



**Community Needs Assessment  
Douglas County Youth Substance Abuse Prevention Coalition**

**October 2018**

# Community Characteristics: Douglas County

Douglas



<b>Population</b>	<b>2016</b>	→	<b>2030</b>
	Population Estimates		Population Estimates
	<b>328,330</b>		<b>413,161</b>
	<b>+2%</b> 2010 to 2016		<b>+21%</b> 2016 to 2030

## Race/Ethnicity

White Non-Hispanic*	84%	79%
Hispanic*	8%	11%
African-American*	2%	3%
Asian*	5%	6%

## Income

Median Household Income**	<b>\$109,292</b>
Individuals Living at or Below Poverty**	<b>4%</b>
Children Living at or Below Poverty**	<b>3%</b>
Unemployment***	<b>2%</b>

## Age

0-17	26%	20%
18-64*	63%	60%
65+*	11%	20%

## Households

Single Parent Households**	<b>16%</b>
Residents Age 65 or Older Living Alone**	<b>27%</b>
<small>(of households with one member 65+)</small>	
Linguistically Isolated Households**	<b>1%</b>
<small>(households where all adults speak a language other than English and none speaks English "very well")</small>	

## Other Characteristics

Disability\*\* **7%**

Includes hearing, vision, cognitive, ambulatory, self-care, and independent living difficulty

## Educational Attainment

Less than High School**	<b>2%</b>
High School (Diploma or Equivalent)**	<b>11%</b>
Bachelor's Degree or Higher**	<b>59%</b>

## School Characteristics 2017-2018 school-year

School Districts	<b>1</b>
Number of Elementary-High Schools	<b>5</b>
Number of High Schools	<b>12</b>
Number of Middle-High Schools	<b>1</b>
Number of Middle Schools	<b>10</b>
Number of Elementary-Middle Schools	<b>13</b>
Number of Elementary Schools	<b>52</b>
Students eligible for free/reduced lunch	<b>12%</b>

\*Source: Colorado Department of Local Affairs, July 2016 Estimates, 2030 Population Forecast

\*\*Source: American Community Survey 1-Year Estimate 2016

\*\*\*Source: Bureau of Labor Statistics, March 2018

\*\*\*\*CDPHE, County-level data at time of arrival.

Other includes: BELARUS, CHAD, CHINA, COLOMBIA, EL SALVADOR, ERITREA, THE GAMBIA, GEORGIA, GHANA, HAITI, HONDURAS, IRAN, JORDAN, KENYA, MEXICO, NEPAL, NORTH KOREA/DEMOCRATIC PEOPLE'S REPUBLIC, PAKISTAN, PERU, REPUBLIC OF CONGO, RWANDA, SENEGAL, SUDAN, TANZANIA, THAILAND, UKRAINE

# Health of Douglas County residents

**Table 3. Risk Factors and Behaviors, Adults, 2014 and 2016**

Health risk factor or condition	Douglas County 2014	Douglas County 2016	Colorado 2016
Adults not engaging in leisure time physical activity	7.5%	10.6%	16.9%
Adults (18 years and older) who are obese	16.4%	18.3%	21.3%
Adults who binge drink	14.7%	17.5%	18.2%
Adults who currently smoke cigarettes	8.0%	8.1%	16.2%
Adults who use marijuana	10.0%	7.1%	13.6%
Adults who reported mental health not good on 14 or more days in past month	7.9%	8.5%	9.4%
Health Insurance Coverage*	94.6% (2013)	98.6%	93.5%

Source: Behavioral Risk Factor Surveillance System, Colorado Department of Public Health and Environment

\*Colorado Health Access Survey (2017), Colorado Health Institute

Douglas County residents are generally healthier compared to residents of Colorado overall. A higher percentage of Douglas County residents have health insurance and engage in physical activity compared to Colorado residents, and fewer Douglas County residents were obese or were current cigarette smokers compared to their peers around the state. Between 2017 and 2014, report of adult binge drinking has increased in Douglas County while adult marijuana use has decreased. Report of poor mental health increased from 7.9% to 8.5%.

