

# SUBSTANCE USE IN IDAHO



# ABOUT THIS DATA BOOK

This booklet provides an overview of substance use among youth and adults in Idaho to help guide substance use policy and prevention efforts in the state.

The information presented is the most up-to-date data drawn from numerous national and state-level sources of substance consumption and substance-related consequences data.

We would like to acknowledge the state agencies that contributed data to this effort: the Idaho State Department of Education, the Idaho Transportation Department, the Idaho State Police Statistical Analysis Center, and the Idaho Department of Health and Welfare.

For more detail regarding recent substance use trends, visit [prevention.odp.idaho.gov/](http://prevention.odp.idaho.gov/) to download the Idaho Substance Abuse Prevention Needs Assessment, a collaborative effort of Idaho's State Epidemiological Outcomes Workgroup through the Office of Drug Policy.



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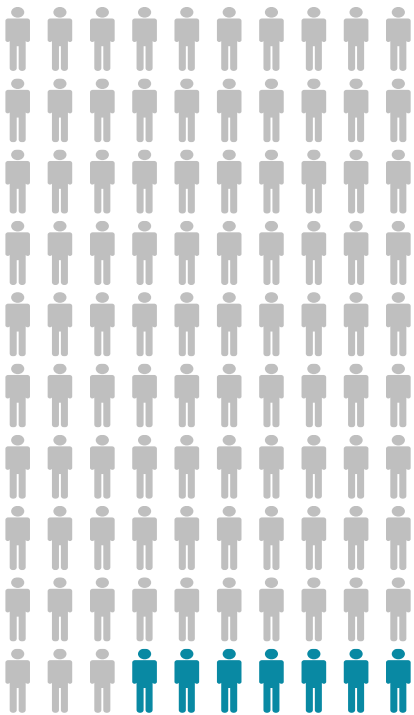
# IDAHO | Demographics



*Idaho has long been one of the most rural states in the U.S., but times are changing: it was the fastest growing state in 2017*



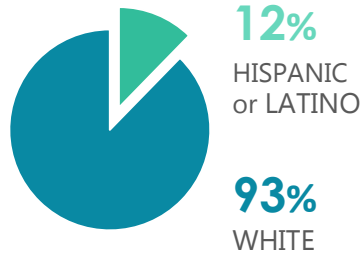
Idaho ranks **39<sup>th</sup>** in population <sup>1</sup>



POPULATION  
**1,716,943**

**↑ 9.5%** INCREASE SINCE 2010 <sup>1</sup>

## ETHNICITY <sup>3</sup>



## RACE <sup>3</sup>

- 2.4%** Two or More Races
- 1.8%** American Indian / Alaska Native
- 1.5%** Asian
- 0.8%** Black
- 0.2%** Native Hawaiian / Pacific Islander



