

# 2022 Minnesota Student Survey Findings and Trends

## *Minnesota Prevention Alliance*

### Overview

Minnesota Prevention Alliance is using Minnesota Student Survey data to guide Drug Free Communities Program efforts. This report includes 2022 findings and trend data for the state of Minnesota. Overall survey sample sizes are reported below (Figure 1). Compared to previous administrations, the number of students taking the survey dropped by over 20,000 in 2022. Not every respondent answered every question; percentages in this report are based on the sample size for each individual question.

#### 1. Survey sample size for the state of Minnesota

	2013	2016	2019	2022
8th grade	42,841	44,983	44,919	37,896
9th grade	42,381	45,309	45,232	35,553
11th grade	36,958	36,576	35,224	27,387
Total	122,180	126,868	125,375	100,836

### Key findings

#### Substance use

- Rates of past month alcohol, marijuana, and prescription drug use all fell steadily among Minnesota 8th, 9th, and, 11th graders from 2013 to 2022.
- While reported past month vaping increased sharply from 2016 to 2019, it fell as sharply from 2019 to 2022 among Minnesota youth.
- Co-occurring substance use is common among Minnesota 8th, 9th, and 11th graders in 2022.

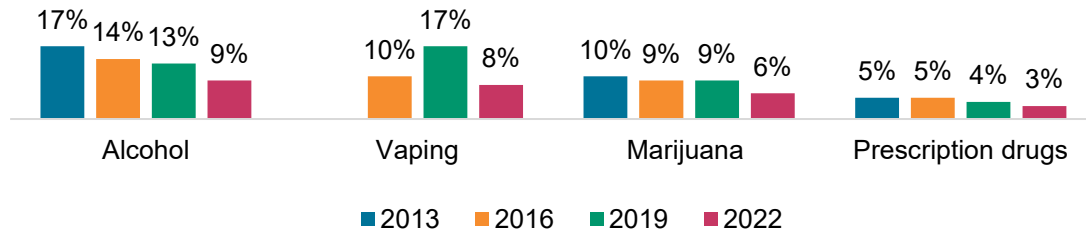
#### Priority local conditions

- Minnesota 8th, 9th, and 11th graders' perceived risk of harm decreased for alcohol, marijuana, and prescription drug use while the perceived risk from vaping increased somewhat in 2022.
- 2022 saw an increase in perceived peer disapproval across all substances among Minnesota youth.
- Minnesota students continue to overestimate peer substance use.
- In 2019 and 2022, the top two sources of alcohol among students reporting past 30 day use were friends and parents. However, the percentage reporting that they got alcohol from friends decreased slightly, and the percentage reporting they got alcohol from parents increased.

## Substance use

Minnesota students (8th, 9th, and 11th graders) were asked to report their substance use in the past month. Rates of reported past 30 day use of alcohol, vaping, marijuana, and prescription drugs decreased from 2013 to 2022 for all four substances among Minnesota youth, with the exception of vaping use in 2019 (Figure 2).

### 2. Percentage of Minnesota's 8th, 9th and 11th graders reporting past 30 day use of alcohol, vaping, marijuana, and prescription drugs: 2013-2022 trends

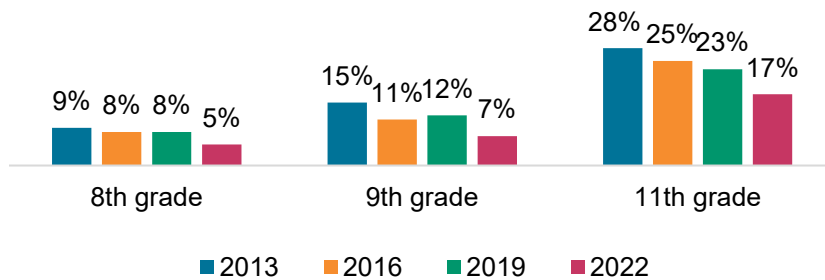


Note: There are no data on vaping use for 2013 due to changes in MSS questions.

## Alcohol use

Reported past 30 day alcohol use rates decreased steadily among Minnesota students (8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders) from 2013 to 2022. Alcohol rates also decreased slightly more rapidly for both 9th and 11th graders in 2022 as compared to 2016 and 2019 (Figure 3).