**Table 4. Leading Causes of Death, by Death Rates,<sup>1</sup> Douglas County and Colorado, 2016**

Cause of death	Douglas County	Colorado
1. All cancers	124.8	136.0
2. All heart diseases	100.6	127.4
3. Unintentional injuries	46.4	50.1
4. Alzheimer's disease	45.7	34.0
6. Chronic lower respiratory diseases <sup>3</sup>	33.9	45.8
5. Cerebrovascular diseases <sup>2</sup>	28.8	34.6
9. Falls	20.7	16.0
7. Suicide	17.4	20.4
8. Diabetes mellitus	10.7	16.1
10. Chronic liver disease and cirrhosis	7.6	12.3

1. Rates are per 100,000 population and age-adjusted to the 2000 census population.

2. All diseases that affect the blood vessels in the brain; stroke is an example of a cerebrovascular disease.

3. Includes asthma, chronic bronchitis, emphysema.

Source: Center for Health and Environmental Data, Colorado Department of Public Health and Environment

The top three leading causes of death for Douglas County in 2016 were cancer, heart disease, and unintentional injuries; the death rates in Douglas County for these causes are lower than the state's rates.

## Substance Abuse

Substance abuse is defined as using mind- or behavior-altering substances that result in negative behaviors and health outcomes.<sup>i</sup> These substances include tobacco, alcohol, marijuana, illicit drugs, and prescription drugs. Some of the negative outcomes associated with substance abuse include:

- Domestic violence
- Child abuse
- Motor vehicle crashes
- Crime
- Homicide
- Suicide

Some of the negative health outcomes associated with substance abuse include:

- Substance dependence
- HIV/AIDS and other sexually transmitted infections
- Teenage pregnancy
- Heart disease
- Stroke
- Certain cancers
- Digestive problems
- Liver disease
- Depression and anxiety

Not only are there high healthcare costs associated with substance abuse, there are also costs to society including family and relationship problems, lost productivity, and unemployment. The National Institute on Drug Abuse (NIDA) estimates that substance abuse costs the United States over \$600 billion a year (which includes costs related to health, crime, and lost productivity).<sup>ii</sup>

People who use substances often begin at an early age. Ninety percent of adults with a substance use disorder started using before the age of 18 and half started under the age of 15.<sup>iii</sup> And youth who use marijuana for the first time before age 14 are five times more likely to abuse drugs as an adult compared to youth who use marijuana at age 18. Preventing substance use among youth is crucial.

## Risk Factors

Risk factors can increase a person’s chances of using substances. And the more risks a person is exposed to, the greater the likelihood they will use substances. The Healthy Kids Colorado Survey (HKCS) is a survey was administered to students and asks about a multiple of health behaviors and conditions, including substance use.<sup>iv</sup> The risk behaviors in the table below are from 9<sup>th</sup> to 12<sup>th</sup> graders in the 2013 Douglas County School District. Statewide data is included for comparison purposes.

**Table 5. Healthy Kids Colorado Survey, 2013 & 2017, 9th-12th grade students, Douglas County School District**

<b>Risk Behaviors</b>			
<b>Mental Health</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	21.5%	27.6%*	31.4%
Students who seriously considered attempting suicide during the past 12 months	14.1%	15.4%	17.0%
Students who made a plan about how they would attempt suicide during the past 12 months	10.6%	11.1%	13.1%
Students who actually attempted suicide one or more times during the past 12 months	5.3%	5.5%	7.0%
<b>Tobacco Use</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Students who smoked a whole cigarette for the first time before age 13 years	4.4%	3.0%	4.8%
Students who smoked cigarettes one or more of past 30 days	9.3%	6.0%*	7.2%
Current cigarette users who tried to quit in past 12 months	40.0%	46.1%	46.1%
Students who feel it would be easy or very easy to get cigarettes if they wanted	55.7%	53.6%	55.5%
Students who have ever tried e-cigarettes (2013); ever use of electronic vapor product (2017)	11.5%	41.1%**	44.2%
Students who used an electronic vapor product in the past 30 days	N/A	30.0%	27.0%
Students who feel it would be easy or very easy to get electronic vapor products if they wanted	N/A	65.3%	58.4%
<b>Alcohol Use</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Students who had their first drink of alcohol, other than a few sips, before age 13	12.2%	10.9%	15.0%
Students who had at least one drink of alcohol on one or more of the past 30 days	26.6%	26.3%	28.7%
Students who think a typical student drank one or more days of past 30 days	74.7%	82.9%*	81.6%
Students who binge drank during the past 30 days	13.8%	16.1%*	16.0%
Students who feel it would be easy/very easy to get alcohol if they wanted	60.8%	59.0%	57.5%
<b>Marijuana Use</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Students who tried marijuana for the first time before age 13 years	5.0%	3.3%*	6.5%
Students who used marijuana one or more times during their life	25.1%	27.0%	35.2%
Students who used marijuana one or more times in past 30 days	13.2%	13.5%	19.4%
Students who feel it would be easy/very easy to get marijuana if they wanted	45.9%	47.1%	53.5%

