

# Substance Use

*in North Dakota*

## 2013



# Substance Use in North Dakota 2013

This is a product of the North Dakota State Epidemiological Outcomes Workgroup (SEOW).  
For more information, go to [www.nd.gov/dhs/prevention/seow](http://www.nd.gov/dhs/prevention/seow).

## DATA SOURCES

**North Dakota Council on Abused Women's Services (CAWS)**  
[www.ndcaws.org/](http://www.ndcaws.org/)

North Dakota Department of Corrections and Rehabilitation

North Dakota Department of Human Services, Community Readiness Survey (CRS), 2008  
[www.nd.gov/dhs/services/mentalhealth/prevention/crs.html](http://www.nd.gov/dhs/services/mentalhealth/prevention/crs.html)

North Dakota Department of Mineral Resources

North Dakota Department of Public Instruction, Youth Risk Behavior Survey (YRBS), 2011  
[www.dpi.state.nd.us/health/yrbs/index.shtm](http://www.dpi.state.nd.us/health/yrbs/index.shtm)

North Dakota Department of Transportation, Crash Summary (DOT), 2011  
[www.dot.nd.gov/divisions/safety/docs/crash-summary.pdf](http://www.dot.nd.gov/divisions/safety/docs/crash-summary.pdf)

North Dakota Indian Affairs Commission (NDIAC)  
[www.nd.gov/indianaffairs/?id=37](http://www.nd.gov/indianaffairs/?id=37)

North Dakota Office of the Attorney General, Bureau of Criminal Investigation, Crime in North Dakota, 2011  
[www.ag.nd.gov/Reports/BCIReports/CrimeHomicide/Crime11.pdf](http://www.ag.nd.gov/Reports/BCIReports/CrimeHomicide/Crime11.pdf)

North Dakota Treatment Episodes Data Set (TEDS)

North Dakota University System (2012). NDCORE 2010 Aggregate Alcohol and Other Drug Survey Report.  
Bismarck, ND: ND Higher Education Consortium for Substance Abuse Prevention

Pacific Institute for Research and Evaluation (PIRE), 2010  
[www.udetc.org/factsheets/ND.pdf](http://www.udetc.org/factsheets/ND.pdf)

State Estimates of Substance Use from the 2009-2010 National Survey on Drug Use and Health (NSDUH)  
[www.samhsa.gov/data/NSDUH/2k10State/NSDUHsae2010/NSDUHsaeAppB2010.htm](http://www.samhsa.gov/data/NSDUH/2k10State/NSDUHsae2010/NSDUHsaeAppB2010.htm)

United States Census Bureau  
[www.census.gov/](http://www.census.gov/)

United States Department of Labor, Bureau of Labor Statistics (BLS)  
[www.bls.gov/eag/eag.nd.htm](http://www.bls.gov/eag/eag.nd.htm)

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

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ND population  
699,628

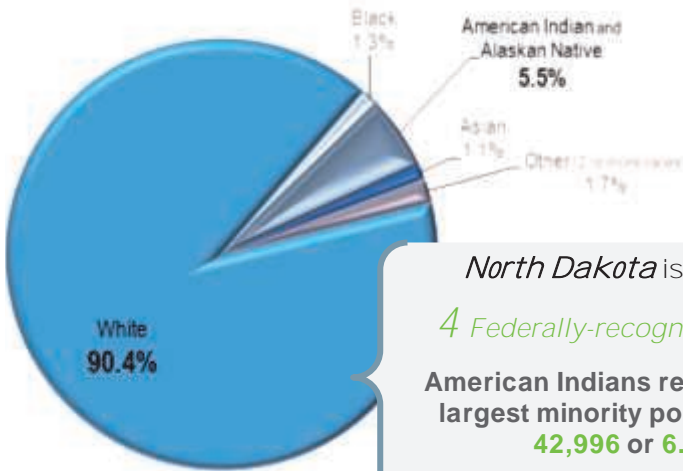
NORTH DAKOTA  
10.1 people per square mile



