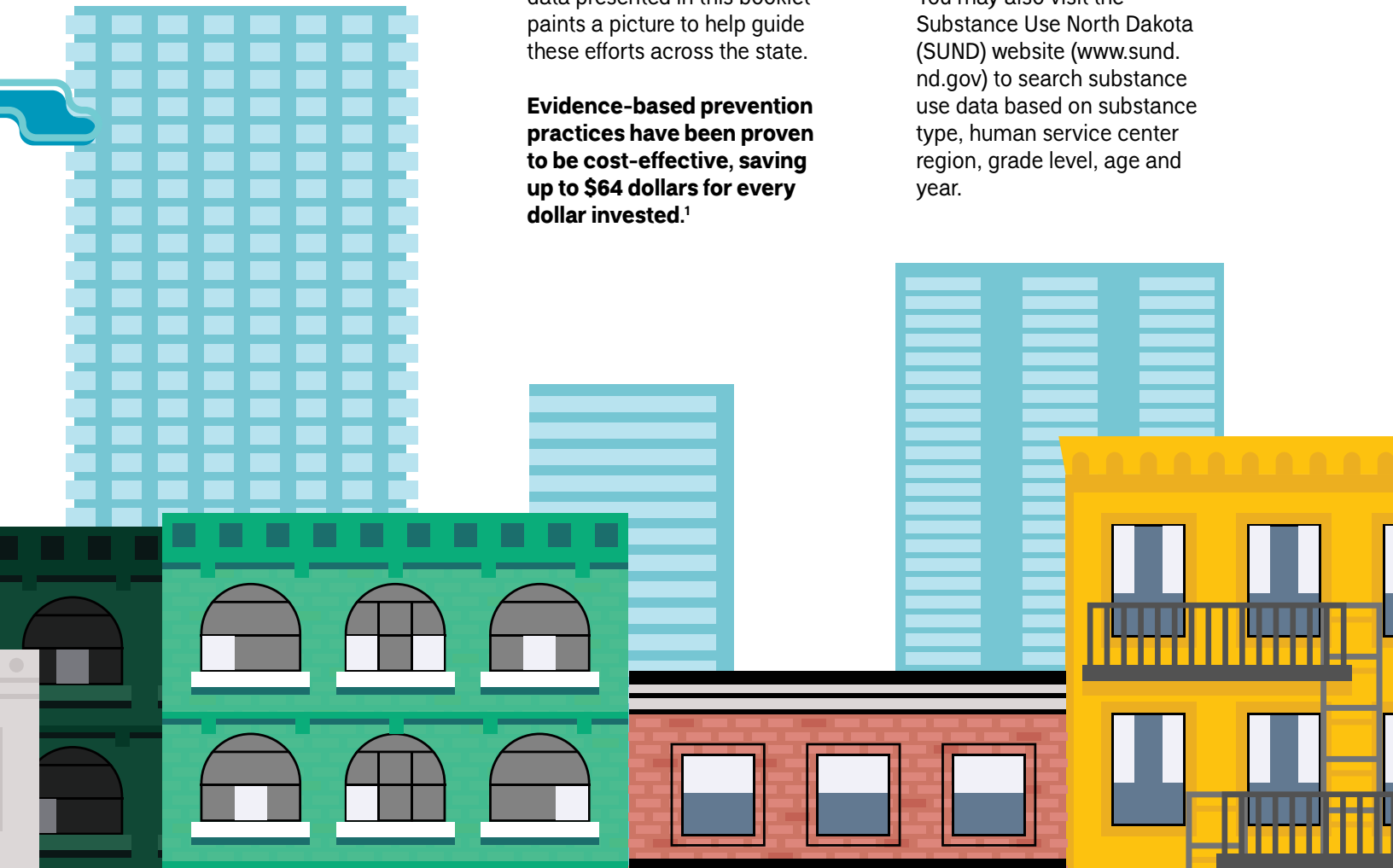


This booklet tells the story of substance use in North Dakota and is based off the 2016 North Dakota Epidemiological Profile. Research has shown the importance of using data to guide effective and targeted behavioral health efforts. The data presented in this booklet paints a picture to help guide these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

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





4	North Dakota Demographics Overview
5	Overview Of Substance Use In North Dakota
6	Alcohol: Underage Drinking
8	Alcohol: Young Adult/College Students
9	Alcohol: Adult
10	Alcohol: Risk Factors
11	Alcohol: Prevention Works
12	Tobacco
14	Marijuana
16	Prescription Drugs
18	Other Illicit Drugs
19	Mental Health
20	Substance Abuse Prevention
22	Prevention Resources
23	Sources/References