**5** American Indian reservations <sup>4</sup>



**26%** have a bachelor's degree or higher <sup>3</sup>



**17** counties with **5** or fewer residents per square mile <sup>2</sup>



**\$49,174** median household income <sup>3</sup>



**35.5** median age <sup>5</sup>



**3.8%** unemployed <sup>6</sup>



**1** in **14** are veterans <sup>3</sup>



**14%** living in poverty <sup>3</sup>

# SUBSTANCE USE | Overview

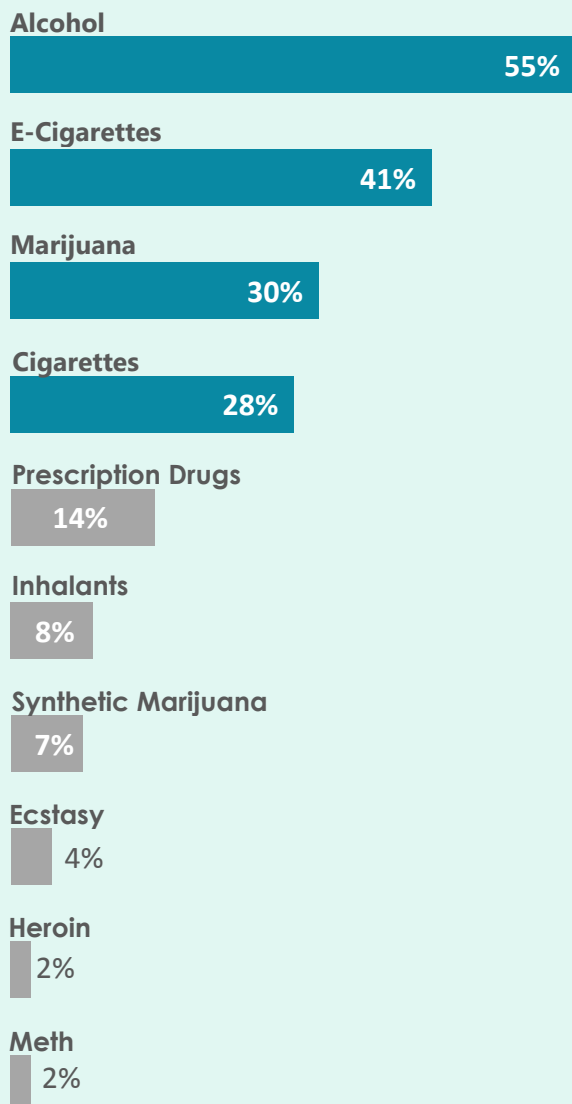


Alcohol, tobacco, and marijuana are the most commonly used drugs among Idahoans—use is typically lower than the national average

## YOUTH

**ALCOHOL, TOBACCO, and MARIJUANA** are the **most commonly used** drugs among Idaho youth

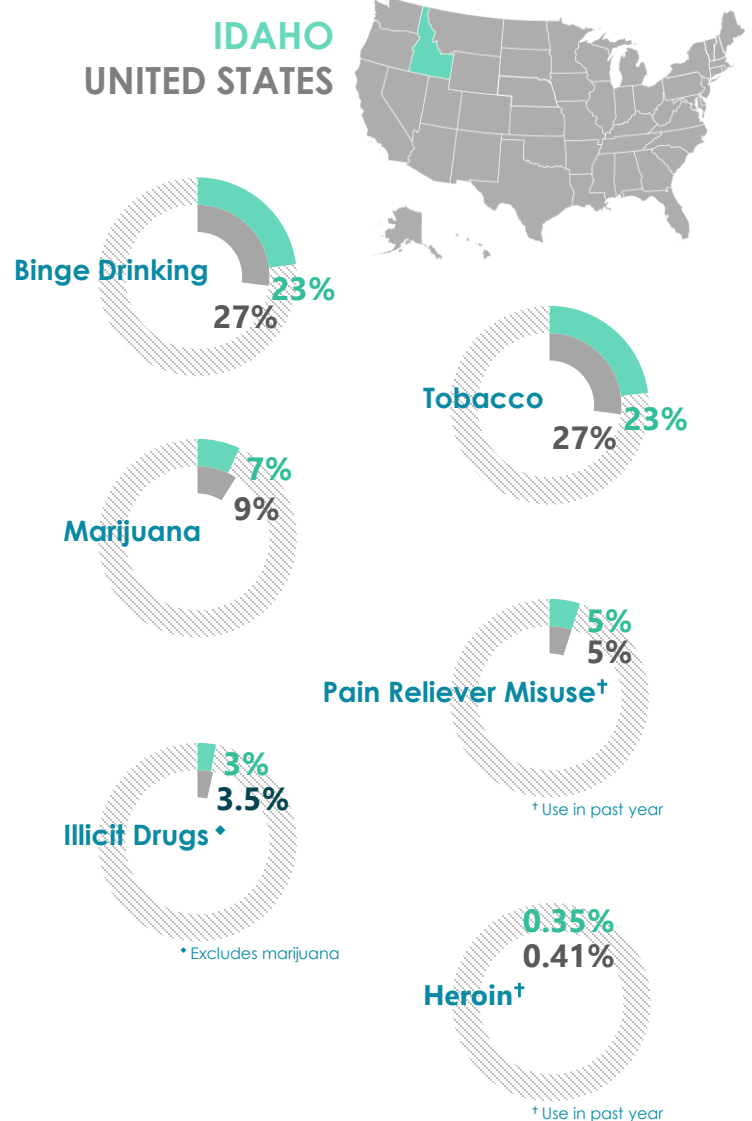
LIFETIME USE AMONG HIGH SCHOOL STUDENTS <sup>7</sup>



