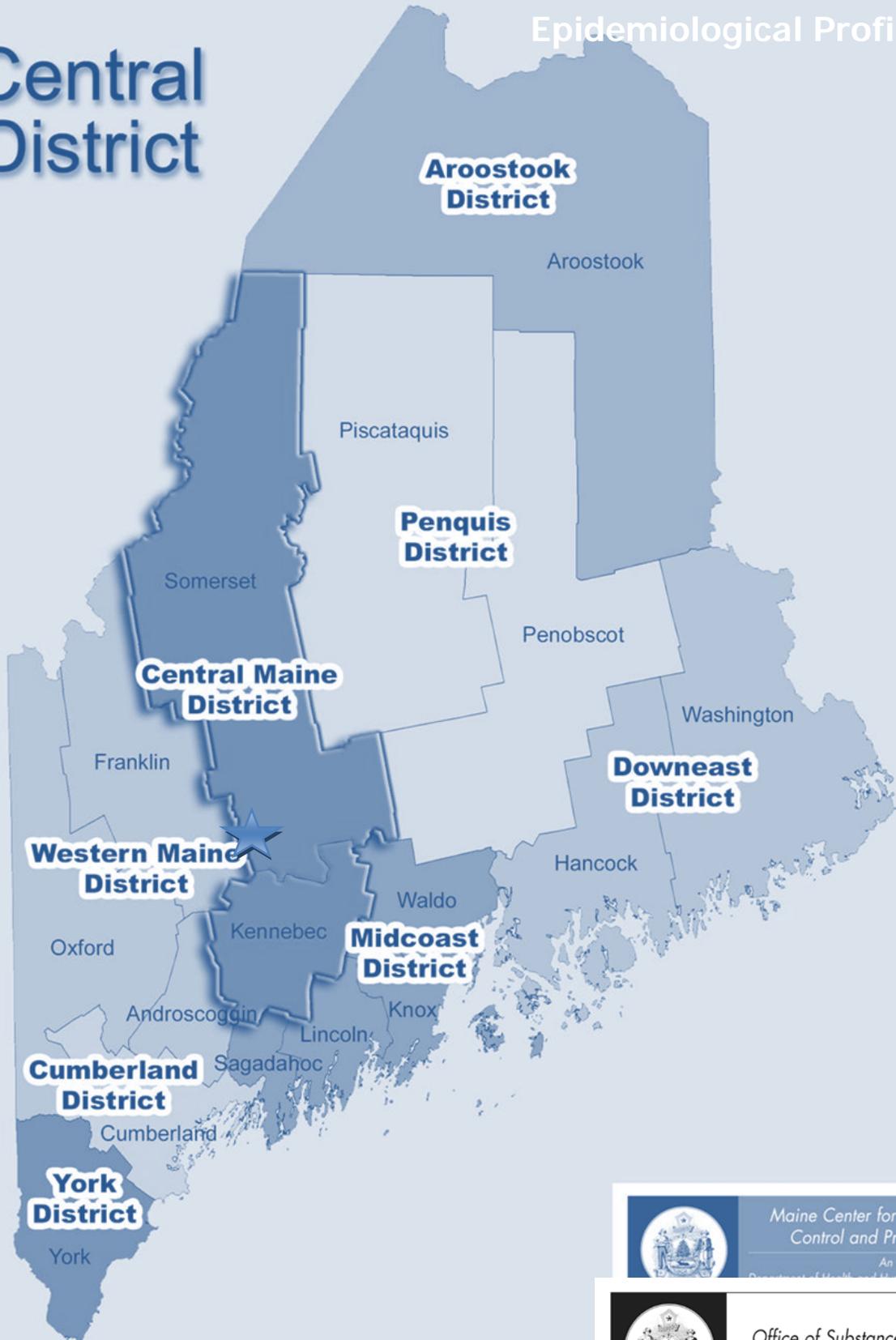


Substance Abuse Trends in Maine

Epidemiological Profile 2012

Central District



Maine Center for Disease Control and Prevention
An Office of the Department of Health and Human Services



Office of Substance Abuse
An Office of the Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

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**THIS REPORT IS PRODUCED FOR
THE MAINE OFFICE OF SUBSTANCE ABUSE
COMMUNITY EPIDEMIOLOGY SURVEILLANCE NETWORK
WITH SUPPORT FROM THE STATE EPIDEMIOLOGICAL OUTCOMES
WORKGROUP (SEOW) GRANT THROUGH THE
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
SUBSTANCE ABUSE AND MENTAL HEALTH
ADMINISTRATION**

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Introduction

Overview of Central Public Health District

Central Public Health District has a population of 174,379 people, representing approximately 13 percent of Maine's total population in 2010. This is split between Kennebec County (122,151) and Somerset County (52,228). There are 337 people per square mile in the Central Public Health District as a whole. Kennebec County is home to Maine's capitol city, Augusta.

The State of Maine is considered an "aging" state, with 16 percent of the population being 65 years old and over, a higher rate than the US population as a whole (13%). In Central Public Health District, approximately 16 percent of the population was 65 years old or older in 2010. Approximately 97 percent of Central's population is Caucasian, followed by African American (.5%), Asian (0.7%), and American Indian and Alaska Native (0.5%). The median income of Kennebec and Somerset Counties are \$45,973 and \$36,647, respectively. Thirteen percent of the Central Public Health District is below the poverty level. Somerset has the fourth lowest income in the state, yet Kennebec has the sixth highest income in Maine. In sum, Central makes up a very cross-representational demographic view of the State.

It is within the context of these demographic characteristics that substance abuse in Central Public Health District (PHD) must be examined.

Purpose of this Report

This report takes into account the primary objectives of the Office of Substance Abuse (OSA): to identify substance abuse patterns in defined geographical areas, establish substance abuse trends, detect emerging substances, and provide information for policy development and program planning. It also highlights all the prevention priorities identified in the OSA strategic plan: underage drinking, high-risk drinking, misuse of prescription drugs, and marijuana use. Finally, the report monitors many of the factors that contribute to substance use, such as access and perceptions of harm, as well as the common negative consequences such as crime, car crashes and overdose deaths.

This report includes data available through May 2012. Older and unchanged data are included when more recent data were not available. Five major types of indicators are included: self-reported substance consumption, consequences of substance use, factors contributing to substance use, indicators about mental health and substance abuse, and treatment admissions.

Previous county level reports with older trending data are available at the www.maineosa.org website.

Consumption of Substances

Consuming harmful substances can have detrimental effects on an individual's well-being, including increased risks of morbidity, addiction and mortality, and has a harmful effect on society as a whole, including increased motor vehicle accidents and crime. However, it is the manner and frequency with which people drink, smoke and use drugs that are often linked to particular substance-related consequences. To understand fully the magnitude of substance use consequences, it is important to first understand the prevalence of substance use consumption, itself. Consumption includes overall use of substances, acute or heavy consumption and consumption by high risk groups (e.g., youth, college students, pregnant women).

As demonstrated by the indicators below, alcohol remains the substance most often used by Central PHD residents across the lifespan. In particular, high-risk drinking among the youth and younger adults (18-34) continues to be a concern, although it appears that high school students in Central PHD are somewhat less likely to engage in high-risk drinking compared to the rest of the state. Rates of youth and adult cigarette smoking and smokeless tobacco use appear to be similar among Central PHDs population as compared to the state average. Following closely behind alcohol and tobacco, marijuana and prescription drug misuse are the next two most commonly used drugs in Maine, and Central PHD is no different in that respect.

Alcohol

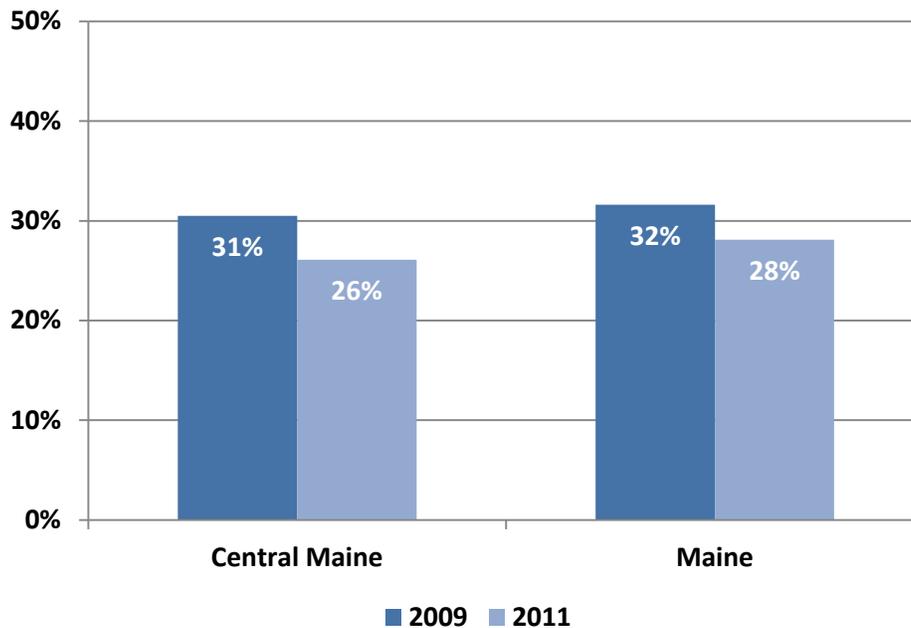
Indicator Description: ALCOHOL USE AMONG YOUTH. This measure shows the percentage of Maine high school students who reported having had one or more alcoholic drinks within 30 days prior to the survey.

Why Indicator is Important: Alcohol is the most often used substance among youth in Maine. In addition to the risks alcohol consumption carries for adults, developing adolescent brains are especially susceptible to the health risks of alcohol consumption. Adolescents who consume alcohol are more likely to have poor grades and be at risk for experiencing social problems, depression, suicidal thoughts, assault, and violence.

Data Source(s): MIYHS, 2009-2011.

Summary: In the Central PHD, the percentage of students who reported drinking in the past 30 days fell from 31 percent in 2009 to 26 percent in 2011; compare this to the percentage statewide, which decreased from 32 to 28 percent over the same timeframe.

Figure 1. Percent of high school students in Central PHD who had at least one drink of alcohol during past 30 days: 2009, 2011



Source: MIYHS

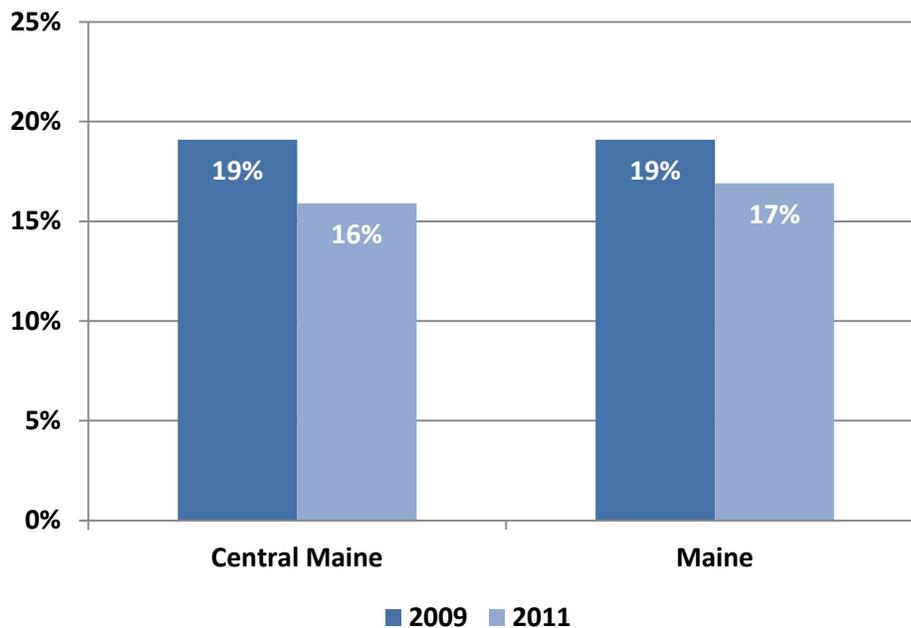
Indicator Description: HIGH-RISK ALCOHOL USE AMONG YOUTH. This indicator presents the percentage of Maine high school students who reported having had five or more alcoholic drinks in a row in one sitting at least once during the 30 days prior to the survey.

Why Indicator is Important: Youth are more likely than adults to engage in high-risk drinking when they consume alcohol. High-risk alcohol use contributes to violence and motor vehicle crashes and can result in negative health consequences for the consumer, including injuries and chronic liver disease. Youth who engage in high-risk drinking also are more likely to use drugs and engage in risky and antisocial behavior.

Data Source(s): MIYHS, 2009-2011.

Summary: From 2009 to 2011, the percentage of high school students in Central PHD who reported having consumed five or more alcoholic beverages in one sitting during the past 30 days decreased from 19 percent to 16 percent. This is slightly lower than the statewide average (17%).

Figure 2. Percent of high school students in Central PHD who had at least five drinks in a row during past 30 days: 2009, 2011



Source: MIYHS

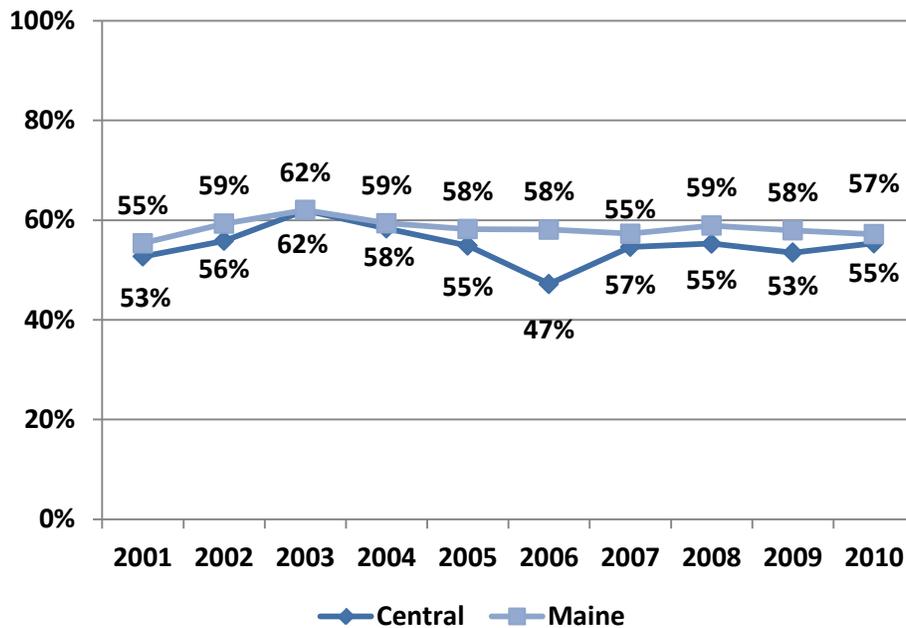
Indicator Description: ALCOHOL USE AMONG ADULTS. This indicator portrays the percentage of adults who reported having consumed one or more alcoholic drinks on one or more days within the past 30 days.

Why Indicator is Important: Alcohol is the most often used substance in Maine adults. Excessive and high risk alcohol use may contribute to violence and result in many negative health consequences for the consumer. Moderate drinking can also have negative health effects and lead to such consequences as alcohol-related motor vehicle crashes and increased injuries. Current alcohol use in pregnant women is also linked to low birth weight babies, sudden infant death, and other developmental delays in children.

Data Source(s): BRFSS, 2001-2010.

Summary: In 2010, 55 percent of adults in Central PHD reported drinking at least one alcoholic beverage within the past 30 days, slightly lower than the statewide average of 57 percent. The rates of alcohol use found in Central PHD have been lower than the state average since 2001, ranging from a low of 47 percent to a high of 62 percent.

