



Alcohol Use - Adults

MEASURE

Binge drinking is defined as consuming more than four (women) or five (men) alcoholic beverages on a single occasion within the past 30 days.

DATA SOURCES

- Michigan Behavioral Risk Factor Surveillance System
- Capital Area Behavioral Risk Factor Surveillance System

YEARS 2008-2019

REASON FOR MEASURE

Binge drinking is a risk factor for a number of adverse health outcomes, such as alcohol poisoning, hypertension, acute myocardial infarction, sexually-transmitted infections, unintended pregnancy, fetal alcohol syndrome, sudden infant death syndrome, suicide, interpersonal violence, and motor vehicle crashes.

Sub-county level geographic area group breakouts are not available for this indicator.

PERCENT OF ADULTS WHO REPORTED BINGE DRINKING IN THE LAST 30 DAYS, 2017-2019

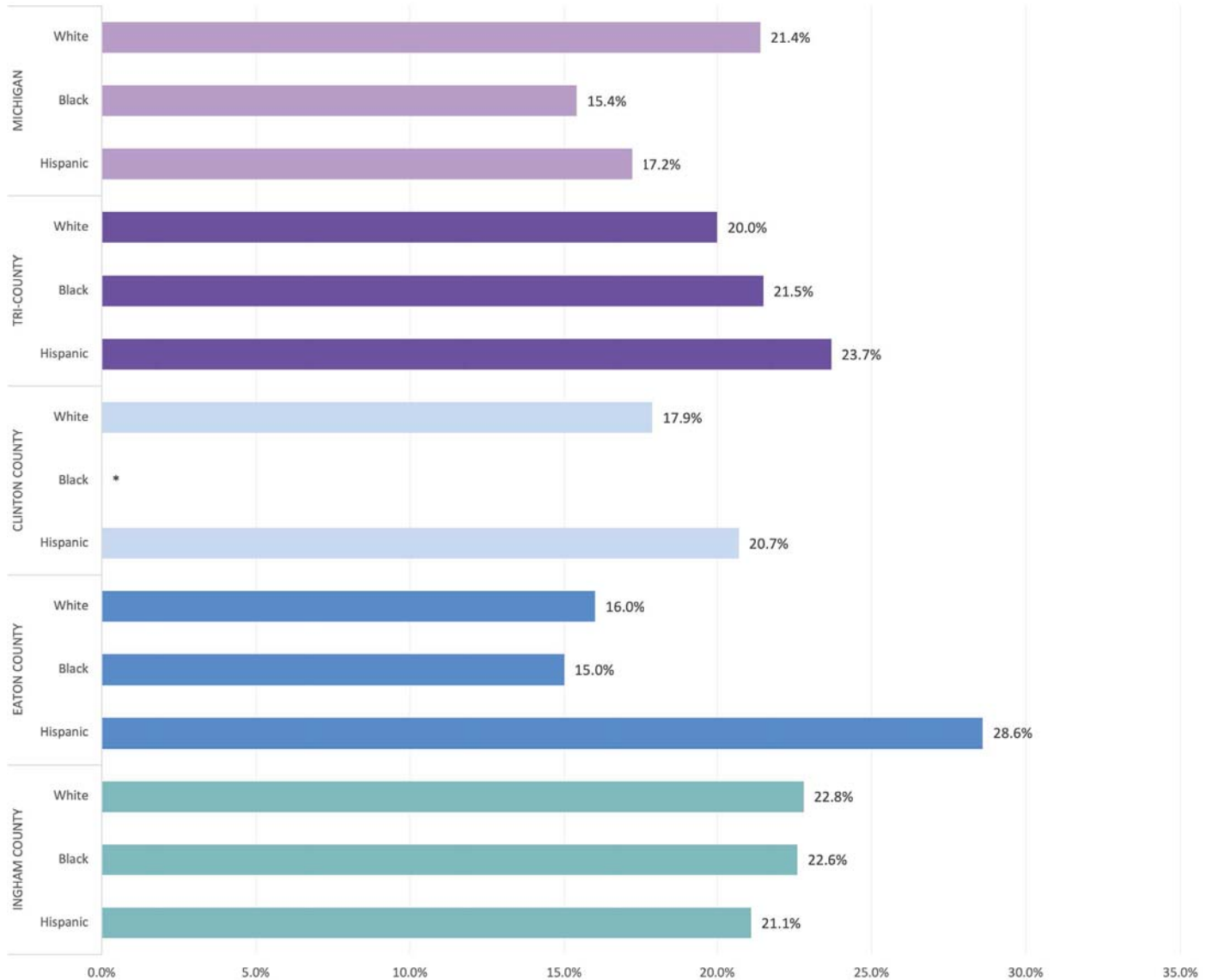
Approximately one in five adults in Michigan and the tri-county region engaged in recent binge drinking. During the reporting period, Ingham and Clinton counties had the highest binge drinking prevalence among adults (21.5% and 19.9%, respectively). Eaton County had the lowest proportion (16.8%) in the region.



Alcohol Use - Adults

PERCENT OF ADULTS WHO HAD FIVE OR MORE DRINKS IN A ROW DURING THE PAST 30 DAYS, BY GEOGRAPHY, 2017-2018 (BY RACE/ETHNICITY)

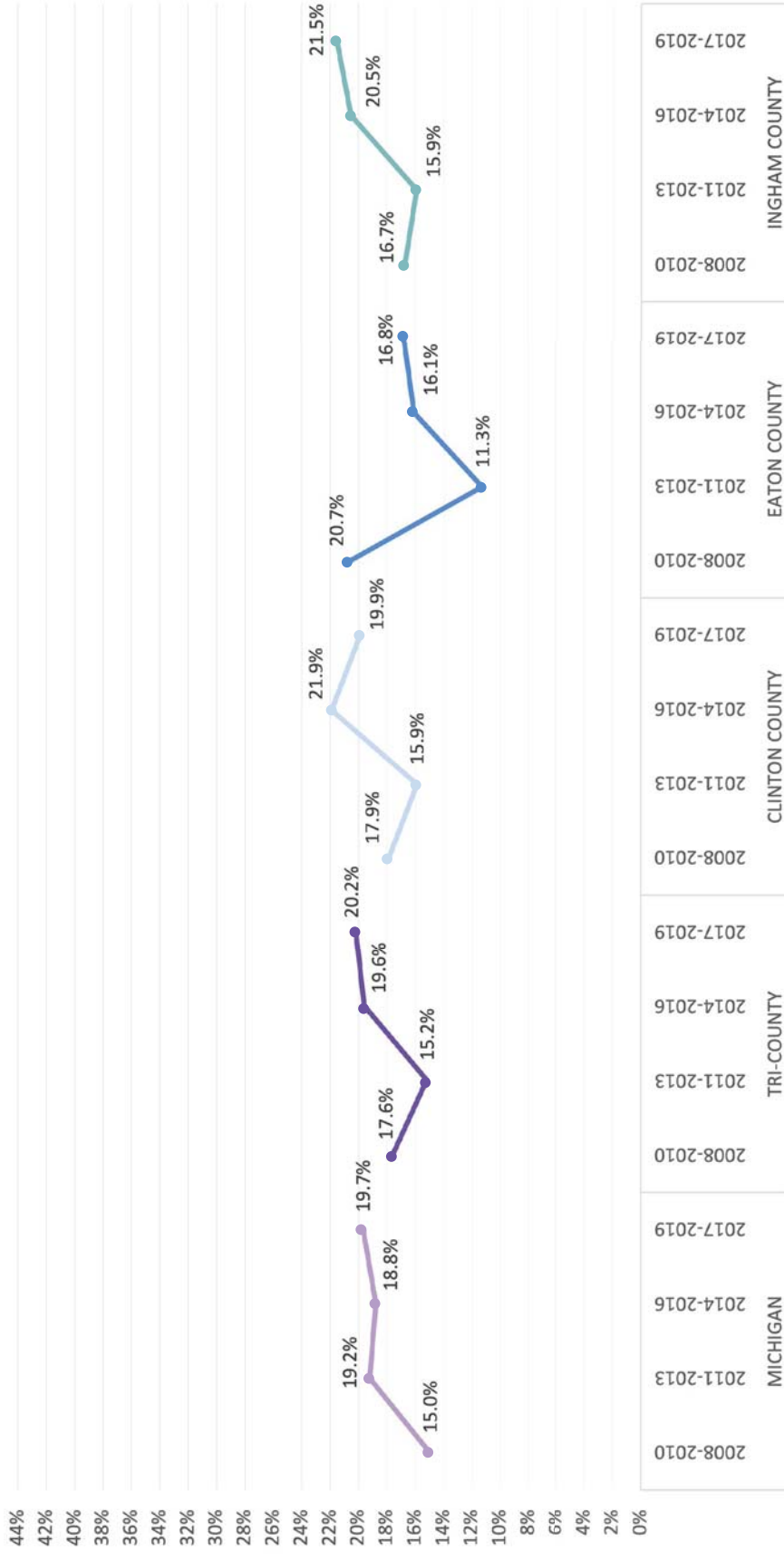
In Clinton and Eaton County, Hispanic adults reported the highest rates of binge drinking in the tri-county area at 20.7% and 28.6%, respectively. In Ingham County, White adults (22.8%) had the highest rate of binge drinking in the last 30 days, followed by Black adults (22.6%) and Hispanic adults (21.1%). Rates of binge drinking among people of color in the tri-county area are equal to or higher than Michigan.



