

2019 Minnesota Student Survey Findings and Trends

Winona County

Overview

Winona County’s Alliance for Substance Abuse Prevention (ASAP) has used Minnesota Student Survey data over time to guide Drug Free Communities Program efforts. This report includes combined 2019 findings, and well as trend data, for the school districts in Winona County. Overall survey sample sizes are reported below (Figure 1). Not every respondent answered every question; percentages in this report are based on the sample size for each individual question. Eighth graders contributed more to Winona County’s 2019 Minnesota Student Survey compared to 9th and 11th graders combined. Percentages for the three grade levels combined should be interpreted with caution.

1. Survey sample size for Winona County

	2013	2016	2019
8 th grade	346	324	304
9 th grade	377	380	137
11 th grade	291	329	115
Total	1,014	1,033	556

Key findings

Substance use

- In 2019, alcohol continued to be the most commonly reported substance used by Winona County youth.
- Reported past month tobacco use rates increased among Winona County 9th graders from 2016 to 2019, and the tobacco use rate was higher than alcohol use rate among 9th graders in 2019. This increase was primarily driven by vaping.
- Both marijuana use rates and prescription drug misuse rates decreased steadily among 11th graders from 2013 to 2016.

Priority local conditions

- In 2019, Winona County students were least likely to perceive risk of harm from vaping and marijuana use. Perceived risk of great or moderate harm from alcohol use and marijuana use decreased over time among 9th graders.
- The number one source of alcohol and e-cigarettes, among Winona County youth reporting past month use, was friends. The second most commonly reported source of alcohol was parents. The second most commonly reported source of e-cigarettes was getting someone to buy—the percentage of Winona County students reporting this was higher than the statewide average.

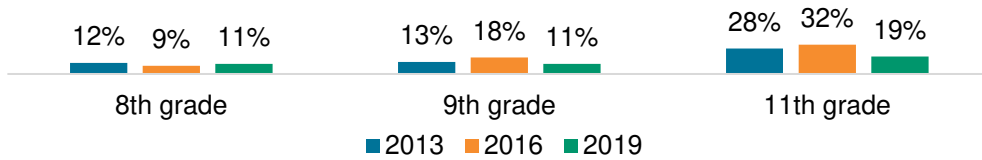
Substance use

Rates of reported past month use among Winona County 11th graders decreased over time for tobacco, marijuana, and prescription drugs (Figures 2 b-d). Marijuana use rates also decreased among 9th graders (Figure 2 c). Rates of tobacco use increased among both 8th and 9th graders. Tobacco use includes cigarettes, cigars/cigarillos, chewing tobacco, e-cigarettes, or hookah.

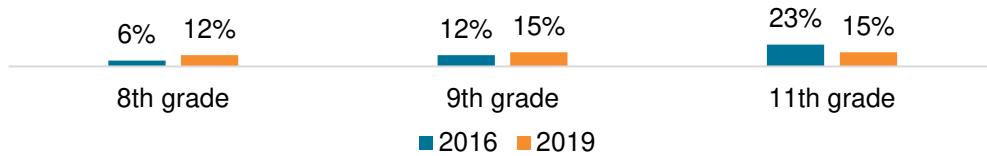
Winona County students who were in 8th grade in 2016 and 11th grade in 2019 showed less of an increase in past 30 day alcohol use over time (9% to 19%) compared to the cohort that was in 8th grade in 2013 and 11th grade in 2016 (12% to 32%; Figure 2 a). Conversely, students who were in 8th grade in 2016 showed more of an increase in past 30 day marijuana use compared to the cohort that was in 8th grade in 2013 (Figure 2 c).