Figure 3. Percent of adults in Central PHD who reported drinking during past 30 days: 2001-2010



Source: BRFSS

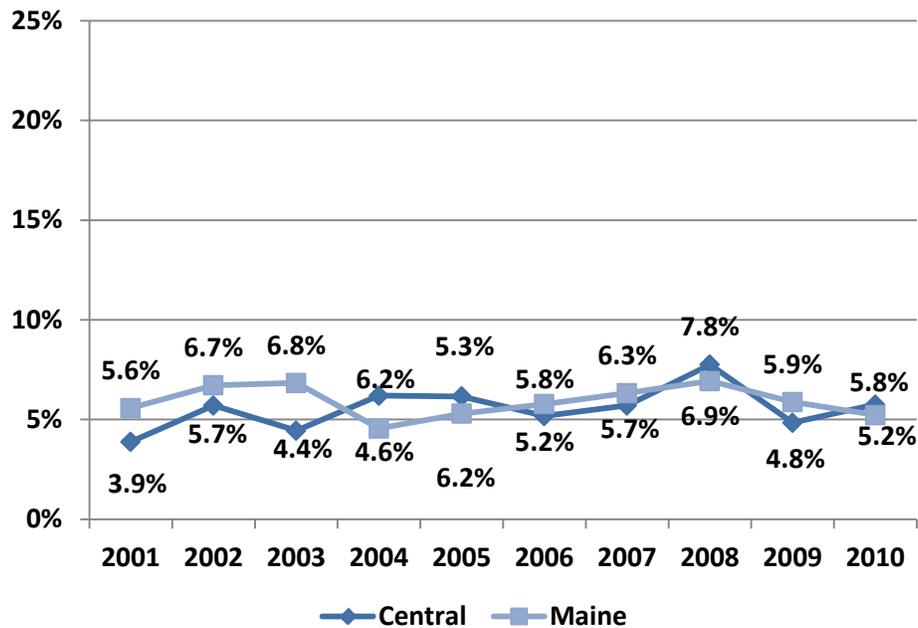
Indicator Description: HEAVY ALCOHOL USE AMONG ADULTS. This indicator examines the percentage of Maine residents who reported heavy drinking during the past 30 days. This is defined as more than two drinks per day for a man or more than one drink per day for a woman.

Why Indicator is Important: Heavy drinking is considered to be a type of high-risk drinking, meaning it increases the risk for many health and social related consequences. People who consume alcohol heavily are at increased risk for a variety of negative health consequences, including alcohol abuse and dependence, liver disease, certain cancers, pancreatitis, heart disease, and death. It has also been found that the more heavily a person drinks the greater the potential for problems at home, work, and with friends.¹

Data Source(s): BRFSS, 2001-2010.

Summary: In 2010 5.8 percent of adults in Central PHD indicated they engaged in heavy drinking during the 30 days prior to the survey, an increase from the previous year (4.8%). Heavy drinking rates in Central PHD were below the statewide average in six out of ten years.

Figure 4. Percent of adults in Central PHD who reported heavy drinking during past 30 days: 2001-2010



Source: BRFSS

¹ Alcoholscreening.org, a service of Join Together and the Boston University School of Public Health. *Health Consequences of Excess Drinking*. Retrieved on 5/17/2012 from <http://www.alcoholscreening.org/Learn-More.aspx?topicID=8&articleID=26>

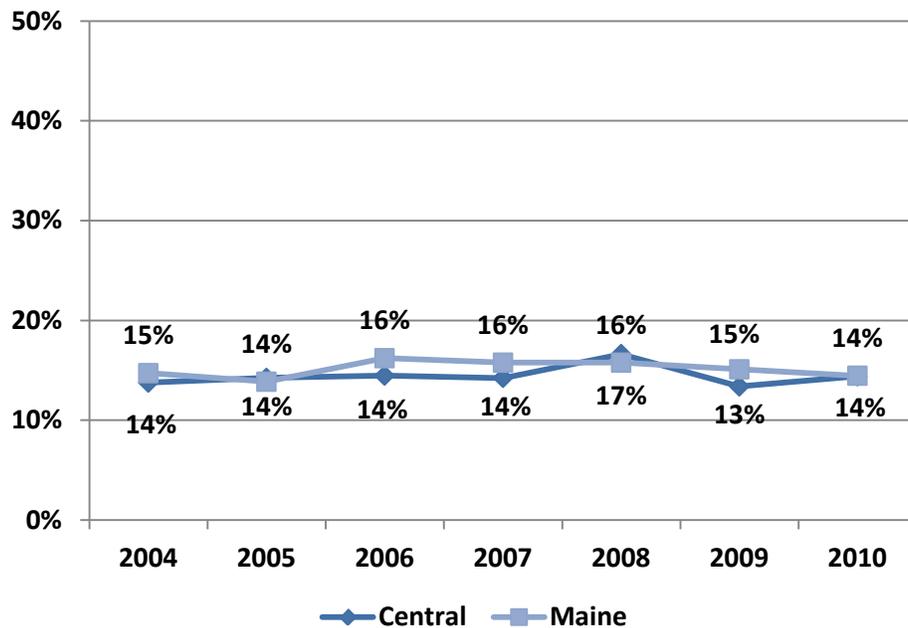
Indicator Description: HIGH-RISK ALCOHOL USE AMONG ADULTS. This indicator reflects the percentage of adults who reported engaging in high-risk “binge” drinking within the past 30 days. Binge drinking is defined as five or more drinks in one sitting for a male and four or more drinks in one sitting for a female.

Why Indicator is Important: Binge drinking is considered to be a type of high-risk drinking, meaning it increases the risk for many health- and social-related consequences. It has been linked to injury (such as falls, fights, and suicides), violence, crime rates, motor vehicle crashes stroke, chronic liver disease, addiction, and some types of cancer.

Data Source(s): BRFSS, 2004-2010.

Summary: In 2010, 14 percent of adults in Central PHD indicated they engaged in binge drinking during the past 30 days, the same as the statewide average. This has remained relatively stable since 2004.

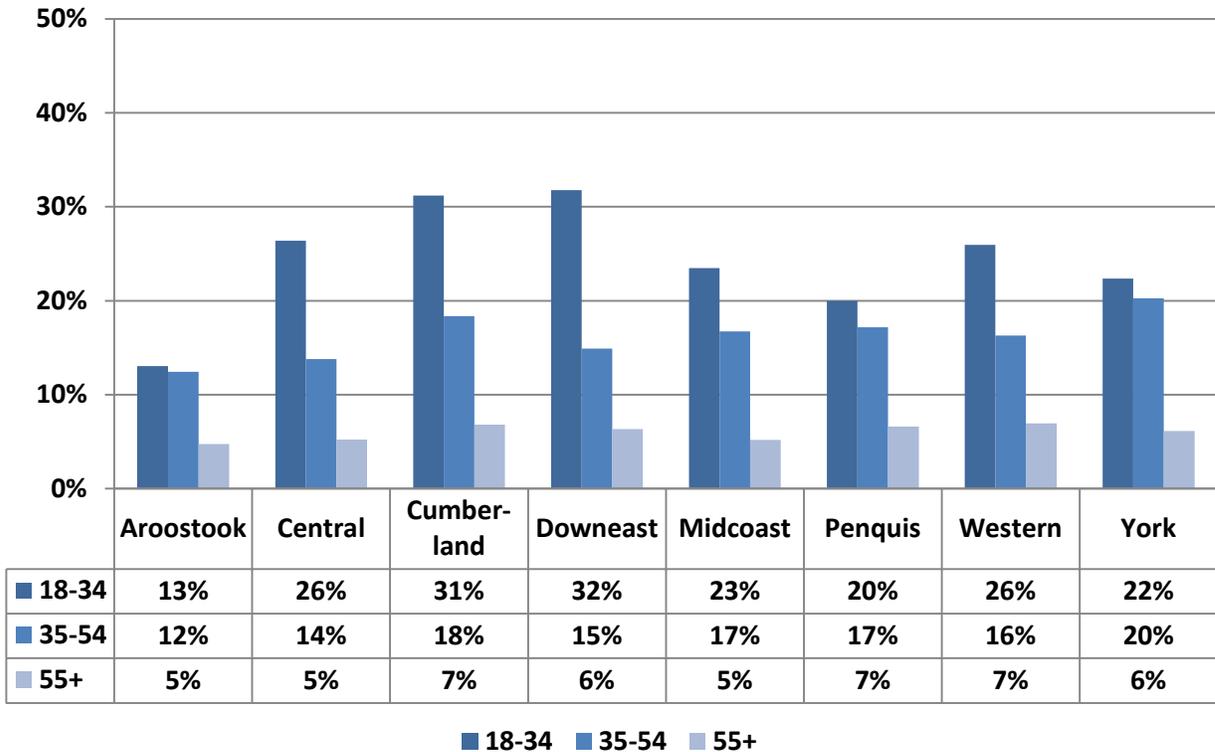
Figure 5. Percent of adults in Central PHD who reported binge drinking during past 30 days: 2004-2010



Source: BRFSS

Summary: In 2010, 32 percent of 18 to 34 year olds in Central PHD reported binge drinking in the past 30 days, higher than any other age group in that Public Health District. Central PHD’s rate of binge drinking among 18 to 34 year olds was higher than any other Public Health District, and yet it had the second-lowest rate for 35 to 54 year olds and the lowest rate for those 55 and over.

Figure 6. Percent of adults by Public Health District who reported binge drinking in past 30 days by age group: 2009-2010²



Source: BRFSS

² Data from years 2009 and 2010 were combined to make for a more stable estimate

Tobacco

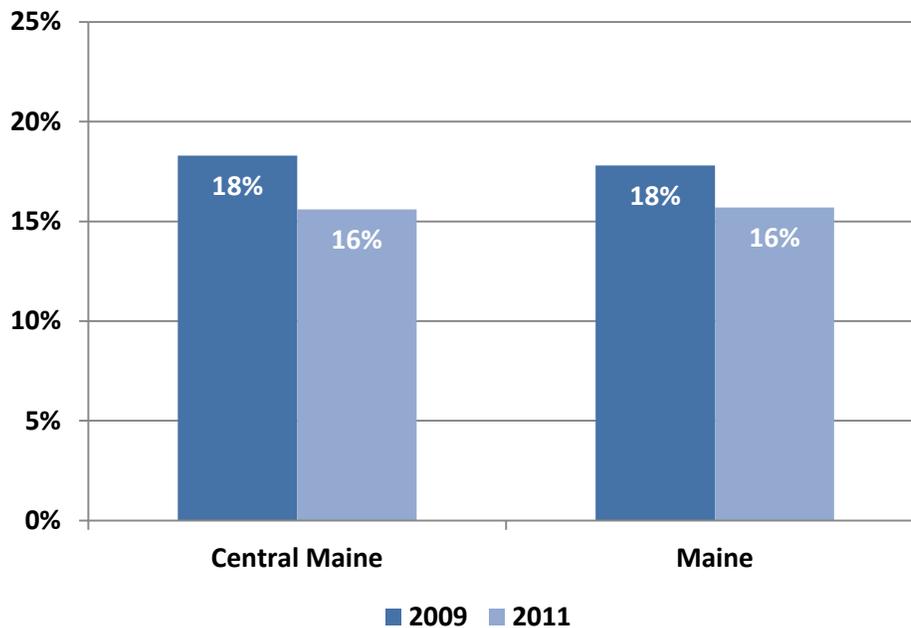
Indicator Description: SMOKING AMONG YOUTH. This indicator illustrates the percentage of Maine high school students who reported smoking a cigarette on at least one occasion within 30 days prior to the survey.

Why Indicator is Important: Use of tobacco is associated with a greater risk of negative health outcomes, including cancer, cardiovascular, and chronic respiratory diseases, as well as death.

Data Source(s): MIYHS, 2009-2011.

Summary: From 2009 to 2011 the percentage of high school students in Central PHD who reported having smoked one or more cigarettes in the past 30 days decreased from 18 percent to 16 percent. This is slightly lower than the state average (17%).

Figure 7. Percent of high school students in Central PHD who reported smoking one or more cigarettes during past 30 days: 2009, 2011



Source: MIYHS

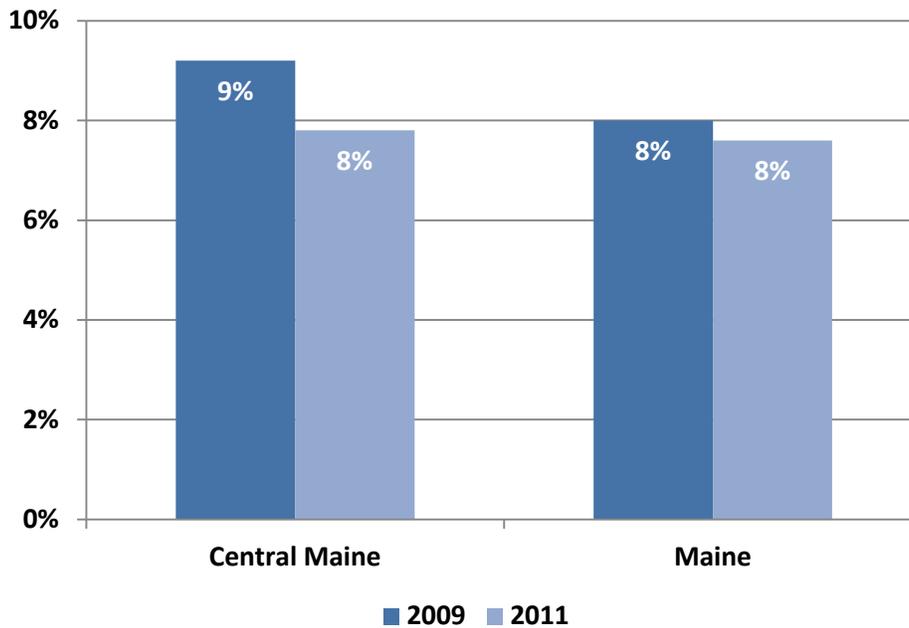
Indicator Description: SMOKELESS TOBACCO AMONG YOUTH. This indicator illustrates the percentage of Maine high school students who reported using smokeless tobacco on at least one occasion within 30 days prior to the survey.

Why Indicator is Important: Use of tobacco is associated with a greater risk of negative health outcomes, including cancer, cardiovascular and chronic respiratory diseases, as well as death.

Data Source(s): MIYHS, 2009-2011.

Summary: The percentage of high school students in Central PHD who have used smokeless tobacco in the past 30 days is the same as the statewide average (8%).

Figure 8. Percent of high school students in Central PHD who used smokeless tobacco in the past 30 days: 2009, 2011



Source: MIYHS

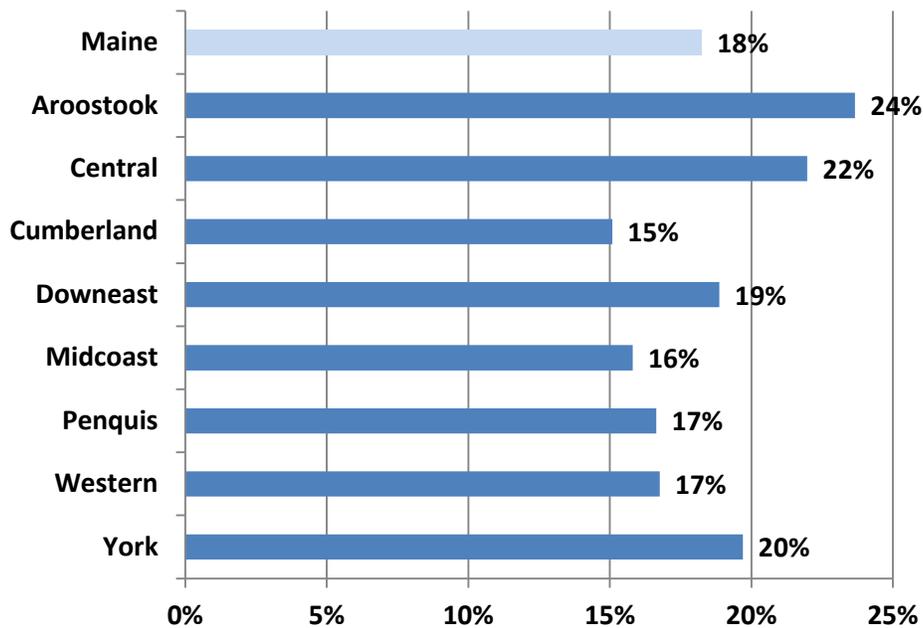
Indicator Description: SMOKING AMONG ADULTS. This indicator illustrates the percentage of Maine adults who reported using cigarettes on at least one occasion within 30 days prior to the survey.

Why Indicator is Important: Smoking is associated with a greater risk of negative health outcomes, including cancer, cardiovascular and chronic respiratory diseases, as well as death.

Data Source(s): BRFSS, 2010.

Summary: In 2010, 22 percent of adults in Central PHD indicated they had smoked a cigarette in the past 30 days, four percentage points higher than the statewide average of 17 percent.

