

(SUPTRS) BLOCK GRANT

10/1/23 – 9/30/26



Public Health
Prevent. Promote. Protect.
Foster County Public Health

Problem Statement

1. Problem – Underage Drinking

Underage Drinking among students in grades 9th-12th is the priority issue in Foster County. This is evident from the 2021 Youth Risk Behavior Survey (YRBS) data and 2023 Foster County Youth Survey (FCYS) data below:

A. YRBS 2021 data: 31% of Foster County students (9th-12th grades) currently drank alcohol (at least one drink of alcohol, on at least one day during the 30 days before the survey).

B. FCYS 2023 Question: During the past 30 days, 17.5% of Foster County students (grades 9-12) drank one or more drinks of an alcoholic beverage?

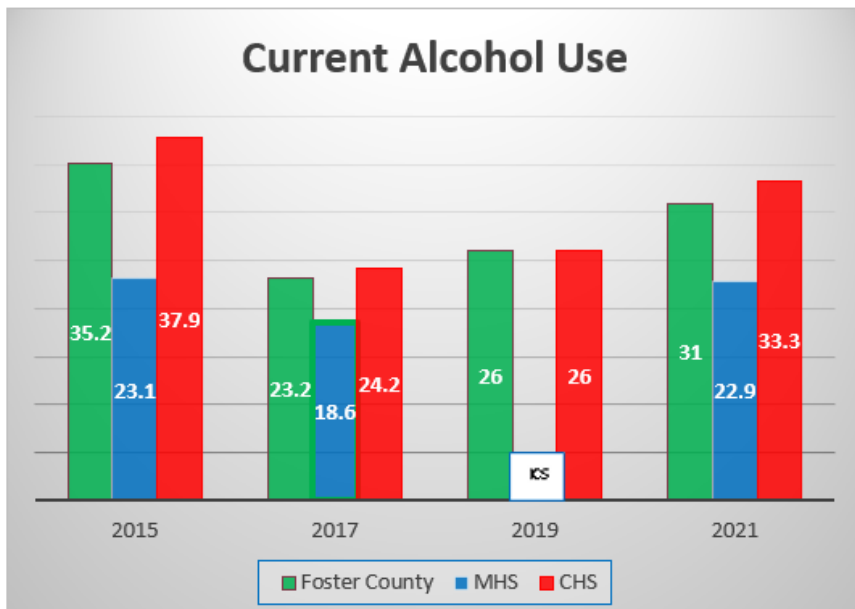
The focus on underage drinking is a priority because any amount of adolescent alcohol use can negatively affect brain and body development, including academic outcomes and physical performance.

To help identify this problem statement in the county, Foster County Public Health (FCPH), collects and analyzes data from two main youth surveys, the Youth Risk Behavior Survey (YRBS) and the Foster County Youth Survey (FCYS). FCPH currently receives YRBS data from 100% of school districts in the county, which includes both Carrington Public Schools and Midkota Public Schools. The YRBS is a national survey that is administered every other year during the school year, immediately following the winter holiday break, and gathers data from 7th-12th graders. Additionally, the FCYS is completed annually during the school year in the late spring with 6th – 12th graders. The FCYS has been administered since 2017 through a contract with the Wyoming Survey and Analysis Center (WYSAC). As these surveys are conducted at different times of the school year, there may be variations in differences in data between surveys. At different times of the year, students may or may not be engaging in risky behaviors.

YRBS 9th-12th graders

Blue – Midkota School | Red – Carrington School | Green – Foster County school districts combined.

