

MAINE STATE LEGISLATURE

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m_{AINE}

y_{OUTH}

d_{RUG &}

a_{LCOHOL}

U_{SE}

S_{URVEY}

RESULTS RELATING TO:

**alcohol
tobacco
other drugs**

**AND
behaviors**

2004

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OVERVIEW

The 2004 Maine Youth Drug and Alcohol Use Survey (MYDAUS) is the latest in a series of drug and alcohol use surveys that were administered to 6–12th grade students. Although the MYDAUS was merged with the Youth Tobacco Survey in 2004, this report only presents MYDAUS data. This summary provides highlights describing the use of alcohol, tobacco and other drugs, prohibited behaviors associated with drug use, and the risk and protective factors that influence these attitudes and behaviors. The survey population only includes youth that were in the public schools.*

The most recent MYDAUS was administered in February, 2004, to over 75,000 students from 342 schools throughout Maine. All 16 counties participated in the survey.

This report provides a brief summary of the data collected by the MYDAUS. For more detailed information see: 1) The MYDAUS web-based reports system, www.maine.gov/maineosa/survey/home.php, where data from the survey is available by state, region or county, and; 2) the MYDAUS Technical Report that is available either on-line at www.maineosa.org or through the Office of Substance Abuse's Information and Resource Center at (207) 287-8900 or 1-800-499-0027.

* includes 8 private non-sectarian schools with 60% or more publicly-funded students

PREVENTION SUCCESSES

In the past nine years, Maine has been successful in reducing the use of tobacco, alcohol, and certain other substances among students in grades 6 through 12:

- The prevalence of cigarette smoking during the 30 days prior to the survey (30-day use) has decreased among 6–12th graders from 25% in 1995 to 15% in 2002 and 2004. The greatest change in smoking prevalence occurred among 9th graders, which went from 32% in 1995 to 16% in 2004.
- Less than half (49%) of 12th graders reported drinking alcohol in the 30 days prior to the survey (down from 61% in 1995), and alcohol use among 8th graders decreased from 36% to 22%. However, there has been little change since 1999.
- Since 1995, there also has been a significant decrease in the use of psychedelics (4.2% to 2.2%), and there has been a drop in the use of the “club drug,” ecstasy, from 2.6% in 2002 when first asked on the MYDAUS, to 1.4% in 2004.

Other areas of improvement include perceptions of drug availability:

- The proportion of students at risk because of the perceived availability of drugs has gone down from 48% in 1999 to 40% in 2004.

WARNING SIGNS

- The prevalence of 30-day marijuana use is the same as the prevalence of cigarette smoking, 15%, and continues to be a serious problem among Maine students; in 2004, 27% of Maine's 12th graders had used marijuana during the previous 30 days versus 20% among US 12th graders.
- Past month Inhalant use, which had dropped significantly between 1995 and 2000, is again increasing, especially among 8th graders (6.8% in 2002 to 7.6% in 2004), and 9th graders (4.4% to 5.7%)
- Illegal use of prescription drugs remains high; 12% of Maine's 11th graders reported 30-day use of prescription drugs not prescribed for them by a physician.

HOW OFTEN MAINE'S STUDENTS USE DRUGS

This report provides data from the 2004 MYDAUS on substance use and related attitudes among 6 through 12th graders in Maine. The 2004 data are compared to earlier administrations of the survey (1995, 1996, 1999, 2000, 2002), as well as to the 8th, 10th and 12th grade data available from the 2004 Monitoring the Future Survey (MTF), a national survey conducted by the Institute for Social Research at the University of Michigan. Because of methodological differences in the MYDAUS prior to 2000, the results must be interpreted with caution. Also, the MTF randomly samples students from both public and private schools, unlike the MYDAUS which attempts a census of predominantly public schools. A discussion of the methodologies is available in the MYDAUS Technical Report. See the back page of this report for information on obtaining the Technical Report.

For more information on the MTF Survey, visit their website at www.monitoringthefuture.org.

CIGARETTES AND MAINE'S STUDENTS

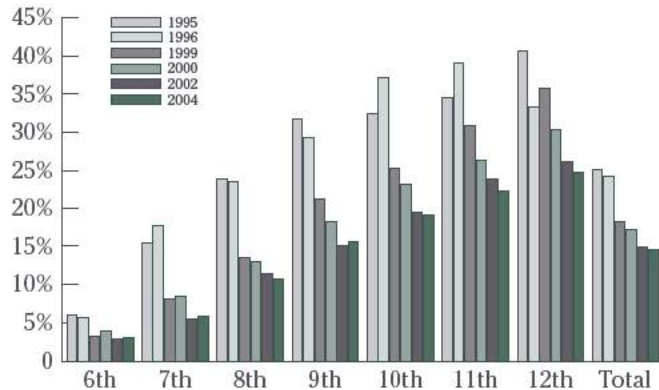
Grades	6 th	8 th	10 th	12 th
2004	3.1	10.8	19.2	24.8
2002	2.8	11.5	19.4	26.1
2000	4.0	13.1	23.1	30.4
1999	3.3	13.6	25.2	35.8
1996	5.6	23.5	37.1	33.2
1995	6.1	23.9	32.5	40.6

percentage of Maine
students who have
smoked cigarettes
in the past
30 days

2004 MYDAUS	3.1	10.8	19.2	24.8	percent Maine
2004 MTF	NA	9.2	16.0	25.0	percent US

CIGARETTES

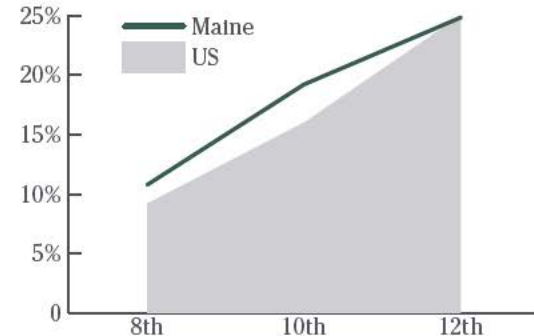
MULTI-YEAR COMPARISON



Note scale.

Percentage of students reporting having smoked cigarettes within the past 30 days

MAINE VS THE NATION



Note scale.

Percentage who reported having smoked cigarettes within the past 30 days, 2004

Implications

The prevalence of cigarette smoking has declined in all grades from 1995 to 2004. The greatest percentage point change in smoking prevalence can be seen among 9th graders (32% in 1995 down to 16% in 2004). For all grades, the 30-day smoking prevalence declined by 10 percentage points during this time period (from 25% to 15%). Despite the impressive decline, the prevalence of smoking among Maine's 8th and 10th graders in 2004 was still significantly higher than among their counterparts who participated in the national survey, Monitoring the Future (MTF).

Building upon the work of the Bureau of Health, OSA has chosen 30-day cigarette use as an area of focus for its State Incentive Grant, One ME — Stand United for Prevention. Using science-based strategies, OSA proposes to achieve a 15% reduction in 30-day use by 2006.

