

# SUMMARY OF SURVEY FINDINGS

## ALCOHOL AND OTHER DRUG ATTITUDES AMONG YOUNG ADULTS IN MASON COUNTY (2016)

### Main Findings: Alcohol Consumption among Young Adults (18-25) in Mason County

	Overall (18-25 year olds)	18-20 Year Olds	21-25 Year Olds
Past month use	73.2%	49%	82.6%
Past month binge drinking	42.4%	26.5%	50.8%
	Mason County (18-25 year olds)	Region (18-25 year olds)	
Drove after drinking, past month	7.4%	7.5%	
Supplied to a minor, past year	9.7%	10.2%	

### Main Findings: Attitudes towards Alcohol among Young Adults (18-25) in Mason County

	Mason County (18-25 year olds)
<b>Personal opinion:</b> occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities	71.4%
<b>Personal opinion:</b> frequently getting drunk is okay if that's what the person wants to do	7.4%
<b>Perception of peer opinion:</b> occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities	46.9%
<b>Perception of peer opinion:</b> Frequently getting drunk is okay if that's what the person wants to do	42.3%
<b>Ease of access for minors:</b> Sort of or very easy for 18-20 year olds to access alcohol	90% (33.6% "sort of easy"; 56.4% "very easy")
<b>Perception of risk:</b> Think that there is "slight" to "no risk" associated with having 5+ drinks once or twice a week	44.3% (35% "slight risk"; 9.3% "no risk")
<b>Perception of risk:</b> Think that there is "moderate" to "great risk" associated with having 5+ drinks once or twice a week	55.7%
<b>Perception of peer use:</b> Think that half to all of the people their age have drunk alcohol in the past month	90% (54.3% "half or a bit more"; 35.7% "almost all")
<b>Main reasons for using alcohol:</b>	To relax (62.3%) To get drunk (32.3%) To deal with pressures and stress (20.4%)

### Main Findings: Marijuana use among Young Adults (18-25) in Mason County

	Overall (18-25 year olds)	18-20 year olds	21-25 year olds
Never used marijuana	36.3%	44.9%	32.8%
Past month use	29.2%	32.7%	27.9%
	Mason County (18-25)	Region (18-25)	
Drove after using marijuana, past month	14.3%	12.2%	
Have medical marijuana card	12.1%	10.5%	

### Main Findings: Marijuana Attitudes among Young Adults (18-25) in Mason County

	Mason County (18-25)
<b>Ease of access:</b> Sort of or very easy to obtain marijuana without a card	87.1%
<b>Perception of risk:</b> There is “no” or “slight risk” associated with using marijuana once or twice a week	81.4%
<b>Perception of peer use:</b> Think that half to all of the people their age have used marijuana in the past month	67.2%
<b>Main reasons for using marijuana:</b>	To relax (38.9%) To get high (27.5%) To deal with pressures and stress (25.1%)

### Main Findings: Prescription Drug Misuse among Young Adults (18-25) in Mason County

	Overall (18-25 year olds)	18-20 year olds	21-25 year olds
Have used at least one of these medications without a prescription in the past year ( <i>pain medication; sedatives; stimulants; sleeping medications</i> )	25.9%	20%	28.3%
Have used a pain medication without a Rx in the past month ( <i>e.g. OxyContin</i> )	9.4%	8.9%	9.6%
Have used a sedative without a Rx in the past month ( <i>e.g. Xanax</i> )	5.7%	2.2%	7%
Have used a stimulant without a Rx in the past month ( <i>e.g. Ritalin</i> )	11.9%	8.9%	13.2%
Have used a sleeping medication without a Rx in the past month ( <i>e.g. Ambien</i> )	1.9%	0%	2.7%

**Main Findings: Prescription Drug Misuse among Young Adults (18-25) in Mason County, cont.**

	Mason County (18-25 year olds)
Have taken a pain medication that was prescribed but at a higher dosage or for different reasons than prescribed (e.g. OxyContin)	11.9%
Have taken a sedative/anxiety medication that was prescribed, but at a higher dosage or for different reasons than prescribed (e.g. Valium)	6.9%
Have taken a stimulant medication that was prescribed but at higher dosage or for different reasons than prescribed (e.g. Ritalin)	8.1%
Have taken a sleeping medication that was prescribed but at higher dosage or for different reasons than prescribed (e.g. Ambien)	1.3%