*Data for Black adults in Clinton County was suppressed due to data outlier and low sample size.

TREND IN PERCENT OF ADULTS WHO REPORTED BINGE DRINKING IN THE LAST 30 DAYS, 2008-2019

Ingham and Eaton County have both seen an increasing trend in percent of adults who reported binge drinking over the last 30 days in the past three BRFS cycles – from 2011-2013 to 2017-2019. In Clinton County the rate decreased from 21.9% in 2014-2016 to 19.9% in 2017-2019. Both findings are higher than in the first two cycles of the Capital Area BRFS.





Alcohol Use - Adolescents

MEASURE

Adolescent binge drinking prevalence represents the percentage of 9th and 11th grade students who had five or more drinks of alcohol in a row, that is, within a couple of hours, during the past 30 days (binge).

DATA SOURCES

- Michigan Youth Risk Behavior Survey (MI YRBS)
- Michigan Profile for Healthy Youth Survey (MiPHY)

YEARS

MI YRBS: 2014-2015, 2016-2017, 2018-2019
MiPHY: 2013-2014, 2015-2016, 2017-2018, 2019-2020

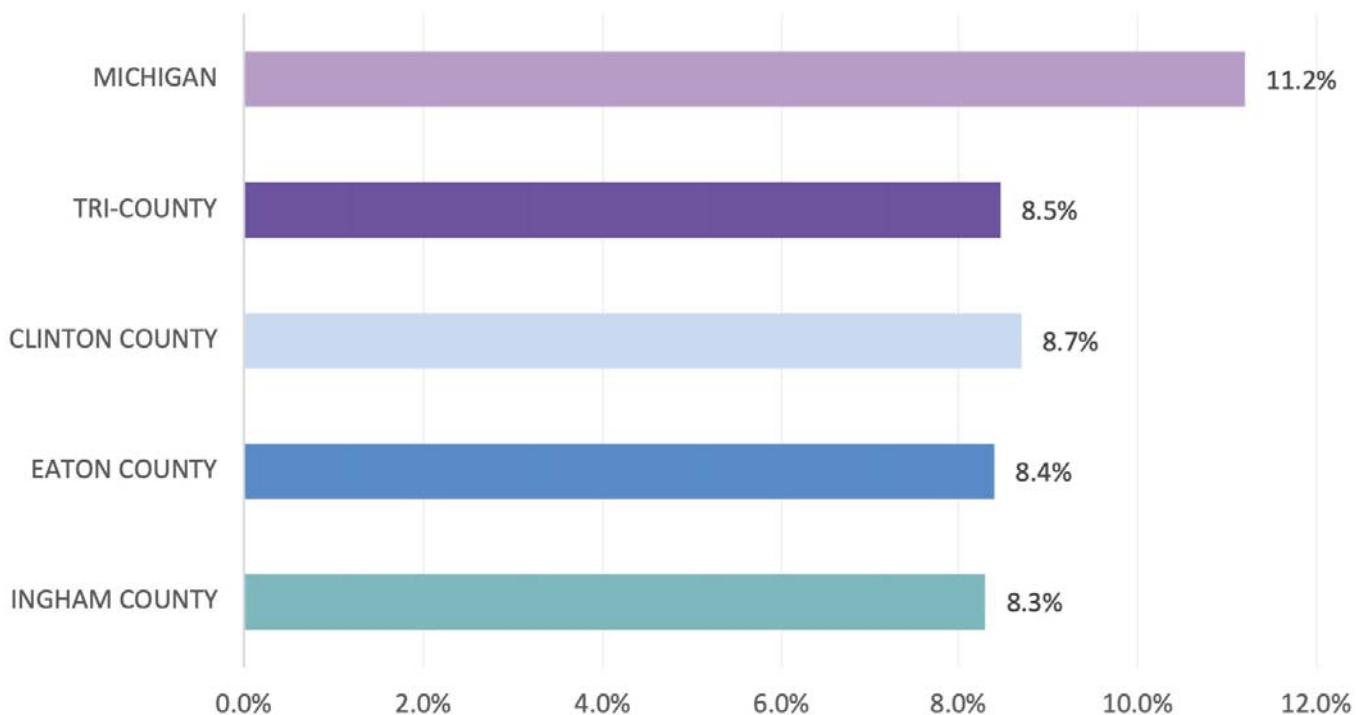
REASON FOR MEASURE

Binge drinking is a risk factor for a number of adverse health outcomes, such as alcohol poisoning, hypertension, acute myocardial infarction, sexually transmitted infections, unintended pregnancy, fetal alcohol syndrome, sudden infant death syndrome, suicide, interpersonal violence, and motor vehicle crashes.

Sub-county level geographic area group breakouts are not available for this indicator.

PERCENT HIGH SCHOOL BINGE DRINKING (2019-20)

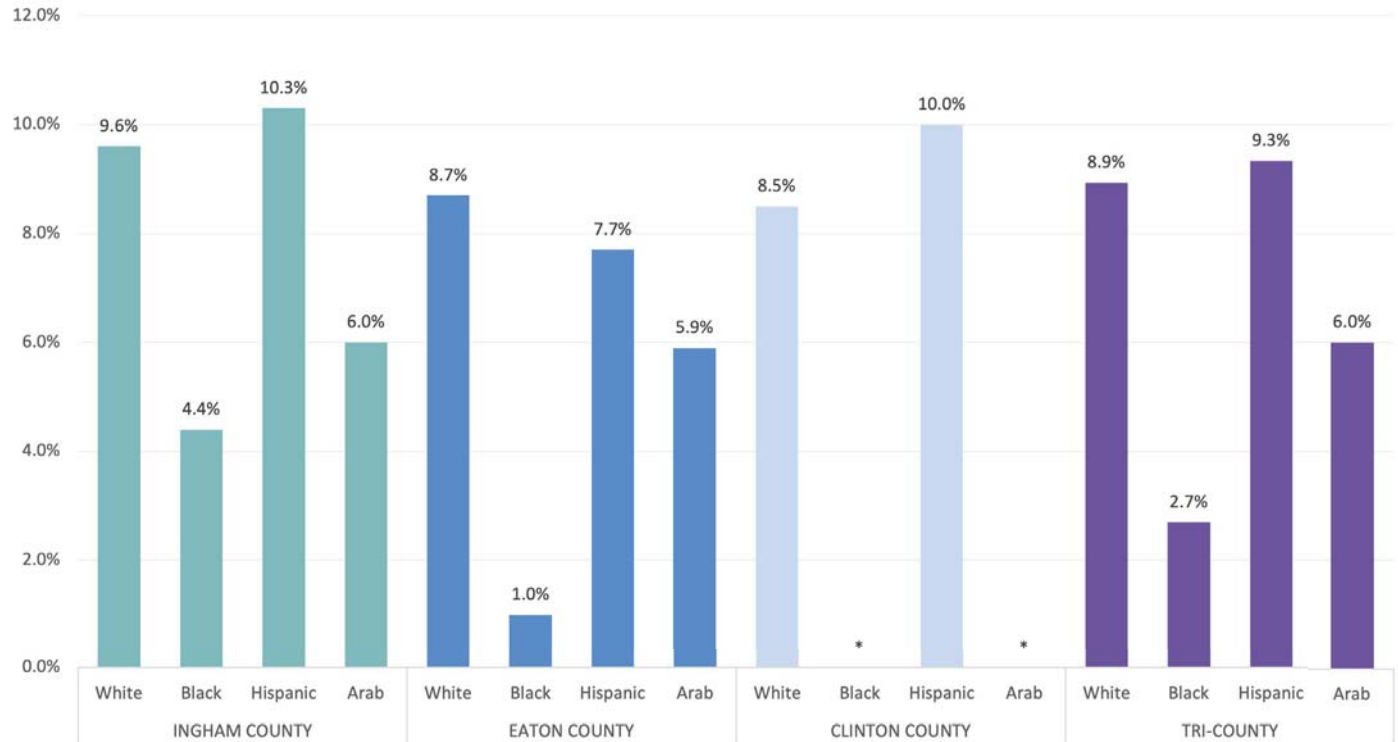
Recent binge drinking among adolescents in the Capital Area was lower than the state (8.5% vs 11.2%, respectively). The percentage of adolescents who reported recent binge drinking ranged from 8.3% in Ingham County to 8.7% in Clinton County. Eaton County was at 8.4%.



