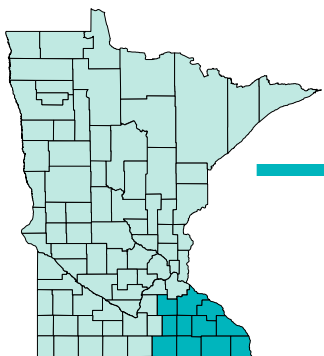


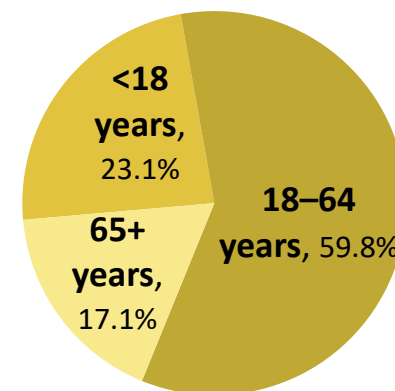
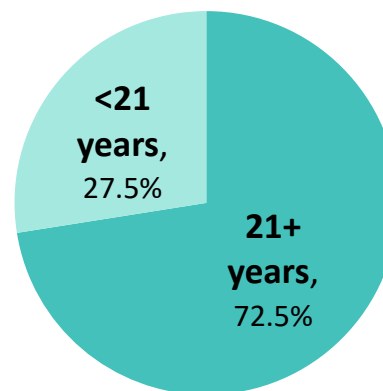
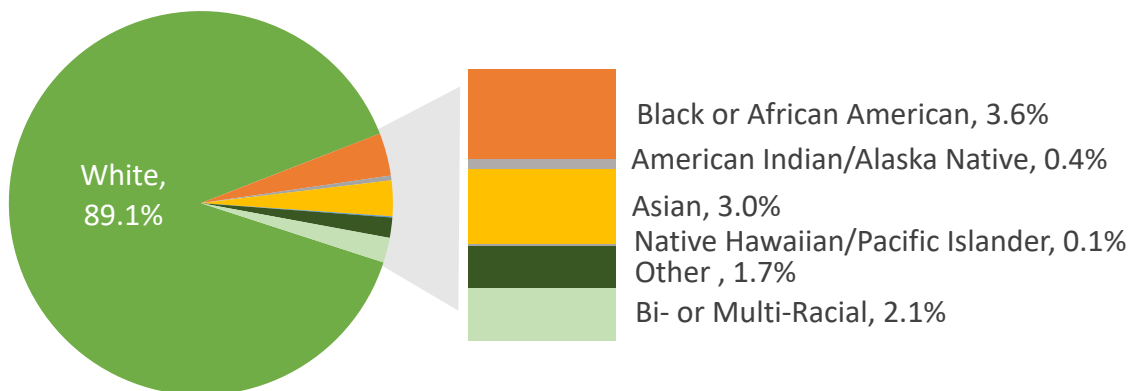


Southeast Region

Minnesota Prevention Region Demographic Report

Minnesota's Southeast Region includes 11 counties: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, and Winona Counties.

In 2020, the population was **517,852** people, **9.1%** of the state total.*



The population in the SE Region increased by **4.7%**, or about 23,168 people, from 2010 to 2020*

6.1% of those under 65 have no health insurance*

Almost **7%** of the Southeast population is foreign-born*

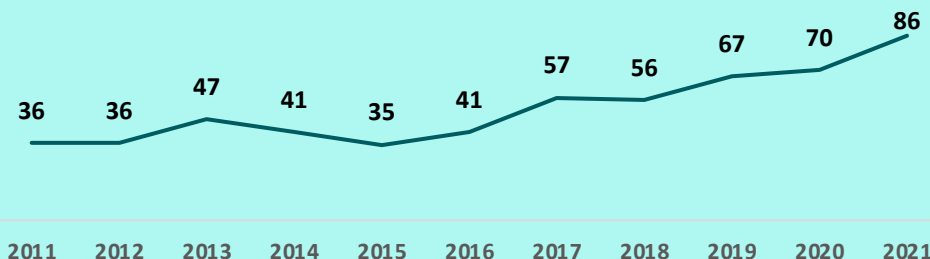
The poverty rate in the Southeast Region is **8.1%***

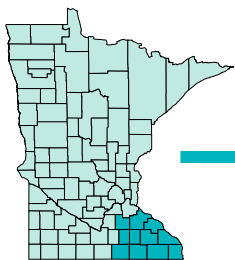
In 2020, **22%** of SE adults reported **excessive drinking**[^]

From 2016 to 2020, **46** people were **killed** in alcohol-related vehicle crashes[~]

In 2020, **17%** of SE adults reported **current smoking**[^]

Drug overdose deaths have increased





Southeast Region

Minnesota Prevention Region Demographic Report

13,756 Southeast students participated in the Minnesota Student Survey,
5th grade: **3,544** 8th, 9th, and 11th grades: **10,212⁺**