**Main Findings: Attitudes towards Prescription Drug Misuse among Young Adults (18-25) in Mason County**

	Mason County (18-25)
<b>Ease of Access:</b> Think that it is “sort of” or “very easy” for people their age in Mason County to obtain prescription pain relievers without having a prescription	67.6% (40.3% “sort of easy”; 27.3% “very easy”)
<b>Perception of risk:</b> Think that there is “no” to “slight” risk associated with occasionally using pain relievers that were not prescribed to them	16.4% (14.3% “slight risk”; 2.1% “no risk”)
<b>Perception of risk:</b> Think that there is “moderate” to “great” risk associated with occasionally using pain relievers that were not prescribed to them	83.5% (36.4% “moderate risk”; 47.1% “great risk”)
<b>Perception of risk:</b> Think that there is “no” to “slight” risk associated with using prescription pain relievers that were prescribed to them, but at higher doses than prescribed	24.3% (4.3% “no risk”; 20% “slight risk”)
<b>Perception of risk:</b> Think that there is “moderate” to “great risk” associated with using prescription pain relievers that were prescribed to them, but at higher doses than prescribed	75.8% (32.9% “moderate risk”; 42.9% “great risk”)
<b>Perception of peer use:</b> Think that half or more of the people their age have used prescription drugs without a Rx in the past month	49.3% (33.6% “half or a bit less”; 15.7% “half or a bit more”)
<b>Risk factors:</b> Think that it is okay to take a medication without a Rx to deal with injury or pain as long as they’re not doing it to get high	21.6%
<b>Risk factors:</b> Think that it is okay to take a larger	6.0%

dosage than they were prescribed as long as they are not doing it to get high	
<b>Risk factors:</b> Think that it is okay to use to treat symptoms similar to the person for whom the Dr wrote the Rx for	13.2%
<b>Risk factors:</b> Think that it is okay to use to help them study or to take a test (without Rx)	11.4%
<b>Risks associated with misusing Rx drugs:</b>	Overdosing (81.4%) Endangering health (74.9%) Becoming addicted (78.4%) Getting into trouble with the law (72.5%) Compromising future (66.5%)

**Main Findings: Heroin and Synthetic Drug use among Young Adults (18-25) in Mason County**

	Overall (18-25 year olds)	18-20 year olds	21-25 year olds
<b>Any heroin use</b> ( <i>past month, past year, more than year ago</i> )	6.3%	2.2%	8.1% (3.6% within past month)
<b>Any synthetic marijuana use</b> ( <i>past month, past year, more than year ago</i> )	19.8%	13.7% (2.3% within past month)	22.2%
<b>Any bath salt use</b> ( <i>past month, past year, more than year ago</i> )	4%	2.3%	4.5%
<b>Any MDMA use</b> ( <i>past month, past year, more than year ago</i> )	19.4%	17.1%	20.1% (6.4% within past month)

**Main Findings: Attitudes towards Heroin and Synthetic Drug Use among Young Adults (18-25) in Mason County:**

<b>Heroin Use &amp; Perception Factors</b>	<b>Mason County (18-25)</b>
<b>Ease of access:</b> Think it is “sort of” or “very easy” for someone their age to obtain heroin in Mason County	40.8%
<b>Perception of risk:</b> Think that there is “moderate” or “great risk” associated with using heroin	97.1% (2.9% “no risk”)
<b>Bath Salts Use &amp; Perception Factors</b>	<b>Mason County (18-25)</b>
<b>Ease of access:</b> Think it is “sort of” or “very easy” for someone their age to obtain bath salts in Mason County	32.8%

<b>Perception of risk:</b> Think that there is “moderate” or “great risk” associated with using bath salts	95.7%
<b>MDMA Use &amp; Perception Factors</b>	<b>Mason County (18-25)</b>
<b>Ease of access:</b> Think it is “sort of” or “very easy” for someone their age to obtain MDMA in Mason County	47.2%
<b>Perception of risk:</b> Think that there is “moderate” or “great risk” associated with using MDMA	78.6% (In other words...21.4% think that there is “no” or “slight risk” to using MDMA)
<b>Reasons for using MDMA:</b>	To get high (31.6%) To experiment/see what it’s like (26.3%)
<b>Synthetic Marijuana Use &amp; Perception Factors</b>	<b>Mason County (18-25)</b>
<b>Ease of access:</b> Think that it is “sort of” or “very easy” for someone their age to obtain synthetic marijuana in Mason County	61.5% (28.6% “very easy”)
<b>Perception of risk:</b> Think that there is “moderate” or “great risk” associated with using synthetic marijuana	84.3%

