

# Drug and Alcohol Abuse Statistics

## Alcohol



- Alcohol, the most commonly abused substance, is the third most common cause of death in the US. More than 95,000 people die from excessive alcohol use in the US each year.
- Minnesota had one of the highest binge drinking rates in the nation in 2018, with 20.3% of adults reporting binge drinking.
- Alcohol use while pregnant passes directly to the baby through the umbilical cord. Drinking alcohol during pregnancy can cause miscarriage, stillbirth and a range of lifelong physical, behavioral and intellectual disabilities called Fetal Alcohol Spectrum Disorder.
- If you choose to drink, do so in moderation. The 2015-2020 Dietary Guidelines define moderate drinking as up to one drink per day for women and up to two drinks per day for men.

## Opioids and Methamphetamine



- Almost 70% of the drug overdose deaths in 2018 involved an opioid. There were more than 67,000 overdose deaths in 2018. Opioids include oxycontin, vicodin, morphine, methadone, fentanyl and heroin, among others.
- Some drugs, like meth, can cause chemical dependency in the brain after just one use.
- In 2019, 2 million Americans aged 12 or older reported having used methamphetamine in the past year; 3% of those reported injecting the chemical during the same timeframe.

## E-cigarettes

- Among 8<sup>th</sup> grade students in Minnesota, e-cigarette use nearly doubled from 2016 to 2019. 1 in 4 11<sup>th</sup> graders now use e-cigarettes. Students in all grades surveyed use e-cigarettes and vaping devices at five times the rate of conventional cigarettes.

## Marijuana



- Marijuana is the most commonly used illegal drug in the US, with approximately 22.2 million users each month.
- Research shows that about 1 in 10 marijuana users will become addicted. For people who begin using before the age of 18, that number rises to 1 in 6.
- Research shows that marijuana use can have permanent effects on the developing brain when use begins in adolescence, especially with regular or heavy use.
- 13 is the average age when children first experiment with drugs.

## Getting Help

Brown County Human Services offers chemical health assessments and referrals help for people of all ages who are experiencing substance use-related problems. Information is available by calling the intake worker at (507) 359-6565 or toll free at (800) 450-8246.

New Ulm Medical Center also offers chemical health assessments and treatment programs that can help. For more information call (507) 217-5199.

### Brown County Addiction Resources:

<https://tinyurl.com/HelpinBC>

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