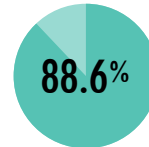
NORTH DAKOTA DEMOGRAPHICS OVERVIEW



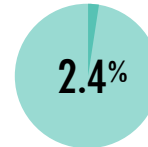
NORTH DAKOTA
POPULATION IS
756,927

↑
12.5% INCREASE
FROM APRIL 2010.²

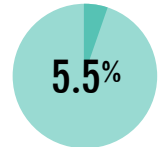
RACE/ ETHNICITY²



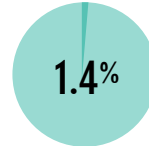
White



Black or
African
American



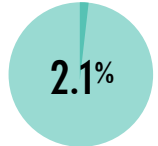
American
Indian and
Alaska Native



Asian



Native
Hawaiian and
other Pacific
Islander



Two or more
races



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



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



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



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



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



North Dakota has a **3%** unemployment rate.⁷



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

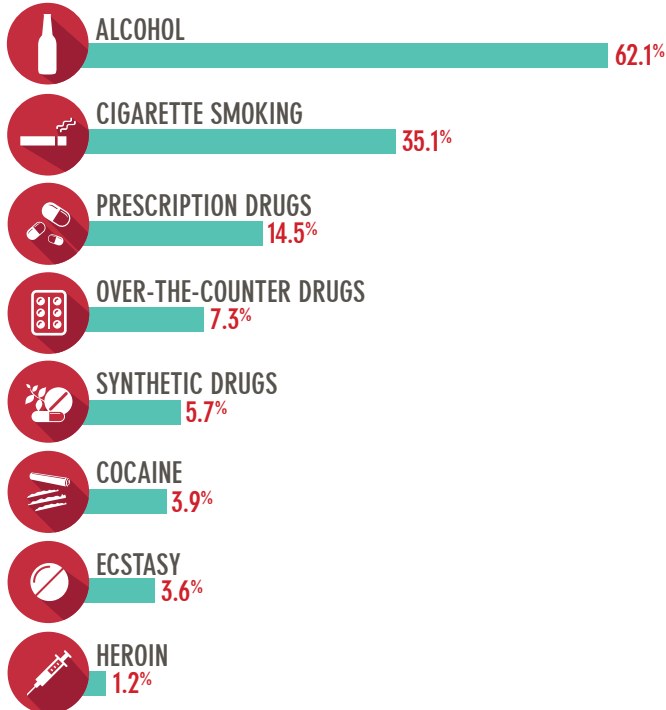
OVERVIEW OF SUBSTANCE USE IN NORTH DAKOTA

Alcohol is the most commonly abused drug in the state.



YOUTH (HIGH SCHOOL STUDENTS)⁹

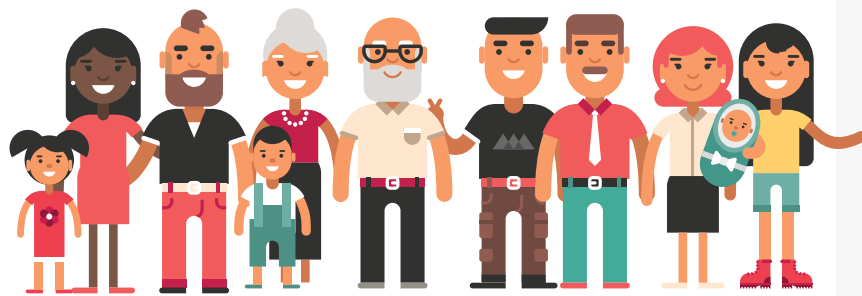
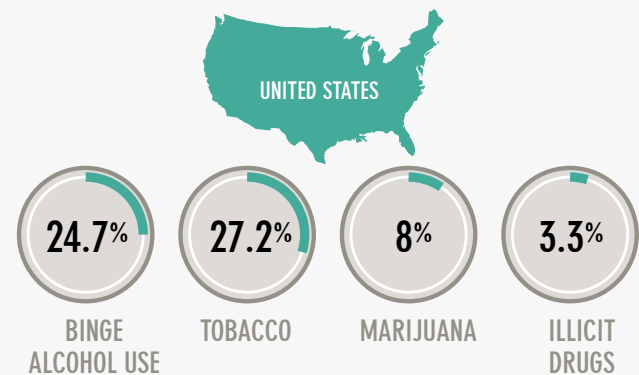
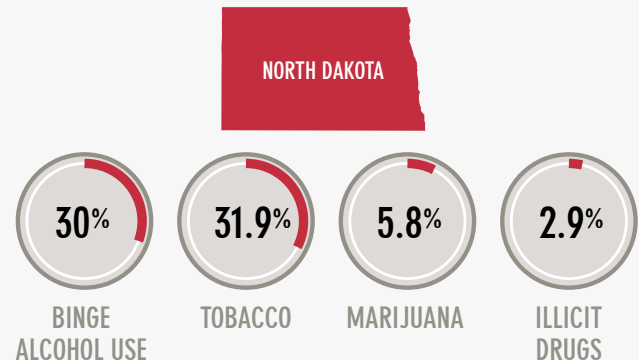
ND High School Student Reported LIFETIME Substance Use