UNITED STATES  
88.9 people per square mile



(U.S. Census, 2012 estimate)



*North Dakota* is home to  
**4 Federally-recognized Tribes**  
 American Indians represent the  
 largest minority population at  
**42,996 or 6.4%**

(U.S. Census, 2010; NDIAC, 2011)

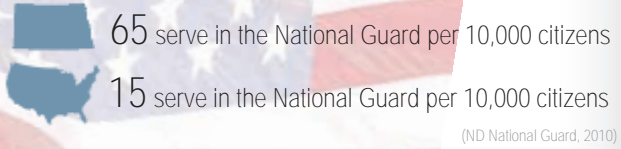
Poverty Rate<sup>1</sup>  
(2007-2011) 12.3%



603 OR 9 people per 10,000  
of the general population were  
homeless in 2011.

There are 54,920 Veterans in ND (U.S. Census, 2007-2011)

Per capita, there are **MORE THAN FOUR TIMES** the number of **National Guard members IN NORTH DAKOTA** than in the nation.



**There are two active duty Air Force Bases in the state.**

Minot Air Force Base  
(5,521 living on base)

Grand Forks Air Force Base  
(2,367 living on base)

(U.S. Census, 2010)

## TOP INDUSTRIES:<sup>1</sup>

1. Agriculture
2. Manufacturing
3. Tourism

**North Dakota's 3.3% unemployment rate is the lowest in the nation.**

(BLS, Feb 2013)



**“NORTH DAKOTA HAS OVERTAKEN Alaska as the NATION’S SECOND-biggest oil producer.”<sup>2</sup>**

**North Dakota’s oil industry will generate more than 50,000 oil-related jobs in the next ten years.**

(ND Department of Mineral Resources)

**“The oil rush has also brought soaring home prices, makeshift camps for workers, overbooked hotels, and an explosion of heavy truck traffic and crime.”<sup>2</sup>**

<sup>1</sup>Published 3/15/2012, from [www.ndbusinesswatch.com/business-news/oil-is-just-the-icing-on-the-cake-top-industries-in-north-dakota/](http://www.ndbusinesswatch.com/business-news/oil-is-just-the-icing-on-the-cake-top-industries-in-north-dakota/)

<sup>2</sup>Mufson, S. “In North Dakota, the gritty side of an oil boom” Washington Post. Published July 18, 2012. Retrieved from [www.washingtonpost.com/business/economy/in-north-dakota-the-gritty-side-of-an-oil-boom/2012/07/18/gJ0AZk5ZuW\\_story.html](http://www.washingtonpost.com/business/economy/in-north-dakota-the-gritty-side-of-an-oil-boom/2012/07/18/gJ0AZk5ZuW_story.html)

