2019 DELAWARE STATE EPIDEMIOLOGICAL PROFILE

SUBSTANCE USE AND RELATED ISSUES

CHAPTER 1: State Demographic Background

prepared for

Director Elizabeth Romero and the

Delaware Division of Substance Abuse and Mental Health

&

The Delaware State Epidemiological Outcomes Workgroup

with funding from the

Strategic Prevention Framework - Partnerships for Success Program

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Introduction:
The Role of the Delaware State Epidemiological Outcomes Workgroup and the Purpose of the Epidemiological Profile

All states, including Delaware, have received support from the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Prevention (CSAP) to establish a Statewide Epidemiological Outcomes Workgroup (SEOW). Some SEOWs, including Delaware’s, are incorporated as part of a SAMHSA Strategic Prevention Framework-State Incentive Grant (SPF-SIG) or Strategic Prevention Framework-Partnerships for Success (SPF-PFS) grant. The Division of Substance Abuse and Mental Health (DSAMH) in the Delaware Health and Social Services has been the recipient of an SPF-SIG grant and, more recently, of a SPF-PFS grant. The SEOW is a group of people and organizations in the state that have and use analytical data concerning drug and alcohol use and abuse and related behaviors and consequences; this information can be used to establish and monitor indicators related to substance abuse prevention. Formerly known as the Delaware Drug and Alcohol Tracking Alliance (DDATA), Delaware’s SEOW mission is to bring data on substance abuse and related behavioral problems to the forefront of the prevention planning process by pursuing the following goals:

- To build monitoring and surveillance systems to identify, analyze, and profile data from state and local sources
- To provide current benchmarks, trends, and patterns of substance abuse consumption and consequences
- To create data-guided products that inform prevention planning and policies
- To train agencies and communities in understanding, using, and presenting data effectively

This report, the Delaware State Epidemiological Profile, was developed by the SEOW to disseminate data for strategic planning, decision-making, and evaluation. Using indicators that are available on an ongoing basis, the report briefly describes Delaware-specific patterns of consumption, context, consequences, and trends of substance use, especially among young people.

Chapter 1 provides an overview of state demographics and consumption use for various substances. To review the complete Delaware Epidemiological Profile, other chapters, or SEOW data products, please visit the UD Center for Drug and Health Studies Delaware Epidemiological Reports page.
Thank you for your participation and commitment to data-driven prevention planning, practice, and evaluation! We are especially grateful for the support from Director Elizabeth Romero and the team at the Delaware Division of Substance Abuse and Mental Health for their guidance and collaboration.

atTAcK Addiction

Christiana Care Health System

Delaware Academy of Medicine

Delaware Afterschool Network

Delaware Criminal Justice Council

Delaware Coalition Against Domestic Violence

Delaware Council on Gambling Problems

Delaware Courts - Office of the Child Advocate

Delaware Criminal Justice Information System

Delaware Department of Education

Delaware Department of Services for Children, Youth and their Families

Division of Prevention and Behavioral Health Services

Delaware Health and Social Services

Division of Medicaid and Medical Assistance

Division of Public Health

Division of Services for Aging and Adults with Physical Disabilities

Division of Substance Abuse and Mental Health

Delaware Information and Analysis Center

Delaware Multicultural and Civic Organization

Delaware Prevention Coalition

Delaware State Police

Department of Safety and Homeland Security

Division of Alcohol and Tobacco Enforcement

Division of Forensic Science
KIDS COUNT in Delaware, University of Delaware Center for Community Research & Service
La Esperanza Community Center
Latin American Community Center
Mental Health Association in Delaware
Nemours Health and Prevention Services
Office of Controlled Substances
  Delaware Division of Professional Regulation
  Delaware Prescription Monitoring Program
Open Door Inc.
Wesley College
West End Neighborhood House
University of Delaware
  Student Health & Wellness Promotion

SEOW Facilitator Team at the University of Delaware Center for Drug and Health Studies:
David Borton, Darryl Chambers, Roberta Gealt, James Highberger, Dana Holz, Lin Lui, Steve Martin, Sharon Merriman-Nai, Dan O’Connell, Brandie Pugh, Laura Rapp, Rachel Ryding, Meisje Scales, Eileen Sparling, Wenjin Wan
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Delaware State Epidemiological Profile Overview

Each year, the Center for Drug and Health Studies at the University of Delaware, the facilitator of the State Epidemiological Outcomes Workgroup (SEOW), releases the Delaware State Epidemiological Profile, a project funded under the federal Strategic Prevention Framework-Partnerships for Success initiative. This report (2019) highlights the most recently available data on substance use among various populations across both Delaware and nationwide. Its information is intended to help decision-makers and stakeholders across the state accomplish goals related to needs assessments, strategic planning, and evaluation.