Alcohol Use - Adolescents

PERCENT HIGH SCHOOL BINGE DRINKING BY RACE AND ETHNICITY (2019-20)

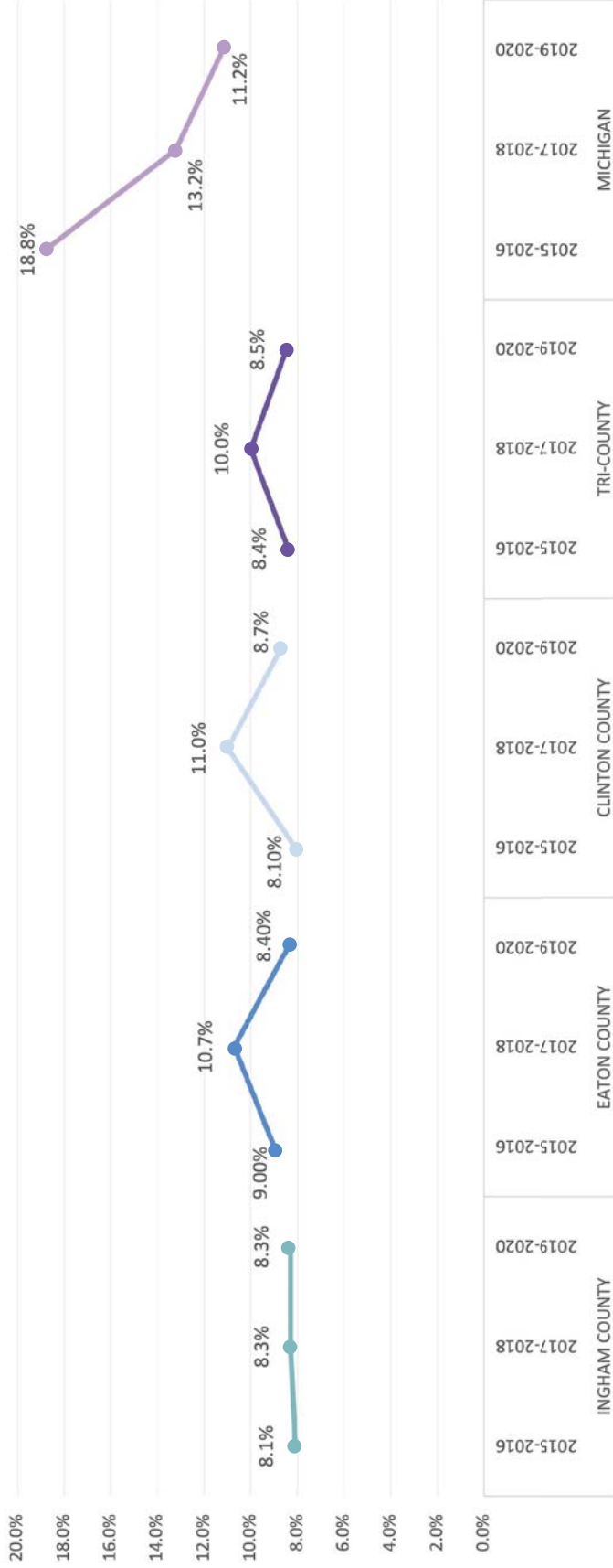
In two of three counties, Hispanic high school students reported the highest percentage of binge drinking in the previous 30 days. The exception is Eaton County where White students (8.7%) had a higher percentage of current binge drinking than Hispanic students (7.7%). In the Tri-County area, Black students were the least likely to have recently binge drank at 2.7%. Hispanic and White Students had higher reported rates of binge drinking at 9.3% and 8.9%, respectively. Arab students reported 6.0%.



*Data for Clinton County's Black and Arab students was suppressed due to low sample size.

TREND IN PERCENT HIGH SCHOOL BINGE DRINKING (2015-2020)

In Ingham County, binge drinking has remained between 8.1% and 8.3% from 2015-2016 to 2019-2020. Eaton and Clinton County declined from roughly 11% to 8.4% in Eaton and 8.7% in Clinton. All counties continue to be lower than the overall rate for Michigan.





Marijuana Use – Adolescents

MEASURE

Percent of high school students who have used marijuana in the past 30 days.

DATA SOURCE

- Michigan Youth Risk Behavior Survey (MI YRBS)
- Michigan Profile for Healthy Youth Survey (MiPHY)

YEARS

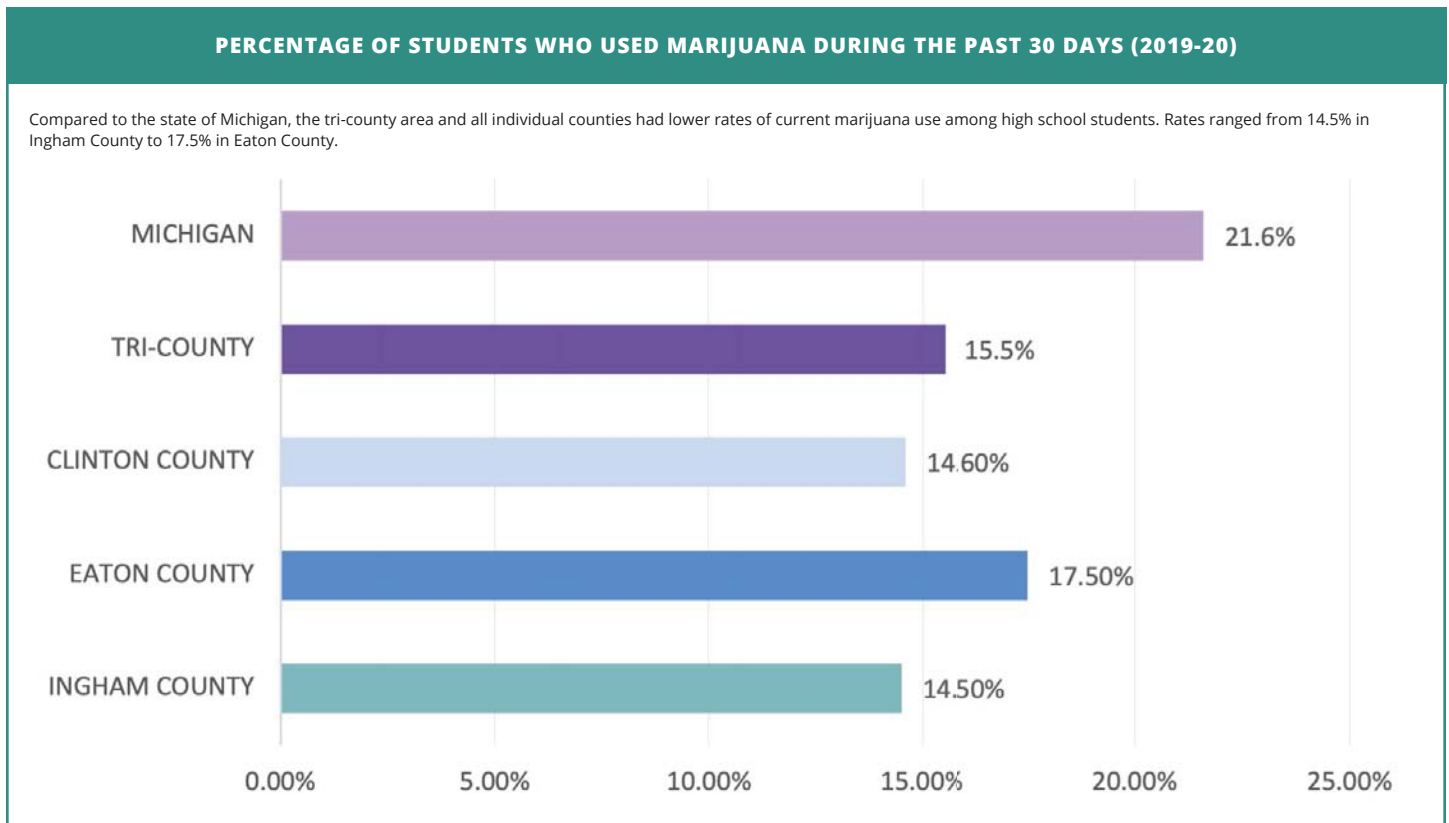
MI YRBS: 2014-2015, 2016-2017; 2018-2019
MiPHY: 2015-2016, 2017-2018; 2019-2020

REASON FOR MEASURE

Research shows that marijuana use can have permanent effects on brain function on the developing brain when use begins in adolescence, especially with regular or heavy use.