<b>Use of Other Drugs</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Students who used any form of cocaine one or more times during their life	5.5%	5.4%	5.0%
Students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life	7.0%	6.5%	5.8%
Students who used heroin one or more times during their life	2.9%	2.7%	1.5%
Students who used methamphetamines one or more time during their life	3.7%	3.1%	2.0%
Students who used ecstasy one or more times during their life	6.9%	5.9%	4.1%
Students who feel it would be easy/very easy to get drugs like cocaine, LSD, amphetamines if they wanted	15.8%	16.2%	18.2%
Students who have taken a prescription drug (e.g., oxycontin, percocet, vicodin, codeine, adderall, ritalin, or xanax) without a doctor's prescription	12.8%	12.5%	12.4%
Students who feel it would be easy/very easy to get prescription drugs without a prescription	N/A	29.0%	25.3%
<b>Impaired Driving</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Among those who drive a car/other vehicle during the past 30 days, percent who drove when they had been using marijuana one or more times during the past 30 days	8.0%	6.6%	9.0%
Students who rode in a car/other vehicle during the past 30 days driven by someone who had been using marijuana	13.7%	14.1%	18.6%
Among those who drive a car/other vehicle during the past 30 days, percent who drove when they had been drinking alcohol	5.9%	6.3%	5.6%
Students who rode in a car/other vehicle during the past 30 days driven by someone who had been drinking alcohol	14.4%	13.6%	15.2%
Students who had texted or emailed one or more times while driving in last 30 days	35.9%	40.4%	35.9%
<b>Safety</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Student who did not go to school one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school	4.4%	7.1%*	5.8%
Students who had ever been bullied on school property during the past 12 months	20.4%	17.8%*	18.6%
Students who were in a physical fight one or more times during the past 12 months	17.5%	19.2%	18.0%
Students who had been physically hurt on purpose by someone they were dating one or more times during the past 12 months (of those who had dated)	7.4%	8.2%	9.2%
Students who had been electronically bullied during the past 12 months	17.3%	15.2%	14.9%

Source: Healthy Kids Colorado Survey, Colorado Department of Public Health and Environment

\*Change is statistically significant. Green indicates change we hope to see and red indicates change we hope not to see.

\*\*Change would be statistically significant if the questions had been asked using the same language, which is not the case.

## Protective Factors

Protective factors can prevent a person from using substances. An important goal in prevention is to have protective factors outweigh the risk factors in order to reduce substance use among youth. The protective factors in the table below are from 9<sup>th</sup> to 12<sup>th</sup> graders in the 2013 Douglas County School District. Statewide data is included for comparison purposes.

**Table 6. Healthy Kids Colorado Survey, 2013 & 2017, 9th-12th grade students, Douglas County School District**

<b>Protective Factors</b>			
<b>Tobacco Use</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Students who think people who use electronic vapor products every day have a moderate or great risk of harm	N/A	50.4%	49.8%
<b>Alcohol Use</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Students who think it is wrong/very wrong for someone their age to drink alcohol regularly (once or twice a month)	62.9%	62.0%	62.3%
Students who think people who binge drink each weekend have moderate/great risk of harming themselves	74.5%	N/A	N/A
Believe parents would feel it is wrong/very wrong if they drank alcohol regularly	80.9%	85.0%*	84.0%
Believe the police would catch kids drinking alcohol in the neighborhood	28.6%	29.4%	28.0%
<b>Marijuana Use</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Believe people who use marijuana once or twice have moderate/great risk of harming themselves	35.5%	56.1%	51.8%
Believe people who use marijuana regularly have moderate/great risk of harming themselves	56.3%	56.1%	51.8%
Believe it is wrong/very wrong for someone their age to use marijuana	65.6%	63.3%	57.4%
Believe parents would feel it is wrong/very wrong if they used marijuana	89.1%	89.9%	86.6%
Believe police would catch kids using marijuana in their neighborhood	40.50%	42.2%	33.9%
<b>Use of Other Drugs</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Students who talked with a parent about substance dangers within the past 12 months	53.2%	N/A	N/A
Students who heard, read, or watched an advertisement about preventing tobacco, alcohol, or other drug use sometimes or a lot in past 12 months	71.7%	N/A	N/A
Students who saw/heard advertisements about preventing use of tobacco, alcohol, or other drugs during the past 30 days	82.2%	N/A	N/A
<b>General Protective Factors</b>	<b>Douglas 2013</b>	<b>Douglas 2017</b>	<b>Colorado 2017</b>
Students who could ask parents/guardians for help with a personal problem	77.1%	84.3%*	83.5%
Students who have someone (2013)/adult (2017) to go to for help with a serious problem	83.2%	76.3%**	73.5%
Students who strongly agree or agree that teachers care about them and encourage them	54.5%	N/A	N/A
Students who think their teacher notices when they do a good job and lets them know	N/A	54.4%	62.0%
Students who described their grades as mostly A's or B's over the past 12 months	84.6%	83.1%	77.5%
Students who participate in extracurricular activities	72.1%	71.3%	68.2%
Students who participated in organized community services as a non-paid volunteer 1 or more times in past month	48.7%	57.7%*	43.6%
Students who feel things they are learning in school now are going to be very/quite important later in life	43.0%	55.6%*	59.8%