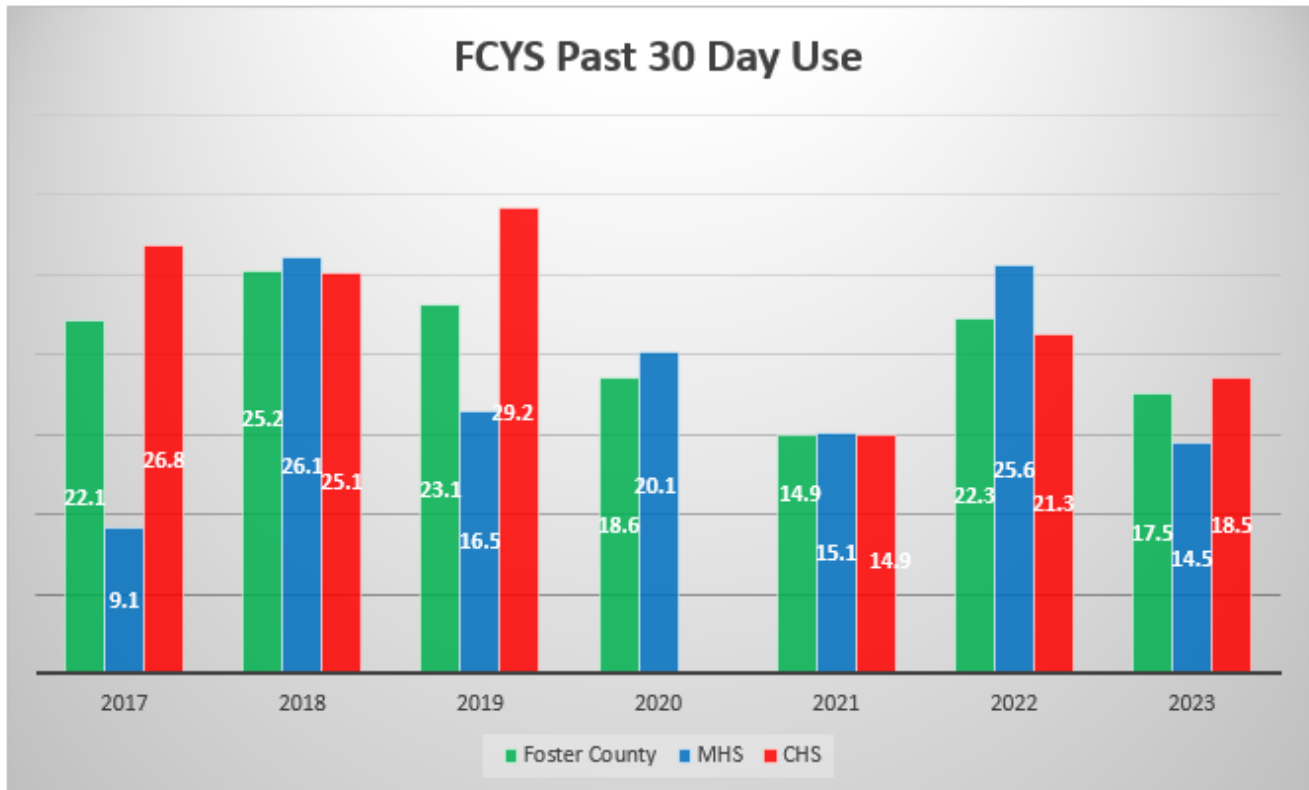
% of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)



*Midkota did not have 2019 YRBS results due to insufficient cell size (ICS). ICS = Insufficient Cell Size means that fewer than 6 students reported this behavior. Due to confidentiality requirements, the actual percentage cannot be provided.

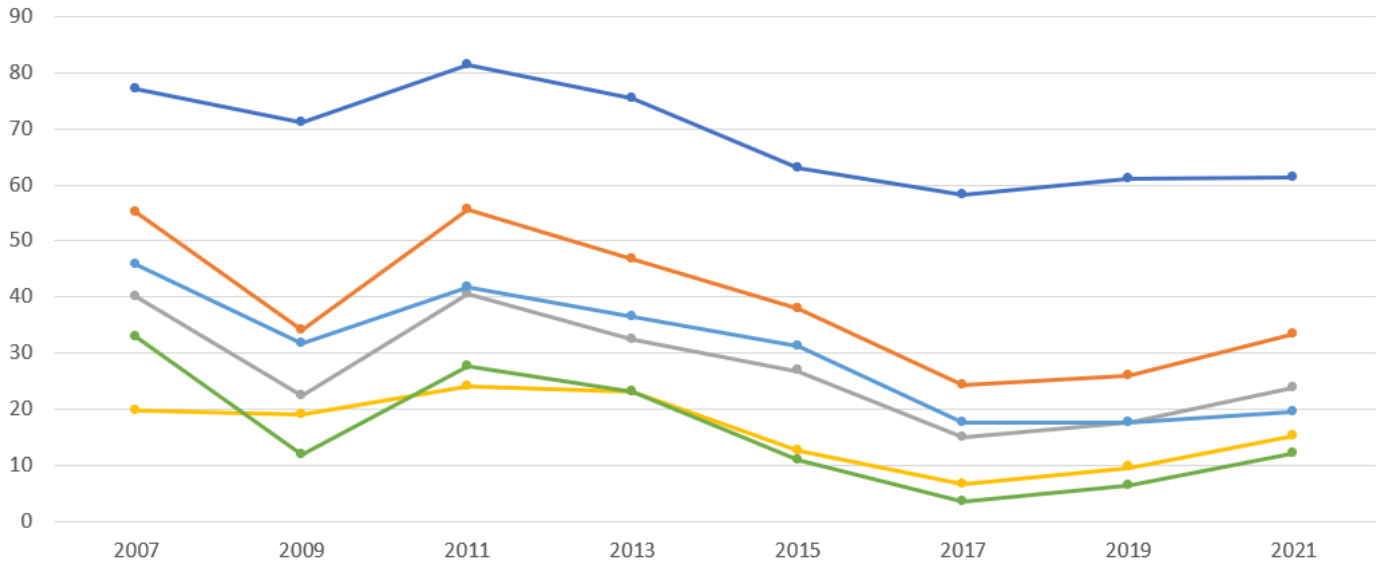
**From 2020-2021, the Covid pandemic was a significant historical event. Home delivery of alcohol was allowed in Foster County during that time.

**FCYS: During the past 30 days,
on how many days did you drink one or more drinks of an alcoholic beverage?
High School Students Grades 9-12**



Additional data from both the YRBS and FCYS also supports the problem of underage drinking in 9th-12th graders in Foster County. Those charts are reviewable on the pages 3 and 4. The charts show trends for Carrington Public 9th-12th graders and Midkota Public 9th-12th graders.

