



**MAT-SU SUBSTANCE ABUSE PREVENTION
COALITION**

Data Project

MISSION

“Reduce substance abuse among youth and, over time, among adults by addressing the factors in a community that increase the risk of substance abuse and promoting the factors that minimize the risk of substance abuse.”

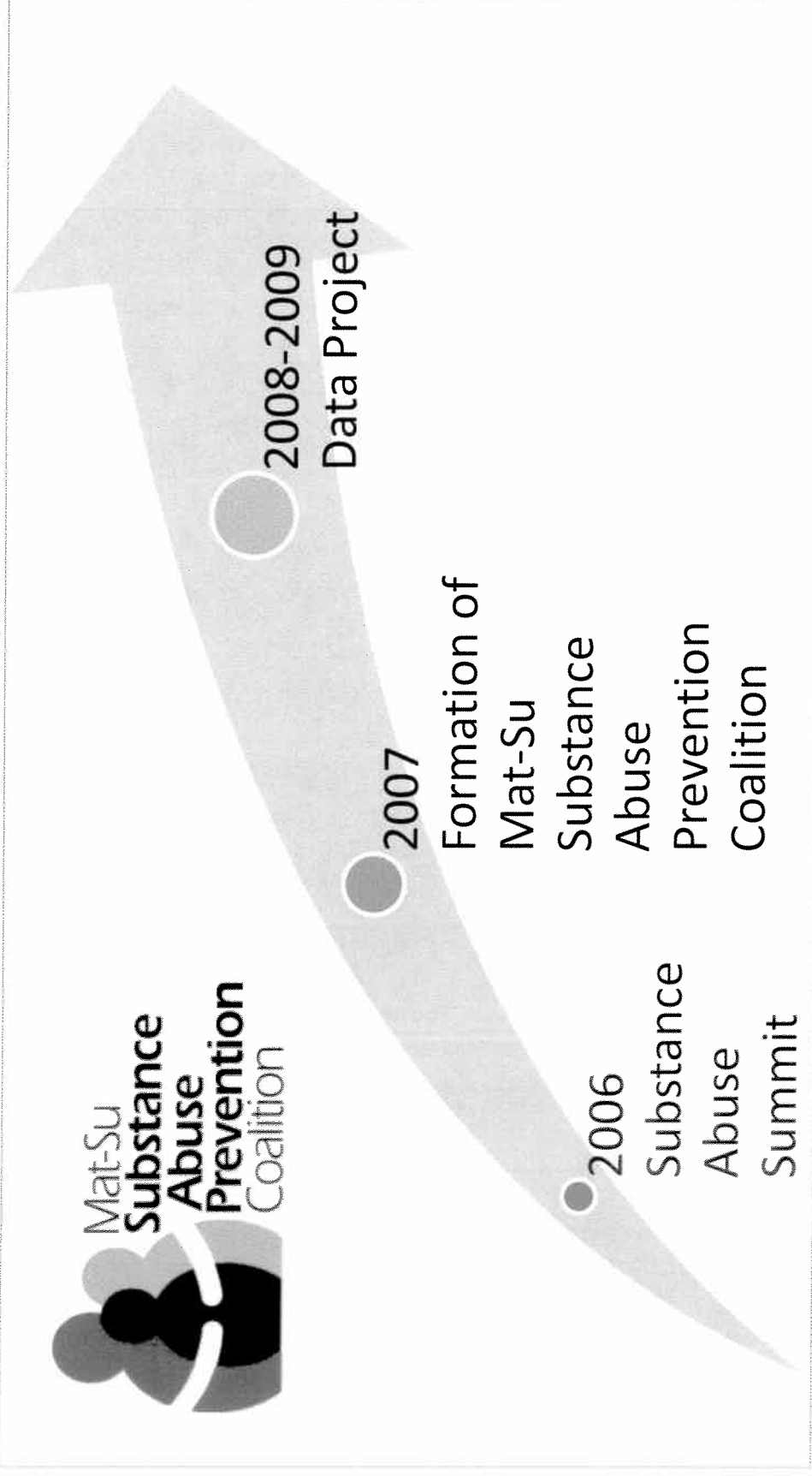
-Mat-Su Substance Abuse Coalition

Overview

1. Brief history of the coalition.
2. Description of our data project.
3. Summarize major findings and corresponding recommendations.
4. Demonstrate coalition effectiveness and describe our work.
5. Call to action.



1. BRIEF HISTORY



METHOD

Data Review

- Collection of available local data from years 2002-2007

Community Assessment

- Analysis of community data
- Development of community database
- Trends in youth substance use survey

Alaska Healthy Kids Survey



Demographic Information



Alcohol, Tobacco, and Other Drug Use



ATOD Use Correlates



Violence, Harassment, Safety & Crime



External Assets



Emotional/Physical Health

Survey Demographics

Surveys sent to 4000 youth

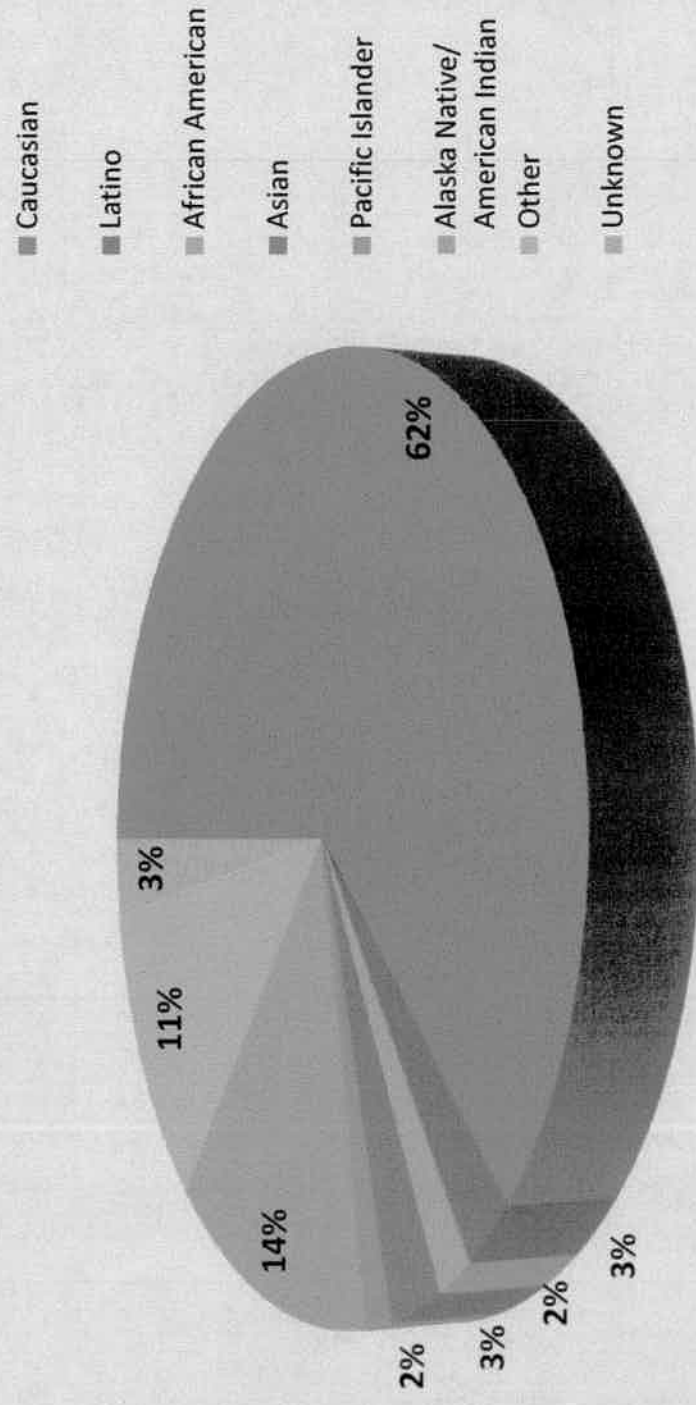
- Mat Su School District
- Christian Schools
- Non-District Home schools
- Homeless and At-Risk youth

2524 surveys received (61% response rate)

- 2435 valid responses
 - High School: n = 1650
 - Middle School: n = 800
 - Male: n = 49.7%
 - Female: n = 50.3%

Demographics

Ethnicity





Results

After receiving the 2008 Data Report which included the Alaska Healthy Kids Survey and other information about the Mat-Su Borough the Coalition decided to utilize the feedback from stakeholder groups:

1. School Groups (Students, Nurses, Principles)
2. Law Enforcement
3. Providers (Treatment)
4. Medical (Nurses/Docs)
5. Faith based Groups

(Input from over 130 community members)

Meaningful participation from adults in the community

- As defined by the following items:
 - Outside of my home and school, I am involved in music, art, literature, sports, or a hobby.
 - Outside of my home and school, I help other people.
 - Outside of my home and school, I am part of clubs, sports teams, church/temple, or other group activities.

Meaningful Participation in Community: Percentage of students by grade

Grade	Disagree/Strongly Disagree	Neutral	Agree/Strongly Agree
Middle School	24.6	55.3	20.1
High School	29.8	51.9	18.3

Meaningful participation with adults at home

- As defined by the following items:
 - At home I do fun things or go fun places with my parents or other adults.
 - At home I do things that make a difference.
 - At home I help make decisions with my family.

Meaningful Participation at Home: Percentage of students by score			
Grade	Disagree/Strongly Disagree	Neutral	Agree/Strongly Agree
Middle School	24.7	50.4	25
High School	32.3	46.1	21.6

Meaningful participation with adults at school

- As defined by the following items:
 - At school I do interesting activities.
 - At school I help decide things like class activities or rules.
 - At school I do things that make a difference.

Meaningful Participation at School: Percentage of students by score				
Grade	Disagree/Strongly Disagree	Neutral	Agree/Strongly Agree	
Middle School	49	44.5	6.4	
High School	57.0	37.5	5.5	

Recommendation #1

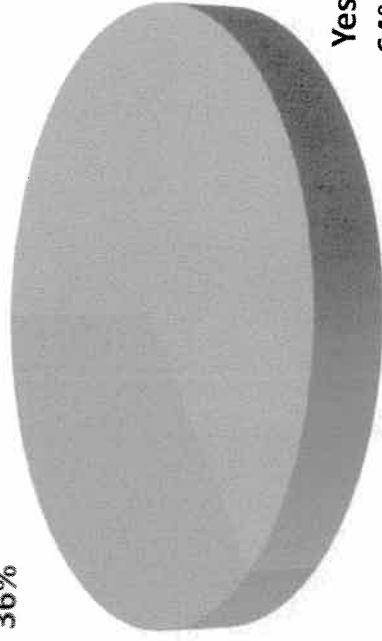
- **Increase meaningful adult and community involvement with youth**
 - Increase the protective factors
 - Resiliency (Alaska Healthy Kids Survey, Fall 2008)



Are parents talking to their kids about substance use?