⁹In 2009 (the last time the question was asked), lifetime use of marijuana among ND high school students was 30.7%.

ADULTS (AGES 18+)¹²

Adults Age 18 and Older Past 30-Day Substance Use





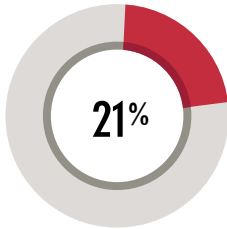
ALCOHOL: UNDERAGE DRINKING

Great strides have been made in the prevention of underage drinking over the past decade, but there is still more work to do.

91.9%

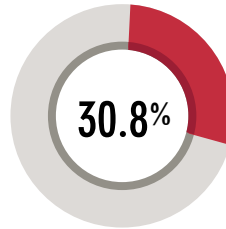


THE MAJORITY OF ND ADULTS AGREE THAT **UNDERAGE DRINKING** IS A PROBLEM IN THEIR COMMUNITY.⁸



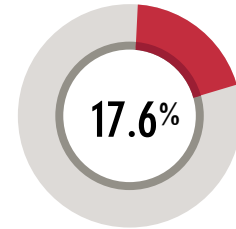
of ND **middle school** students report alcohol use in their **lifetime**,

↓ a decrease from **28.2%** in 2011.⁹



of ND **high school** students report **current alcohol use** (within the past 30 days),

↓ a decrease from **59.2%** in 2001.⁹



of ND **high school** students report **current binge drinking*** (within the past 30 days),

↓ a decrease from **41.5%** in 2001.⁹

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 25.¹⁰

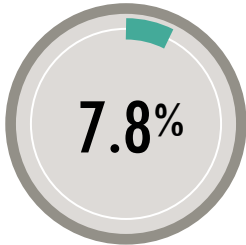
Among the last parts of the brain to be developed are those responsible for impulse control and extended reasoning. Alcohol use among youth and young adults can result in irreversible changes impacting problem-solving skills, performance at school, and potentially their body, mood, and mental health.

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

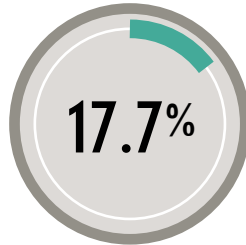
Not only is underage drinking against the law, but there are many consequences to underage drinking impacting health and safety.



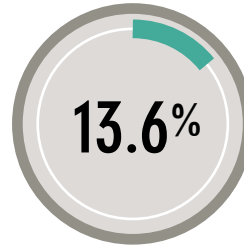
ALCOHOL:
UNDERAGE
DRINKING



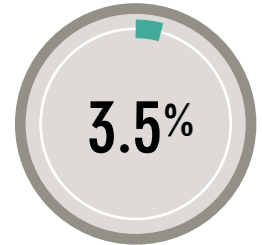
7.8% of ND high school students report **driving after drinking alcohol** within the past 30 days.⁹



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.**

SOME OF THESE COSTS INCLUDE:

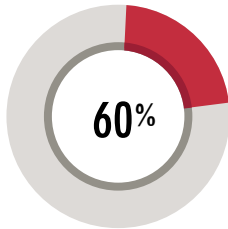
VIOLENCE = \$83.8 MILLION
TRAFFIC CRASHES = \$40.3 MILLION
INJURY = \$7.0 MILLION
TREATMENT = \$4.6 MILLION

In 2013, this was **\$2,327** for each youth in the state or **\$3.70** per drink consumed underage.¹³

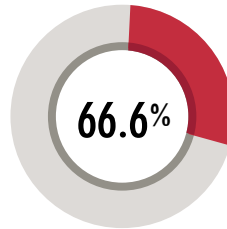


ALCOHOL: YOUNG ADULT/COLLEGE STUDENTS

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.