2007-2021 YRBS Data Carrington High School (9th-12th)



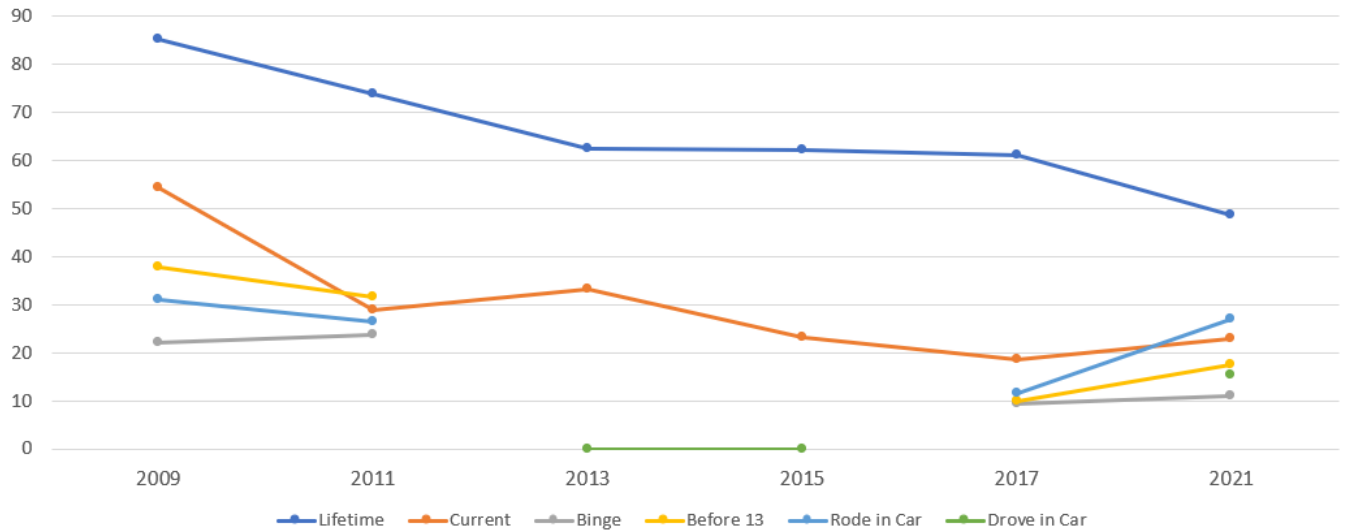
	2007	2009	2011	2013	2015	2017	2019	2021
Lifetime	77.1	71	81.3	75.5	63	58.1	61.1	61.4
Current	55.1	34.1	55.6	46.8	37.9	24.2	26	33.3
Binge	40	22.4	40.6	32.4	26.8	14.9	17.7	23.8
Before 13	19.8	19.1	24	23.1	12.5	6.7	9.6	15.3
Rode in Car	45.8	31.6	41.7	36.5	31.3	17.5	17.5	19.5
Drove in Car	32.8	11.9	27.7	23.1	10.9	3.5	6.3	12.2

The above chart shows changes and trends in each category over time of Carrington High School 9th-12th graders. The overall trend from 2007-2021 in each category is a general decrease in alcohol use and risky behaviors involving alcohol. However, since 2017, a slight increase in alcohol use and risky behavior is evident in each category.

Below are the full descriptions of what each category measures.

Lifetime	% of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)
Current	% of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)
Binge	% of students who currently were binge drinking (had 4 or more drinks of alcohol in a row if they were female or 5 or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)
Before 13	% of students who had their first drink of alcohol before age 13 years (other than a few sips)
Rode in Car	% of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)
Drove Car	% of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle or other vehicle during the 30 days before the survey)

2009-2021 YRBS Data Midkota High School (9th-12th)



	2009	2011	2013	2015	2017**	2021
Lifetime	85.2	73.7	62.5	62.1	61	48.6
Current	54.2	28.9	33.3	23.1	18.6	22.9
Binge	22.2	23.7	ICS	ICS	9.3	11.1
Before 13	37.9	31.6	ICS	ICS	9.8	17.6
Rode in Car	31	26.3	ICS	ICS	11.4	27
Drove in Car	ICS	ICS	0	0	ICS	15.2

*ICS = Insufficient Cell Size means that fewer than 6 students reported this behavior. Due to confidentiality requirements, the actual percentage cannot be provided.

** 2019 survey did not have enough students for results.

The above chart shows changes and trends in each category over time of Midkota High School 9th-12th graders. The overall trend from 2007-2021 in each category is a general decrease in alcohol use and risky behaviors involving alcohol. However, since 2017, a slight increase is evident in most categories except for Lifetime alcohol use.

Below are the full descriptions of what each category measures.

