

# **ASAP OF ANDERSON**

## **2019 COMMUNITY ASSESSMENT**

### **I. Community Description:**

#### **A. Describe the community geographically.**

Anderson County is located in the eastern portion of Tennessee and northwest of Knoxville. It covers an area of 345 square miles including 7.6 square miles of water. The Cumberland Mountains cover the northwest area of the county and the Clinch River runs through the county north to south. Interstate 75 also runs north and south through the middle of the county. Geographically isolated in long valley ways between ridges of mountains and enclosed by water, the Department of Energy (DOE) selected the city of Oak Ridge for the location of Oak Ridge National Laboratory (ORNL). The DOE facility still sits geographically isolated in Bethel Valley today. On the other end of the county sits Briceville, an unincorporated community in Anderson County. It is geographically unique with one passageway in and one passageway out of the community.

#### **B. Describe the community demographically (including the denominator)**

Anderson County has a population of 76,257 of which 37,137 are male and 39,120 are female. The youth population under age 18 is 16,167. There are 2,211 Hispanic or Latino residents, 69,928 White, 3,127 African American, and 1,220 Asian. There are 9,251 households with individuals under 18.

#### **C. Define your community**

##### **1. Communities of Place, interest or experience.**

Anderson County includes 5 municipalities; the City of Clinton, the City of Norris, the City of Oak Ridge, the Town of Oliver Springs, and the City of Rocky Top. Each of these municipalities is its own community of place. The Anderson County faith community is a large community of interest with 69 churches established. Sports such as youth baseball, football, soccer, rowing, and golf also make up communities of interest in the county. There are many social and philanthropic clubs including Rotary, Lions Club, and Altrussa. We have a notable community in Oak Ridge that shares experience as well as a common interest in science.

##### **2. The other relevant “communities within your community.”**

Some communities are more separated from the rest of the county, either geographically or socially. The Briceville community at the north end of the county is an outlier. Residents there have a much longer distance to travel to reach the county seat of Clinton and the city of Oak Ridge where many of the county's services such as the health department, the free medical clinic, the Department of Human Services, and the hospital are located. Briceville residents require more resources because of the poverty that exist in the community. Residents there have a median household income of less than half of the other areas in the county and they tend to try to work within their community to meet their needs, for example, sharing prescription medications instead of seeking professional medical advice.

In addition, there is a growing recovery community in Anderson County. Support groups for those in recovery from substance misuse are a growing trend, particularly within faith-based communities.

## **II. Community History**

### **A. Historical origins of community generally.**

With around 40% of the county population, Oak Ridge is a unique community within Anderson County. It was established in 1942 as the production site for the Manhattan Project, the project responsible for developing the nuclear bomb. Known as the "Secret City," Oak Ridge's seclusion began at its inception. During the war, men went overseas while many women worked as scientists at the various plants in the city. The scientists also worked in segments. Many had no idea what they were creating or how their small piece fit in to the larger puzzle of the project. And those that did know said were unable to share their work when they went home at night to their family. Seventy-five years later, the residents of Oak Ridge still tend to separate from the rest of Anderson County.

In present day Rocky Top, the Fratersville Mine disaster occurred in 1902 during which 216 men perished including all but 3 men in the town. Following this, children were pulled out of school to help work the fields and support the family. Families struggled to survive and eventually began to grow and sell marijuana, then make and sell moonshine before most recently manufacturing and selling methamphetamine and distributing prescription medications.

### **B. Historical origin of related issues.**

Since the seclusion of the city directly correlates with the history of the city, it seems as if the residents of Oak Ridge still hold on to that idea. Even the residents of Anderson County, outside the city of Oak Ridge, think of Oak Ridge as separate from the rest of the county. Rocky Top continues to be a hub of drug activity.

### **C. History of community organizing for community improvement and related issues**

The five municipalities of Anderson County - City of Norris, City of Oak Ridge, Town of Oliver Springs, City of Rocky Top, City of Clinton - have historically worked well together to support substance misuse prevention throughout the entire county. ASAP works hard to reach out through community events to prevent and reduce substance misuse by collaborating with community partners across the county. This can only be possible by bringing all sectors of the community together to accomplish one goal.

