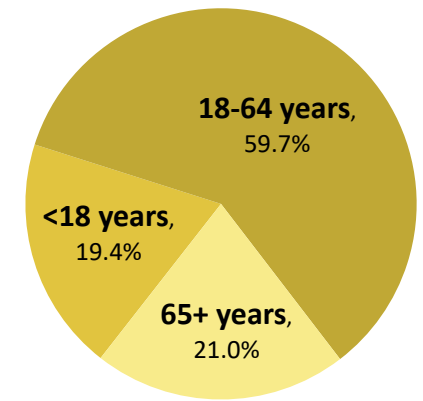
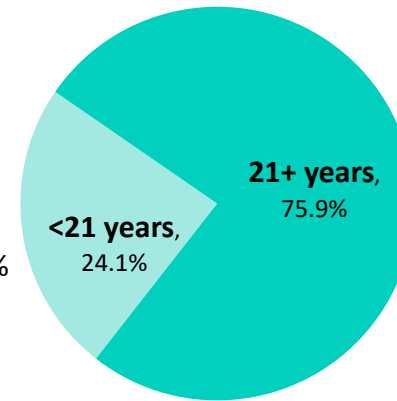
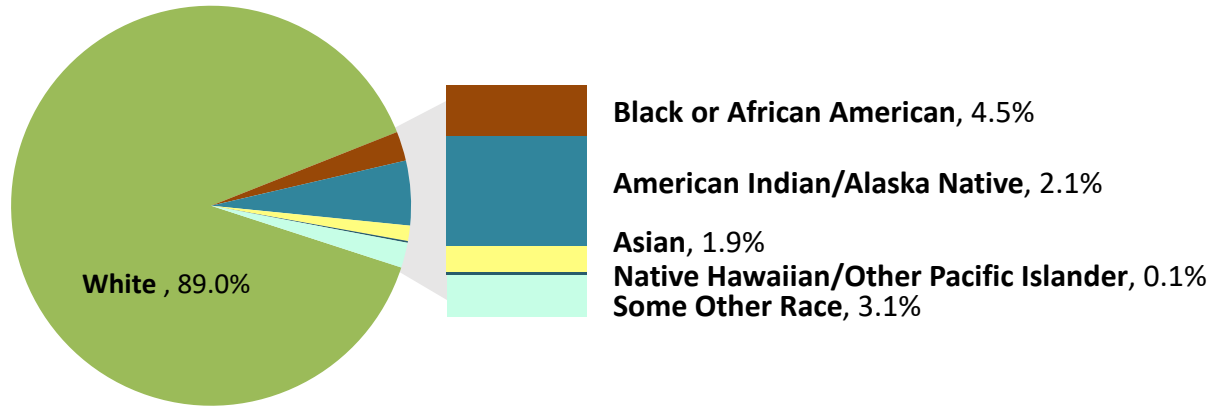


Northeast Region

Minnesota Prevention Region Demographic Report

Minnesota's Northeast Region includes 7 counties: Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, and St. Louis Counties.

In 2020, the population was **325,716** people, **5.7%** of the state total.*



NOTE: Race is alone, or in combination with one or more races

The population in the NE Region decreased by **.2%**, or about 512 people, from 2010 to 2020*

6.4% of those under 65 have no health insurance*

1.8% of the Northeast population is foreign-born*

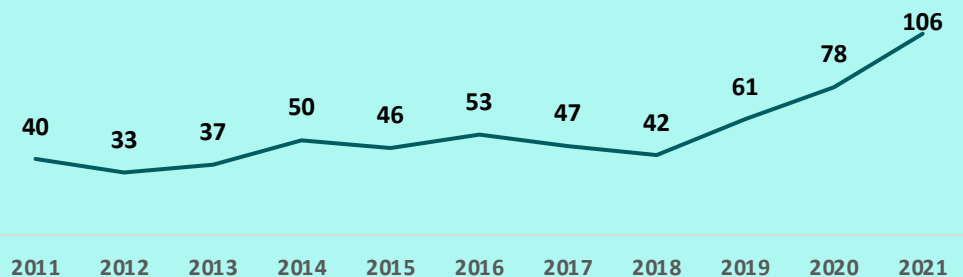
The poverty rate in the Northeast Region is **12.8%***