Lifetime	% of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)
Current	% of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)
Binge	% of students who currently were binge drinking (had 4 or more drinks of alcohol in a row if they were female or 5 or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)
Before 13	% of students who had their first drink of alcohol before age 13 years (other than a few sips)
Rode in Car	% of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)
Drove Car	% of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle or other vehicle during the 30 days before the survey)

2. Intervening Variables – Community Norms

The overall intervening variable that FCPH will focus on is **Community Norms**. The specific risk factor FCPH will focus on within Community Norms is **teens in 9th-12th grades in Foster County do not perceive a great risk of harm (physically or in other ways) if people have five or more drinks of alcohol once or twice a week**. During the previous 2020-2023 Block Grant, the risk factors that FCPH focused on included the adults' perceptions and beliefs surrounding alcohol. One norm was the failure of adults to understand the long-term effects of alcohol use for youth and to speak with youth about dangers associated with alcohol use. A second norm was the failure to consider alcohol a drug by adults in the community. At many community events in Foster County, alcohol is always available. FCPH has noticed through previous grants that adults are a more difficult audience to reach and to measure change.

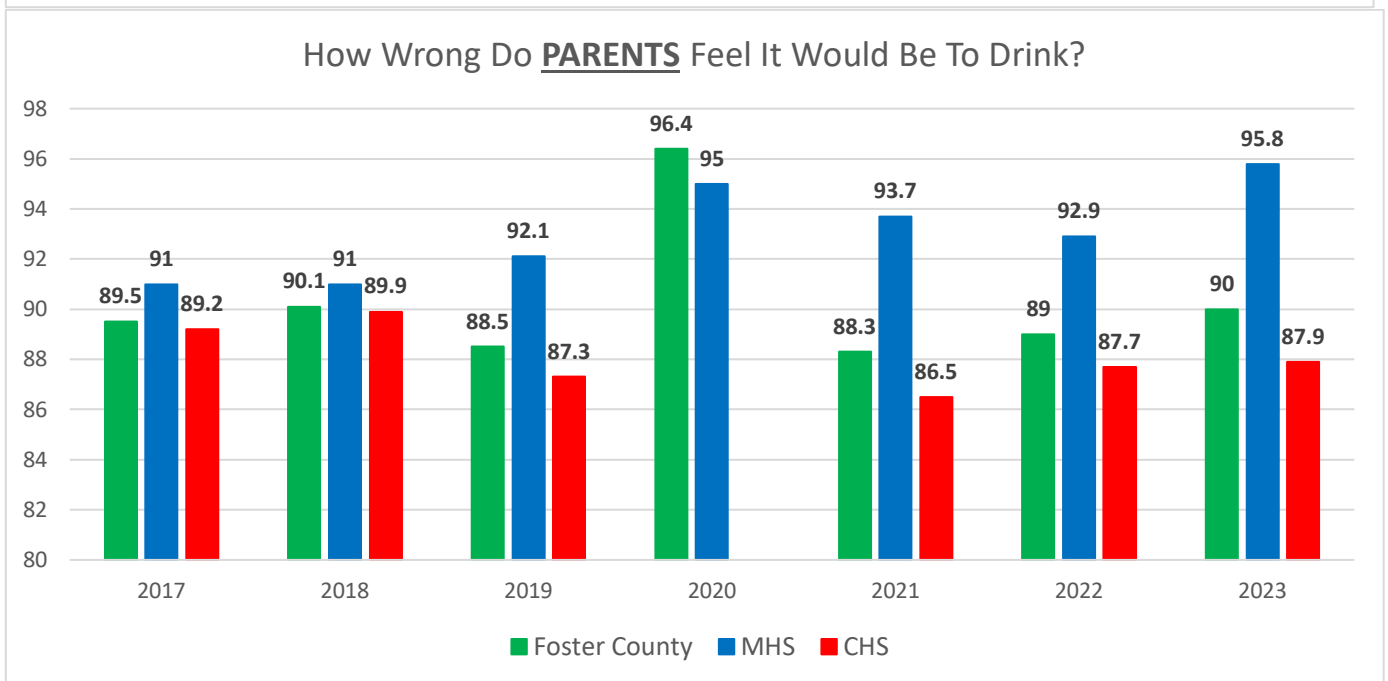
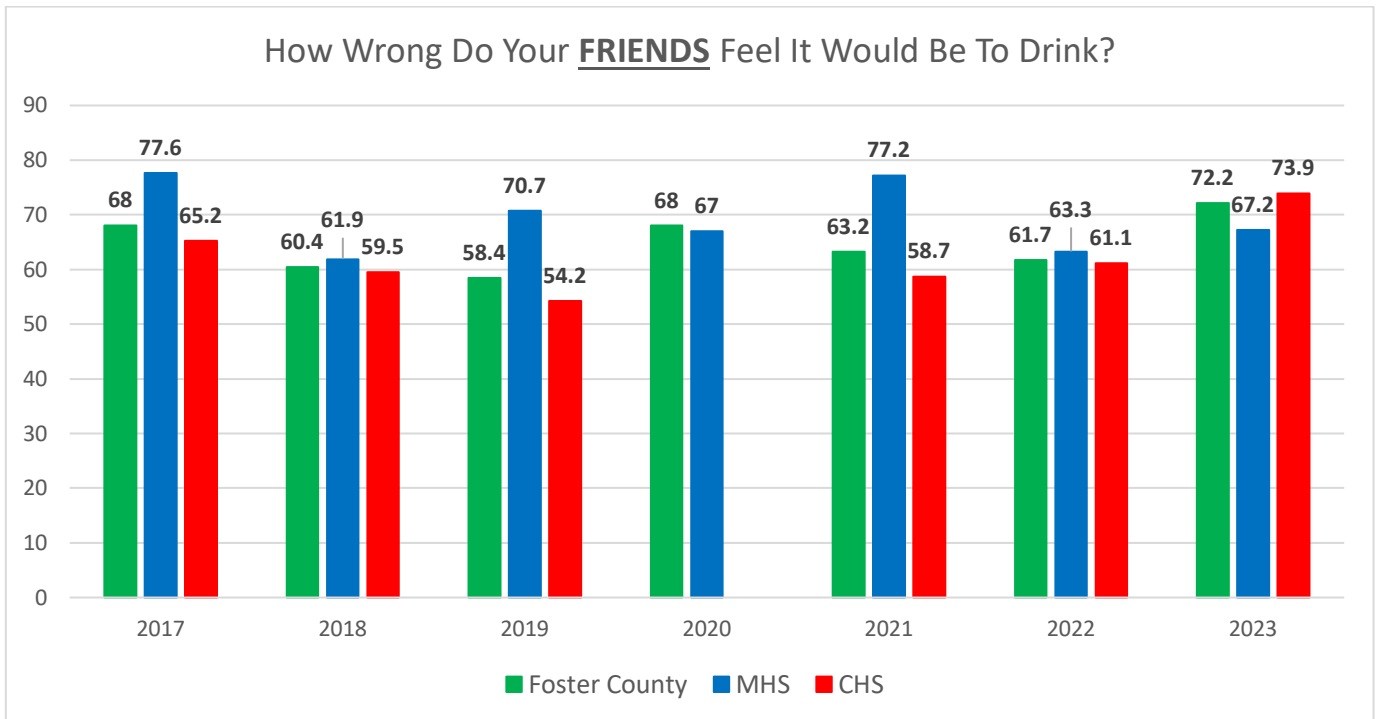
Going forward, FCPH would like to focus on the youth's perception of risk of harm to themselves from drinking rather than the adult's. There are several reasons for the shift from focusing on adults to youth. Historically, prevention programming has a bigger impact on youth who will then grow into conscientious adults. FCPH has established a healthy working partnership with both school districts and is able to consistently reach the youth in our county through prevention programming. FCPH is currently teaching the fourth consecutive year of alcohol use prevention programming in both school districts with middle schoolers. FCPH can measure pre-test and post-test scores to analyze knowledge gains for students in these programs. Additionally, annual FCYS and bi-annual YRBS surveys provide data on this community norm.

