

Binge drinking among Maine high school students has been decreasing in recent years, from 19% in 2009 to 12% in 2015.¹



About **1 in 3** 18 to 25 year olds **report binge drinking alcohol** in the past month. Mainers 26 to 35 reported a similar rate of binge drinking.²

Tobacco use rates have decreased steadily among youth and young adults but remain stagnant among older Mainers.^{1,2} About **1 in 10** high school students and **1 in 5** of 18 to 25 year olds reported smoking in the past month.^{1,2} Tobacco use remains high among adults ages 26 to 35, with nearly a third being current smokers.²



Marijuana use by high school students is stable, adult use has been increasing over the past few years.^{1,3} In 2015, **1 in 5** high school students used marijuana in the past month.² **Nearly 1 in 3 of 18 to 25 year olds report using marijuana in the past-month.**³

Prescription Drug misuse has steadily decreased among high school students.¹ In 2015, about **1 in 10** high school students reported misusing a prescription drug in their lifetime.² **Mainers between the ages of 18 and 35 continue to have the highest rates of prescription drug and pain reliever misuse.**^{1,3}



Heroin use is most common among 18 to 25 year olds (1.21%). Overall, it is estimated that about **7,000 (.62%) Mainers 12 and older reported using heroin in the past year.**³

1. Maine Integrated Youth Health Survey (MIYHS)
2. Behavioral Risk Factor Surveillance System (BRFSS)
3. National Survey on Drug Use and Health (NSDUH)
4. Kosterman et al. (2000). *AJPH* 90(3).
5. US Centers for Disease Control and Prevention



Paul R. LePage, Governor

Department of Health
and Human Services

Maine People Living
Safe, Healthy and Productive Lives

Ricker Hamilton, Acting Commissioner

SPOTLIGHT ON: Initiation of Use

Youth who begin using substances at an early age are more likely to develop substance abuse and dependence later in life.⁴

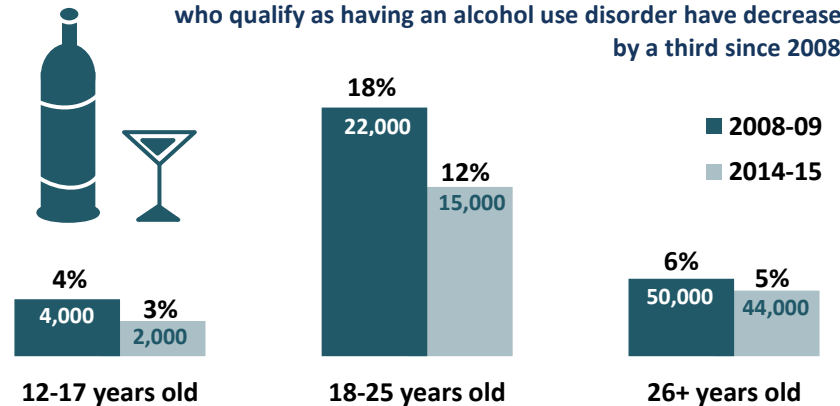
Out of high school students who ever drank alcohol, **1 in four had their first drink before age 13.**¹



Marijuana use rates among 18 to 25 year olds as well as those 26 and older have been steadily increasing over the past several years.³ While there doesn't seem to be an overall increase in the number of initiates, users of marijuana appear to be starting earlier.³ In 2014–15, an average of 6,000 Mainers aged 12 to 17 tried marijuana for the first time.⁴

Substance use is disproportionately higher among Mainers 18 to 35.

It's estimated that 61,000 Mainers have an alcohol use disorder (according to the DSM-IV criteria). Fortunately, adults 18 to 25 who qualify as having an alcohol use disorder have decreased by a third since 2008.³



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