Middle School

No
36%



Yes
64%

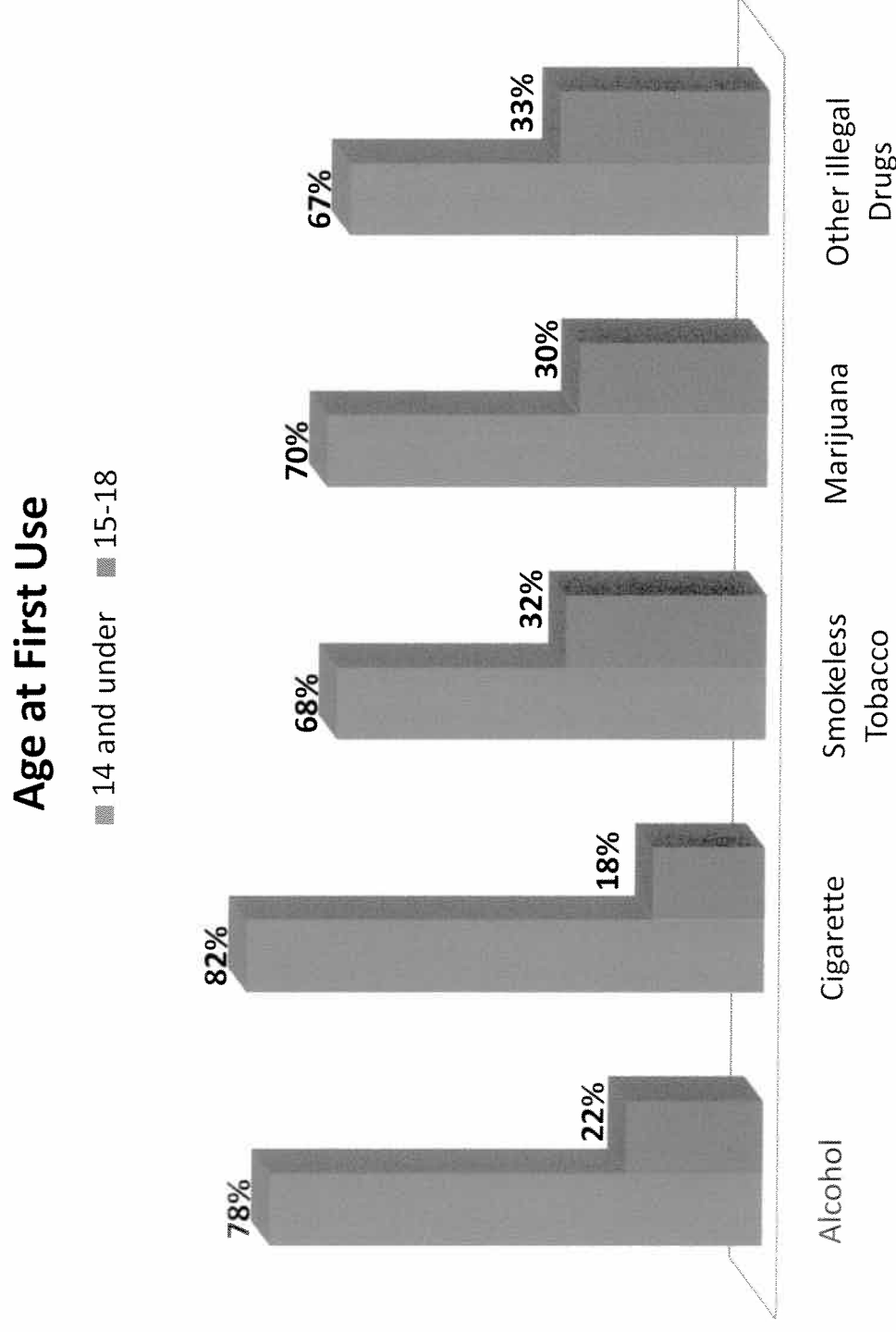
High School

No
42%



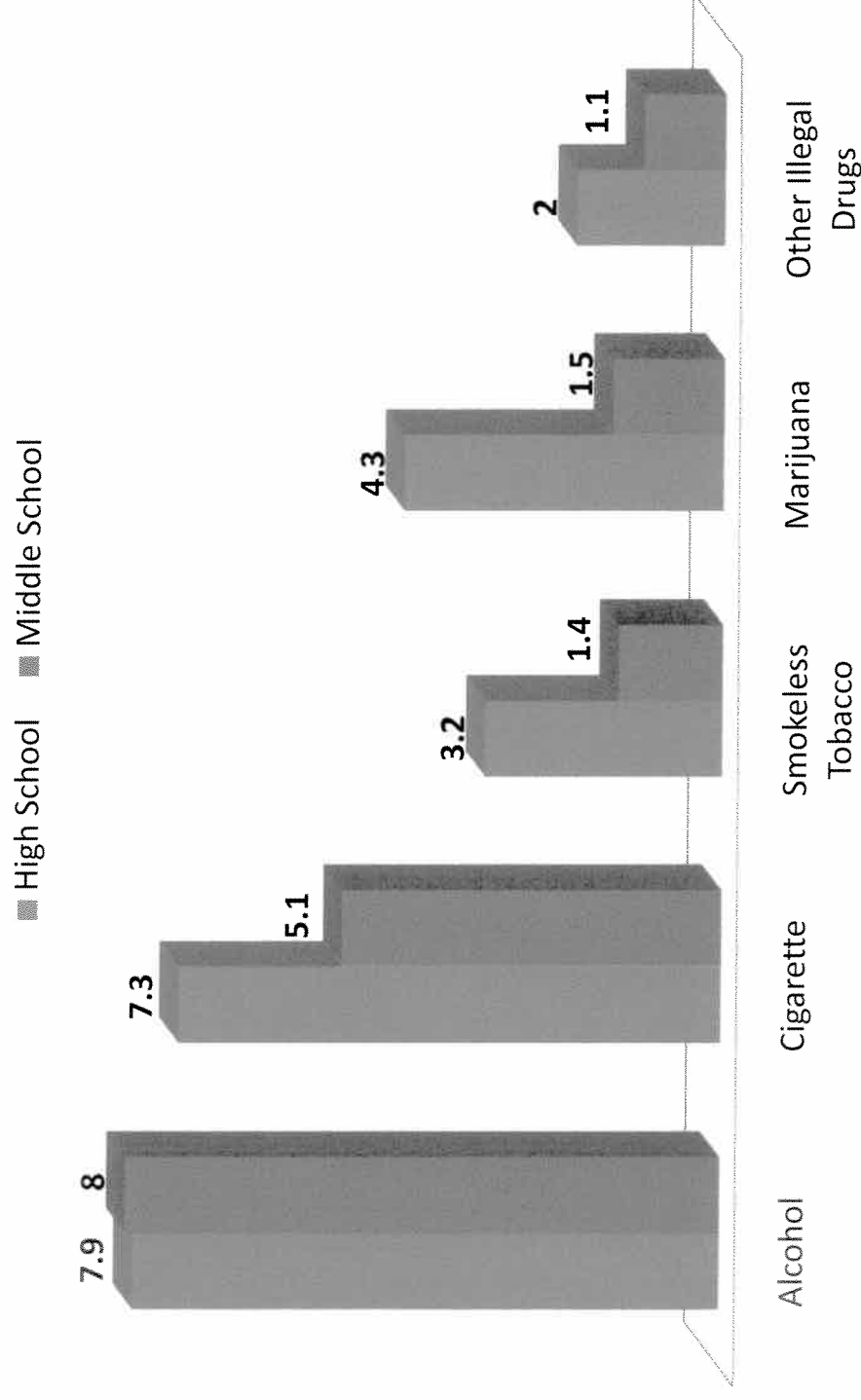
Yes
58%

What age do our youth start using?



