

# CURRENT ALCOHOL USE IN MAINE

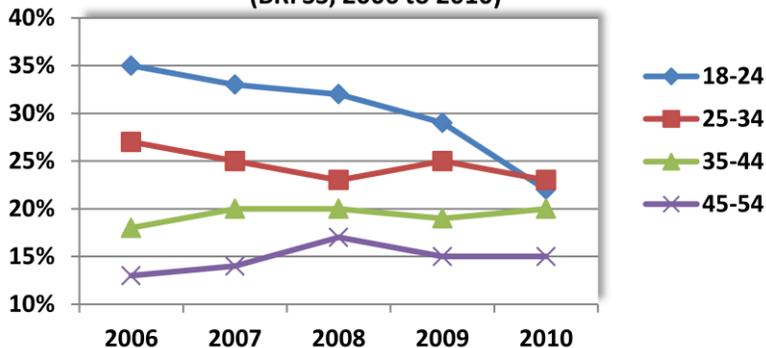
## Quick Facts:

- Fifty-seven percent of Maine adults over the age of 18 had at least one drink of alcohol within the past 30 days. Additionally, 5% of all adults drank heavily (two or more alcoholic drinks per day) and 15% binge drank within the past month (2010 BRFSS).
- At 6%, adults ages 35-44 had the highest rate of *heavy drinking* compared to other age groups. This is higher than the national average of 5% (2010 BRFSS).
- Among high school students, 28% used alcohol at least once within the past 30 days (2011 MYHS). This represents a decrease of 3.7 percentage points since 2009.

## Binge Drinking

Binge drinking is defined as consuming five or more drinks during one sitting. Seventeen percent of high school students engaged in binge drinking within the past 30 days (2011 MIYHS). At 23%, adults ages 25-34 have the highest reported rate of binge drinking compared to any other age group in Maine, and higher than the national average of 22% (2010 BRFSS).

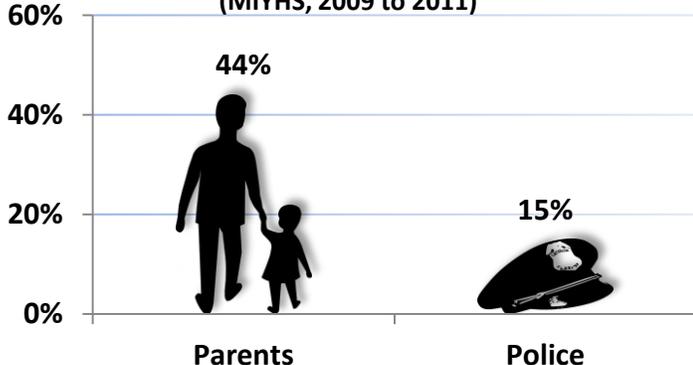
**Binge Drinking By Age Group (BRFSS, 2006 to 2010)**



## Youth Perceptions about Alcohol

The proportion of high school students who believe that people risk harming themselves if they drink one or two drinks every day decreased from 61 percent in 2009 to 59 percent in 2011. Forty-four percent of high school students thought they would be caught by their parents for drinking alcohol. More students think they'll get caught by parents than by the police (15%).

**Getting Caught By Parents or Police (MIYHS, 2009 to 2011)**



## Consequences Related to Alcohol Use

- Drinking and driving rates have decreased among high school students in Maine from 7% in 2009 to 5% in 2011 (MIYHS).
- Juveniles are more likely to be arrested for liquor law violations and least likely to be arrested for OUI. Juvenile arrests related to substance use have increased from 2000 (816) to 2010 (1105) (DPS-UCR).
- In 2010, 6% of pregnant women reported drinking some alcohol during the last three months of pregnancy (PRAMS).
- In 2010, alcohol was involved in 45 out of 161 total fatal crashes (28%)(MDOT).

## Treatment for Alcohol

Alcohol was the primary reason for almost 4 out of 10 (39%) of all admissions to substance abuse treatment programs 2011. In 2011, alcohol accounted for 4,421 primary, 921 secondary, and 553 tertiary treatment admissions (TDS). Hospitals also reported 15,770 outpatient admissions primarily related to alcohol in 2009 (MHDO).

**Treatment Admissions Due to Alcohol (TDS, 2011)**