**“Attitudes about drinking and driving  
an ‘uphill battle’ in North Dakota”**

*INFORUM online August 11, 2012*



**“A Sobering Problem - N.D. culture  
often soft on drunken driving”**

*The Jamestown Sun July 1, 2012*

**“Group hopes to use changes in policies  
to curb underage drinking”**

*The Jamestown Sun September 8, 2012*

**“Support civic effort to combat drug abuse”**

*Herald October 22, 2012*

**“Two under arrest for huffing and driving”**

*Hemlock  
Tribune August 28, 2012*

## “N.D. Man Charged with 14th Drunken Driving Offense”

The Minot Daily News August 17, 2012

## “Man who bought alcohol for teens in fatal crash is sentenced”

INFORUM online July 9, 2012

## “Woman Accused of Allowing Daughter to Drink to Unconsciousness”

Minot  
Tribune October 15, 2012



## “Prescription drug abuse a ‘silent epidemic’ in N.D.”

GREAT PLAINS EXAMINER July 25, 2012

## “Man Charged in Pharmacy Burglary Pleads Guilty”

Williston Herald August 28, 2012



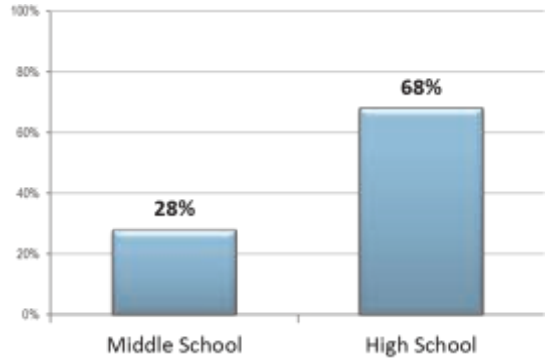
# ALCOHOL

## Underage Drinking

### Underage Drinking is a problem in ND.

Despite declining rates, ALCOHOL remains the most widely used drug by our youth. Compared to other states, our state continues to rank high in the nation in underage and binge drinking.

Lifetime Alcohol Use



(YRBS, 2011)

### Youth start drinking early.

17% of HIGH SCHOOL students had their *first* full drink before age 13.

(YRBS, 2011)

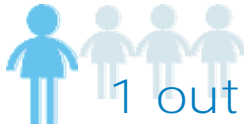
People who begin drinking before age 15 are four times more likely to become addicted than those who wait until they are 21.

(Center for Adolescent Health)





**Not only are ND youth drinking,  
but they are drinking to get drunk (binge drinking\*).**



**1 out of 4** (26%) of

HIGH SCHOOL students engaged in  
binge drinking in the past 30 days.

*Compared to 22% nationally.*

(YRBS, 2011)

**“The brain goes through dynamic  
changes during adolescence, and  
alcohol can seriously damage long-  
and short-term growth processes”**

(American Medical Association, 2003)



Research indicates that  
brain development  
continues until about  
age 25.

(Coalition for Juvenile Justice, 2006)

\* Binge Drinking: 5 or more drinks of alcohol within a couple of hours

# ALCOHOL

## Underage Drinking

ND youth don't think it is risky...

69% of HIGH SCHOOL students believe drinking to get drunk\* 1 or 2 times a week does not pose a great risk.

(YRBS, 2011)

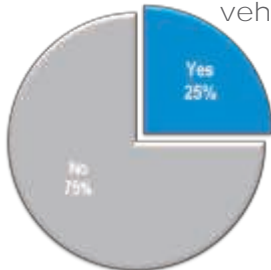
But it is.

Not only is using alcohol illegal for those under 21, it's dangerous. Youth who drink are MORE LIKELY to be victims of crime, have serious problems in school, and be involved in alcohol-related traffic crashes.

(National Institute on Alcohol Abuse and Alcoholism, 2006)

## Drinking and Driving

A quarter of HIGH SCHOOL students have ridden in a vehicle with a driver who had been drinking.



(YRBS, 2011)

Almost 1 in 8 (12%) HIGH SCHOOL students reported driving after drinking in the past 30 days.

(YRBS, 2011)

\* Binge Drinking: 5 or more drinks of alcohol within a couple of hours

# Crime



17% of all JUVENILE ARRESTS are alcohol-related.

(Crime in ND, 2011)

The majority (87%) of North Dakotans believe youth alcohol use is a problem in their community.

(CRS, 2008)

# Problems in school

Students missed 334 school days

due to suspensions/expulsions because of alcohol incidents during the 2011-2012 school year.

(ND DPI Suspension/Expulsion & Truancy Report, 2011-2012)

# Death

Nationally, each year, approximately 5,000 young people die as a result of underage drinking, which is greater than ALL ILLEGAL DRUGS combined. Drinking alcohol even ONCE is a risk.

(National Institute on Alcohol Abuse and Alcoholism, 2006)

# Cost

UNDERAGE DRINKING cost the citizens of North Dakota \$168 million in 2010. (PIRE, 2010)



\$240

for every person in North Dakota

or

almost \$1000

for a family of four



# ALCOHOL

## Underage Drinking

Youth are getting alcohol from those around them.



**1 in 3** (34%) HIGH SCHOOL drinkers said the **alcohol** they drank in the past 30 days was **given to them** by another person.

