

# SEOW Webinar Series Part 1: Consumption/Prevalence of Substances in Maine



By Tim Diomedes, MPPM

October 31<sup>st</sup> 2016



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

# Agenda

- Introduction/Purpose of the SEOW
- Presentation of Key Findings
- New and Updated Resources
- Questions

# Purpose of SEOW

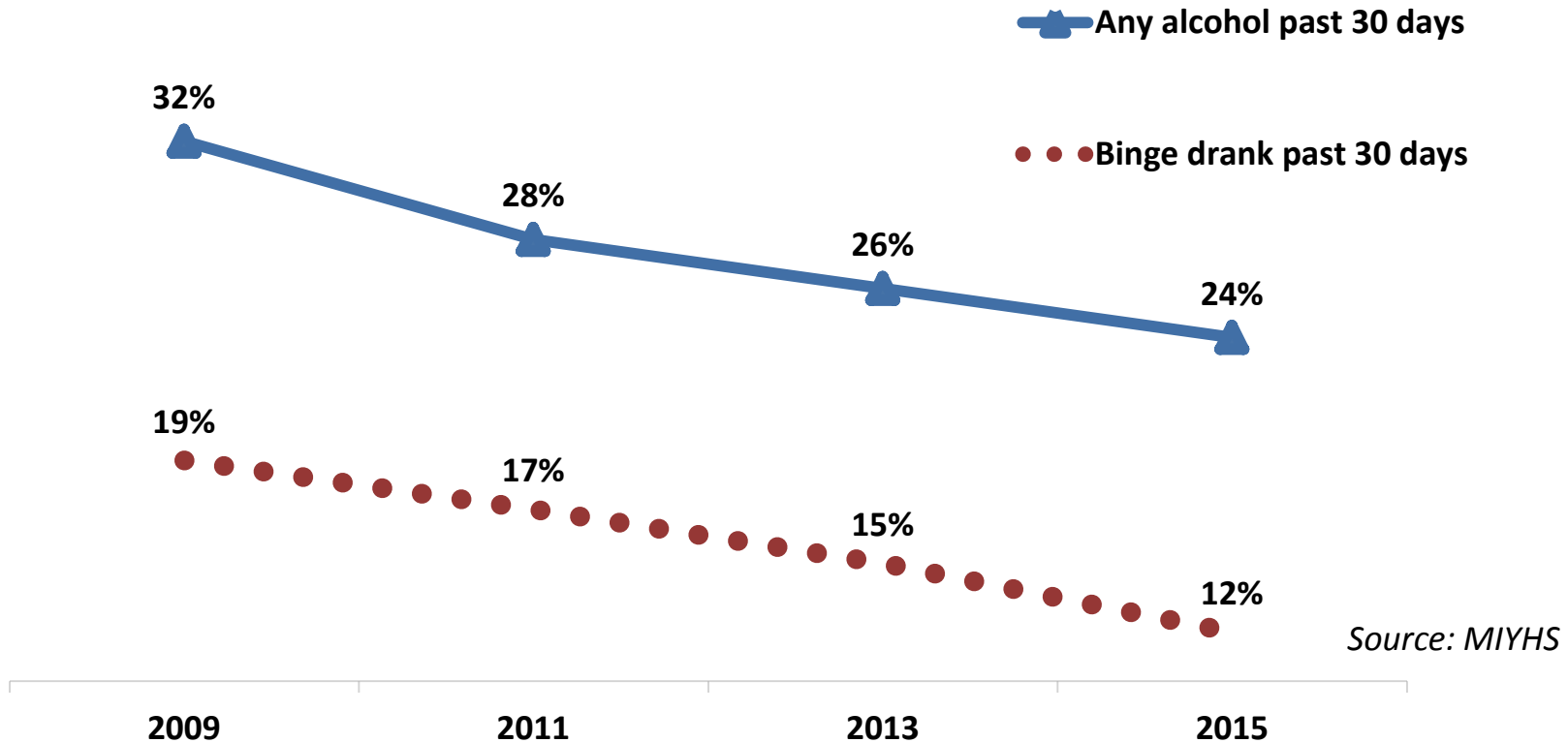
## (State Epidemiological Outcomes Workgroup)

- Promote systematic, data-driven decision-making
- Guide effective and efficient use of prevention resources
- Identify and track substance abuse trends
- Detect emerging substances/trends
- Serve as a clearing house and facilitator

# Consumption

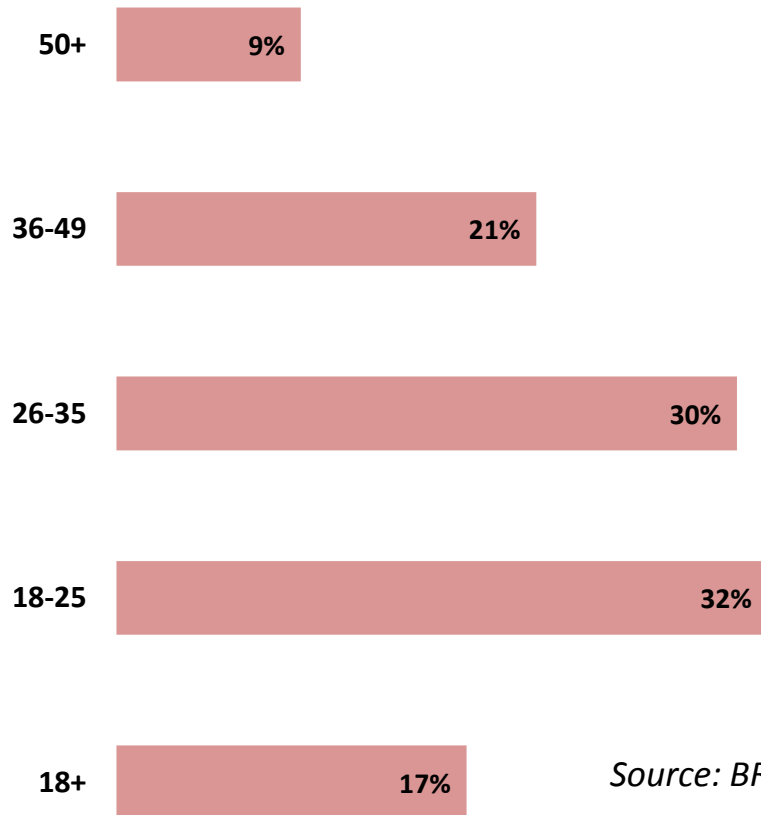
(surveillance data)

# Past month alcohol use among high school students: 2009-2015



Alcohol use rates among Maine high school students have been steadily declining since 2009.

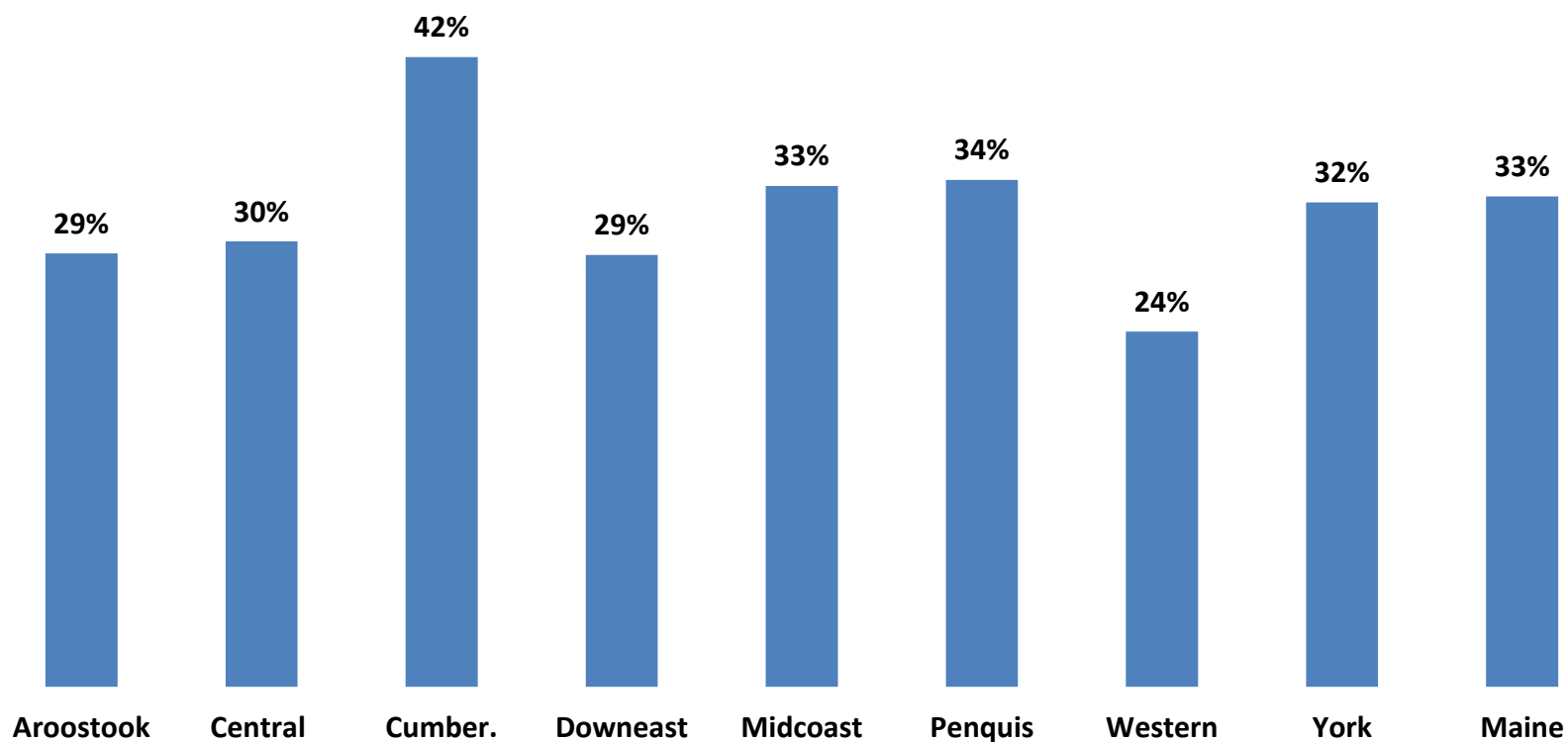
# Adults reporting binge drinking in past 30 days, by age group: 2013-14