3. Local Conditions – Youth’s perception of risk of harm

The problem is local and evident through YRBS and FCYS questions surrounding **Foster County 9th-12th grade students’ perceptions of risk of harm to themselves from drinking.**

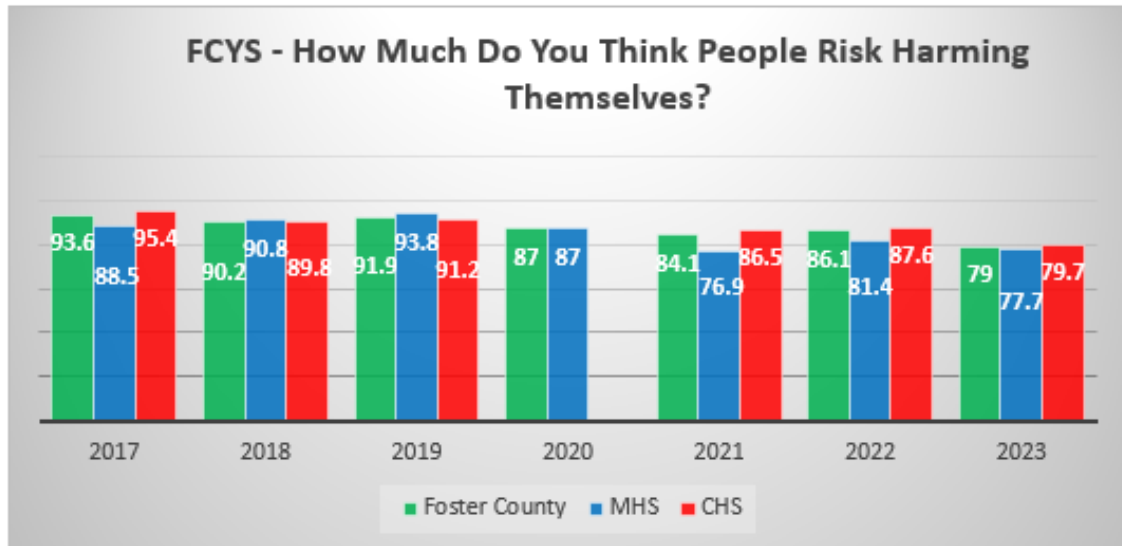
From 2023 FCYS (High School Students 9th-12th grades)

- A. When Foster County students in grades 9-12 were asked, “How wrong do your **friends** feel it would be for you to have 1 or 2 drinks of an alcoholic beverage nearly every day?”, 72.2% reported its either wrong or very wrong. There has been slight variations in the % over time, however the trend is going in a positive direction with more students reporting they feel it is wrong or very wrong. For comparison, 90% of students reported that their **parents** feel it would be wrong or very wrong to have 1-2 drinks nearly every day.