Frequent or long-term use marijuana graduation rate use is linked to school dropout and lower educational achievement.

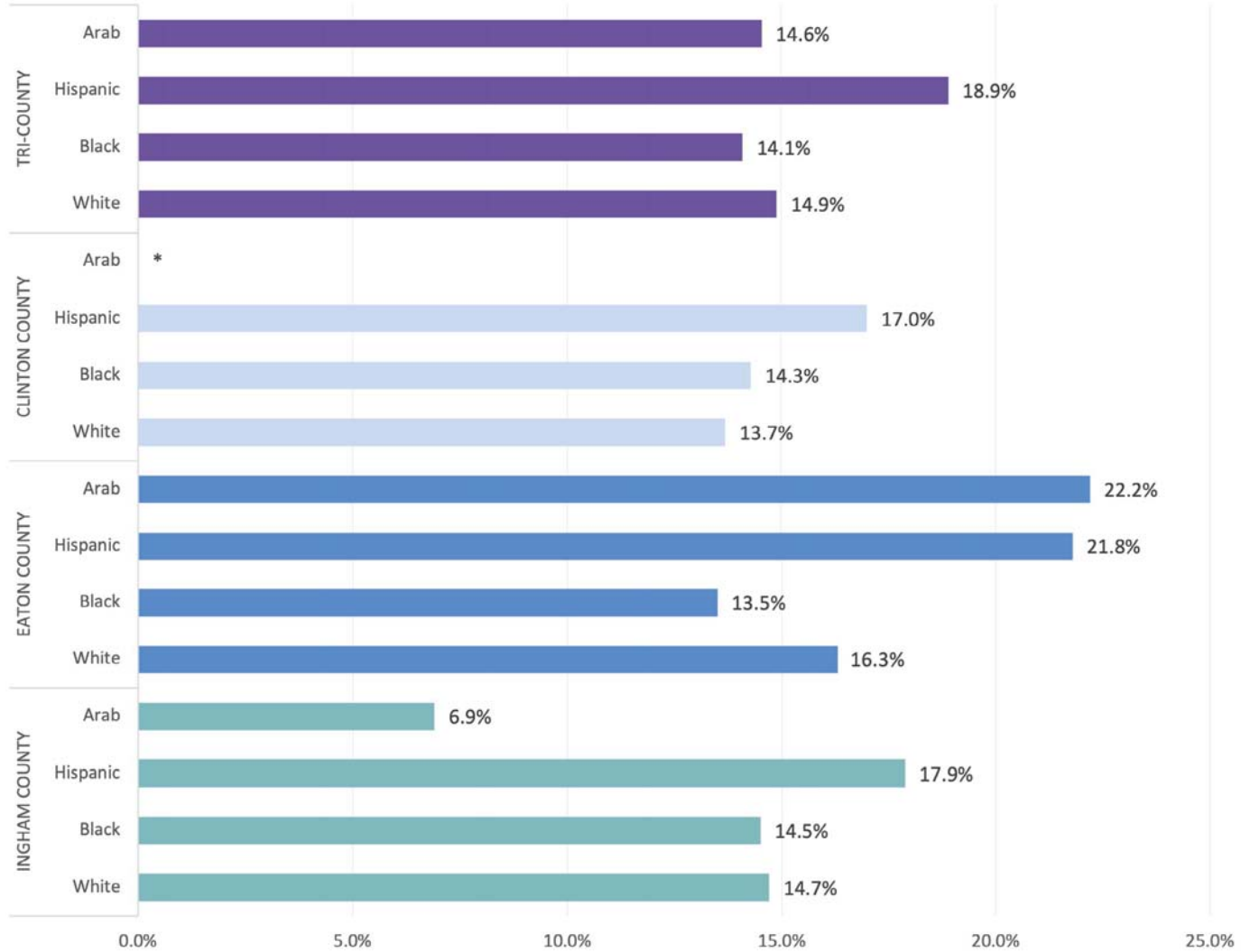
Sub-county level geographic area group breakouts are not available for this indicator.



Marijuana Use – Adolescents

PERCENTAGE OF STUDENTS WHO USED MARIJUANA DURING THE PAST 30 DAYS BY RACE AND ETHNICITY (2019-20)

Current marijuana use was highest among Hispanic high school students in Clinton (17.0%) and Ingham Counties (17.9%). The rate among Hispanic students was also high in Eaton County (21.8%) but slightly less than that for Arab students (22.2%). White and Black adolescents in Ingham County (14.7%, 14.5% respectively) had similar rates of current use, while in Eaton County White students (16.3%) had a slightly higher rate of current use than Black students (13.5%). Current marijuana use was lowest among Arab students in Ingham County (6.9%).

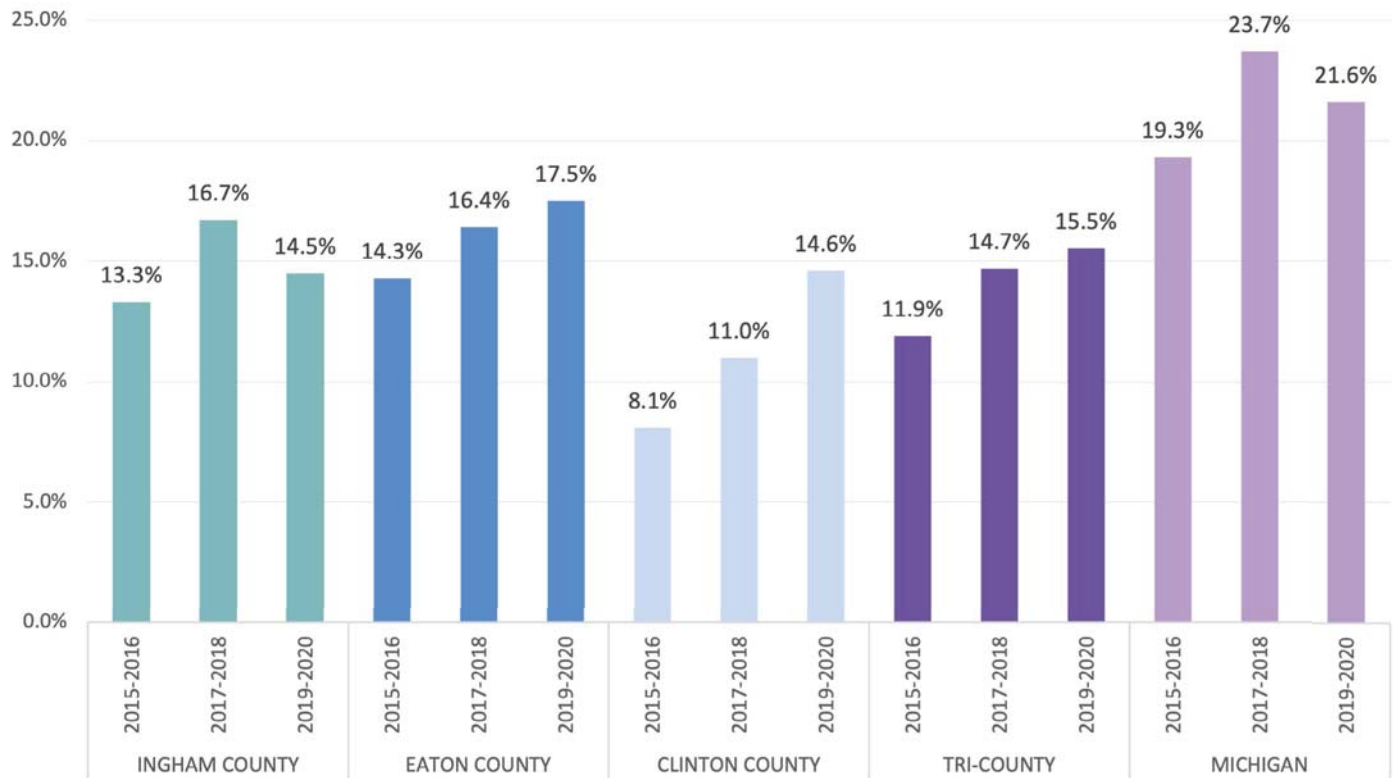


*Data for Arab students in Clinton County has been suppressed due to low sample size.

Marijuana Use – Adolescents

TREND IN PERCENTAGE OF STUDENTS WHO USED MARIJUANA DURING THE PAST 30 DAYS (2015-20)

Current marijuana use rates are trending higher in Eaton and Clinton Counties while Ingham County had a slight decline from the previous MiPHY survey cycle. In Clinton County, rates have increased from 8.1% in 2015-2016 to 14.6% in 2019-2020. Rates have climbed in Eaton County as well, but at a slower rate than Clinton County, rising from 14.3% to 17.5% over the same time period.