Source: Healthy Kids Colorado Survey, Colorado Department of Public Health and Environment

\*Change is statistically significant. Green indicates change we hope to see and red indicates change we hope not to see.

\*\*Change would be statistically significant if the questions had been asked using the same language, which is not the case.

## **Special Focus on Vaping**

Vaping – the use of an electronic vapor product – has grown in popularity over the past five years. In 2017, the percentage of youth reporting ever trying an electronic vapor product was 41% and nearly one-third (30%) of students reported current use: having vaped at least once in the past 30 days. In 2013, only 11% of youth reported ever trying an e-cigarette. While the difference in the question language may play a role in the increased percentage of youth reporting ever use, it is clear that vaping is common. The percentage of youth currently using an electronic vapor product increases with age: 46% of Douglas County youth ages 18 and older report current vaping while only 22% of youth ages 15 and under report current use. More multi-racial youth (35%), Hispanic youth (38%) and white youth (29%) report smoking than Asian youth (15%). Youth who identify as gay, lesbian, or bisexual reported higher percentages of current vaping (38%) than did youth identifying as heterosexual (29%) or youth unsure of their sexual identity (29%).

Compared to youth who report that they do not currently vape, fewer youth who report current vaping also report having a parent or guardian they could ask for help with a personal problem (74% v 89%); fewer youth who currently vape also report having an adult to go to for help with a serious problem (68% v 80%). Compared to youth who do not currently vape, fewer youth who currently vape participate in extracurricular activities (66% v 73%) and more of them report certain health risk behaviors, including current binge drinking (46% v 3%), taking prescription pain medication without a prescription (28% v 5%), ever trying marijuana (70% v 8%), currently using marijuana (39% v 2%), and having sex with one or more people in the past three months (40% v 9%). Youth who report current vaping may struggle with their mental health more than youth who do not report current vaping. Compared to youth who do not currently vape, more youth who currently vape report feeling sad or hopeless almost every day for 2 weeks in the past 12 months (41% v 22%). Additionally, compared to youth who do not currently vape, more youth who report currently vaping have considered suicide in the past 12 months (25% v 11%), made a plan in the past 12 months about how they would attempt suicide (20% v 7%), and report attempting suicide in the past 12 months (12% v 2%).

One-half of youth in Douglas County (50%) believe vaping every day is harmful. Perception of harm is higher among females (57%), Asian youth (67%), and students ages 15 and under (54%). The Coalition may want to further explore vaping among youth in Douglas County.

## **Substance Use differences among certain populations**

Additional findings from the Healthy Kids Colorado Survey from Douglas County School District were that there were differences among certain populations using substances. Hispanic students (23.1%) were more likely have used marijuana in the past month compared to white, non-Hispanic students (11.7%). Hispanic students (15.9%) were also more likely to misuse prescription drugs compared to white, non-Hispanic students (11.7%), but less likely to think prescription drug misuse wrong (80.3% compared to 89.5%). White high school students (2.6%) were more likely than Hispanic students (2.1%) to have used methamphetamines during their life, but much less likely than multiracial students (12.7%). Hispanic and multiracial youth were more likely to try smoking, marijuana, and alcohol before the age of 13 than white students.

