

Inhalant Abuse in Maine

What is being used: Inhalants include fuels (butane, propane, gasoline), solvents, paints and paint thinners, glues and adhesives, engine starting sprays, computer cleaners, permanent magic markers, dry erase markers, typewriter correction fluid, nail polish remover, dry-cleaning agents, certain gases (from air conditioners and fire extinguishers, nitrous oxide from cans of whipped cream), air fresheners and any product packaged in an aerosol can.

Patterns of use: There are many patterns of inhalant abuse. These patterns vary across the State of Maine and by age, sex, and race/ethnicity. For some children, this is not just dangerous experimentation but an addiction. Use may start as early as the third grade. Younger children may just abuse inhalants while older youth are more likely to abuse inhalants with alcohol and other drugs.

Facts about inhalant abuse among Maine students grades seven through twelve:[†]

Overall lifetime rate for Maine schools (2009):	Middle School	15.0%
	High School	16.1%
The most frequently used drugs in Maine are (past month):	<u>Middle School</u>	
	Alcohol	12.2%
	Inhalants	10.8%
	Marijuana	7.9%
	Cigarettes	7.2%
	Prescription Drugs	6.6%
	<u>High School</u>	
	Alcohol	34.7%
	Marijuana	23.7%
	Inhalants	9.3%
Lifetime inhalant use by sex	<u>Middle School</u>	
	Males	15.2%
	Females	14.5%
	<u>High School</u>	
	Males	16.9%
Females	14.5%	

[†] "2009 Maine Integrated Youth Health Survey," Maine Office of Substance Abuse, 2009.

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Maine Inhalant Abuse Prevention Work Group

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For more information about inhalants please contact

Maine Office of Substance Abuse Information and Resource Center

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