### **III. Community Needs:**

#### **A. Consequences**

##### *Marijuana*

Consequences of marijuana use in Anderson County are seen on many levels. According to Epidemiological Reviews, marijuana is directly linked to impaired driving. In a study of seriously injured drivers admitted to a Level 1 shock trauma center, more than a quarter of all drivers tested positive for marijuana. Marijuana is often used in conjunction with other substances such as alcohol. Marijuana impairs motor coordination, reaction time, attentiveness, and perception of time and speed.

According to Smart Approaches to Marijuana (SAM), research has shown that legalized marijuana has significant youth and school impacts, including increased use of marijuana and increases in school suspension and possession of marijuana. In addition, according to SAM, direct associations have been made between frequency of marijuana use and higher THC potency with the development of mental health issues (psychosis, depression, anxiety, suicidality, reshaping of brain matter, and addiction (Miller, in press; Fischer et al., 2017). Chronic adolescent marijuana use has also been correlated with cognitive impairment and a decreased ability to do well in work or school (Finn, 2015; Meier, Hill, Small & Luthar, 2015; Arria, Caldeira, Bugbee, Vincent, & O'Grady, 2015; Meier et al., 2012).

##### *Alcohol*

Excessive alcohol use is a problem that has been ongoing for years. The Tennessee Department of Health reported that in Anderson County, 11% of people are excessively drinking. According to the PRIDE Survey data, the percent of 6<sup>th</sup> and 12<sup>th</sup> grade students in Anderson County reporting using alcohol in the past 30 days increased between 2016 and 2018. The Tennessee Department of Health states that in Anderson County, 20% of deaths were caused by alcohol-impaired driving. The CDC suggests that Tennessee also has a higher rate of alcohol-involved deaths among all age groups, as compared the national rate.

Binge drinking or heavy drinking is associated with an increased risk of many health problems, such as liver disease and unintentional injuries (CDC, 2018). The National Institute on Alcohol Abuse and Alcoholism states that alcohol can also cause issues

with the brain, heart, pancreas, produce certain cancers, and a weakened immune system. Not only does excessive alcohol use effect your body, but it also comes at a large economic cost. For example, the CDC states that alcohol consumption cost the United States \$249 billion in 2010, which result from losses in workplace productivity, health care expenses, and other costs due to a combination of criminal justice expenses, motor vehicle crash costs, and property damage.

### *Tobacco*

Consequences of tobacco use in Anderson County are seen on many levels including death rates. The CDC reports that in 2019, 21% of Anderson County adults are currently smoking. The CDC states that in 2017, 11,400 Tennesseans died as a result of tobacco related illness and 32.9% of the cancer deaths in Tennessee are related to tobacco use. The CDC also reported that in 2017, 20.3% of Tennessee high school youth reported currently using any tobacco product, including e-cigarettes. The Anderson County Health Department has also reported that it appears that a high number of hospital visits for youth asthma related complications correlate to their exposure to second hand smoke. In 2012, the CDC reported second hand smoke exposure in adults in their workplaces (21.0%), in their homes (18.4%), in their vehicles (20.7%), and in public places (29.0%). In addition to the consequences of tobacco, the Disciplinary Hearing Authority for Anderson County Schools has reported that for all cases they heard related to alcohol or other drugs from 2014 to 2016, 94% had a prior tobacco related violation.

Smoking leads to disability and disease and harms nearly every organ in the body. Cigarette smoking remains the leading cause of preventable death and disability in the United States. Although there has been a decline in the number of people who smoke, over 16 million Americans have at least one disease caused by smoking (CDC, 2017). Tobacco use causes cancer, heart disease, stroke, lung diseases, and many more. Secondhand smoke exposure can cause stroke, lung cancer, and coronary heart disease in adults.

### *Electronic Nicotine Delivery Systems (ENDS)*

E-cigarettes are battery-powered devices that allow users to inhale (or vape), aerosolized liquid. The consequences of vaping or e-cigarette use in Anderson County are seen on many levels. E-cigarettes have recently surpassed conventional cigarettes as the most commonly used tobacco product among youth. According to the PRIDE Survey data, the percent of students in Anderson County reporting using e-cigarettes in the past 30 days increased between 2016 and 2018, from 5.7% to 11.8%. The growth in the popularity, accessibility and use of vaping or e-cigarettes in recent years is a cause for concern.