## **Youth Substance Use Focus Group Findings**

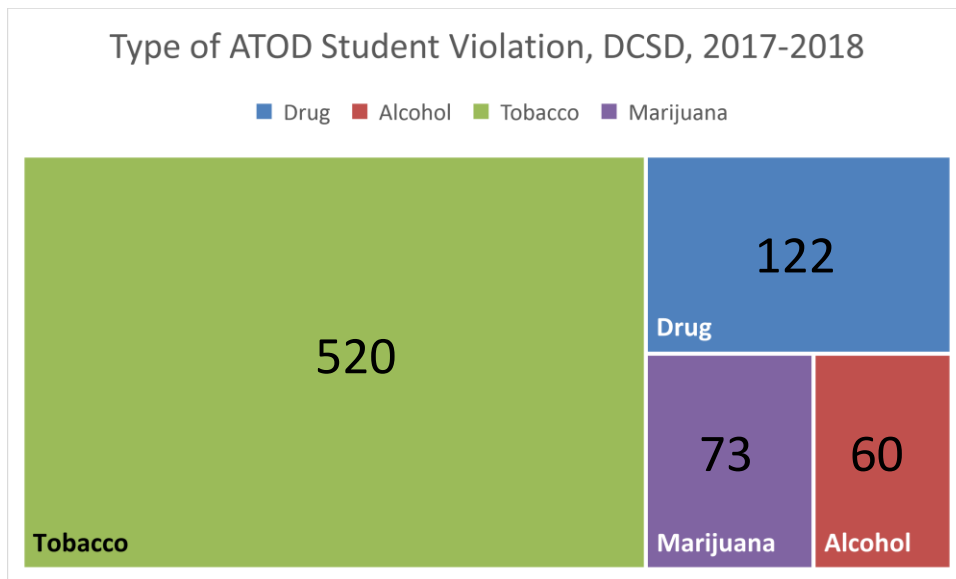
In August and September 2016, 43 youth from Douglas County participated in four focus groups on perceptions and attitude around substance use. Key findings include that alcohol and marijuana are the most commonly used substances. Participants felt that prescription drugs are not as commonly used. They feel that alcohol is commonly used because it is easily accessible and used in many social situations like parties on the weekends. Marijuana is commonly used because it's now socially acceptable since its legalization in Colorado. Reasons for using alcohol among youth



included fitting in social situations. Reasons for using marijuana included curiosity but also for escaping from stressors and feelings associated with depression and anxiety. Reasons for misusing prescription medications were for improving attention at school, and for stress caused from school or home, or to reduce anxiety.

### Alcohol, Tobacco, and Other Drug-Related Incidents

In the 2017-2018 school year in Douglas County, the majority of student violations (67%) for Alcohol, Tobacco, and Other Drug-Related (ATOD) Incidents were for tobacco (522 total). Of the tobacco violations, most of them (233) resulted in out-of-school suspensions. There were 122 drug-related violations (16%) of the total violations, 73 marijuana violations (9%) and 60 alcohol-related violations (8%).



Data source: Colorado Department of Education, 2018

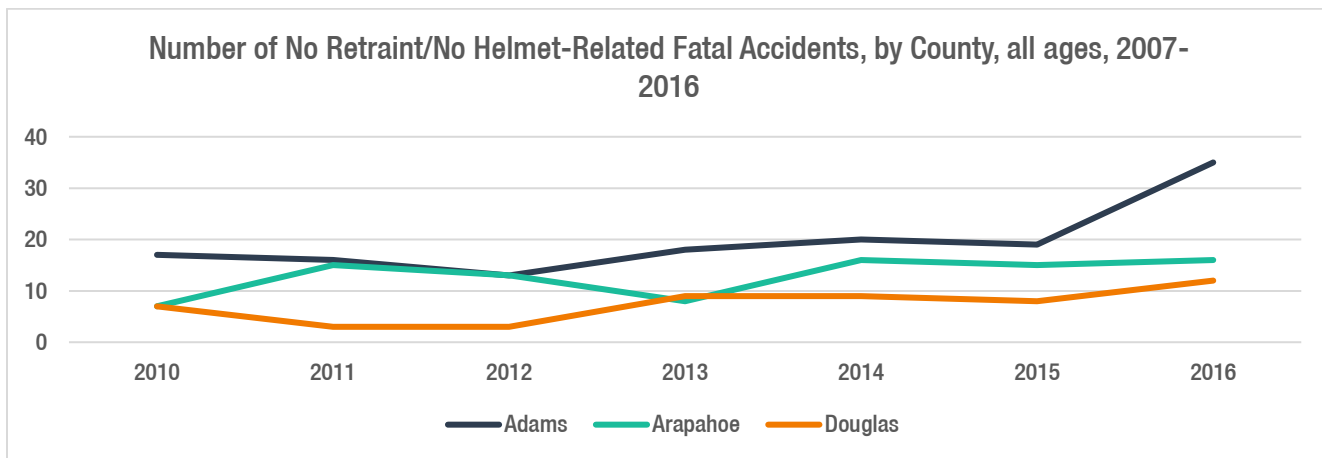
The most common type of disciplinary action was out-of-school suspensions. More tobacco violations than other ATOD violations resulted in in-school suspensions (21% of the tobacco violations) and “other action taken” (27% of the tobacco violations), whereas fewer than 5% of the other violations result in either in-school suspension or “other action taken.” There were 21 expulsions in the 2017-2018 school year. Drug and Alcohol violations resulted in the majority of the expulsions (71%). Nearly 70% of the referrals to law enforcement were for tobacco-related violations and 16% were for drug-related offenses.