Figure 9. Percent of adults by Public Health District who reporting smoking a cigarette in the past 30 days: 2010



Source: BRFSS

Prescription Drugs

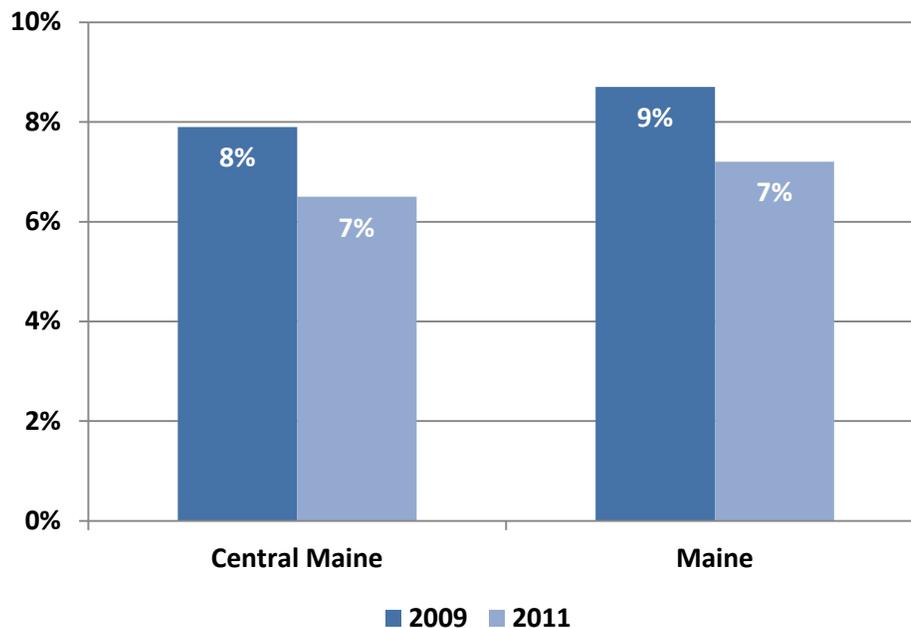
Indicator Description: MISUSE OF PRESCRIPTION DRUGS AMONG YOUTH. This indicator presents the percentage of Maine high school students who reported using prescription drugs that were not prescribed to them by a doctor within 30 days prior to the survey.

Why Indicator is Important: Young people are increasingly using available prescription drugs, including stimulants and opiates, instead of illegal drugs to get high. Abuse of prescription drugs may lead to consequences such as unintentional poisonings or overdose, automobile crashes, addiction, and increased crime.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, seven percent of high school students in Central PHD reported having taken prescription drugs not prescribed to them by a doctor one or more times in the past 30 days, the same rate as is found statewide.

Figure 10. Percent of high school students in Central PHD who have taken prescription drugs not prescribed to them by a doctor: 2009, 2011



Source: MIYHS

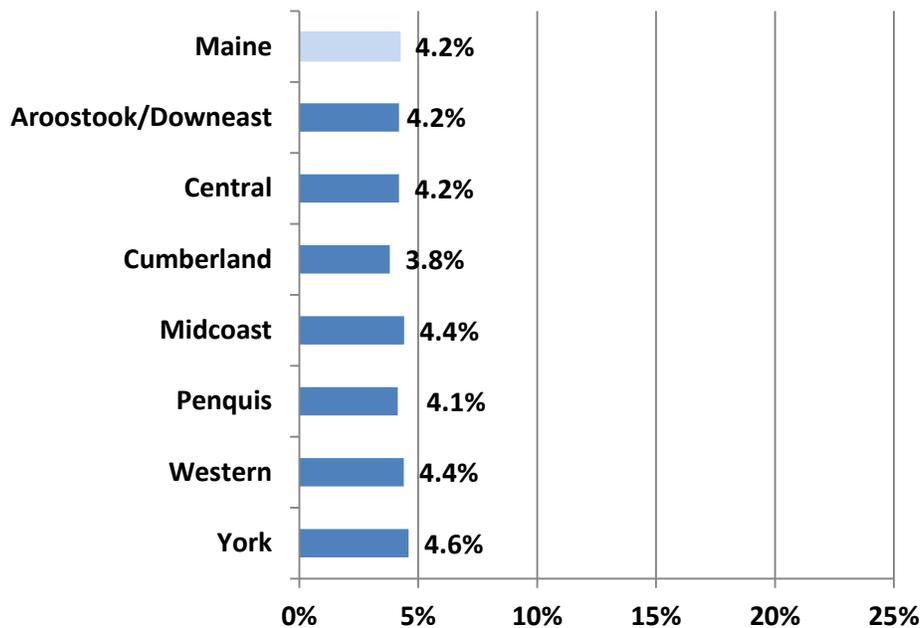
Indicator Description: NONMEDICAL USE OF PRESCRIPTION PAIN RELIEVERS AMONG MAINERS AGE 12 AND OLDER. This measure reflects the percentage of adults who reported using prescription drugs, particularly prescription pain relievers, for reasons other than their intended purpose. Because of small sample sizes, survey data from multiple years must be combined in order to produce this estimate.

Why Indicator is Important: Mainers are increasingly using available prescription drugs, particularly pain relievers, instead of illegal drugs to get high. Abuse of prescription drugs may lead to consequences such as unintentional poisonings, overdose, dependence and increased crime.

Data Source(s): NSDUH, 2006-08.

Summary: In 2006-08, 4.2 percent of people ages 12 and older in Central Public Health District reported using prescription pain relievers for nonmedical purposes in the past year.

Figure 11. Percent of population 12 years old or older who used prescription pain relievers in past year for nonmedical use by Public Health District: 2006-2008



Source: NSDUH

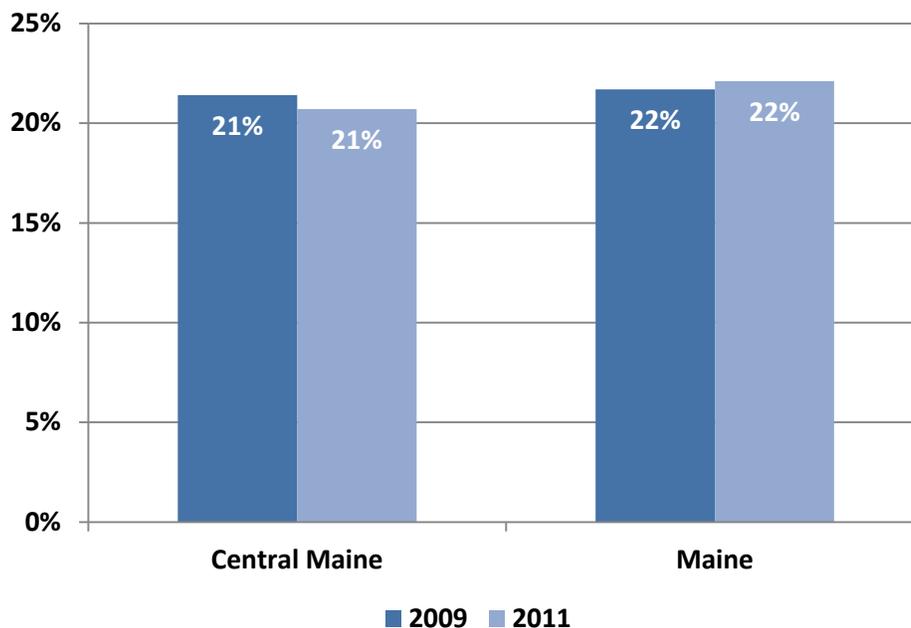
Other Illegal Drugs

Indicator Description: CURRENT MARIJUANA USE. This measure shows the percentage of Maine residents who reported using marijuana in the past 30 days. This is presented for high school students and adults in Maine.

Why Indicator is Important: Marijuana can be addictive and is associated with increased risk for respiratory illnesses and memory impairment. Even occasional use can have consequences on learning and memory, muscle coordination, and mental health symptoms.

Data Source(s): MIYHS, 2009-2011; BRFSS, 2007, 2010.

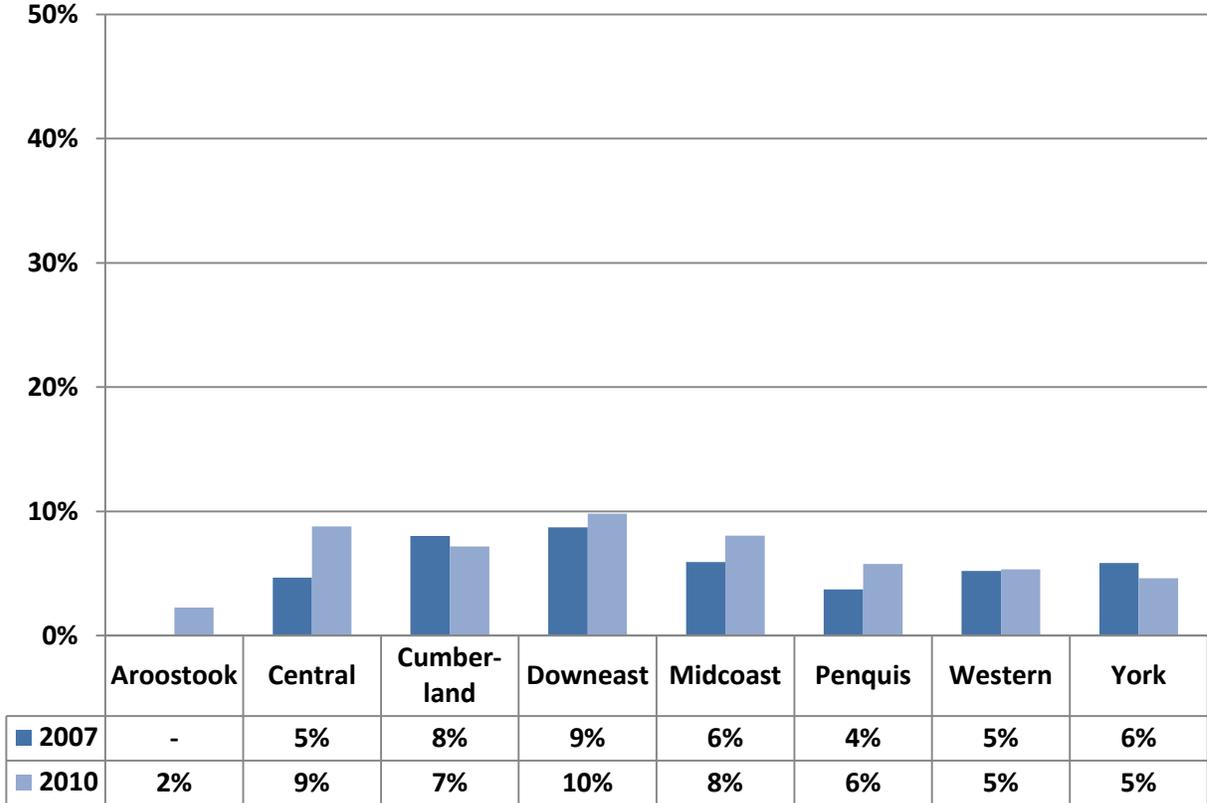
Figure 12. Percent of high school students in Central PHD who have used marijuana during past 30 days: 2009, 2011



Source: MIYHS

Summary: In 2010, nine percent of adults in Central PHD reported having used marijuana in the past 30 days. This represented an increase of five percentage points since 2007. Although not shown on this chart, when rates are broken out by age, young adults (18-25 yr. olds) are much higher than the reported average adult rate below.

Figure 13. Percent of adults in Central PHD who have used marijuana during past 30 days: 2007, 2010



Source: BRFSS

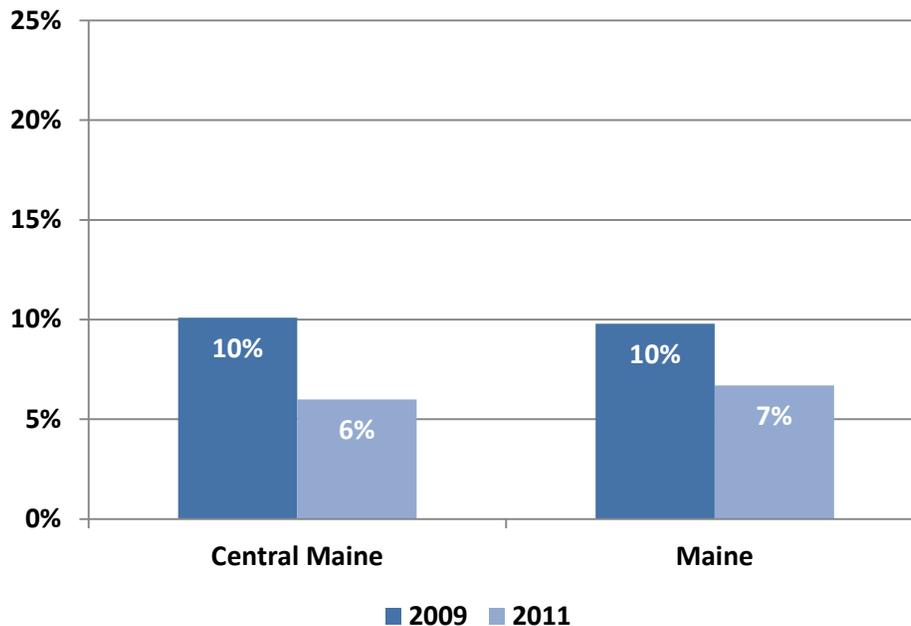
Indicator Description: LIFETIME COCAINE USE AMONG YOUTH. This indicator illustrates the percentage of Maine high school students who used cocaine at least once in their lifetime (i.e., ever).

Why Indicator is Important: Cocaine is highly addictive. Use of cocaine is associated with adverse health effects such as cardiac events, seizures, and stroke. It also increases the risk of cognitive impairment, injury, and crime.

Data Source(s): MIYHS, 2009-2011.

Summary: From 2009 to 2011, the percentage of high school students in the Central PHD reporting that they had used cocaine (in any form) during their lifetime decreased from 10 percent to six percent, matching the statewide average.

Figure 14. Percent of high school students in Central PHD that have used cocaine in any form during their lifetime: 2009, 2011



Source: MIYHS

Consequences Resulting from Substance Use and Abuse

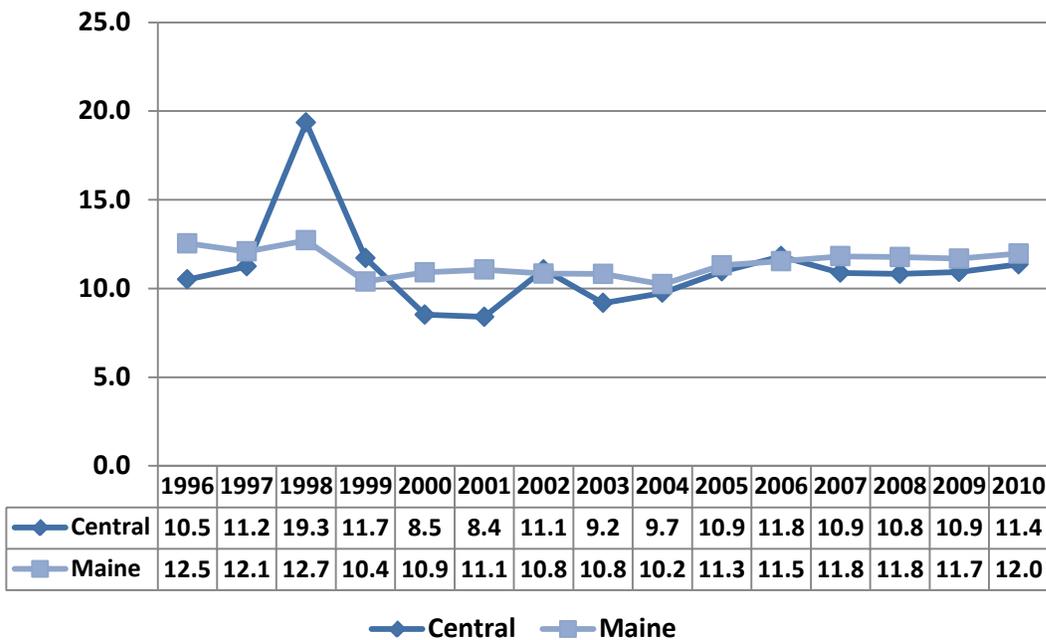
Both individuals and communities suffer the consequences of substance abuse in terms of increased health care needs and criminal justice resources. While a great deal of information regarding substance use can be obtained from the data described in the previous section, information on the effects of that use on individuals and communities can be derived from what has come to be called “consequence” data. Consequences are defined as the social, economic and health problems associated with the use of alcohol and illicit drugs. Examples include illnesses related to alcohol, drug overdose deaths, property and personal crimes, as well as driving accidents, poisonings and suicides that involve alcohol or drugs.

