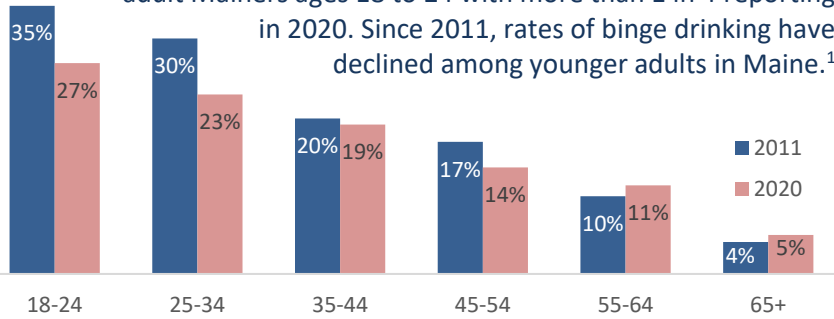


### CONSUMPTION

Past month binge drinking rates remain highest among young adult Mainers ages 18 to 24 with more than 1 in 4 reporting in 2020. Since 2011, rates of binge drinking have declined among younger adults in Maine.<sup>1</sup>



Past month alcohol consumption among high school students declined from 32% in 2009 to 23% in 2019; however, a third who drank any alcohol in the past month reported binge drinking.<sup>2</sup>

### CONSEQUENCES



In 2020, alcohol accounted for 42% (2,471) of Maine EMS responses related to substance use; males had twice as many alcohol responses compared to females and Mainers 35-54 had the highest rate.<sup>3</sup>

In 2020, there were 19,592 alcohol-related ED visits in Maine; a 5% increase from 2019. In 2020, males had twice as many alcohol related ED visits and rates were highest among Mainers between 36 and 54.<sup>4</sup>



In 2020, there were 1,265 crashes that involved drivers impaired from alcohol and/or drugs. Rates were highest among drivers 21 to 24.<sup>5</sup>

Juvenile liquor law violations decreased by 23% from 2018 to 2019 and juvenile OUI arrests had a 30% decrease from 2015.<sup>6</sup>



<sup>1</sup> Behavioral Risk Factor Surveillance\*  
<sup>2</sup> Maine Integrated Youth Health Survey\*  
<sup>3</sup> Maine Emergency Medical Services  
<sup>4</sup> CDC Syndromic Surveillance System  
<sup>5</sup> Maine Department of Transportation

<sup>6</sup> Maine Department of Public Safety, Uniform Crime Reports  
<sup>7</sup> Maine Bureau of Alcoholic Beverages and Lottery  
<sup>8</sup> National Survey of Drug Use and Health  
 \*Self-reported data

### CONTRIBUTING FACTORS



In 2020, there were 3,478 retail outlets in Maine with liquor licenses; this was nearly 26 outlets for every 10,000 Mainers.<sup>7</sup>

High school students that thought alcohol was easy to obtain were nearly 4x as likely to drink alcohol within the past month.<sup>1</sup>



Perception of harm from binge drinking is consistently lower among 18 to 25-year-olds; only 38% percent reported binge drinking was harmful.<sup>8</sup>

In Maine, adults with higher incomes are more likely to binge drink in the past month compared to those with lower incomes.<sup>1</sup>



*Alcohol continues to be the most often used substance by Mainers across the lifespan, particularly for youth and young adults.*

A higher percentage of Maine youth, 12 to 20, reported alcohol use in the past month (22.4%), compared to the Northeast (20.3%), and the US (18.7%).<sup>8</sup>

### Underage Alcohol Use in the Past Month, 12 to 20: 2018-19<sup>4</sup>