Type of violation	Total Number of Incidents	Classroom Removals	In-School Suspensions	Out-of-School Suspensions	Referrals to Law Enforcement	Expulsions	Other Action Taken
Drug	122	0	2	102	9	8	2
Alcohol	60	0	1	49	3	7	1
Tobacco	520	0	111	233	37	1	138
Marijuana	73	0	3	59	5	5	1
<b>Totals</b>	<b>775</b>	<b>0</b>	<b>117</b>	<b>443</b>	<b>54</b>	<b>21</b>	<b>142</b>

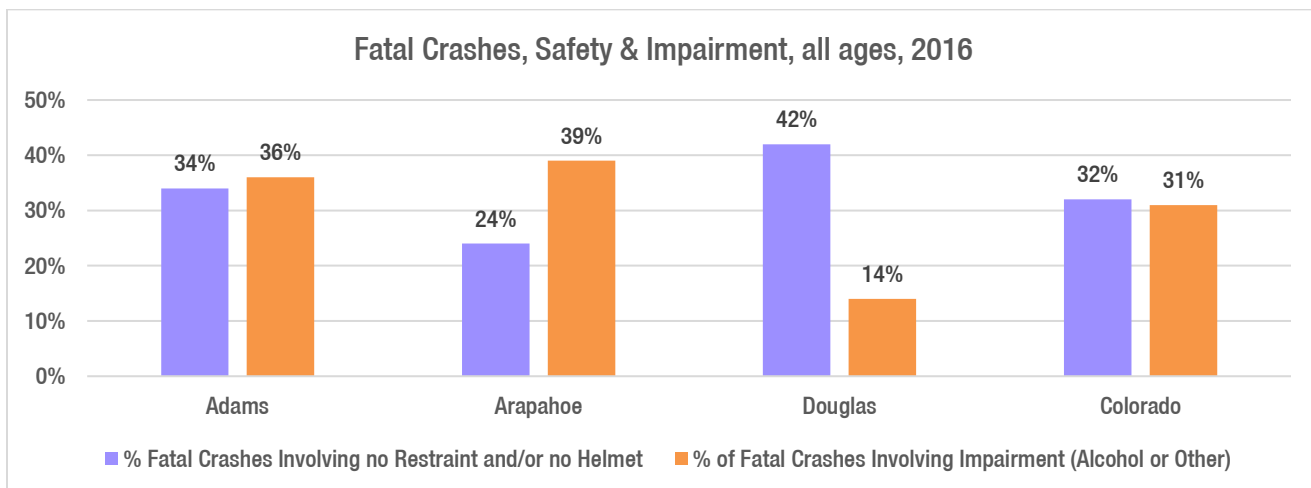
Data source: Colorado Department of Education, 2018

## Drug and Alcohol-related Motor Vehicle Crashes in Douglas County

While substance use itself can have many negative consequences, it also can influence motor vehicle crashes. In 2014, there were 11 motor vehicle crashes in Douglas County where drugs were suspected and 41 motor vehicle crashes where alcohol was suspected.



Source: Fatality Analysis Reporting System, National Highway Traffic Safety Administration



Source: Fatality Analysis Reporting System, National Highway Traffic Safety Administration

## Drug and Alcohol-related Motor Vehicle Crashes among Youth

**Table 7. People involved in fatal motor vehicle crashes that involved an adolescent driver aged 15-20 years old, 2016**

	Douglas County (N=4 crashes)			
	Police Report Drug Involvement		Police Report Alcohol Involvement	
	by youth driver	By adult driver (20 years+)	by youth driver	By adult driver (20 years+)
<b>Fatal Injuries</b>	0	1	2	3
<b>Total Fatalities: 5</b>				

Data source: Fatality Analysis Reporting System, National Highway Traffic Safety Administration

In 2016, there were four fatal crashes in Douglas County that involved youth drivers. Alcohol was a factor in all of the crashes; two of the crashes involved youth under the influence of alcohol. Drug involvement by an adult was factor in one of the crashes.

In the 2017 Healthy Kids Colorado survey, 1 in 10 youth report having their first drink of alcohol (more than just a few sips) before age 13. Over one-quarter (26.3%) of youth report having at least one drink of alcohol in the past 30 days. Thirteen percent (13.6%) of youth in Douglas County report riding in a car on or more times, during the past month, that was driven by someone who had been drinking alcohol. Just over 6% (6.3%) of youth report driving themselves one or more times during the past month when they had been drinking alcohol. Youth 18 and older (10.6%), Hispanic youth (11.6%), Multiracial youth (16.5%), youth unsure of their sexual orientation (10.4%), and gay, lesbian, or bisexual youth (13.9%) are more likely to report drinking and driving.

