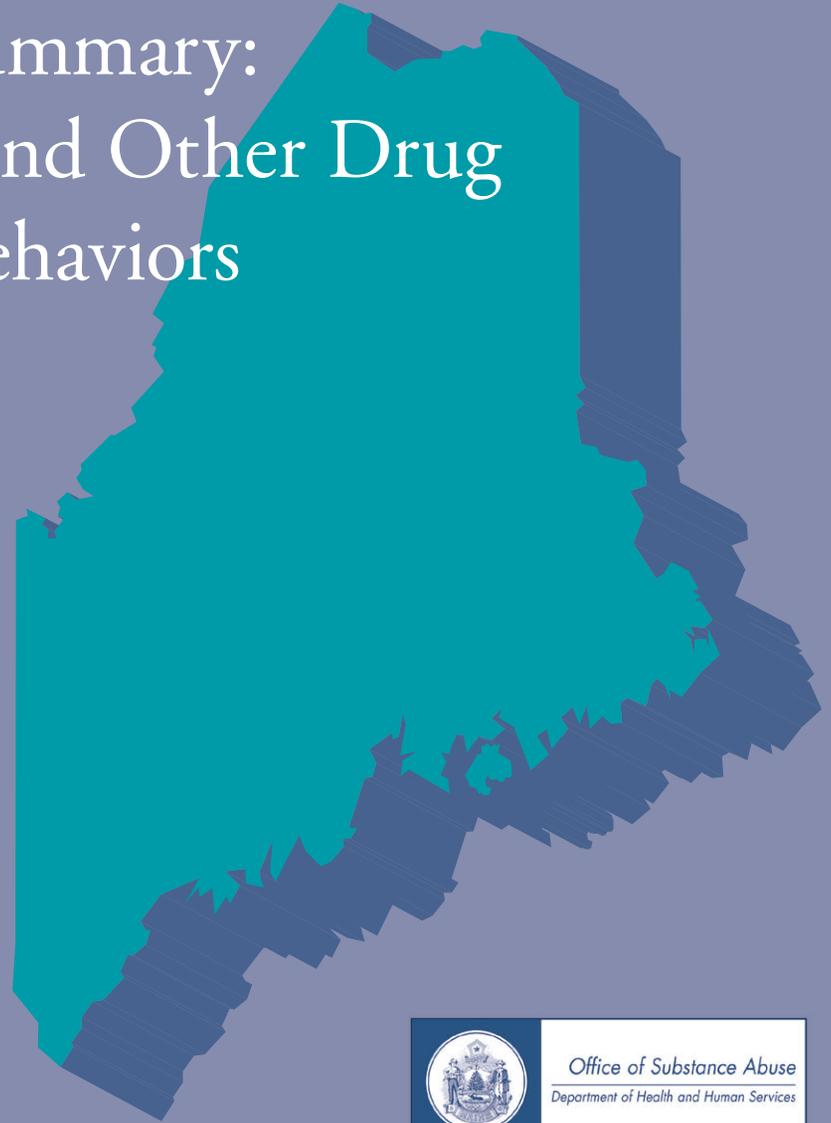


2008 MYDAUS

Executive Summary: Alcohol, Tobacco and Other Drug Use and Related Behaviors

mydaus



Office of Substance Abuse
Department of Health and Human Services

John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

contents

TABLE OF CONTENTS

Introduction	1
Summary of Results	2
Participation	3
Alcohol	4
Binge Drinking	6
Cigarettes	8
Marijuana	10
Inhalants	12
Other Drugs	14
Use of Multiple Substances	16
Substance Use by Gender	18
Age at First Use/Early Initiation	19
Perceived Harm	21
Perceived Availability	22
Perceived Parental Disapproval	23
Perceived Neighborhood Adult Disapproval	24
Perceived Safety	25
Risk Factors	26
Protective Factors	28
Resources	29

The 2008 Maine Youth Drug and Alcohol Use Survey (MYDAUS) is the latest in a series of drug and alcohol use surveys that have been administered by the Maine Office of Substance Abuse to 6th-12th grade students in public schools throughout the State of Maine¹. The results presented in this report are based on information provided by nearly 75,000 students attending 340 schools.