In its entirety, this report includes the following chapters:

1. State Demographic Background
2. Tobacco and Electronic Cigarettes
3. Alcohol
4. Marijuana
5. Opioid Use and Other Trends
6. Other Illegal Drugs
7. Substance-Exposed Infants
8. Gambling
9. Mental Health
10. Persons with Disabilities (new to the report this year)
11. Adverse Childhood Experiences
12. Lesbian, Gay, Bisexual, and Questioning Youth
13. Transgender Youth
14. Protective Factors
Chapter 1 State Demographic Background

State Overview

Delaware is the second smallest state in the United States, with total landmass equaling 1,949 square miles (U.S. Census Bureau, n.d.). It has three counties: New Castle, the most populated, and Sussex and Kent counties, which are primarily rural. The U.S. Census Bureau estimated the state population in 2018 at 967,171 residents. The 2013-2017 American Community Survey (ACS) indicated the median age in Delaware was 39.8 years. Of the state’s overall population, 21.6% were under the age of 18, and 17% were age 65 and older (U.S. Census Bureau, n.d.). The demographic snapshot for this period indicates that approximately 69.1% of the state population reported their race as White, 21.9% as Black or African American, 3.9% as Asian, 2.8% as two or more races, and the remaining population of the state identified as Pacific Islander/Native Hawaiian, American Indian/Alaska Native, or Other. Nine percent of the population reported their ethnicity as Hispanic or Latinx, and 12.8% of Delawareans spoke a language other than English at home (U.S. Census Bureau, American Fact Finder, n.d.).

Delaware’s median household income, based on the 2013-2017 ACS estimates, was $63,036. In March 2019, 3.3% of Delawareans in the labor force were unemployed (U.S. Bureau of Labor Statistics, n.d.). Approximately 8.2% of all families in Delaware lived below the poverty line, while 12.1% of all individuals were below the poverty line (American Community Survey [ACS], 2013-2017). In 2017, 6% of the Delaware population were uninsured, 18% enrolled in Medicaid, and 17% on Medicare (Kaiser Foundation, 2017). In November 2018, 63,005 families received assistance from the Supplemental Nutrition Assistance Program (SNAP) in Delaware (KIDS COUNT in Delaware, Annie E. Casey Foundation, 2019).

Due to unique tax and corporate policies and access to the Delaware Court of Chancery, Delaware has attracted more than half of all U.S. publicly traded companies to incorporate in the state. For this reason, Delaware is often named the “corporate capital of the world.” Two of Delaware’s major industries are corporate financing and banking. Delaware’s economy is also driven by chemical manufacturing, aviation, health services, tourism, and agriculture. In Kent and Sussex counties, agriculture has greater predominance. The state’s largest agricultural output is broiler chickens, followed by soybeans and corn. Many thousands of people from across the country visit Delaware’s beach resort towns every year, making tourism a great driver of economic development in Sussex County (Division of Small Business Development and Tourism, n.d.).
New Castle County Overview

The northernmost and most densely populated county, New Castle, has an estimated population of 559,335 (U.S. Census Bureau, July 2018 population estimates). Delaware’s largest city, Wilmington, is located in the county, with an estimated 71,106 people living in the city during this time period (U.S. Census Bureau, n.d.). There is an upsurge in the number of people in the downtown business district during the day, with much of that population leaving the city for homes in the suburban outlying areas at night. Recent residential and business developments along the waterfront in the city were designed, in part, to attract more working professionals to the city to live, dine, and find entertainment. Efforts to motivate locals to dine and entertain in the city are hampered by concerns over high crime rates. In 2014, Newsweek featured an article on the troubling homicide rate within the city, which was nicknamed Murder Town USA (Jones, 2014). Attention to increasing homicide rates led local residents and policymakers to call gun violence a public health epidemic, and epidemiologists from the CDC treated it as such and spent several months in 2015 identifying risk factors that led to gun violence within the city (Sumner et al., 2015).

Newark, the state’s third largest city, with an estimated 33,858 people in 2017, is also located in New Castle County (U.S. Census Bureau, n.d.). Delaware’s flagship university, the University of Delaware, is located in Newark. Towns in lower New Castle County have seen explosive growth in the past two decades. Between the 2000 and 2010 census reporting periods, Middletown grew by 206%, and Townsend by 492%.