## Parental Behaviors

In addition to the protective factors identified in the HKCS, the following data looks at parental use of substances using the Behavioral Risk Factor Surveillance System (BRFSS). The data included adults who have one or more children in their household under the age of 18.

**Table 9. Substance use by adults and adults who are the parent of at least one child younger than 18 years of age, Douglas County, 2015-2017**

Type of Substance	All adults	Parent of child(ren) younger than 18
Current smokers	7.6%	6.4%
Chew tobacco, snuff or snus	3.0%	2.7%
Binge drinker (5+ drinks per occasion)	16.1%	16.9%
Heavy drinker (many drinks per week)	5.7%	4.2%
Current marijuana user	13.9%	11.0%

Source: Behavioral Risk Factor Surveillance System, Colorado Department of Public Health and Environment

## Health-Related Consequences of Using Substances

**Table 10a. Emergency Department visits from Alcohol, Marijuana, Prescription Opioid Poisoning, all ages, Douglas Co.**

Emergency Dept. Visits, Age-adjusted rates*	2011	2012	2013	2014	2015**
Alcohol	523.81	456.18	580.20	595.80	577.23
Marijuana	1.61	4.25	4.90	10.75	6.15
Prescription Opioid Poisoning	11.92	9.75	12.06	12.76	11.97

\*Rates are per 100,000 population and age-adjusted to the 2000 Census population.

Source: Center for Health and Environmental Data, Colorado Department of Public Health and Environment

\*\*2015 data are from the period October 2014-September 2015

**Table 10b. Emergency Department visits from Alcohol, Marijuana, Prescription Opioid Poisoning, all ages, Colorado**

Emergency Dept. Visits, Age-adjusted rates*	2011	2012	2013	2014	2015**
Alcohol	954.05	977.40	1066.90	1133.60	1135.95
Marijuana	4.05	4.39	6.94	9.01	7.97
Prescription Opioid Poisoning	15.40	14.73	15.27	15.39	14.01

\*Rates are per 100,000 population and age-adjusted to the 2000 Census population.

Source: Center for Health and Environmental Data, Colorado Department of Public Health and Environment

\*\*2015 data are from the period October 2014-September 2015

**Table 11a. Hospitalizations from Alcohol, Marijuana, and Prescription Opioid Poisoning, all ages, Douglas County**

Hospitalizations, Age-adjusted rates*	2009	2010	2011	2012	2013	2014	2015**
<b>Alcohol</b>	302.43	285.52	340.36	362.27	353.49	341.66	361.12
<b>Marijuana &amp; Psychodysleptics</b>	0.93	0.41	0.74	1.01	0.79	0.63	1.40
<b>Prescription Opioid Poisoning</b>	11.03	14.89	16.19	16.71	13.47	8.03	8.69

\*Rates are per 100,000 population and age-adjusted to the 2000 Census population.

Source: Center for Health and Environmental Data, Colorado Department of Public Health and Environment

\*\*2015 data are from the period October 2014-September 2015

**Table 11b. Hospitalizations from Alcohol, Marijuana, and Prescription Opioid Poisoning, all ages, Colorado**

Hospitalizations, Age-adjusted rates*	2009	2010	2011	2012	2013	2014	2015**
<b>Alcohol</b>	566.67	591.47	598.49	598.46	570.04	574.65	586.26
<b>Marijuana &amp; Psychodysleptics</b>	1.19	1.38	2.03	2.33	2.56	2.52	2.63
<b>Prescription Opioid Poisoning</b>	18.39	18.68	21.50	20.89	18.16	16.87	16.26

\*Rates are per 100,000 population and age-adjusted to the 2000 Census population.

Source: Center for Health and Environmental Data, Colorado Department of Public Health and Environment

\*\*2015 data are from the period October 2014-September 2015

**Table 12a. Poisoning Deaths from Alcohol, Marijuana and any Opioid Analgesics, all ages, Douglas County**

Deaths, Age-adjusted rate**	2009	2010	2011	2012	2013	2014	2015	2016
<b>Alcohol Poisoning</b>	6.38	8.01	10.94	9.04	11.09	10.17	17.69	19.49
<b>Poisoning deaths with marijuana in system</b>	*	*	*	*	*	*	*	*
<b>Prescription Opioid Poisoning</b>	8.51	9.06	9.92	10.05	9.78	7.62	6.83	10.96

\*Data suppressed, counts less than 3.

\*\*Rates are per 100,000 population and age-adjusted to the 2000 Census population.