### Alcohol Use & Perceptions among Teens & Young Adults (18-25) in Mason County

#### Alcohol use and binge drinking are common among young adults in Mason County.

- Overall, 73.2% of young adults reported drinking alcohol within the past month, and 42% had binge drank in the past month
  - 49% of **18-20 year olds** in Mason County reported drinking alcohol within the past month
  - 26.5% of **18-20 year olds** in Mason County had binge drank in the past month

#### Alcohol use poses both legal and safety issues for young adults in Mason County.

- Close to **10%** of those surveyed had provided alcohol to a minor within the last year
- **7.4%** had driven a vehicle after having too much to drink in the past month
- The local hospital reports that alcohol-related accidents, injuries, and poisonings are somewhat common among teens and young adults (Stakeholder Interviews, 2016)

#### Young adults in Mason County think that drinking alcohol is normal among their peers and is easy for minors to access

- Almost half (**46.5%**) of high school students reported drinking alcohol at least once and **1 in 5** reported drinking alcohol before age 13 (MiPHY, 2014)
- **71.4%** of young adults feel that it is okay to occasionally get drunk, as long as it doesn't interfere with academics or other obligations
- **90%** stated that alcohol is "sort of" or "very easy" for minors in their community to access
- **44.3%** think that binge drinking once or twice a week has "no risk" or is only slightly risky
- **90%** stated that they think half to all of the people their age have drunk in the past month
- **42.3%** believe that their *peers* think it's okay to frequently get drunk if that's what the person wants to do
  - ....while in reality, only 7.4% on young adults surveyed stated that they felt this way

#### Young adults in Mason County drink to....

- Relax (62.3%)
- Get drunk (32.3%)
- Deal with pressures and stress (20.4%)

#### Teens in Mason County drink to...

- Fit in (100%)
- Relieve stress (73%)
- Deal with feelings of anxiety or depression (67%)

# SUMMARY OF FINDINGS

## MARIJUANA USE AND ATTITUDES AMONG TEENS & YOUNG ADULTS IN MASON COUNTY (2016)

### Marijuana Use & Perceptions among Teens & Young Adults (18-25) in Mason County:

#### Marijuana use is common among young adults and teens in Mason County:

- Overall, **29.2%** of young adults (18-25) in Mason County report using marijuana within the past month
  - **32.7%** of 18-20 year olds report using marijuana in the past month
  - **27.9%** of 21-25 year olds report using marijuana in the past month
- 12% of young adults (18-25) have a medical marijuana card
- **1 out of 3** 9<sup>th</sup> graders have used marijuana and **40%** of 11<sup>th</sup> graders reported having ever used marijuana (MiPHY, 2014)
- The average age for first time use of marijuana in Mason and Lake Counties is **12.9** (MiPHY, 2014)
- Local employers have difficulty hiring qualified staff who cannot pass a pre-employment drug screen due to marijuana use (Stakeholder Interviews, 2016)

#### Marijuana use presents safety and health concerns for the community:

- **1 out of 7** young adults (18-25) reported that they drove after using marijuana within the past month
- Employers reported that they have concerns for the safety of their staff who have medical marijuana cards and drive to/from work and/or operate machinery (Stakeholder Interviews, 2016)
- Staff at Spectrum Hospital report that many women who give birth in Mason County test positive for marijuana; many babies subsequently test positive as well (Stakeholder Interviews, 2016)

#### Marijuana is easy to access in Mason County:

- **87.1%** of young adults (18-25) report that marijuana is easy to get without a medical marijuana card (Young Adult Survey, 2016)
- Almost half (**44.8%**) of high schoolers reported that it would be “sort of” or “very easy” to get marijuana (MiPHY, 2014); most of the teens who participated in focus groups stated that marijuana is very popular/the most common drug used by teens (Teen Focus Groups, 2016)

#### There is a low perception of risk associated with marijuana use among teens and young adults:

- **81.4%** of young adults and **62.4%** of high schoolers report that there is no risk or only a “slight risk” to using marijuana regularly (Young Adult Survey, 2016; MiPHY, 2014)