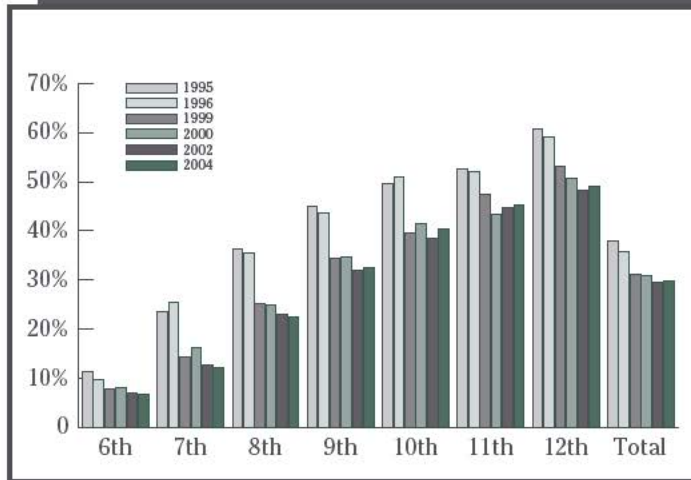
ALCOHOL AND MAINE'S STUDENTS

Grades	6 th	8 th	10 th	12 th
2004	6.7	22.4	40.3	49.2
2002	7.0	22.9	38.4	48.4
2000	8.1	24.8	41.5	50.6
1999	7.7	25.2	39.5	53.2
1996	9.6	35.6	51.0	59.1
1995	11.4	36.4	49.6	60.7

percentage of Maine
students who have
drunk alcohol
in the past
30 days

2004 MYDAUS	6.7	22.4	40.3	49.2	percent Maine
2004 MTF	NA	18.6	35.2	48.0	percent US

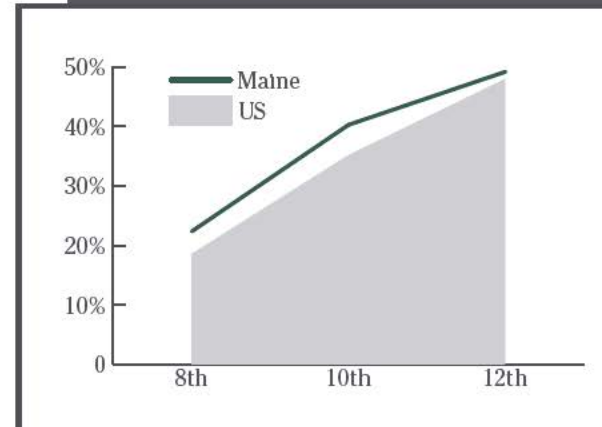
MULTI-YEAR COMPARISON



Note scale.

Percentage of students who reported having drunk alcohol within the past 30 days

MAINE VS THE NATION



Note scale.

Percentage who reported having drunk alcohol within the past 30 days, 2004

Implications

Past month alcohol use for all grades combined decreased from a high of 38% in 1995 to a low of 30% in 2002 and 2004. The largest decrease in alcohol use can be seen among 8th graders, whose 30-day use went from 36% in 1995 to 22% in 2004). However, there has been little change overall in the prevalence of alcohol use since 1999, and, in 2004, 8th and 10th grade use in Maine was significantly higher than among their US counterparts.

The Office of Substance Abuse will continue to target alcohol use. Initiatives funded by the Office of Juvenile Justice and Delinquency Prevention's, Enforcing Underage Drinking Laws will continue and may be expanded. These include Maine Youth Voices, the Higher Education Alcohol Prevention Partnership, alcohol compliance checks, and the Sheriff's Project. One ME has also targeted 30-day alcohol use, and the Parent Media Campaign which began in 2003 was refreshed and rerun in 2004 and may be updated and publicized later this year.

BINGE DRINKING AND MAINE'S STUDENTS

Grades	6 th	8 th	10 th	12 th
2004	2.2	9.2	21.7	29.0
2002	2.3	10.3	20.7	29.2
2000	2.2	11.6	21.9	29.2
1999	2.4	9.2	20.3	29.9
1996	3.1	15.7	28.6	31.2
1995	3.2	15.2	25.3	38.1

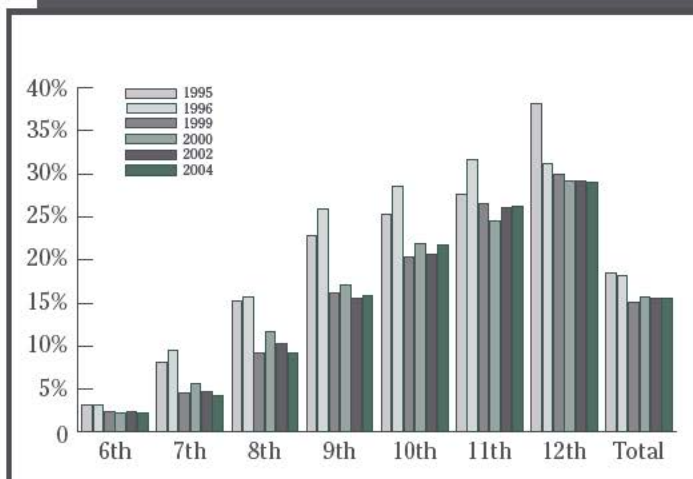
percentage of Maine
students who have
binged* on alcohol
in the previous
2 weeks

2004 MYDAUS	2.2	9.2	21.7	29.0	percent Maine
2004 MTF	NA	11.4	22.0	29.2	percent US

*Five or more alcoholic drinks in a row.

BINGE DRINKING

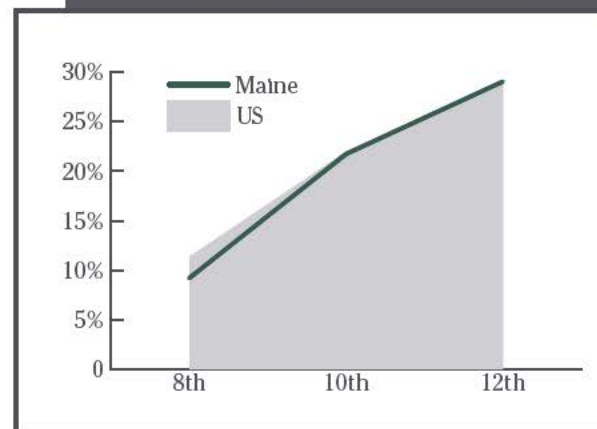
MULTI-YEAR COMPARISON



Note scale.

Percentage of students who reported binge drinking in the previous 2 weeks

MAINE VS THE NATION



Note scale.

Percentage who reported binge drinking in the previous 2 weeks, 2004

Implications

Overall, binge drinking in Maine among all grades combined decreased between 1995 and 1999, but has changed little since then. In 2004, the prevalence of binge drinking among Maine's 10th and 12th graders was the same as for their US counterparts (22% among 10th graders and 29% among 12th), and is lower among Maine 8th graders (9% in Maine vs. 11% in the US). Because of the dangers posed, participation in binge drinking is still unacceptably high and is cause for concern.

As noted in the previous section on alcohol, the Office of Substance Abuse is involved in a number of initiatives geared toward reducing drinking by youth. This remains a top priority. OSA has proposed to achieve a 10% reduction in binge drinking by 2006.