## ADULTS

**BINGE DRINKING, TOBACCO USE, and MARIJUANA USE** are **lower in Idaho** than the national average

USE IN PAST 30 DAYS AMONG ADULTS AGED 18+ <sup>8</sup>



# ALCOHOL | Youth Use



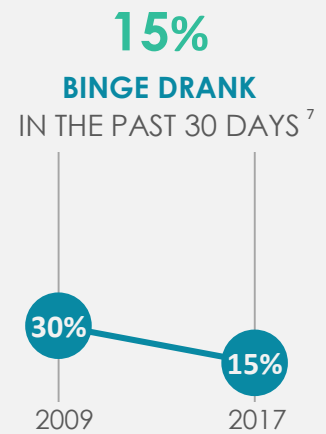
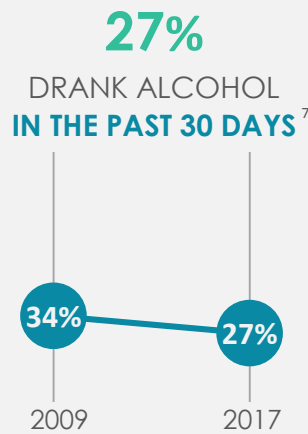
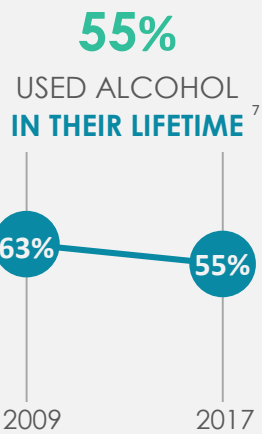
Idaho has made great strides in reducing youth use: youth past 30-day use is among the lowest rates in the nation

Idaho ranks for alcohol use among youth 12-17 <sup>8</sup>

41<sup>st</sup>



Alcohol use among Idaho high school students has **decreased in recent years**



**1** in **6** Idahoans **UNDER 21**

**DRANK ALCOHOL IN THE PAST 30 DAYS** <sup>8</sup>



Although **92%** of Idaho adults agree that **UNDERAGE DRINKING** is harmful <sup>10</sup>

**47%** of students who drank in the past 30 days reported that **AN ADULT OBTAINED THE ALCOHOL FOR THEM** <sup>7</sup>

## BINGE DRINKING

Although **43%** of youth 12-17 perceive great risk of harm in having **5 OR MORE ALCOHOLIC DRINKS** once or twice a week <sup>8</sup>



**20,753**

Idaho high school students **BINGE DRANK** in the past 30 days <sup>9</sup>

# ALCOHOL | Youth Consequences

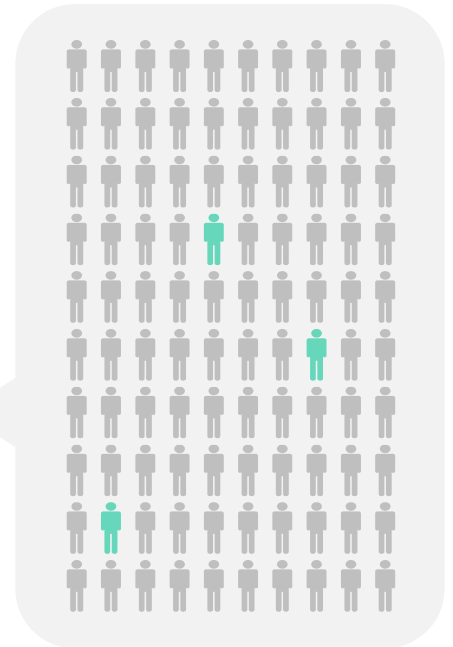


Idaho youth experience consequences from drinking at rates comparable to national averages



Most Idaho youth think their **PARENTS** would **STRONGLY DISAPPROVE** of them drinking 1 or 2 alcoholic beverages nearly every day <sup>8</sup>