In keeping with its rates of consumption, when compared to the state, Central PHD has shown similar rates of consequences related to substance abuse. Crime and arrest rates are very similar to those found in the state overall, as is the rate of car crashes related to alcohol/drugs. Outpatient hospital visits due to opiate use as well as overdose rates in Central PHD have been increasing steadily over the past decade.

Criminal Justice Involvement

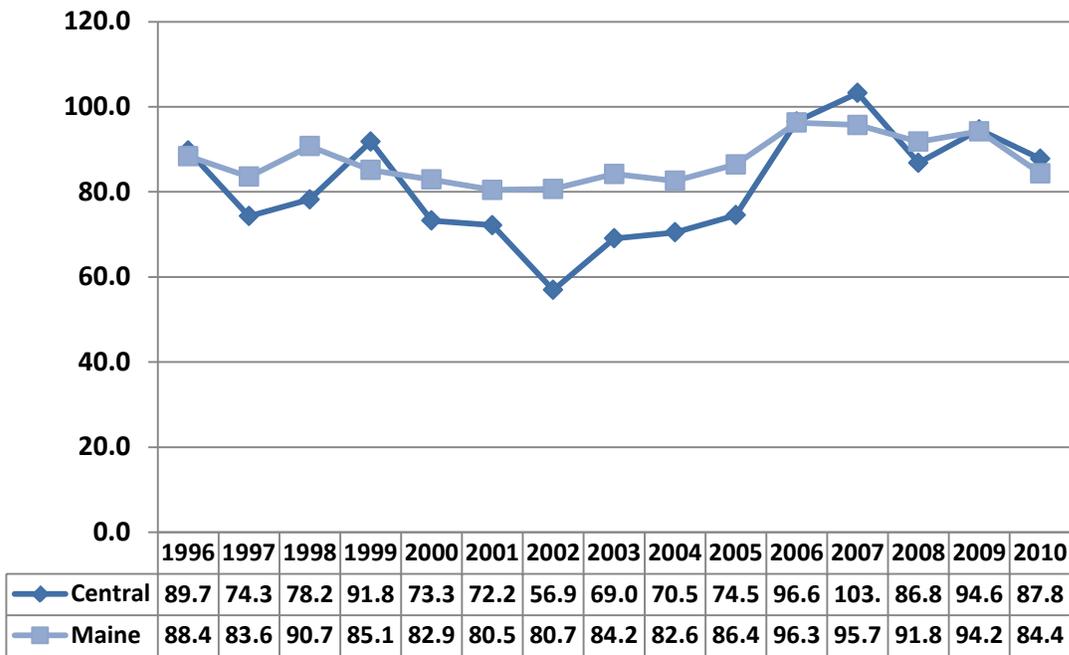
Indicator Description: ANNUAL VIOLENT CRIME RATE. This indicator shows the number of violent crimes reported to the police, per 10,000 people. Violent crimes include simple and aggravated assaults, sexual assaults, and robberies. The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time, as well as make relative comparisons between small and large population areas.

Operationalized as:



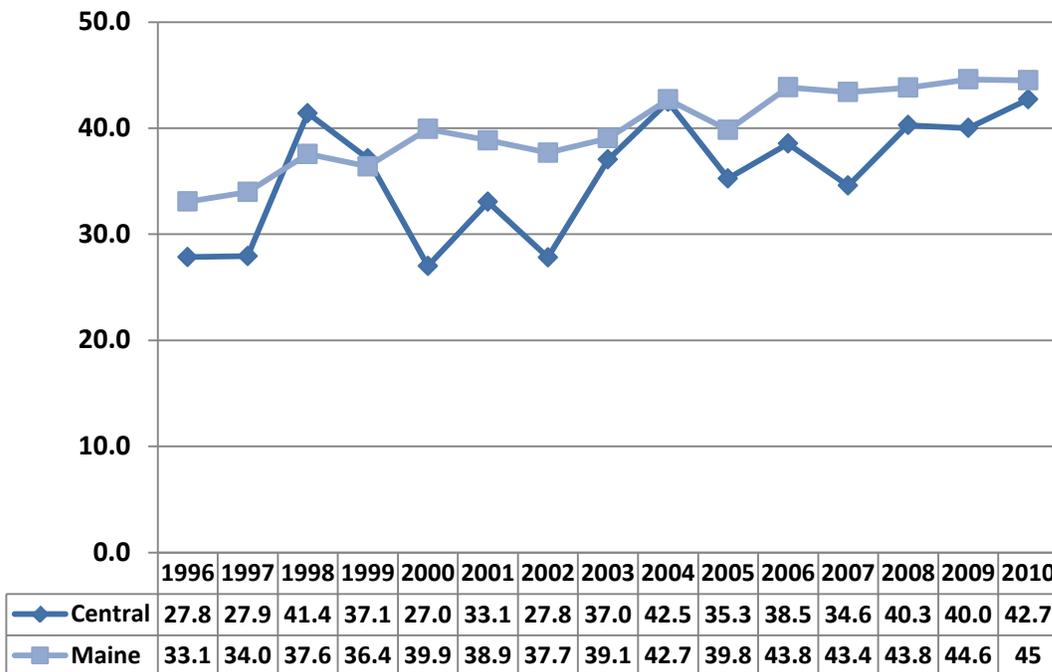
Indicator Description: ANNUAL ALCOHOL-RELATED ARREST RATE. This indicator reflects arrests related to alcohol per 10,000 people. Alcohol-related arrests include Operating Under the Influence (OUI), liquor law violations, and drunkenness. The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time, as well as make relative comparisons between small and large population areas.

Operationalized as:



Indicator Description: ANNUAL DRUG-RELATED ARREST RATE. This indicator reflects the number of arrests that were related to drugs per 10,000 people. Drug-related arrests include manufacturing, sales, and possession. The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time as well as make relative comparisons between small and large population areas.

Operationalized as:



Driving Under the Influence

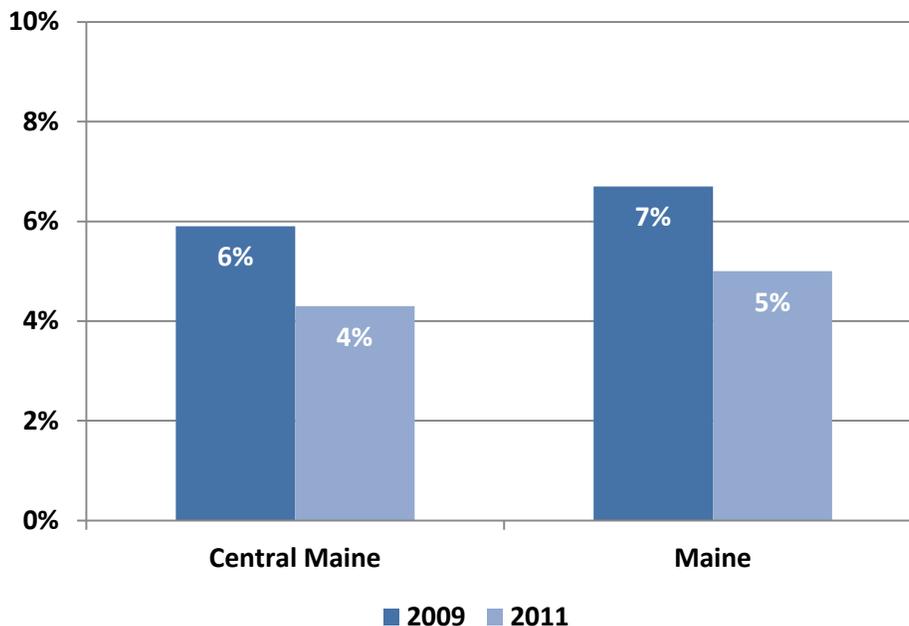
Indicator Description: DRINKING AND DRIVING AMONG YOUTH. This measure shows the proportion of high school students who reported that they drove a car after consuming alcohol at least once within 30 days prior to taking the survey.

Why Indicator is Important: Operating a vehicle after consuming alcohol increases the risk of motor vehicle crashes, injuries and death.

Data Source(s): MIYHS, 2009-2011.

Summary: From 2009 to 2011, the percentage of high school students in Central PHD who reported driving a vehicle at least once after drinking alcohol in the past 30 days decreased from six percent to four percent. This was slightly lower than statewide rate of five percent.

Figure 18. Percent of high school students in Central PHD who reported drinking and driving during the past 30 days: 2009, 2011



Source: MIYHS

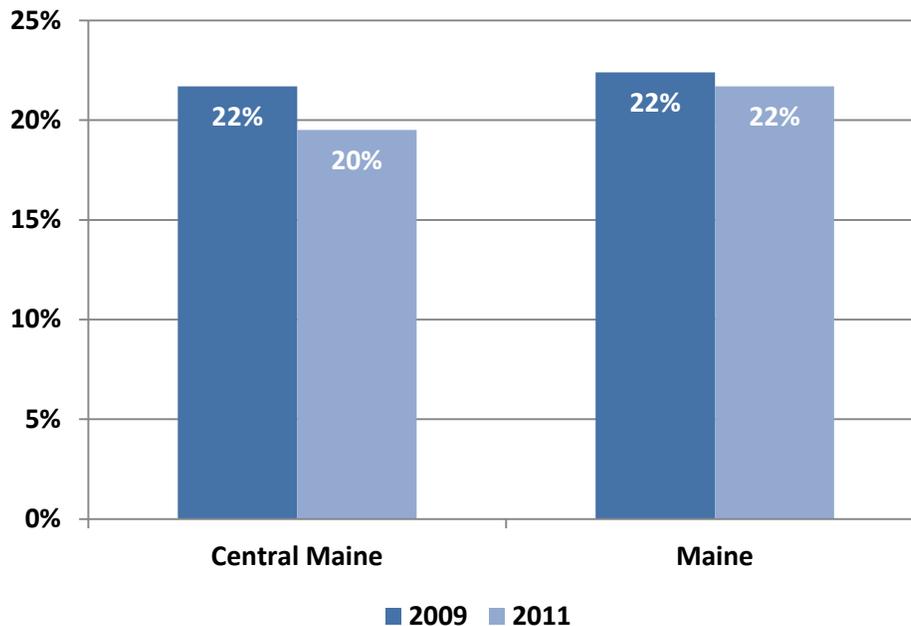
Indicator Description: YOUTH AS PASSENGERS IN VEHICLES DRIVEN BY INDIVIDUALS USING ILLEGAL DRUGS. This measure shows the proportion of high school students who reported that within 30 days prior to taking the survey they were a passenger in a car being operated by an individual who had consumed illegal drugs.

Why Indicator is Important: Operating a vehicle while under the influence of drugs increases the risk of motor vehicle crashes, injuries and death.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, 20 percent of high school students in Central PHD reported that at least once within the past 30 days they had been passengers in a vehicle operated by someone who had taken illegal drugs, compared to 22 percent across the state who reported the same.

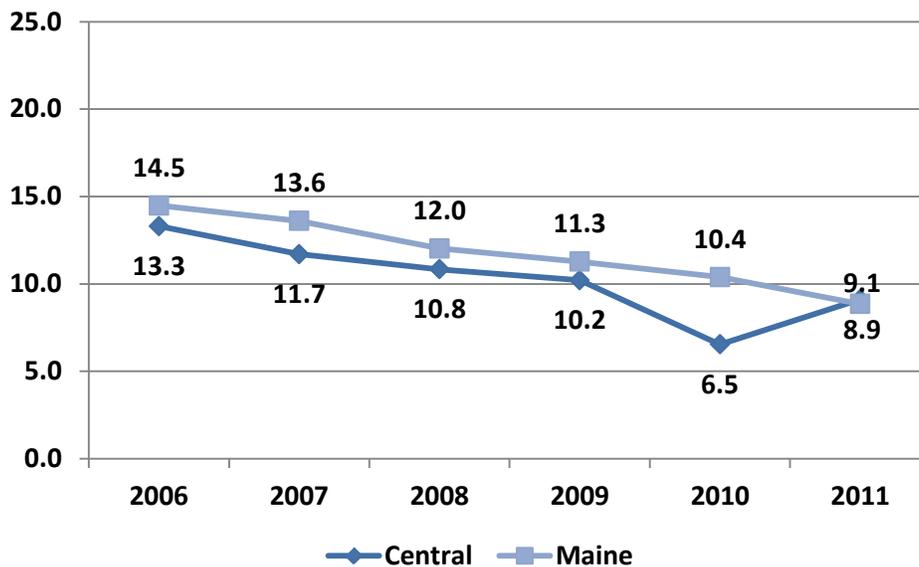
Figure 19. Percent of high school students in Central PHD who rode in a vehicle driven by someone who had taken illegal drugs: 2009, 2011



Source: MIYHS

Indicator Description: ALCOHOL/DRUG-INVOLVED MOTOR VEHICLE CRASH RATE. This indicator shows the number of motor vehicle crashes in which alcohol or drugs were a factor per 10,000 people. Due to new data collection regulations, crash rate data is no longer separated by alcohol and drugs. Alcohol and drugs are now combined into one rate. Alcohol/drug-involved crashes means that at least one driver had consumed alcohol or drugs prior to the crash. The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time, as well as make relative comparisons between small and large population areas.

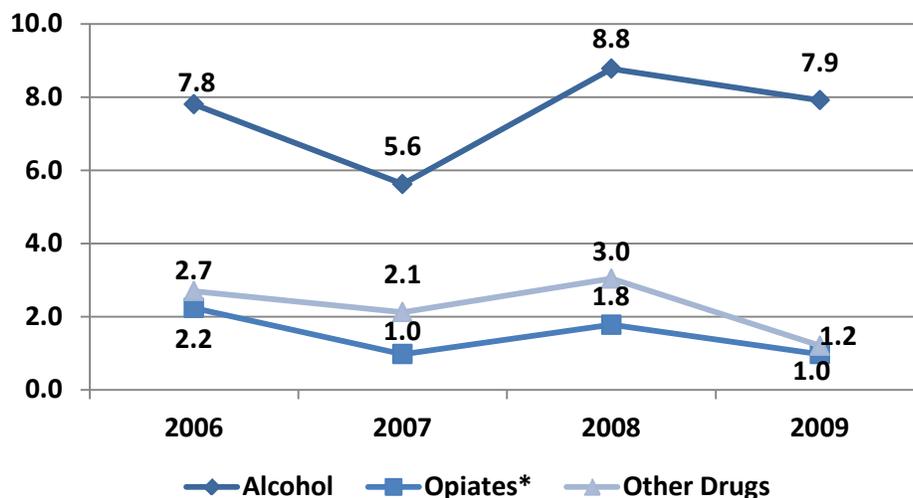
Operationalized as:



Hospital Visits Related to Substance Use

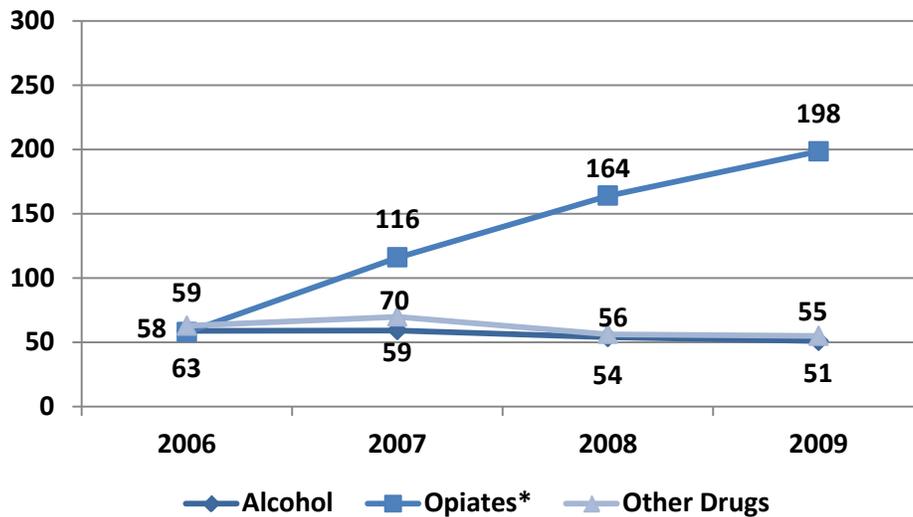
Indicator Description: INPATIENT ADMISSIONS RELATED TO SUBSTANCE USE. This indicator shows the number of inpatient hospital admissions (per 10,000 people) where alcohol, opiates, or other drugs were recorded as the primary diagnosis for which services were sought at admission. "Inpatient" refers to a patient whose treatment needs at least one night's residence in a hospital. The substance for which treatment was received was identified through hospital codes (ICD-9 codes) and includes those related to alcohol and psychoactive substances (303-305). The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time, as well as make relative comparisons between small and large population areas.

