

# CENTRAL MAINE DISTRICT: Substance Abuse

## Underage Drinking

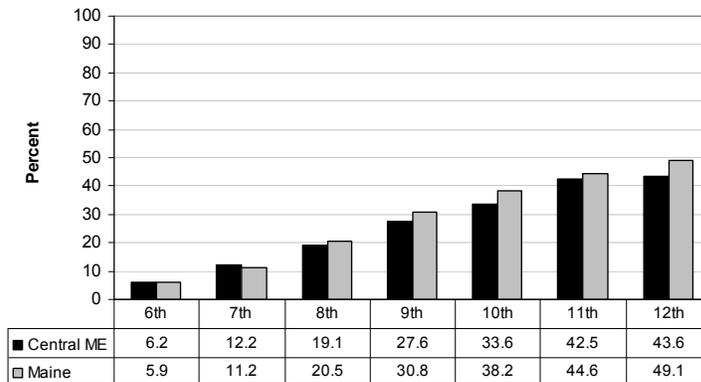
Recent studies show that underage alcohol consumption has the potential to trigger long-term biological changes that may have detrimental effects on the developing adolescent brain. Underage alcohol use is Maine’s most prevalent substance abuse problem.

Decreasing alcohol use among Maine youth is an objective of the Maine Office of Substance Abuse [OSA] as identified in the Maine Substance Abuse Prevention Strategic Prevention Framework Plan 2006 – 2010. Such use is targeted through collaboration with state and local agencies using environmental evidence based strategies.

To find out more about substance abuse prevention activities in Maine:

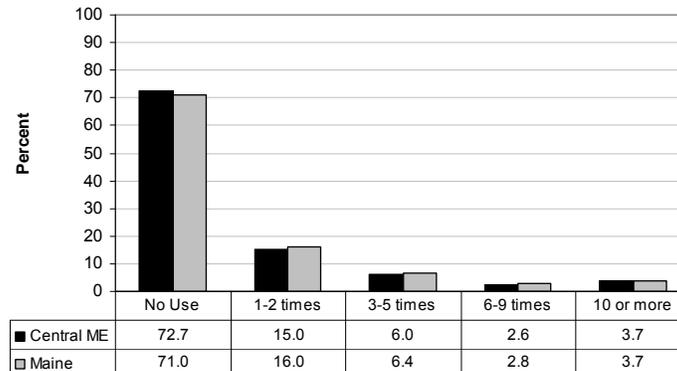
[www.maine.gov/dhhs/osa/prevention/index.html](http://www.maine.gov/dhhs/osa/prevention/index.html).

**Previous 30-day alcohol use, by grade:  
Central ME District and Maine, 2006**



Source: Maine Youth Drug and Alcohol Use Survey/Youth Tobacco Survey, 2006

**Previous 30-day use of alcohol among 6th through  
12th graders: Central ME District and Maine, 2006**



Source: Maine Youth Drug and Alcohol Use Survey/Youth Tobacco Survey, 2006

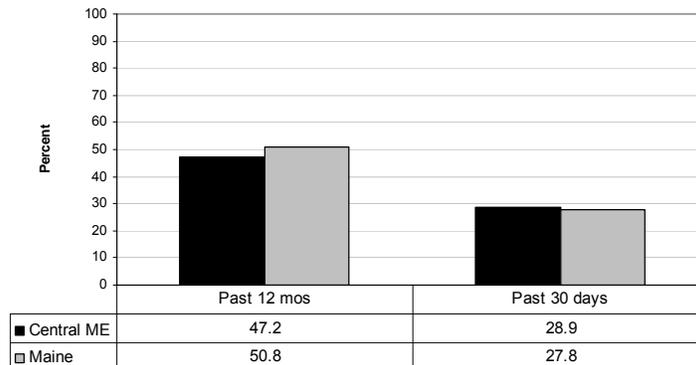
## High Risk or Binge Drinking

The range of consequences for high risk drinking ranges from health to criminal and economic concerns. Young adults (age 18-25) have the greatest prevalence of high risk drinking compared to other age groups. Approximately five percent of middle-school students reported binge-drinking.

Decreasing high risk or binge drinking among Maine youth and young adults is an objective of OSA as identified in the Maine Substance Abuse Prevention Strategic Prevention Framework Plan 2006 – 2010. Such use is targeted through collaboration with state and local agencies using environmental evidence based strategies.

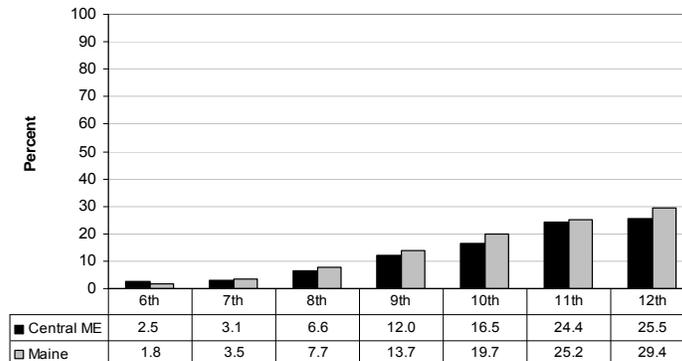
To find out more about substance abuse prevention activities in Maine:  
[www.maine.gov/dhhs/osa/prevention/index.html](http://www.maine.gov/dhhs/osa/prevention/index.html).

**Adults age 18 and older who have participated in binge drinking\*: Central ME District and Maine, 2004**



\*Binge drinking is defined as 5 or more alcoholic beverages for men in one occasion and 4 or more alcoholic beverages for women in one occasion.  
 Source: Maine General Population Survey, 2004.

**Percentage of students who participated in binge drinking\* within the last 2 weeks, by grade: Central ME District and Maine, 2006**



\*Binge drinking is defined as 5 or more alcoholic beverages in one occasion.  
 Source: Maine Youth Drug and Alcohol Youth Survey/Youth Tobacco Survey, 2006