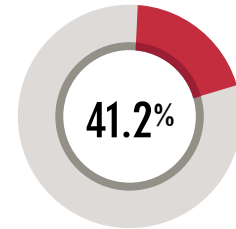


of young adults ages 18-29 report using alcohol in the past 30 days.¹⁴



of ND college students report using alcohol in the past 30 days,

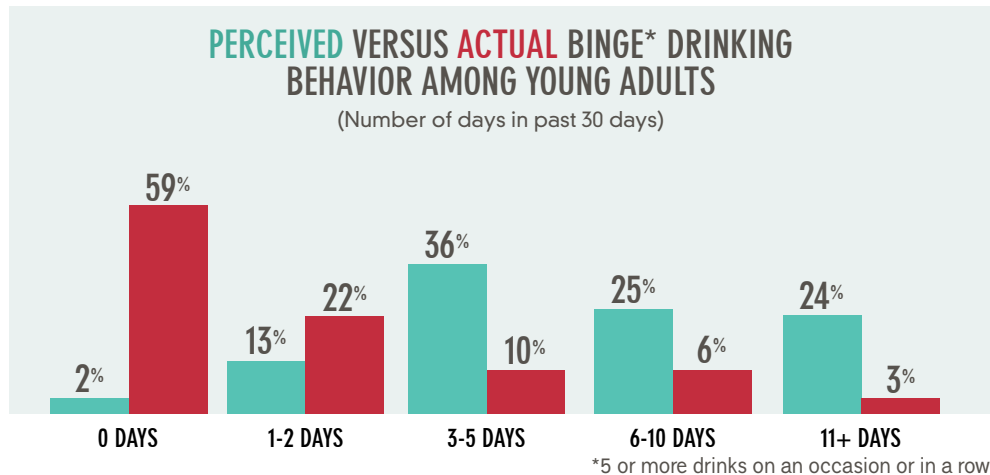
↓ a decrease from **72.6%** in 2001.¹⁵



of young adults ages 18-29 report binge alcohol use in the past 30 days.¹⁴

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

■ Perceived peer use ■ Actual use



23.9%
OF ND YOUNG ADULTS
ages 18-29



report **DRIVING**
WITHIN TWO HOURS OF DRINKING
in the past 30 days.¹⁴

ALCOHOL: ADULT

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

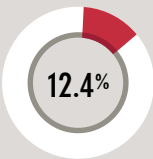


ALCOHOL: RISK FACTORS

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.²²

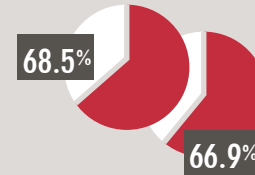


of ND **high school** students report their first use of alcohol before the age of 13,⁹

↓ a decrease from **29.8%** in 2001.

2

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



The majority 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.^{9, 14}

3

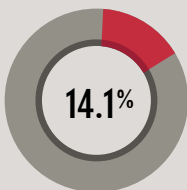
The more easily alcohol is to obtain, the higher likelihood for use and abuse.

1 for **1620**
BAR PEOPLE

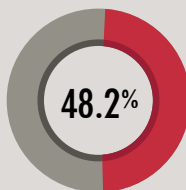
North Dakota ranks highest in the nation for the number of bars per capita, with 1 bar for every 1,620 people. Compare this to Virginia with 1 bar for every 64,773 people.²³

1 for **498**
LICENSE PEOPLE

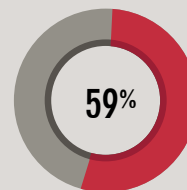
There is 1 alcohol beverage license (restaurant serving alcohol, bar or liquor store) in ND for every 498 people.²⁴



of ND adults believe it is not at all difficult for youth to **buy alcohol at a store** themselves.⁸



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



of ND adults believe it is not at all difficult for youth to **sneak alcohol from their home or a friend's home**.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

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

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

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.