This summary provides highlights describing the use of alcohol, cigarettes, and other substances (30-day use is any use during the 30 days preceding the survey; lifetime use means ever used). Also presented are data on prohibited behaviors associated

with drug use, and the risk and protective factors that influence students' attitudes and behaviors. Comparisons are shown to earlier administrations of the survey (2000, 2002, 2004, 2006), as well as to data from the 2008 Monitoring the Future project (MTF), a survey administered to 8th, 10th and 12th grade students in public and private schools throughout the U.S.² Additional data and a detailed description of the methodology used in the 2008 MYDAUS can be found in the 2008 MYDAUS Technical Report: <http://www.maine.gov/dhhs/osa/data/mydaus/mydaus2008.htm>.

¹ Includes private non-sectarian schools with 60% or more publicly-funded students.

² Monitoring the Future (2008). The University of Michigan. The MTF randomly samples students from both public and private schools, unlike the MYDAUS which attempts a census of public schools. Other factors that might account for observed differences are distribution of race and parental education. For more information on the MTF survey, visit their website at www.monitoringthefuture.org

summary of results

- The proportion of Maine's middle and high school students drinking alcohol, smoking cigarettes, or smoking marijuana in the 30 days preceding the MYDAUS was significantly lower in 2008 than in 2000 (pp. 5, 7 and 9).
- However, among Maine's 10th and 12th graders, past-month (30-day) use of alcohol, cigarettes, marijuana, and inhalants, was significantly higher than among their US counterparts (pp. 5, 9, 11 and 13).
- A larger proportion of Maine's 12th graders had tried LSD or heroin than their US counterparts, but a smaller percentage had tried stimulants such as methamphetamine (p. 15).
- The percentage of 12th graders at risk due to Early Initiation of Use went from 42% in 2000 to 28% in 2008 (p. 20).
- Among Maine's high school students, there was little difference in perceived availability of cigarettes and marijuana; 64% felt cigarettes were easy to obtain and 63% felt marijuana was easy to obtain (p. 22).
- Over 90% of Maine's high school students felt their parents would think it wrong or very wrong for them to smoke cigarettes or marijuana. The percentage dropped to 85% when asked about drinking alcohol regularly (p.23).
- Most risk factors were more prevalent among 12th graders than 6th graders. The most extreme example was Rewards for Antisocial Behavior ("Would you be seen as cool if..."); 23% of 6th graders were at risk versus 60% of 12th graders (pp. 26-28).
- Conversely, a higher proportion of 6th graders than 12th graders were at risk due to Rebelliousness or Low Commitment to School (pp. 26-27).

Survey Participants

All public schools¹ in Maine with any grades 6 through 12 were offered the opportunity to participate in the 2008 MYDAUS so that they could have local, objective data for use in planning targeted prevention programs and applying for funds, such as available through the Safe and Drug Free Schools and Communities Act. Participation in the survey, although encouraged, was voluntary.

In all, there were 74,953 usable surveys², representing 70% of the 107,693 eligible students, and 77% of the 96,967 total students at participating schools. Participating students were from 340 of Maine’s 419 eligible public schools, resulting in a school response rate of 81%.