Operationalized as:



Indicator Description: OUTPATIENT HOSPITAL VISITS RELATED TO SUBSTANCE USE. This indicator shows the number of outpatient hospital admissions (per 10,000 people) where alcohol, opiates, or other drugs was recorded as the primary diagnosis for which services were received. "Outpatient" refers to patients who receive treatment at a hospital or clinic but are not admitted overnight. The substance for which treatment was received was identified through hospital codes (ICD-9 codes) and includes those related to alcohol psychoactive substances (303-305). The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time, as well as make relative comparisons between small and large population areas

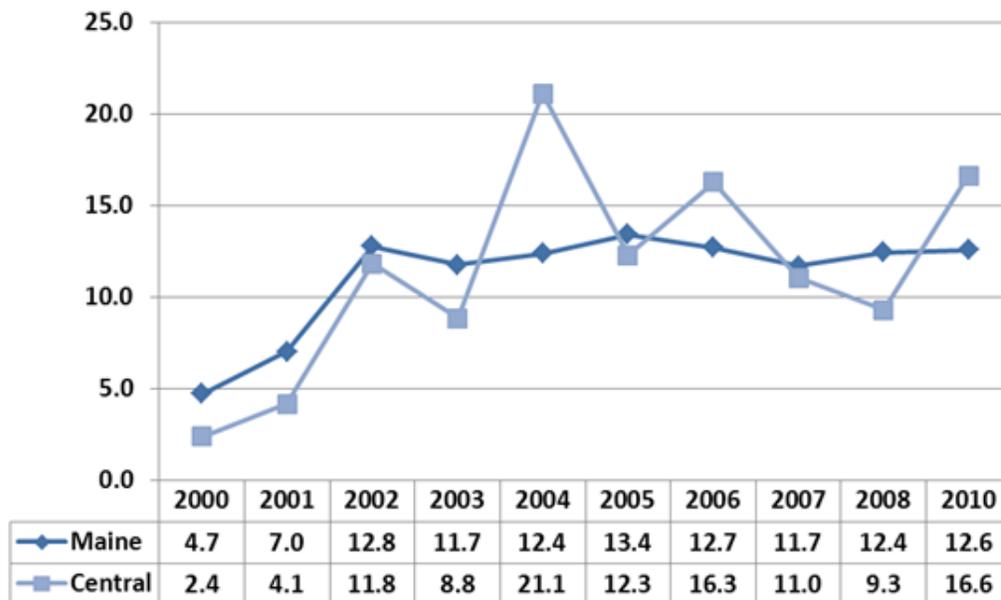
Operationalized as:



Overdose Deaths

Indicator Description: DRUG OVERDOSE DEATH RATE. This measure shows the rate of deaths determined by the State Medical Examiner to be caused by substance abuse or overdose, per 100,000 people. The measure excludes accidental ingestion, suicides and cases where a substance was ingested prior to engaging in a behavior that resulted in death (e.g., drunk driving). The rate per 100,000 allows us to see frequency with which an occurrence shows up within a population over time as well as make relative comparisons between small and large population areas. In this case, the base of 100,000 people was used due to small numbers.

Operationalized as:



Factors Contributing to Substance Use and Abuse

A body of substance abuse prevention research has identified certain groups of factors that “cause” or have an impact on substance use and the consequences related to use. That is, they appear to influence the occurrence and magnitude of substance use and its related consequences. Generically, these causal factors (also known as contributing factors) are categorized into groups which include:

- Social Access (e.g., getting drugs and alcohol from friends or family)
- Retail Availability (e.g., retailer not carding properly)
- Pricing & Promotion (e.g., two-for-one specials, industry sponsorships or signage)
- Social/Community Norms (e.g., parental/community attitudes and beliefs)
- Enforcement (e.g., lack of compliance checks)
- Perceptions of Harm (e.g., individuals’ belief that using a substance is harmful)⁵
- Perceived Risk of Being Caught (e.g., individuals’ belief that s/he will be caught by parents or police)⁶

Substance abuse prevention in Maine is undertaken with the assumption that making changes to these factors at the community level will result in changing behaviors around substance use and related problems. It is through positively impacting these factors that Maine can achieve population-level changes in substance consumption and consequences.

Although most high school students in Central PHD believe that regular use of marijuana poses a risk of harm, less than a third think they will be caught by police if they use marijuana. Most students in Central PHD think it is easy to obtain alcohol, with forty five percent believing they would be caught by their parents and only 16 percent believing they would be caught by police if they drank alcohol.

For county-level trends prior to 2009, data are available at the www.maineosa.org website or by calling Maine OSA at (207) 287-2595.

⁵ Bonnie, Richard J., and Mary Ellen O’Connell, Eds. (2004). *Reducing Underage Drinking: A Collective Responsibility*. The National Academies Press: Washington, DC.

⁶ “A General Causal Model to Guide Alcohol, Tobacco and Illicit Drug Prevention: Assessing the Research Evidence.” Multi-State Technical Assistance Workshop. Washington, DC. March 16, 2006.

Availability and Accessibility

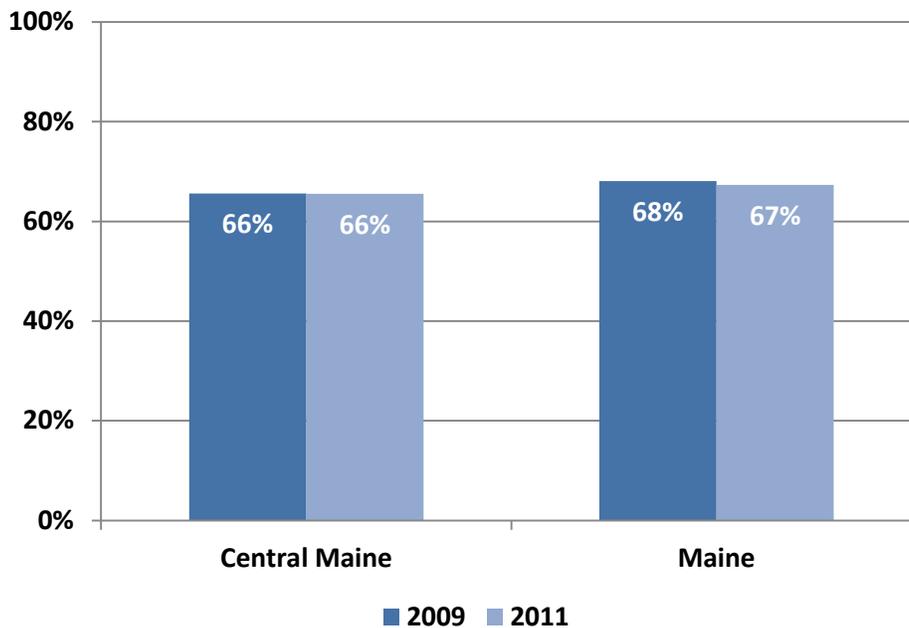
Indicator Description: PERCEIVED EASE OF OBTAINING ALCOHOL BY UNDERAGE YOUTH. This indicator reflects the percentage of high school students (grades 9 to 12) who reported that it would be easy or very easy for them to get alcohol if they wanted some.

Why Indicator is Important: According to the 2011 statewide MIYHS, students who reported that they thought alcohol was easy to obtain were three times as likely to report consuming alcohol within the past 30 days compared to students who did not think it was easy obtain.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, 66 percent of high school students in Central PHD indicated that it was easy to get alcohol, slightly lower than the statewide rate of 67 percent.

Figure 24. Percent of high school students in Central PHD who reported it was easy to get alcohol: 2009, 2011



Source: MIYHS

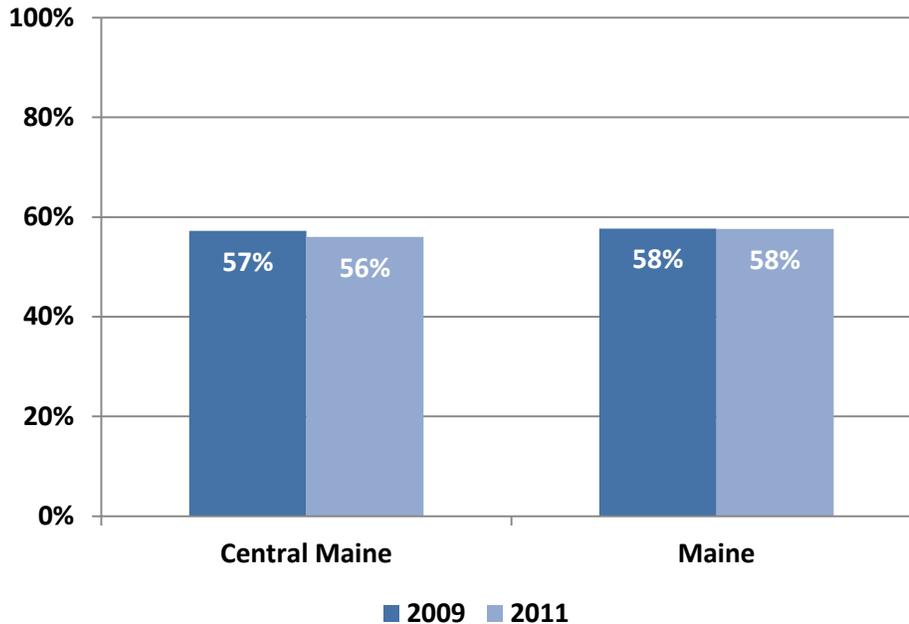
Indicator Description: PERCEIVED EASE OF OBTAINING MARIJUANA BY YOUTH. This indicator illustrates the percentage of high school students reporting it would be easy or very easy to obtain marijuana if they wanted it.

Why Indicator is Important: According to the 2011 statewide MIYHS, students who reported that they thought marijuana was easy to obtain were seven times as likely to use marijuana in the past 30 days compared to their peers who thought it was difficult to obtain.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, 56 percent of high school students in Central PHD indicated that it would be easy to get marijuana; the statewide average was slightly higher than that, at 58 percent.

Figure 25. Percent of high school students in Central PHD who reported it would be easy to get marijuana: 2009, 2011



Source: MIYHS

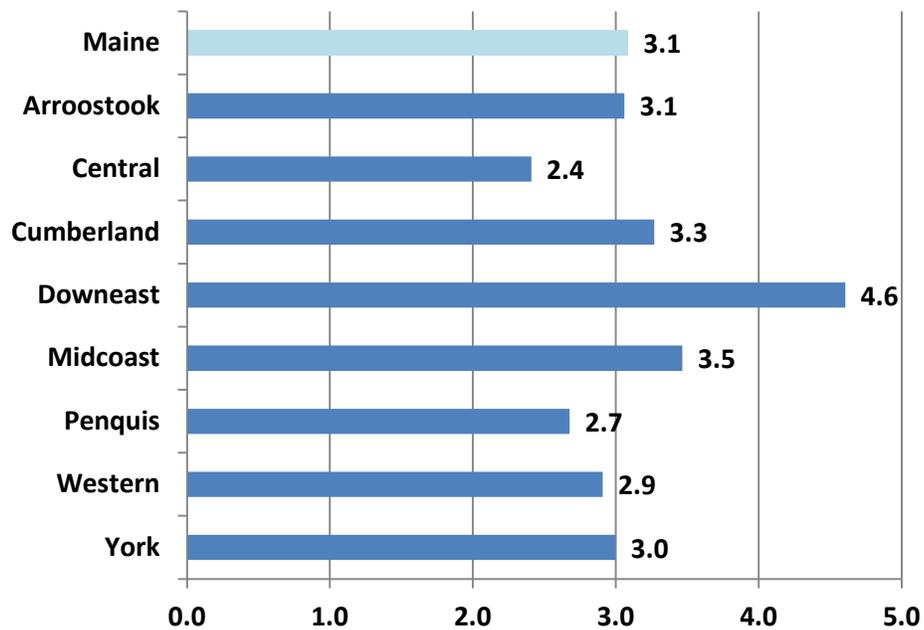
Indicator Description: NUMBER OF ALCOHOL OUTLETS PER CAPITA. This indicator reflects the number of retail establishments selling alcohol per person. This includes both on-premise (e.g., bars, restaurants) and off-premise (e.g., convenience stores) establishments. It is calculated by dividing the number of retail establishments by the number of residents in the county (based on 2010 U.S. Census figures).

Why Indicator is Important: National research shows that there is a correlation between the number of places that sell alcohol in an area (retail density) and the rate of alcohol-related crime.⁷

Data Source(s): DPS, Liquor Licensing and Compliance, 2010; U.S. Census, 2010.

Summary: The number of liquor licensees in Central PHD per 1,000 residents (2.4) was noticeably lower than the statewide average in 2011 (3.1).

Figure 26. Number of liquor licensees per 1,000 residents by Public Health District: 2011



Source: DPS and U.S. Census

⁷ Grube, J. W., Gruenewald, P. J. & Chen, M. J. (2010). Community alcohol outlet density and underage drinking. *Addiction*, 105, 270-278.

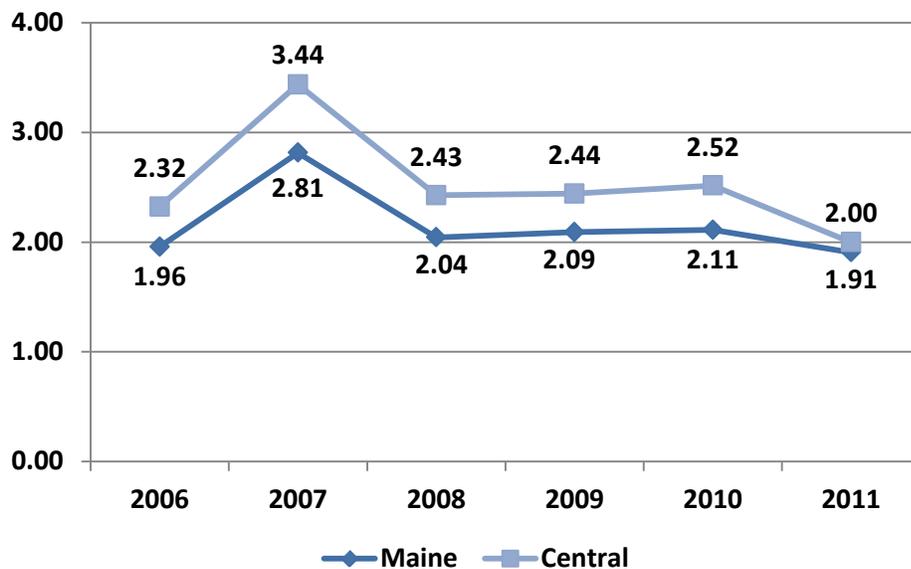
Indicator Description: NUMBER OF PRESCRIPTIONS FILLED PER CAPITA. This indicator reflects the number of “Schedule II-IV” prescriptions filled in Maine per person. It is important to note that the number of prescriptions per capita does not indicate the overall number of pills prescribed, the size/dosage of the pills, or drugs that fall within DEA “Schedules I or V”. At the time of this report, all pharmacies, excluding the Veterans Administration, federally regulated methadone clinic and the Indian Health Service (IHS) center, which dispense in Maine report to the Prescription Monitoring Program. IHS is scheduled to begin reporting during the summer of 2012. The VA is working on a plan to begin reporting soon.

Why Indicator is Important: The number of prescriptions filled per capita indicates the volume of prescription pills potentially available in the community for diversion (e.g., gift, sale, or theft). A higher level of availability contributes to misuse by individuals without a prescription.

Data Source(s): PMP, 2006-2011.

Summary: After a steady period from 2008 to 2010, the number of prescriptions per capita in Central PHD decreased by 20 percent, from 2.52 prescriptions per capita in 2010 to 2 prescriptions per capita in 2011. Since 2006, prescriptions filled per capita in Central PHD have been consistently higher than that of the statewide average.

Figure 27. Number of prescriptions filled per capita in Central PHD: 2006-2011.