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

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

79.1% of ND college students believe their parents' expectations or rules about alcohol is an effective way to limit their alcohol consumption.¹⁵

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

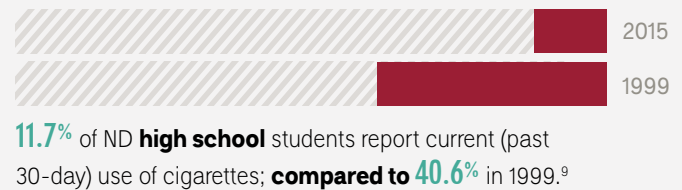
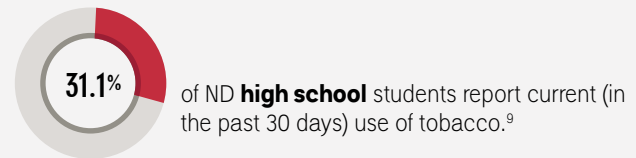
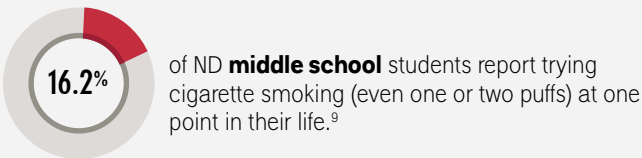
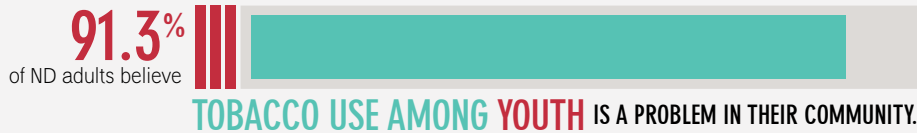
PARENTS LEAD



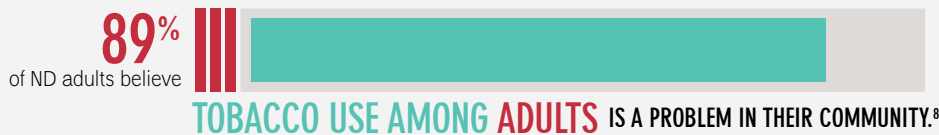
TOBACCO

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

YOUTH



ADULT



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 **64%** of North Dakotans age 12 or older believe smoking one or more packs of cigarettes per day poses great risk.¹²

43.8%
of ND high school students report it would be very easy to get tobacco products if they wanted some.²⁵

16.9%

of ND high school students usually obtain their own **cigarettes** by buying them in a store or gas station.^{*9}

12.2%

of ND high school students usually obtain their own **electronic vapor products** by buying them in a store.^{*9}



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.²⁶



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:²⁸



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**

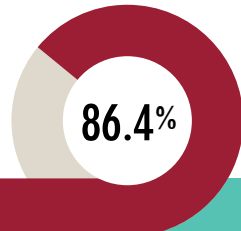
*During the 30 days before the survey, among students who were less than 18 years old and who currently smoke or use electronic vapor products.

The life expectancy for **smokers** is at least **10 YEARS SHORTER** than for **nonsmokers**



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.

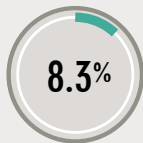


The majority (86.4%) of ND adults believe youth marijuana use is a problem in their community.

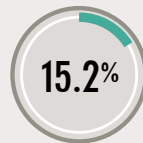


Over three quarters (77.8%) believe it is a problem for adults.⁸

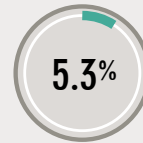
YOUTH



of ND **middle school** students have used marijuana one or more times in their lifetime.⁹



of ND **high school** students have used marijuana one or more times in the last 30 days.⁹



of ND **high school** students tried marijuana for the first time before the age of 13.⁹

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

YOUNG ADULT

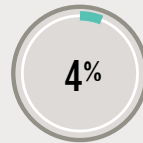


of ND **college students** report using marijuana in the past 30 days.¹⁵



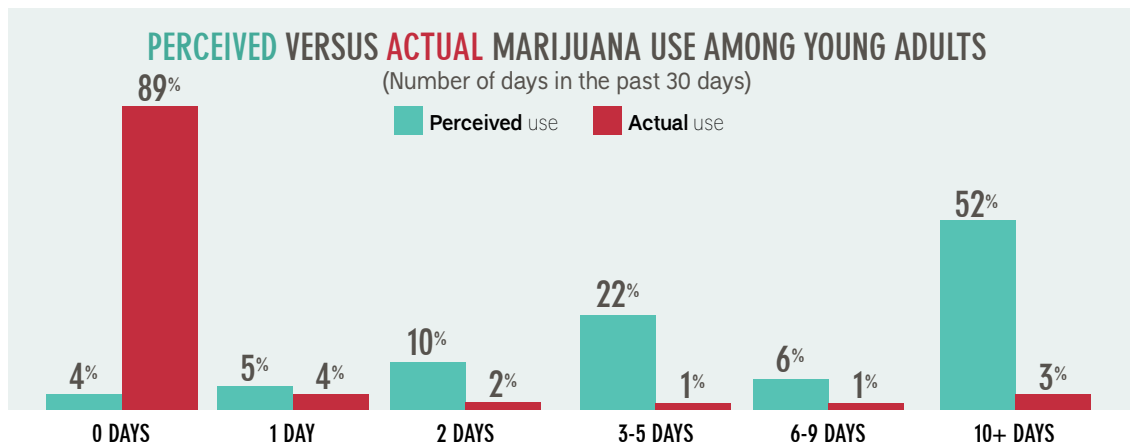
of ND **young adults** age 18 to 29 report marijuana use in the past 30 days.¹⁴