2. Percentage of Winona County students reporting past 30 day substance use, by grade and substance: 2013-2019 trends

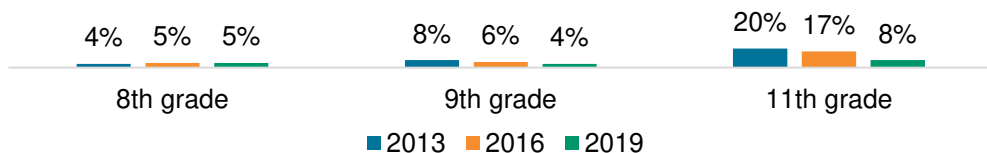
a. Alcohol



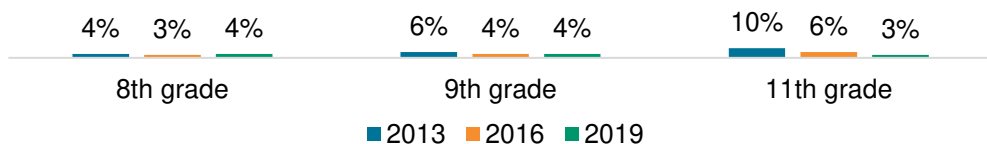
b. Tobacco



c. Marijuana



d. Prescription drugs



Note: No 2013 data on any tobacco use are reported due to changes in MSS questions.

Tobacco use

In 2019, Winona County students' tobacco use was primarily driven by vaping/e-cigarette use (Figure 3).

3. Winona County students reporting any past 30 day tobacco use: 2019

	8 th Grade	9 th Grade	11 th Grade
Percentage of students reporting any tobacco use	12%	15%	15%
Cigarette use	2%	2%	3%
Chewing tobacco use	2%	4%	3%
Cigar/cigarillo use	2%	0%	3%
Vaping/e-cigarette use	12%	14%	14%
Hookah use	2%	0%	2%

Prescription drug misuse

In addition to questions about past 30 day prescription drug misuse (shown in Figure 2 d), students were asked about specific types of prescription drugs they had misused in the past 12 months. Students were most likely to report misusing pain relievers (Figure 4).

4. Winona County students reporting past 12 month prescription drug misuse, by type: 2019

	8 th Grade	9 th Grade	11 th Grade
Pain reliever misuse ^a	4%	6%	4%
ADD/ADHD drug misuse ^b	1%	2%	1%
Tranquilizers ^c	2%	3%	3%
Stimulants ^d	0%	2%	2%

aExamples of pain relievers provided in the survey question include OxyContin, Percocet, Vicodin, or others.

bExamples of ADD/ADHD drugs included Ritalin, Adderall, and hyper pills.

cExamples of tranquilizers provided in the survey question include Valium, Xanax, Klonopin, and others.

dExamples of stimulants included Amphetamines or diet pills.

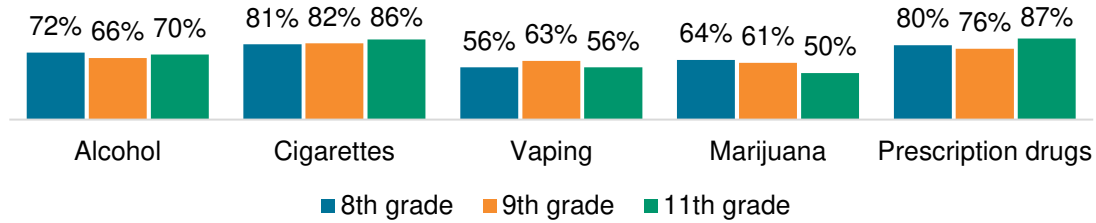
Local conditions

Protective factors are characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a lower likelihood of negative outcomes such as substance use and mental health issues. Risk factors are characteristics associated with a higher likelihood of negative outcomes. As part of the Drug Free Communities Program, risk and protective factors are called local conditions.

Perceived risk of harm from substance use

Students were asked how much they think people risk harming themselves, physically or in other ways, if they: smoke one or more packs of cigarettes per day, have five or more drinks of an alcoholic beverage once or twice per week, use marijuana once or twice per week, use prescription drugs not prescribed for them, or vape or use e-cigarettes. Winona County students were least likely to perceive risk of harm from vaping and marijuana use (Figure 5).

5. Perceived risk of great or moderate harm from substance use among Winona County students, by grade and substance type: 2019



Perceived risk of great or moderate harm from alcohol use and marijuana use decreased over time among 9th graders, both in Winona County and statewide (Figure 6). In 2019, Winona County 9th graders were less likely to perceive risk from alcohol compared to the statewide average, and more likely to perceive risk from marijuana use.