Kent County Overview

An estimated 178,550 residents live in Kent County. Dover, the state’s capital and second largest city, is located in Kent County. An estimated 37,538 people lived in Dover in 2017 (U.S. Census Bureau, n.d.). The city is home to the Dover Air Force Base and the Dover Downs International Speedway. Delaware State University and Wesley College are based in Dover, and Delaware Technical Community College and Wilmington University also have locations in the city. Recent residential developments have attracted more people to Kent County. Two towns saw large increases in population from 2000-2010: Cheswold increased by 341% during this time period and Clayton by 129%. Kent County had an overall 28% increase in population between 2000-2010.

Sussex County Overview

Sussex County, the southernmost county, is home to several beach resort towns that support a large influx of people during the warmer months but do not host a large year-round population. In 2018, the population of Sussex County was estimated at 229,286 residents. During the tourist season, tremendous congestion and traffic are evident in these coastal towns. Milford, Georgetown, and Seaford are the three largest cities in the county, all of which are inland from the coast and have primarily year-round populations. Poultry processing is a major industry in Sussex County, and a significant immigrant and migrant worker population is associated with the industry. From 2000-2010, Sussex County experienced a 26% increase in its population. These official numbers may still reflect an undercount of total population growth, as migrant and immigrant workers are often uncounted on the U.S. Census.
**Medically Underserved Areas**

The Health Resources and Services Administration (HRSA) uses existing data to determine areas of the country that are medically underserved and lack access to primary care doctors. Occasionally, areas do not fit official criteria for being medically underserved, but local stakeholders, aware of local context and realities, can petition to designate the area as medically underserved if additional data show that the population does have difficulty in accessing primary care. In Delaware, much of the southern and eastern communities in New Castle County are currently considered a Medically Underserved Area (MUA) under the Governor’s Exception Criteria, with several census tracts within the city of Wilmington considered an MUA using the HRSA coding criteria. All of Kent County is considered an MUA under the Governor’s Exception Criteria. Sussex County is considered an MUA under the HRSA coding criteria (Health Resource and Services Administration, n.d.).

In addition to physical health concerns, nearly 30% of adults reported poor mental health status in 2016 (Kaiser Family Foundation, n.d.). These factors, coupled with under-resourced service areas, amplify the need for preventive health services, including strategies to bolster behavioral health. (For an interactive map of areas of need within the state, visit the Delaware Health Tracker 2018 SocioNeeds Index.)

To review the complete Delaware Epidemiological Profile, other chapters, or SEOW data products, please visit the UD Center for Drug and Health Studies Delaware Epidemiological Reports page.
2018 Delaware School Survey
Reported Use of Selected Substances in the Past Year
among Delaware 8th and 11th Grade Students
(in percentages)

Figure 1: Selected substance use, past year, 8th and 11th graders

Notes: Medication used not as prescribed includes steroids, over-the-counter medication, prescription uppers (diet pills, Ritalin, Concerta, Adderall), downers (Xanax and other benzodiazepines), and painkillers.
Other illegal drugs include ecstasy, hallucinogens, street uppers, inhalants, cocaine, crack, heroin, and synthetic marijuana used to get high.
Source: “2018 Delaware School Survey.” Center for Drug and Health Studies, University of Delaware

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This Venn diagram illustrates the prevalence of past-year polysubstance use among 11th grade students in Delaware. Each circle has been scaled relative to the number of students who report using that substance in the past year, and the areas where circles overlap are accurate to the proportion of students who reported using multiple substances. Overall, 55% of students report using at least one substance in the past year, meaning that 45% of students did not report past-year substance use.

As in previous years, alcohol remains the most commonly used substance, with marijuana as the second most used substance. Most students who reported using a different substance were also using alcohol or marijuana, if not both. Also of note, every student who reported smoking cigarettes also reported the use of an e-cigarette or vaping device. Two percent of students reported using substances from all five categories of drugs here.

Figure 2: Polysubstance use, past-year, 11th graders, 2018
Note: This includes ecstasy, hallucinogens, steroids, over-the-counter drugs, amphetamines, crack, cocaine, heroin, synthetic marijuana, and/or any prescription medication used in ways other than prescribed.
Source: “2018 Delaware School Survey,” Center for Drug and Health Studies, University of Delaware
2018 Delaware School Survey
Reported Use of Selected Substances in the Past 30 Days
among Delaware 8th and 11th Grade Students
(in percentages)

Figure 3: Selected substances used in past 30 days, 8th and 11th graders, 2018
Notes: Medication used not as prescribed includes steroids, over-the-counter medication, prescription uppers (diet pills, Ritalin, Concerta, Adderall), downers (Xanax and other benzodiazepines), and painkillers.
Other illegal drugs include ecstasy, hallucinogens, street uppers, inhalants, cocaine, crack, heroin, and synthetic marijuana used to get high.
Source: “2018 Delaware School Survey.” Center for Drug and Health Studies, University of Delaware