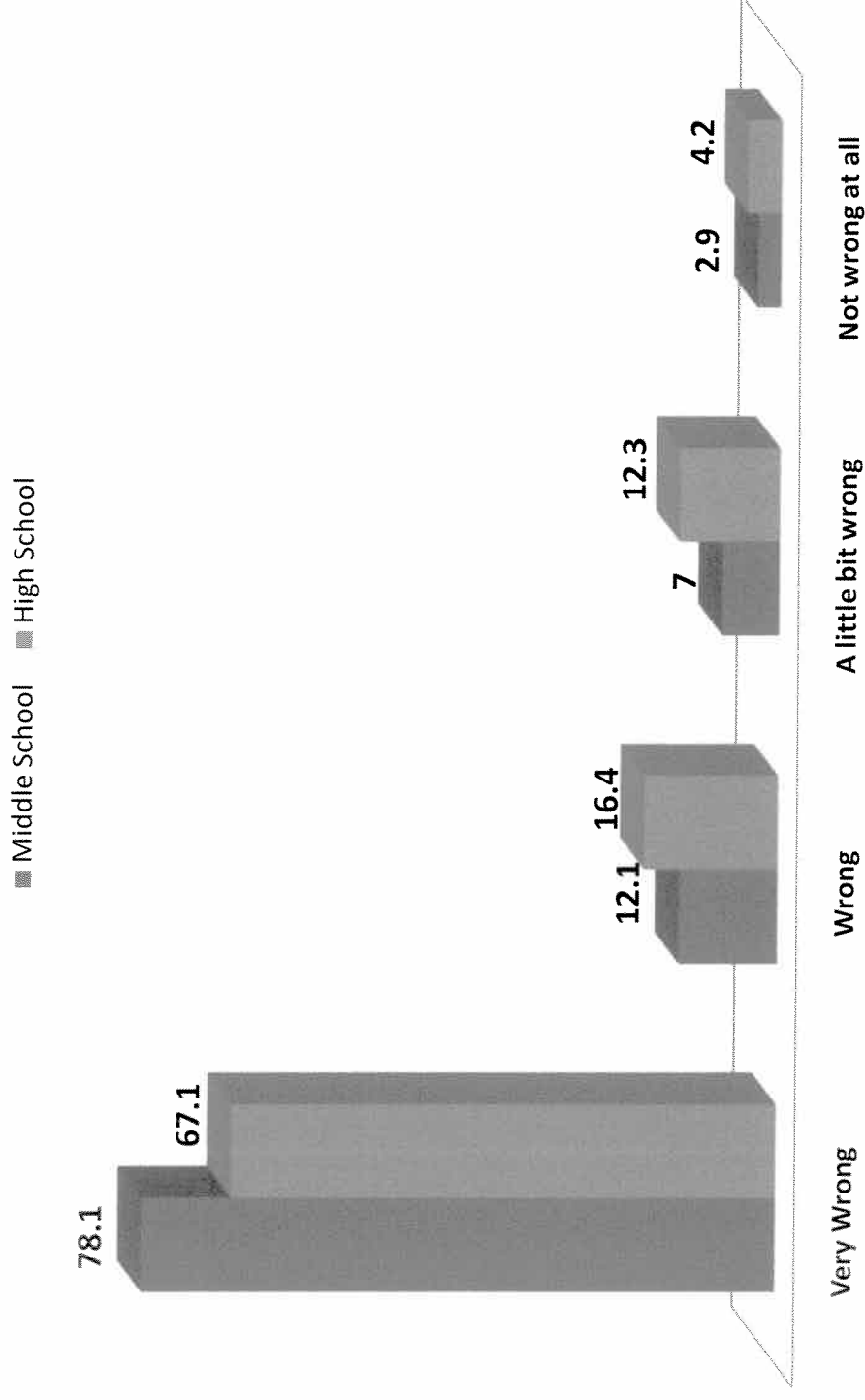
Age at first use

10 and Under



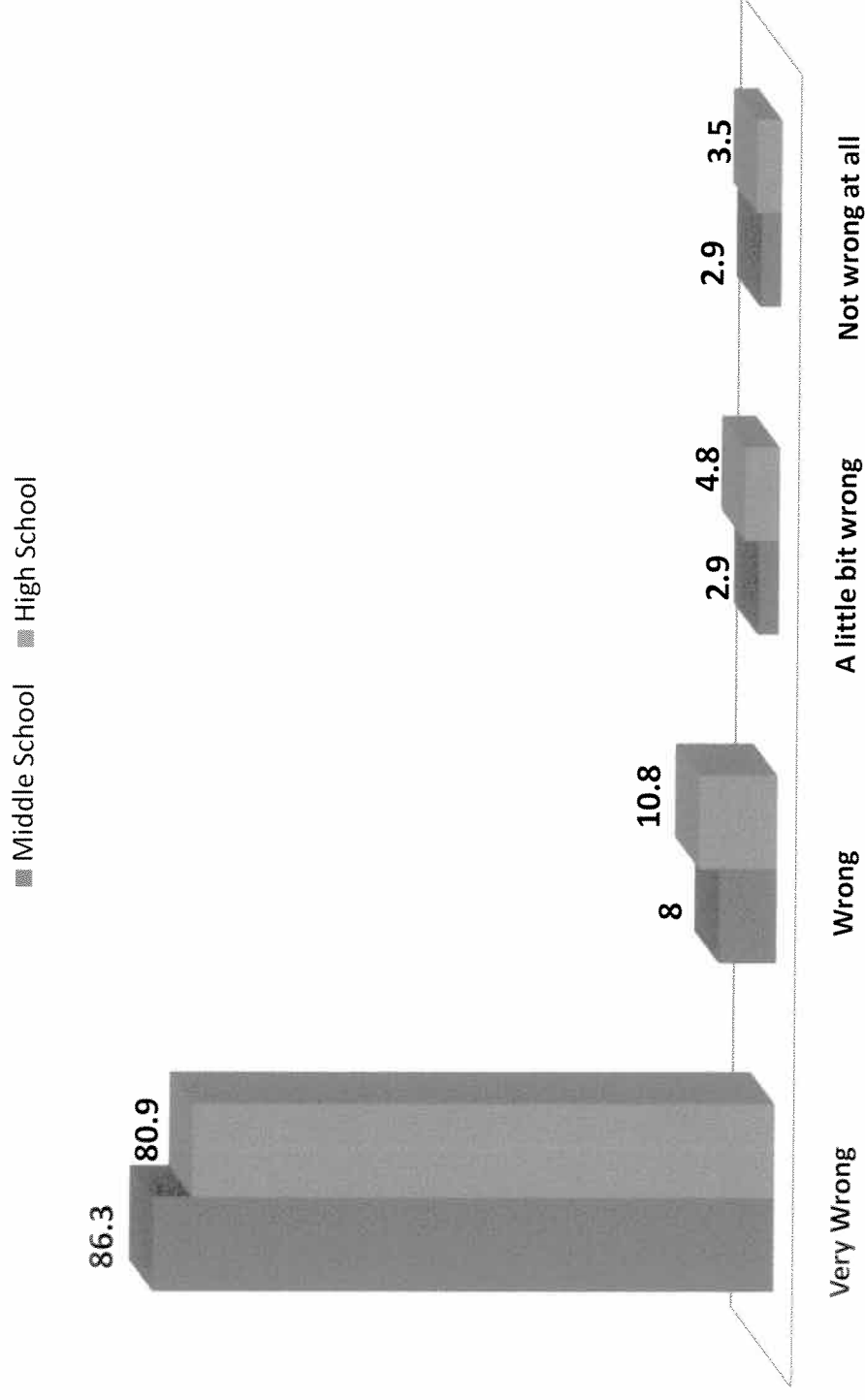
Parent Perception of Use

How would your parents feel about you drinking regularly?



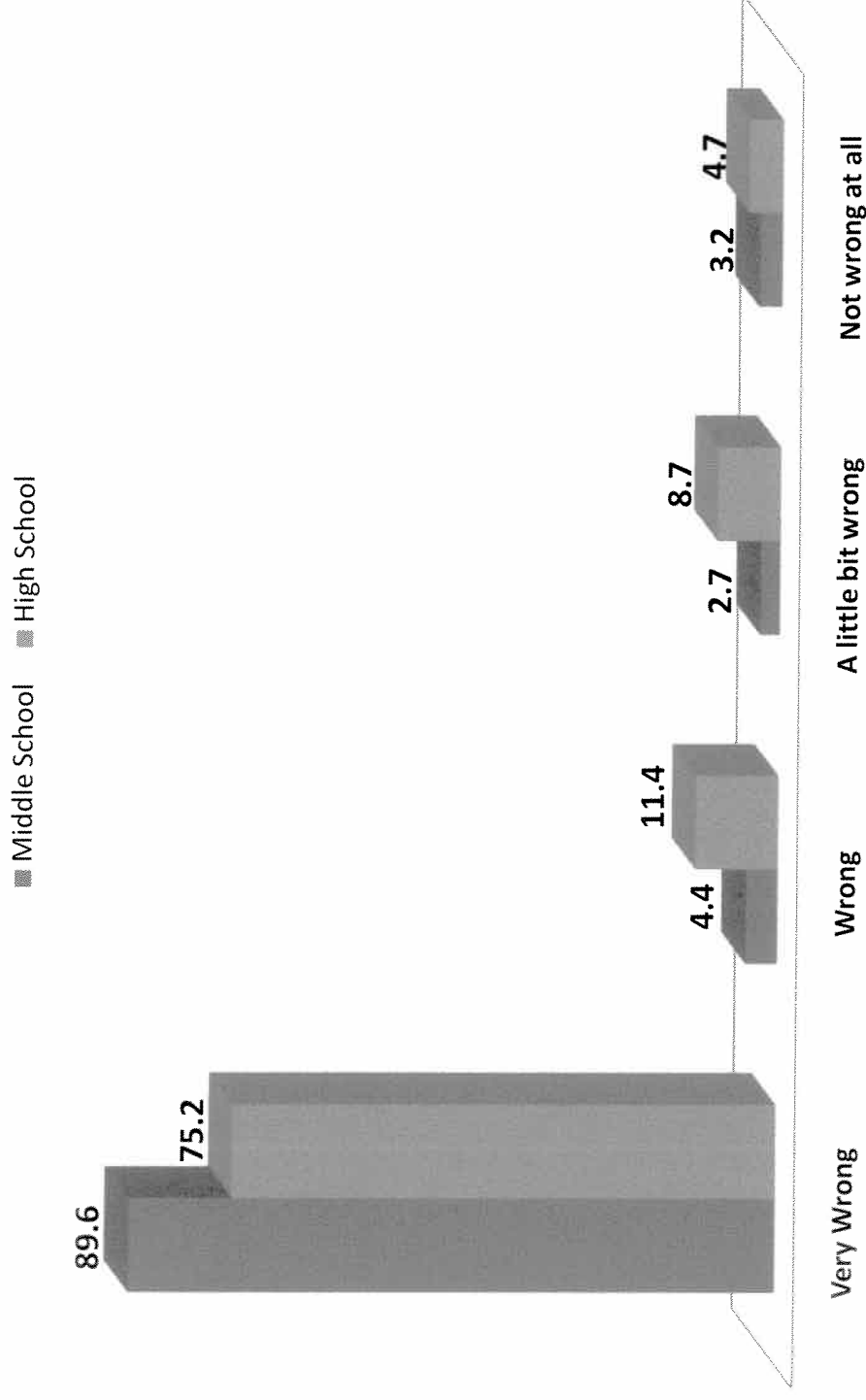
Parent Perception of Use

How would your parents feel about you smoking cigarettes?



Parent Perception of Use

How would your parents feel about you smoking marijuana?



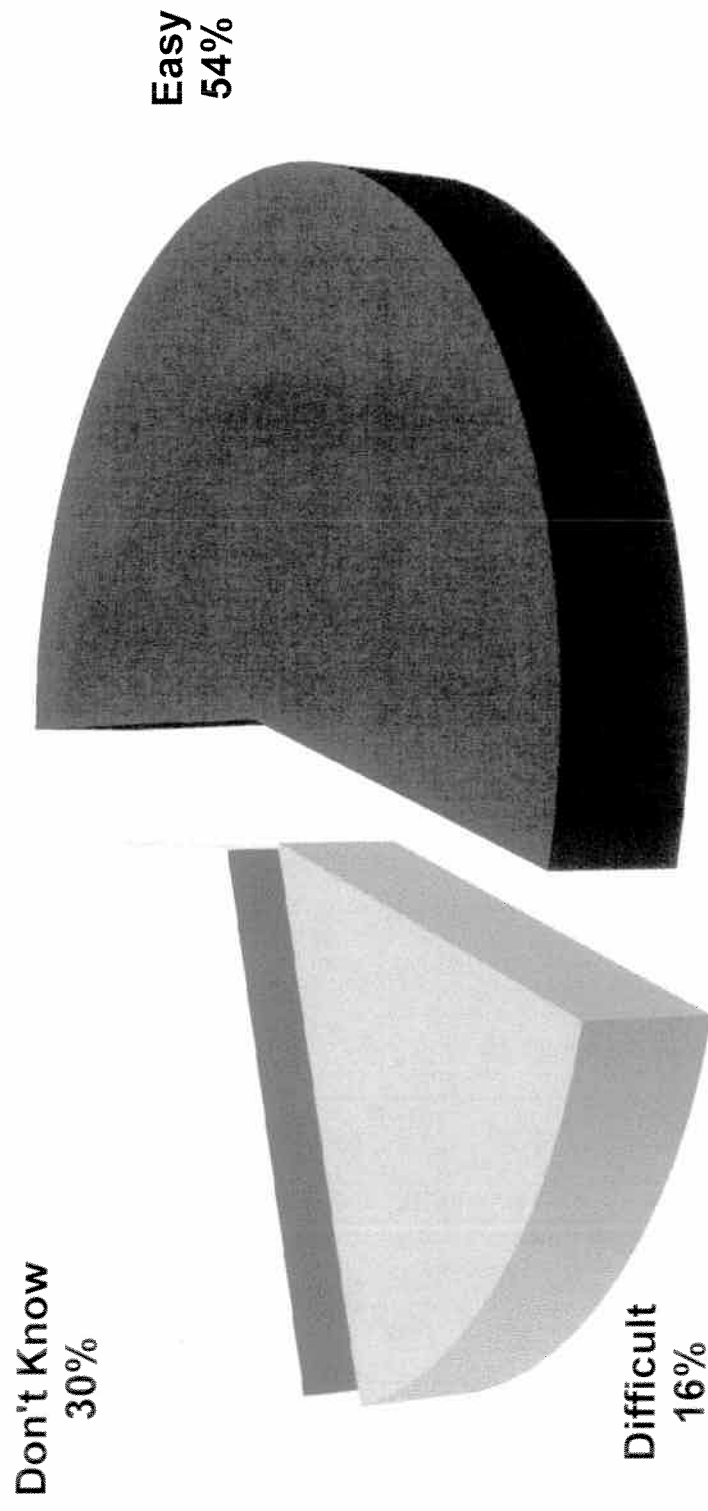
Recommendation #2



- **Increase parental involvement in prevention and early intervention measures in the Mat-Su Community**
 - Parents are an important source of information in youth decisions.
 - Having parents engaged in a more direct and meaningful way with prevention and early intervention may have a strong impact on the outcomes for our community's youth.