MARIJUANA AND MAINE'S STUDENTS

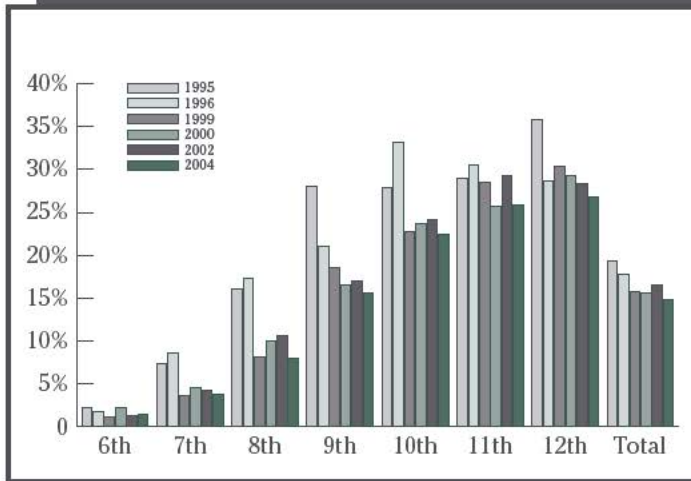
Grades	6 th	8 th	10 th	12 th
2004	1.4	7.9	22.5	26.8
2002	1.3	10.6	24.2	28.4
2000	2.2	10.0	23.7	29.3
1999	1.2	8.2	22.7	30.4
1996	1.7	17.3	33.2	28.6
1995	2.3	16.0	27.9	35.8

percentage of Maine
students who have
smoked marijuana
in the past
30 days

2004 MYDAUS	1.4	7.9	22.5	26.8	percent Maine
2004 MTF	NA	6.4	15.9	19.9	percent US

MARIJUANA

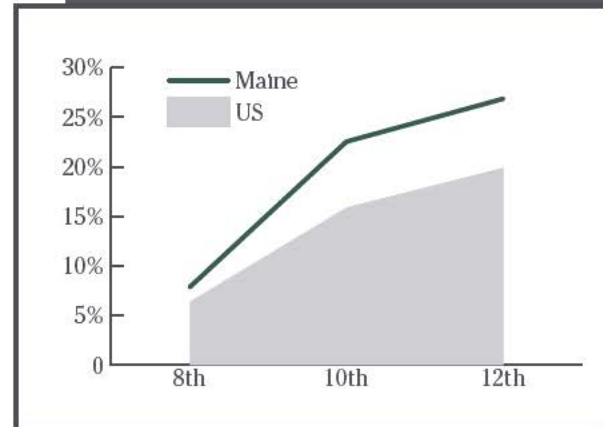
MULTI-YEAR COMPARISON



Note scale.

Percentage of students who reported having smoked marijuana in the past 30 days

MAINE VS THE NATION



Note scale.

Percentage who reported using marijuana in the past 30 days, 2004

Implications

The prevalence of 30-day marijuana use in Maine has declined in all grades since 1995. However, at 15% overall, the prevalence of 30-day marijuana use in 2004 was the same as the prevalence of cigarette smoking, and for 8th, 10th and 12th grades was significantly higher than in the US.

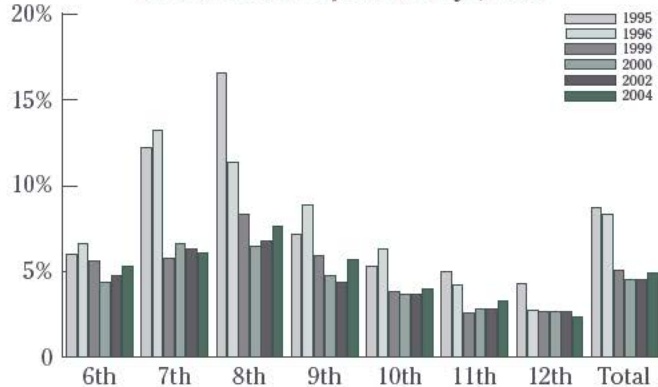
OSA will continue to work with schools, One ME grantees, and funded programs to focus attention on marijuana use. In addition, OSA will be working with the Healthy Maine Partnership to develop integrated programming on this issue.

Marijuana is an inherently difficult drug to combat for a number of reasons. Although current literature describes marijuana as having possible long-term effects on memory and learning as well as containing higher levels of carcinogens than cigarette smoke, it is often difficult to make the message meaningful for youth. Marijuana continues to be the primary substance abused by youth entering treatment in Maine, followed by alcohol.

INHALANTS AND MAINE'S STUDENTS

MULTI-YEAR COMPARISON

Percentage of students who reported using inhalants in the past 30 days, 2004



Note scale.

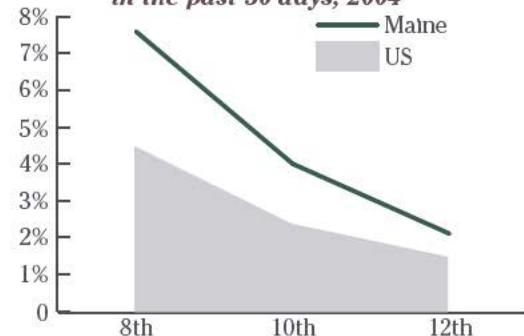
Implications

Unlike other substance use which generally increases by grade, inhalant use in Maine peaks in the 7th and 8th grades, and is relatively low among high school students. Past month inhalant use in Maine has increased since 2002 in all but the 7th and 12th grades, and has increased the most among 8th and 9th graders (from 6.8% to 7.6% among 8th graders, and from 4.4% to 5.7% among 9th graders). The proportion of Maine students in grades 8, 10, and 12 that use inhalants is significantly higher than the proportion of US students; for instance only 4.5% of US 8th graders reported using inhalants.

This trend is indicative of the difficulty younger students have in obtaining alcohol and other drugs, as inhalants are generally available household supplies. Identifying inhalant use allows us to intervene early in students' drug abusing behavior. An Inhalant Prevention Task Force began meeting in early 2004 and has produced a series of findings and recommendations. The findings and recommendations, a series of fact sheets, a list of trainers, and other inhalant prevention information is available from OSA's Information and Resource Center (see page 26 for details).

MAINE VS THE NATION

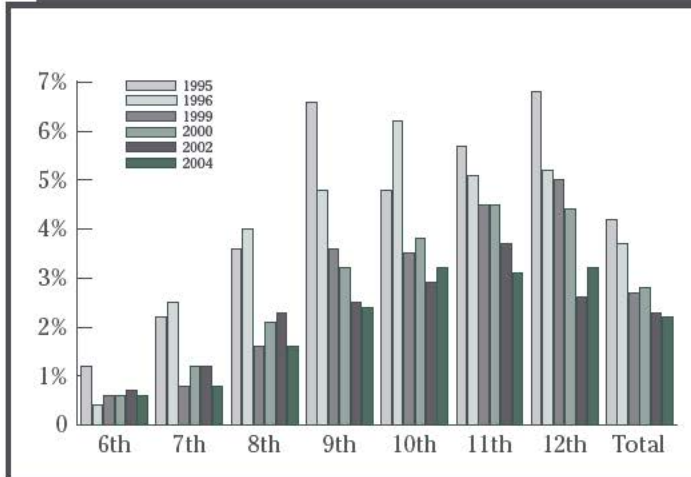
Percentage who reported using inhalants in the past 30 days, 2004



Note scale.

LSD AND OTHER PSYCHEDELICS AND MAINE'S STUDENTS

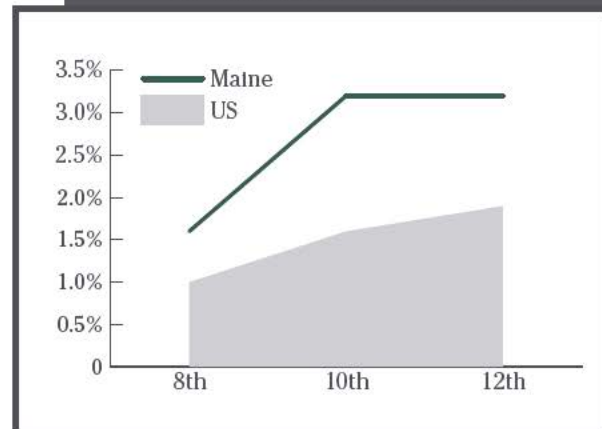
MULTI-YEAR COMPARISON



Note scale.

Percentage of students who reported using LSD or other psychedelics in the past 30 days

MAINE VS THE NATION



Note scale.

