

## BY THE NUMBERS

About **1 in 3** 18-25 year olds **report binge drinking Alcohol** in the past month. Mainers 26-35 reported a similar rate of binge drinking.<sup>1</sup>



About **1 in 5** Maine high school students **drink alcohol** in the past month while **1 in 10 binge drank** in the past month. Rates have been **declining** since 2009.<sup>2</sup>

**Tobacco** use among high school students has decreased steadily since 2009. In 2015, about **1 in 10** students reported smoking cigarettes or cigars in the past 30 days.<sup>2</sup> Tobacco use remains high among adults aged 26-35, with almost **1 in 3** being current smokers.<sup>1</sup>



**Prescription Drug** misuse has steadily decreased among high school students since 2009. In 2015, just over **1 of 10** high school students reported misusing a prescription drug in their lifetime.<sup>2</sup> **Mainers between the ages of 18 and 34 continue to have the highest rates of prescription drug and pain reliever misuse.**<sup>1</sup>

The most commonly used illicit drug in Maine is **Marijuana**. **The state has one of the highest rates of marijuana use by young adults (18-25) in the nation.**<sup>3</sup> Adult use has increased over the past few years, while high school use is stable. In 2015, **1 in 5** high school students used marijuana in the past month.<sup>2</sup>

In general, **18-25 year olds have the highest rates of substance abuse** and are the most likely age group to engage in risky behaviors.



## SPOTLIGHT ON: VAPING

*Electronic vapor products refer to devices used to vaporize active ingredients of plant material, commonly tobacco, cannabis, or herbs for the purpose of inhalation.*

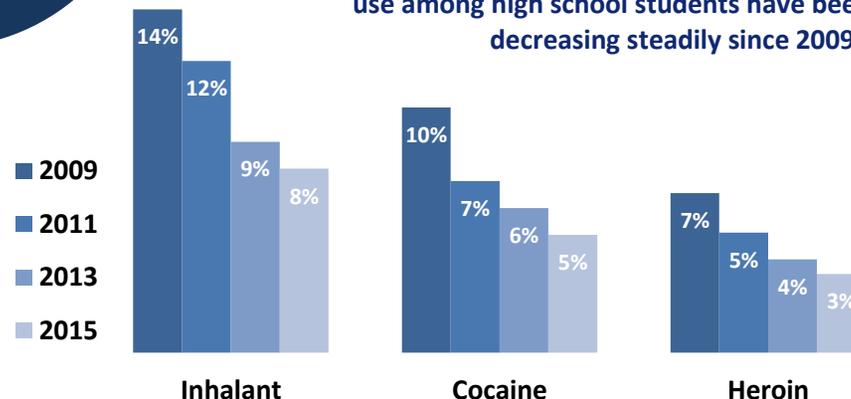


One in three Maine high school students ever used an electronic vapor product, while one in five used one in the past month.<sup>2</sup>

Electronic vapor products are currently unregulated by the U.S. Food and Drug Administration (FDA).<sup>4</sup> In Maine, electronic vapor products are limited to people 18 and older. While youth use of these products has tripled nationwide from 2013–2014,<sup>5</sup> Maine has not tracked this type of consumption until recently, so trending data are not yet available.

Maine is making progress, with youth showing steady declines in substance use.

Lifetime rates of inhalant, cocaine and heroin use among high school students have been decreasing steadily since 2009.<sup>2</sup>



This fact sheet is a product of the Maine State Epidemiological Outcomes Workgroup (SEOW). For more info, visit [www.maineoseow.com](http://www.maineoseow.com)

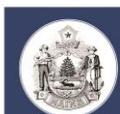
<sup>1</sup> Behavioral Risk Factor Surveillance System (BRFSS)

<sup>2</sup> Maine Integrated Youth Health Survey (MIYHS)

<sup>3</sup> National Survey on Drug Use and Health (NSDUH)

<sup>4</sup> <http://www.bangorpublichealth.org>

<sup>5</sup> US Centers for Disease Control and Prevention



Paul R. LePage, Governor

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Maine People Living Safe, Healthy and Productive Lives

Mary C. Mayhew, Commissioner