Marijuana Use – Adolescents Prior to 13 Years of Age

MEASURE

Percent of high school students who tried marijuana before 13 years of age.

DATA SOURCE

- Michigan Youth Risk Behavior Survey (MI YRBS)
- Michigan Profile for Healthy Youth Survey (MiPHY)

YEARS

MI YRBS: 2014-2015, 2016-2017; 2018-2019
MiPHY: 2015-2016, 2017-2018; 2019-2020

REASON FOR MEASURE

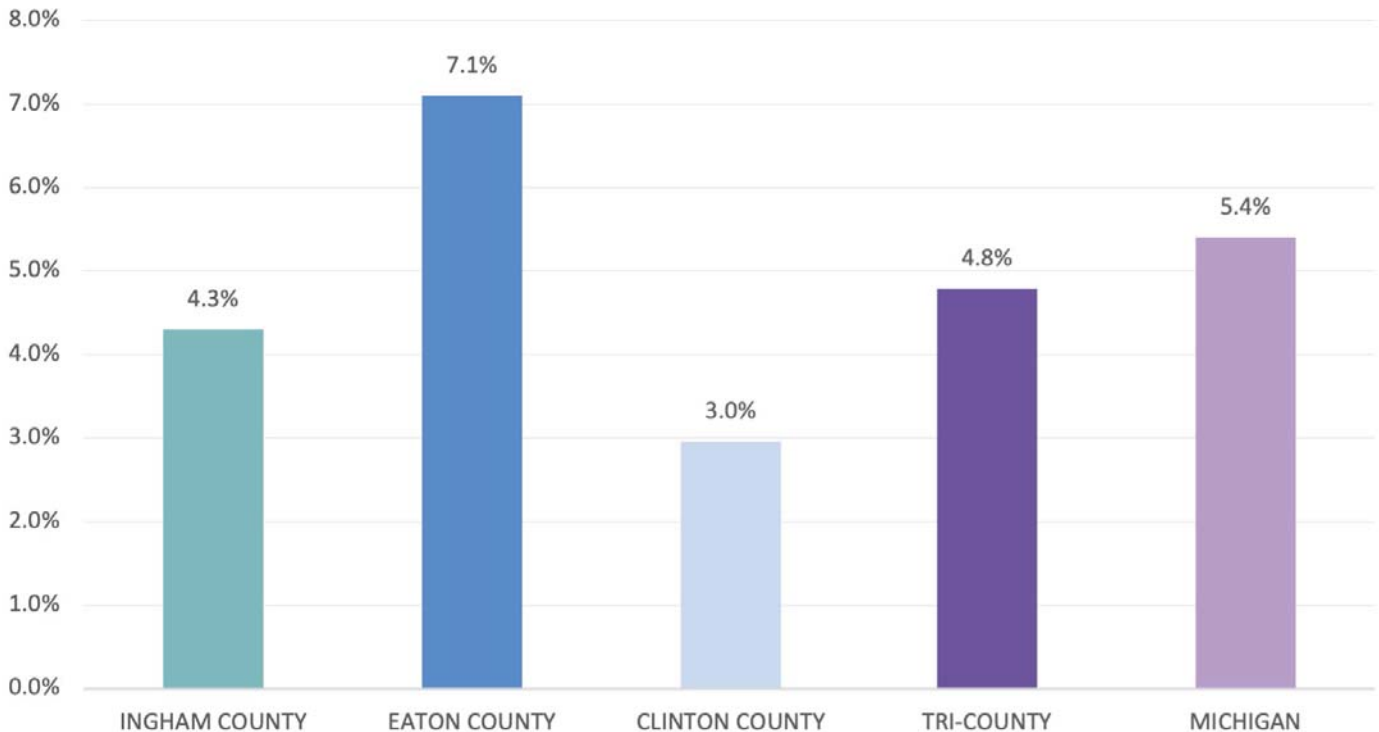
Research shows that marijuana use can have permanent effects on brain function on the developing brain when use begins in adolescence, especially with regular or heavy use.

Frequent or long-term use marijuana graduation rate use is linked to school dropout and lower educational achievement.

Sub-county level geographic area group breakouts are not available for this indicator.

PERCENT HIGH SCHOOL STUDENTS WHO TRIED MARIJUANA BEFORE 13 YEARS OF AGE

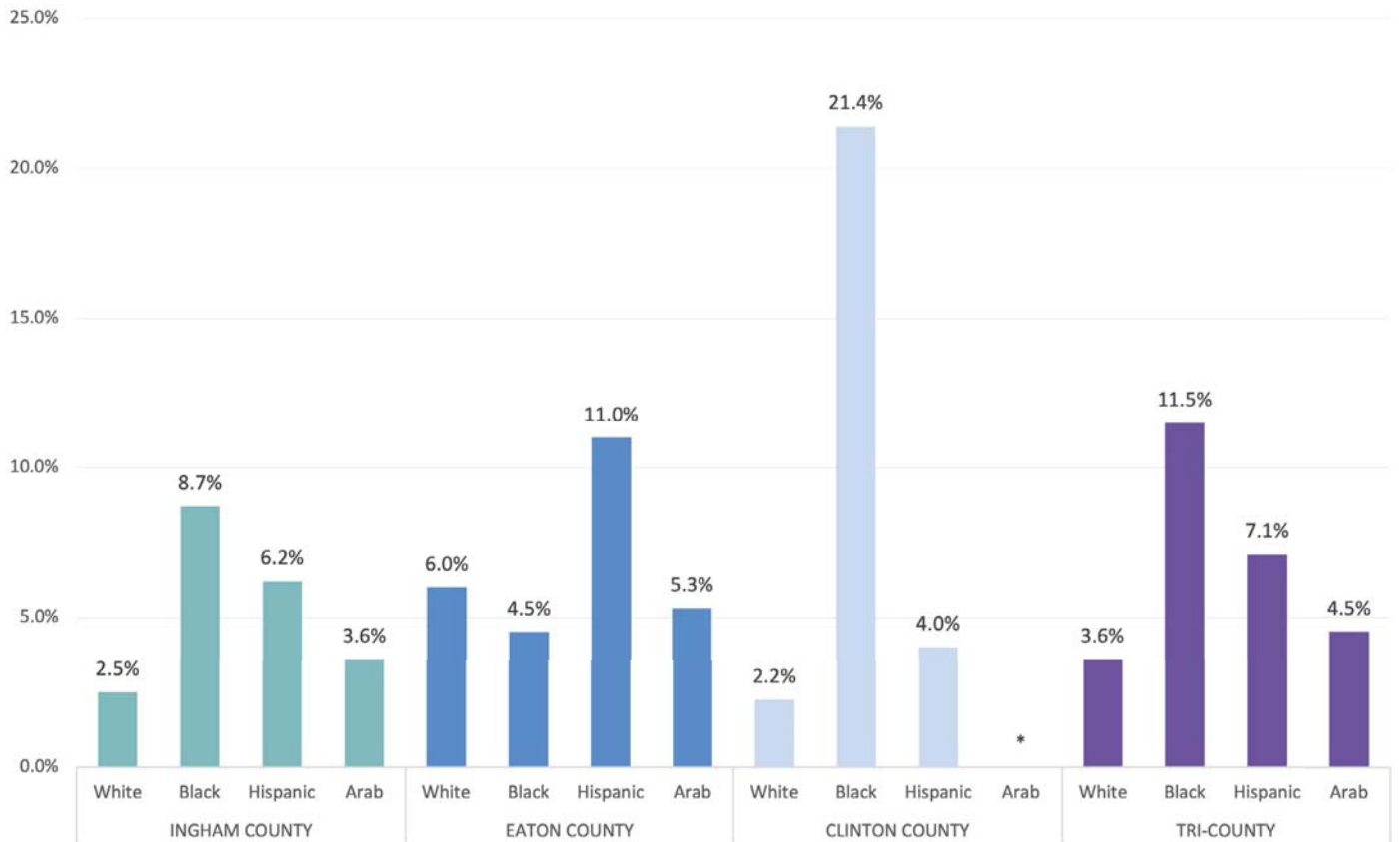
The tri-county area (4.8%) and the state of Michigan (5.4%) have roughly equal rates of adolescents using marijuana prior to 13 years of age. Individual counties had significantly more variation. Eaton County (7.1%) had the highest rate of early marijuana use, followed by Ingham County (4.3%) and Clinton County (3.0%).