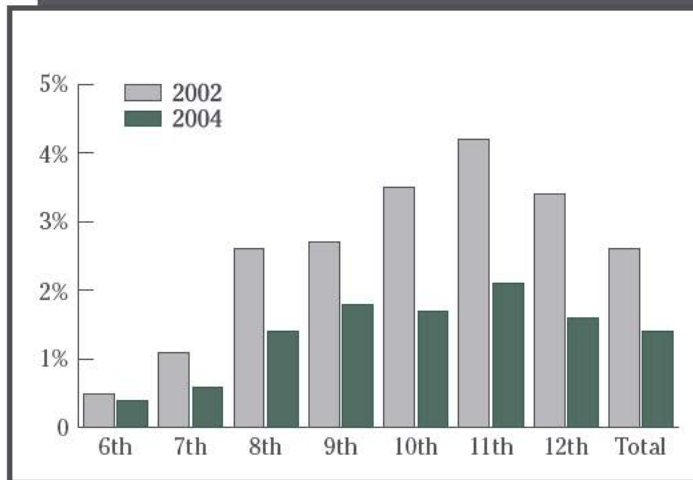
Percentage who reported using LSD or other psychedelics in the past 30 days, 2004

The prevalence of past month use of LSD and other psychedelics is low and is generally decreasing in Maine. However, among Maine 12th graders, the prevalence increased from 2.6% in 2002 to 3.2% in 2004, and in 2004 the prevalence in grades 8, 10 and 12 was significantly higher in Maine than in the US. This trend bears watching.

EMERGING TRENDS IN DRUG USE

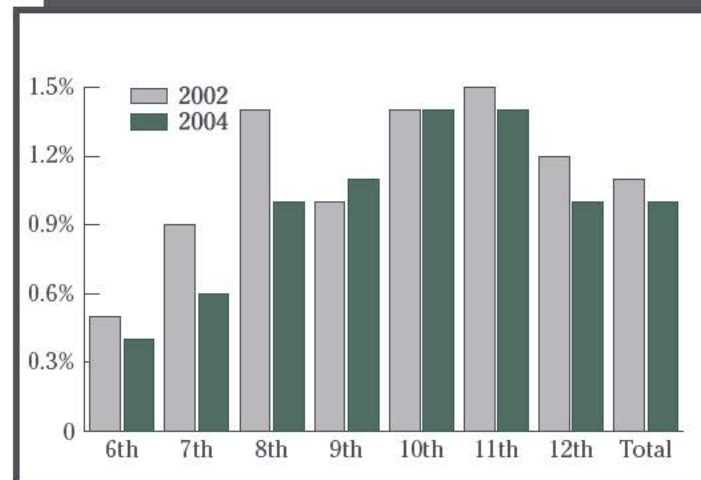
For the first time in 2002, the MYDAUS included questions on the use of ecstasy (MDMA), then an emerging drug of concern. The 2004 results show a significant decrease in the prevalence of use in all grades. For all grades combined, 30-day use went from 2.6% down to 1.4%. The highest prevalence was among 11th graders both years (4.2% in 2002 and 2.1% in 2004).

ECSTASY – 30 DAY USE



Note scale.

HEROIN– 30 DAY USE

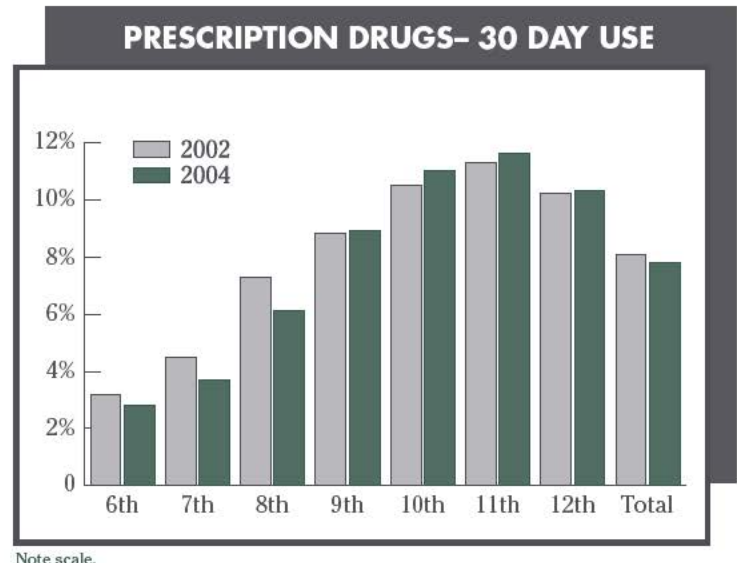
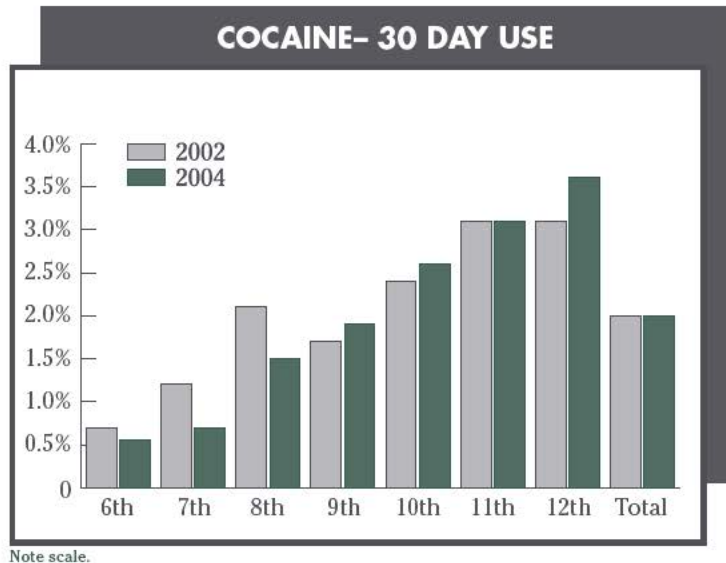


Note scale.

In recent years, the abuse of the prescription opiate, OxyContin, has also led to a concern about the use of other opiates, which may be more accessible. For this reason, OSA also added questions on heroin use to the MYDAUS in 2002. Since then, 30-day heroin use, already low, has gone down overall, and especially among the middle school grades; heroin use among 8th graders went from 1.4% to 1.0%. However, because of the serious addictive properties of the substance, OSA will continue to monitor use.

EMERGING TRENDS IN DRUG USE

As shown above, the prevalence of the use of cocaine, another opiate, has decreased among middle school students and increased or stayed the same among the high school grades. Overall, 30-day use remained at 2.0% in 2002 and 2004.



The illegal 30-day use of prescription drugs was 11.6% among 11th graders in 2004, and although use does not appear to be increasing, this trend also merits monitoring.

In addition to alcohol and marijuana, prescription drug use is a primary target of prevention. In response to this emerging trend, the Maine Association of Substance Abuse Programs (MASAP) is developing a public education campaign targeting teens and parents.