Source: BRFSS

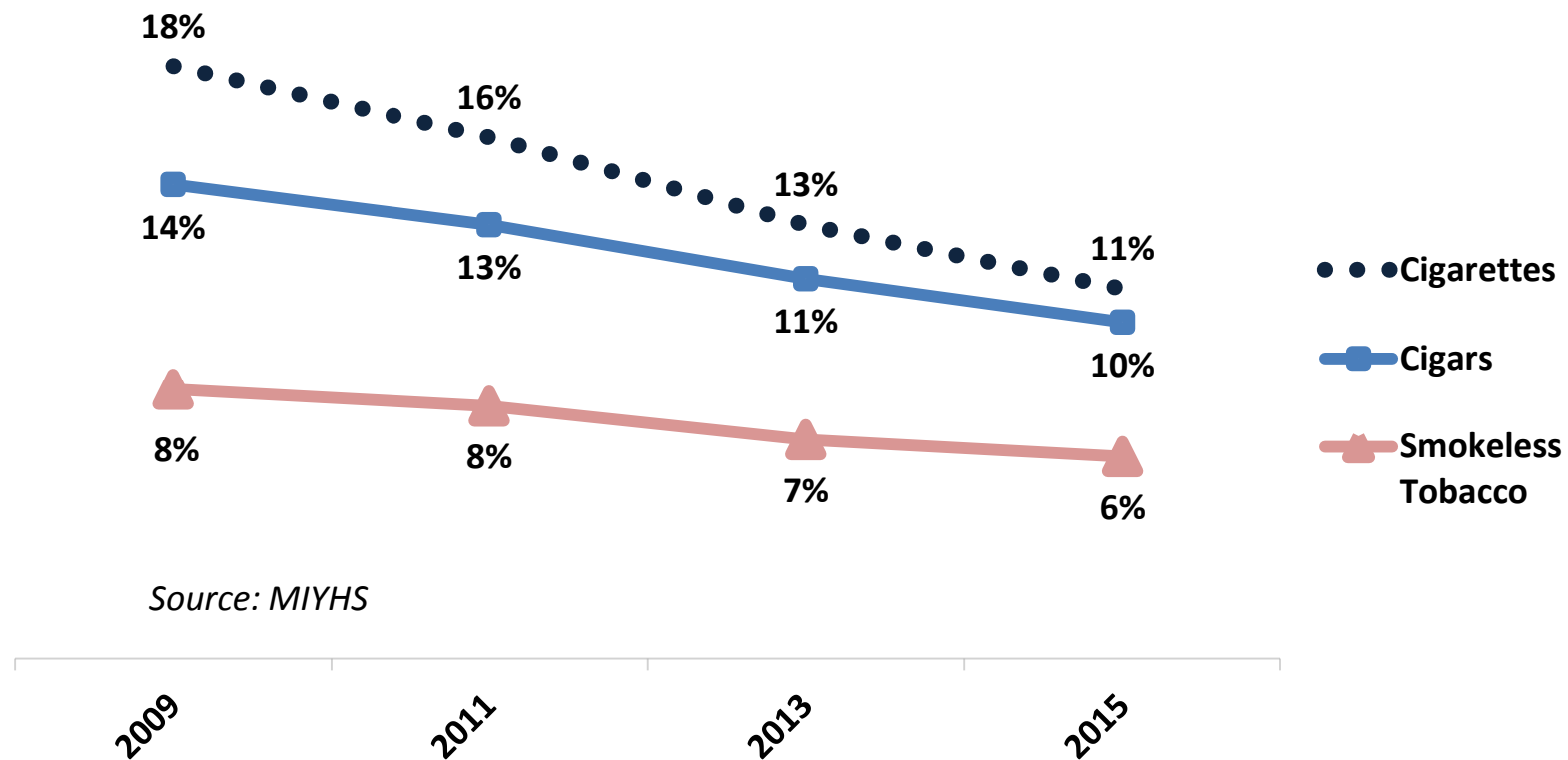
About one in three 18 to 25 year olds binge drank in the past month. Mainers 26 to 35 also had similar rates with three out of ten reporting having binge drank in the past month.

# Percent of adults by Public Health District who reported binge drinking among 18 to 25 year olds in past 30 days by age group: 2011-14



Source: BRFSS

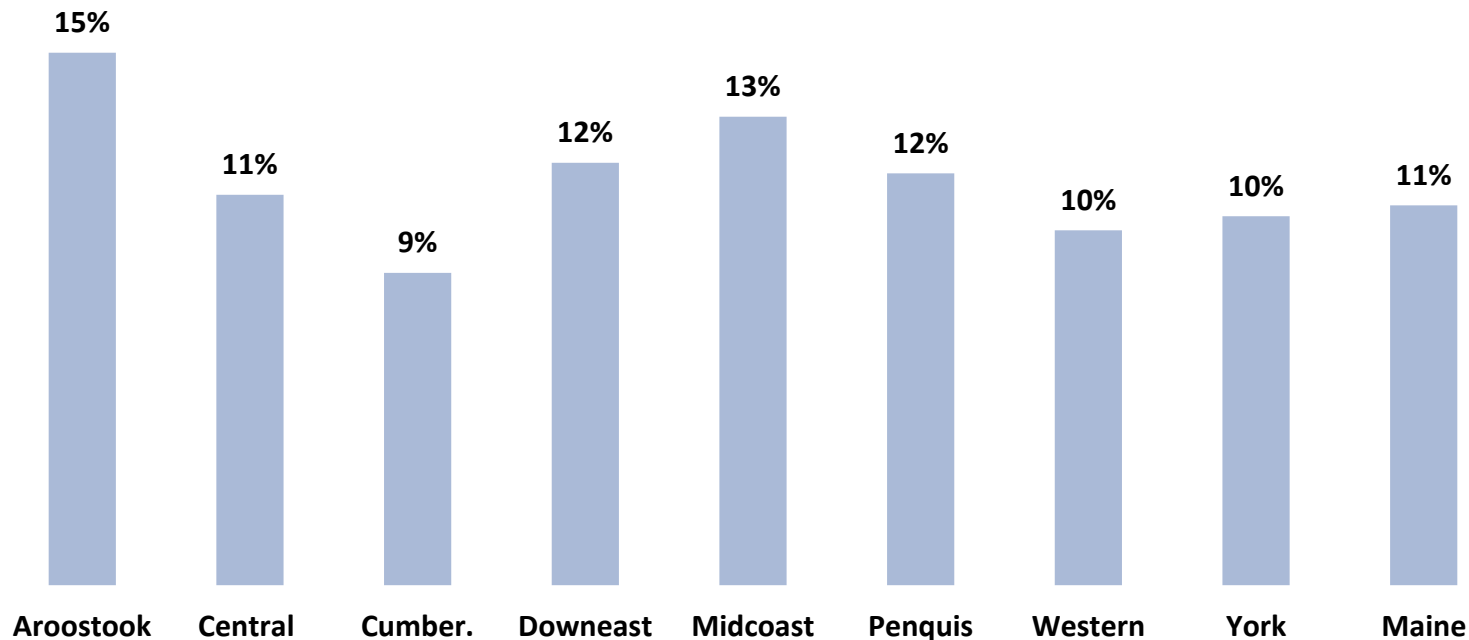
# High school students who used tobacco during past month, by tobacco type



High school tobacco use has been decreasing steadily. In 2015, about one in ten students reported having smoked cigarettes or cigars within the past 30 days.

