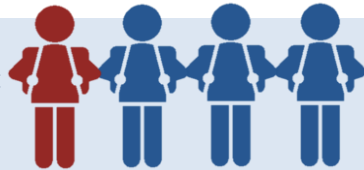


CONSUMPTION

Less than one in four high school students reported consuming any alcohol in the past month. The rate of consumption has been steadily declining since 2011.¹



Among adults, the highest binge drinking rates continue to be observed among 18 to 24-year-olds, with about one in three reporting binge drinking within the past month.²



Based on self-reported drinking habits, in 2017-18, about 71,000 (6%) Mainers 12 & older qualified as having an alcohol use disorder; this was up by 9% since 2016-17.³

The rate of pregnant women reporting they drank alcohol during their last trimester decreased from 2017 (10%) to 2018 (9%).⁴

CONSEQUENCES

In 2019, about one in four of all fatal motor vehicle crashes involved alcohol/drugs.⁴ Maine drivers ages 21-24 had the highest rate of alcohol/drug-related crashes.⁵

Arrests related to operating under the influence (OUI) remain stable. From 2014 to 2018, there was a substantial increase in OUIs for Mainers ages 30-39.⁶



In 2019, there were nearly 19,000 alcohol-related emergency department visits.⁷ In 2019, alcohol was involved in 27% of overdose deaths, an increase since 2015 (22%).⁸



Nearly four in ten admissions for substance use treatment listed alcohol as the primary reason for treatment in 2018.⁹



- 1. Maine Integrated Youth Health Survey*
 - 2. Behavioral Risk Factor Surveillance System*
 - 3. National Drug Use and Health Survey*
 - 4. Pregnancy Risk Assessment Monitoring Survey*
 - 5. Bureau of Highway Safety
 - 6. Maine Department of Transportation
 - 7. CDC Syndromic Surveillance System
 - 8. Office of Chief Medical Examiner
 - 9. Web Infrastructure for Treatment Services
 - 10. CDC Parent Survey
 - 11. Maine Bureau of Alcoholic Beverages and Lottery
- *Self-reported data

CONTRIBUTING FACTORS

In 2019, 38% of parents of teens felt their children could access alcohol at home without their knowledge; parents were six times more likely to feel their child could access alcohol compared to other substances.¹⁰

Six in ten high school students believe alcohol would be easy to get.¹ Among high school students who drank alcohol in the past month in 2019, more than a third said that someone had given it to them.¹

*As of May 2020, Maine's alcohol outlet density included:*¹¹



3,479 alcohol retail outlets



143 brewery locations



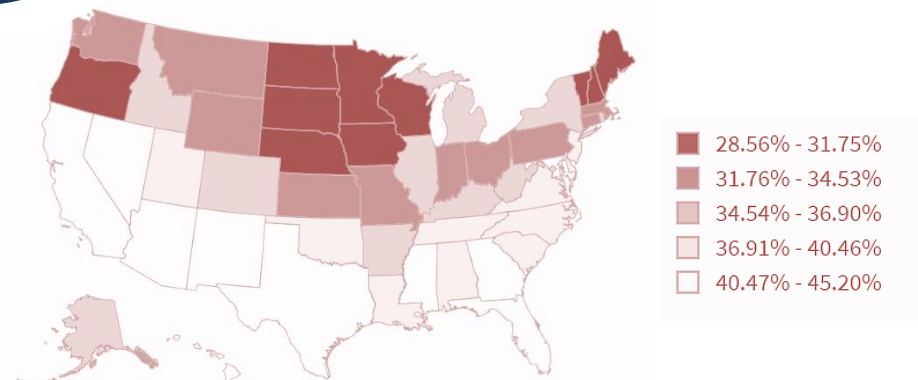
60 winery locations

Four out of five high school students think binge drinking 1-2 times per week is harmful.¹



Alcohol is the most widely available and consumed substance in Maine. Risky alcohol use continues to have a substantial impact on the health and safety of Mainers and their families.

Perceptions of Great Risk from Having Five or More Drinks of an Alcoholic Beverage Once or Twice a Week among Individuals Aged 18-25³



Perception of harm from binge drinking remains lower among young adults. More than seven out of ten young adults ages 18-25 think that binge drinking a few times a week is not risky. Maine has some of the lowest rates in the Nation.³