Source: Center for Health and Environmental Data, Colorado Department of Public Health and Environment

**Table 12b. Poisoning Deaths from Alcohol, Marijuana and any Opioid Analgesics, all ages, Colorado**

Deaths, Age-adjusted rate**	2009	2010	2011	2012	2013	2014	2015	2016
<b>Alcohol Poisoning</b>	29.62	28.61	27.5	27.84	27.62	29.92	31.08	33.4
<b>Poisoning deaths with marijuana in system</b>	*	0.08	*	0.17	0.13	0.22	0.33	0.31
<b>Prescription Opioid Poisoning</b>	16.8	14.08	17.29	16.74	17.14	17.81	17.62	17.98

\*Data suppressed, counts less than 3.

\*\*Rates are per 100,000 population and age-adjusted to the 2000 Census population.

Source: Center for Health and Environmental Data, Colorado Department of Public Health and Environment

## Summary Findings

This grant focuses specifically on alcohol and marijuana use among 12-20 year olds and prescription drug use among 18-25 year olds. Below are summary findings on each substance.

## **Alcohol**

Among Douglas County School District high school students during the year 2017, 26.3% of high school students had at least one drink of alcohol in the past 30 days – no change from 2013 (26.6%). While there was no actual increase in report of drinking alcohol, there was a significant increase in perception of a “typical student’s” frequency of drinking alcohol – drinking alcohol on one or more of the past 30 days (74.7% in 2013 to 82.9% in 2017). In 2017, 16.1% reported binge drinking at least once in the past 30 days – a significant increase from 13.8% in 2013. During the years 2011-2015, there was an increasing trend in emergency department visits for residents of all ages related to alcohol poisoning, but hospitalizations for alcohol poisoning rates were steady over time. Alcohol-related death rates are increasing over time, particularly in Douglas County as compared to Colorado as a whole. Alcohol was responsible for more fatal motor vehicle crashes than were other drugs.

## **Marijuana**

Between 2013 and 2017, there were no significant increases in report of marijuana use by Douglas County high school youth. However, the percentage of youth reporting that they started using marijuana before the age of 13 did decrease significantly from 5.0% in 2013 to 3.3% in 2017. In 2017, (27.0%) of students reported using marijuana at least once in their lifetime and 13.5% reported using marijuana at least once in the past 30 days. Older youth (18 and over), Hispanic students, multiracial students, and students who identify as gay, lesbian, bisexual, or unsure report higher percentages of regular marijuana use (at least once in the past month) than their peers. In 2017, 41.1% - two in five - youth report ever trying a electronic vapor product. Electronic vapor products can be used to smoke both tobacco and marijuana. This was a significant increase from the 11.5% of youth reporting ever trying an e-cigarette in 2013. Between 2011-2015 there was an overall increased trend in emergency department visits related to marijuana as well as for hospitalizations.

## **Prescription Drug Use**

Among Douglas County School District high school students during the year 2017, 12.5% of students reported taking prescription drugs without a doctor’s prescription – no change from 2013. About 6% of youth in Douglas County report misusing prescription drugs in the past 30 days. Youth 18 and over (14.1%) were significantly more likely to report misuse than 16-17-year-olds (6.8%) and youth 15 and younger (3.7%). Douglas County youth 18 and over (14.1%) were significantly more likely than youth statewide (7.5%) to misuse prescription drugs in the past 30 days. There was also no change between 2013 and 2017 reports of youth using cocaine, huffing, or using heroin, methamphetamines, or ecstasy. Nearly one-third (29.0%) of youth report easy access to prescription drugs for which they have no prescription; 16.8% of students were offered, sold, or given drugs at school during the past year. The majority of students (87.8%) think prescription drug misuse is wrong or very wrong and report that their families have clear rules about alcohol and drug use (91.2%).

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<sup>i</sup> Healthy People 2020. Accessed August 4, 2016 at <https://www.healthypeople.gov/2020/topics-objectives/topic/substance-abuse>.

<sup>ii</sup> National Institute on Drug Abuse, Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition). Accessed August 4, 2016 at <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/drug-addiction-treatment-worth-its-cost>.

<sup>iii</sup> Alcohol and Drug Problem Overview. Partnership for Drug-Free Kids. Accessed June 30, 2016 at <http://www.drugfree.org/>

<sup>iv</sup> Healthy Kids Colorado Survey, Colorado Department of Public Health and Environment. Accessed June 1, 2016 at [http://www.chd.dphe.state.co.us/topics.aspx?q=Adolescent\\_Health\\_Data](http://www.chd.dphe.state.co.us/topics.aspx?q=Adolescent_Health_Data).