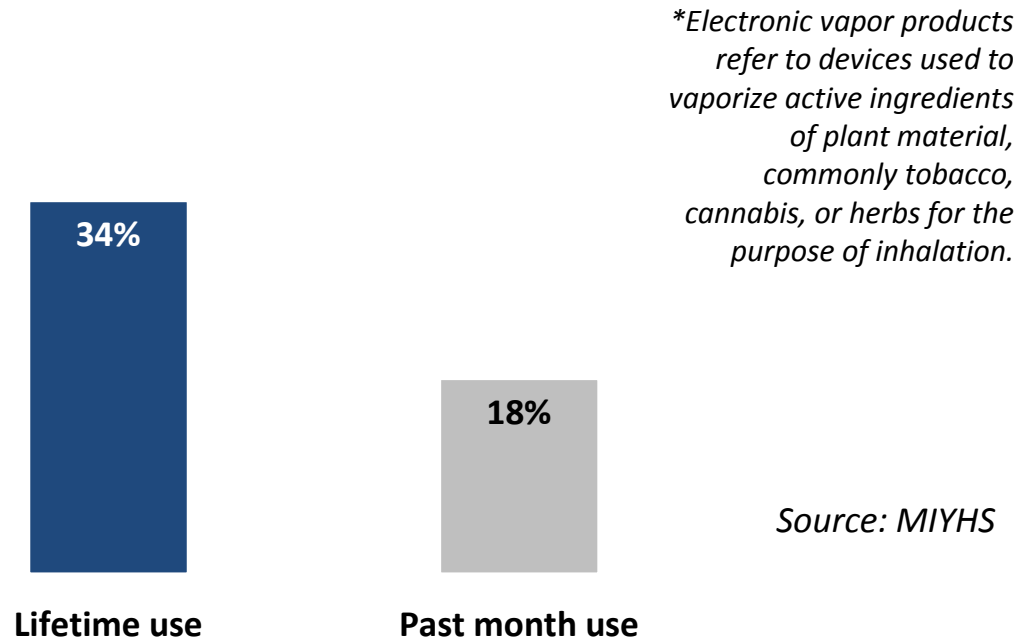


# Percent of high school students by Public Health District who reported smoking one or more cigarettes during past 30 days: 2015



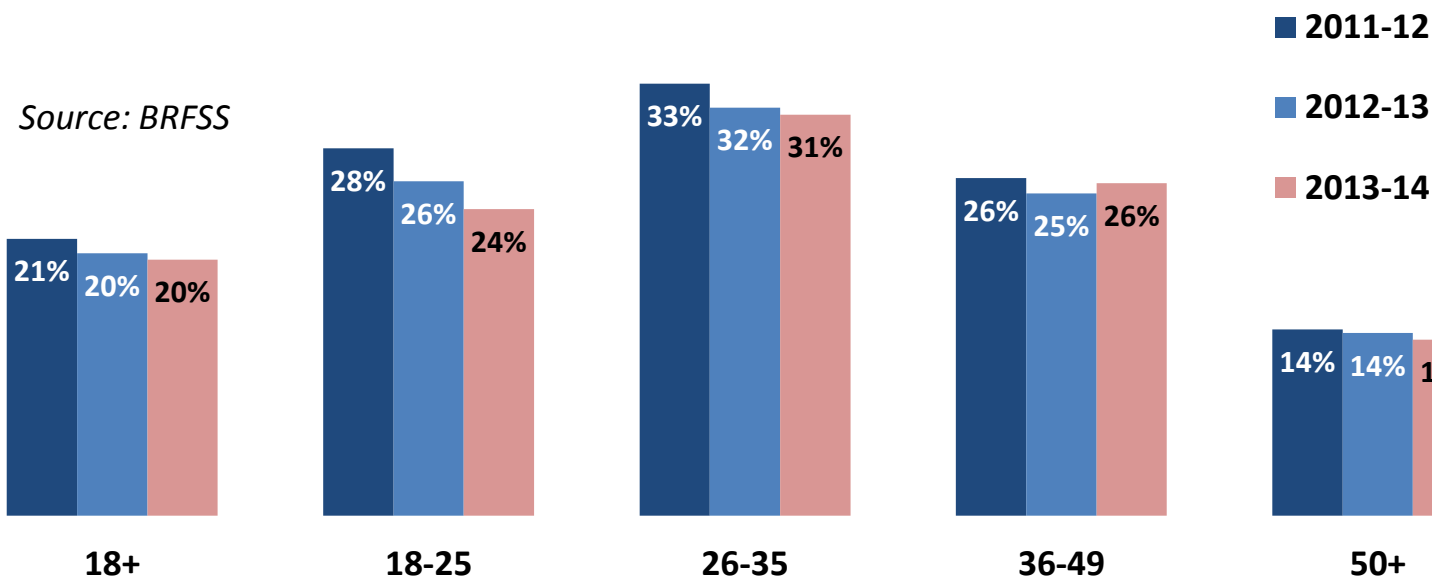
Source: MIYHS

# High school students who used an electronic vapor product\* in the past month or lifetime: 2015



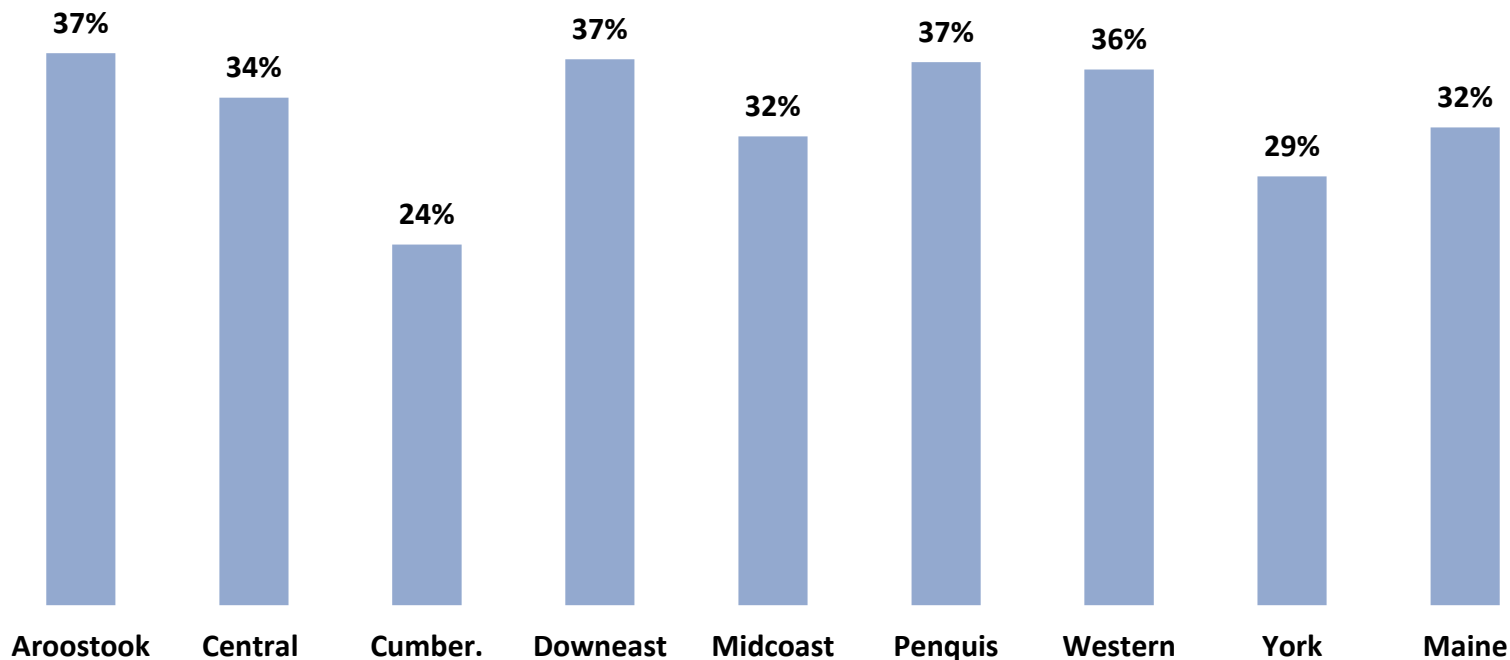
One in three high school students ever used an electronic vapor product and one in five used one in the past month. Trending data is unavailable.