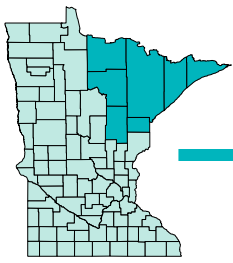
In 2020, **24%** of NE adults reported **excessive drinking**[^]

From 2016 to 2020, **60** people were **killed** in alcohol-related vehicle crashes[~]

In 2020, **21%** of NE adults reported **current smoking**[^]

Drug overdose deaths have **increased**[#]





Northeast Region

Minnesota Prevention Region Demographic Report

6,804 Northeast students participated in the Minnesota Student Survey,
5th grade: **1,777** 8th, 9th, and 11th grades: **5,027+**

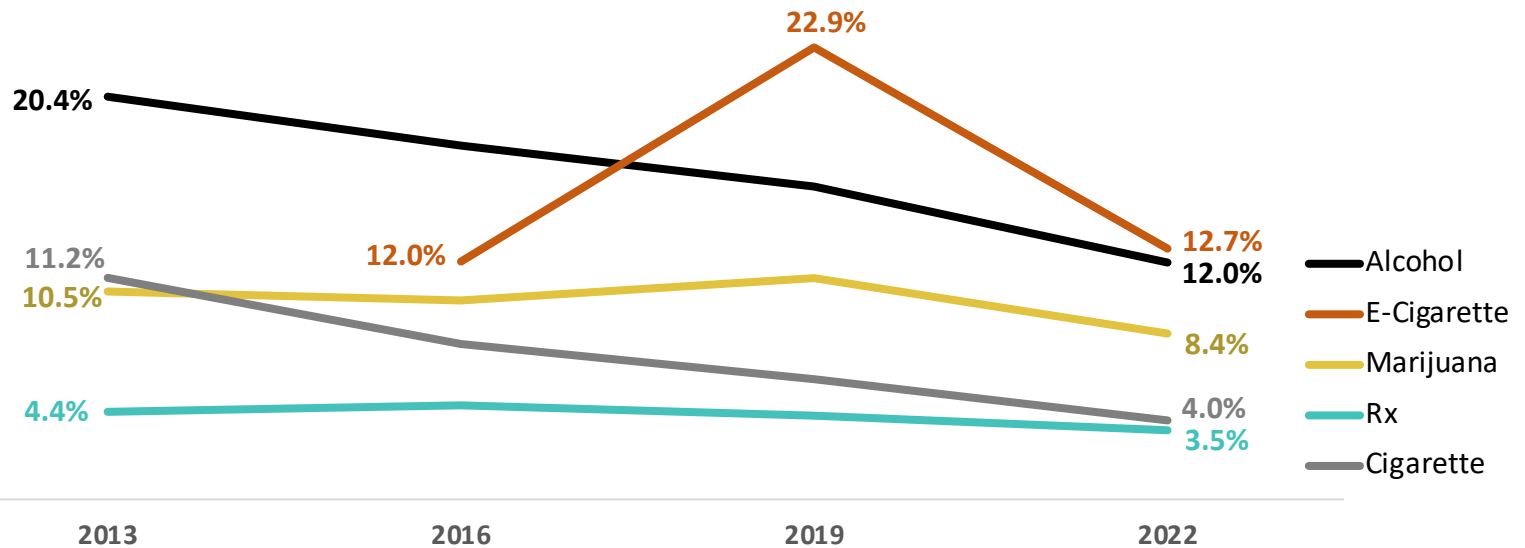
30% say they can talk to an adult at school about problems


92% say they have adults that care about them

32% report depression and **36%** report anxiety


30% report 2 or more adverse childhood experiences (ACEs)+


Substance use is declining in the Northeast Region.




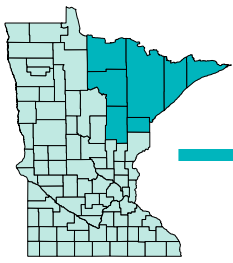
 In 2022, **97%** said **NO** to misusing Rx **DRUGS**