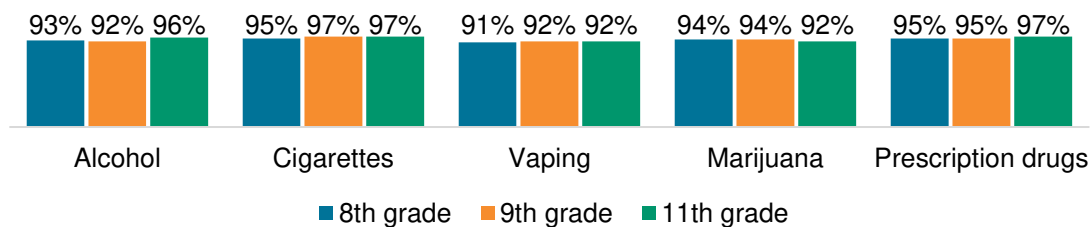
6. 9th graders' perceived risk of great or moderate harm from alcohol and marijuana use, by location: 2007-2019 trends

	2007	2010	2013	2016	2019
Alcohol: Winona County 9 th graders	77%	78%	72%	74%	66%
Alcohol: Minnesota 9 th graders	83%	84%	76%	73%	72%
Marijuana: Winona County 9 th graders	80%	74%	68%	66%	61%
Marijuana: Minnesota 9 th graders	82%	77%	67%	60%	53%

Perceived disapproval of substance use

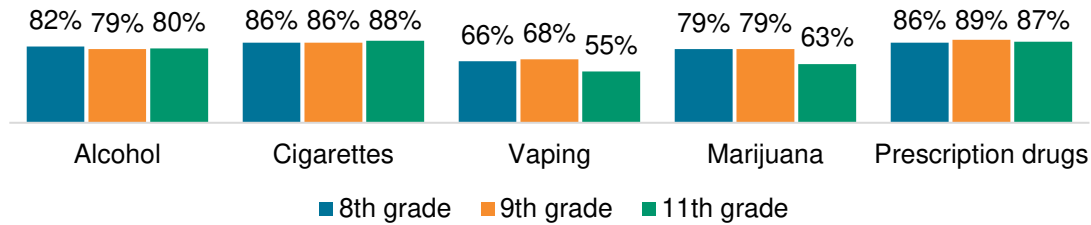
Students were asked whether their parents or friends would disapprove of their substance use. Across grade levels and substances, a large percentage of Winona County youth believed that their parents would feel that it's wrong for them to use (Figure 7).

7. Winona County students' perceived parent disapproval of substance use, by grade and substance type: 2019



Winona County students were less likely to believe their friends would disapprove of them vaping compared to use of other substances (Figure 8). Perceived disapproval of marijuana use was also reported by a lower percentage of Winona County 11th graders.

8. Winona County students' perceived friend disapproval of substance use, by grade and substance type: 2019



Perceived peer substance use

Students were asked, in general, how frequently they drink alcohol, use marijuana, and vape/use e-cigarettes. They were also asked how frequently, in their opinion, they thought most students in their school used each of those substances. Across all grade levels, Winona County students over-estimated peer use (Figure 9).

9. Winona County students' perceived vs. actual use, by substance type: 2019

	8 th Grade	9 th Grade	11 th Grade
I use alcohol monthly or more	5%	4%	7%
MOST students use alcohol monthly or more	34%	46%	57%
I use marijuana monthly or more	5%	1%	5%
MOST students use marijuana monthly or more	29%	30%	40%
I vape monthly or more	9%	10%	11%
MOST students vape monthly or more	55%	58%	64%