The gender breakdown of the students who participated in the 2008 MYDAUS is:

Female	35,054
Male	33,228
Missing	6,671

The breakdown of students who participated in the 2008 MYDAUS by grade is:

6th grade	10,688
7th grade	11,555
8th grade	11,555
9th grade	11,013
10th grade	10,717
11th grade	9,816
12th grade	8,550
Missing	1,059

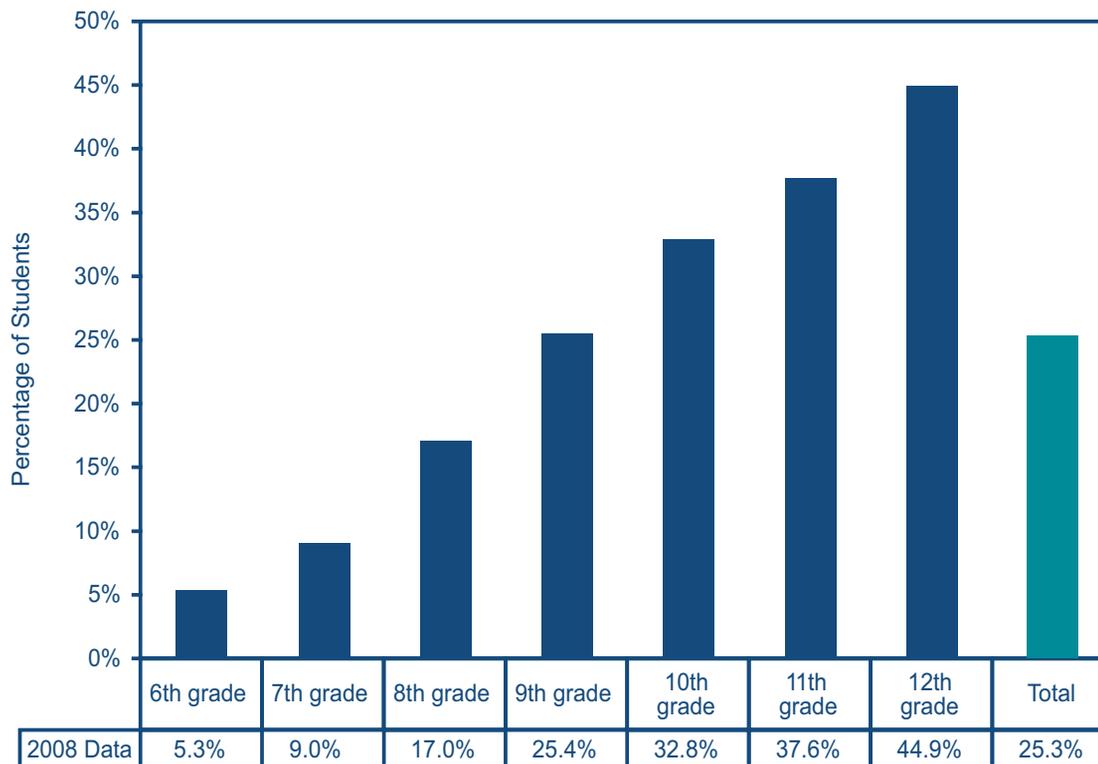
¹ Includes the private non-sectarian schools with 60% or more publicly-funded students.

² This excludes the students that were deemed to be “dishonest” based on the honesty profile that was run prior to data analysis (for more information on the honesty profile, please see the 2008 MYDAUS Technical Report).