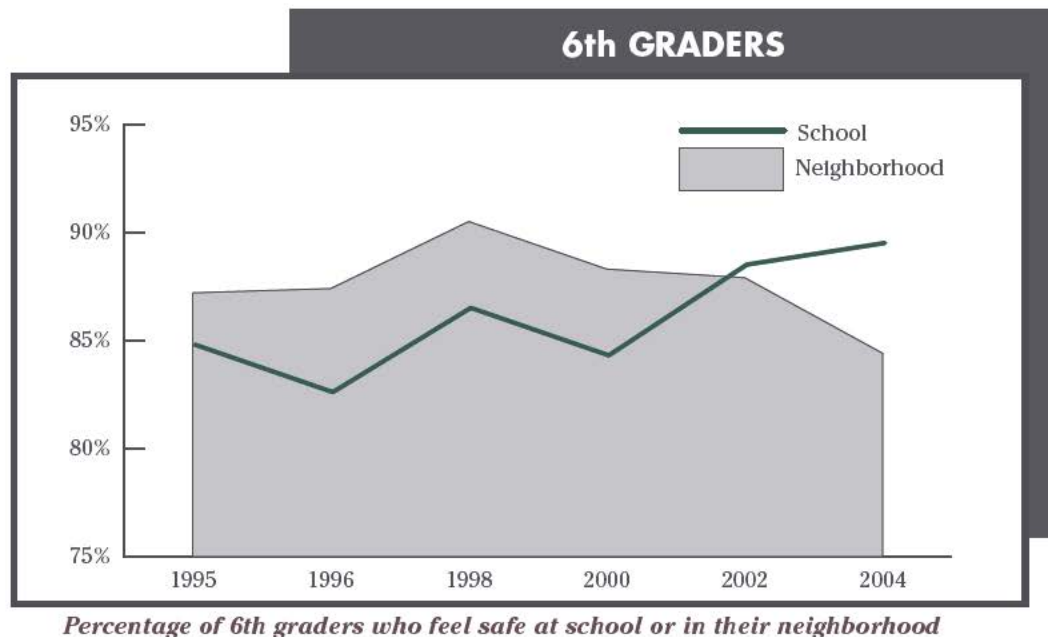
*When first asked in 2002, prescription drug use excluded OxyContin, but not in 2004.

SAFETY AND VIOLENCE

Under the Safe and Drug Free Schools program, Maine school administrators have placed an increased emphasis on safety and violence prevention in their schools. In school year 2003-2004:

- Violence prevention instruction was offered in 60% of reporting schools and was the third most common type of prevention program, after drug prevention and counseling/referral services.*
- Of 1,133 drug- and violence-related professional development programs offered to school staff, 36% emphasized violence prevention alone and 47% emphasized both drug and violence prevention.

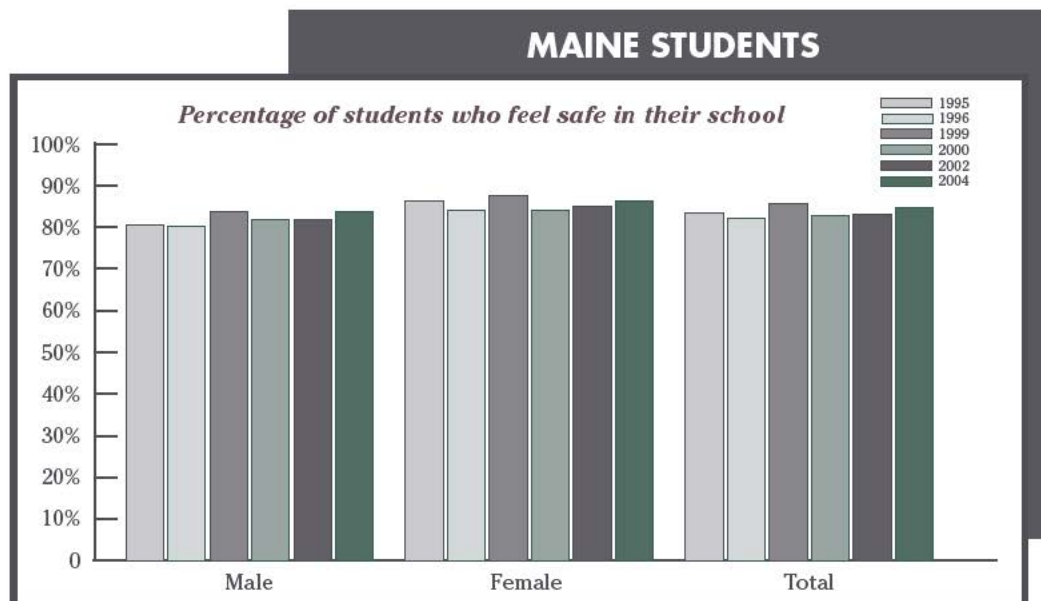
Between 1995 and 2000, a higher proportion of 6th graders felt safe in their neighborhood than felt safe in their school. In 2002, this trend began to reverse, and in 2004 89% felt safe in their schools while 84% felt safe in their neighborhood.



*Source: "Report on Incidence of Prohibited Behavior and Drug and Violence Prevention 2003-2004," OSA, 2005

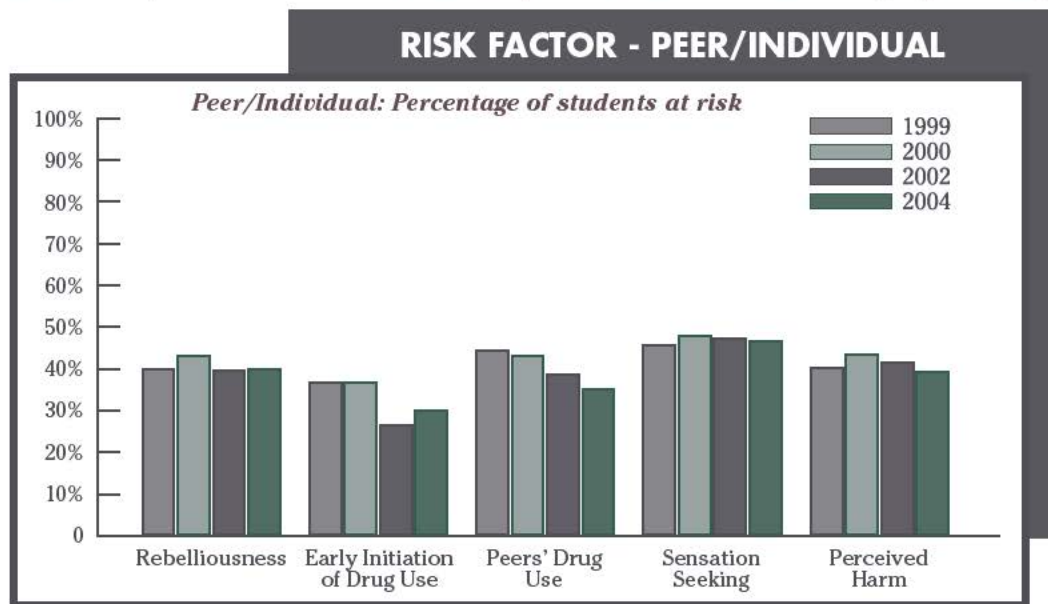
SAFETY AND VIOLENCE

Among all grades combined, there has been little change in the proportion of students who feel safe in their school since 1995, and little difference in the proportion of male and female students who feel safe in their schools. In 1995, 80% of males and 83% of female students felt safe. In 2004, those proportions had increased to 83% of males and 85% of females.