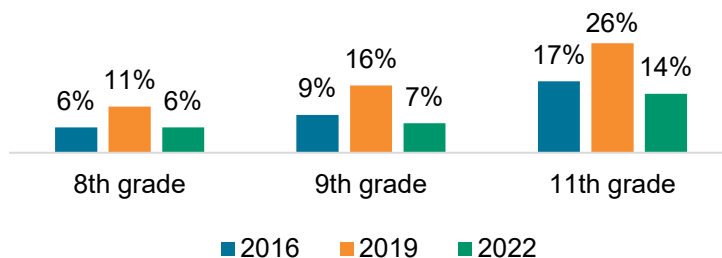
### 3. Minnesota students reporting past 30 day alcohol use: 2013-2022 trends



## Vaping

Reported past 30 day vaping use decreased among Minnesota students (8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders) in 2022 compared to 2019 (Figure 4).

### 4. Minnesota students reporting past 30 day vaping use: 2013-2022 trends

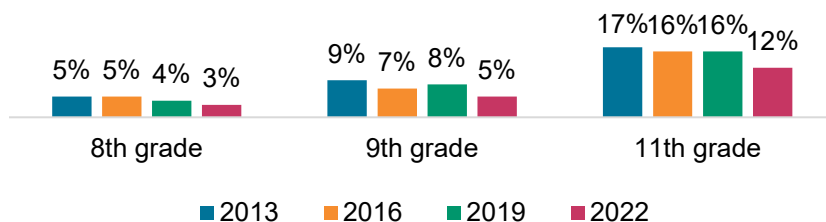


Note: There are no data on vaping use for 2013 due to changes in MSS questions.

## Marijuana use

In 2022, Minnesota's 8th, 9th, and 11th graders reported past 30 day marijuana use slightly less than the previous years (Figure 5).

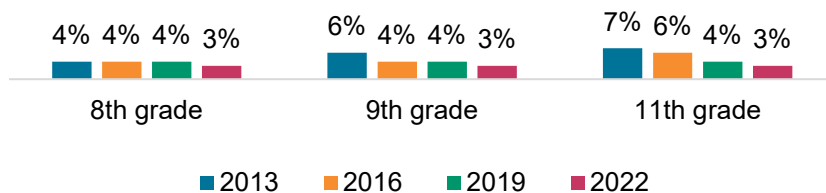
### 5. Minnesota students reporting past 30 day marijuana use: 2013-2022 trends



## Prescription drug misuse

In 2022, Minnesota's 8th, 9th, and 11th graders reported past prescription drug misuses slightly less than the previous years (Figure 6).

### 6. Minnesota students reporting past 30 day prescription drug misuse: 2013-2022 trends



## Co-occurring substance use

In 2022, co-occurring substance use reported by Minnesota students were relatively common. Nearly 70% of students reporting past-month marijuana use also reported vaping use.

Among Minnesota students reporting any past 30 day alcohol use:

- 38% also reported past month marijuana use
- 50% also reported past month vaping/e-cigarette use

Among Minnesota students reporting any past 30 day marijuana use:

- 59% also reported past month alcohol use
- 68% also reported past month vaping/e-cigarette use

Among Minnesota students reporting any past 30 day vaping/e-cigarette use:

- 54% also reported past month alcohol use
- 47% also reported past month marijuana use