USE BY GRADE - 2008

alcohol

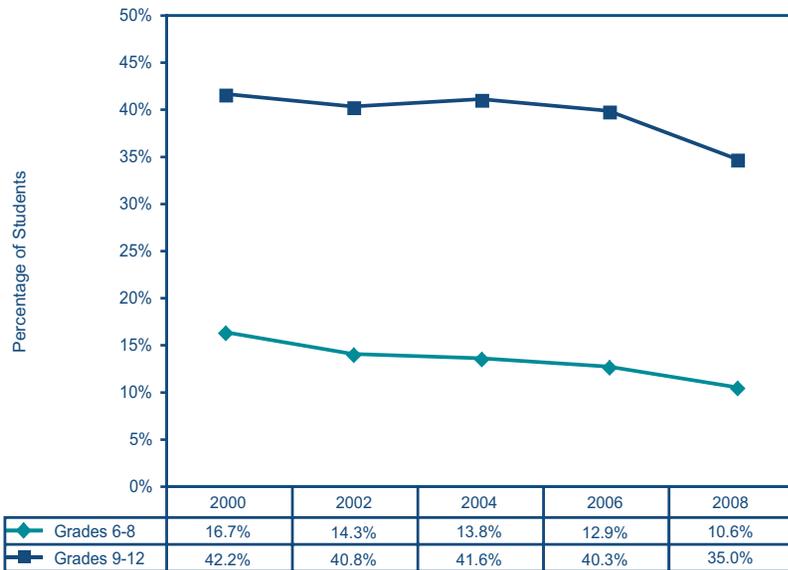
ALCOHOL - 30 DAY USE



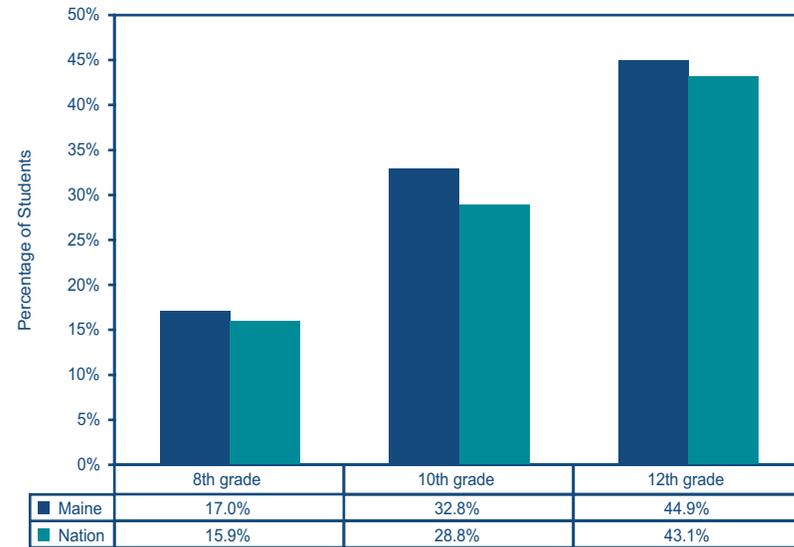
MAINE VS THE NATION

RECENT TRENDS

ALCOHOL - 30 DAY USE



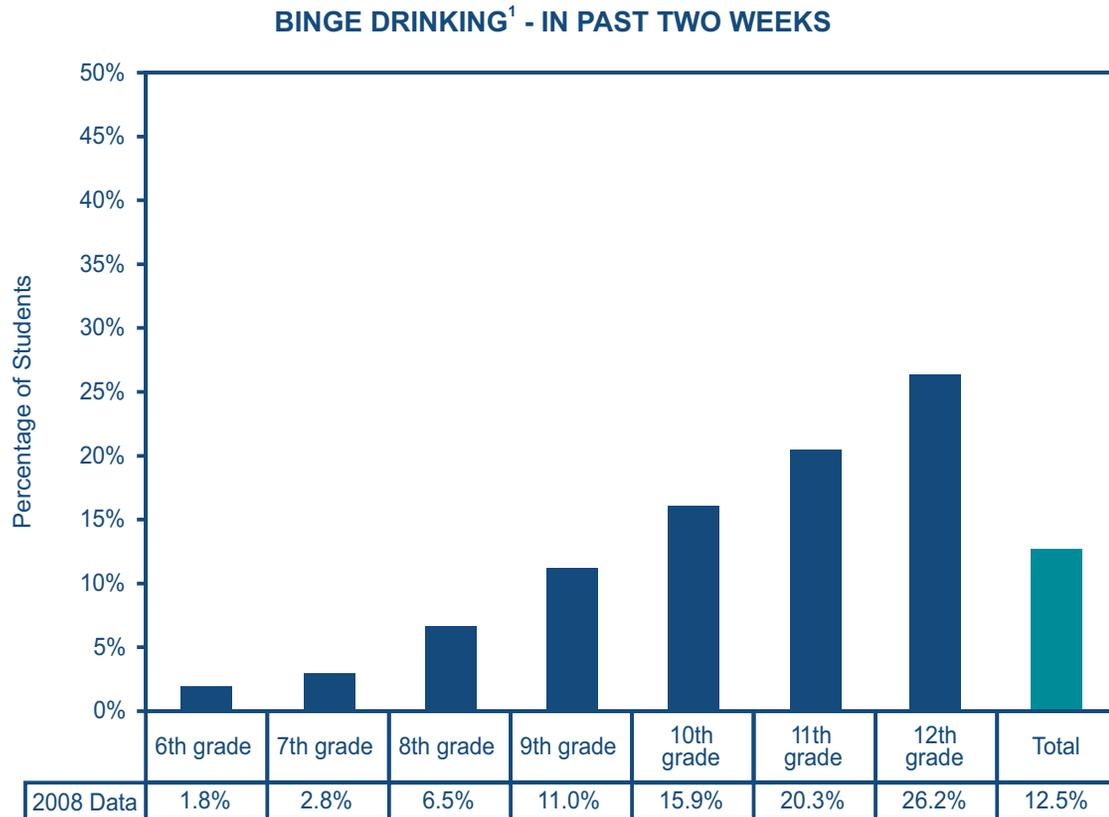
ALCOHOL - 30 DAY USE