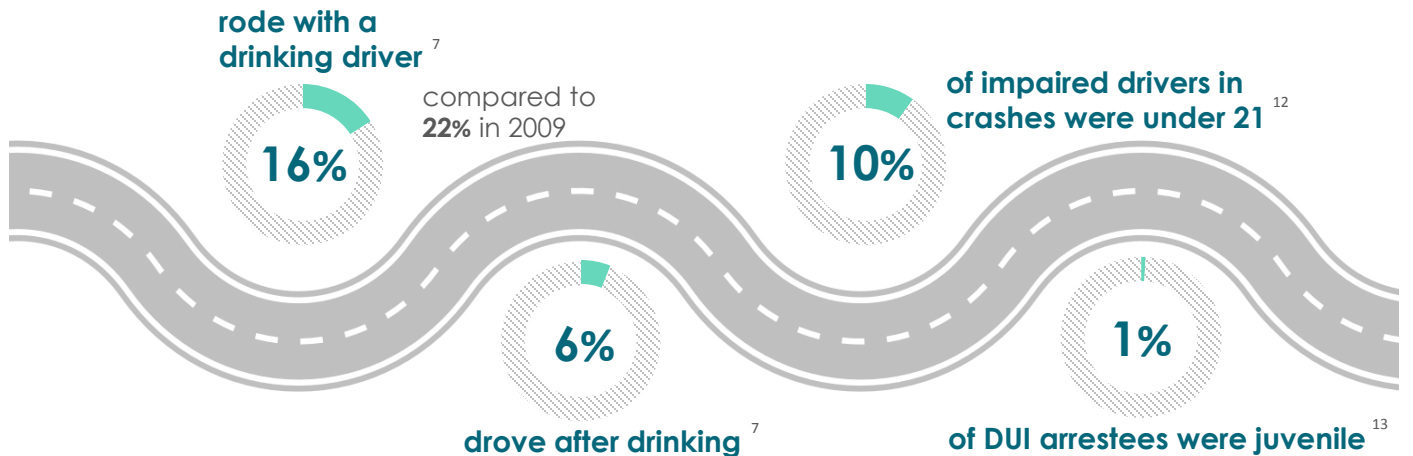
3%  
of Idahoans 12-17  
meet the criteria for an  
**ALCOHOL USE  
DISORDER** <sup>8</sup>



## Teen Drinking May Cause Permanent Changes to the Brain

Studies suggest that teen drinking may have serious effects on the structure of the brain and how it works. Heavy drinking has been shown to affect young people's memory functions. It also may harm the growth and integrity of certain parts of the brain. Youth drinking may also impact blood flow in certain areas of the brain and electrical brain activities.<sup>11</sup>

## DRINKING AND DRIVING



# ALCOHOL | Adult Use



Although alcohol use among young adults has decreased in recent years— about a third were binge alcohol users in the past month and most do not perceive binge drinking as greatly risky

Idaho ranks for alcohol use among adults 18+<sup>8</sup>

41<sup>st</sup>



## HALF

of Idaho adults **DRANK ALCOHOL IN THE PAST 30 DAYS**



**48%** ages 18-25<sup>8</sup>

**49%** ages 26+<sup>8</sup>

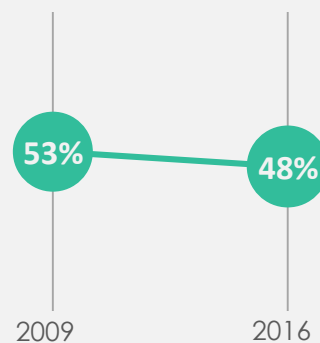
## RISK FACTORS

**MOST LIKELY TO DRINK**<sup>10</sup>

- Adults aged 25-34
- Men
- College graduates
- Make \$50,000 or more per year

## YOUNG ADULTS

Although **ALCOHOL USE** among ages 18-25 has **decreased** in recent years<sup>8</sup>



Fewer young adults perceive **great risk of harm** in having **5 OR MORE ALCOHOLIC DRINKS** once or twice a week than older adults<sup>8</sup>

AND

**BINGE DRINKING** is **more prevalent** among ages 18-25<sup>8</sup>

18-25<sup>7</sup> **38%**

26+<sup>7</sup> **45%**

**32%**

**21%**



# ALCOHOL | Adult Consequences



Idahoans increasingly suffer life-threatening consequences due to alcohol use—rates of impaired driving and alcohol-induced mortality are on the rise