Marijuana Use – Adolescents Prior to 13 Years of Age

PERCENT OF HIGH SCHOOL STUDENTS BY RACE/ETHNICITY WHO TRIED MARIJUANA BEFORE 13 YEARS OF AGE

Early use of marijuana was highest among Black adolescents in the tri-county area (11.5%), though this was largely driven by Clinton County's rate (21.4%) among Black high school students saying they tried marijuana before age 13. Hispanic adolescents had the highest percentage of early marijuana use in Eaton County (11.0%) compared to their White (6.0%), Arab (5.3%) and Black (4.5%) peers. Rates Ingham County varied from 2.5% for White adolescents to 8.7% among Black adolescents.

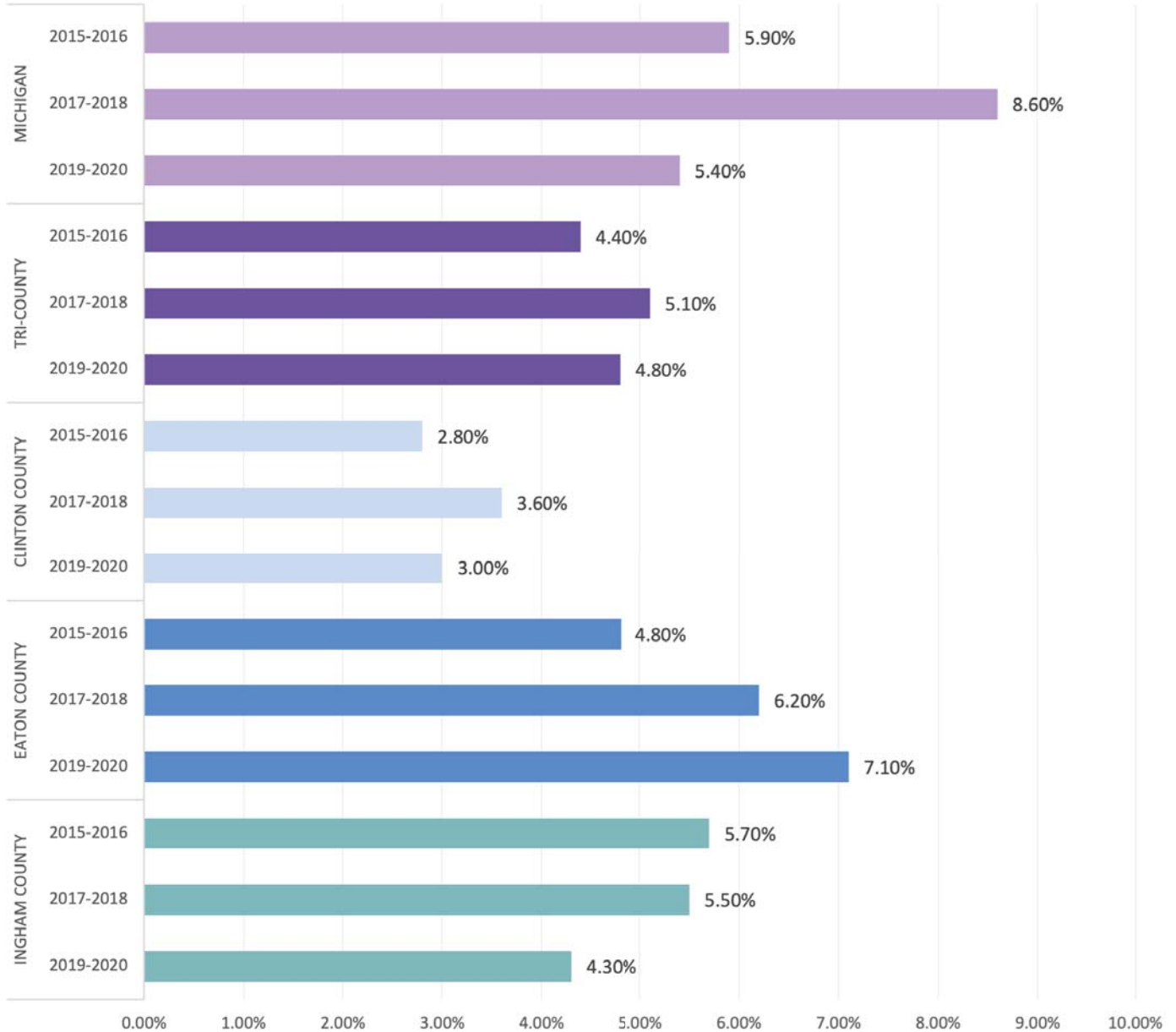


*Data for Arab students in Clinton County has been suppressed due to low sample size.

Marijuana Use – Adolescents Prior to 13 Years of Age

TREND IN PERCENT HIGH SCHOOL STUDENTS WHO TRIED MARIJUANA BEFORE AGE 13 YEARS

Trends of early marijuana use vary among the state, tri-County region and individual counties. Michigan had a significant decrease from 2017 (8.6%) to 2019 (5.4%). Clinton County has an early use rate of between 2.8% and 3.6% across MIPHY cycles. Eaton County is showing a trend of increased early use of marijuana from 4.8% in 2015-2016 to 7.1% in 2019-2020. Ingham County, on the other hand, has decreased from 5.7% to 4.3% over the same time frame.





Mental Health - Adults

MEASURE

Percentage of adults with poor mental health.

See notes below for definitions of this measure.

DATA SOURCES

- Michigan Behavioral Risk Factor Survey (MI-BRFS)
- Capital Area Behavioral Risk Factor Survey (Capital Area BRFS)

YEARS 2008-2019

REASON FOR MEASURE

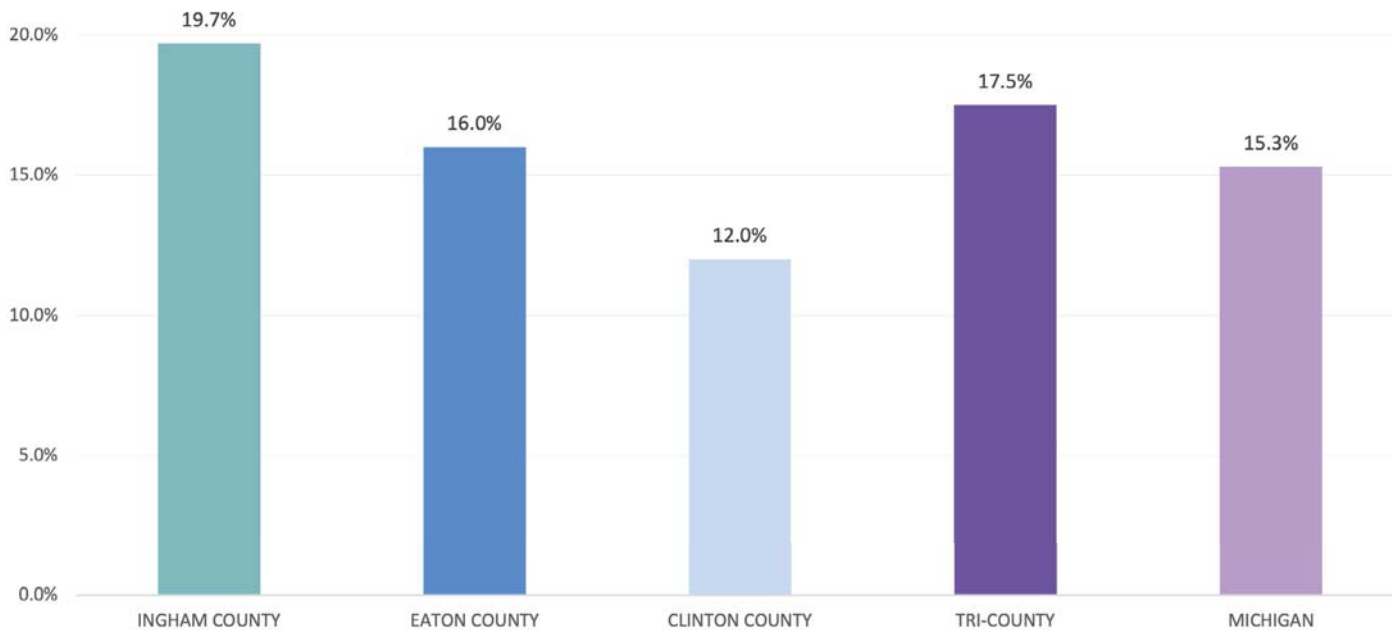
Overall health depends on both physical and mental well-being. Measuring the number of days when people report that their mental health was not good, i.e., poor mental health days, represents an important facet of health-related quality of life.^{CHR}

NOTES ABOUT MEASURE

Mental health statistics from the MI-BRFS may not be directly comparable to those from the Capital Area BRFS, because the questions for mental health were different in both survey instruments. The MI-BRFS question reads “Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”, whereas in the Capital Area BRFS, the question was “Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?” Poor mental health was defined as having poor mental health 14 or more days in the past 30 days.