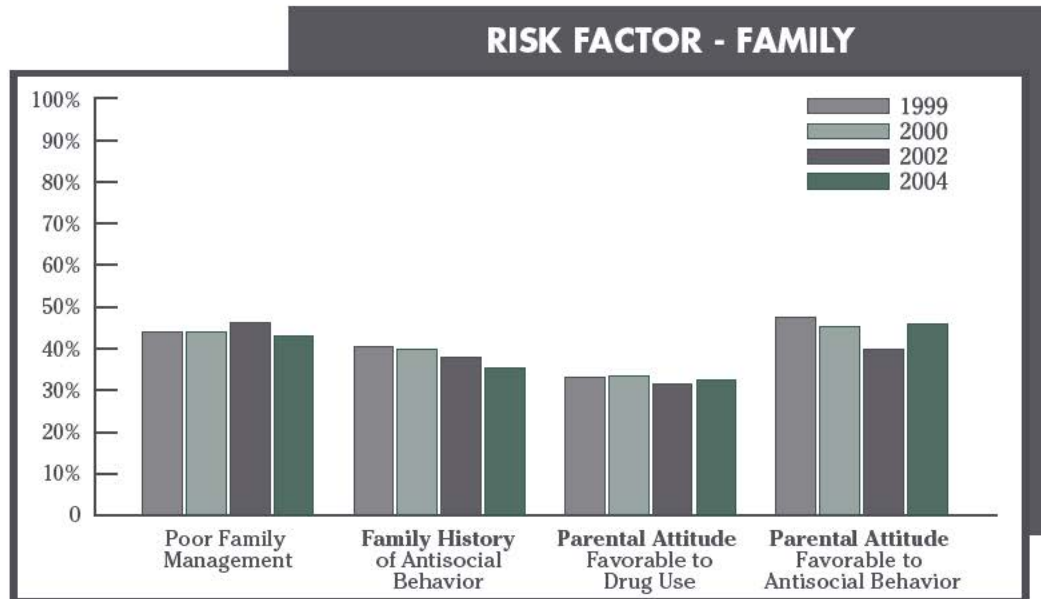
RISK AND PROTECTIVE FACTORS

Researchers have identified several risk and protective factors that are linked to the incidence of drug use and associated prohibited behaviors. Risk factors are associated with increased incidence of these behaviors and protective factors are associated with a lower incidence. These risk and protective factors are grouped by the students' four social environments: Peer/Individual, Family, School and Community, and are available for grades 6, 8, 10, and 12. For this report, the results for the four grades are combined and highlights are given below.



The proportion of students who are at risk due to “rebelliousness” (approximately 40%) and “sensation seeking” (approximately 47%) has changed little since 1999. However, in 2004 a smaller proportion of students (30%) were at risk due to “Early Initiation of Drug Use” than in 1999 and 2000 (37%), and “Peers’ Use of Drugs” has declined steadily from 44% in 1999 to 35% in 2004. The proportion of students at risk because they fail to see the harm inherent in the use of addictive substances decreased from 44% in 2000 to 42% in 2002 and 39% in 2004.

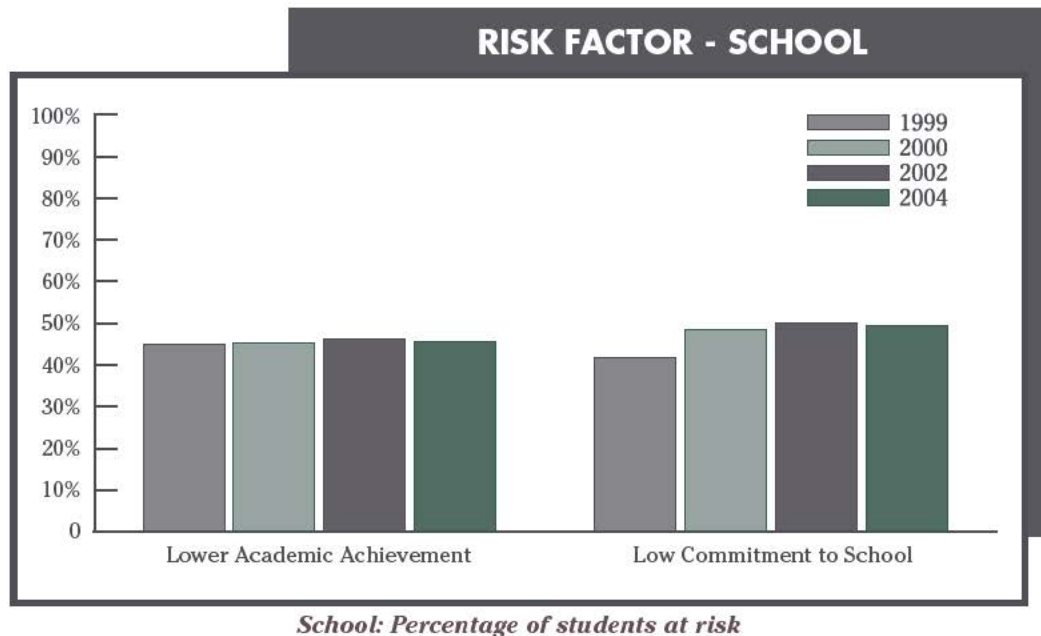
RISK AND PROTECTIVE FACTORS



Family: Percentage of students at risk

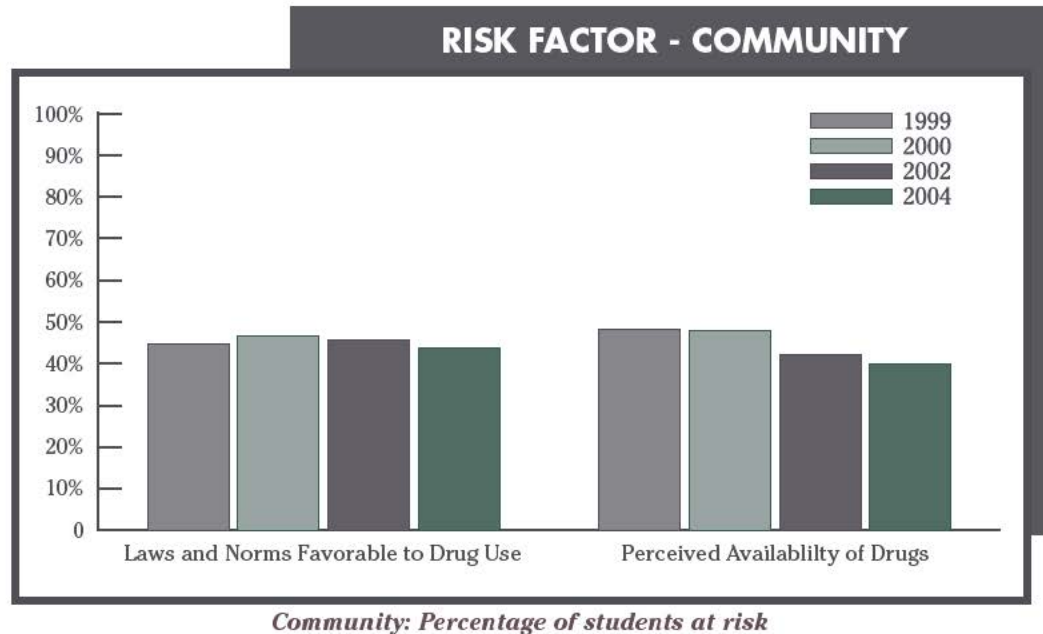
From 1999 to 2004, there was little change in the proportion of students at risk because of “Poor Family Management” (44% in 1999 and 43% in 2004). “Family History of Antisocial Behavior” has decreased slowly but steadily, from 41% in 1999 to 35% in 2004, suggesting a possible trend, but “Parental Attitudes Favorable to Antisocial Behavior” has increased from 40% of students at risk in 2002 to 46% in 2004.

