

Alcohol, Tobacco, and Other Drugs

Alcohol Use

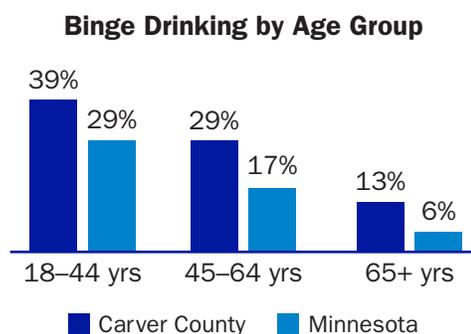
Excessive drinking is the third-leading lifestyle-related cause of death in the United States. Binge drinking is associated with many health problems, including injuries, suicide, sexual assault, domestic violence, liver disease, poor control of diabetes, and cardiovascular disease. Problematic drinking or alcoholism among a household member is itself an adverse experience for children, which can have lifelong physical and mental negative impacts.

Binge drinking is defined as having 5 or more drinks in a sitting for men; for women, it is 4 or more.

Heavy drinking is defined as males who drink more than 14 drinks per week and females who drink more than 7 drinks per week.

Carver County has the highest percentage of adults reporting excessive drinking in the state at 26%. Excessive drinking (the percent of adults reporting binge or heavy drinking) in Carver County is more prominent among adults with higher incomes and advanced degrees.

The number of alcohol-related deaths in Minnesota have increased steadily since 2000. Over half of these are due to liver disease; the primary driver of the increase in alcohol-related deaths.



Sources: Carver County Adult Health Survey, 2018; CDC, Behavioral Risk Factor Surveillance System, 2017



lung cancer or heart disease, and children are at increased risk of sudden infant death syndrome (SIDS), ear infections and asthma. Mothers who smoke cigarettes during pregnancy are at risk for poor birth outcomes, such as preterm birth, low birth weight, and stillbirth.

While youth cigarette smoking continues to decline, overall use of tobacco products continues to rise. This is largely due to the increasing popularity of electronic cigarettes (vaping). According to the 2019 Minnesota Student Survey, the rate of cigarette smoking is reported as 2.4% for 8th grade, 3.1% for 9th grade, and 5.3% for 11th grade. However, 11.1% of Minnesota 8th graders, 16% of 9th graders, and 26.4% of 11th graders report vaping in the past 30 days. This represents a 95%, 75%, and 54% increase since 2016. This dramatic rise in youth vaping is alarming as it puts another generation at risk of addiction to tobacco and other nicotine-containing products. Nearly all e-cigarettes contain nicotine, which is highly addictive and can harm brain development as teens grow. Nicotine exposure during adolescence makes it more likely teens will use tobacco or other drugs in the future.

- 18% of Carver County adults are current users of any tobacco, including e-cigarettes. 45 to 54 year-olds are most likely to report using any tobacco (30%), with 18 to 34 year-olds being the most likely to use e-cigarettes (6.3%). Vaping was rated as a top five concern among surveyed adults.
- 12% of Carver County adults are current smokers, and 20% are former smokers.

Tobacco Use

Tobacco use is the single most preventable cause of disease and death in Minnesota. Cigarette smoking is associated with cancer, emphysema, chronic bronchitis, heart disease, and stroke. In addition, there are health effects for non-smokers who are exposed to second-hand smoke, including an increased risk of dying from

Other Drug Use

Like the rest of the U.S., Minnesota has seen a dramatic increase in deaths due to opioid overdose. In 2017, 422 Minnesotans died from an opioid overdose, and another 2,037 experienced a non-fatal opioid-involved overdose. These numbers continue to rise from year to year with their effects extending beyond individual numbers, impacting families, friends, businesses and communities. Focusing on improving community conditions like job opportunities, quality of education, affordability of child care and community connectedness can help turn the tide in the effort to decrease the number of preventable harms – like opioid overdoses – that occur in Minnesota.

Number of Drug Overdose Deaths in Carver County, 2014–2017

Year	Drug Overdose Deaths	Population (Carver County)	% of Total Deaths
2014	13	97,338	1.1%
2015	18	98,741	1.4%
2016	15	100,262	1.1%
2017	20	102,119	1.3%

Source: Centers for Disease Control and Prevention, National Center for Health Statistics

- 52% of Carver County residents said abuse of prescription drugs is a moderate or serious issue, the fourth-highest ranked issue following distracted driving, mental health, and obesity.
- In 2017 there were a total of 20 deaths due to drug overdose in Carver County. The total number of drug overdose deaths in Carver County increased from 2014 to 2017, though the overall percent of total deaths attributed to drug overdose deaths has remained relatively the same due to an increase in county population.



Adverse Childhood Experiences

Negative experiences, especially adverse childhood experiences, or ACEs, shape lifelong health. ACEs are traumatic events in life occurring before a child turns 18. Adverse experiences for children are closely linked to adverse conditions for communities. Nine different types of ACEs have been studied including problematic drinking or alcoholism of a household member and illegal street or prescription drug use by a household member. Additionally, adverse experiences in childhood increase the risk of adolescents turning to alcohol and drugs later in life.

References

Minnesota Department of Health (2017). 2017 Minnesota Statewide Health Assessment. Produced in collaboration with the Healthy Minnesota Partnership. St. Paul, MN. <https://www.health.state.mn.us/communities/practice/healthymnpartnership/docs/2017MNStatewideHealthAssessment.pdf>

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