PERCENT OF ADULTS WHO EXPERIENCED POOR MENTAL HEALTH, BY GEOGRAPHY, 2017-2019

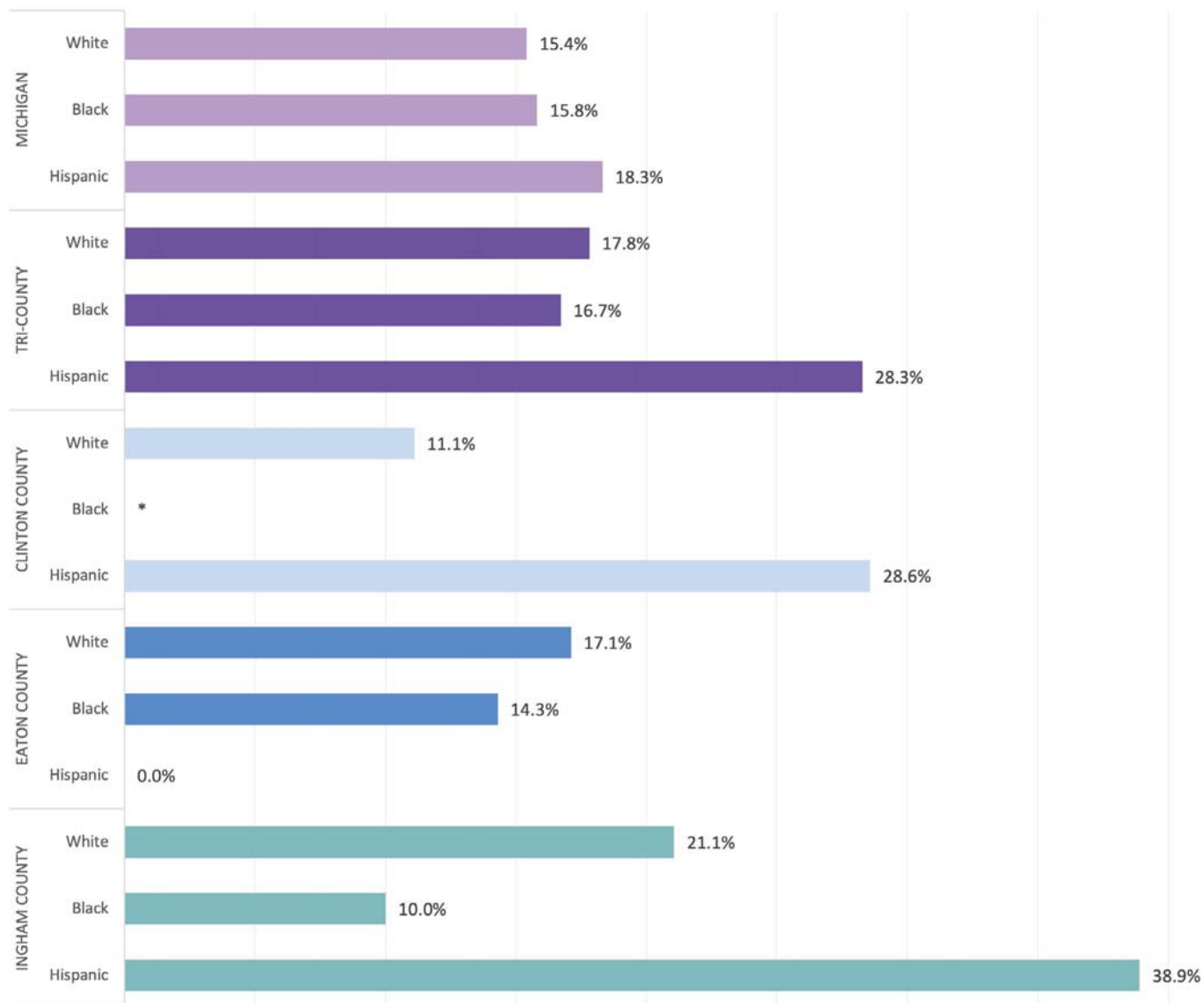
The number of adults experiencing poor mental health is higher in the Capital Area than the state of Michigan. In the Capital Area, 17.5% of adults were categorized as experiencing poor mental health, while in Michigan, the prevalence was 15.3%. For the individual counties, the prevalence of poor mental health varied from county to county, ranging from 12.0% in Clinton County to 19.7% in Ingham County.



Mental Health - Adults

PERCENT OF ADULTS WHO EXPERIENCED POOR MENTAL HEALTH, BY GEOGRAPHY, 2017-2019 (BY RACE/ETHNICITY)

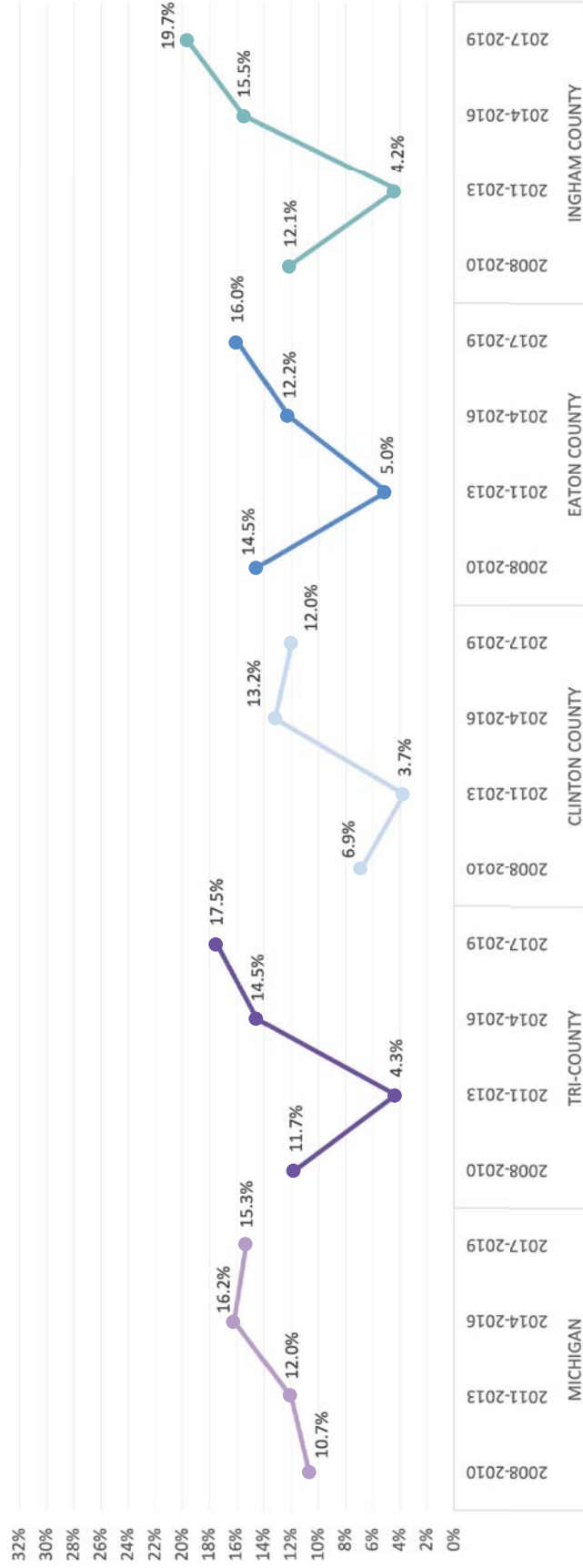
Some dissimilarities in poor mental health were seen among racial/ethnic groups. In the state of Michigan, the proportion of adults experiencing poor mental health ranged from 15.5% among White adults to 18.3% among Hispanic adults. In the tri-county area, the prevalence of adults experiencing poor mental health was slightly higher across all counties, especially in the Hispanic population (28.3%) compared to White (17.8%) and Black (16.7%) residents. In Clinton and Ingham counties, Hispanic adults had the highest prevalence of poor mental health, while White adults had the highest prevalence in Eaton County.



*Data for Black Clinton County residents was suppressed due to low sample size.

TREND IN PERCENT OF ADULTS WHO EXPERIENCED POOR MENTAL HEALTH, BY GEOGRAPHY, 2008-2019

Excluding statistics from the 2011-2013 Capital Area BRFS*, there is an increase in the number of adults experiencing poor mental health both in the Capital Area and in the state compared to 2008-2010. Within the counties in the Capital Area, poor mental health increased in Eaton and Ingham counties, while Clinton County had a slight decline in the percentage of adults who reported experiencing poor mental health.



*The wording of the question on the BRFS survey instrument changed from 2008-2010 and was changed again for 2014-2016. The change in the question resulted in a significantly lower percentage of those responding they had mental health concerns or poor mental health days.



