

# ALCOHOL AND DRUG USE AMONG YOUNG ADULTS (18-25)

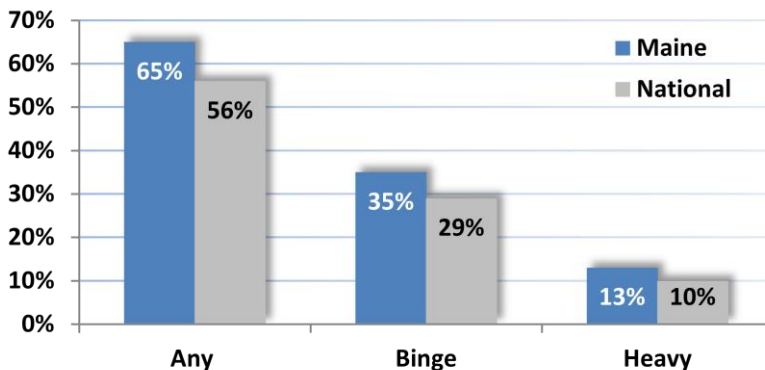
## Maine Quick Facts:

- Among young adults ages 18-24, 13% report being at risk for heavy\* use of alcohol (\*average daily alcohol use in women more than one drink per day, and in men more than two drinks per day) and 35% binge drank within the past month. These rates are higher than any other age group (2011 BRFSS).
- According to the 2009-10 NSDUH, 27% of 18-25 year olds used marijuana within the past month.
- In 2009-10, 14% of young adults ages 18-25 used pain relievers for non-medical purposes within the past year (NSDUH).
- Among 18-25 year olds, 8% used cocaine in the past year, higher than any other age group in Maine (2009-10 NSDUH).

## Substance Use Prevalence

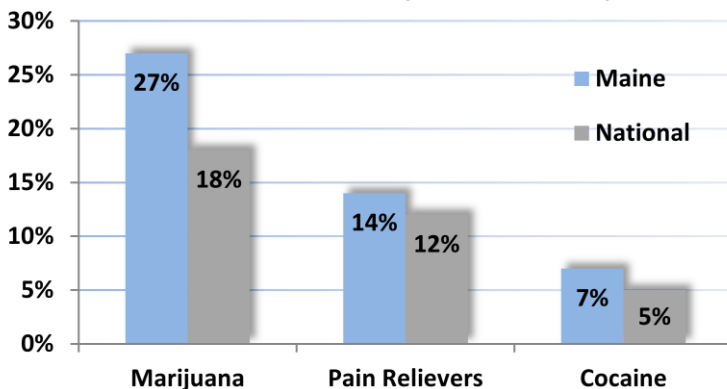
The rate of being at risk for heavy drinking among young adults in Maine is 13%; this is higher than the national average of 7%. At 35%, young adults have the highest rate of binge drinking (five or more in one setting) compared to other Mainers and binge drink at a higher rate than the national average of 29% (2011 BRFSS).

Any, Binge, and Heavy Drinking Among 18 to 24 year olds  
Maine vs. National (BRFSS, 2011)



In 2009-10, Maine's 18 to 25 year olds had the fourth highest rate of past-month marijuana use in the nation (27%, compared to 18% nationally). 18-25 year olds in Maine also had higher rates of using prescription pain relievers non-medically (14%) and using cocaine (7%) than adults 26 or older in Maine (2009-10 NSDUH).

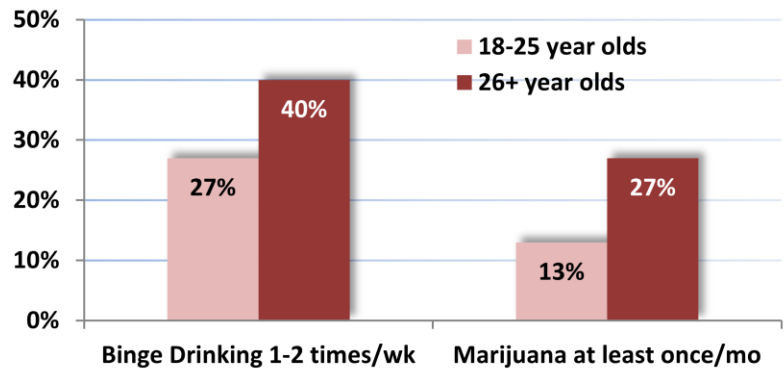
Illicit Drug Use Among 18 to 25 Year Olds:  
Maine vs. National (NSDUH, 2009-10)



## Perceptions About Substance Use

Young adults, ages 18-25 are less likely to perceive great risk from binge drinking once or twice per week (27%) than adults over age 26 (40%). Young adults are also less likely to see smoking marijuana once per month as risky (13%) than adults 26 or older (27%) (2009-10, NSDUH).

Perceived Harm: Binge Drink or Marijuana Use  
(NSDUH, 2009-10)



## Treatment for Young Adults

In 2011, Maine admitted 11,708 people into substance abuse treatment. 21% of admissions (2,443) were people between the ages of 18 and 25; in 2007 this rate was 23% (3,650). In 2011, 40% of the 18 to 25 year olds entered treatment due to synthetic opioids, 26% were for alcohol abuse, 13% were for marijuana, and 9% were due to heroin or morphine addiction (TDS, 2011).

Primary Drug Treatment Among 18 to 25 Year Olds  
(TDS, 2011)