Perceived Risk and Harm

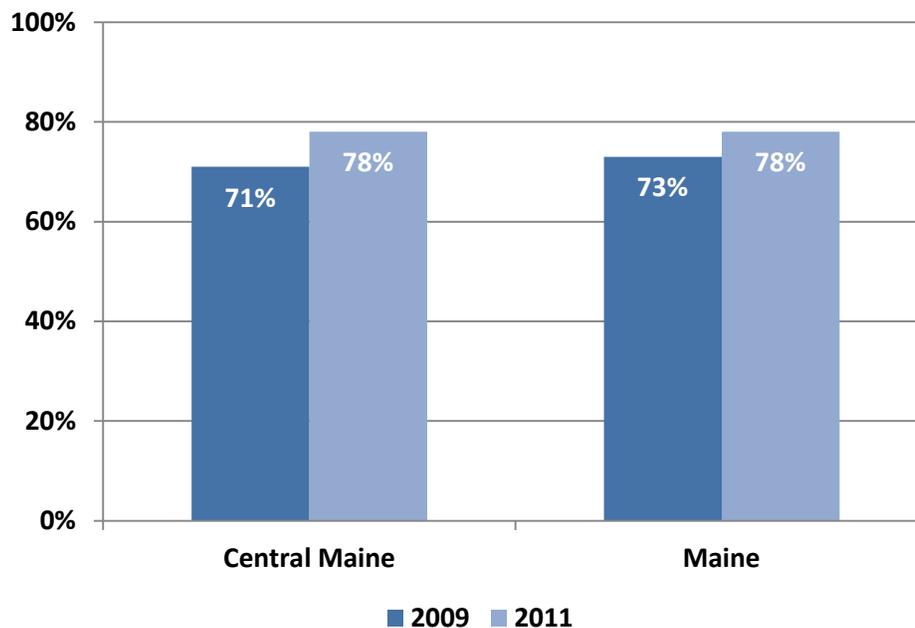
Indicator Description: PERCEIVED RISK FROM BINGE DRINKING AMONG YOUTH. This indicator reflects the percentage of individuals who perceive that there is moderate-to-great risk from drinking five or more drinks once or twice per week.

Why Indicator is Important: According to the 2011 statewide MIYHS, high school students who perceive binge drinking as a moderate-to-great risk of harm are one third as likely to binge drink in the past 30 days than students who did not perceive harm. Adults are also less likely to binge drink if they perceive it to be risky.

Data Source(s): MIYHS, 2009-2011.

Summary: From 2009 to 2011, the percentage of high school students in Central PHD who indicated that there is a moderate-to-great risk of people harming themselves if they consume five or more drinks regularly increased from 71 percent to 78 percent, with the latest figures matching the state average.

Figure 28. Percent of high school students in Central PHD who reported a risk of harm from consuming five or more drinks once or twice per week: 2009, 2011



Source: MIYHS

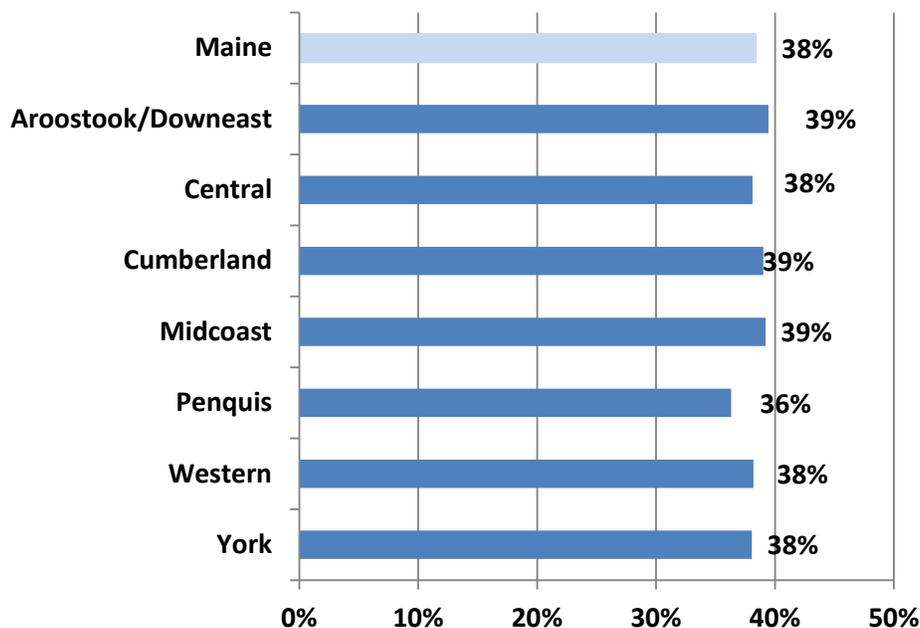
Indicator Description: PERCEIVED RISK FROM BINGE DRINKING AMONG MAINERS. This indicator reflects the percentage of Mainers age 12 and older who perceive that there is risk from consuming five or more drinks once or twice per week. Because of small sample sizes, survey data from multiple years must be combined in order to produce this estimate.

Why Indicator is Important: The perception that consuming a lot of alcohol is risky indicates an individual is knowledgeable about health risks and other negative consequences. Adults are less likely to binge drink if they perceive it to be risky.

Data Source(s): NSDUH, 2006-08.

Summary: The percent of the population in Central PHD age 12 or older who perceive a great risk from binge drinking is on par with the statewide average (38%).

Figure 29. Percent of population age 12 or older who perceive a great risk from binge drinking by Public Health District: 2006-2008



Source: NSDUH

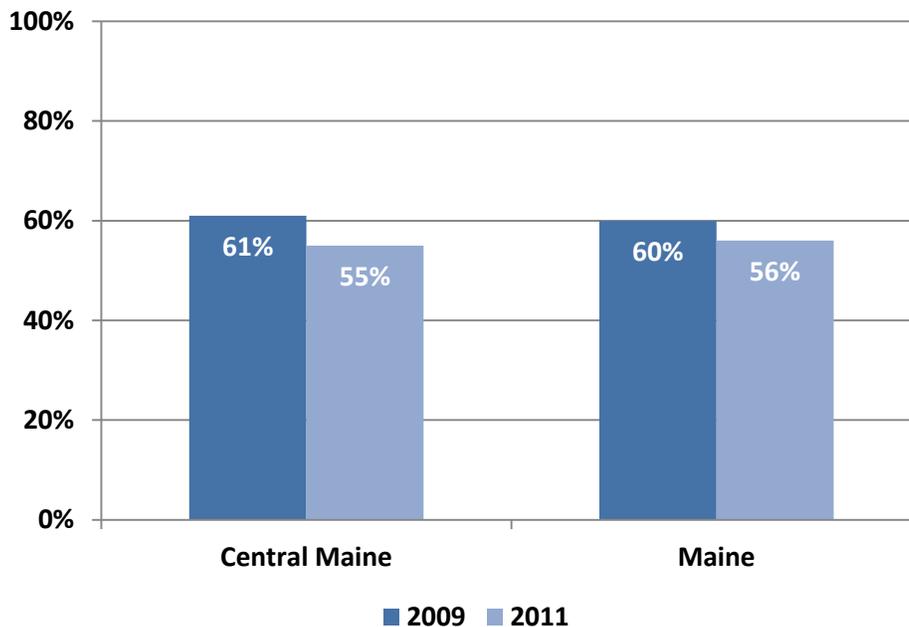
Indicator Description: PERCEIVED RISK OF REGULAR MARIJUANA USE AMONG YOUTH. This measure demonstrates the percentage of individuals who perceive a moderate-to-great risk of harm from smoking marijuana regularly.

Why Indicator is Important: According to the 2011 statewide MIYHS, high school students who do not believe there is moderate-to-great risk in smoking marijuana regularly are 6.5 times as likely to smoke marijuana as their peers who do perceive risk of harm.

Data Source(s): MIYHS, 2009-2011.

Summary: From 2009 to 2011, the percentage of high school students in Central PHD who indicated that there is a moderate-to-great risk of people harming themselves if they smoke marijuana regularly decreased significantly, from 61 percent to 55 percent. This was similar to the state average (56%).

Figure 30. Percent of high school students in Central PHD who reported a risk of harm from smoking marijuana regularly: 2009, 2011



Source: MIYHS

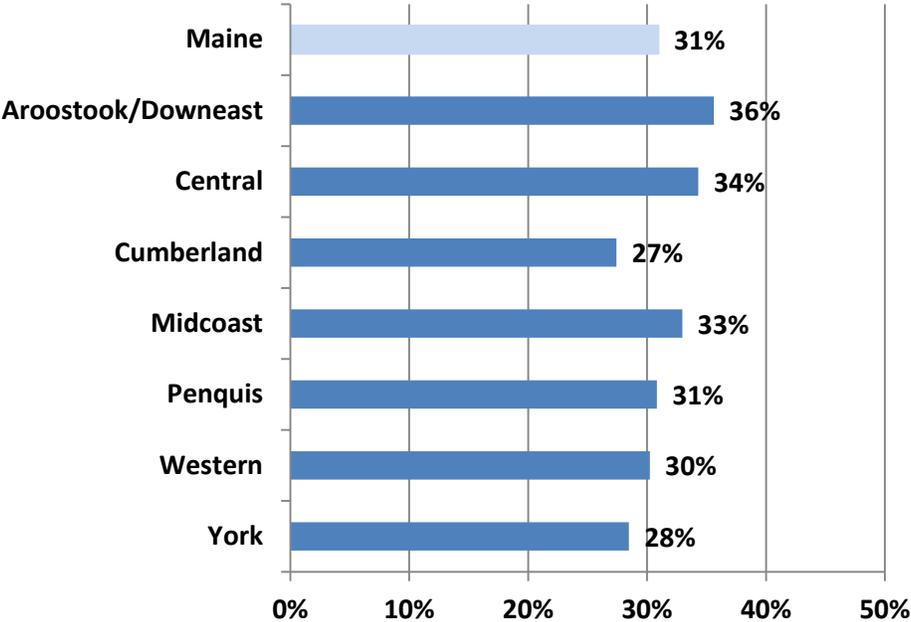
Indicator Description: PERCEIVED RISK OF REGULAR MARIJUANA USE AMONG MAINERS. This measure demonstrates the percentage of Mainers over the age of 12 who perceive a risk of harm from smoking marijuana once a month. Because of small sample sizes, survey data from multiple years must be combined in order to produce this estimate.

Why Indicator is Important: The perception that using a substance is risky indicates an individual is knowledgeable about health risks and other negative consequences associated with that substance. Perceptions of risk reduce the likelihood that an individual will engage in the behavior.

Data Source(s): NSDUH, 2006-08.

Summary: Central PHD had the second-highest percentage of Mainers over the age of 12 who perceived a great risk from smoking marijuana once a month at 34 percent, compared to 31 percent statewide.

Figure 31. Percent of population age 12 or older who perceive a great risk from smoking marijuana once a month by Public Health District: 2006-2008



Source: NSDUH

Perceived Enforcement

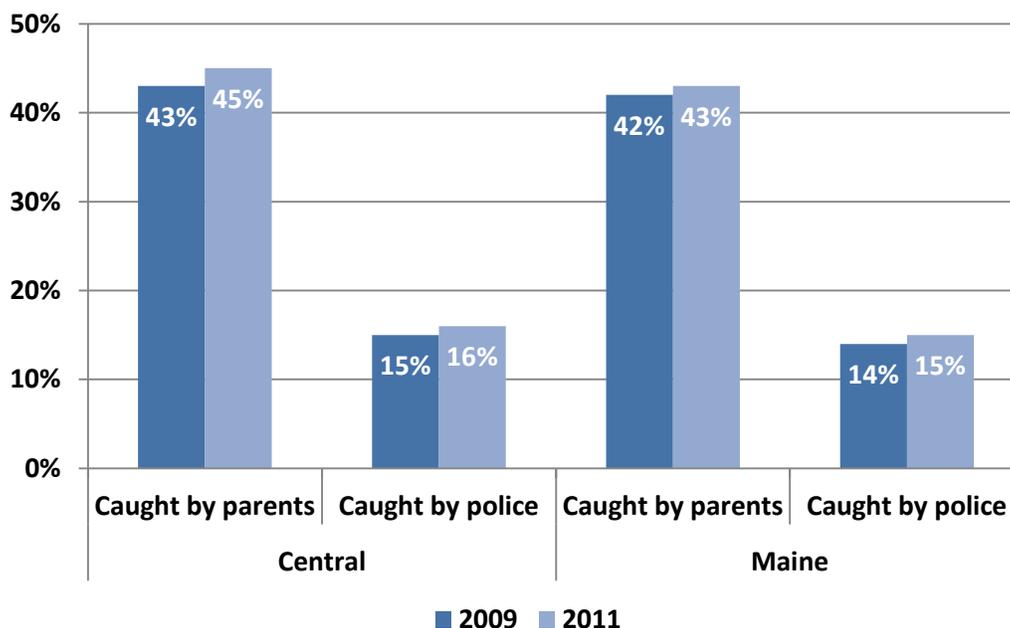
Indicator Description: PERCIEVED RISK OF BEING CAUGHT FOR DRINKING ALCOHOL AMONG YOUTH. This indicator reflects the percentage of high school students who reported that they would be caught by their parents or by police if they drank alcohol.

Why Indicator is important: According to the 2011 statewide MIYHS, high school students who believe they will be caught by their parents are one-fifth as likely to drink in the past month as compared to students who do not think they will be caught. Students who believe that they would be caught by the police are half as likely to drink alcohol in the past month as those who do not think they would be caught.

Data Source(s): MIYHS, 2009-2011.

Summary: At 45 percent, the perceived risk among high school students of being caught by their parents for drinking alcohol in Central PHD is greater than the state average (43%). Only 16 percent of high school students indicated that they thought they would be caught by the police for drinking alcohol (compared to 15% statewide who reported that perception). That means high school students in Central PHD are almost three times as likely to perceive a risk of being caught by their parents, rather than the police, for drinking alcohol.

Figure 32. Perceived risk among high school students in Central PHD of being caught by parents or police for drinking alcohol: 2009, 2011



Source: MIYHS

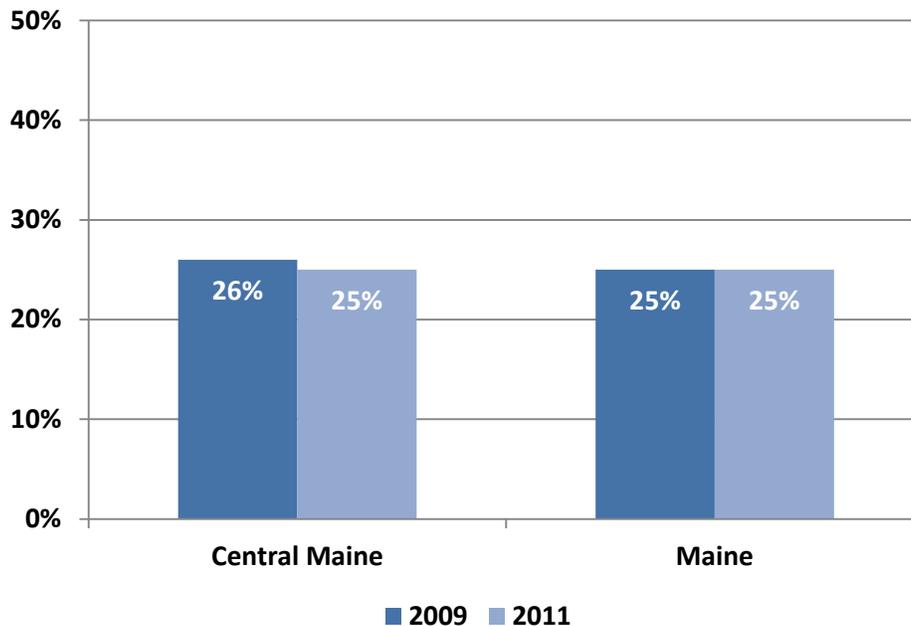
Indicator Description: PERCEIVED RISK OF BEING CAUGHT FOR SMOKING MARIJUANA AMONG YOUTH. This measure shows the percentage of high school students who reported that they thought they would be caught by police if they smoked marijuana.

Why Indicator is Important: According to the statewide 2011 MIYHS, high school students who believe they would be caught by the police are approximately half as likely to smoke marijuana as their peers.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, 25 percent of high school students in Central PHD indicated that they thought they would be caught by the police if they smoked marijuana. This was the same as the statewide rate.