RISK AND PROTECTIVE FACTORS



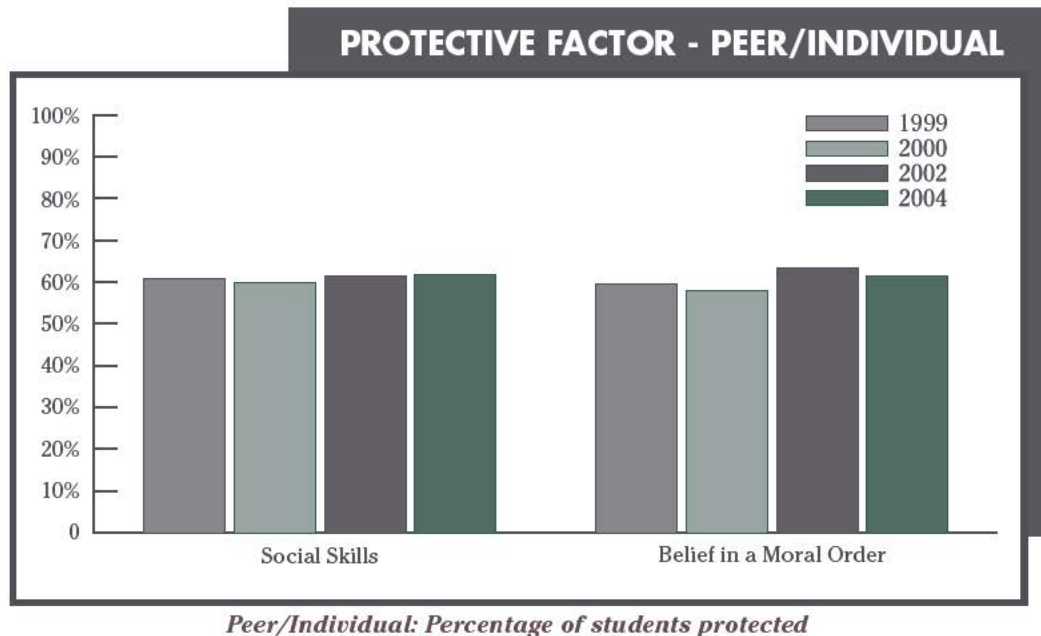
There has been very little change in the proportion of students at risk due to “Low Academic Achievement” (approximately 46%); however, there was an increase in the proportion of students at risk due to “Low Commitment to School” from 42% in 1999 to half (50%) in 2002 and 2004.

RISK AND PROTECTIVE FACTORS



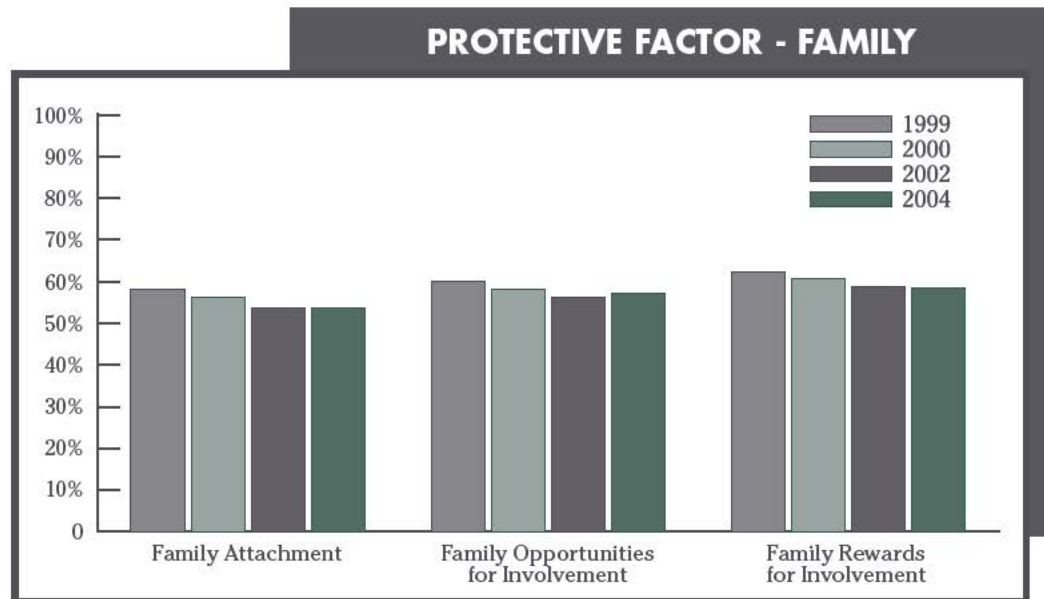
“Laws and Norms Favorable to Drug Use” shows little change since 1999, remaining at approximately 45%, but “Perceived Availability of Drugs” has shown a downward trend since 1999, more significantly since 2000 (from 48% to 40%).

RISK AND PROTECTIVE FACTORS



In the Peer/Individual domain, the proportion of students protected due to their “Social Skills” remained at about 61%. However, there was a small increase over the five years in the proportion who were protected due to their “Belief in the Moral Order,” from 60% in 1999 to 62% in 2004.

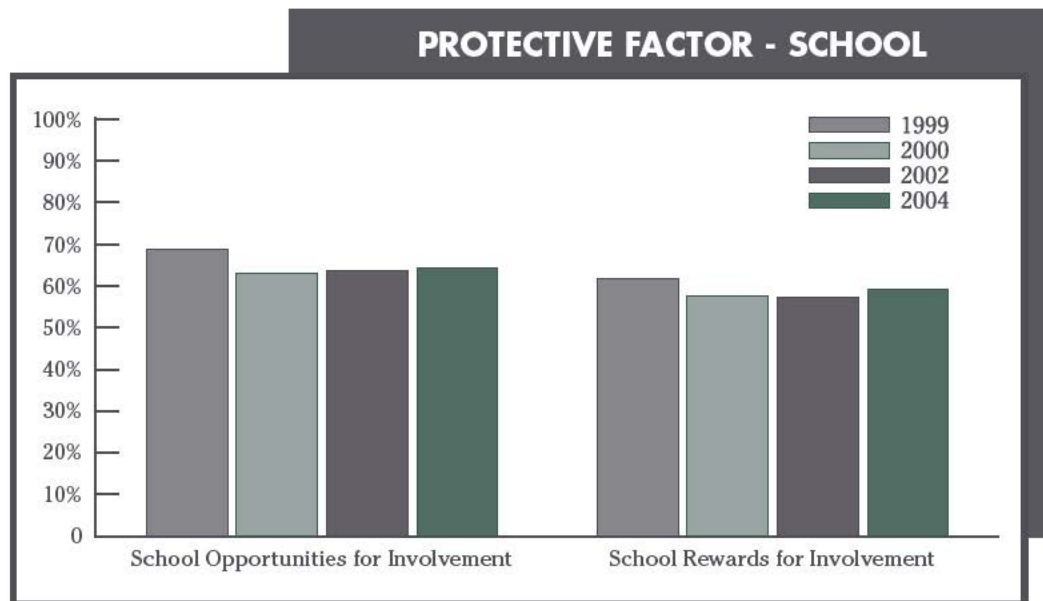
RISK AND PROTECTIVE FACTORS



Family: Percentage of students protected

Although the proportion of students protected by the three factors in the family domain had decreased between 1999 and 2002, they appear to have stabilized since; “Family Attachment” remained at 54% between 2002 and 2004, “Family Opportunities for Positive Involvement” increased slightly from 56% to 57%, and “Family Rewards for Positive Involvement” stayed at 59%.