11%

of Idaho **young adults** aged 18-25 meet the criteria for an **ALCOHOL USE DISORDER** compared to **5% aged 26+**<sup>8</sup>



9%

of young adults aged 18-25 **NEEDED BUT DID NOT RECEIVE TREATMENT** for alcohol use in past year<sup>8</sup>

## DRINKING AND DRIVING



75% of all **alcohol-related arrests** are for driving under the influence<sup>14</sup>

+26%

The **impaired driving rate** increased by 26% between 2011 and 2015 (4.2 vs 5.3 per 100,000) and **fatalities from impaired driving increased by 6% annually**<sup>12</sup>



\$1,003,962,940

The cost of impaired driving in Idaho in 2015—more than **\$600 per resident**<sup>12</sup>

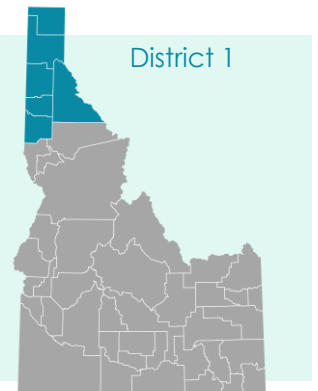


The **alcohol-induced mortality rate** in Idaho is consistently higher than the national average

and increased by 12%<sup>14</sup> between 2011 and 2016

+12%

Adults 45-54, men, American Indians/Alaska Natives, non-Hispanic Idahoans, and residents of **District 1, Lemhi County, Benewah County, and Shoshone County** are at **significantly higher risk** for alcohol-induced death<sup>15</sup>





# TOBACCO



Tobacco use has declined and most Idahoans know the risks, but e-cigarettes are gaining popularity

Idaho ranks  
for tobacco use  
among ages 12+<sup>8</sup>

44<sup>th</sup>



72% 

of Idahoans perceive **GREAT RISK IN SMOKING ONE OR MORE PACKS OF CIGARETTES A DAY**<sup>8</sup>



Use of tobacco products among Idahoans aged 12+ has **decreased** 22% since 2009<sup>8</sup>



## RISK FACTORS

**MOST LIKELY TO SMOKE**<sup>10</sup>

- Adults 45-54
- Have a high school diploma or less
- Make less than \$25,000 per year

## HIGH SCHOOL STUDENTS<sup>7</sup>

### LIFETIME USE

**41%** have used an electronic vapor product at least once

**28%** have tried cigarettes, even one or two puffs

### 30-DAY USE

**19%** used some form of tobacco (including electronic products)

**14%** used an e-cigarette on one or more day

**5%** used smokeless tobacco

**Teens who use smokeless tobacco have a higher risk of becoming cigarette smokers within 4 years**



Tobacco use among Idaho high school students has **decreased since 2009**

**↓ 41%** fewer frequent smokers

**↓ 42%** decrease in tobacco product use in the past 30 days

**↓ 30%** fewer tried cigarette smoking

**51%** of current users **tried to quit at least once in the past year**



Academic achievement is associated with lower likelihood of smoking: **Students with mostly A's were 80% less likely to be current smokers** than those with mostly D's/F's

# MARIJUANA



Young adults are more likely to use marijuana and see it as less risky than older and younger Idahoans

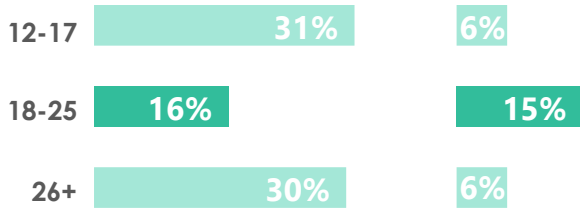
Idaho ranks for marijuana use among ages 12+ <sup>7</sup>

37<sup>th</sup>



7% of Idahoans aged 12+ USED MARIJUANA IN THE PAST 30 DAYS <sup>8</sup>

Significantly fewer young adults perceive MARIJUANA USE as RISKY than youth and older adults AND use is highest among YOUNG ADULTS 18-25 <sup>8</sup>



## RISK FACTORS

### MOST LIKELY TO USE MARIJUANA <sup>10</sup>

- Adults 18+
- Unmarried or never married
- Drinkers and smokers
- Make less than \$15,000 per year
- Unemployed
- Poor mental health/depressive