# Past month cigarette use among adults, by age group: 2011–12 to 2013–14



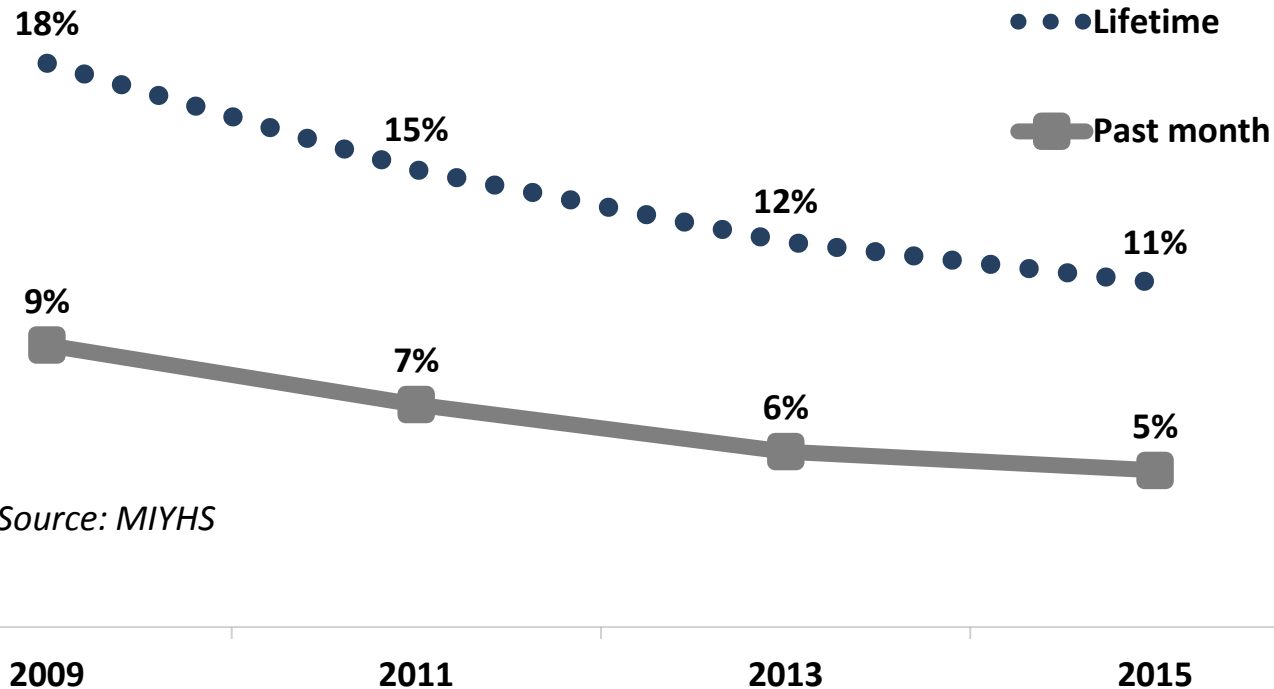
During 2013-14, one in five Adults in Maine reported being current cigarette smokers. Adults between the ages of 26 and 35 were the most likely to smoke cigarettes, with almost one in three being current smokers. Rates of cigarette use among young adults appear to be trending downward.

# Percent of 26 to 35 year olds by Public Health District who reported as current smoker, by age group: 2011-14



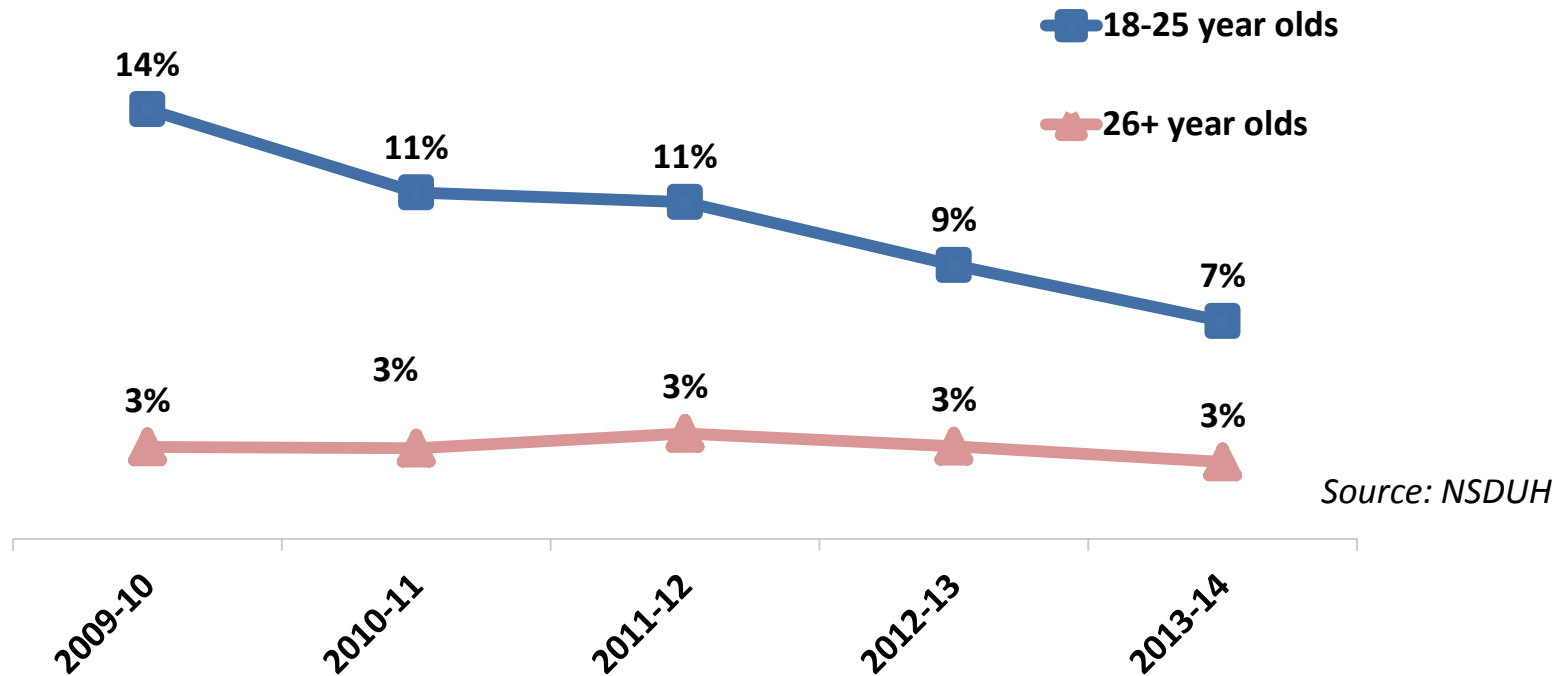
Source: BRFSS

# High school students who have taken prescription drugs that were not prescribed to them



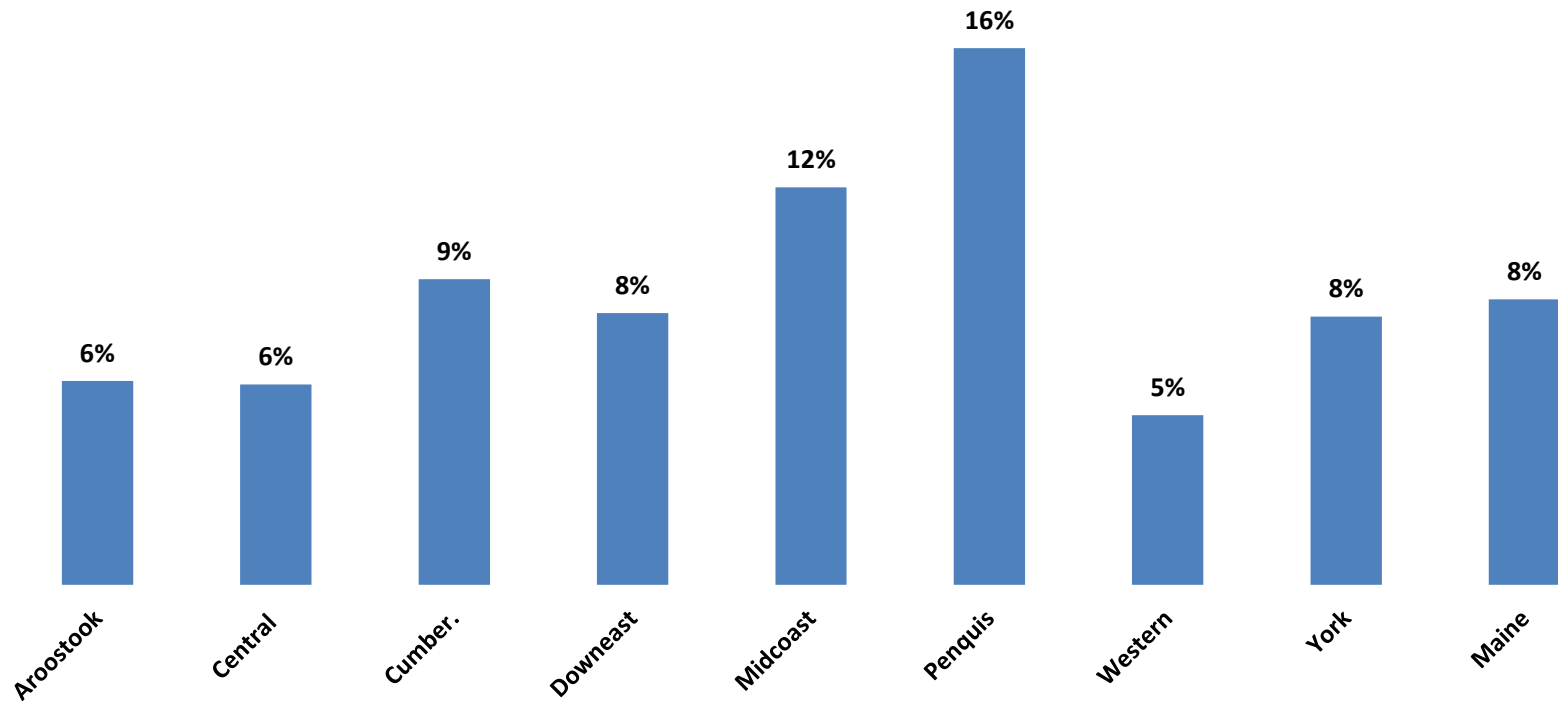
In 2015, more than one out of ten high school students reported misusing a prescription drug in their lifetime. Past month as well as lifetime rate of misuse appear to have been decreasing for the past several years.