YRBS, 2011)

In North Dakota, it is ILLEGAL to provide alcohol to ANYONE under the age of 21.

(N.D.C.C 5-01)



Teach a child to ride a bike, fish, swim or drive...

**BUT** teaching them to “drink responsibly” or adult-supervised drinking *increases* the likelihood that a child will engage in future harmful use.

(Journal of Studies on Alcohol and Drugs, 2011)



Most North Dakotans think it is NOT OKAY for...

- ▶ Parents to offer their youth alcoholic beverages in their home (89%).
- ▶ Youth to drink at parties as long as they don't get drunk (96%).
- ▶ Youth to drink as long as they don't drive afterwards (95%).

(CRS, 2008)

## We can change the youth drinking culture in ND.

- ✔ Support efforts that limit youth access to alcohol (e.g., policies, enforcement).
- ✔ Be a positive role model.
- ✔ Have ongoing conversations with the youth in your life.

We cannot expect underage youth to say "no" to harmful drinking when their environment tells them "yes."

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

**PARENTS LEAD**  
LOCAL VOICES FOR CHANGE

Visit [www.parentslead.org](http://www.parentslead.org) for tips on how to continue the conversation!

**The majority (97%) of North Dakotans believe preventing alcohol and other drug use among youth is important.**

(CRS, 2008)



# ALCOHOL

## Young Adults

Young adults in ND (ages 18-25) rank #2 in the nation for past month BINGE alcohol use.

(NSDUH, 2009-2010)

## College Students

51% of college students reported having **5 or more drinks\*** in one sitting at least once over the past two weeks.

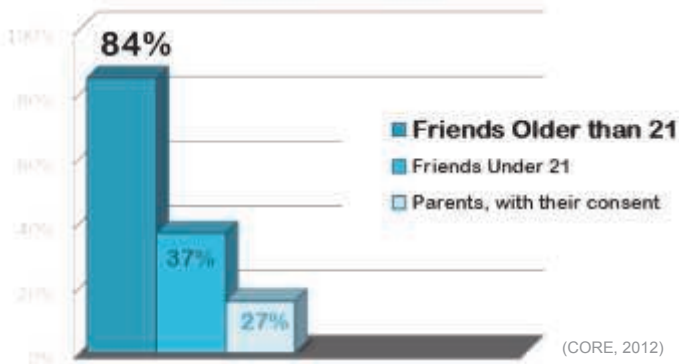
(CORE, 2012)

### PARENTS MATTER

80% of ND college students believe that **their parents'** expectations or rules about alcohol is an **effective way** to limit their alcohol consumption.

(CORE, 2012)

### Most common sources for COLLEGE STUDENTS (under 21) to obtain alcohol



(CORE, 2012)

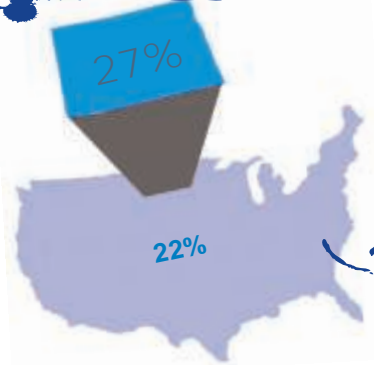
# ALCOHOL

## Adults

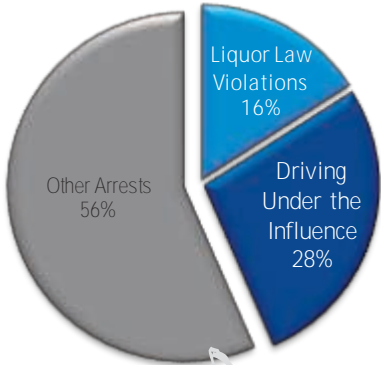


ND has the 3rd highest BINGE drinking rate in the nation.

Ages 26+  
(NSDUH, 2009-2010)



Our roads are unsafe because of drinking and driving.