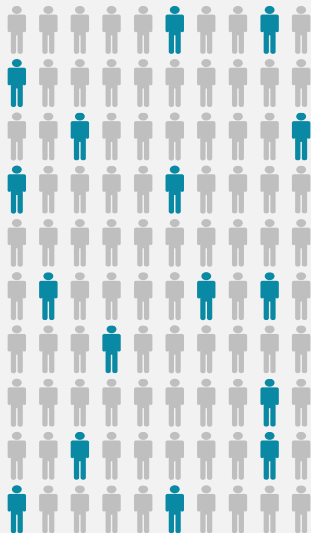


Youth 12-17 think their PARENTS would STRONGLY DISAPPROVE of them . . .

trying marijuana once or twice 88%

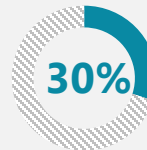
using marijuana once a month or more 90% <sup>8</sup>

## HIGH SCHOOL STUDENTS



16% USED MARIJUANA IN THE PAST 30 DAYS compared to 14% in 2009 <sup>7</sup>

### LIFETIME USE <sup>7</sup>



have used marijuana



tried marijuana before age 13

# PRESCRIPTION DRUGS



*Pain reliever misuse is higher than the national average, and drug-induced deaths are increasing*

**5<sup>th</sup>** Idaho ranks for pain reliever misuse among ages 12+ <sup>8</sup>

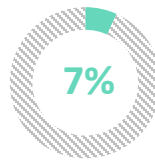


12-17 ■ 4%

18-25 ■ 10%

26+ ■ 5%

**Young adults** are significantly more likely to misuse pain relievers the past year <sup>8</sup>



of those **AGED 12+** had misused prescription psychotherapeutics in the past year <sup>8</sup>



of **HIGH SCHOOL STUDENTS** have taken prescription drugs **without a prescription** in their lifetime <sup>7</sup>



The **RATE OF DRUG-INDUCED DEATHS** has increased **30%** over the past 5 years <sup>15</sup>



**93%** of drug-induced deaths in 2016 resulted from **OVERDOSES** <sup>15</sup>



2015

260



2016

309

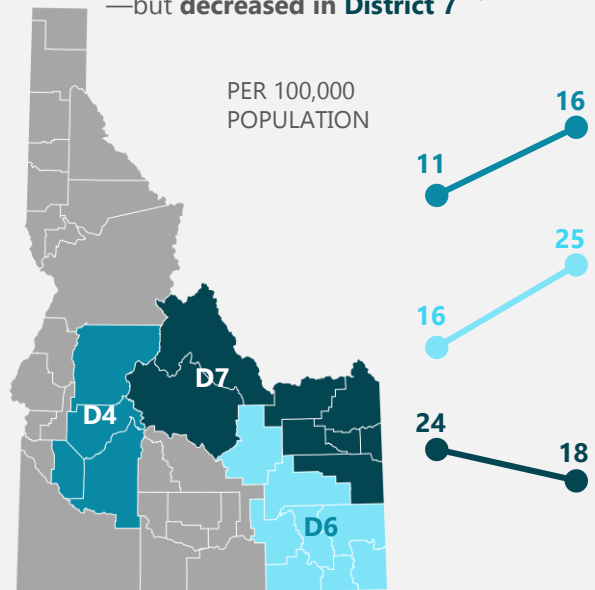
Overdose deaths **INCREASED BY 19%** from 2015 to 2016 <sup>15</sup>



**Opioids** are the **most common drug category reported on death certificates** for drug-induced deaths

Opioid-involved drug-induced deaths are **rising faster** than other drug-involved deaths <sup>15</sup>

From **2015 to 2016** drug-induced deaths **increased in District 4 and District 6** —but **decreased in District 7** <sup>15</sup>