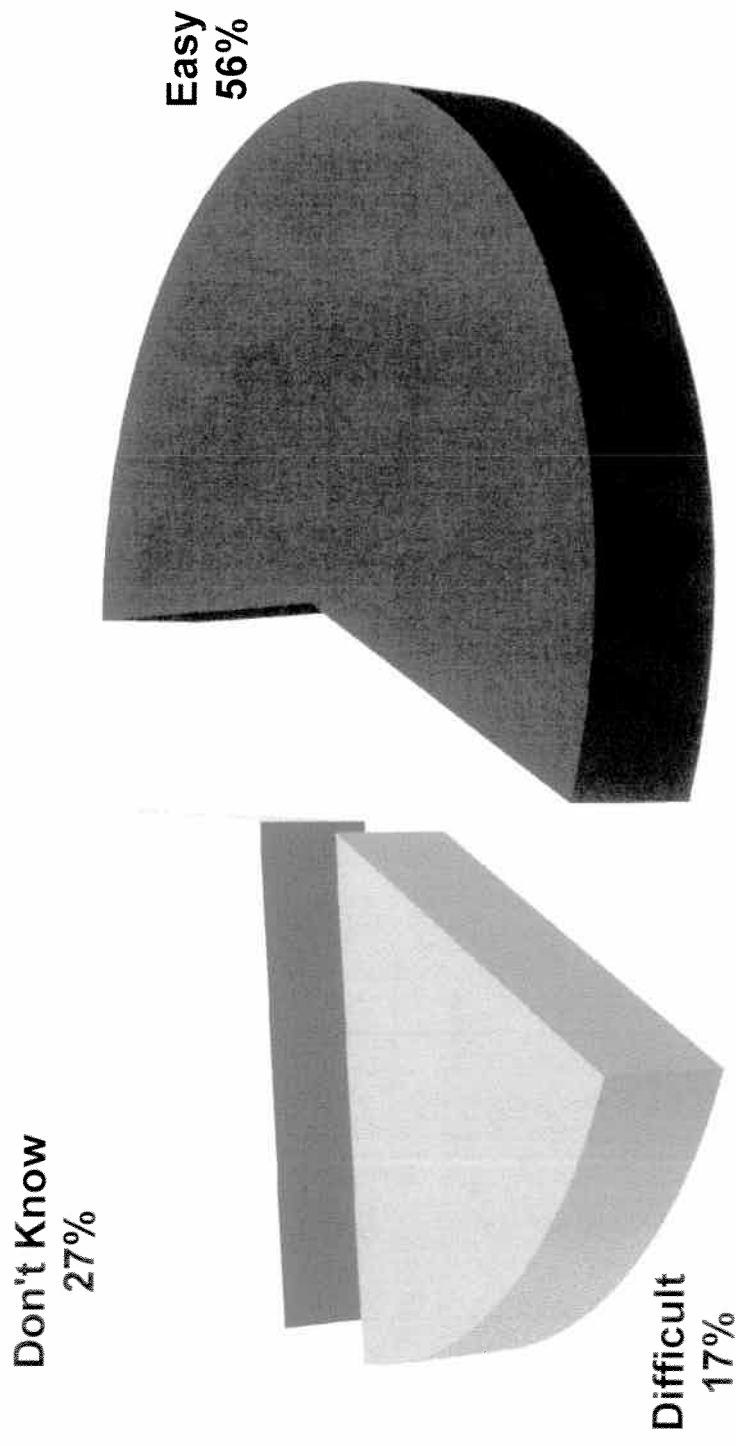
Are substances difficult to get?

Access to Tobacco



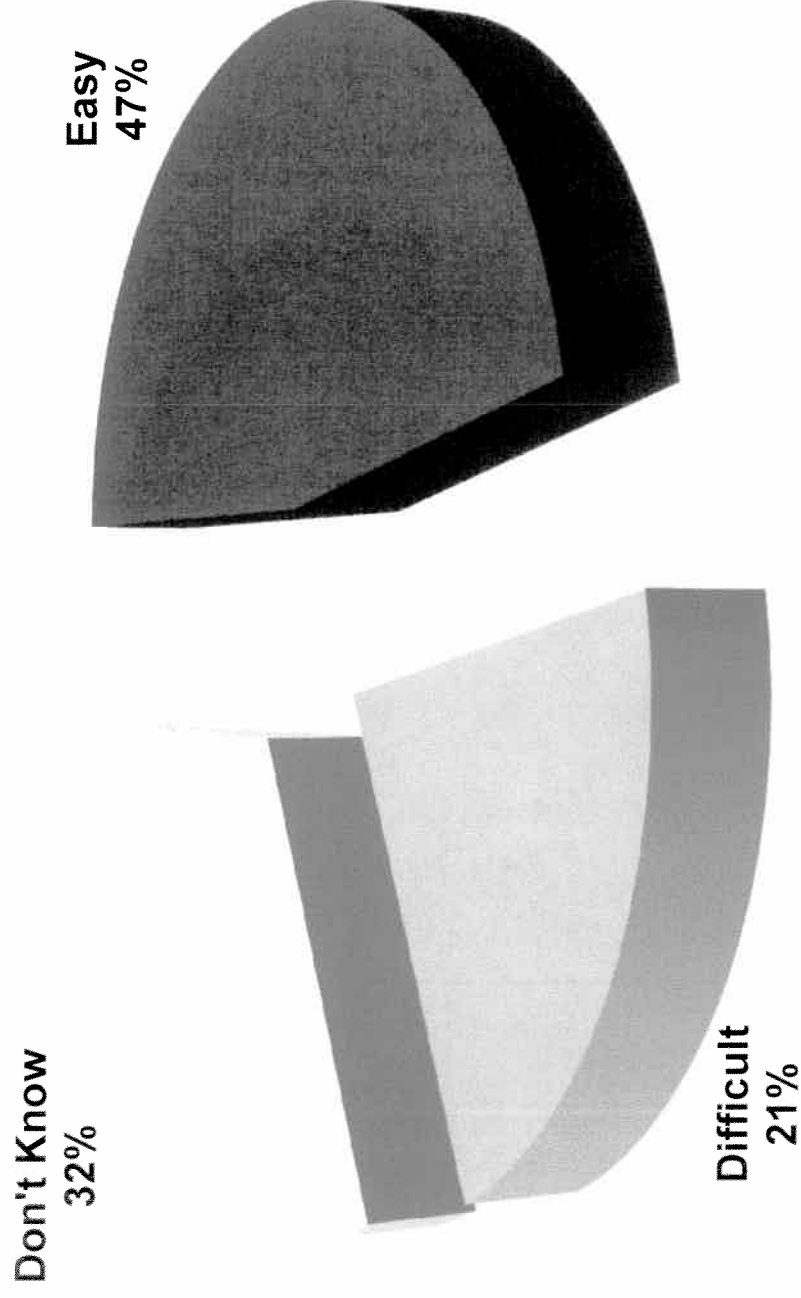
Are substances difficult to get?

Access to Alcohol



Are substances difficult to get?

Access to Marijuana



Recommendation #3

- **Reduce Access to substances**
 - Mat-Su youth are using a variety of substances and the reported usage is, in some cases, above state and national averages.
 - The majority of students report that alcohol, tobacco and marijuana are easy to get.



