

CONSUMPTION

In 2016-17, approximately 6% (65,000) of Mainers 12 and older qualified as having an alcohol use disorder.^{1*} Mainers 18 to 25 have the highest rates of risky alcohol use and represent the age group most likely to qualify as having an alcohol use disorder.^{1*}



In 2016-17, about one in three 18 to 35 year olds binge drank in the past month.^{2*}



Past month alcohol consumption among high school students has declined from 32% in 2009 to 23% in 2017.^{3*} Among high school students who drank in the past month, about one in three reported binge drinking.^{3*}

The rate of pregnant women reporting they drank alcohol during their last trimester has increased from 2015 (6%) to 2017 (10%).^{4*}

CONSEQUENCES

In 2018, about one in four of all fatal motor vehicle crashes involved alcohol/drugs.⁵ Drivers between the ages of 21 and 24 have the highest rates of impaired alcohol/drug crashes.⁵



Ambulance responses related to an alcohol overdose have decreased by 5% from 2017 (3,269) to 2018 (3,121). Rates were highest among 18 to 25 year olds.⁶

In 2018, alcohol was found in a quarter of overdose deaths. Drug related overdose deaths involving ethanol/alcohol decreased for the first time since 2015.⁷



¹ National Drug Use and Health Survey*
² Behavioral Risk Factor Surveillance System*
³ Maine Integrated Youth Health Survey*
⁴ Pregnancy Risk Assessment Monitoring System*
⁵ Bureau of Highway Safety
⁶ Emergency Medical Services

⁷ Dr Sorg, Office of Chief Medical Examiner
⁸ Maine Parent Survey
⁹ Liquor Licensing and Compliance
 *Self-reported data

CONTRIBUTING FACTORS

In 2016-17, about one in ten 18 to 25 year olds believed that binge drinking a few times per week was not risky.^{3*}



- Easy access to alcohol at home is a major contributing factor. In 2017, more than a third (37%) of parents of teens felt their children could access alcohol at home without their knowledge; this represents a decrease since 2015 (50%).⁸
- Six in ten high school students believe alcohol would be easy to get.^{3*}
- Students who believe alcohol is easy to obtain were nearly four times as likely to drink in the past month.^{3*}

In 2017, Maine had 3,839 alcohol retail outlets; 39% were off-premise (e.g. convenience stores) and 61% were on premise (e.g. restaurant, bar).⁹



Alcohol continues to be one of the most dangerous and easily accessible substances in Maine.

Among high school students who drank alcohol in the past month in 2017, more than a third said that someone had given it to them. One in five said they gave someone money to buy it.^{3*}

Where Student Obtained Alcohol (Among Students Who Reported Drinking in the Past 30 Days): 2017

