2020 CHNA Data Packet: Substance Abuse

In this section are all the data points and key findings related to Substance Abuse from the 2020 CHNA (pages 176 – 186). Please visit www.hbdyc.org to access the full report.

Recommended Citation:

Key Takeaways – Substance Abuse in Yellowstone County

- Among Yellowstone County adults:
  - 20.0% are considered excessive drinkers (heavy and/or binge drinkers). Men and young adults are more likely to excessively drink.
  - 8.3% have sought professional help for an alcohol or drug problem at some point in their lives, twice the US figure and a significant increase since 2005.
  - 53.8% of lives have been negatively affected by substance abuse (either their own or someone else’s). This is considerably higher than the US, 2017, and is more common among women and low-income residents.

- Between 2015 and 2017, Yellowstone County residents died from:
  - Cirrhosis/liver disease at a rate of 13.9 deaths per 100,000 residents, which is lower than Montana but higher than the US, and an increase over time; and
  - Unintentional drug-related causes at a rate of 4.1 deaths per 100,000 residents.

Community Feedback:

Select Key Informant Survey Responses

Access just like mental health. The two are intrinsically linked and so the same issues generally plague them both.

– Healthcare Provider

Lack of culturally appropriate treatment centers. After treatment, many programs are faith-based and there are more sober requirements for living in treatment or sober living houses.

– Public Health Representative

Cost and availability of beds at recovery centers. I also feel 30-day programs are not a fix, just a Band-Aid.

– Business Leader

Too many stigmas associated with getting help, especially for men. Especially in regard to alcohol, it is hard for men to admit having a problem with substance abuse; can be portrayed as “weak” and “unmanly”, as drinking culture is so pervasive in the community.

– Community Leader

Not enough resources. Primary care providers and ER providers need more knowledge on working with their patients when treatment is not available. Need more integrated behavioral health and addiction specialists in these settings.

Very concerned about special help for pregnant women and mothers with addiction. Need more peer support groups. Need more resources in the school. Need to learn more about the work Portugal has done to decrease drug use in their country and what could be tried in our community.

– Healthcare Provider
Cirrhosis/Liver Disease: Age-Adjusted Mortality
(2015-2017 Annual Average Deaths per 100,000 Population)
Healthy People 2020 = 8.2 or Lower

Yellowstone County 13.9
MT 15.1
US 10.8

Sources:
- CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted October 2015.

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.

Cirrhosis/Liver Disease: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)
Healthy People 2020 = 8.2 or Lower

Sources:
- CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted October 2015.

Notes:
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
“Excessive drinking” includes heavy and/or binge drinkers:

- **Heavy drinkers** include men reporting 2+ alcoholic drinks per day or women reporting 1+ alcoholic drink per day in the month preceding the interview;
- **Binge drinkers** include men reporting 5+ alcoholic drinks or women reporting 4+ alcoholic drinks on any single occasion during the past month.
Have Ever Sought Professional Help for an Alcohol/Drug-Related Problem

![Bar graph showing percentage of people who have ever sought professional help for an alcohol/drug-related problem in Yellowstone County and the US, with a trend line for the years 2005 to 2020.](image)

Sources: 2020 PRC Community Health Survey, PRC, Inc. [Item 50]  
2017 PRC National Health Survey, PRC, Inc.

Notes: Asked of all respondents.

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Unintentional Drug-Related Deaths: Age-Adjusted Mortality

**(2015-2017 Annual Average Deaths per 100,000 Population)**

*Healthy People 2020 = 11.3 or Lower*

![Bar graph showing age-adjusted mortality rates for unintentional drug-related deaths in Yellowstone County, MT, and the US.](image)

Sources: CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted October 2019.


Notes: Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).

Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
Life Has Been Negatively Affected by Substance Abuse (by Self or Someone Else)

Sources:  
- 2020 PRC Community Health Survey, PRC, Inc. [Item 195]  
- 2017 PRC National Health Survey, PRC, Inc.

Notes:  
- Asked of all respondents.  
- Includes response of "a great deal," "somewhat," and "a little."