Data comparisons



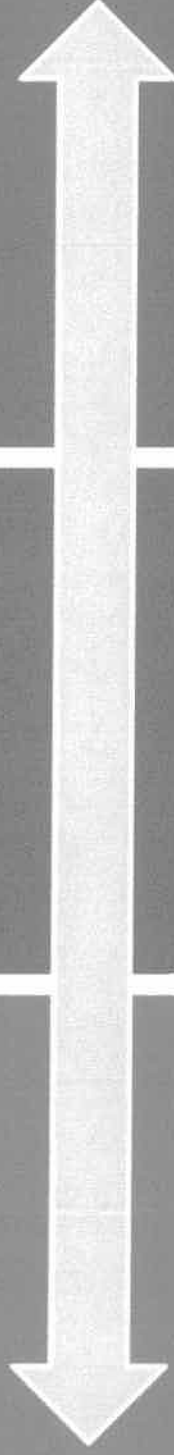
Alaska
Healthy
Kids Survey



Monitoring
the Future



Youth Risk
Behavior
Survey



Tobacco



Cancer



Cardiovascular Disease



Lung Disease



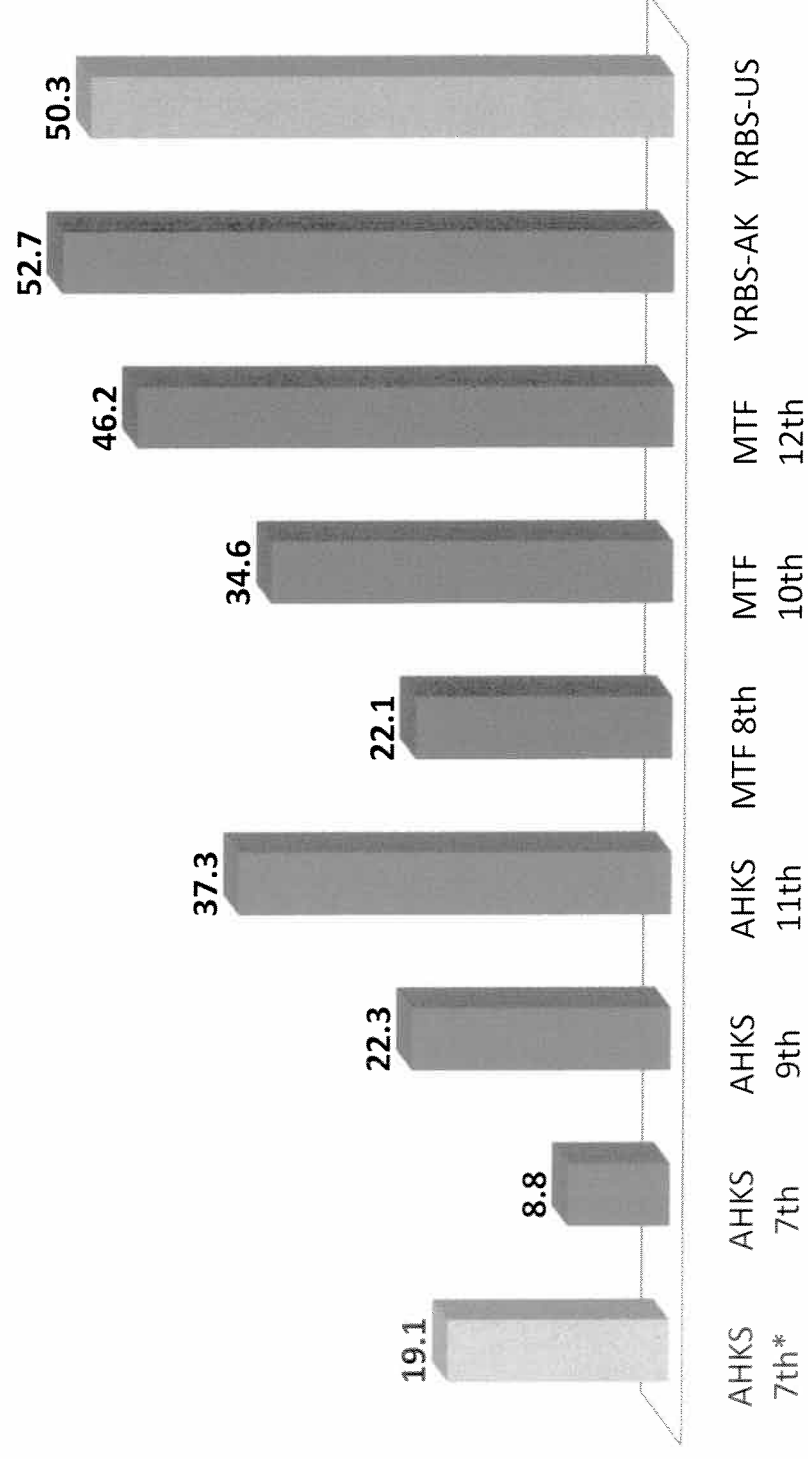
Impact on Reproductive Health



Economic Impact

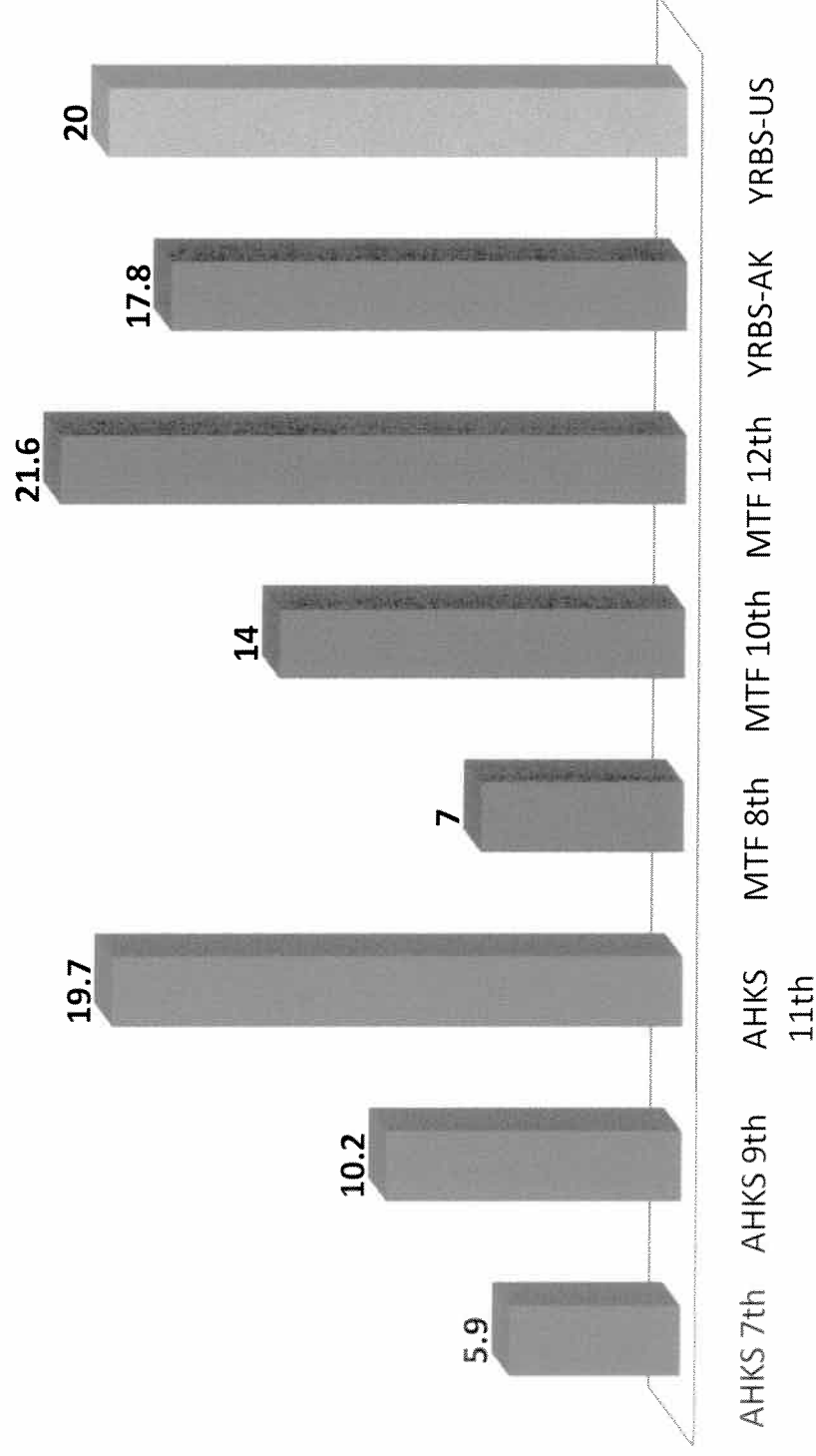
Tobacco

Lifetime Cigarette Use



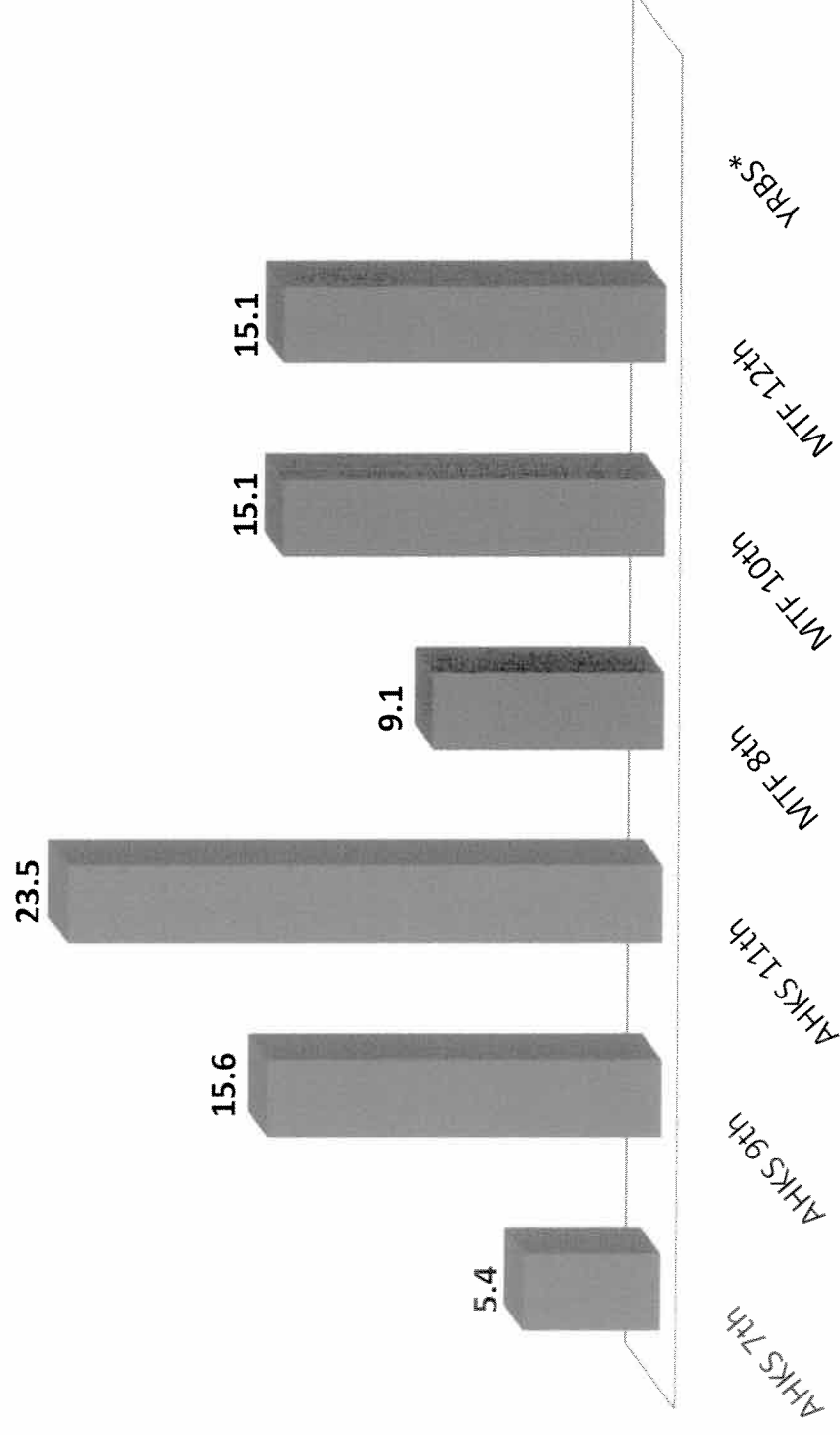
Tobacco

30 Day Cigarette Use



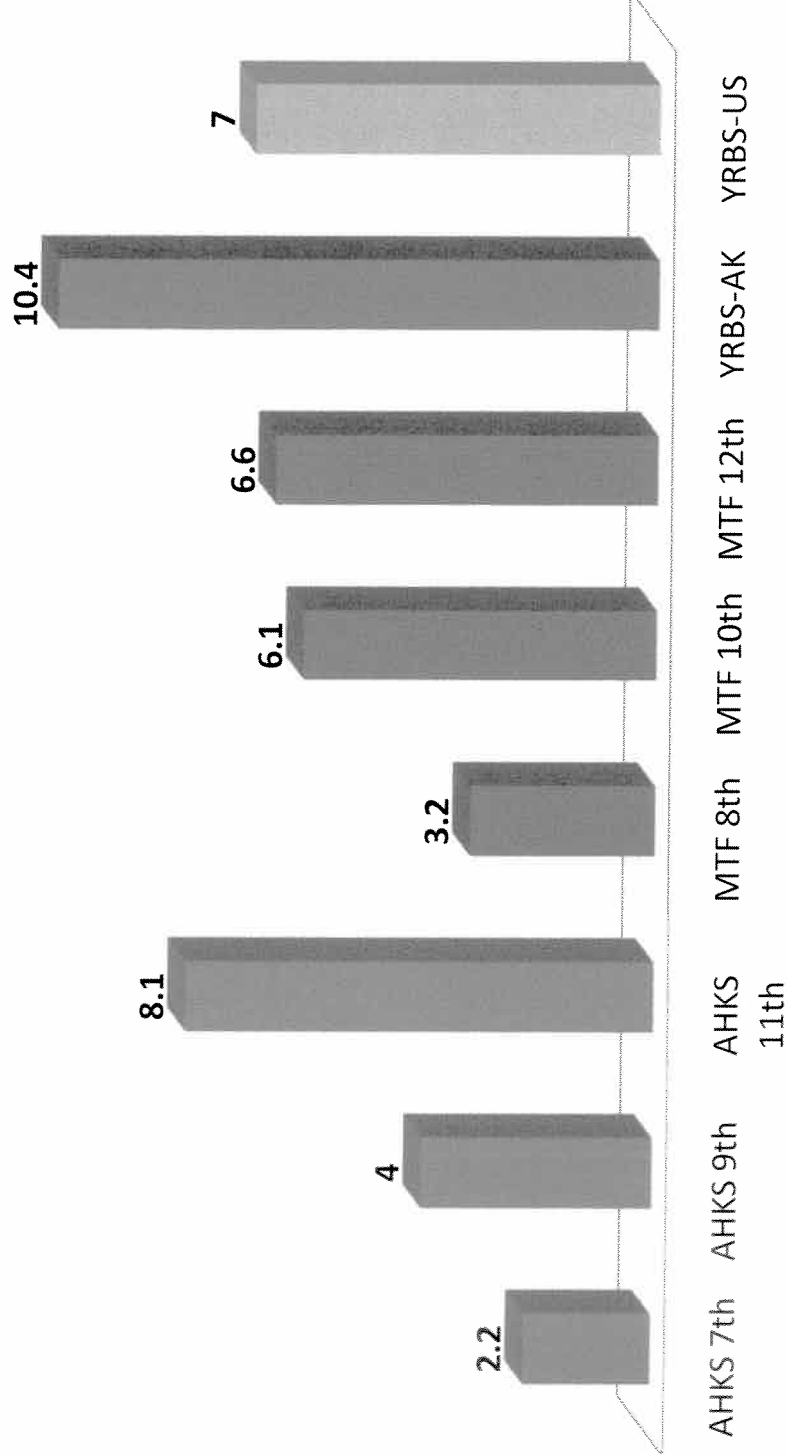
Tobacco

Lifetime Smokeless Tobacco Use



Tobacco

30 Day Smokeless Tobacco



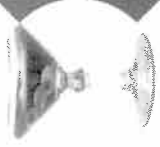
Alcohol



Impaired Judgment



Alcohol Induced Liver Disease



Cancer



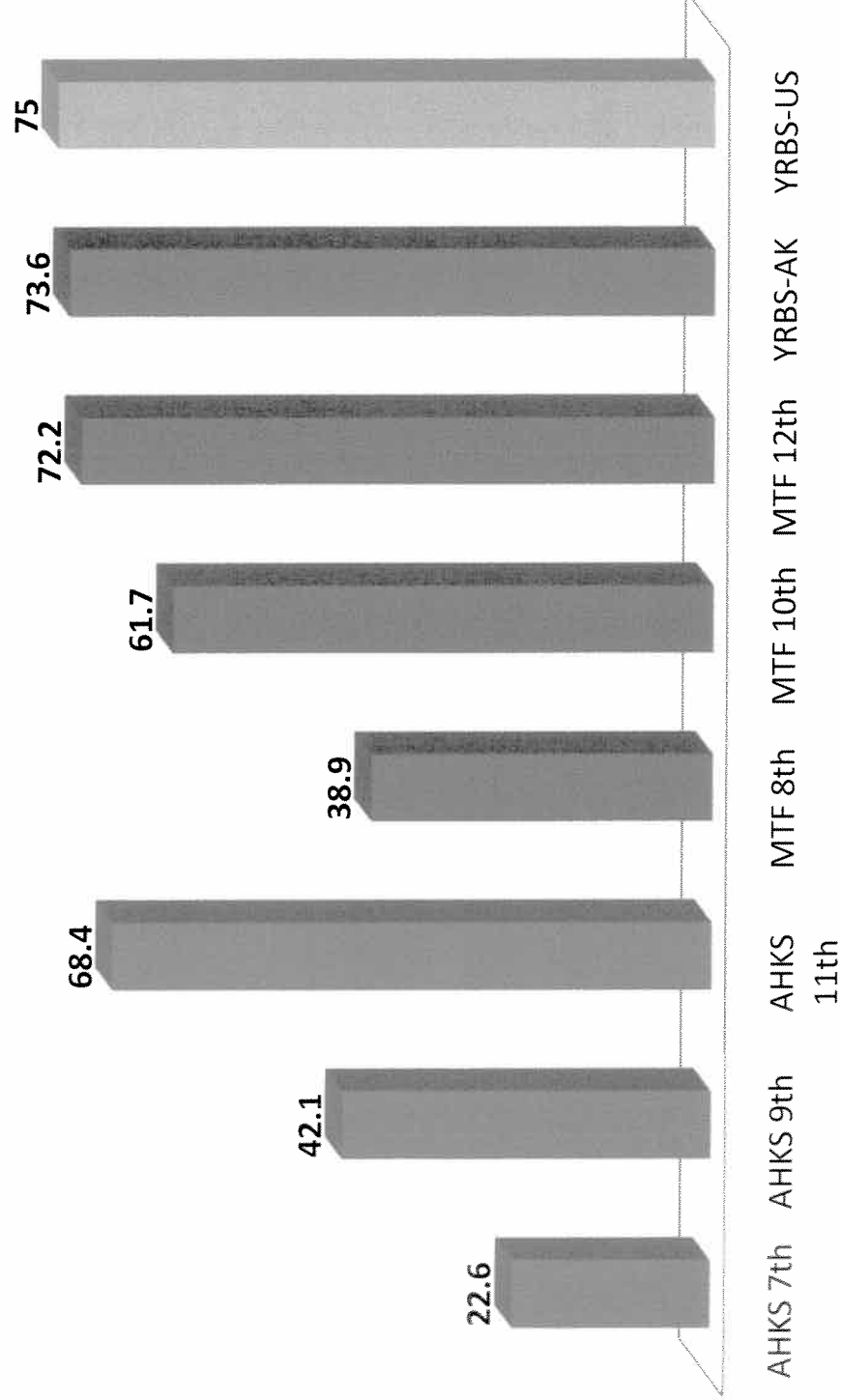