# Non-medical use of pain relievers among Maine residents in the past year, by age group



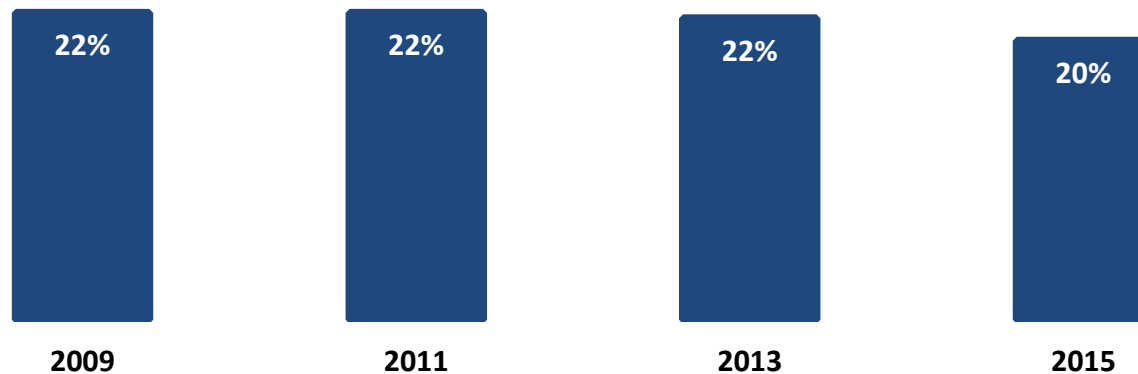
Non-medical use of prescription pain relievers is more likely among young adults between the ages of 18 and 25 compared to adults age 26 and older. Rates among young adults have steadily declined.

# Lifetime misuse of prescription drugs among Maine residents 18 to 34, Public Health District: 2011-14



Source: BRFSS

# High school students who have used marijuana at least once in the past month

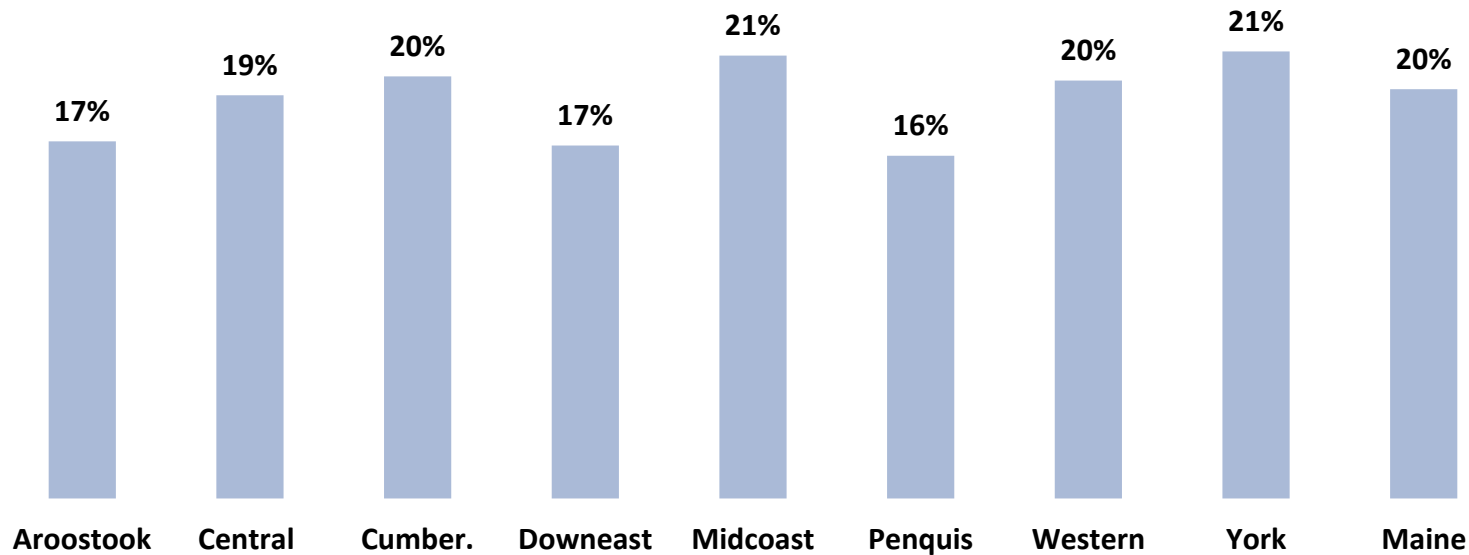


*Source: MIYHS*

In 2015, one in five high school students reported using marijuana within the past month. Rates have been stable over time.