Tobacco product advertising can entice youth to use tobacco and according to the CDC, spending to advertise e-cigarettes has increased rapidly since 2011. Given the unregulated context in the US, e-cigarette marketing currently contains many features

that youth may find particularly appealing. The CDC reports that about 69% of middle and high school students were exposed to e-cigarette advertisements in retail stores, on the Internet, in magazines/newspapers, or on TV/movies. Research has shown that exposure to marketing of combustible tobacco products increases the likelihood of youth initiation of use (Lovato et al., 2011) and currently there are no marketing restrictions on e-cigarettes in the United States.

Use of nicotine in any form, including ENDS, is unsafe. Nicotine is highly addictive and comes with many consequences. Nicotine is toxic to developing fetuses and impairs fetal brain and lung development, nicotine use during adolescence can disrupt the formation of brain circuits that control attention, learning, and susceptibility to addiction, and poisonings have resulted among users and non-users due to ingestion of nicotine liquid, absorption through the skin, and inhalation (CDC, 2016). E-cigarettes can also contain other harmful substances besides nicotine, which can increase their risk for future addiction to other drugs (CDC, 2018).

### *Prescription Drugs*

Across Tennessee, the use of opioids has steadily increased over the years. Consequences of prescription drug use in Anderson County are seen on numerous levels. The Tennessee Department of Health reports that in 2017, there were a total of 1,776 overdose deaths, with 1,268 of those deaths being from opioid overdoses. Prescribed opioid pain relievers include drugs such as hydrocodone, oxycodone, and morphine. The Tennessee Department of Health states that in 2017, there were 6,879,698 painkiller prescriptions written in the state. Within Anderson County in 2018, the PRIDE survey data reports that 1.6% of the students reported using prescription drugs in the last 30 days.

Drug overdose death rates are on the rise. Prescription drug misuse can have a wide array of short- and long- term, direct and indirect effects, which all depends on the drug(s) used, how much was taken, and other factors. The National Institute of Health states that short-term effects can range from changes in appetite, wakefulness, heart rate, blood pressure, and/or mood to heart attack, stroke, psychosis, overdose, and death. In 2016, the Tennessee Department of Health reported that there were 15,001 nonfatal overdose outpatient visits and 7,943 nonfatal overdose inpatient stays. Long-term effects of drug misuse include heart or lung disease, cancer, mental illness, HIV/AIDS, hepatitis, and more (NIH, 2017).

## B. Problem Behaviors (Drug Use)

### *Marijuana*

As shown through the PRIDE Survey results in 2018, students in Anderson County who use marijuana are first using at the average age of 12.6. In the past 30 days, 5.6% of 6<sup>th</sup> through 12<sup>th</sup> graders have used marijuana and when looking at 12<sup>th</sup> graders only that

number increases to 15.1%. It is likely that these students who are currently using marijuana will grow into adults who use marijuana and will experience the negative consequences associated with this problem behavior. Findings from the 2016-17 NSDUH suggest that about 541,600 people in Tennessee used marijuana in the year prior to the survey, and evidence suggests this number has increased since then. Marijuana use rates among young adults 18-25 years (26%) were about four times higher than use rates among adults 26 and older (7%), according to the 2018 County Health Rankings Key Findings Report.

### *Alcohol*

Alcohol has been widely used by young people in the United States for a long time. The PRIDE Survey results in 2018 reports students in Anderson County first use alcohol at the average age of 12. The overall percentage of students, grades 6-12, who reported using alcohol in the past 30 days is 7%, but that jumps to 18.1% when looking at 12<sup>th</sup> graders specifically. The America's Health Rankings Annual Report states in 2018 that in Tennessee, 13.1% of the population reported binge drinking. The findings from the 2014-2015 NSDUH suggest that about 41,000 adolescents aged 12-17 used alcohol in the past month. Underage drinking is dangerous due to the multiple consequences associated with it such as death, injury, impairs judgement, increases risk of physical and sexual assault, interferes with brain development, and more.