Cardiovascular Disease



Alcohol Dependence

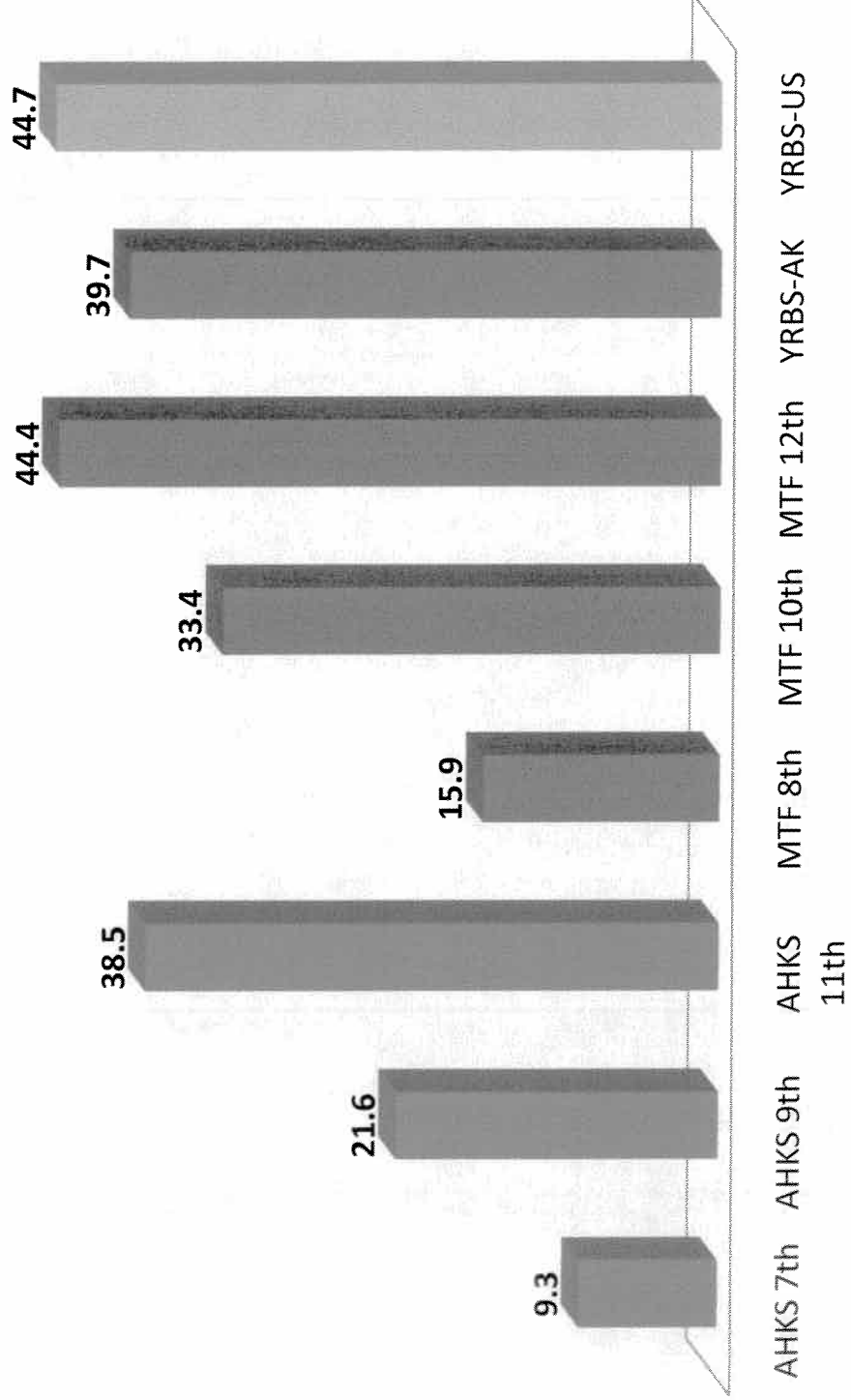
Alcohol

Lifetime Alcohol Use



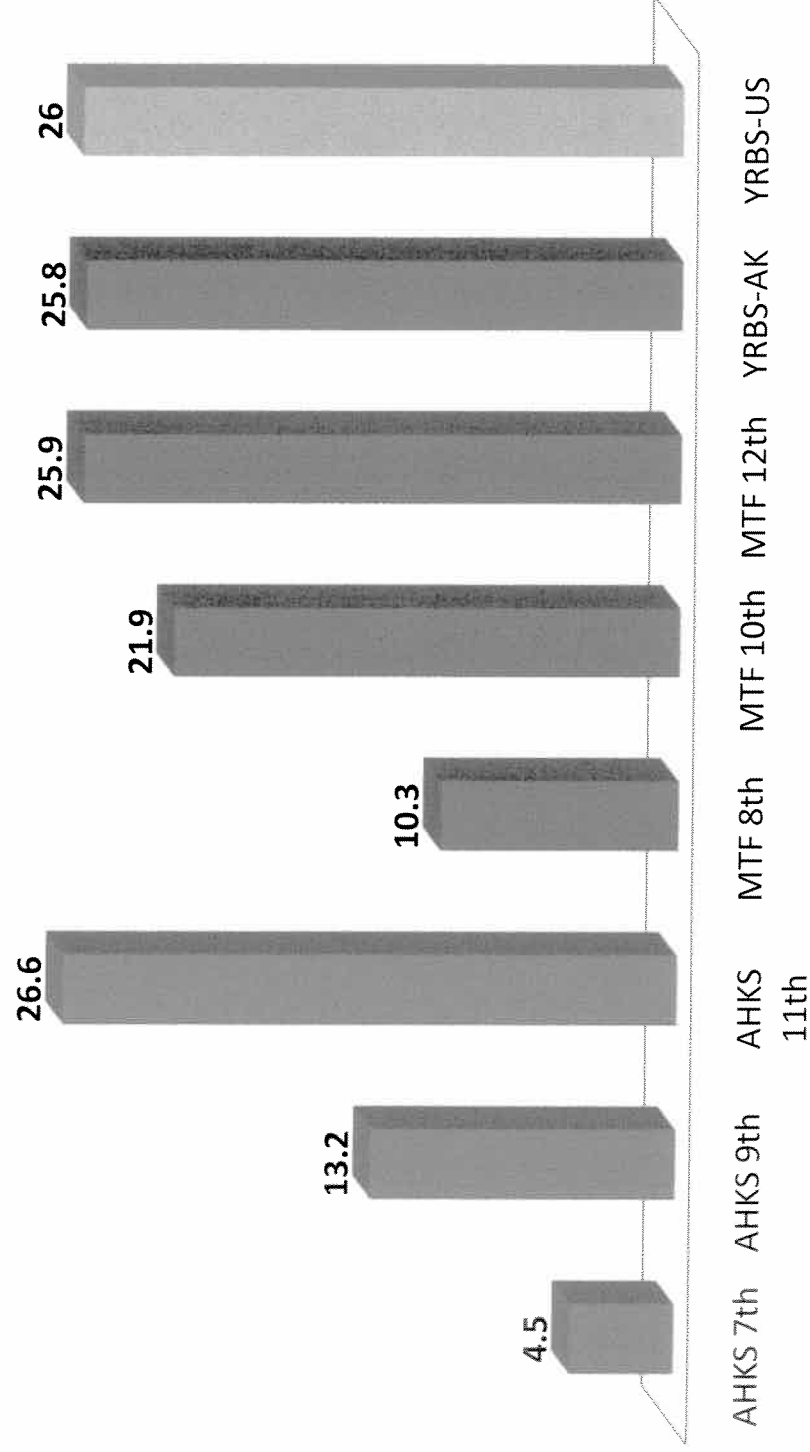
Alcohol

30 Day Alcohol Use



Alcohol

30 Day Binge Drinking



Marijuana



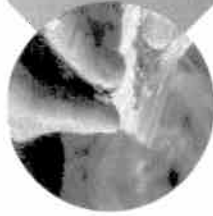
Impaired Judgment



Problems with Intellectual
Functioning



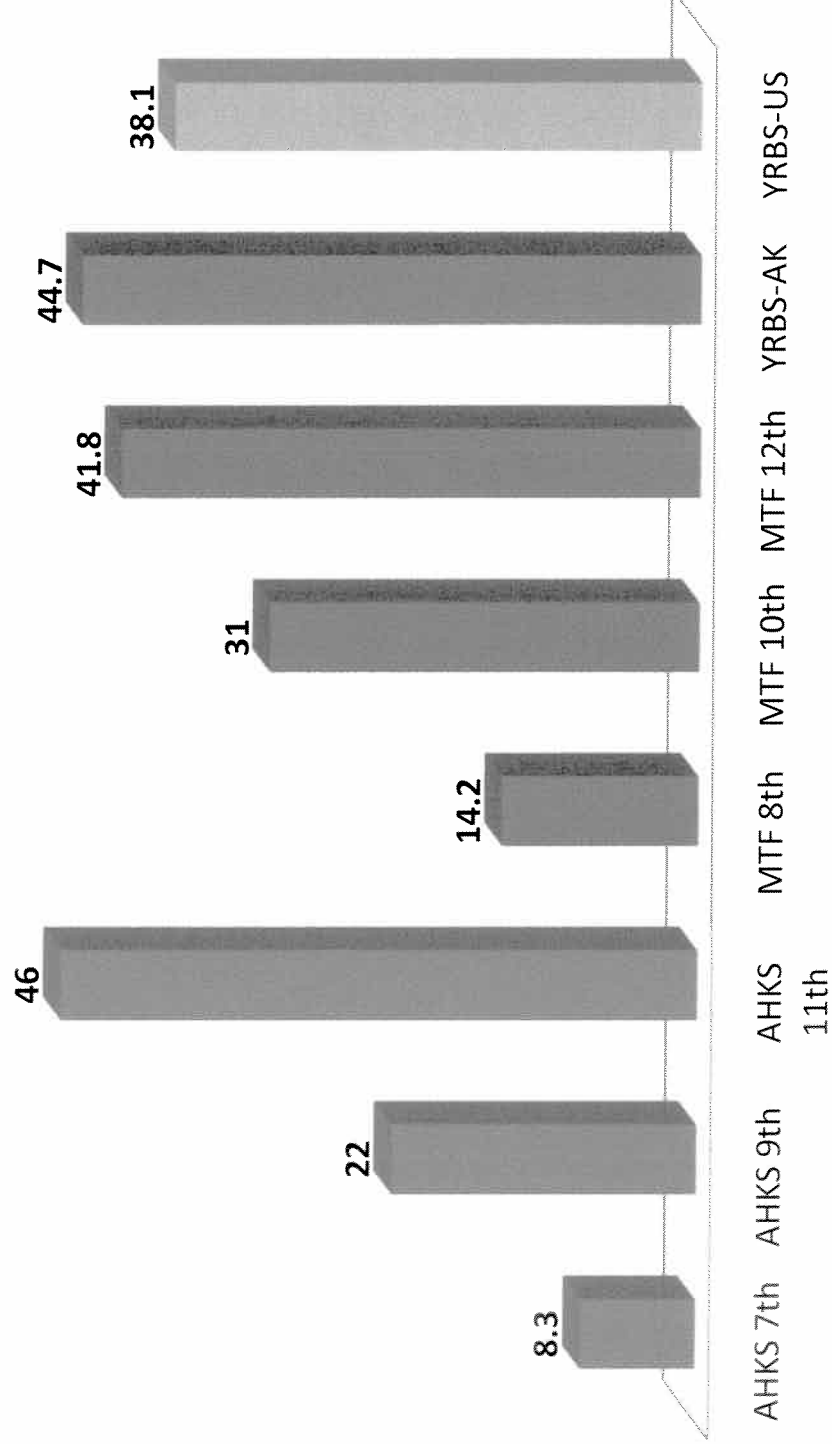
Greater Risk of Lung
Infections



Possible Cancer Link*

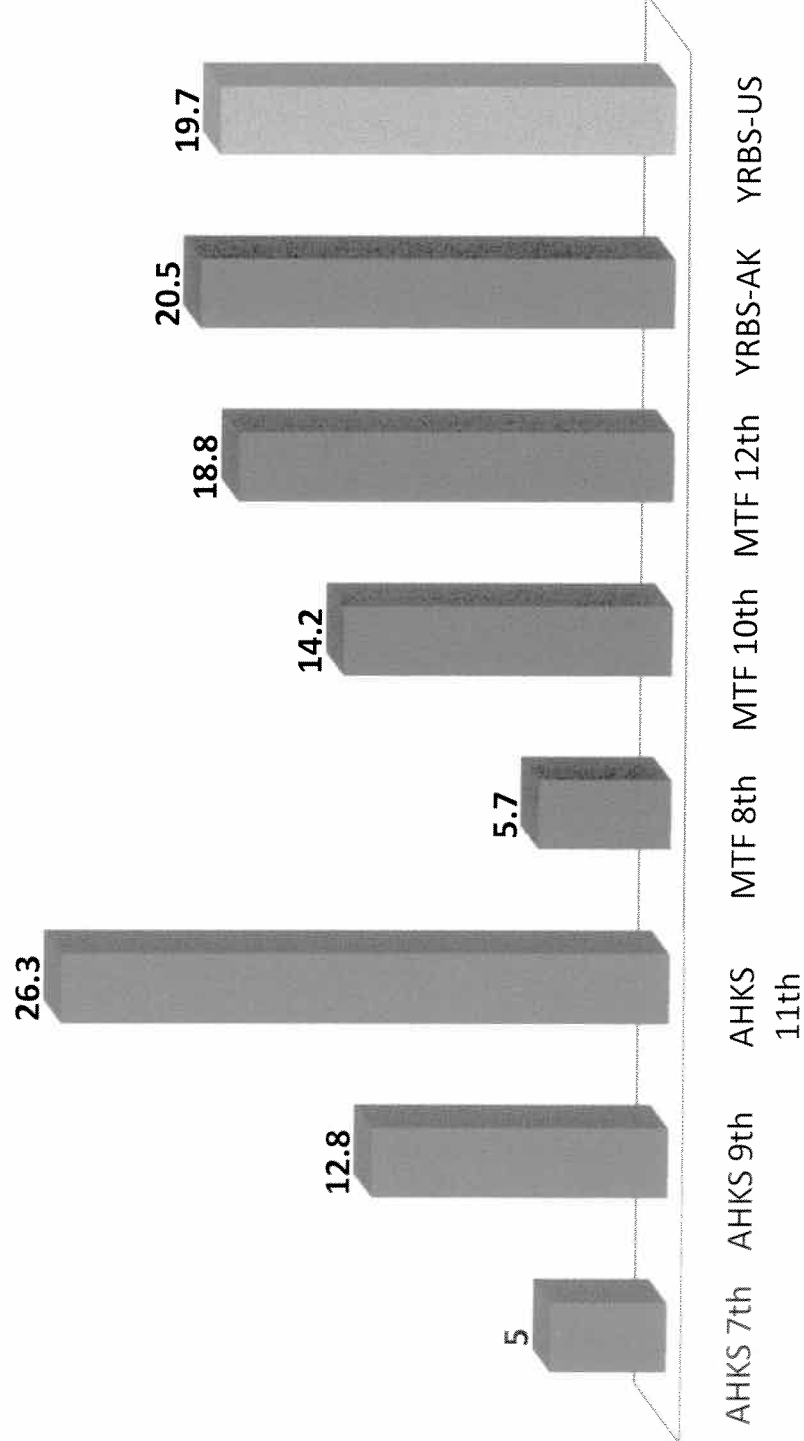
Marijuana

Lifetime Marijuana Use



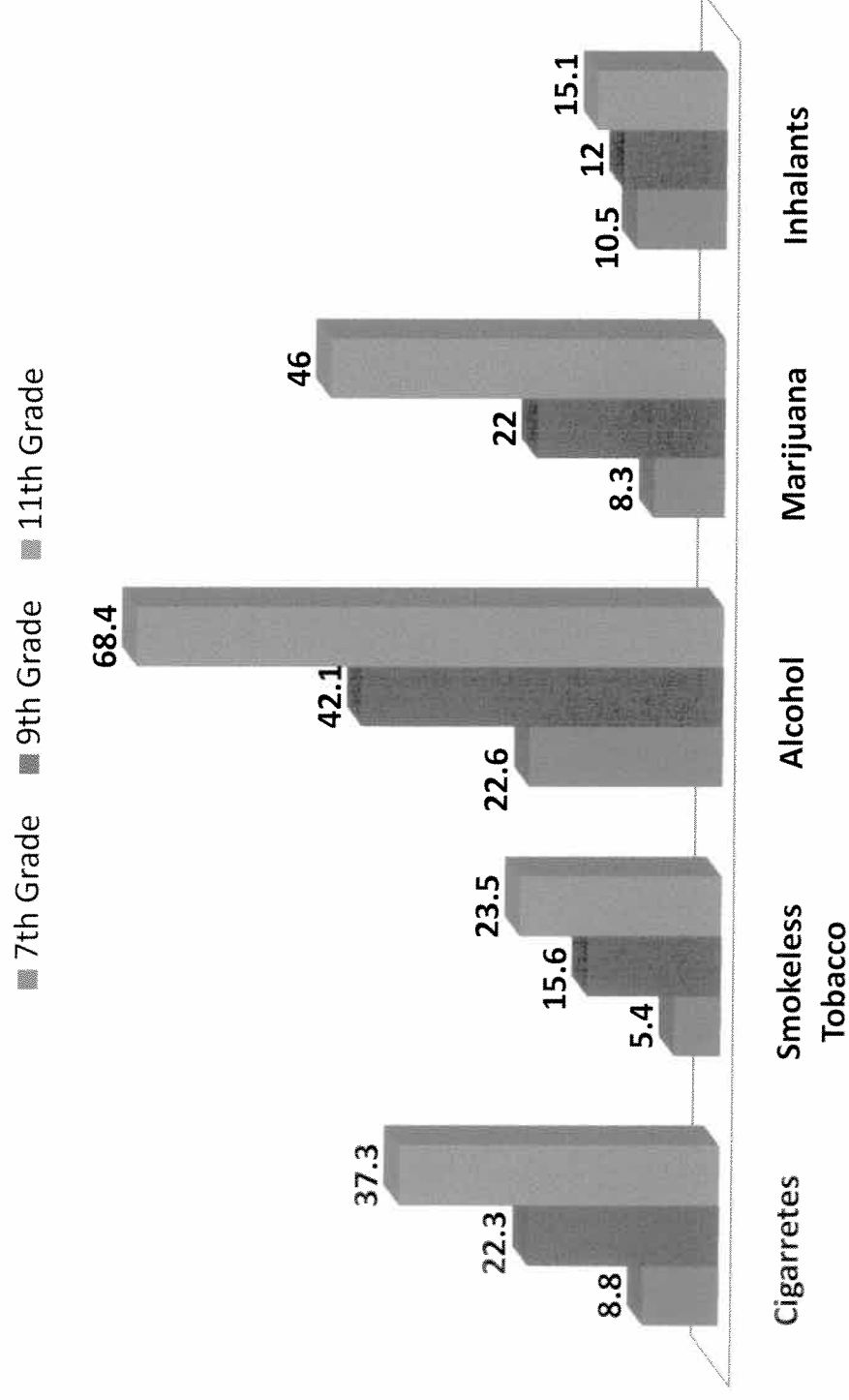
Marijuana

30 Day Marijuana Use



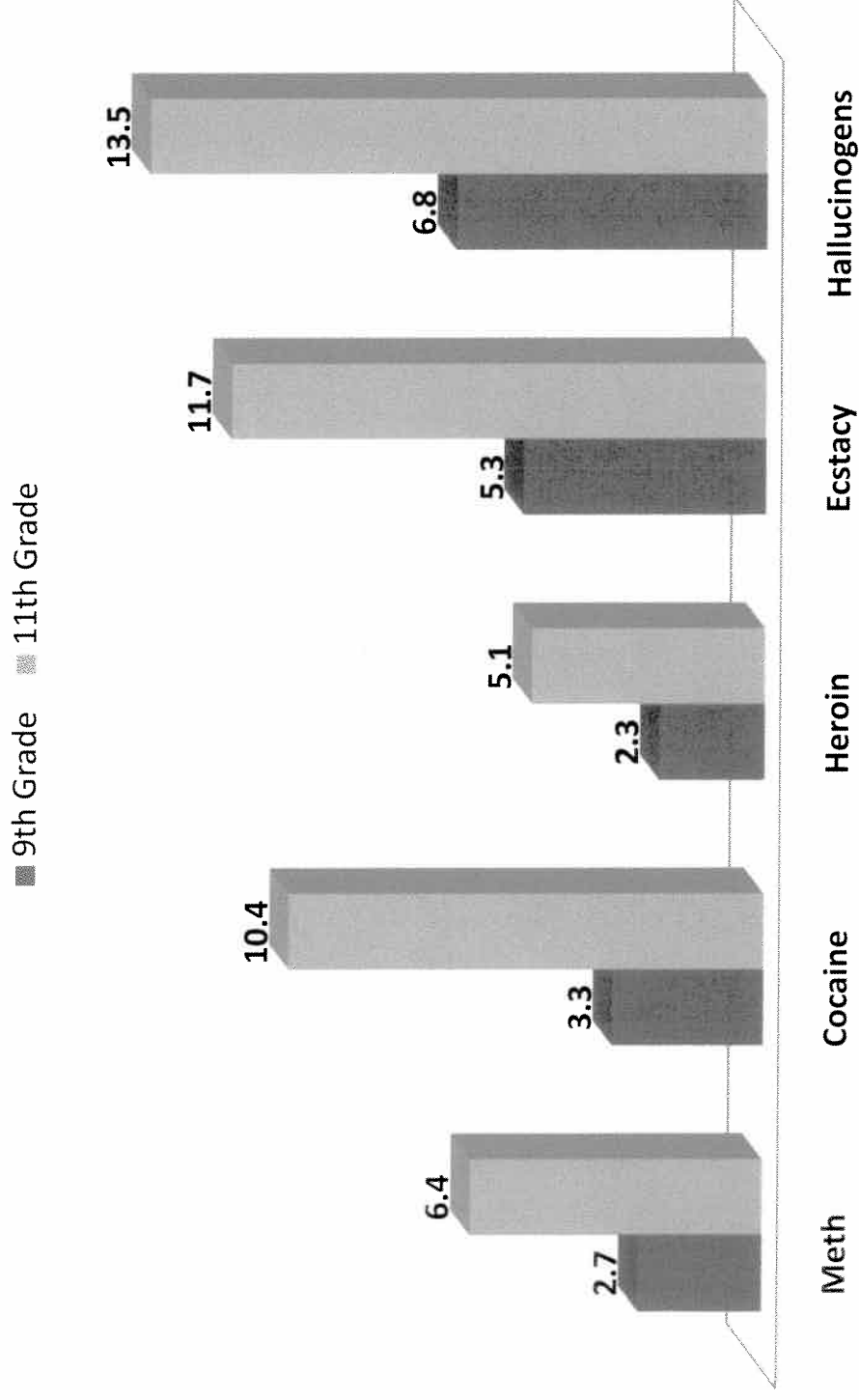
Substance Use Totals

AHKS Substance Use Summary