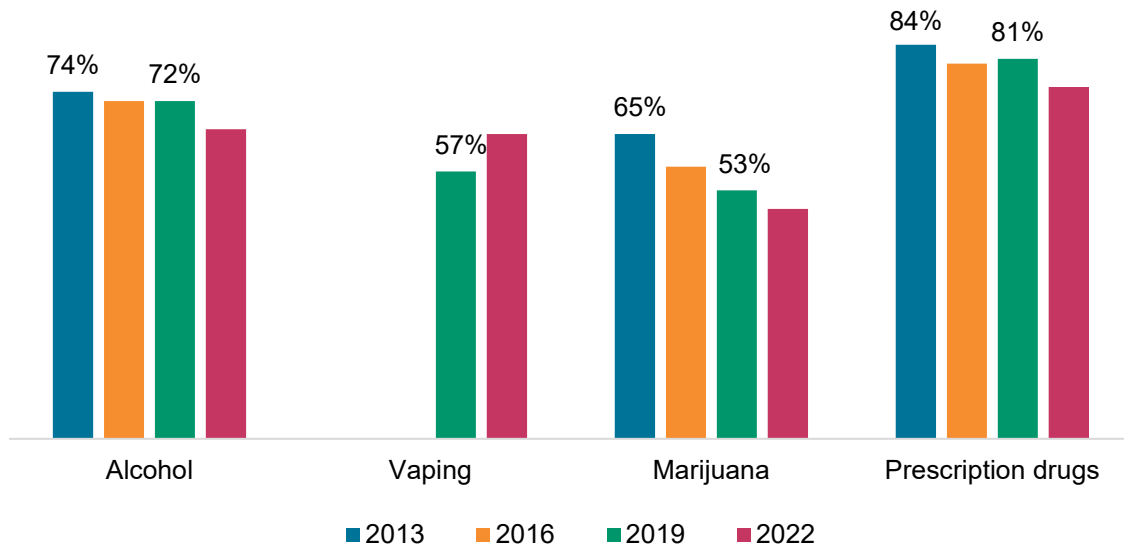
## Local conditions

Protective factors are characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a lower likelihood of negative outcomes such as substance use and mental health issues. Risk factors are characteristics associated with a higher likelihood of negative outcomes. As part of the Drug Free Communities Program, risk and protective factors are called local conditions.

### Perceived risk of harm from substance use

Students were asked how much they think people risk harming themselves, physically or in other ways, if they: have five or more drinks of an alcoholic beverage once or twice per week, use marijuana once or twice per week, use prescription drugs not prescribed for them, or vape or use e-cigarettes. The 2013 to 2022 data show that Minnesota youth were least likely to perceive risk of harm from marijuana and were most likely from prescription drugs (Figure 7).

#### 7. Minnesota students' (8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders) perceived risk of great or moderate harm from substance use, by substance type: 2013-2022 trends

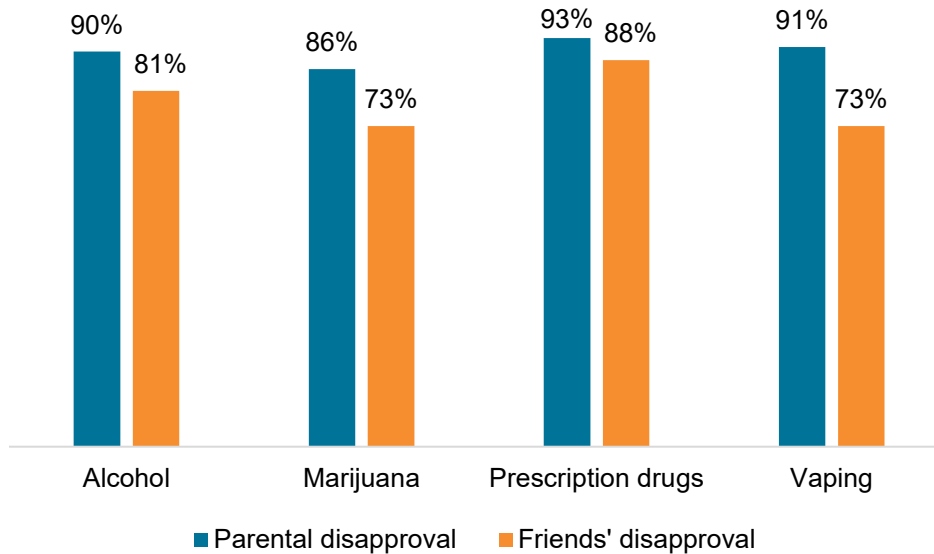


Note: There are no data on vaping use for 2013 and 2016 due to changes in MSS questions.

## Perceived disapproval of substance use

Students were asked whether their parents or friends would disapprove of their substance use. Overall, Minnesota students were most likely to perceive that their parents and friends would disapprove of them misusing prescription drugs. Students were least likely to feel that their friends would disapprove of them vaping or using marijuana (Figure 8).

### 8. Minnesota students' perceived parent and friend disapproval of substance use, by substance: 2022



Minnesota students' perception about parental disapproval for alcohol use stayed relatively the same over time while parental disapproval for marijuana use and prescription drugs use decreased very lightly from 2013 to 2022. Parental disapproval for vaping use increased in 2022 compared to 2019. Perception of peer disapproval for alcohol use, vaping use, and prescription drugs use increased in 2022 compared with previous years. Marijuana disapproval increased to a rate comparable to 2016 and 2013 (Figure 9).