Sources: The 2008 MYDAUS/YTS and the 2008 Monitoring the Future survey, the University of Michigan.

binge drinking

USE BY GRADE - 2008

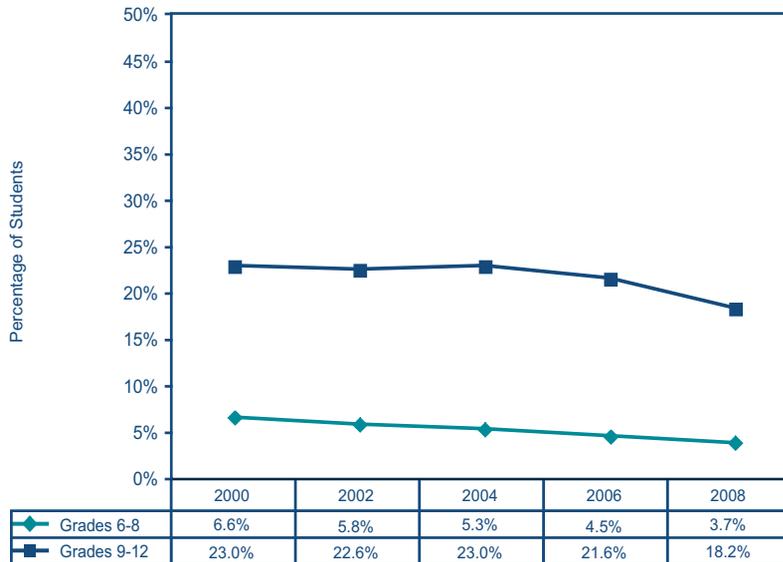


¹ The MYDAUS question reads: "Think back over the last two weeks. How many times have you had five or more alcoholic drinks in a row?"