Almost half of all adult arrests are alcohol related. Over one-quarter are DUIs.

(Crime in ND, 2011)



6,600 people were arrested for driving under the influence in 2011.

(Crime in ND, 2011)

50% of fatalities on ND roads are alcohol-related.

(ND Highway Patrol, 2012)

There is 1 alcohol-related car crash every 8.6 hours.

(ND DOT, 2011)

WHICH IS MORE THAN...



56% of North Dakotans believe the contribution of alcohol and other drugs to crashes or injuries is NOT a serious problem.

(CRS, 2008)

\* Binge Drinking: 5 or more drinks of alcohol within a couple of hours


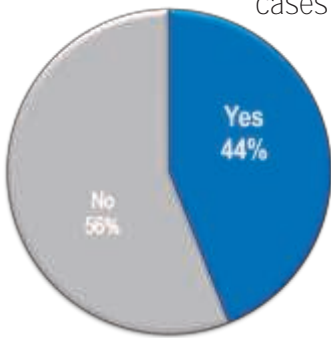
# ALCOHOL

Adults

Alcohol use impacts our family, friends and communities.

Almost half of new domestic violence cases involve alcohol as a contributing factor.

(NDCAWS, 2011)



Almost **7 in 10** (65%) incarcerated individuals have a substance abuse diagnosis.

(DoCR, 2011)

Long-term, heavy alcohol use can lead to the following:

- ▶ Dementia
- ▶ Stroke
- ▶ Cardiovascular problems
- ▶ Psychiatric problems, including depression, anxiety, and suicide
- ▶ Cancer of the mouth, throat, esophagus, liver, colon, and breast (in general, the risk of cancer increases with increasing amounts of alcohol)
- ▶ Liver diseases, including Cirrhosis
- ▶ Other gastrointestinal problems, including pancreatitis and gastritis

([www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm](http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm))



# We can change the ND alcohol culture.

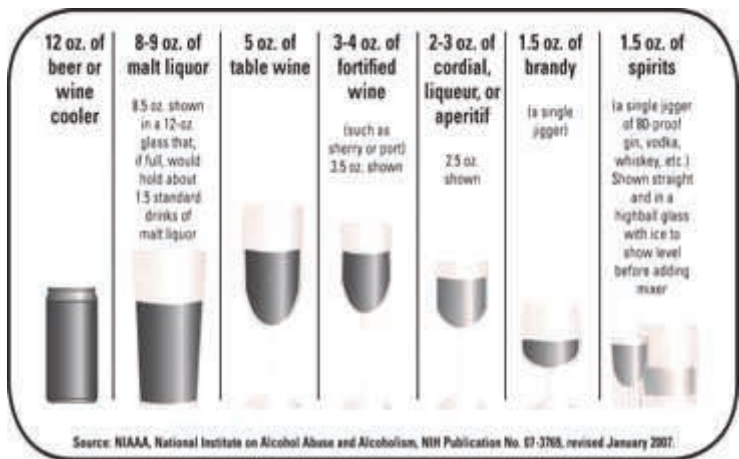


## SUPPORT COMMUNITY POLICIES AND ENFORCEMENT EFFORTS THAT REINFORCE HEALTHY BEHAVIORS AND CHOICES

- Server Training
- DUI Checkpoints/Saturation Patrols

## DRINK RESPONSIBLY, IF YOU ARE 21 OR OLDER

- Know what and how much you are drinking



## DESIGNATE A DRIVER OR CALL A CAB

The majority (87%) of North Dakotans support DUI checkpoints.  
(CRS, 2008)