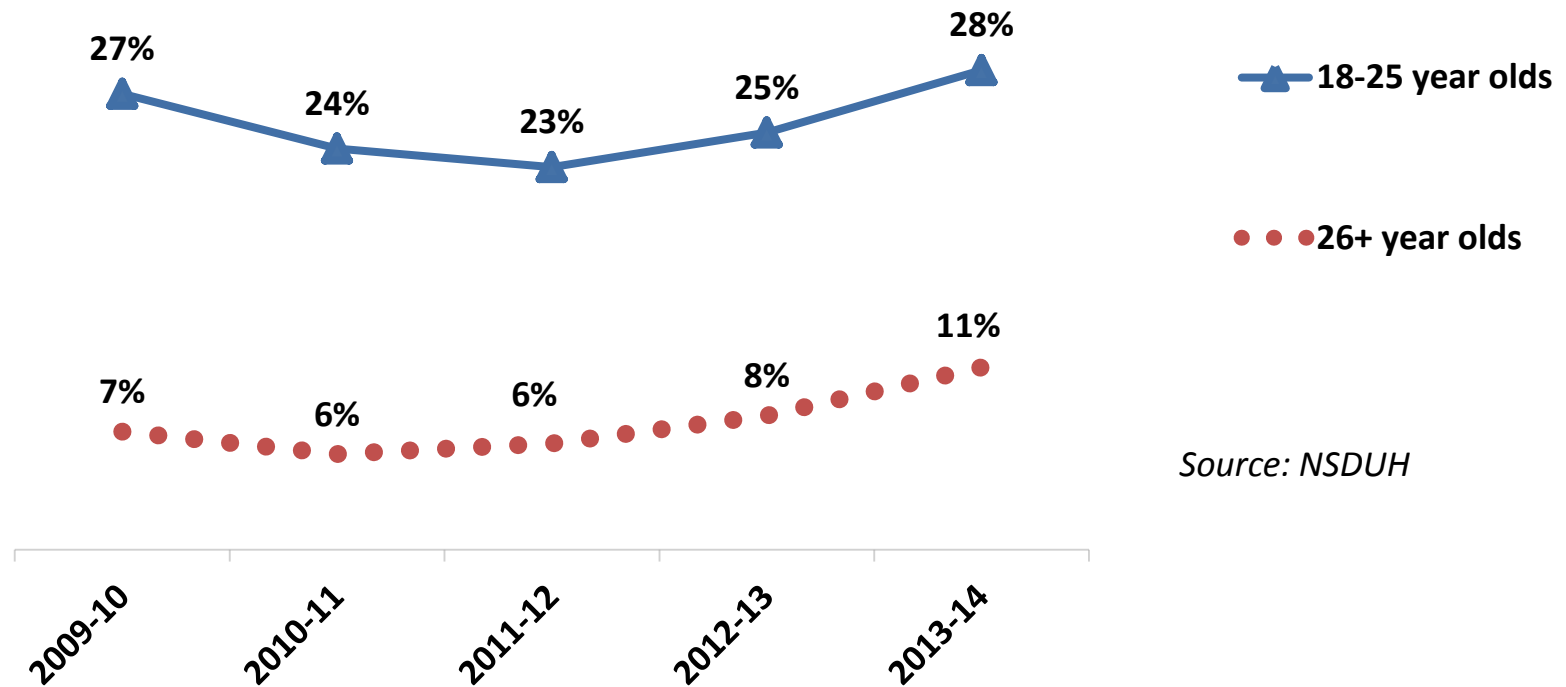


# Percent of high school students by Public Health District who have used marijuana during past 30 days: 2015



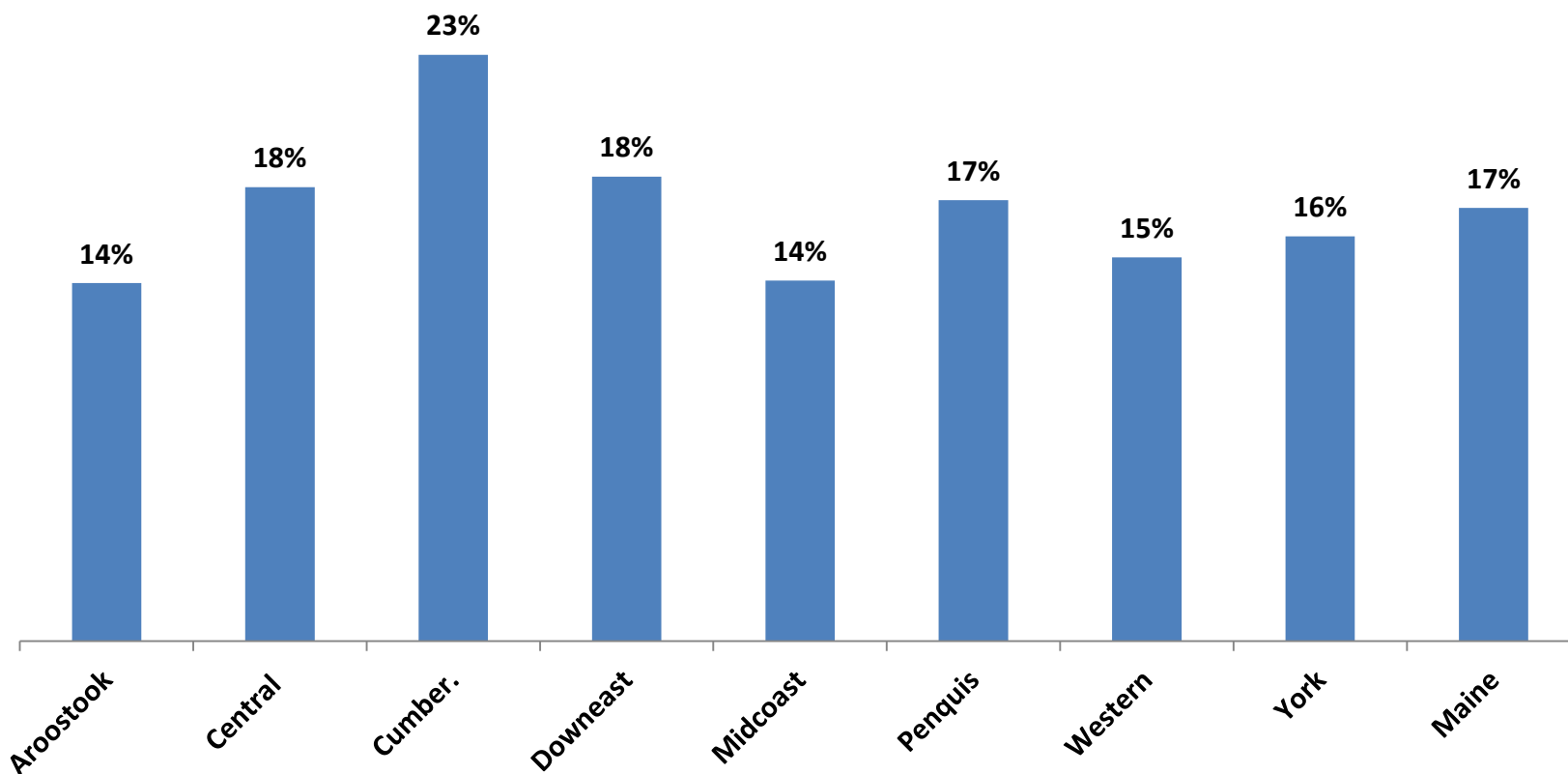
Source: MIYHS

# Adults reporting marijuana use in past month



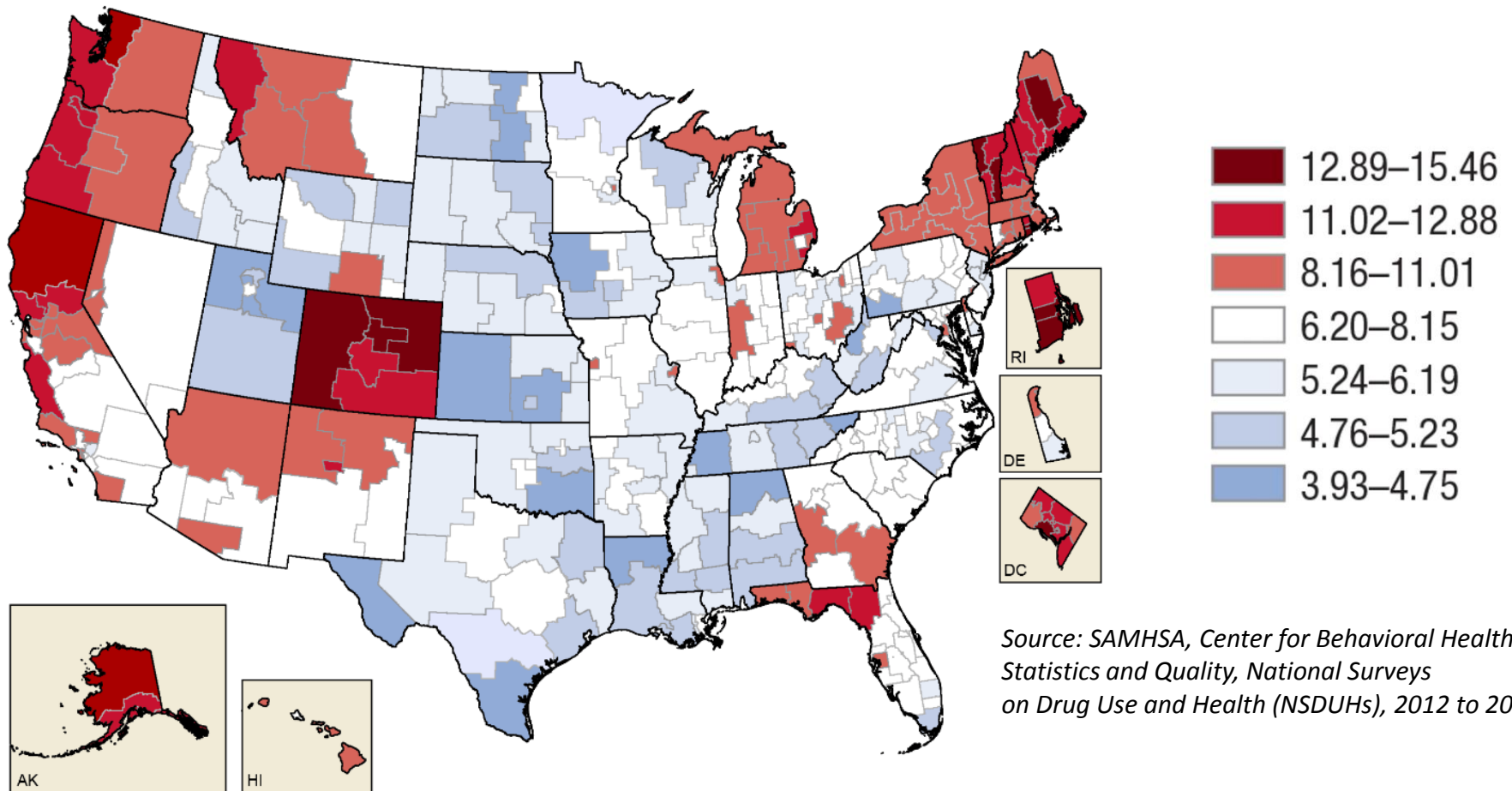
Highest rates of marijuana use remain among young adults ages 18 to 25. Rates of marijuana use among adult Mainers have been steadily increasing over the past several years.

# Percent of 18 to 34 year olds who have used marijuana during the past 30 days, by Public Health District: 2011-14



Source: BRFSS

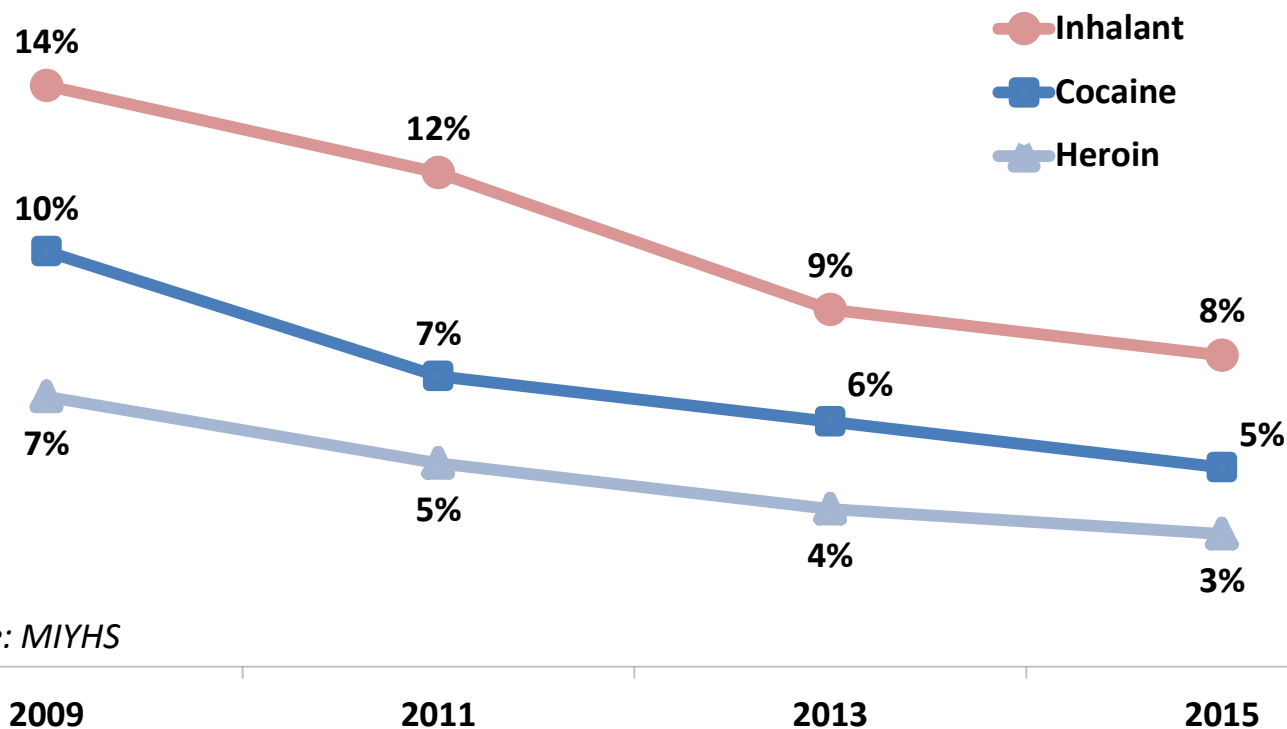
# Marijuana use in the past month among people aged 12 or older, by substate region: 2012-14



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Surveys on Drug Use and Health (NSDUHs), 2012 to 2014.