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Reported Past Month Cigarette Use Among Delaware 8th Grade Public School Students: 2017-2018

Figure 4: Map of past-month cigarette use, 8th graders
Source: "2017-2018 Delaware School Survey," Center for Drug and Health Studies, University of Delaware

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Figure 5: Map of past-month cigarette use, 11th graders
Source: “2017-2018 Delaware School Survey.” Center for Drug and Health Studies, University of Delaware
Figure 6: Map of past-month alcohol use, 8th graders
Source: “2016-2017 Delaware School Survey,” Center for Drug and Health Studies, University of Delaware

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Figure 7: Map of past-month alcohol use, 11th graders
Source: “2017-2018 Delaware School Survey.” Center for Drug and Health Studies, University of Delaware
Reported Past Two Week Binge Drinking* Among Delaware 8th Grade Public School Students: 2017-2018

Legend

- New Castle County
- Kent County
- Sussex County
- PO Box/Company Zip Codes
- Too Few To Estimate (N<30)

Rate of Binge Drinking

- Less than 1%
- 1-2.9%
- 3-4.9%
- 5-10%

State Rate: 2%

Data Notation:
*Binge Drinking is defined as four drinks for females and five drinks for males in a two hour period

Figure 8: Map of two-week binge drinking, 8th graders
Source: "2017-2018 Delaware School Survey," Center for Drug and Health Studies, University of Delaware

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Reported Past Two Week Binge Drinking* Among Delaware 11th Grade Public School Students: 2017-2018

Legend
- New Castle County
- Kent County
- Sussex County
- PO Box/Company Zip Codes
- Too Few to Estimate (N<30)

Rate of Binge Drinking
- 3-5.9%
- 6-8.9%
- 9-12.9%
- 13-16.9%
- 17-24%

State Rate: 8%

Data Notation:
*Binge drinking is defined as four drinks for females and five drinks for males in a two hour period

Figure 9: Map of two-week binge drinking, 11th graders
Source: “2017-2018 Delaware School Survey,” Center for Drug and Health Studies, University of Delaware

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Figure 10: Map of past-month marijuana use, 8th graders
Source: “2017-2018 Delaware School Survey.” Center for Drug and Health Studies, University of Delaware
Reported Past Month Marijuana Use Among Delaware 11th Grade Public School Students: 2017-2018

Legend

- New Castle County
- Kent County
- Sussex County
- PO Box/Company Zip Codes
- Too Few to Estimate (N<30)

Rate of Marijuana Use

- 9-15.9%
- 16-21.9%
- 22-26.9%
- 27-33.9%
- 34-45%

State Rate: 23%

Figure 11: Map of past-month marijuana use, 11th graders
Source: "2017-2018 Delaware School Survey." Center for Drug and Health Studies, University of Delaware
Figure 12: Map of past-year prescription painkiller use, 8th graders
Source: “2017-2018 Delaware School Survey.” Center for Drug and Health Studies, University of Delaware
Figure 13: Map of past-year prescription painkiller use, 11th graders

Source: “2017-2018 Delaware School Survey.” Center for Drug and Health Studies, University of Delaware

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Reported Past Year Prescription Drug* Use Without a Prescription Among Delaware 8th Grade Public School Students: 2017-2018

Legend
- New Castle County
- Kent County
- Sussex County
- PO Box/Company Zip Codes
- Too Few to Estimate (N<30)

Rate of Rx Drug Misuse
- 3-5.9%
- 6-8.9%
- 9-11.9%
- 12-14.9%
- 15-22%

State Rate: 10%

Data Notation:
*Prescription drugs includes steroids, over the counter medication, prescription uppers (diet pills, Ritalin, Concerta, Adderall), downers (Xanax and other benzodiazepines), and painkillers.

Figure 14: Map of past-year prescription drug use, 8th graders
Source: “2017-2018 Delaware School Survey.” Center for Drug and Health Studies, University of Delaware
Figure 15: Map of past-year prescription drug use, 11th graders

Source: “2017-2018 Delaware School Survey.” Center for Drug and Health Studies, University of Delaware

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About Delaware


# Data Sources for the 2019 Delaware State Epidemiological Profile

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<td>Center for Drug and Health Studies, UD</td>
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In addition to the data sources for the figures and tables in the 2019 report, the following data sources are also cited throughout the narrative:

- America’s Health Rankings
- Bureau of Labor Statistics
- Centers for Disease Control and Prevention
- Delaware Health Tracker
- Health Resources and Services Administration
- Kaiser Family Foundation
- PolicyMap
- Prescription Behavior Surveillance System at Brandeis University
- Tobacco21.org
- U.S. Department of Health and Human Services
- U.S. Census Bureau