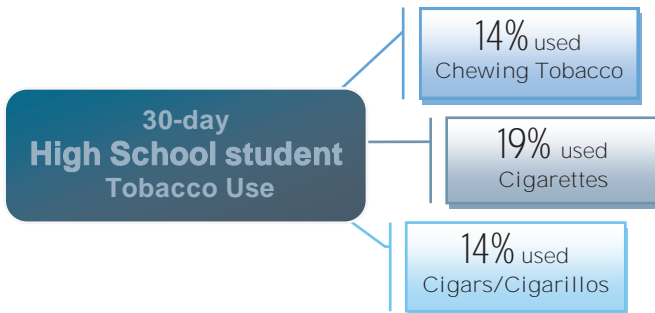
# TOBACCO

*All ages*

## Smoking costs ND citizens:

- ▶ \$247 million in total medical care
- ▶ \$47 million in Medicaid
- ▶ \$192 million due to lost productivity from premature death

(North Dakota; Campaign for Tobacco-Free Kids, 2011)



9% of HIGH SCHOOL students report using cigarettes for the first time before age 13.

(YRBS, 2011)



8% of HIGH SCHOOL students indicated they smoked cigarettes on 20+ days in the past month.

(compared to 6% of U.S. High School students)

(YRBS, 2011)

*Students missed 589 school days due to suspensions/expulsions because of tobacco incidents during the 2011-2012 school year.*

(ND DPI Suspension/Expulsion & Truancy Report, 2011-2012)

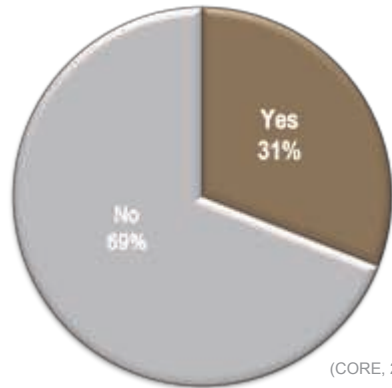


**1 in 5** (22%) **adults** (ages 26+) report past month **cigarette use**.



(NSDUH, 2009-2010)

College Student  
Past Month Tobacco Use



(CORE, 2012)

800 NORTH DAKOTANS DIE prematurely each year due to **SMOKING**  
and  
approximately **90 MORE DIE** due to **SECONDHAND SMOKE** exposure.

(North Dakota; Campaign for Tobacco-Free Kids, 2011)

## Need help quitting?



ND Tobacco **Quitline** is a FREE telephone-based service available to help North Dakota smokers and spit-tobacco users Quit Tobacco.



ND Tobacco **QuitNet** is web-based and provides the same service as Quitline.



# MARIJUANA

*All ages*

Chronic marijuana use has been associated with **increased rates** of:

- ▶ Anxiety
- ▶ Depression
- ▶ Suicidal thoughts
- ▶ Schizophrenia

There are more cancer-causing chemicals in marijuana than tobacco.

(Marijuana: Know the Facts, ONDCP, October 2010 )

THC concentrations in marijuana have doubled since the 1980s.

(DrugFacts: Marijuana, NIDA, December 2012)

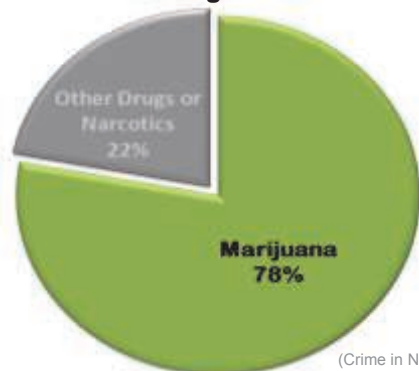
## Youth Marijuana Abuse

Almost 1 in 6 (15%) high school students reported using marijuana in the past 30 days.

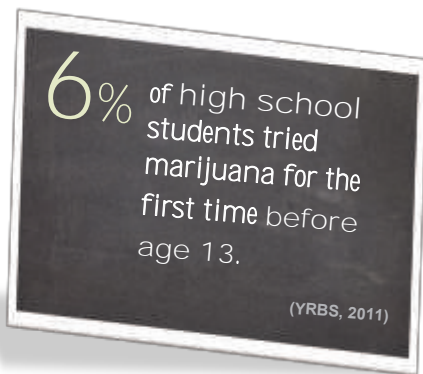
(YRBS, 2011)