### *Tobacco*

Youth use of tobacco products in any form is unsafe. Cigarette use in the past 30 days averaged to 4.9% among all 6-12 graders in Anderson County, according to the 2018 PRIDE Survey data. The PRIDE Survey results in 2018 also show that students in Anderson County who use tobacco are first using at the average age of 12.1. The NSDUH 2014-2015 data showed that Tennessee's annual average percentage of cigarette use among adolescents aged 12-17 was higher than the national annual average percentage. Cigarette smoke is the leading cause of preventable disease and mortality in the United States, making this one particularly important to address.

### *Prescription Drugs*

The PRIDE Survey results in 2018 show a slight increase in adolescent prescription drug use in the past 30 days compared to 2016 (1.5% to 1.6%). Due to factors such as accessibility, the adolescent age of first use is lower than for tobacco and alcohol at approximately 11.7 (PRIDE Survey, 2018). Tennessee is facing an epidemic of prescription drug and opioid misuse and remains one of the top states in drug overdose deaths. The Tennessee Bureau of Investigation reported that about 5% of Tennesseans have used pain relievers in the past year for non-medical purposes, and more than 70% of people who use prescription drugs for non-medical reasons got them from a friend or relative. The misuse of prescription drugs and opioids are having disastrous consequences not only on the people taking them but also for the state of Tennessee as a whole.

Neonatal Abstinence Syndrome (NAS) is a condition in which a baby has withdrawal symptoms after being exposed to certain substances. The kinds of medications that may cause withdrawal include opioids or benzodiazepines (which help with anxiety or sleep). NAS is currently one of the major problems in Tennessee; The Tennessee Department of Health states that in the past decade we have seen nearly ten-fold rise in the incidence of babies born with NAS in Tennessee.

## *ENDS*

As shown through the PRIDE Survey results in 2018, 11.8% of students in Anderson County, grades 6<sup>th</sup> through 12<sup>th</sup>, reported using an e-cigarette, vape pen, and/or e-liquid rig during the last 30 days. The use of e-cigarettes is a growing market. We are seeing an upward trend in the use of e-cigarettes, due to accessibility (readily available for purchase on the Internet), low cost, and limited regulation and compliance incentives. In Tennessee, no legislation exists to tax these products, which is a proven tactic to drive down tobacco sales, especially to youth.

### C. Intervening Variables (Root causes) and Local Contributing Factors (for each drug)

#### *Marijuana*

Marijuana from legalized states has been on the rise. In 2016 alone, Colorado law enforcement confiscated 7,116 pounds of marijuana, carried out 252 felony arrest, and made 346 highway interdictions of marijuana headed to 36 different U.S. states, including 19 incidences where marijuana was destined for Tennessee (RMHIDTA, 2017).

Through data collection, it has been identified that the root causes of high rates of adolescent marijuana use in Anderson County include social availability and favorable attitudes and norms. 2018 PRIDE Survey data shows that 29.3% of 10<sup>th</sup> graders and 36% of 12<sup>th</sup> graders report they feel there is “no risk” to smoking marijuana 1-2 times per week. In addition, students’ peer attitudes also influence use in the county. 23.5% of 10<sup>th</sup> graders and 35.9% of 12<sup>th</sup> graders report their friends would think using marijuana is “not wrong at all” (PRIDE Survey, 2018). PRIDE Survey data also shows that 23.8% of 10<sup>th</sup> graders and 39.1% of 12<sup>th</sup> graders report it being “very easy” or “fairly easy” to get marijuana, with 10.3% of 12<sup>th</sup> graders reporting using marijuana at a friend’s house.

Local factors that contribute to the high rates of availability are shown through PRIDE data, which highlights that students are able to obtain marijuana at school. Teens report using marijuana most often on the weekend – 6.9% of 10<sup>th</sup> graders and 12.9% of 12<sup>th</sup> graders. Furthermore, ASAP youth ambassadors report students selling marijuana in school and seeing youth add marijuana to vaping devices. Also contributing to the favorable attitudes and norms of marijuana use in Anderson County is the larger presence of marijuana advertising across the country and the continued legalization of

marijuana in many states. As of June 2018, 9 U.S. states had legalized recreational and medical marijuana, and in 30 states medical marijuana is legal. According to SAM, mass commercialization of marijuana poses a threat and evidence suggests there are a number of growing public health issues. Edibles comprise approximately 20 to 50% of the market in legalized states where data is available (Lessons Learned from Marijuana Legalization, 2018). Edibles in the form of cookies, candy, ice cream, etc. are increasingly available to children and youth and are more easily disguised for shipping to states where marijuana is not legal.