 **88%** said **NO** to **ALCOHOL**

 **96%** said **NO** to **CIGARETTES**

 **87%** said **NO** to **E-CIGARETTES**

 **92%** said **NO** to **MARIJUANA**



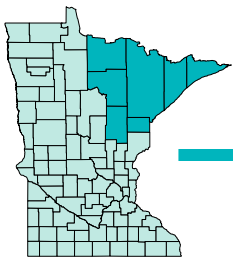
Northeast Region

Minnesota Prevention Region Demographic Report

	Aitkin County	Carlton County	Cook County	Itasca County	Koochiching County	Lake County	St. Louis County	Northeast Total
Total	15,826	35,709	5,402	45,180	12,355	10,571	199,499	324,542
0-20 years old	2,907	9,094	892	10,789	2,585	2,081	49,726	78,074
21+ years old	12,919	26,615	4,510	34,391	9,770	8,490	149,773	246,468

	Aitkin County		Carlton County		Cook County		Itasca County		Koochiching County		Lake County		St. Louis County		Northeast Total	
White	15,126	96.4%	33,005	91.2%	4,989	89.1%	42,868	95.2%	11,611	96.3%	10,736	98.5%	187,914	93.8%	210,265	87.7%
Black or African American	133	0.8%	807	2.2%	79	1.4%	459	1.0%	124	1.0%	62	0.6%	6,504	3.2%	6,690	2.8%
American Indian and Alaska Native	632	4.0%	3,340	9.2%	621	11.1%	2,975	6.6%	650	5.4%	209	1.9%	9,537	4.8%	10,396	4.3%
Asian	95	0.6%	358	1.0%	76	1.4%	366	0.8%	76	0.6%	96	0.9%	3,204	1.6%	3,376	1.4%
Native Hawaiian and Other Pacific Islander	23	0.1%	76	0.2%	14	0.3%	55	0.1%	18	0.1%	11	0.1%	292	0.1%	321	0.1%
Some Other Race	318	2.0%	649	1.8%	176	3.1%	956	2.1%	259	2.1%	243	2.2%	4,383	2.2%	4,885	2.0%
Hispanic or Latino (of any race)	220	1.4%	612	1.7%	123	2.2%	618	1.4%	167	1.4%	113	1.0%	3,603	1.8%	3,883	1.6%

*All races/ethnicities are alone or in combination with one or more races, so the total population of races will include people that are double-counted



SOURCES: FIND YOUR DATA

SOURCE ^ Behavioral Risk Factor Surveillance System (BRFSS)

DATA Substance use and other health data, state-level, with data from some cities: Minneapolis/St. Paul/Bloomington; St. Cloud; Fargo; Duluth; Rochester.

LINK <https://www.health.state.mn.us/data/mchs/surveys/brfss/index.html> and <https://www.cdc.gov/brfss/brfssprevalence/index.html> (under “Table Preview,” choose “View Data,” then filter by “Locationdesc contains MN”)

SOURCE * Census

DATA The Census has a Quick Facts site that makes it easy to search for the latest data by city, county, state, or zip code. The data include population by various demographics, as well as other facts like education level, percentage of people with disabilities, and poverty rate.

LINK <https://www.census.gov/quickfacts/>

SOURCE County Health Rankings (CHR)

DATA The County Health Rankings uses various data sources to compare health measures across states and counties. Because CHR compiles data from multiple years, they have data for counties where sample sizes would otherwise be too small to report, like BRFSS data. For substance use-related measures, CHR includes excessive drinking, alcohol-impaired driving deaths, drug overdose deaths, and adult smoking. Data can be searched by location or by topic.

LINK <https://www.countyhealthrankings.org/explore-health-rankings>

SOURCE ~ Fatality Analysis Reporting System (FARS)

DATA Alcohol-related crashes are listed by state; click on “Minnesota” to see all MN counties reported. Data can be downloaded.

LINK <https://www-fars.nhtsa.dot.gov/States/StatesCrashesAndAllVictims.aspx>

SOURCE # Minnesota Department of Health: Substance Use and Overdose County Profiles

DATA MDH has drug use profiles for each county, which are available on the website as dashboards, or as downloadable PDFs. Profiles cover opioids, prescription drug misuse, and overdoses. These profiles do not cover marijuana, alcohol, or tobacco.

LINK <https://www.health.state.mn.us/communities/opioids/countypfiles>

SOURCE + Minnesota Student Survey (MSS)

DATA The MSS has administered surveys to Minnesota students every 3 years for the last 30 years. Substance use and mental health data are available at SUMN.org. Other MSS data are available at MDE and MDH sites.

LINK www.sumn.org
<https://public.education.mn.gov/MDEAnalytics/DataTopic.jsp?TOPICID=11> <https://www.health.state.mn.us/data/mchs/surveys/mss/index.html>