Access to substances

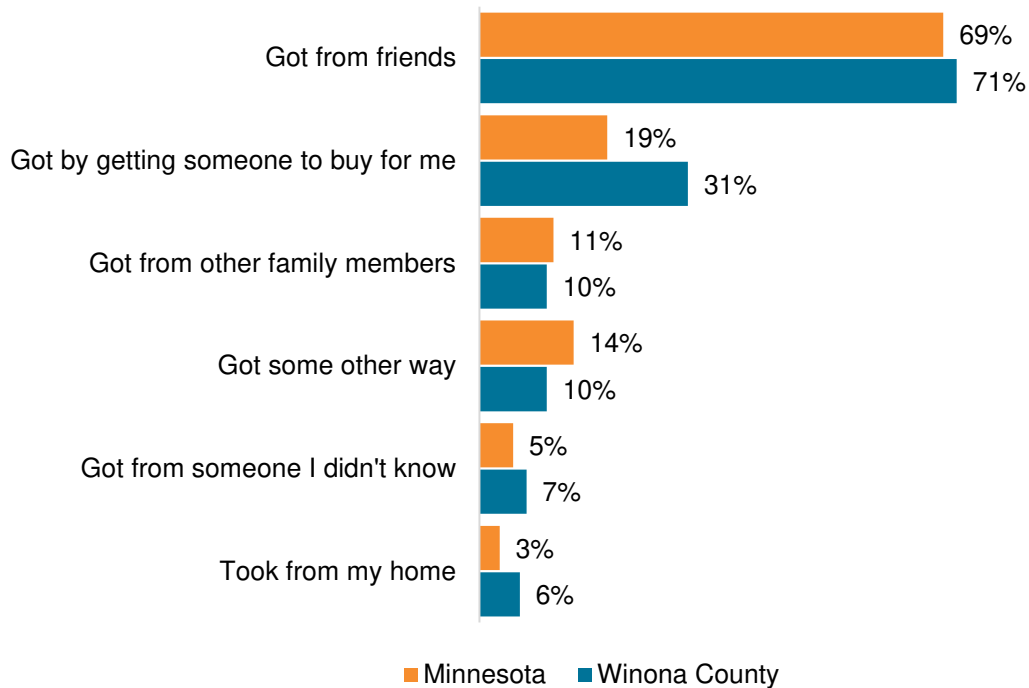
Students reporting any past 30 day alcohol use were asked to report how they got alcohol. They were asked to select all applicable sources. Among the 68 Winona County 8th, 9th, and 11th graders reporting any past 30 day use, the most common sources were getting it from friends (38%), getting it from parents (24%), getting it at parties (22%), and getting it some other way (21%; Figure 10).

10. Sources of alcohol among 8th, 9th, and 11th graders reporting any past 30 day use, by location: 2019

	Winona County	Minnesota
Got alcohol		
From friends	38%	38%
From my parents	24%	22%
From other family members	19%	13%
At parties	22%	22%
By getting someone to buy for me	10%	13%
Some other way	21%	15%
Bought alcohol		
At bars or restaurants	2%	2%
At stores	0%	2%
On the internet	0%	1%
At gas stations or convenience stores	3%	2%
Took alcohol		
From my home	19%	27%
From a friend's home	4%	7%
From stores	0%	1%

Similarly, students reporting any past 30 day vaping or e-cigarette use were asked to report how they got it. They were asked to select all applicable sources. Figure 11 shows the top six most common sources. Among the 68 Winona County 8th, 9th, and 11th graders reporting any past 30 day use, the most common source was from friends (71%). A greater percentage of Winona County youth got someone to buy them e-cigarettes compared to the statewide average. No Winona County youth reported buying e-cigarettes at gas stations or convenience stores, at grocery, discount or drugs stores, or at vape shops (not shown).