### Juvenile **Drug-Related Arrests**



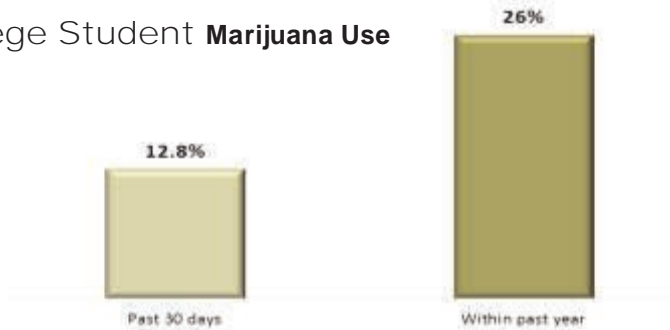
(Crime in ND, 2011)



(YRBS, 2011)



## College Student Marijuana Use



(CORE, 2010)

## Adult Marijuana Abuse

3% of adults (ages 26+) report using marijuana in the past month.  
Compared to 5% nationally.  
(NSDUH, 2009-2010)

68% of all adult DRUG-RELATED ARRESTS involve **MARIJUANA.**

(Crime in ND, 2011)

**ONE-THIRD (33%)** of North Dakotans believe that it is **not at all difficult** for **YOUTH** or **ADULTS** to **ACCESS MARIJUANA** in their community.

(CRS, 2008)



# PRESCRIPTION DRUGS

All ages

Prescription Drugs are the 3rd most abused drug among ND high school students.

(YRBS, 2009-2011)



1 in 6 HIGH SCHOOL students (16%) report taking prescription drugs without a doctor's prescription.

(YRBS, 2011)

"We receive on average, 50 calls per week requesting opioid treatment services."

- Quote from a ND Treatment Provider



44% of ND community members **don't know** if youth prescription drug abuse is a problem in their community.

(CRS, 2008)



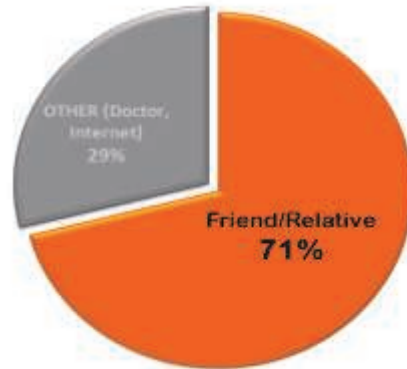
## Prescription drugs are easily accessible.

29 million pills  
dispensed in ND  
(narcotic analgesics & muscle relaxants)

This is 43 pills for every man,  
woman, and child in the state.

(ND Board of Pharmacy, 2011)

## Source of Prescription Pain Relievers Abused Among Those Age 12 or Older



(NSDUH National Findings, 2011)

## Reducing access will reduce abuse.

## Here is what we can do...

- ✓ Keep track of your meds.
- ✓ Store your meds in a secure and dry place (not the bathroom).
- ✓ Keep your meds out of sight.
- ✓ Deposit unused meds in the Take Back container located at participating sheriffs' offices and police departments.



Find locations here: [www.ag.nd.gov/PDrugs/TakeBackProgram.htm](http://www.ag.nd.gov/PDrugs/TakeBackProgram.htm)

For tips on what you can do in your community, browse the ND Prescription Drug Abuse Prevention Toolkit:  
[www.nd.gov/dhs/services/mentalhealth/prevention/pdf/drug-toolkit.pdf](http://www.nd.gov/dhs/services/mentalhealth/prevention/pdf/drug-toolkit.pdf)

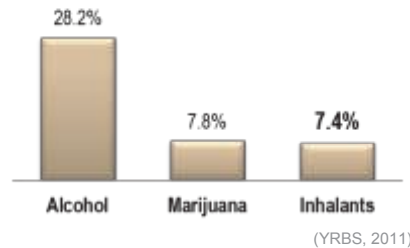


# INHALANTS

*All ages*

**Inhalants are the 3rd most abused substance among ND middle school students.**

Lifetime Abuse among Middle School Students



12% of high school students have abused inhalants in their lifetime.

