

PUBLIC HEALTH DISTRICT – ALCOHOL, TOBACCO, & OTHER DRUGS: CONSUMPTION

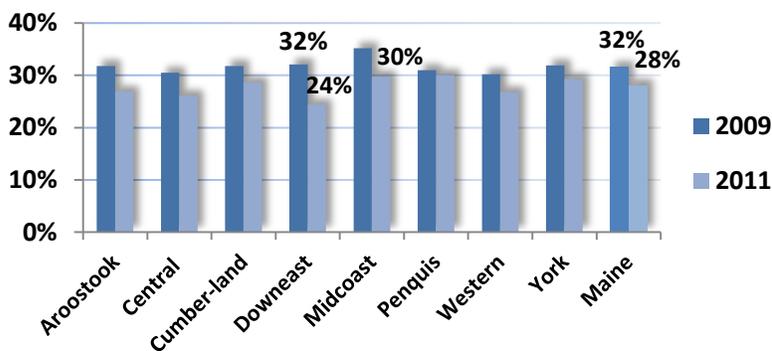
Quick Facts:

- The statewide average for past 30 day cigarette use among adults decreased from 20% in 2007 to 18% in 2010 (BRFSS).
- Marijuana use continues to be prevalent among Maine high school students especially in southern and coastal regions (MIYHS, 2011).
- Marijuana use among adults has remained fairly low (state average of 7% in 2010) but has observed small increases from 2009 to 2010 in four Public Health Districts (BRFSS, 2010).
- Prescription drug misuse among high school students has a statewide average of 7% (MIYHS,2011).

Alcohol Use

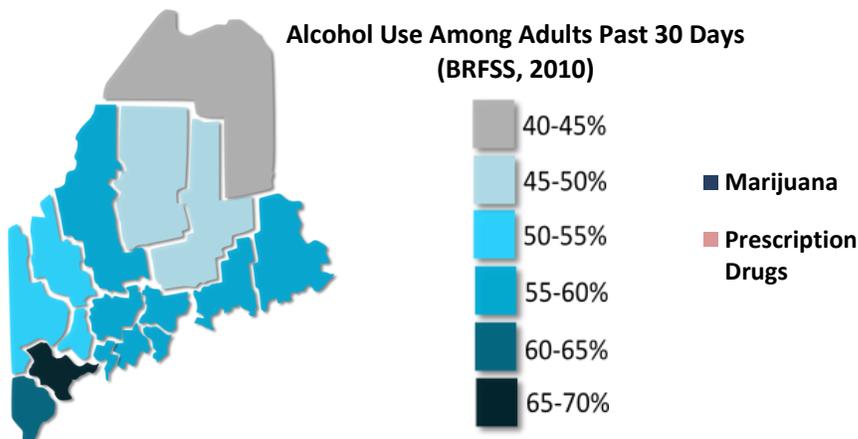
The statewide average for past 30 day alcohol use among high school students decreased from 32% in 2009 to 28% in 2011 (MIYHS). All Public Health Districts indicated at least some decrease. The largest decline was seen in Downeast, with a drop of 8 percentage points, making it the PHD with the lowest rate at 24% (MIYHS). Midcoast and Penquis had the highest rates in 2011 at 30% (MIYHS).

High School Alcohol Use (any)
Past 30 Days (MIYHS, 2009 and 2011)



In 2010, Cumberland reported that 67 percent of adults had consumed alcohol in the past 30 days. This was 10 percentage points higher than the statewide average (57%). Aroostook has consistently had the lowest rates for adult drinking, reporting a five-year low at 43% in 2010. In 2010, York reported the highest adult binge drinking rate (five or more drinks in one sitting) in the past 30 days at 17%, this was followed by Downeast PHD with a rate of 15%.

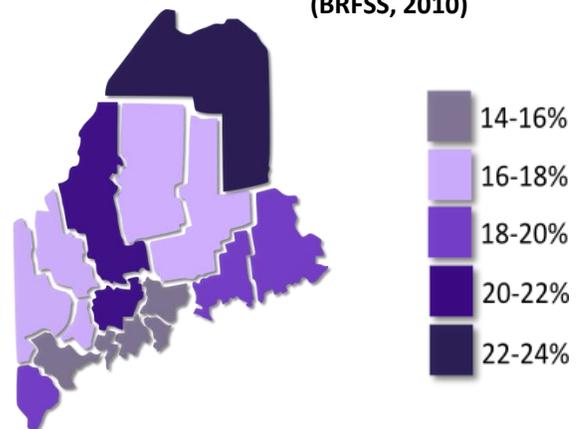
Alcohol Use Among Adults Past 30 Days
(BRFSS, 2010)



Cigarette Use

Aroostook had the highest rate of cigarette smoking among adults in 2010, reporting that nearly 1 in 4 adults in Aroostook smoked at least one cigarette within the past 30 days. The lowest rate of cigarette use was observed in Cumberland at 15% (BRFSS, 2010). Additionally, five of eight public health districts showed increases from 2009 to 2010.

Cigarette Use Among Adults Past 30 Days
(BRFSS, 2010)



Student Marijuana and Prescription Drug Misuse

The state wide average for past 30 day marijuana use among high school students was 22% in 2011 compared to prescription drug misuse at 7% (MIYHS). Midcoast and York reported the highest rates of marijuana use at 24 and 25 percent while Aroostook had the lowest rate at 17 percent. Midcoast had the highest rate for prescription drug misuse among students in 2011 at 9% followed closely by Penquis and York at 8% (MIHYS).

Marijuana and Prescription Drug Misuse Past 30 Days Among
High School Students (2011, MIYHS)