Mental Health - Adolescents

MEASURE

Adolescents with symptoms of depression, as measured by the percentage of 9th and 11th grade students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.

YEARS

MI YRBS: 2012-2013, 2014-2015, 2016-2017, 2018-2019

MiPHY: 2013-2014, 2015-2016, 2017-2018, 2019-2020

Sub-county level geographic area group breakouts are not available for this indicator.

DATA SOURCES

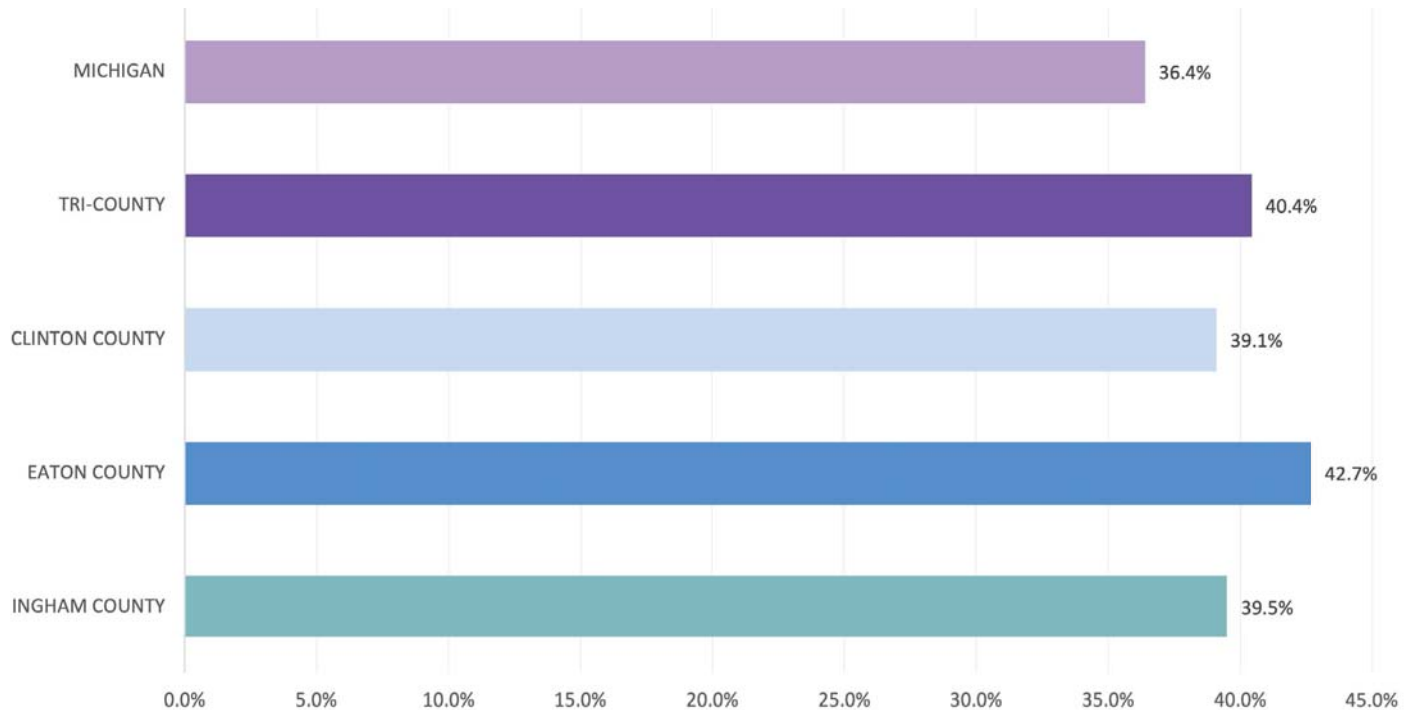
- Michigan Youth Risk Behavior Survey (MI YRBS)
- Michigan Profile for Healthy Youth Survey (MiPHY)

REASON FOR MEASURE

Overall health depends on both physical and mental well-being. Measuring the number of days when people report feeling depressed represents an important facet of health-related quality of life.^{CHR}

PERCENT OF HIGH SCHOOL STUDENTS WITH SYMPTOMS OF DEPRESSION IN PAST YEAR (2019-20)

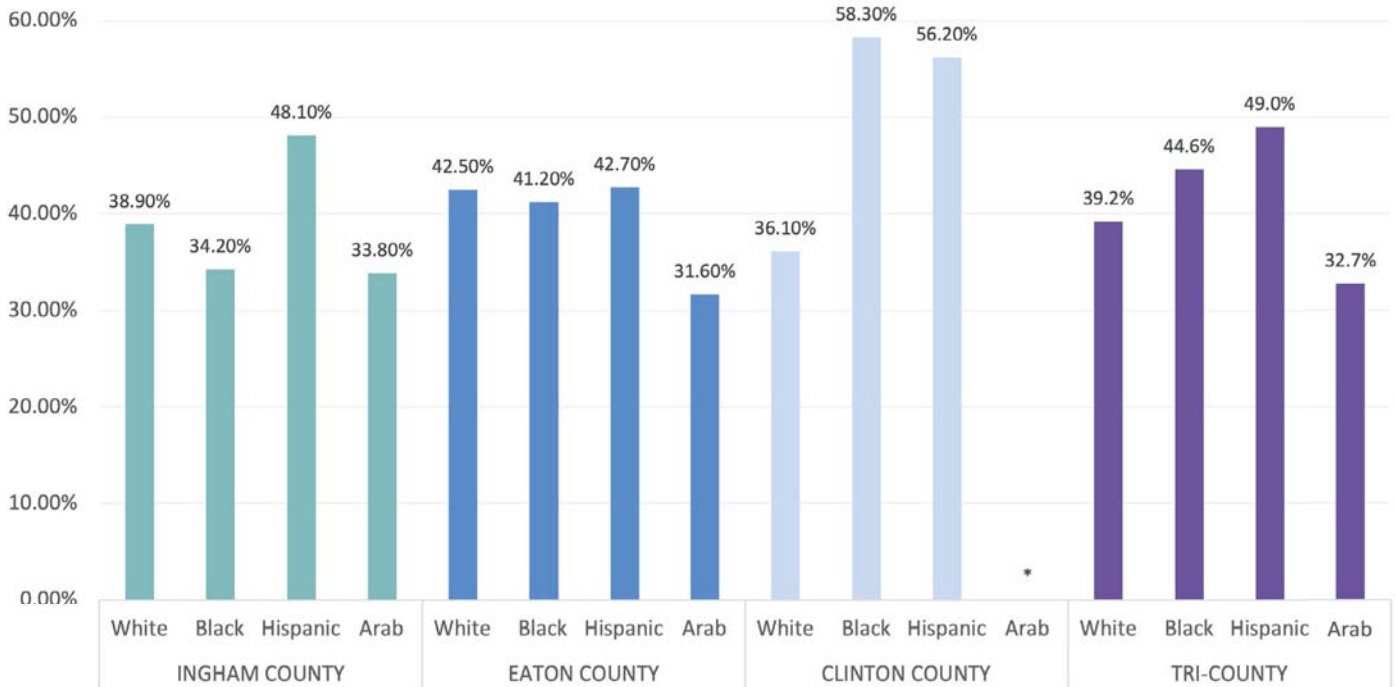
The proportion of adolescents in the Capital Area who reported symptoms of depression within the past year was higher when compared to the state, 40.4% and 36.4%, respectively. Among the individual counties, Clinton County had a lower proportion of adolescents (39.4%) who reported symptoms of depression than adolescents in Eaton County (42.7%) and essentially the same as Ingham County (39.5%).



Mental Health - Adolescents

PERCENT OF HIGH SCHOOL STUDENTS WITH SYMPTOMS OF DEPRESSION IN PAST YEAR (2019-20) BY RACE AND ETHNICITY

In Clinton County, Black (58.3%) and Hispanic (56.2%) high school students were significantly more likely to have experienced symptoms of depression than White (36.1%) students. In Eaton County, Arab (31.6%) students were least likely to have experienced symptoms of depression compared to their Hispanic (42.7%), Black (41.2%) or White (42.5%) peers. Hispanic students in Ingham County were significantly more likely to report symptoms of depression (48.1%) than other racial and ethnic groups.



*Data for Arab students in Clinton County was suppressed due to low sample size.

Mental Health - Adolescents

TREND IN PERCENT OF HIGH SCHOOL STUDENTS WITH SYMPTOMS OF DEPRESSION IN PAST YEAR (2019-20)

The proportion of adolescents who reported symptoms of depression has consistently increased in Eaton County, Clinton County and the Tri-County area overall. Only Ingham County remained mostly flat between the 2017-2018 and 2019-2020 cycles and after a sharp rise from 2015-2016 to 2017-2018.