(YRBS, 2011)

**Inhalants are easily accessible in our homes, schools and communities.**

Almost half (49%) of North Dakotans believe that it is not at all difficult to access inhalants in their community.

(CRS, 2008)

**Here is what we can do...**

- ✓ Purchase safer alternatives.
- ✓ Keep abusable products stored safely (*at home, school, and the workplace*).
- ✓ Monitor use of abusable products.

For tips on what you can do in your community, browse the ND Inhalant Abuse Prevention Toolkit: [www.nd.gov/dhs/services/mentalhealth/prevention/pdf/inhalant-toolkit.pdf](http://www.nd.gov/dhs/services/mentalhealth/prevention/pdf/inhalant-toolkit.pdf)



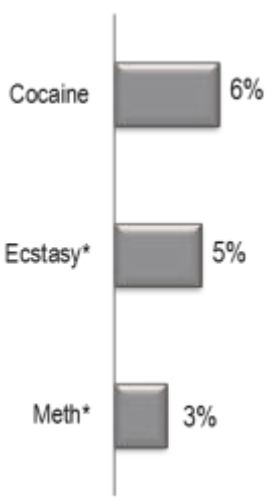
# OTHER DRUGS

*All ages*



## Illicit Drug use is relatively low in ND...

### Lifetime Drug Use among High School Students



(YRBS, 2011)  
\*Most recent data available (YRBS, 2009)

### Other drug use among college students...

- ▶ 3% report using amphetamines (diet pills, speed) in the past year.
- ▶ 3% report using synthetic drugs in the past year.

(CORE, 2012)

**4%** of **adults** (ages 26+) reported past month illicit drug use.  
Compared to 6% nationally  
(NSDUH, 2009-2010)

## but there are still consequences.

9% of all arrests are drug-related.  
This is a 14% increase from 2010 to 2011.  
(from 2339 to 2662)

(Crime in ND, 2011)



Effective prevention is **everyone's responsibility...**

individuals, families, schools, communities.

## Substance Abuse Prevention

is ...

- ▶ creating healthy and safe environments for people of all ages
- ▶ focused on population-level change
- ▶ a comprehensive, multi-faceted approach

is **NOT**...

- ▶ "prohibition" of alcohol
- ▶ condemning those who drink or sell alcohol responsibly and legally
- ▶ focused on those already abusing a substance

The majority (93%) of North Dakotans believe alcohol and other drug prevention programs are a good investment because they save lives and money.

(CRS, 2008)

92% of North Dakotans believe that it is possible to reduce alcohol and other drug problems through prevention.

(CRS, 2008)



**“One dollar spent on prevention saves \$10 that would later be spent on treatment, associated health costs, ER services, and incarceration.”**



The North Dakota Prevention Resource and Media Center (PRMC) provides FREE substance abuse prevention resources, curriculums, and toolkits to North Dakota residents regarding effective substance abuse prevention.



Sign up for the PREVENTION E-NEWSLETTER and receive updates on new resources and the latest news regarding substance abuse prevention.

To sign up, go to: [www.nd.gov/dhs/prevention](http://www.nd.gov/dhs/prevention)



You are their #1 influence.

**PARENTS LEAD**  
 LISTEN EDUCATE ASK DISCUSS

Parents LEAD offers you a one-stop resource for information and advice on how to start and continue age-appropriate conversations with your children about alcohol.

[www.parentslead.org](http://www.parentslead.org)




For additional copies, contact:



North Dakota Department of Human Services  
Division of Mental Health and Substance Abuse Services  
Prevention Resource & Media Center (PRMC)  
1237 West Divide Avenue, Suite 1D  
Bismarck, ND 58501

Phone: 701-328-8919  
Email: [ndprmc@nd.gov](mailto:ndprmc@nd.gov)  
[www.nd.gov/dhs/prevention](http://www.nd.gov/dhs/prevention)