ADULT



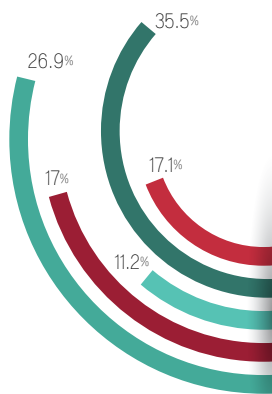
4% of ND adults age 26 and older report using marijuana in the past month, compared to 6% in the U.S.¹²

A significant misperception is revealed when perceptions of how frequently peers use marijuana are compared to actual marijuana use rates.¹⁴





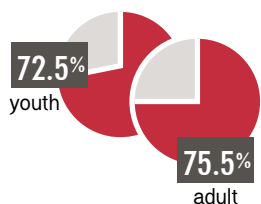
As efforts to legalize marijuana continue, there is an increasing perception that marijuana is not harmful or addictive. The reality is that marijuana can cause major health, safety, social, and learning problems - especially in adolescents.



Of those ND college students (14%) who report using marijuana:¹⁵

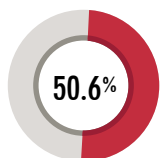
- 17.1% experienced irritability
- 35.5% experienced nervousness or anxiety
- 11.2% experienced sleep difficulty
- 17% experienced restlessness, difficulty focusing/attention
- 26.9% experienced difficulty remembering or recalling information

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

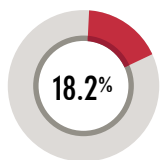


72.5% of ND youth age 12-17 and 75.5% of ND adults age 18 or older do NOT perceive great risk in smoking marijuana once a month.¹²

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.⁸



18.2% of ND high school students were offered, sold, or given an illegal drug on school property during the year before the survey.⁹

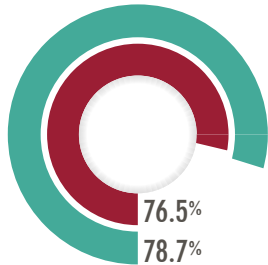
NEARLY **53%** OF
DRUG/NARCOTIC VIOLATIONS
IN 2015 WERE
MARIJUANA-RELATED.¹¹

AMONG ADOLESCENTS RECEIVING
SUBSTANCE USE DISORDER TREATMENT SERVICES
AT A REGIONAL HUMAN SERVICE CENTER,
91% REPORT MARIJUANA USE.²⁹

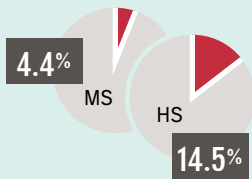


PRESCRIPTION DRUGS

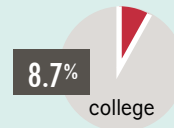
Prescription opioid abuse and overdose is a growing concern across the nation and in North Dakota communities.



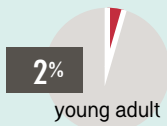
MORE THAN **THREE QUARTERS** OF ND ADULTS BELIEVE **PRESCRIPTION DRUG USE AMONG BOTH YOUTH (76.5%) AND ADULTS (78.7%) IS A PROBLEM IN THEIR COMMUNITY.**⁸



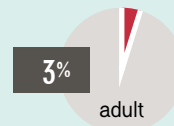
4.4% of ND **middle school** students and 14.5% of ND **high school** students report using prescription drugs without a doctor's prescription one or more times during their lifetime.⁹



8.7% of ND **college students** used a prescription drug non-medically one or more times during their lifetime.¹⁵



2% of ND **young adults** age 18-29 report they have used prescription medication in the last 30 days to get high.¹⁴



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%).¹²

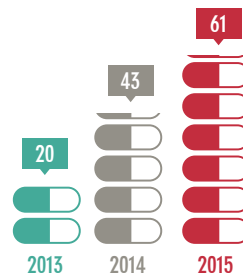
40x

People who are addicted to prescription pain killers are **40x** more likely to become addicted to heroin.³¹