Sub state regions in Maine had some of the highest rates of past marijuana use in the nation.

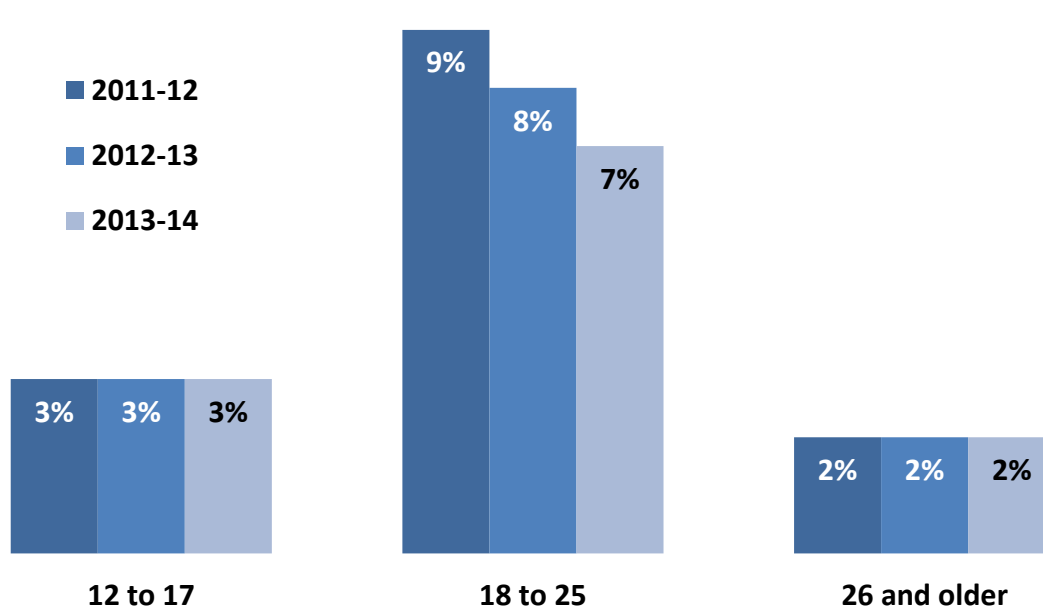
# Lifetime drug use among high school students, by drug type



Source: MIYHS

In 2015, eight percent of high school students reported ever using inhalants, five percent reported ever using cocaine, and three percent reported ever using heroin. Lifetime rates have been steadily decreasing for the past several years.

# Past year illicit\* drug use (other than marijuana)



*\*Illicit Drugs Other Than Marijuana include cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used non-medically.*

Source: NSDUH

In 2013-14, seven percent of 18 to 25 year olds used illicit drugs other than marijuana; rates have declined slightly since 2011-12.

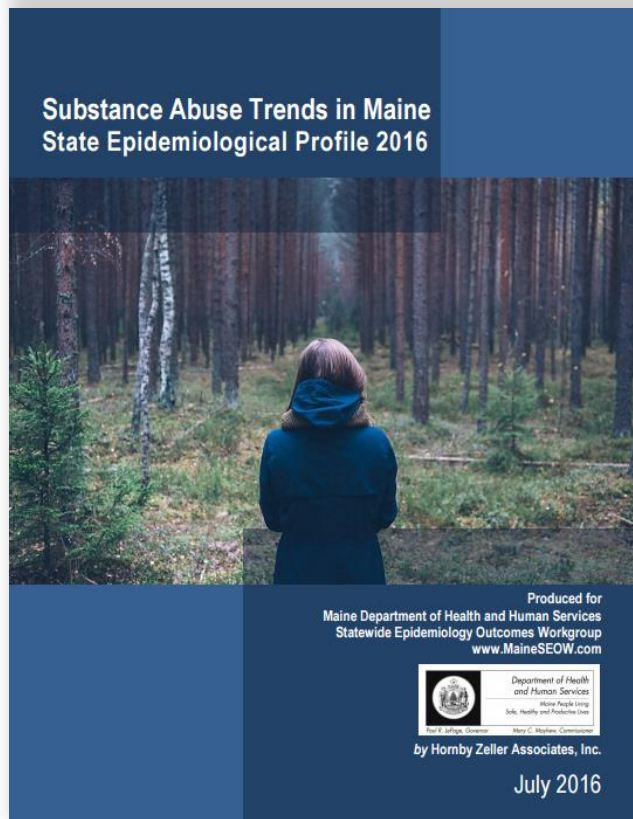
# Summary

- Youth alcohol, tobacco, Rx, cocaine, inhalant, and heroin use rates have been declining.
- Illicit drug rates (including cocaine/crack, heroin, hallucinogens, inhalants, or prescriptions used non-medically) have been declining among Maine's young adults for the past several years.
- MJ use rates among youth remain stagnant, while adult rates have increase.
- After alcohol, cigarettes, marijuana and prescription drugs are the next most commonly used drugs in Maine. With the exception of cigarettes, the young adult population rises to the top in terms of high rates of using these substances.
- One in three Mainers ages 26 to 35 reported smoking cigarettes within the past month.
- High-risk drinking among the 18 to 25 year old population continues to be a concern.

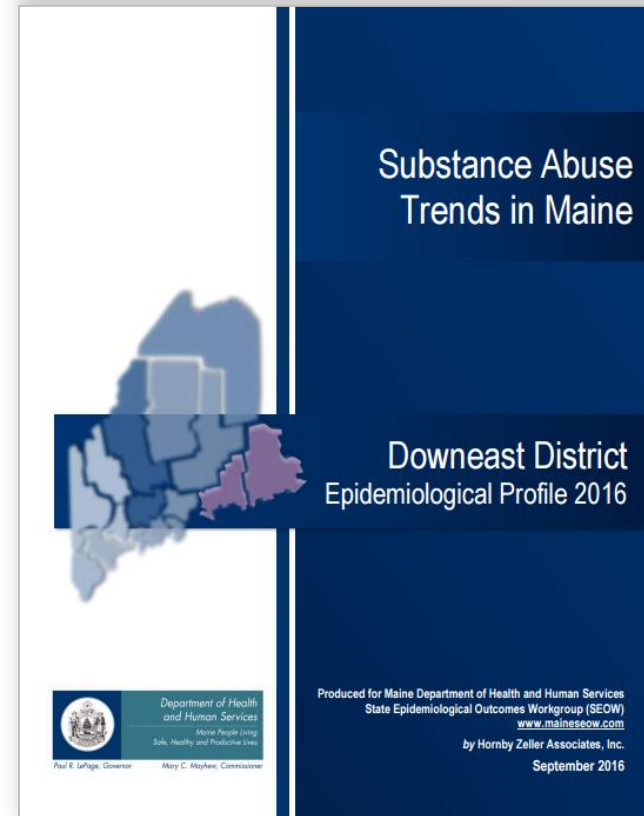
# Additional Resources

## 2016 State and Community Profiles

### State Profile



### Community Profiles



Factsheets and reports can be found [www.maineosew.com](http://www.maineosew.com) within "additional resources"



# Additional Resources: 2016 Factsheets

## Consumption/Prevalence

## Consequences

### SUBSTANCE USE IN MAINE - CONSUMPTION

SEPTEMBER 2016

#### BY THE NUMBERS

About **1 in 3** 18-25 year olds report binge drinking Alcohol in the past month. Mainers 26-35 reported a similar rate of binge drinking.<sup>1</sup>



About **1 in 5** Maine high school students drank alcohol in the past month while **1 in 10** binge drank in the past month. Rates have been declining since 2009.<sup>2</sup>

Tobacco use among high school students has decreased steadily since 2009. In 2015, about **1 in 10** students reported smoking cigarettes or cigars in the past 30 days.<sup>3</sup> Tobacco use remains high among adults aged 26-35, with almost **1 in 3** being current smokers.<sup>4</sup>

Prescription Drug misuse has steadily decreased among high school students since 2009. In 2015, just over **1 of 10** high school students reported misusing a prescription drug in their lifetime.<sup>5</sup> Mainers between the ages of **18 and 34** continue to have the highest rates of prescription drug and pain reliever misuse.<sup>6</sup>

The most commonly used illicit drug in Maine is Marijuana. The state has one of the highest rates of marijuana use by young adults (18-25) in the nation.<sup>7</sup> Adult use has increased over the past few years, while high school use is stable. In 2015, **1 in 5** high school students used marijuana in the past month.<sup>8</sup>

In general, **18-25 year olds** have the highest rates of substance abuse and are the most likely age group to engage in risky behaviors.