Even though marijuana is not legal in Tennessee, the national conversation about marijuana is a contributing factor in youth favorable attitudes, and contributes to normalizing marijuana use at both a national and local level.

### *Alcohol*

Millions of adolescent's drink alcohol. The CDC states that alcohol is the most commonly used and misused drug among youth in the United States. The CDC also reports that people aged 12 to 20 years old drink 11% of all alcohol consumed in the United States and that more than 90% of this alcohol is consumed in the form of binge drinking.

High rates of adolescent alcohol use in Anderson County are due to the fact that alcohol is easily accessible to youth and that there is a low perception of risk associated with drinking alcohol. 2018 PRIDE Survey data shows 20% of 6-12 grade students report alcohol is "fairly easy" or "very easy" to get. 22% of student's report knowing where they can get alcohol (Youth Focus Groups, 2012). 41.8% of 6-12 grade students associate "no risk" or "slight risk" with drinking one to two alcoholic drinks every day (PRIDE 6-12 Questionnaire, 2018). 67.4% of 6-12 grade students do not think a kid who drank some beer, wine or hard liquor would be caught by the police ("NO!" and "no" responses) (PRIDE 6-12 Grade Questionnaire, 2012).

There are multiple factors within Anderson County that assist in the high rates of alcohol. Store clerks ask for age-identification but sell alcohol to adolescents at off-premise retail establishments, despite them being underage. In 2017, the Alcohol Beverage Commission Report stated that 25.8% of all alcohol outlets in Anderson County failed compliance checks and that 74.2% were compliant. The PRIDE Survey data showed that parents host parties where alcohol is available to friends of their children, thereby contributing to the easy accessibility. Of students who report using alcohol, 29% of 6-12 grade report using at a friend's home (PRIDE 6-12 Grade Questionnaire, 2018). The PRIDE Survey also unveiled that adolescents see their peers using alcohol at school and school events. 39% of students "strongly agree" and "agree" that it is easy for students to use alcohol at school without getting caught (School Climate Survey, 2012).

Reducing underage drinking will require community-based efforts to monitor the activities of youth and decrease youth access to alcohol, including efforts such as

enforcement of minimum legal drinking age laws, national media campaigns targeting youth and adults, and development of comprehensive community-based programs.

### *Tobacco*

The CDC reports that if tobacco use continues at the current rate among youth in this country, 5.6 million of today's Americans younger than 18 will die early from a tobacco-related illness, which is approximately 1 of every 13 Americans aged 17 years or younger who are alive today.

There are currently too many youths in Anderson County, Tennessee that are using tobacco products. Tobacco products are easily accessible to youth and community norms support the use of tobacco products. 16% of Anderson County youth report using tobacco in the past 30 days at the time of surveying, and 17.1% of 12<sup>th</sup> graders have used tobacco in the past 30 days. In addition, 23.6% of all Anderson County students reported that it was "fairly easy" or "very easy" to get tobacco products. We have found that retail stores are selling tobacco products to adolescents, peers are providing tobacco products to students at school, adults are modeling behaviors supportive of tobacco use, and adolescents see their peers use tobacco products in the community.

Prevention of tobacco product use among youth is critical to ending the tobacco epidemic in the United States. Through local coalition programs and efforts, we can reduce and prevent youth tobacco product use when implemented together.

### *Prescription Drugs*

There are a number of narcotic drugs other than heroin, that are in fact, controlled substances. Many are painkillers that can be prescribed by physicians and dentists for pain. Similarly, like heroin, many are derived from opium, but there are also a number of synthetic painkillers in use today.