The majority of heroin users report that they began abusing prescription drugs **before** using heroin.³⁰



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.³²



In North Dakota, the number of overdose deaths has increased from **20 in 2013 to 61 in 2015.**³³

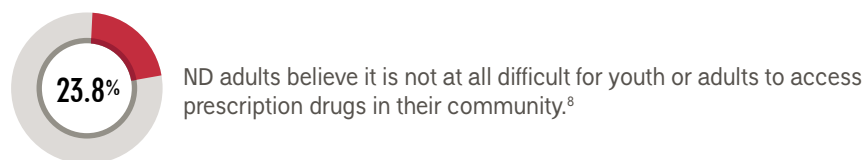
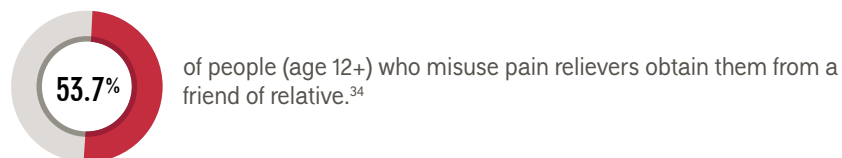
COMMON TYPES OF PRESCRIPTION PAIN MEDICATION (OPIOIDS):

- 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.

PRESCRIPTION DRUGS

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



60% INCREASE

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



Early substance misuse is associated with a greater likelihood of developing a substance use disorder later in life.



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 18.¹⁵



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.

STOP OVERDOSE

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%



5.7% of ND high school students report using **synthetic drugs** one or more times in their life.⁹

3.9%



3.9% of ND high school students report using **cocaine** one or more times in their life.⁹

3.6%



3.6% of ND high school students report using **ecstasy** one or more times in their life.⁹

3.5%



3.5% of ND high school students report using **methamphetamine** one or more times in their life.³⁶

1.2%



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

MENTAL HEALTH

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.

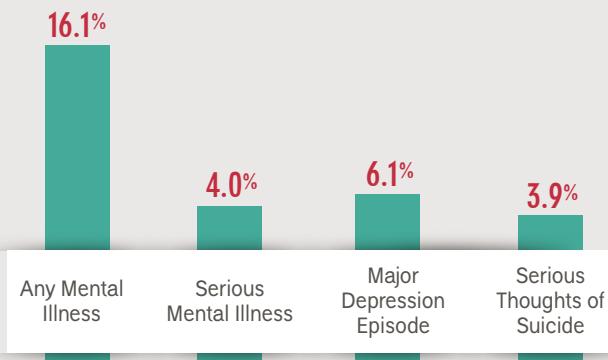


Nationally, an estimated 37% of alcohol abusers and 53% of other drug abusers also have at least one serious mental illness.³⁷



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

REPORTED MENTAL ILLNESS WITHIN THE PAST YEAR AMONG ND ADULTS 18 AND OLDER¹²



16.2% of ND high school students reported seriously **considering attempting suicide** and **9.4%** reported **attempting suicide** within the last 12 months.⁹