### 9. Minnesota students' perceived parent and friend disapproval of substance use, by substance: 2013-2022 trends

	Parents disapprove				Friends disapprove			
	2013	2016	2019	2022	2013	2016	2019	2022
Alcohol use	91%	90%	91%	90%	75%	78%	78%	81%
Marijuana use	92%	89%	88%	86%	72%	72%	68%	73%
Vaping use	a	a	88%	91%	a	a	60%	73%
Prescription drugs use	95%	94%	94%	93%	84%	86%	85%	88%

<sup>a</sup> There are no data on vaping use for 2013 and 2016 due to changes in MSS questions.

## Perceived peer substance use

Students were asked how frequently they drink alcohol, use marijuana or THC, and vape/use e-cigarettes with either nicotine or marijuana/THC. They were also asked how frequently, in their opinion, they thought most students in their school used each of those substances. Across all grade levels, Minnesota students over-estimated peer use (Figure 10).

### 10. Minnesota students' (8<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> graders combined) perceived vs. actual use, by substance type: 2022

	Alcohol	Marijuana	Vaping nicotine	Vaping marijuana or THC
I use monthly or more often	5%	4%	6%	3%
I think MOST students use monthly or more often	35%	33%	49%	37%

Note: Prior to 2022, students were just asking about “vaping”; in 2022, there were separate items for vaping nicotine vs. vaping cannabis products

## Access to substances

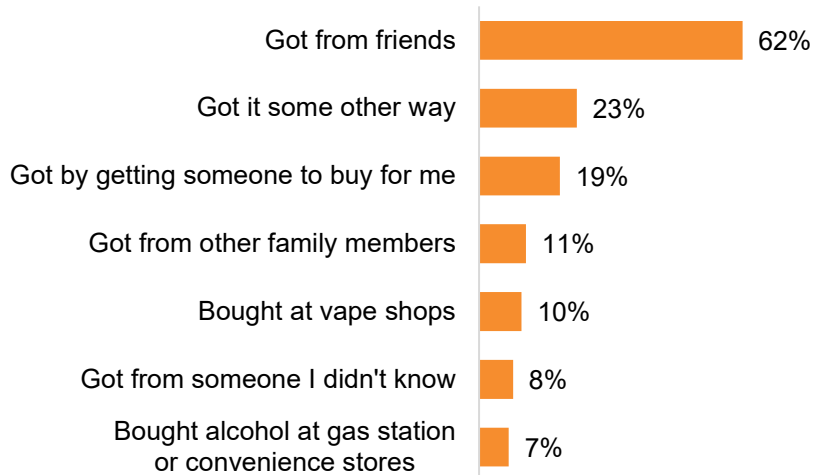
Students reporting any past 30 day alcohol use were asked to report how they got alcohol. They were asked to select all applicable sources. Among Minnesota youth reporting any past 30 day alcohol use in 2022, the most common sources were getting it from friends (34%) and from their parents (27%). Minnesota students reporting that they got alcohol from their parents increased from 22% in 2019 to 27% in 2022 (Figure 11).

### 11. Sources of alcohol among 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders reporting any past 30 day use, by year

	2019	2022
<b>Got alcohol</b>		
From friends	38%	34%
From my parents	22%	27%
From other family members	13%	16%
At parties	22%	19%
By getting someone to buy for me	13%	11%
Some other way	15%	19%
<b>Bought alcohol</b>		
At bars or restaurants	2%	2%
At stores	2%	2%
On the internet	1%	1%
At gas stations or convenience stores	2%	2%
<b>Took alcohol</b>		
From my home	27%	26%
From a friend's home	7%	7%
From stores	1%	1%

Similarly, students reporting any past 30 day vaping or e-cigarette use were asked to report how they got it. They were asked to select all applicable sources. Figure 16 shows the top seven most common sources. Among Minnesota students (8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders) reporting any past 30 day use, the most common source was from friends (62%), followed by getting it some other way (23%; Figure 12).

## 12. Sources of e-cigarettes among 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders reporting any past 30 day use: 2022



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#### For more information

This summary presents highlights from the 2022 Minnesota Student Survey. For more information, contact Melissa Adolfson at Wilder Research, 651-280-2763.

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