Life Has Been Negatively Affected by Substance Abuse (by Self or Someone Else)  
(Yellowstone County, 2020)

Sources:  
- 2020 PRC Community Health Survey, PRC, Inc. [Item 195]

Notes:  
- Asked of all respondents.  
- Includes response of "a great deal," "somewhat," and "a little."  
- Income categories reflect respondent's household income as a ratio to the federal poverty level (FPL) for their household size. "Low Income" includes households with incomes up to 200% of the federal poverty level; "Mid-High Income" includes households with incomes at 200% or more of the federal poverty level.
Degree to Which Life Has Been Negatively Affected by Substance Abuse (Self or Other’s) (Yellowstone County, 2020)

- Great Deal 24.8%
- Somewhat 12.7%
- Little 16.3%
- Not At All 46.2%

Sources: 2020 PRC Community Health Survey. PRC, Inc. [Item #1]
Notes: Asked of all respondents.

<table>
<thead>
<tr>
<th>Problematic Substances as Identified by Key Informants</th>
<th>Most Problematic</th>
<th>Second-Most Problematic</th>
<th>Third-Most Problematic</th>
<th>Total Mentions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>45.5%</td>
<td>31.4%</td>
<td>19.8%</td>
<td>84</td>
</tr>
<tr>
<td>Methamphetamines or Other Amphetamines</td>
<td>51.1%</td>
<td>32.6%</td>
<td>7.0%</td>
<td>79</td>
</tr>
<tr>
<td>Heroin or Other Opioids</td>
<td>2.3%</td>
<td>12.8%</td>
<td>22.1%</td>
<td>32</td>
</tr>
<tr>
<td>Prescription Medications</td>
<td>0.0%</td>
<td>9.3%</td>
<td>26.7%</td>
<td>31</td>
</tr>
<tr>
<td>Marijuana</td>
<td>1.1%</td>
<td>9.3%</td>
<td>12.8%</td>
<td>20</td>
</tr>
<tr>
<td>Synthetic Drugs (e.g. Bath Salts, K2/Spice)</td>
<td>0.0%</td>
<td>2.3%</td>
<td>4.7%</td>
<td>6</td>
</tr>
<tr>
<td>Cocaine or Crack</td>
<td>0.0%</td>
<td>2.3%</td>
<td>2.3%</td>
<td>4</td>
</tr>
<tr>
<td>Club Drugs (e.g. MDMA, GHB, Ecstasy, Molly)</td>
<td>0.0%</td>
<td>0.0%</td>
<td>2.3%</td>
<td>2</td>
</tr>
<tr>
<td>Over-the-Counter Medications</td>
<td>0.0%</td>
<td>0.0%</td>
<td>2.3%</td>
<td>2</td>
</tr>
</tbody>
</table>
Perceptions of Substance Abuse as a Problem in the Community (Key Informants, 2020)

**Community Feedback:**
- Access to Care/Services
- Contributing Factors
- Prevalence/Incidence
- Affordable Care/Services
- Denial/Stigma
- Funding
- Awareness/Education
- Insurance Issues
- Lack of Providers

<table>
<thead>
<tr>
<th>Substance Abuse</th>
<th>Yellowstone County</th>
<th>Yellowstone vs. Benchmarks</th>
<th>Yellowstone County Trends</th>
<th>Baseline vs. Current Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cirrhosis/Liver Disease (Age-Adjusted Death Rate)</td>
<td>13.9</td>
<td>15.1</td>
<td>10.8</td>
<td>8.2</td>
</tr>
<tr>
<td>% Current Drinker</td>
<td>60.1</td>
<td>58.6</td>
<td>55.0</td>
<td></td>
</tr>
<tr>
<td>% Excessive Drinker</td>
<td>20.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Binge Drinker (Single Occasion - 5+ Drinks Men, 4+ Women)</td>
<td>22.5</td>
<td></td>
<td>25.4</td>
<td></td>
</tr>
<tr>
<td>Unintentional Drug-Related Deaths (Age-Adjusted Death Rate)</td>
<td>4.1</td>
<td>8.6</td>
<td>12.3</td>
<td>11.3</td>
</tr>
<tr>
<td>% Ever Sought Help for Alcohol or Drug Problem</td>
<td>8.3</td>
<td></td>
<td></td>
<td>(4.8 vs. 5.2)</td>
</tr>
<tr>
<td>% Life Negatively Affected by Substance Abuse</td>
<td>53.8</td>
<td></td>
<td></td>
<td>(45.5 vs. 53.8)</td>
</tr>
</tbody>
</table>

$^*$For survey indicators, this represents baseline findings (earliest year available) vs. 2020 (current findings). For secondary data indicators (those marked with a **), data values can vary but typically represent a span of 7 to 16 years.