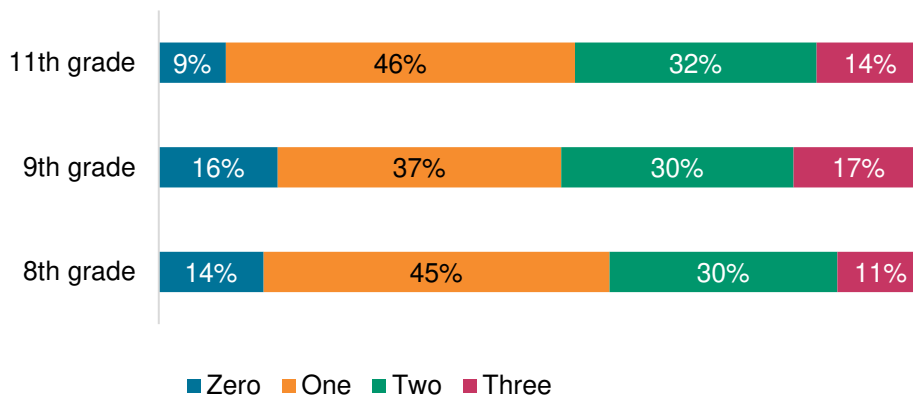
11. Sources of e-cigarettes among 8th, 9th, and 11th graders reporting any past 30 day use, by location: 2019



Supportive and caring adults

New in 2019, students were asked which adults they can talk to about problems they are having. Response options included parent or guardian, adult at school, some other adult, and “I don’t have any adults that I can talk to about problems I am having.” Students could mark all applicable responses. A majority of students, across all grades, were at least able to talk with one adult (Figure 12).

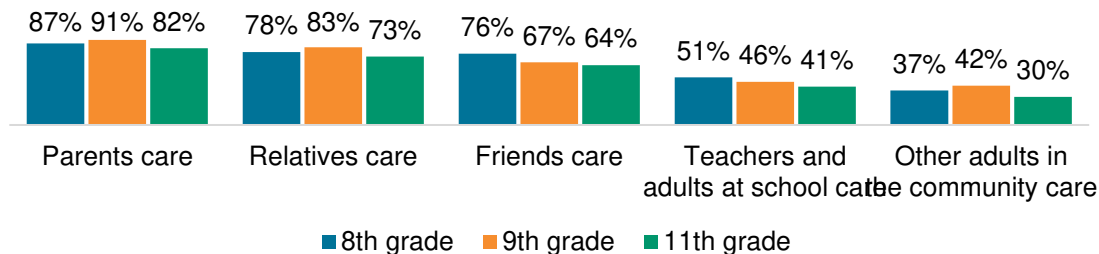
12. Number of adults that Winona County students can talk to about problems, by grade: 2019



Students were asked about the extent to which they felt others care about them. A majority believe parents, relatives, and friends care about them very much or quite a bit; however, they were less likely to perceive

that teachers and other adults in the community care about them very much or quite a bit (Figure 13). Perception that teachers and other adults at school care, and perception that friends care, decreased by grade level among Winona County students.

13. Number of adults that Winona County students can talk to about problems, by grade: 2019



Developmental assets

The percentage of Winona County 11th graders reporting greater empowerment and greater positive identity declined steadily over time, as did the percentage of 9th graders reporting greater social competence (Figure 14).

14. Winona County students reporting greater levels of Developmental Assets, by type: 2013-2019 trends

	Greater empowerment ^a			Greater social competence ^b			Greater positive identity ^c		
	2013	2016	2019	2013	2016	2019	2013	2016	2019
8 th grade	55%	61%	59%	49%	58%	53%	48%	55%	43%
9 th grade	57%	56%	55%	57%	55%	48%	50%	51%	49%
11 th grade	61%	55%	52%	57%	49%	53%	50%	44%	36%

Note: In prior years, greater empowerment, greater social competence, and greater positive identity were calculated differently by the State Epidemiological Outcomes Workgroup. Each MSS item comprising these Developmental Asset categories are scored from 1 (not at all or rarely) to 4 (extremely or almost always), with 4 being the most positive. In the past, greater levels were measured as students having a score of 3 or 4 on all items included in the category. Data presented in this report reflect greater levels measured as students having an average score of 3 on all items across the category.

^a Empowerment comprises the MSS items: feeling valued and appreciated by others, being included in family tasks and decisions, and being given useful roles and responsibilities.