Substance use Totals

AHKS Lifetime Substance Use Summary



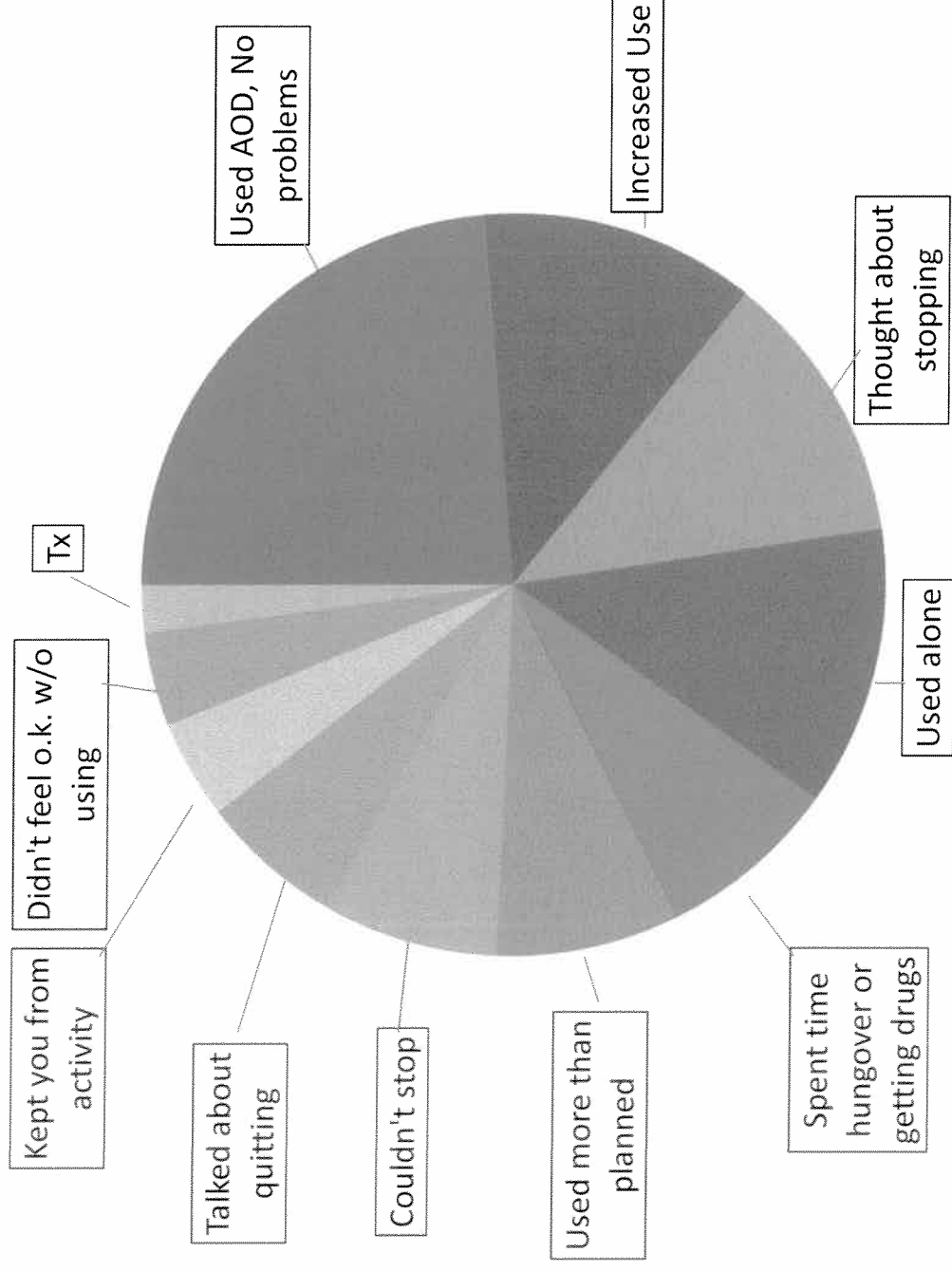
Recommendation #4

Increase community awareness of issues

- Alaska ranks in the United States:
 - #2 for illicit drug use (2007, National Survey on Drug Use and Health)
 - #6 for binge drinking among adults (2007, CDC, BFFSS).
- In many of the categories of use, the youth in the Valley reported above state and national averages.



Experiences from Alcohol and Drugs

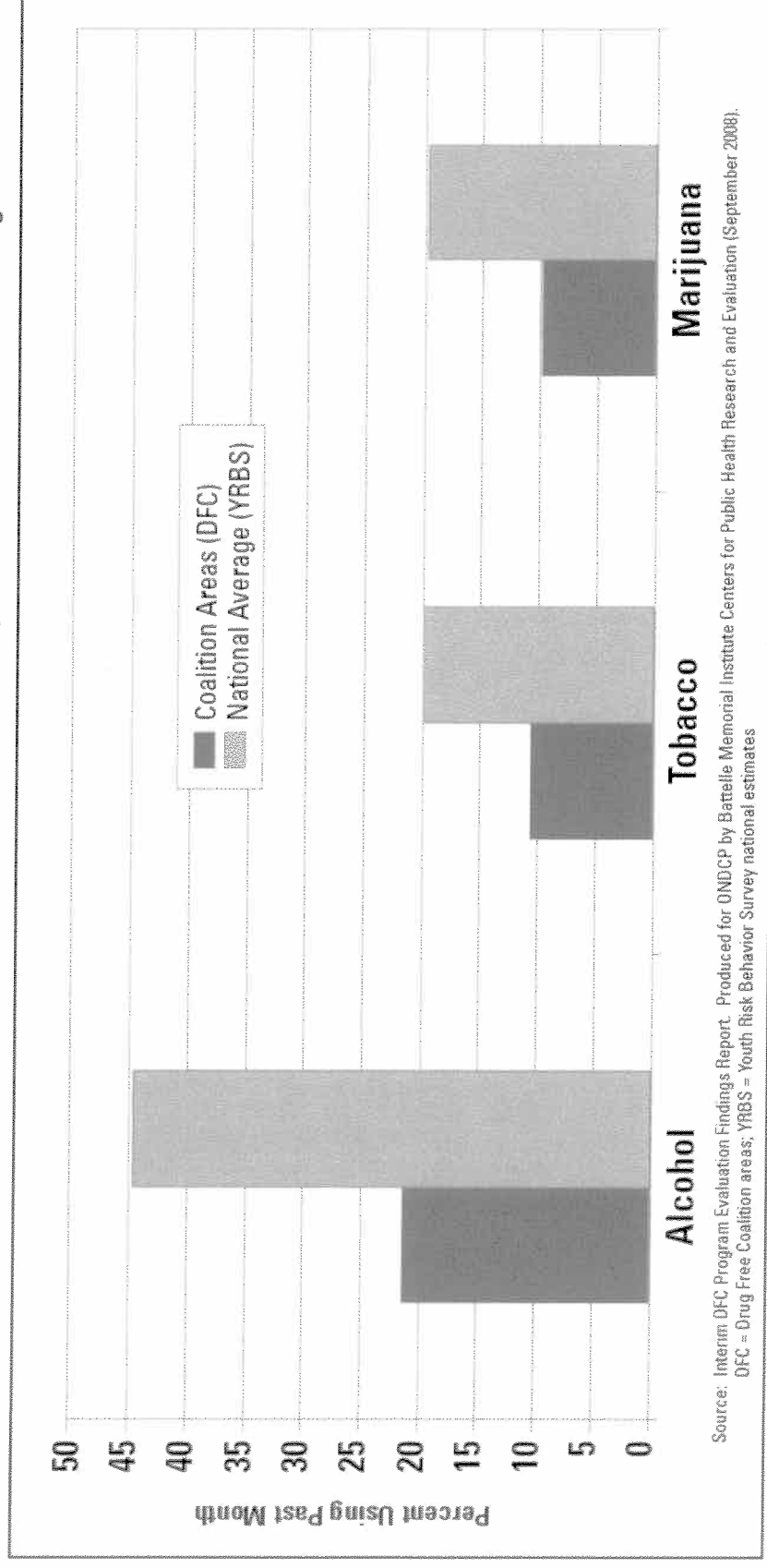


High school youth reported an average of 2 experiences

Coalitions are an effective solution

(Interim DFC Program Evaluation Findings Report, 2008)

Past Month Youth Substance Use Rates in Coalition Areas are Significantly Lower than the National Average in 2007



Our Coalition

- Includes leaders from our community
- Focuses on prevention
- Utilizes Environmental Strategies
 - Ex: advocating law and policy changes
- Coincides with the state plan to reduce underage drinking
 - Ex: youth leadership





Call to Action

- Review state statutes and regulations.
 - Laws are powerful messages that demonstrate social norms and expectations around drinking and using other substances.
- Get involved/understand your local coalition's goals and efforts.
- Support funding for further research, especially regional break-out data.
- Support funding for prevention—it works!

Thank you for your time...