- B. 79% of Foster County students in grades 9-12 report slight, moderate, or great risk (physically or in other ways) if people drink 5+ drinks once or twice a week. Over time, less students report any degree of risk. This trend is going in a negative direction.

FCYS (High School Students 9th-12th grades): How Much Do You Think People Risk Harming Themselves (physically or in other ways) if they have five or more drinks of an alcohol beverage once or twice a week? (% reporting slight, moderate, or great risk)



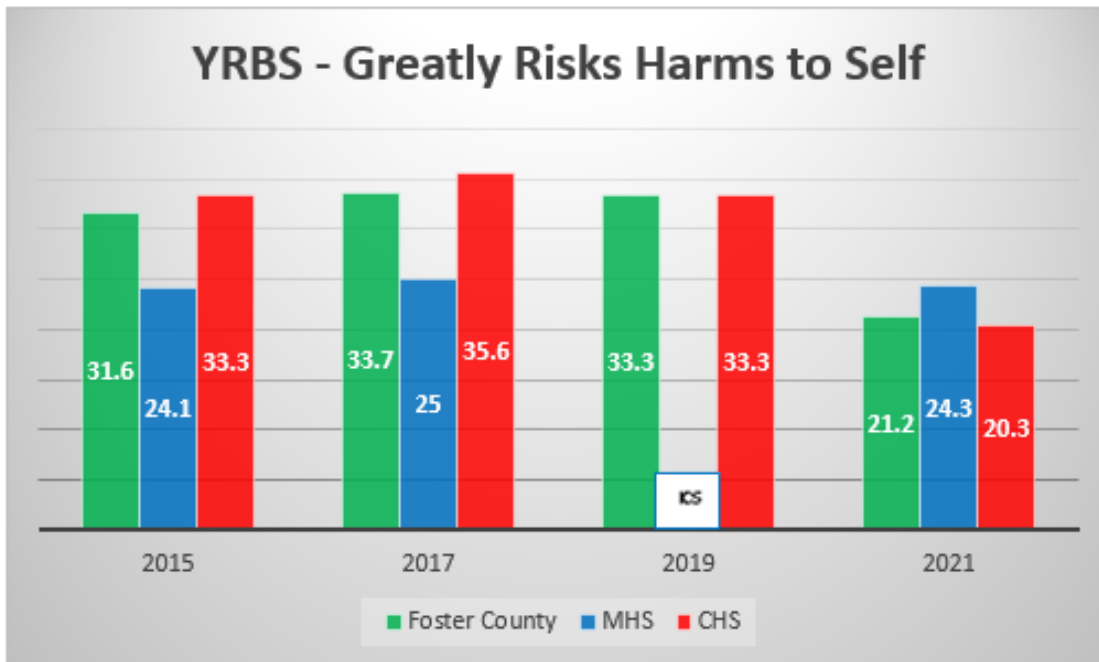
Foster County HS Students - Combined

Row Labels	2017	2018	2019	2020	2021	2022	2023
No risk	6.4%	9.8%	8.1%	13.0%	15.9%	13.9%	21.0%
Slight risk	18.8%	22.2%	21.2%	15.4%	23.4%	24.6%	13.1%
Moderate risk	38.3%	28.4%	33.6%	15.0%	31.5%	35.7%	39.6%
Great risk	36.6%	39.5%	37.1%	56.7%	29.3%	25.8%	26.3%

From 2021 YRBS:

- C. 21.2% of 9th-12th graders in Foster County think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol once or twice a weekend. This percentage has decreased over the last several surveys. More students think there is less risk. This trend is not going in a positive direction.

YRBS Foster County Students (9-12th grades): Percentage of students who think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a weekend.



Strategic Plan – Environmental Change

The environmental strategy that FCPH will focus on is internal school policy enhancement or revision related to substance use to include substance use prevention education programs and/or curriculum.