<sup>1</sup> Behavioral Risk Factor Surveillance System (BRFSS)  
<sup>2</sup> Maine Integrated Youth Health Survey (MIYHS)  
<sup>3</sup> National Survey on Drug Use and Health (NSDUH)  
<sup>4</sup> <http://www.maine.gov/health>  
<sup>5</sup> US Centers for Disease Control and Prevention



#### SPOTLIGHT ON: VAPING

Electronic vapor products refer to devices used to vaporize active ingredients of plant material, commonly tobacco, cannabis, or herbs for the purpose of inhalation.

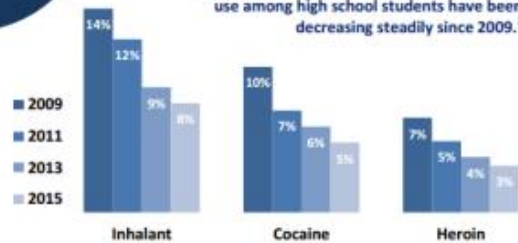
One in three Maine high school students ever used an electronic vapor product, while one in five used one in the past month.<sup>2</sup>



Electronic vapor products are currently unregulated by the U.S. Food and Drug Administration (FDA).<sup>4</sup> In Maine, electronic vapor products are limited to people 18 and older. While youth use of these products has tripled nationwide from 2013-2014,<sup>5</sup> Maine has not tracked this type of consumption until recently, so trending data are not yet available.

Maine is making progress, with youth showing steady declines in substance use.

Lifetime rates of inhalant, cocaine and heroin use among high school students have been decreasing steadily since 2009.<sup>2</sup>



This fact sheet is a product of the Maine State Epidemiological Outcomes Workgroup (SEOW). For more info, visit [www.maine.gov](http://www.maine.gov)

### SUBSTANCE ABUSE IN MAINE – CONSEQUENCES

SEPTEMBER 2016

#### BY THE NUMBERS

MOEA drug trafficking investigations due to heroin have more than doubled from 2013 to 2015. Trafficking investigations due to cocaine observed a 38% increase from 2014 to 2015.<sup>1</sup>

MOEA drug manufacturing investigations related to methamphetamine more than tripled from 2013 to 2015.<sup>1</sup>

In 2015, there were a total of 272 overdose deaths due to drug use in Maine, representing a 55 percent increase since 2013. The majority of overdose deaths were related to illicit drugs.

Almost 2 in 5 of these deaths involved heroin/morphine, and nearly a third involved non-pharmaceutical.<sup>2</sup>

From 2013 to 2015, the number of overdose administrations given by EMS responders more than doubled. Rates are highest among males 25 to 34 years old.<sup>3</sup>

Drug/medication overdoses (EMT responses are most common among those between the ages of 18 and 35, as well as among those 18 to 25.)<sup>3</sup>

In 2015 nearly 1 in 3 fatal motor vehicle crashes involved alcohol/drug.

Mainers aged 18-35 years old have the highest rates of alcohol/drug related crashes and crush fatalities.<sup>4</sup>

<sup>1</sup> Maine Drug Enforcement Agency  
<sup>2</sup> US Dept. of Health and Human Services  
<sup>3</sup> Emergency Medical Services  
<sup>4</sup> Bureau of Motor Vehicle Safety  
<sup>5</sup> National Highway Traffic Safety Board  
<sup>6</sup> US Department of Transportation

#### SPOTLIGHT ON: OPIOIDS

The shift to more potent and viable opioids has had a major impact on overdoses, crime, and health in Maine. In recent years, consequences including drug overdose fatalities have declined in those related to heroin and other non-pharmaceutical opioids have risen.

In 2015 there were 2,813 notifications to Child Protective Services regarding children born exposed to substances, representing 8% of live births in Maine. Compared to only 5% of such births in 2013, this represents a 50% increase.

In 2015, prenatal treatment administration rates related to heroin/opioid use have steadily increased since 2011, and have surpassed synthetic opiates as the second most common substance.<sup>5</sup>



The shift to more potent and viable drugs has had a severe impact on the health and safety of Maine.

Number of Drug Related Overdose Deaths, by Drug Type<sup>6</sup>



## Contributing Factors

### SUBSTANCE ABUSE IN MAINE – CONTRIBUTING FACTORS

SEPTEMBER 2016

#### BY THE NUMBERS

Four out of five high school students think binge drinking alcohol once or twice a week is harmful.<sup>1</sup> Only 4 in 6 adults 18-25 feel the same way.<sup>2</sup>

In 2015 only 2 of 5 high school students felt smoking marijuana once or twice a week was harmful.<sup>3</sup> Perception of harm related to marijuana use by both youth and adults has decreased steadily in recent years.<sup>4</sup>

1 in 7 Maine high school students thought they'd be seen as "cool" if they drank alcohol or smoked marijuana. Almost 9 in 10 report that their family has clear rules around drug and alcohol use.<sup>5</sup>

Two out of three parents thought it was never okay for their teen to use marijuana. One in six felt it would be okay with medical supervision.<sup>6</sup>

More than half of high school students believed that alcohol and marijuana were easy to obtain.<sup>7</sup> More than a third of parents felt their teen could access prescription medications as some without permission.<sup>8</sup>

The potential for diversion of prescription drugs remains a problem. In 2015 there were 67 narcotic units (e.g., pills) dispersed per person.<sup>9</sup> In 2013-15, the vast majority of calls to the Poison Center involved opioids (1,342/year), benzodiazepines (3,321/year), and stimulants or street drugs (1,420/year).<sup>10</sup>

<sup>1</sup> Maine Integrated Youth Health Survey  
<sup>2</sup> National Survey on Drug Use and Health  
<sup>3</sup> SAMHSA Peer Survey  
<sup>4</sup> Behavioral Risk Factor Surveillance System  
<sup>5</sup> National New England Poison Center  
<sup>6</sup> Maine Substance Treatment System

#### SPOTLIGHT ON: MENTAL HEALTH AND COMORBIDITY

The relationship between substance use and mental health is well documented. It is important to understand how substance use and mental health interact with one another so that prevention and intervention efforts can better address the needs of both.

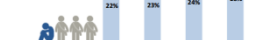
Mental illness is prevalent among Mainers who needed treatment for substance use, with over half of all substance abuse treatment admissions in 2015 involving a mental health disorder and nearly one-quarter requiring mental health services in the past year.<sup>1</sup>

In 2015, students who hospitalized or died for at least two weeks within the past 12 months were twice as likely to have used marijuana or to have engaged in binge drinking and three times as likely to have misused prescription drugs during the past 30 days.<sup>2</sup>

Perceptions of harm, accessibility, cultural norms, and mental health are associated with substance use.

In 2015, more than 3 in 4 high school students reported feeling sad or helpless for at least two weeks in the past year.<sup>3</sup> Rates have been steadily increasing for the past several years.

SEOW Question: "In the past year, how often did you feel sad or helpless that you engaged during your usual activities for at least two weeks?"



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# Additional Resources: Data Dashboard



The screenshot shows the top navigation bar of the Maine SEOW Dashboard website. The navigation links are: [Maine SEOW Dashboard](#), [Indicators](#), [Data Sources](#), [Additional Resources](#), [How To](#) (with a dropdown arrow), [About](#), and [Contact](#). Below the navigation bar is a large dark grey banner with the text "SEOW Dashboard" in large white font, "User Guide" in a smaller white font, and a "Start Here" button with a hand cursor icon. There are also left and right navigation arrows and a progress indicator consisting of six small circles, with the last one filled.

**Indicators**

Sorted into a real-time search, find indicators by Source, Type, Substance, and Population.

[View indicators »](#)

**Data Sources**

Read through our sources to find in depth information about where our data comes from.

[View data sources »](#)

**Additional Resources**

Navigate through our collection of reports, infographs, and more.

[View additional resources »](#)

# Future Webinars

## **Part 2: Consequences from Substance Use tomorrow**

(Tuesday, November 1<sup>st</sup> @ 10am)

## **Part 3: Contributing Factors of Substance Use**

(Wednesday, November 2<sup>nd</sup> @ 10am)

### **Steps to join webinar(s):**

1. Click the following link: <http://stateofmaine.adobeconnect.com/seowseries/>
2. For Audio: After clicking the link above you will be prompted with audio options. Please select the dial out option (receive a call from the meeting) and enter your phone number. You will then receive a call to join the audio portion of the meeting.

# Contact

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Paul R. LePage, Governor

Department of Health  
and Human Services

Maine People Living  
Safe, Healthy and Productive Lives

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