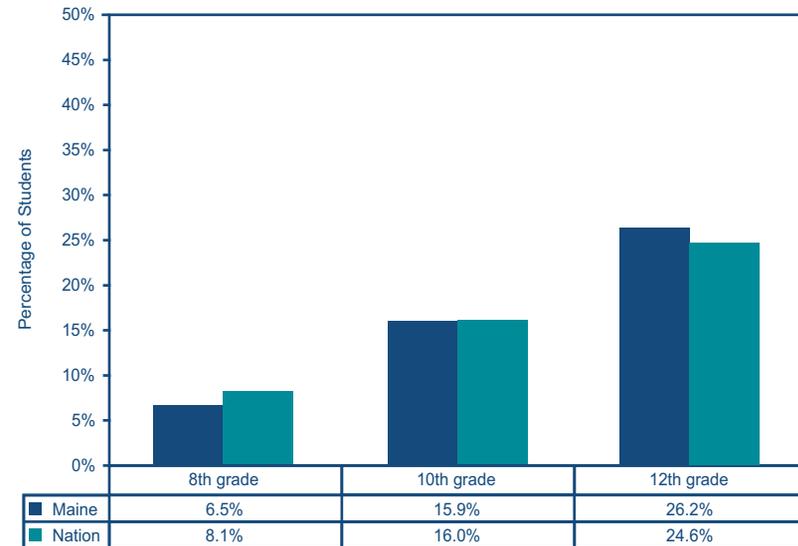
MAINE VS THE NATION

RECENT TRENDS

BINGE DRINKING¹ - IN PAST TWO WEEKS



BINGE DRINKING¹ - IN PAST TWO WEEKS

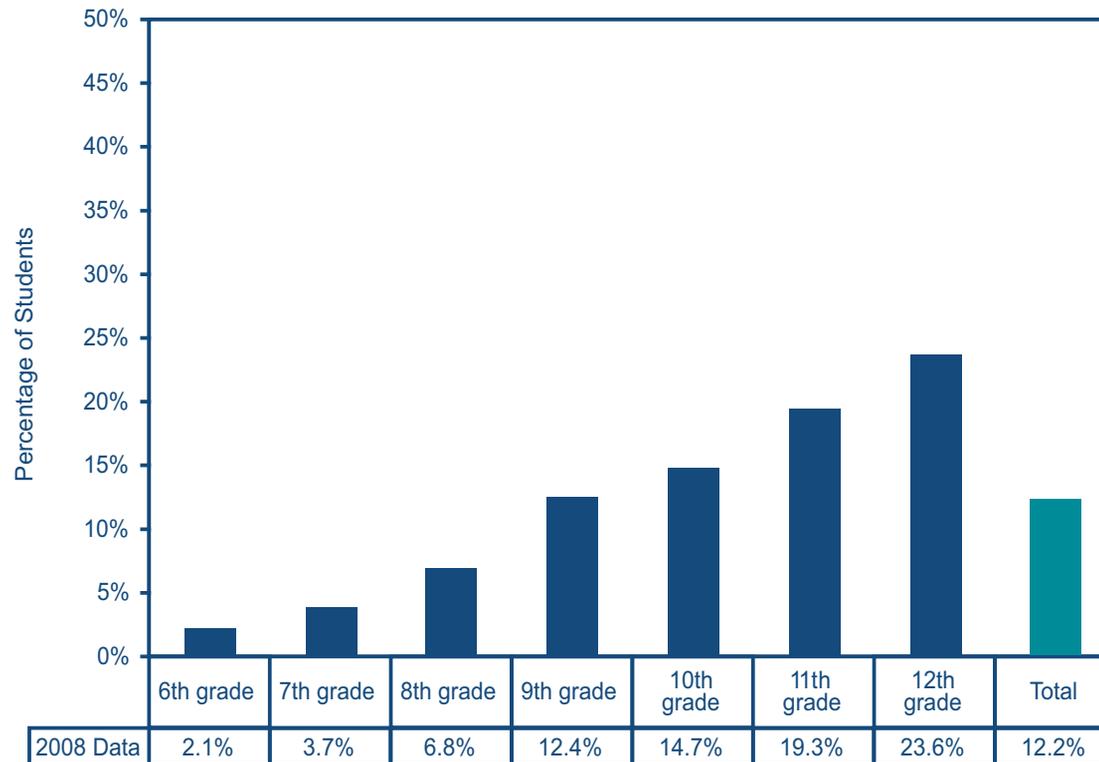


Sources: The 2008 MYDAUS/YTS and the 2008 Monitoring the Future survey, the University of Michigan.