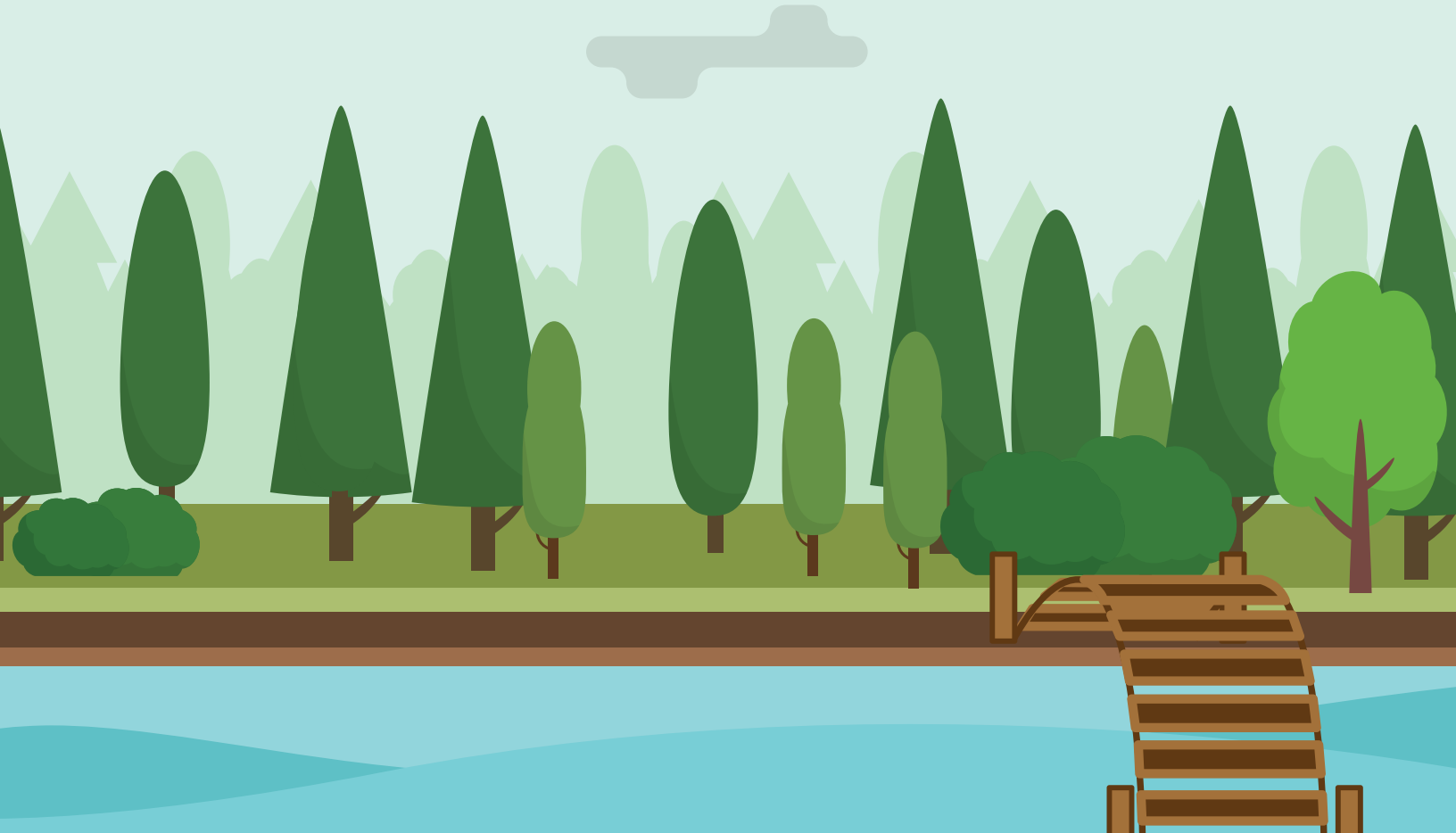
SUBSTANCE ABUSE PREVENTION

What is it?

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

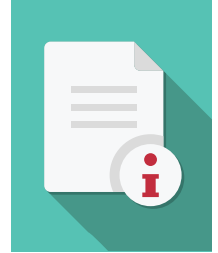
ndquits.com

takeback.nd.gov

ndhealth.gov/suicideprevention



SOURCES/REFERENCES



1. Washington State Institute for Public Policy. (2016). Benefit-cost results. Retrieved from <http://www.wsipp.wa.gov/BenefitCost?topicId=>. Accessed on September 26, 2016.
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.
6. American Community Survey, 2015
7. http://www.bls.gov/eag/eag.nd.htm#eag_nd.f.P; October 2016
8. ND Community Readiness Survey (CRS), 2015
9. ND Youth Risk Behavior Survey (YRBS), 2015
10. Surgeon General's Report on Addiction, 2016
11. Crime in ND, 2015
12. National Survey on Drug Use and Health (NSDUH), 2013-2014
13. Pacific Institute of Research and Evaluation (PIRE) 2013; <http://www.pire.org/documents/UDET/Cost-sheets/ND.pdf>
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
21. Sacks JJ, Gonzales KR, Bouchery EE, Tomedi LE, Brewer RD. 2010 National and State Costs of Excessive Alcohol Consumption. *Am J Prev Med* 2015; 49(5):e73-e79.
22. National Institute on Alcohol Abuse and Alcoholism (NIAAA)
23. <http://www.eater.com/2013/5/29/6428463/here-are-the-states-with-the-most-bars-per-capita>
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
31. National Survey on Drug Use and Health (NSDUH) National Findings, 2011-2013
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)



NORTH DAKOTA 
PREVENTION
RESOURCE & MEDIA CENTER

Be an advocate for prevention
www.prevention.nd.gov

To request copies

online : prevention.nd.gov

email : ndprmc@nd.gov

phone : 701.328.8919