# SUMMARY OF FINDINGS

## PRESCRIPTION DRUG MISUSE AND ATTITUDES AMONG TEENS & YOUNG ADULTS IN MASON COUNTY (2016)

### Prescription Drug Misuse & Perceptions among Teens & Young Adults (18-25) in Mason County

#### Misuse of prescription medications is fairly common among young adults in Mason County:

- **1 in 4** young adults in Mason County (18-25) have misused a medication that was not prescribed to them within the past year (pain reliever, sedative, stimulant, or sleeping medication)
  - **20%** of 18-20 year olds and **28.3%** of 21-25 year olds (Young Adult Survey, 2016)
- The most commonly misused medications by young adults in Mason County are stimulants such as Adderall or Ritalin: **12%** of all young adults surveyed had used a stimulant that was not prescribed within the past month; **9%** of 18-20 year olds and **13.2%** of 21-25 year olds
  - The second most commonly abused medication among young adults is pain relievers, such as OxyContin: **9.4%** of young adults have used a pain reliever that was not prescribed to them in the past month; **8.9%** of 18-20 year olds and **9.6%** of 21-25 year olds

#### There is a low perception of risk associated with misusing prescription medications:

- **12%** of young adults have misused a medication that was prescribed to them, by taking them at higher doses or for different reasons than prescribed
- Nearly **1 in 4** young adults think that there is “no risk” or only a “slight risk” to misusing a prescription pain reliever by taking more than was prescribed to them
- **21.6%** of young adults think that it is okay to take a pain reliever that was not prescribed to them to deal with an injury or pain, as long as you’re not using it to get high
  - ...and yet: Most young adults know that misusing medications can lead to overdose (**81.4%**), addiction (**78.4%**), and health risks (**74.9%**)

#### Prescription medications, such as pain relievers, are easy to access:

- **Two-thirds** of young adults report that it would be easy to get a pain reliever without a prescription
- Between 2009 and 2015, there was a **35% increase** in prescriptions written for opiates in Mason County while the population remained stable ( ).
- Local healthcare professionals state that prescriptions are readily accessible due to over-prescribing practices by certain physicians and a lack of proper disposal/maintenance of prescriptions within homes (Stakeholder Interviews, 2016).
- 391 households participated in Hazardous Waste Day this year. A total of 240 lbs of pharmaceutical substances, as well as 3,309 pills (70% of which were narcotics) were disposed of. Many community members who participated in Household Hazardous Waste Day in Mason County were not aware of local disposal locations for unused/expired prescription medications (Household Hazardous Waste Day, 2016).



# SUMMARY OF SURVEY FINDINGS

## SYNTHETIC DRUG & HEROIN USE AND ATTITUDES AMONG TEENS & YOUNG ADULTS IN MASON COUNTY (2016)

### Synthetic Drug & Heroin Use & Perceptions among Teens & Young Adults (18-25) in Mason County

#### Heroin use rates and perceptions among young adults:

- **6.3%** of young adults surveyed had used heroin at least once in their lifetime
  - **2.2%** of 18-20 year olds had used heroin
  - **8.1%** of 21-25 year olds had used heroin (**3.6%** had used within the past month)
- **40.8%** of young adults stated that it is easy for someone their age to obtain heroin in Mason County
- Most of the adults surveyed (**97.1%**) believe that using heroin poses a “moderate” or “great” risk

#### Synthetic marijuana use rates and perceptions among young adults:

- **19.8%** of young adults surveyed have used synthetic marijuana
  - **13.7%** of 18-20 year olds have used synthetic marijuana
  - **22.2%** of 21-25 year olds have used synthetic marijuana
- **61.5%** of young adults stated that it is easy for someone their age to obtain synthetic marijuana in Mason County (**28.6%** stated that it is “very easy” to obtain)
- **84.3%** of young adults surveyed believe that using synthetic marijuana poses a “moderate” or “great” risk

#### Bath salts use rates and perceptions among young adults:

- **4%** of young adults surveyed have used bath salts
  - **2.3%** of 18-20 year olds have used bath salts
  - **4.5%** of 21-25 year olds have used bath salts
- **32.8%** of young adults stated that it is easy for someone their age to obtain bath salts in Mason County
- A majority of young adults surveyed (**95.7%**) believe that using bath salts poses a “moderate” or “great” risk

#### MDMA use rates and perceptions among young adults:

- **19.4%** of young adults surveyed have used MDMA (“Molly”, ecstasy)
  - **17.1%** of 18-20 year olds have used MDMA
  - **20.1%** of 21-25 year olds have used MDMA
- **47.2%** of young adults stated that it would be easy for someone their age to obtain MDMA in Mason County
- **78.6%** of young adults surveyed believe that using MDMA poses a “moderate” or “great” risk
- The main reasons for using MDMA: to get high (**31.6%**) and to experiment/see what it’s like (**21.3%**)