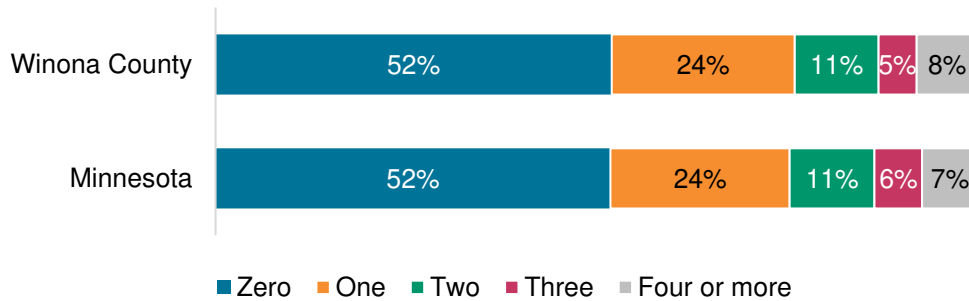
^b Social competence comprises the MSS items: saying no to things that are dangerous or unhealthy, building friendships with other people, expressing feelings in proper ways, planning ahead and making good choices, staying away from bad influences, resolving conflicts without anyone getting hurt, accepting people who are different, and being sensitive to the needs and feelings of others.

^c Positive identity comprises the MSS items: feeling in control of one's life and future, feeling good about one's self, feeling good about one's future, dealing with disappointment without getting too upset, finding ways to deal with things that are hard in life, and thinking about what one's purpose in life is.

Adverse childhood experiences

Adverse childhood experiences^a (ACEs) are potentially traumatic events that occur in childhood (before age 18), such as experiencing violence or abuse or growing up in a household with substance misuse or mental health problems. Compared to the statewide average, Winona County 8th, 9th, and 11th graders reported similar numbers of ACEs (Figure 15).

15. Students reporting ACEs, by number of ACEs and location: 2019



^aACEs comprise the MSS items of having ever had a parent or guardian in jail or prison, living with someone who drinks too much alcohol, living with someone who uses illegal drugs or misuses prescription drugs, experiencing verbal abuse from an adult in the home, experiencing physical abuse from an adult in the home, living with someone with mental health issues, witnessing domestic violence among adults in the home, or experiencing sexual abuse (by a family member, or someone outside the family).

Mental health

Overall, Winona County students reported slightly lower rates of past two week depressive symptoms and anxiety symptoms compared to the statewide average (Figure 16).

16. Students reporting depressive and anxiety symptoms, by location and grade: 2019

	8 th Grade	9 th Grade	11 th Grade
Past 2 week depressive symptoms ^a : Winona County	18%	24%	19%
Past 2 week depressive symptoms ^a : Minnesota	21%	23%	24%
Past 2 week anxiety symptoms ^b : Winona County	23%	22%	25%
Past 2 week anxiety symptoms ^b : Minnesota	23%	27%	29%

^aPast 2 week depressive symptoms are measured using the Patient Health Questionnaire-2 (PHQ-2). Students were asked “Over the last 2 weeks, how often have you been bothered by the following problems?” 1. Little interest or pleasure in doing things; 2. Feeling down, depressed or hopeless. A PHQ-2 score ranges from 0-6. A cut point of 3 or greater is used to screen for depression. The PHQ-2 was added to the Minnesota Student Survey in 2016.

^bPast 2 week anxiety symptoms are measured using the Generalized Anxiety Disorder-2 (GAD-2). Students were asked “Over the last 2 weeks, how often have you been bothered by the following problems?” 1. Feeling nervous, anxious or on edge; 2. Not being able to stop or control worrying. A GAD-2 score ranges from 0-6. A cut point of 3 or greater is used to screen for anxiety disorder. The GAD-2 was added to the Minnesota Student Survey in 2019.

The percentage of Winona County 9th graders reporting past year suicidal ideation or thoughts decreased slightly over time, getting closer to the statewide average (Figure 17).

17. 9th graders reporting past 12 month suicidal ideation, by location: 2007-2019 trends

	2013	2016	2019
Winona County 9 th graders	16%	14%	12%
Minnesota 9 th graders	12%	12%	13%

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For more information

This summary presents highlights from the 2019 Minnesota Student Survey. For more information, contact Melissa Adolfson at Wilder Research, 651-280-2763.

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