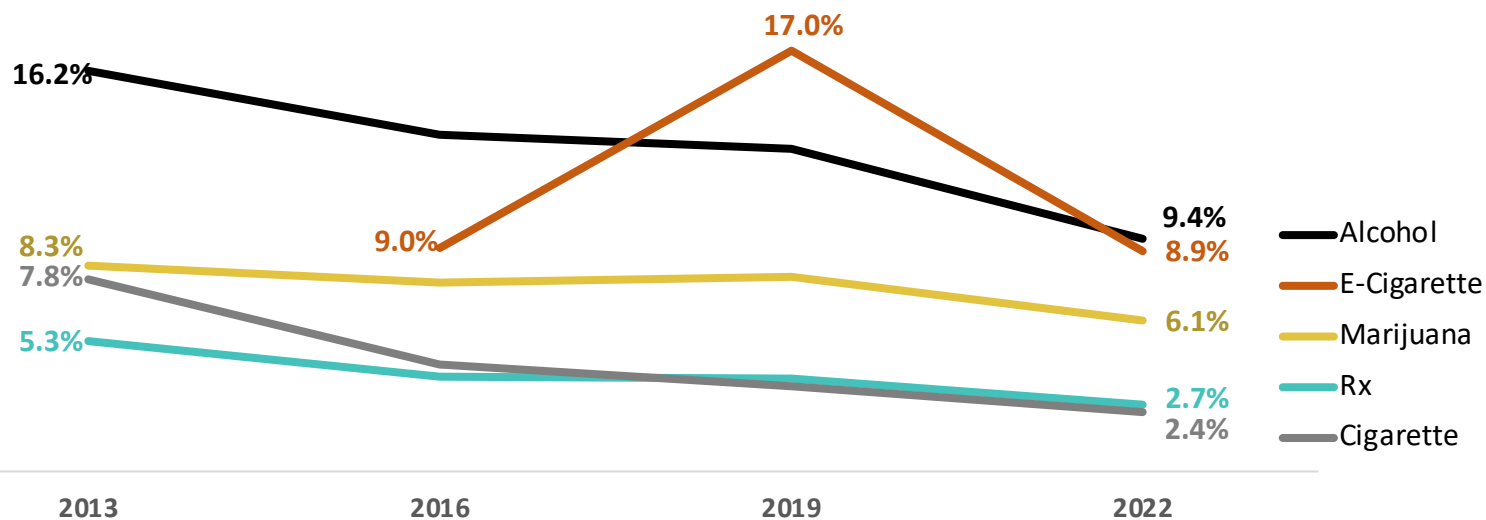
31% say they **can talk**
to an adult at school
about problems

92% say they have **adults**
that care about them

27% report **depression**
and
31% report **anxiety**

24% report **2 or more**
adverse childhood
experiences (ACEs)⁺

Substance use is
declining
in the Southeast
Region.



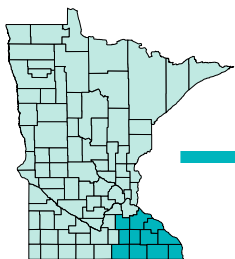
 In 2022,
97%
said **NO** to
misusing Rx **DRUGS**

 **90%**
said **NO** to
ALCOHOL

 **98%**
said **NO** to
CIGARETTES

 **91%**
said **NO** to
E-CIGARETTES

 **94%**
said **NO** to
MARIJUANA



Southeast Region

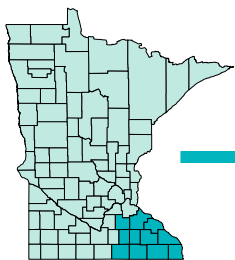
Minnesota Prevention Region Demographic Report

	Dodge County	Fillmore County	Freeborn County	Goodhue County	Houston County	Mower County	Olmsted County	Rice County	Steele County	Wabasha County	Winona County	Southeast Total
Total	20,807	21,031	30,465	46,330	18,670	39,931	156,446	66,549	36,710	21,564	50,744	509,247
0-20 years old	6,121	5,733	7,546	11,431	4,521	11,601	42,848	19,467	10,437	5,272	14,065	139,042
21+ years old	14,686	15,298	22,919	34,899	14,149	28,330	113,598	47,082	26,273	16,292	36,679	370,205

	Dodge County		Fillmore County		Freeborn County		Goodhue County		Houston County		Mower County	
White	20,049	96.1%	20,863	98.3%	27,798	90.0%	44,955	94.5%	18,476	98.1%	33,269	83.1%
Black or African American	258	1.2%	180	0.8%	735	2.4%	1,145	2.4%	241	1.3%	1,995	5.0%
American Indian and Alaska Native	310	1.5%	213	1.0%	492	1.6%	1,239	2.6%	260	1.4%	597	1.5%
Asian	268	1.3%	148	0.7%	1,304	4.2%	579	1.2%	184	1.0%	2,314	5.8%
Native Hawaiian and Other Pacific Islander	20	0.1%	10	0.0%	35	0.1%	69	0.1%	15	0.1%	300	0.7%
Some Other Race	1,004	4.8%	438	2.1%	2,462	8.0%	1,903	4.0%	297	1.6%	4,233	10.6%
Hispanic or Latino (of any race)	1,057	5.1%	341	1.6%	3,183	10.3%	1,797	3.8%	243	1.3%	5,081	12.7%

	Olmsted County		Rice County		Steele County		Wabasha County		Winona County		Southeast Total	
White	136,327	83.7%	56,633	84.4%	34,064	91.1%	20,825	97.4%	46,697	94.0%	294,551	77.5%
Black or African American	13,311	8.2%	4,996	7.4%	1,719	4.6%	224	1.0%	1,424	2.9%	21,674	5.7%
American Indian and Alaska Native	2,463	1.5%	1,225	1.8%	463	1.2%	289	1.4%	645	1.3%	5,085	1.3%
Asian	12,520	7.7%	2,066	3.1%	584	1.6%	187	0.9%	1,233	2.5%	16,590	4.4%
Native Hawaiian and Other Pacific Islander	233	0.1%	122	0.2%	72	0.2%	24	0.1%	56	0.1%	507	0.1%
Some Other Race	8,482	5.2%	6,432	9.6%	2,579	6.9%	671	3.1%	1,879	3.8%	20,043	5.3%
Hispanic or Latino (of any race)	9,196	5.6%	6,783	10.1%	3,140	8.4%	708	3.3%	1,889	3.8%	21,716	5.7%

*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



Southeast Region

Minnesota Prevention Region Demographic Report

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/countyproms>

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>