“Prevention means acting today.

Working together for a healthier North Dakota

Prevention means acting before problems start. Instead of only responding to the harms of substance misuse, prevention tackles root causes, helping us save lives, protect families, and build a stronger North Dakota.

NORTH Dakota
Be Legendary.

Behavioral Health
HEALTH & HUMAN SERVICES

NORTH Dakota
Be Legendary.

Behavioral Health
HEALTH & HUMAN SERVICES

Quick facts about prevention and substance misuse

- Substance misuse costs North Dakota **$488 million** every year.
- **Alcohol is the most misused substance in our state,** causing more deaths than all illegal drugs combined.
- An alcohol-related crash happens **every 13 hours** in North Dakota.
- Starting to drink before age 15 makes someone **four times more likely** to develop alcohol dependence.
- **Underage drinking harms developing brains**—impacting memory, learning and impulse control.
- **Prevention is cost-effective:** Every $1 invested saves $64 in future costs.
- **Research shows prevention reduces crime, improves community well-being and saves lives.**

Find out more about prevention

hhs.nd.gov/prevention

REFERENCES

Excessive Drinking is Draining the U.S. Economy (cdc.gov)
National Institute on Alcohol Abuse and Alcoholism - Alcohol and the Adolescent Brain
National Survey on Drug Use and Health, North Dakota 2021-2022 Estimates
North Dakota Crash Report, 2023
North Dakota Youth Risk Behavior Survey (YRBS), 2023