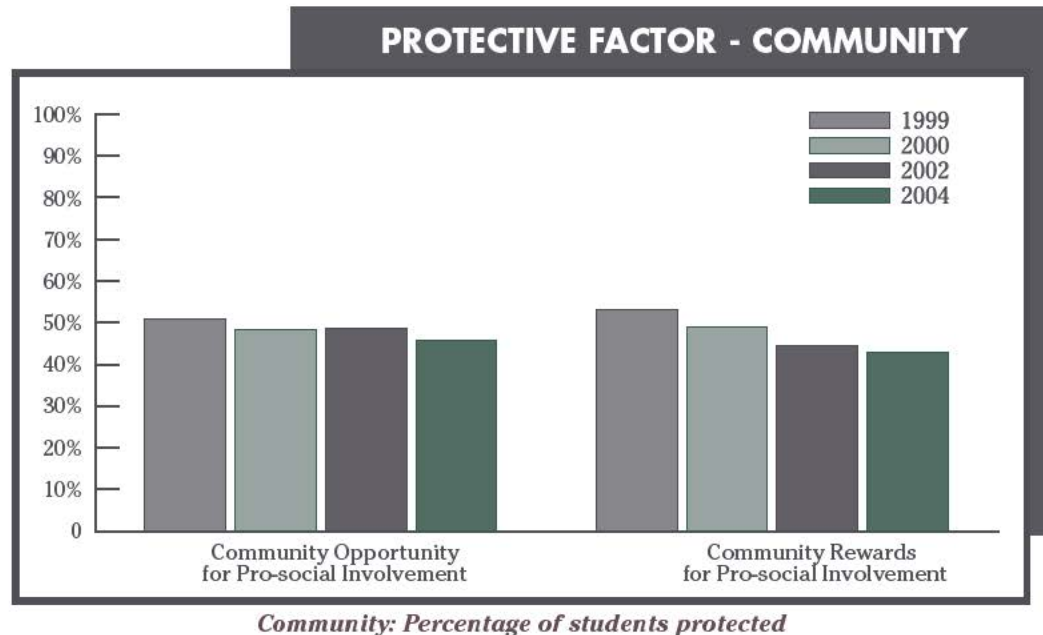
RISK AND PROTECTIVE FACTORS



School: Percentage of students protected

Of the Protective Factors measured by the MYDAUS, having “School Opportunities for Positive Involvement” was reported by the largest proportion of Maine students. Although that proportion has gone down from a five-year high of 69% in 1999, it has remained at 64% in 2002 and 2004. “School Rewards for Positive Involvement” fluctuated from a 5-year high of 62% in 1999 to a low of 57% in 2002 and back up to 59% in 2004.

RISK AND PROTECTIVE FACTORS



The Community Protective Factors declined between 1999 and 2004. “Community Opportunities for Positive Involvement” decreased from 51% to 46%, and “Community Rewards for Positive Involvement” decrease from 53% down to 43%.

MYDAUS 2004 TABLES

TABLE 1.

Percentage of 8th, 10th, 12th Graders Who Report 30-Day Use of Specific Substances, Maine versus the US, 2004

Inhalants			LSD/Other Psychedelics			Ecstasy			Heroin		
	Maine	US		Maine	US		Maine	US		Maine	US
8th Grade	7.6%	4.5%	8th Grade	1.6%	1.0%	8th Grade	1.4%	0.8%	8th Grade	1.0%	0.5%
10th Grade	4.0%	2.4%	10th Grade	3.2%	1.6%	10th Grade	1.7%	0.8%	10th Grade	1.4%	0.5%
12th Grade	2.1%	1.5%	12th Grade	3.2%	1.9%	12th Grade	1.6%	1.2%	12th Grade	1.0%	0.5%

TABLE 2. Past 30-Day Use of Substances by Grade, 2004

	Cigarettes	Alcohol	Binge Drinking (2-week)	Marijuana	Inhalants	Psyche- delics	Heroin	Ecstasy	Cocaine	Prescrip- tion Drugs
6th	3.1%	6.7%	2.2%	1.4%	5.3%	0.6%	0.4%	0.4%	0.5%	2.8%
7th	5.9%	12.1%	4.3%	3.4%	6.1%	0.8%	0.6%	0.6%	0.7%	3.7%
8th	10.8%	22.4%	9.2%	7.9%	7.6%	1.6%	1.0%	1.4%	1.5%	6.1%
9th	15.6%	32.5%	15.8%	15.6%	5.7%	2.4%	1.1%	1.8%	1.9%	8.9%
10th	19.2%	40.3%	21.7%	22.5%	4.0%	3.2%	1.4%	1.7%	2.6%	11.0%
11th	22.2%	45.2%	26.3%	25.8%	3.3%	3.1%	1.4%	2.1%	3.1%	11.6%
12th	24.8%	49.2%	29.0%	26.8%	2.1%	3.2%	1.0%	1.6%	3.6%	10.3%
Total	14.6%	29.7%	15.5%	14.8%	4.9%	2.2%	1.0%	1.4%	2.0%	7.8%

MYDAUS 2004 TABLES

TABLE 3. Proportion of Students at Risk or Protected Due to Risk and Protective Factors, 1999-2004

Risk Factors					Protective Factors				
Peer/Individual	1999	2000	2002	2004	Peer/Individual	1999	2000	2002	2004
Rebelliousness	39.9	43.2	39.6	39.9	Social Skills	61.0	60.1	61.6	61.8
Early Initiation of Drug Use	36.8	36.7	26.5	29.5	Belief in a Moral Order				
Peers' Drug Use	44.3	43.1	38.6	35.1	Religiosity	59.5	58.0	63.4	61.7
Sensation Seeking	45.6	48.0	47.4	46.8					
Perceived Harm	40.4	43.5	41.6	39.2					
Family					Family				
Poor Family Management	43.8	44.0	46.2	42.9	Family Attachment	58.0	56.2	53.5	53.6
Family History of					Family Opportunities				
Antisocial Behavior	40.5	39.8	38.0	35.3	for Involvement	60.1	58.1	56.2	57.1
Parental Attitude Favorable					Family Rewards				
to Drug Use	33.1	33.5	31.3	32.5	for Involvement	62.2	60.8	58.6	58.5
Parental Attitude Favorable									
to Antisocial Behavior	47.4	45.3	39.7	45.8					
School					School				
Lower Academic Achievement	45.2	45.5	46.2	45.8	School Opportunities				
Low Commitment to School	41.7	48.5	50.2	49.6	for Involvement	68.9	63.1	63.7	64.3
					School Rewards				
					for Involvement	61.7	57.6	57.4	59.2
Community					Community				
Laws and Norms Favorable					Community Opportunity				
to Drug Use	44.7	46.8	45.7	43.9	for Involvement	50.9	48.4	48.7	45.9
Perceived Availability of Drugs	48.3	47.8	42.2	39.9	Community Rewards				
Perceived Availability of					for Involvement	53.1	48.9	44.5	43.0
Handguns	29.2	30.6	26.8	25.2					

MYDAUS 2004 INFORMATION

Survey Participants

In February of 2004, Maine students participated in the MYDAUS. All public schools in Maine with any grades 6 through 12 were solicited to participate in the 2004 MYDAUS in order to provide local, objective data to schools applying for funds under the Safe and Drug Free Schools and Communities Act. Participation in the survey, although encouraged, was voluntary.

Eighty percent (80%) of eligible public school students in grades 6 through 12 participated. There were 75,165 usable surveys from 342 of Maine's 427 eligible public schools. All 16 counties were represented in the survey.

The gender breakout of the students participating were:

Female	35,917
Male	33,529
Missing	5,719

The grade breakout of the students participating were:

6 th grade	11,594
7 th grade	11,665
8 th grade	11,770
9 th grade	11,489
10 th grade	10,476
11 th grade	9,305
12 th grade	7,972

For more information regarding the Maine Youth Drug and Alcohol Use Survey (MYDAUS) please visit the Office of Substance Abuse website at www.maineosa.org.

Additional print copies of this document as well as the 2004 MYDAUS Technical Report are available by contacting the:

Information and Resource Center

Office of Substance Abuse

Department of Health and Human Services

1-800-499-0027 (In-State Only) or 207-287-8900

TTY: 1-800-215-7604 (In-State Only) or 207-287-4475

Fax: 207-287-8910

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www.maineosa.org

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