Figure 33. Perceived risk among high school students in Central PHD of being caught by police for smoking marijuana: 2009, 2011



Source: MIYHS

Mental Health, Suicide and Co-occurring Disorders

The relationship between substance use and mental health has been well documented. There are great efforts underway at the Substance Abuse Mental Health Services Administration (SAMHSA) and throughout Maine to better integrate mental health promotion and substance abuse prevention. At the individual level, it is important to know if one exists because the symptoms of each can affect the other; that is, a person who is depressed may abuse alcohol in an effort to feel better. At the community level, it is important to understand how the prevalence of one interacts with the other so that prevention and intervention efforts can better address the needs of both. The data indicators included below represent the first attempt to collect multiple mental health indicators that can be routinely monitored in relation to substance abuse in hopes that this will lead to better prevention and intervention.

About one-fifth of adults in Central PHD report having ever been diagnosed with depression or anxiety and almost one in four high school students felt sad or hopeless every day for two weeks in 2011; just over one in ten high school students considered suicide. The proportion of individuals from Central PHD admitted for substance abuse treatment who also have a mental health diagnosis has increased since 2005.

Depression and Anxiety

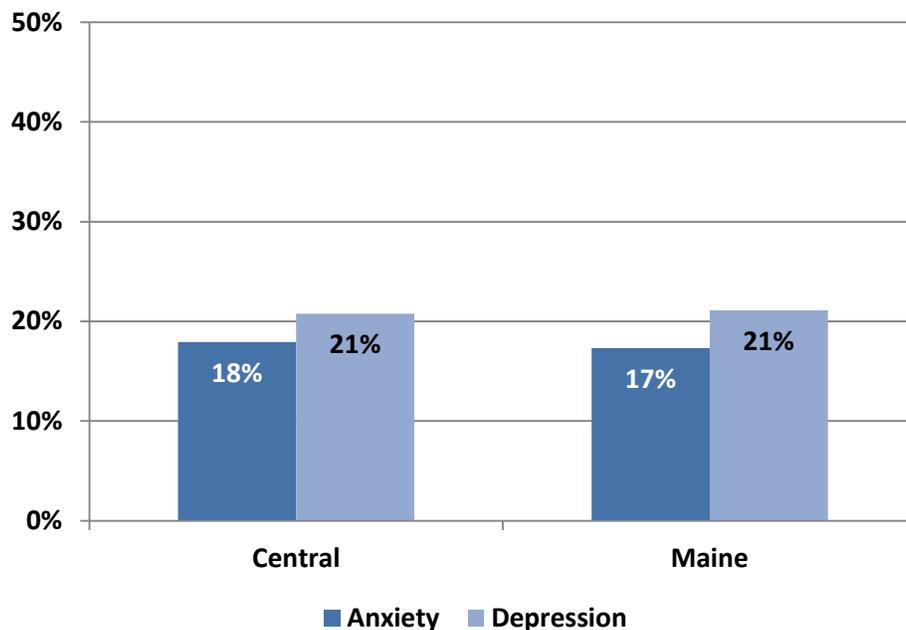
Indicator Description: DIAGNOSIS OF ANXIETY AND DEPRESSION AMONG ADULTS. This indicator examines the percentage of Maine residents age 18 and older who have ever been told by a doctor that they have a depressive or anxiety disorder.

Why Indicator is Important: The link between mental health and substance abuse is well documented. Experiencing anxiety or depression is associated with higher rates of substance abuse.

Data Source(s): Data Source(s): BRFSS, 2006, 2008-2010.

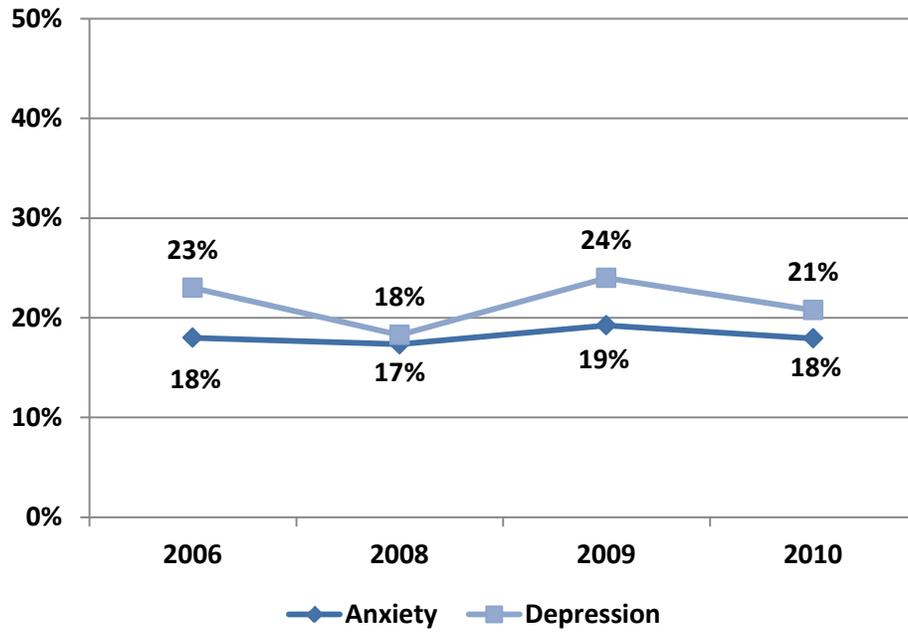
Summary: In 2010, 18 percent of adults in Central PHD had been told they have an anxiety disorder and 21 percent had been told they have a depressive disorder. These rates were very similar to those found at the statewide level. From 2006 to 2010, the proportion of adults in Central PHD who had been told they had a depressive disorder dropped by two percentage points, while the rate of diagnosis for anxiety has remained relatively stable (as shown on following page).

Figure 34. Percent of adults in Central PHD who have ever been told they have an anxiety or depressive disorder: 2010



Source: BRFSS

Figure 35. Percent of adults in Central PHD who have ever been told they have an anxiety or depressive disorder: 2006, 2008- 2010



Source: BRFSS

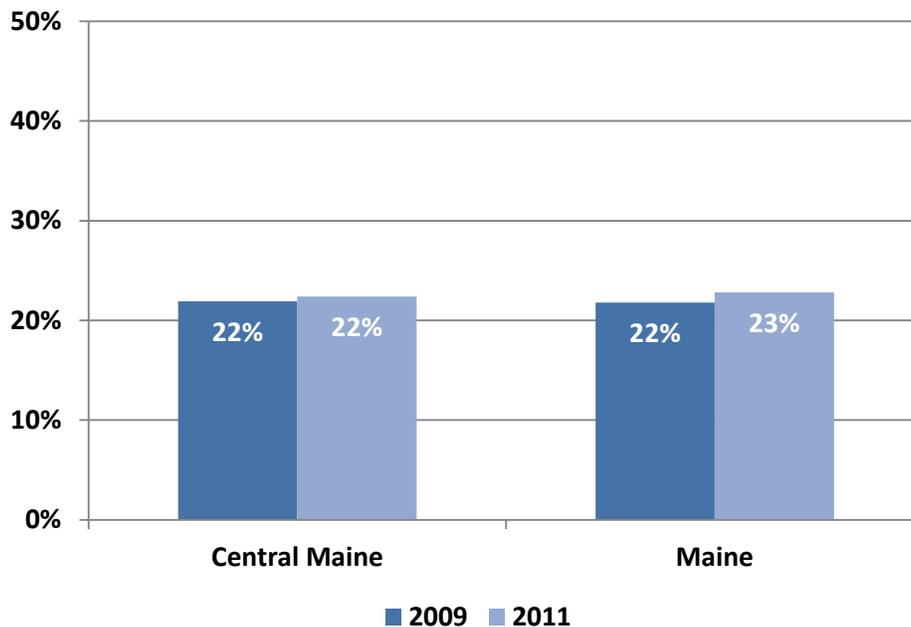
Indicator Description: DEPRESSION AMONG YOUTH. This indicator measures the percentage of high school students reporting they felt sad or hopeless almost every day for two weeks in a row during the past year.

Why Indicator is Important: Experiencing depression in the past year is associated with higher rates of substance abuse. Among youth, depression is also associated with problems with relationships and academic achievement.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, 22 percent of high school students in Central PHD indicated that they felt sad or hopeless every day for two weeks or more in a row during the past year. This was slightly higher rate than was reported by Maine high school students statewide (23%).

Figure 36. Percent of high school students in Central PHD who felt sad or hopeless almost every day for two weeks or more in a row during the past year: 2009, 2011



Source: MIYHS

Suicide and Suicidal Ideation

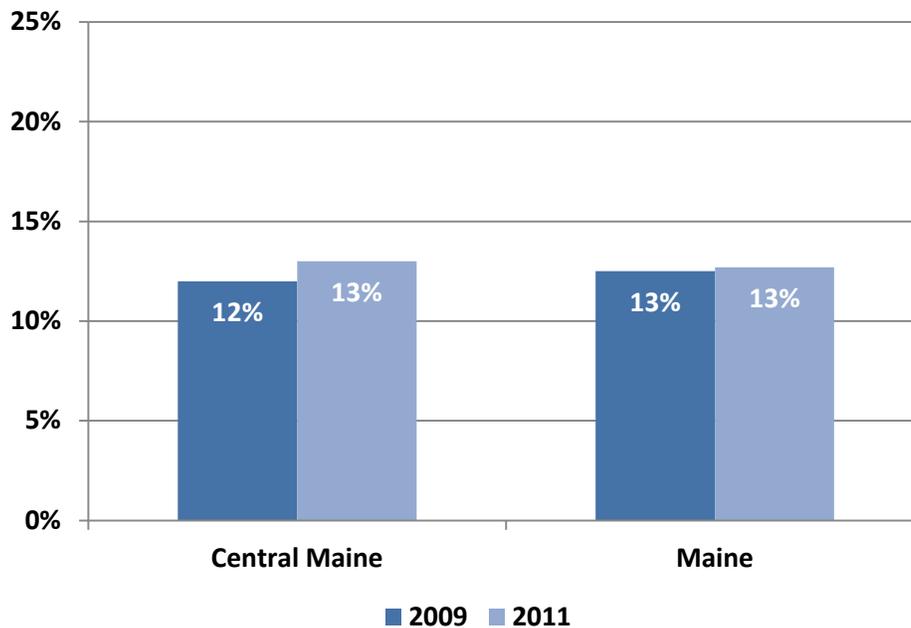
Indicator Description: SUICIDAL IDEATION AMONG YOUTH. This measure examines the percentage of high school students who reported that they seriously considered attempting suicide during the past year.

Why Indicator is Important: Suicide is the most tragic consequence of major depressive disorders. Abuse of alcohol or other drugs may increase emotional problems leading to suicidal ideation and suicidal behavior.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, the percentage of high school students who considered suicide during the past year was the same in Central PHD as in the state overall (13%).

Figure 37. Percent of high school students in Central PHD who considered suicide during the past year: 2009, 2011



Source: MIYHS

Mental Health and Substance Abuse Co-Occurrence

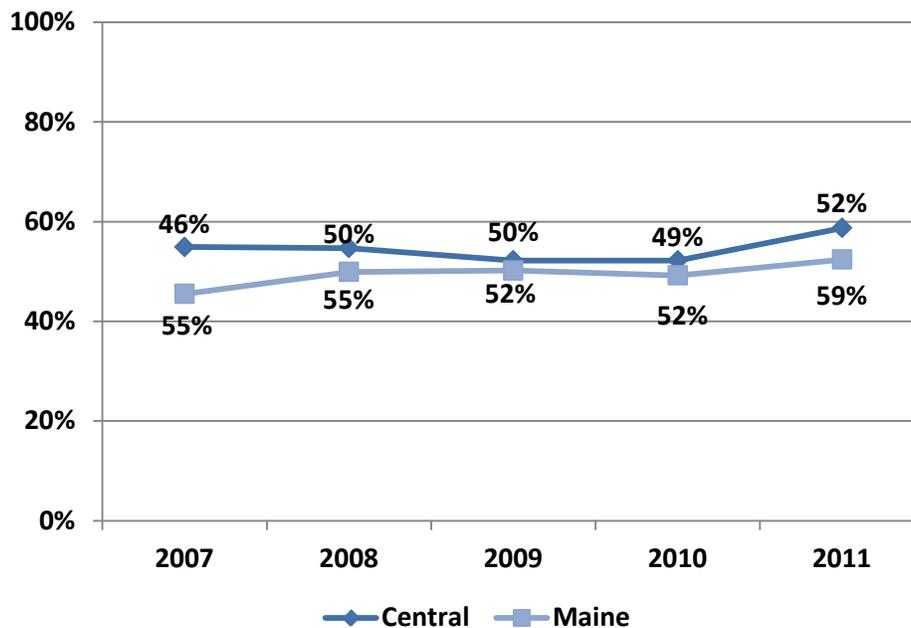
Indicator Description: CO-OCCURRING MENTAL HEALTH AND SUBSTANCE ABUSE TREATMENT. This indicator reflects the proportion of treatment admissions for substance abuse where the individual also has a mental health diagnosis.

Why Indicator is Important: The link between mental health and substance abuse is well documented. In terms of treatment, it is important to know if one exists because the symptoms of each can affect the other.

Data Source(s): TDS, 2007-2011.

Summary: From 2007 through 2011, Central PHD has consistently reported a higher percentage of individuals admitted for substance abuse treatment and who also have a mental health diagnosis than is found statewide. This increased significantly over this timeframe in Central PHD, from 46 percent in 2007 to 52 percent in 2011.

Figure 38. Percent of individuals in Central PHD admitted for substance abuse treatment that also had a mental health diagnosis: 2007-2011



Source: TDS

Treatment Admissions for Substance Abuse

Substance abuse treatment admissions are an indicator of how many people *receive treatment* for a substance abuse problem. These admissions can be voluntary, but they can also be court-ordered. Treatment admission data should not be used as an indicator of the magnitude of the problems related to substance abuse. Rather, treatment should be seen as a major consequence stemming from substance use and one that requires many resources.

The overall number of clients admitted to treatment has been declining since 2007, from 14,843 to 11,380 in 2011. Mainers continued to seek out treatment for abuse involving a wide array of substances besides alcohol; in 2011 there were 4,421 admissions for alcohol as the primary substance. This was followed by synthetic opioids (3,630) and marijuana (1,094).

In Central PHD, just over one third of primary treatment admissions were for alcohol and one-third were for synthetic opioids; opioid-related primary treatment admissions have risen steadily. This is the same pattern that is occurring across the state.

Treatment Admissions

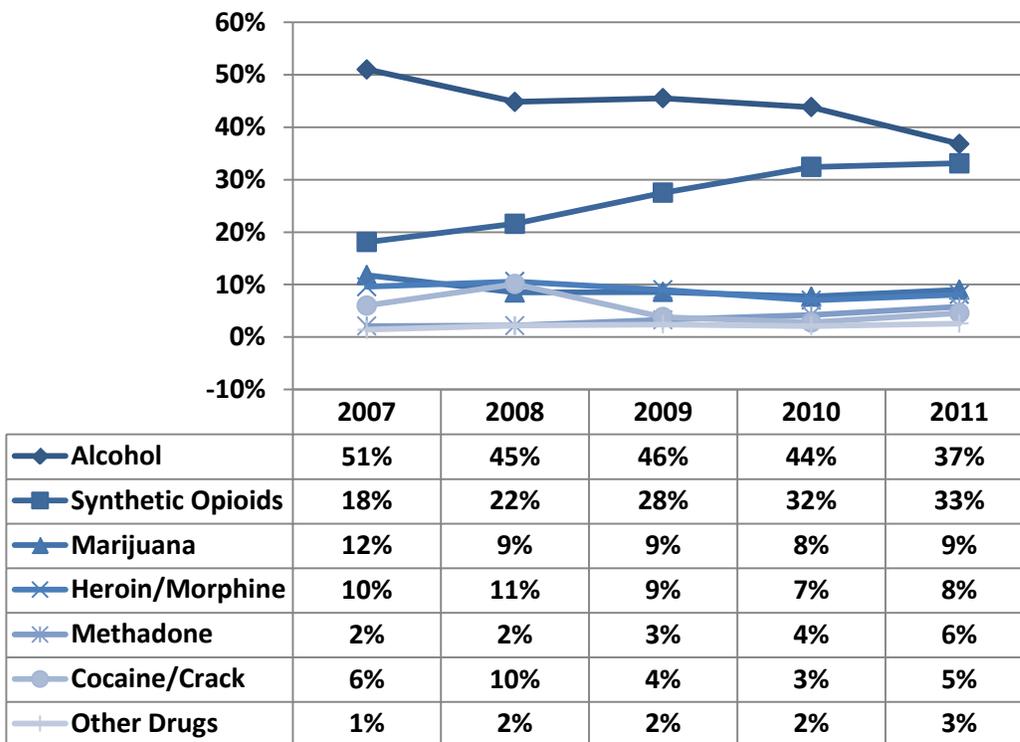
Indicator Description: PRIMARY TREATMENT ADMISSIONS. This measure reflects substance abuse treatment admissions. A “primary” substance is identified during the treatment admissions process based on use patterns (e.g., frequency, duration, quantity) and the risk(s) posed to the individual. The analysis excludes admissions for shelter/detoxification services.

