

SUBSTANCE USE



In 2020, more than 1 in 4 (27%) young adults (18-24) reported binge drinking in the past month.¹

Over a third (35%) of Mainers ages 18 to 25 reported using marijuana in the past month in 2018–19; a 17% increase since 2014–15 (30%).² Maine had the second highest rate of past month young adult marijuana use among states and was significantly higher than the U.S. average (23%).²



In 2020, 12% of young adults in Maine were current cigarette smokers; rates have been steadily decreasing for the past several years. Based on 2015-2017 estimates, 8% of young adults were current users of e-cigarettes.¹



In 2019, 7.3% of Mainers 18 to 25 used cocaine in the past year; compared to the U.S. (5.5%).²

CONSEQUENCES

In 2020, Maine drivers ages 21 to 24 had the highest alcohol-related crash rate (388.8 per 100,000 licensees) of any age group.⁴



In 2020, ED visits related to marijuana were disproportionately higher among younger adults ages 18 to 25 (108.8 per 10,000).⁵

There are 21,000 young adults (18-25) Mainers who qualify as having a substance use disorder (dependence or abuse).²



¹ Behavioral Risk Factor Surveillance System*
² National Drug Use and Health Survey*
³ Pregnancy Risk Assessment Monitoring System*
⁴ Maine Department of Transportation
⁵ CDC Syndromic Surveillance System
 *Self-reported data

**Major depressive episode is defined as a period of at least 2 weeks when an individual has a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms.

CONTRIBUTING FACTORS



Fewer young adults perceived binge drinking (31%) or smoking marijuana monthly (6%) as a risky behavior compared to those over 26 (42% and 17%, respectively).²

About 1 in 3 Mainers ages 18 to 25 reported having either an anxiety disorder or experiencing a major depressive disorder** in the past year.^{1,2}



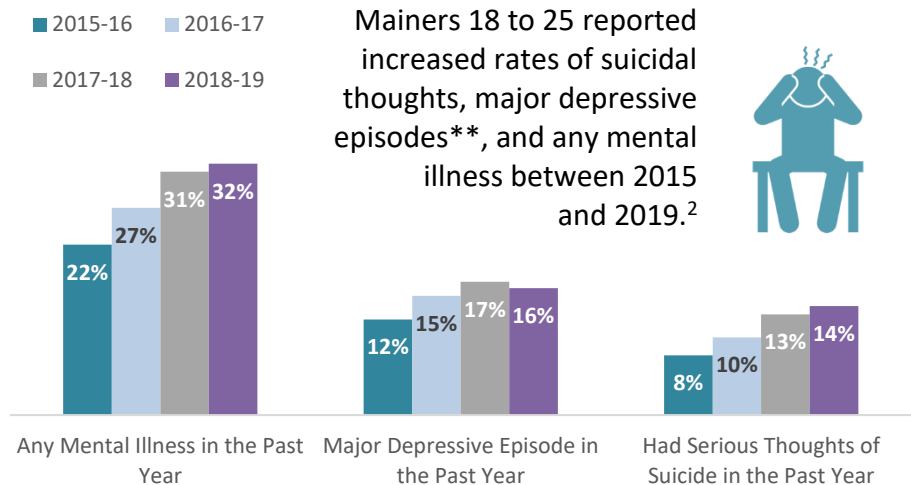
TREATMENT



17% of Mainers ages 18 to 25 reported needing, but not receiving treatment for substance use. This was higher than the national rate (14%).²

Young adults in Maine continue to report lower perceptions of risk from substance use, higher rates of substance use, and higher rates of mental illness.²

Past year mental illness and suicide ideation among Mainers 18 to 25: 2015-16 to 2018-19



Mainers 18 to 25 reported increased rates of suicidal thoughts, major depressive episodes**, and any mental illness between 2015 and 2019.²

