

# Alcohol Use in Maine

Cumberland County Profile 2022



## Youth Alcohol Use

1 in 4



high school students **drank alcohol** in the last 30 days.<sup>1</sup>

3 in 5



high school students feel it is **easy to get alcohol**.<sup>1</sup>

1 in 3



of the high school students who used alcohol **reported binge drinking**.<sup>\*1</sup>

2 in 5



high school students **do not believe** that regular alcohol use is harmful.<sup>1</sup>

## Adult Alcohol Use

1 in 5



**(Cumberland County)** adults report binge drinking\* in the past month.<sup>2</sup>

1 in 3



**(Statewide)** adults report binge drinking\* in the past month.<sup>2</sup>

1 in 5



**(Nationally)** adults report binge drinking\* in the past month.

\***Binge Drinking** is having more than 4 drinks in one sitting for women, and more than 5 drinks for men.

# Effects of Alcohol Use

Using alcohol before reaching legal age can **impair brain development** and can affect judgment and memory over the lifespan.

Individuals who use alcohol before the age of 21 are more likely to develop a **substance use disorder**.

Alcohol is linked to serious **health complications**, such as suppressed immunity,<sup>3</sup> fetal alcohol spectrum disorders,<sup>4</sup> and several cancers.<sup>5</sup>

## Access and Youth Alcohol Use

Youth who believe alcohol is easy to access are more likely to use it.<sup>1</sup>

Alcohol is easier for youth to access when...

Liquor outlets are **closer to schools** and playgrounds<sup>6</sup>

Alcohol is sold at **community events**

Places to buy alcohol are **densely packed** into communities<sup>7</sup>

Alcohol is not **locked away** at home

Home **delivery** and **takeout** orders of alcohol are available

Stores and restaurants do not consistently **check ID**



## Resources

<sup>1</sup> 2019 Maine Integrated Youth Health Survey

<sup>2</sup> 2017 Behavioral Risk Factor Surveillance System

<sup>3</sup> "Drinking pattern and socio-cultural aspects on immune response: an overview"  
National Library of Medicine: <https://pubmed.ncbi.nlm.nih.gov/20598197/>

<sup>4</sup> "Basics about FASDs"  
Centers for Disease Control and Prevention: <https://www.cdc.gov/ncbddd/fasd/facts.html>

<sup>5</sup> "Alcohol and Cancer Risk"  
National Cancer Institute: <https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet#what-is-the-evidence-that-alcohol-drinking-can-cause-cancer>

<sup>6</sup> "Proximity to Liquor Stores and Adolescent Alcohol Intake: A Prospective Study"  
National Library of Medicine: <https://pubmed.ncbi.nlm.nih.gov/29656918/>

<sup>7</sup> "Regulating Outlet Density Prevents Excessive Alcohol Use"  
Department of Health and Human Services: <https://www.thecommunityguide.org/content/regulating-alcohol-outlet-density-prevents-excessive-alcohol-use>

<sup>8</sup> "Increasing Access, Increasing Harm"  
Alcohol Policy Resource Center: <chrome-extension://efaidnbnmnibpcjpcglclefindmkaj/viewer.html?pdfurl=https%3A%2F%2Fwww.prevention.org%2FResources%2F34aa5461-6e31-4629-86fd-e7c4f7a52871%2FDirect%2520to%2520Consumer%2520Alcohol%2520Infographic.pdf&clen=230515>