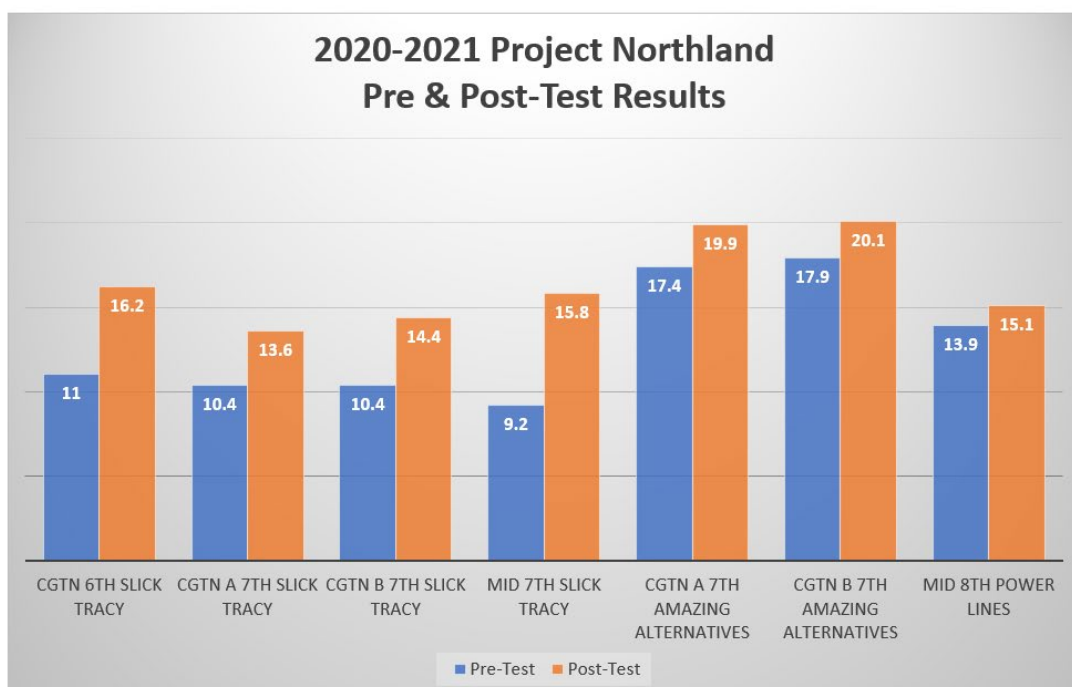
Both school districts in Foster County have current school handbook policies, which include a section on substance use violation and enforcement of suspension. This is the minimum required under the North Dakota High School Activities Association.

According to NDHSAA bylaws: "Any student who is in violation of the foregoing shall be suspended from participation in interscholastic contests or activities for a minimum period of six consecutive school weeks for the first offense and a period of 18 consecutive school weeks for any subsequent offense."

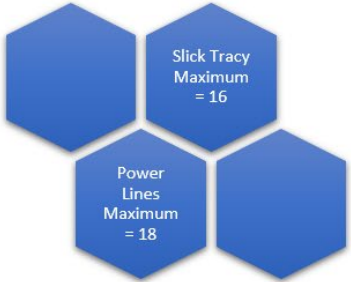
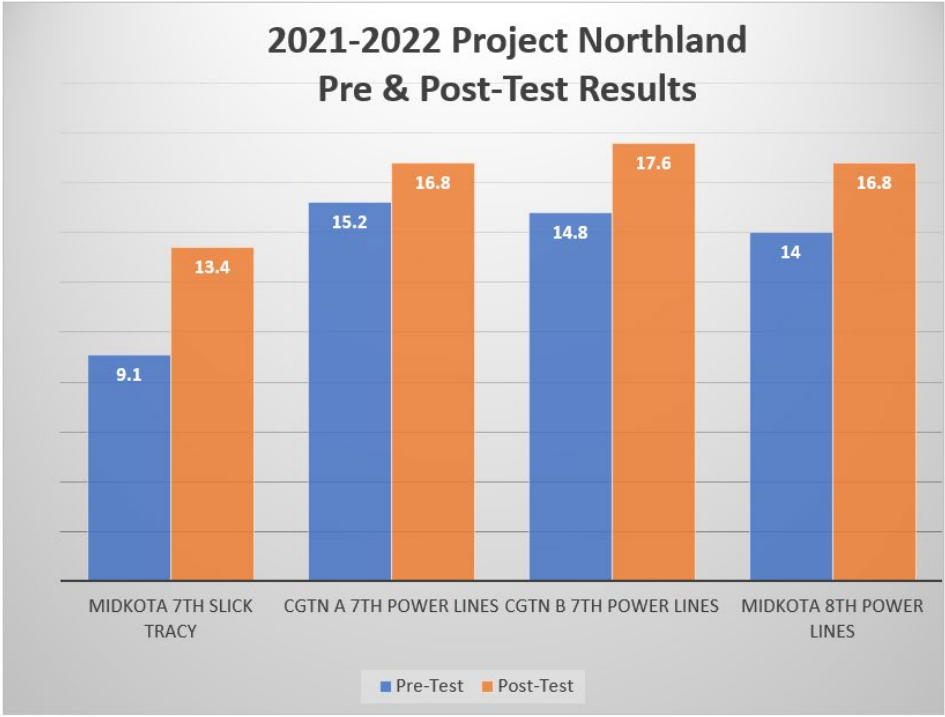
To be fully comprehensive, substance use prevention policy within a school district can include sections with an overall stance or philosophy surrounding substance use and components addressing education, prevention, and intervention and referrals.

As previously mentioned, FCPH has a strong presence in middle school classrooms in both school districts. Project Northland is an evidence-based alcohol use prevention curriculum taught to middle schoolers. Project Northland has strong family and community components. The goals of Project Northland are to delay the age when young people begin drinking, reduce alcohol use among young people who have already tried drinking, and limit the number of alcohol-related problems of young people.