# OTHER ILLICIT DRUGS

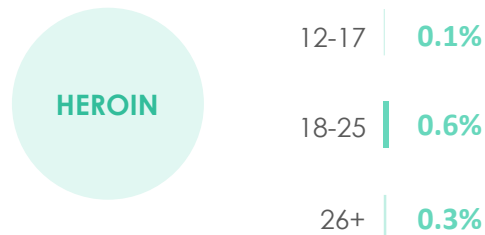
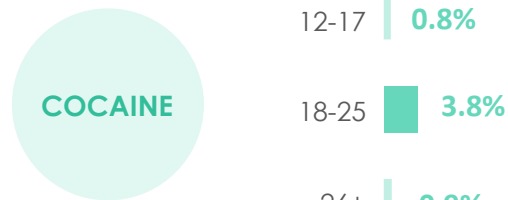


Young adults aged 18-25 are at the highest risk of illicit drug use (not including marijuana) and exposure starts early: almost a quarter of high school students have been offered, sold or given an illicit drug on school property

Idaho ranks **28<sup>th</sup>** for illicit drug use among ages 12+<sup>8</sup>

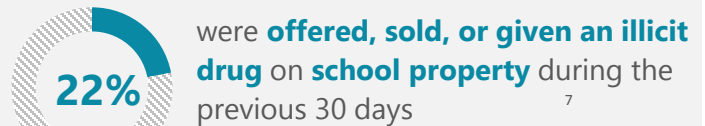


## DRUG USE IN PAST YEAR<sup>8</sup>

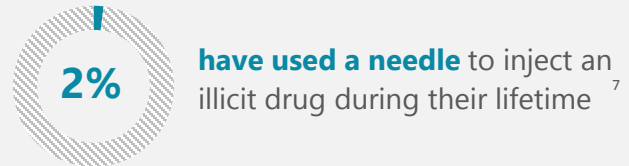


Idahoans aged 18-25 are **SIGNIFICANTLY MORE LIKELY** to have used illicit drugs in the past 30 days **than those aged 12-17 or 26+**<sup>8</sup>

## HIGH SCHOOL STUDENTS



↑ this figure increases to **33%** among students with a D or F average



In addition to **morbidity and mortality** due to injury, **drug abuse is related to**

- Suicide
- Early unwanted pregnancy
- School failure
- Delinquency
- Transmission of sexually transmitted diseases including HIV<sup>6</sup>

# DATA SOURCE REFERENCES



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- 4. Nationalatlas.gov, 2017**  
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- 5. Annual Estimates of the Resident Population for Selected Age Groups by Sex for the United States, States, Counties and Puerto Rico Commonwealth and Municipios: April 1, 2010 to July 1, 2016**  
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[www.isp.idaho.gov/pgr/Research/sac.html](http://www.isp.idaho.gov/pgr/Research/sac.html)
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- 15. Idaho Department of Health and Welfare, 2017**  
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# The Idaho Office of Drug Policy envisions an Idaho free from the devastating social, health, and economic consequences of substance abuse

## IDAHO PREVENTION RESOURCES

### [prevention.odp.idaho.gov](http://prevention.odp.idaho.gov)

Prevention Idaho is the primary source for substance abuse prevention resources, providers, and opportunities in the state of Idaho.

### [betheparents.org](http://betheparents.org)

BeTheParents.org is a public health campaign that provides information to parents about the dangers of underage drinking and how to keep their children alcohol-free.

### [lockyourmedsidaho.org](http://lockyourmedsidaho.org)

Lock Your Meds Idaho is a statewide Idaho public health campaign to reduce access to youth and individuals seeking to abuse prescription medications.

### [radar.boisestate.edu](http://radar.boisestate.edu)

The Idaho RADAR Center provides free information about alcohol, tobacco, and other drugs to Idaho residents only. It includes a Video Lending Library of over 900 titles and functions as a statewide information clearinghouse and resource referral center.

### [cadca.org](http://cadca.org)

CADCA is the premier membership organization representing those working to make their communities safe, healthy and drug-free.

### [samhsa.gov](http://samhsa.gov)

The Substance Abuse and Mental Health Services Administration (SAMHSA) leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

### [drugabuse.gov](http://drugabuse.gov)

The mission of the National Institute on Drug Abuse (NIDA) is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health.

### [nasadad.org](http://nasadad.org)

The National Association of State Alcohol and Drug Abuse Directors, Inc. (NASADAD) is a private, not-for-profit organization whose purpose is support the development of effective alcohol and drug abuse prevention and treatment programs in every state.