Why Indicator is Important: The number of substance abuse treatment admissions is bound by both the need and the capacity for treatment. Treatment admission data are not a good indicator of substance use, abuse or dependence but provide an indication of service usage and the impact of substance use on the behavioral healthcare system.

Data Source(s): TDS, 2007-2011.

Summary: In 2011, 37 percent of all primary treatment admissions in Central PHD were related to alcohol, followed by synthetic opioids⁸ (33%) and marijuana (9%). Primary treatment admissions related to alcohol appear to be declining as a proportion of all admissions, while those related to synthetic opioids appear to be rising.

Figure 39. Primary treatment admissions for adults in Central PHD: 2007-2011

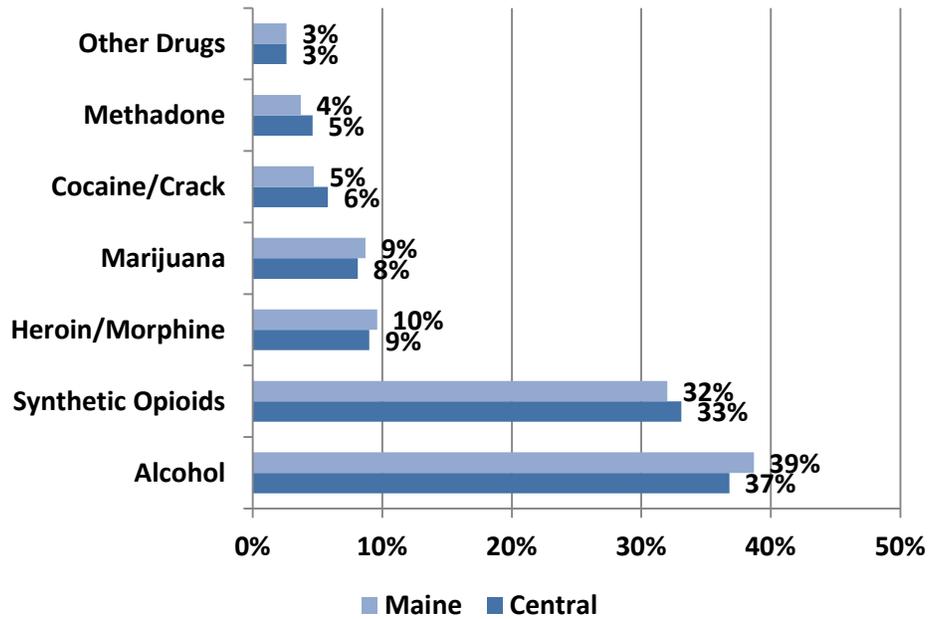


Source: TDS

⁸ “Synthetic opioids” excludes methadone and buprenorphine.

Summary: In 2011, the proportion of primary treatment admissions for alcohol and synthetic opioids was similar for Central PHD as compared to the state. Central PHD had a slightly higher rate of primary admissions for synthetic opioids (33%) than the state, and a slightly lower rate of alcohol-related admissions (37%).

Figure 40. Primary treatment admissions for adults in Central PHD: 2011



Source: TDS

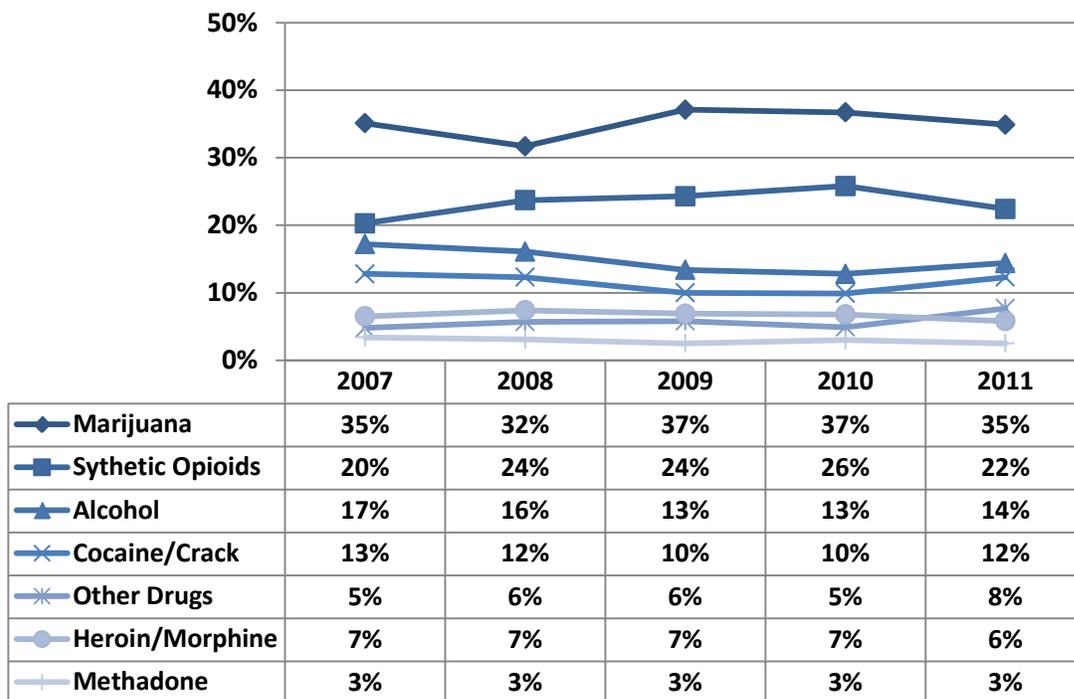
Indicator Description: SECONDARY TREATMENT ADMISSIONS. This measure reflects substance abuse treatment admissions. A “secondary” substance is identified during the admissions process as one used by the individual and for which treatment may be received, but it is not the primary substance for which treatment was sought. The analysis excludes admissions for shelter/detoxification services.

Why Indicator is Important: The number of substance abuse treatment admissions is bound by both the need and the capacity for treatment. Treatment admission data are not a good indicator of substance use, abuse or dependence but provide an indication of service usage and the impact of substance use on the behavioral healthcare system.

Data Source(s): TDS, 2007-2011.

Summary: In 2011, 35 percent of secondary treatment admissions in Central PHD were for marijuana, followed closely by synthetic opioids (22%) and then alcohol (14%). These trends have remained relatively stable since 2005.

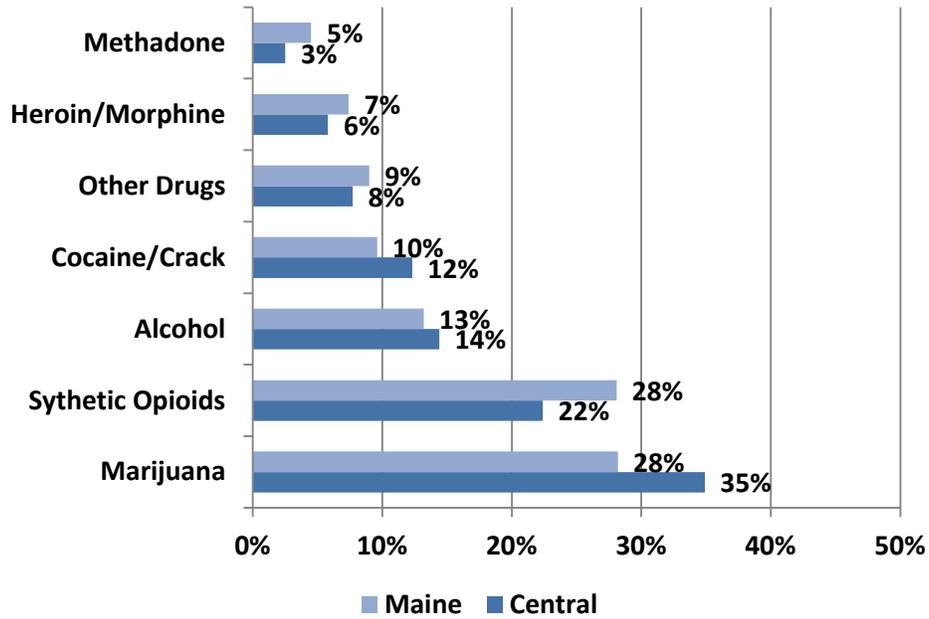
Figure 41. Secondary treatment admissions for adults in Central PHD: 2007-2011



Source: TDS

Summary: In 2011, Central PHD had a noticeably higher percentage of secondary treatment admissions related to marijuana than the state overall (35% and 28%, respectively).

Figure 42. Secondary treatment admissions for adults in Central PHD: 2011



Source: TDS

Appendix: Data Sources

This report includes data that was gathered from a number of data sources. A detailed description of each source is provided below, consisting of information about the data included in each source, and retrieval or contact information. The report includes data that were available through May 2012.

There are multiple purposes for this report. One is to provide a snapshot of the most recent data regarding substance abuse, while another is to examine trends over time. Therefore, each indicator may have multiple sources of data that are included. While each indicator provides a unique and important perspective on drug use in Maine, none should individually be interpreted as providing a full picture of drug trends in Maine. In particular, the percentages and figures from one data source do not always align with the data and percentages from a similar source. Older data are often included in order to examine an indicator among a specific population or to find trends over time. When discussing rates of prevalence, however, the user should rely upon the most recent data source available.

Description of Data Sources

Behavioral Risk Factor Surveillance System (BRFSS). The BRFSS is a national survey by the U.S. Centers for Disease Control and Prevention (CDC) to adults in all 50 states and several districts and territories. In Maine, it is administered by the Maine Center for Disease Control and Prevention (DHHS). The instrument collects data on adult risk behaviors, including alcohol abuse. BRFSS defines heavy drinking as adult men having more than two drinks per day and adult women having more than one drink per day, and binge drinking as males having five or more drinks on one occasion and females having four or more drinks on one occasion. The most recent data available are from 2010. Older data are also included for trending analyses. Public Health District data were obtained through special analysis. Contact: Timothy Diomedede, SEOW Coordinator; timothy.diomedede@maine.gov; (207) 287-2596.

Maine Department of Public Safety (DPS), Uniform Crime Reports (UCR). UCR data include drug and alcohol arrests. Drug arrests include sale and manufacturing as well as possession of illegal substances. Liquor arrests include all liquor law violations. OUI arrests are arrests for operating a motor vehicle under the influence of a controlled substance. DPS data are now available from 2010. Arrest data may reflect differences in resources or focus of law enforcement efforts so may not be directly comparable from year to year.

Retrieval: http://www.maine.gov/dps/cim/crime_in_maine/cim.htm

Maine Department of Public Safety (DPS), Liquor Licensing and Compliance. DPS issues and renews licenses for the manufacture, importation, storage, transportation and sale of all liquor and administers those laws relating to licensing and the collection of taxes on malt liquor and wine. DPS maintains a list of all active licenses that can be accessed online.

Retrieval: http://www.maine.gov/dps/liqr/active_licenses.htm

Maine Department of Transportation (MDOT). MDOT analyzes information on all traffic statistics. Statistics for years 2006 through 2011 regarding the year of occurrence and the number of alcohol/drug-related crashes/injuries were obtained via personal correspondence. They receive crash data from the Maine Bureau of Highway Safety. Due to the population estimates for July 1, 2010 being unavailable through the U.S. Census Bureau, only data from years 2006 through 2011 were analyzed. Contact: Duane Brunell, Safety Performance Analysis Manager; duane.brunell@maine.gov; (207) 624-3278.

Maine Integrated Youth Health Survey (MIYHS). The MIYHS is a statewide survey administered biennially through a collaborative partnership by the Maine Office of Substance Abuse (OSA) the Maine Center for Disease Control and Prevention and the Maine department of Education to students in grades 5 through 12. The survey collects information on student substance use, risk factors related to substance use, as well as consequences, perceptions and social risk factors related to substances, and collects information on many other health factors. As of the date of this report, the most recent data available are from 2011. Due to changes in the survey administration and structure, the new survey data cannot be trended with the Maine Youth Drug and Alcohol Survey (MYDAUS). Contact: Stephen Corral, Substance Abuse Program Specialist, Office of Substance Abuse, stephen.corral@maine.gov; (207) 287-2964.

Maine Health Data Organization (MHDO). MHDO data includes all inpatient admissions to all hospitals in Maine for calendar year 2009. Data categories created by the authors include alcohol, opioids, illegal drugs, and pharmaceuticals. All drug categories include intoxication, abuse, dependence, and poisoning cases related to the drug. The opioid category includes methadone, heroin, and opiates. The illegal drug category includes crack/cocaine, cannabis, and hallucinogens. The pharmaceuticals category includes all other non-opioid medications (including stimulants and depressants). Contact: Maine Health Data Organization (MHDO), lisa.parker@maine.gov; (207) 287-3225.

Maine Office of the Chief Medical Examiner. The Maine Office of the Chief Medical Examiner maintains records of all deaths associated with drug overdose. Drug categories include methadone, cocaine, benzodiazepines, oxycodone and heroin/morphine. The death data are compiled on an annual basis and must be finalized prior to release and so are not available to track changes that may occur over shorter time frames. Contact: Dr. Marcella Sorg, Director, Rural Drug & Alcohol Research Program, Margaret Chase Smith Policy Center, University of Maine; marcella_sorg@umit.maine.edu; (207) 581-2596.

National Survey on Substance Use and Health (NSDUH). The NSDUH is a national survey administered annually by the Substance Abuse and Mental Health Services Administration (SAMHSA) to youth grades 6 through 12 and adults ages 18 and up. The instrument collects information on substance use and health at the national, regional and state levels. The advantage of NSUDH is that it allows comparisons to be made across the lifespan (that is, ages 12 and up). However, NSDUH is not as current as other data sources; as of this report, data at the sub-state level are available through 2006-2008; Public Health District data were obtained

through special request. Contact: Anne Rogers, Office of Substance Abuse, anne.rogers@maine.gov; (207) 287-4706.

Prescription Monitoring Program (PMP). PMP maintains a database of all transactions for class C-II through C-IV drugs dispensed in the state of Maine. It is important to note that the number of prescriptions per capita does not indicate the overall number of pills prescribed, the size/dosage of the pills, or drugs that fall within DEA "Schedules I or V". At the time of this report, all pharmacies, excluding the Veterans Administration, federally regulated methadone clinic and the Indian Health Service (IHS) center, which dispense in Maine report to the Prescription Monitoring Program. IHS is scheduled to begin reporting during the summer of 2012. Prescription counts do not reflect amounts in terms of dosage or quantity of pills, but rather represent the volume of active prescriptions during the time period. The counts included in this report represent the number of prescriptions filled between 2006 and 2011. Contact: Patricia Lopera, PMP Coordinator, Office of Substance Abuse; patricia.lopera@maine.gov; (207) 287-3363. Retrieval: <http://www.maine.gov/dhhs/osa/data/pmp/index.htm>

Treatment Data System (TDS). TDS is a statewide database that includes information about clients admitted to treatment in OSA-funded facilities through December 2011. Analyses in this report are based on clients' reported primary, secondary and tertiary drug(s) of choice as well as other demographic and background information that is collected at intake. Drug categories included in this report are alcohol, marijuana, cocaine, heroin, synthetic opiates and methadone/buprenorphine. Contact: Stacey Chandler, Data Control Specialist, Office of Substance Abuse, stacey.chandler@maine.gov; (207) 287-6337.

U.S. Census Bureau. The U.S. Census provides summary profiles showing frequently requested data items from various Census Bureau programs. Profiles are available for all states and counties, and for cities and towns with more than 25,000 people. Data are updated no less than annually. Retrieval for Maine census data: <http://quickfacts.census.gov/qfd/states/23000.html>