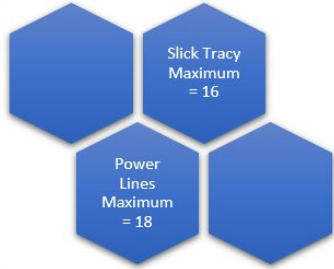
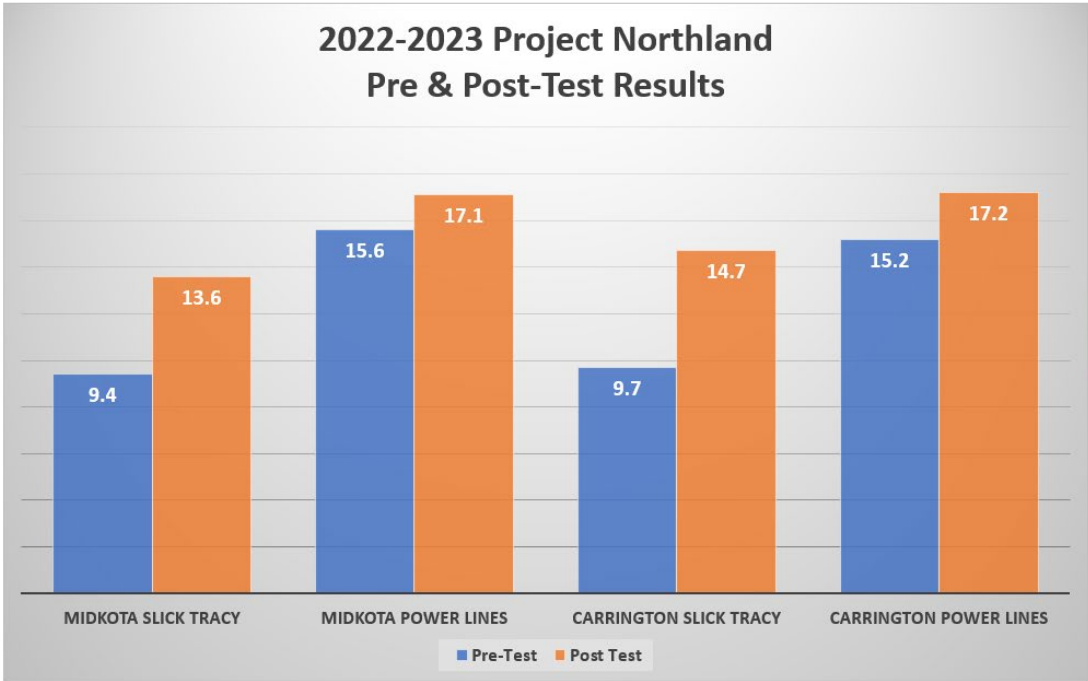
As can be observed on the following charts, students have made knowledge gains from the pre-test to post-test scores in all classes that have been taught in both school districts.



2021-2022 Project Northland Pre & Post-Test Results



2022-2023 Project Northland Pre & Post-Test Results



Activities

FCPH has a variety of supporting activities planned to work towards the environmental change of school policy change. They include the following:

- Research comparable policies and best practices around the region and nation.
- Meet with local school administrators, school staff, and school board members as appropriate.
- Continue to provide evidence-based substance-use prevention programming to middle school students in both school districts. Seek out programs that include components focused on adolescent brain and body development, academic outcomes, and physical performance.
- Explore additional evidence-based substance-use prevention programs to enhance current curriculum.
- Explore additional evidence-based substance-use prevention programs for Foster County 9-12th graders and Carrington Public K-5th graders as appropriate.
- Explore community-based education opportunities, such as enhancing Responsible Beverage Server Training, naloxone trainings, Take-Back events, and other existing events.
- Promote alcohol-free community events, days, and/or sections of existing events.
- Continue to work with WYSAC on FCYS questions annually. Ensure questions capture specific, intended data that reflects outcomes accurately.
- Continue information dissemination in a variety of ways in the community and on social media.
- Continue enhancing capacity and skills through relevant webinars, trainings, conferences, engaging in meetings with local key stakeholders and the local Health Communities Coalition.

Goals Statements

1. Short-Term Outcomes

Alcohol-use prevention curriculum pre-test and post-test score will be the measurement of short-term outcomes. 100% of Foster County classes utilizing alcohol-use prevention curriculum will show improvements from pre-test to post-test scores by December 2024.

2. Intermediate Outcomes

From the Foster County Youth Survey (FCYS), Foster County 9th-12th graders will show a 3% increase (from 79% to 82%) in perception of risk of harm from drinking by December 2025. (FYCS data)

In 2023, 79% of Foster County students in grades 9-12 reported slight, moderate, or great risk (physically or in other ways) if people drink 5+ drinks once or twice a week.

3. Long-Term Outcomes

The national standard YRBS data will be utilized to measure long-term outcomes. Foster County 9th-12th graders will report a decrease of 3% (from 31% to 28%) for current alcohol use (in past 30 days) by September 30th, 2026. (YRBS 2025 data)

From the 2021 YRBS survey, 31% of Foster County students (9th-12th grades) currently drank alcohol (at least one drink of alcohol, on at least one day during the 30 days before the survey).