Anderson County has high rates of misuse of prescription drugs among youth due to the easy accessibility of prescription medicine. Only 49% of middle school students report obtaining a prescription drug would be "very difficult". In Anderson County, we find that doctors in the community prescribe controlled substances to adolescents and pregnant women, prescription medicine is available in medicine cabinets at parents' and grandparents' homes, and people self-medicate for undiagnosed mental health needs. Even though there is an overall 81.1% perception of risk (reporting "moderate risk" or "great risk") and a 95.2% perception of parental disapproval (reporting "wrong" or "very wrong") among 6-12 grade students as shown in the 2018 PRIDE Survey data, there was still a slight increase in past 30-Day Use from 2016 to 2018.

Prescription drug misuse continues to be a nationwide epidemic, and the effects of misuse continued to harm people and families in our community. Reducing prescription drug misuse requires a comprehensive community approach.

## *ENDS*

The CDC reports that there were 1.5 million more current youth e-cigarette users in 2018 than 2017. In Anderson County, there has also been a major increase in e-cigarette use; from 2016 to 2018 vaping has increased from 5.7% to 11.8%. The CDC states that e-cigarettes are the most commonly used tobacco product, ahead of cigarettes, cigars, smokeless tobacco, hookah, and pipes.

The CDC identified that the top three root causes for using ENDS include: (1) because a friend or family member used them, (2) the availability of flavors such as mint, candy, fruit or chocolate and (3) the belief that e-cigarettes are less harmful than other forms of tobacco, such as cigarettes. Other reasons youth stated they were using ENDS is because they are easier to get than other tobacco products, cost less than other tobacco products, and can be used in areas where other tobacco products, such as cigarettes, are not allowed. The Tennessee Department of Health reports in 2018, 40% of high school students have used an ENDS product and 11.5% currently use.

There are many local factors that contribute to the high rates of availability of ENDS. As shown through mapping, all vape stores in Anderson County are within 4 miles or less of a school. The teens are already exposed to a high amount of e-cigarette advertising according to the National Institute on Drug Abuse, 7 in 10 teens are exposed to e-cigarette ads.

## **IV. Community Resources**

Describe the resources that promote positive consequences and behaviors, protective factors and local conditions that build protection and assets that can be used to change poor local conditions.

Anderson County is supported by many local agencies and programs that increase protective factors for the youth in Anderson County including United Way, Boys and Girls Club, Girls Inc. Project AWARE, HeadStart, churches, sports teams, Boy Scouts, community centers, library programs, and during and after school clubs. ASAP has established relationships with local law enforcement, school districts, the Anderson County Health Department, media outlets, civic organizations, and local government, which are used to create positive community change.

Identify any gaps in resources.

The Community Health Assessment is a primary resource of data for informing the health improvement process. There is currently a gap in financial resources and human capital to follow through with project initiatives.

Community groups identify transportation continually as a need throughout the Anderson County Community. The lack of proper transportation affects residents' ability to seek treatment for underlying mental health disorders and medical issues, attend support meetings and receive substance misuse treatment and healthy food and activities.

There is also a lack of knowledge/access to services because of a stigma or fear put forth on substance misuse. Community groups agree that access to affordable healthcare was a major concern in their community. The majority of the community groups expressed that a key need in the community was an increase in the awareness of what resources and services regarding healthcare, child care, and services related to substance misuse.

## **V. Problem / Goal Statements**

- A. Write one Problem Statement for each drug to be addressed. (The coalition will create a logic model for each drug).

Marijuana – Teens use marijuana in Anderson County.

Tobacco- Youth in Anderson County, Tennessee use tobacco products.

Alcohol- Youth in Anderson County, Tennessee use alcohol.

Prescription Drugs- Youth in Anderson County, Tennessee use prescription drugs, non-medically.

E-cigarettes or Vaping- Youth in Anderson County, Tennessee use e-cigarettes and vaping products.

- B. Describe why each drug was prioritized.

Marijuana – Anderson County has too many teens with favorable attitudes toward marijuana.

Tobacco - Community norms support the use of tobacco products. Tobacco products are easily accessible to youth.

Alcohol - Alcohol is easily accessible to youth. Youth have a low perception of risk with regard to consuming alcohol.

Prescription Drugs - Prescription medicine is easy for youth to access.

E-cigarettes or Vaping - E-cigarettes are easy for youth to access. Youth have a low perception of risk with regard to using e-cigarettes and vaping devices.