cigarettes

USE BY GRADE - 2008

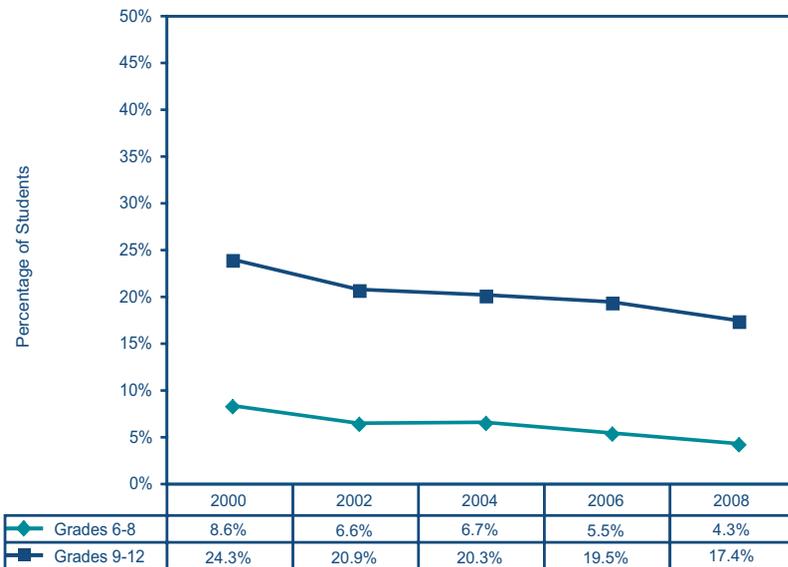
CIGARETTES - 30 DAY USE



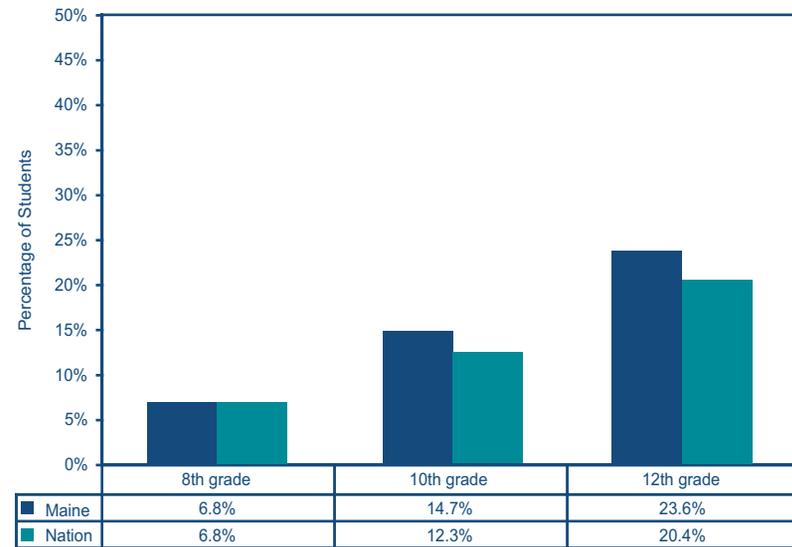
MAINE VS THE NATION

RECENT TRENDS

CIGARETTES - 30 DAY USE



CIGARETTES - 30 DAY USE

