CONSUMPTION

In 2016-17, approximately 6% (65,000) of Mainers 12 and older qualified as having an alcohol use disorder. 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. The same statement of the same s

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. 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. 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



- ¹National Drug Use and Health Survey*
- ² Behavioral Risk Factor Surveillance System*
- 3. Maine Integrated Youth Health Survey*
- ⁴ Pregnancy Risk Assessment Monitoring System*
- 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%).
- 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*

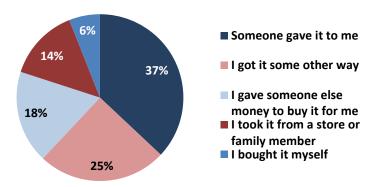
In 2017, Maine had 3,839 alcohol retail outlets; 39% were off-premise (e.g. convenience stores) and 61% were on premise (e.g. restaurant, bar). 9



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



This fact sheet is a product of the Maine State Epidemiological Outcomes Workgroup (SEOW)

For more info, visit www.maineseow.com