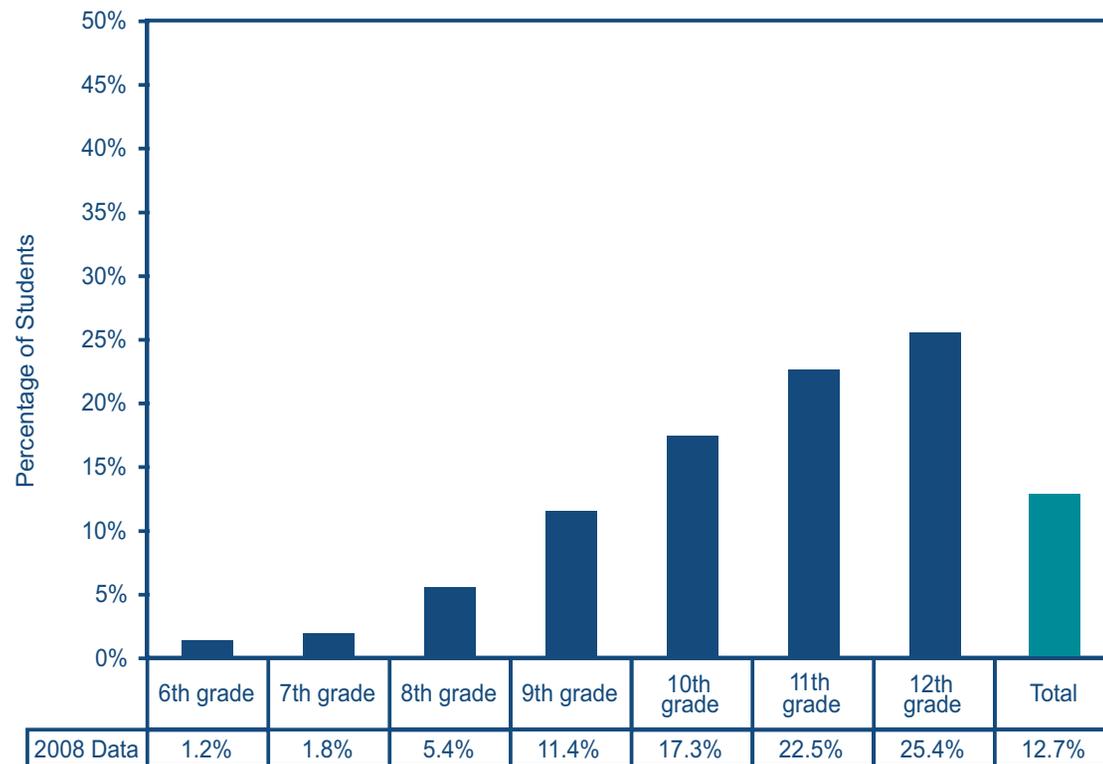


Sources: The 2008 MYDAUS/YTS and the 2008 Monitoring the Future survey, the University of Michigan.

marijuana

USE BY GRADE - 2008

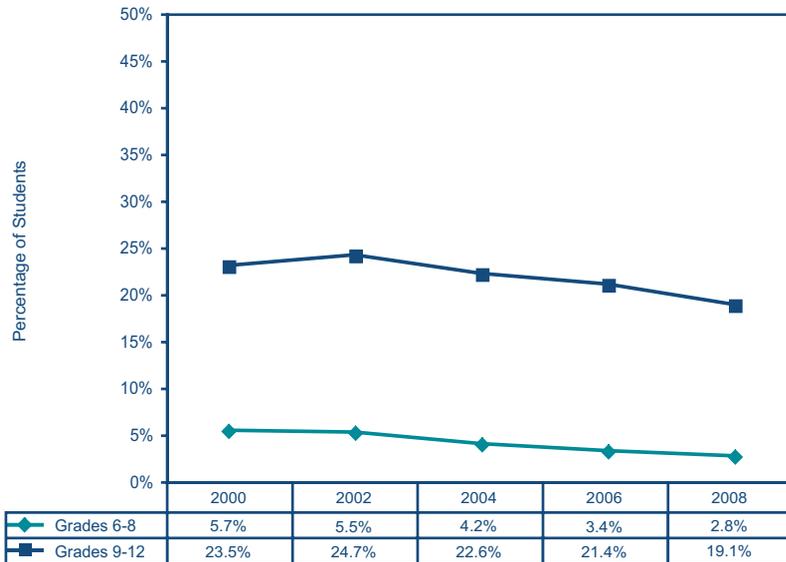
MARIJUANA - 30 DAY USE



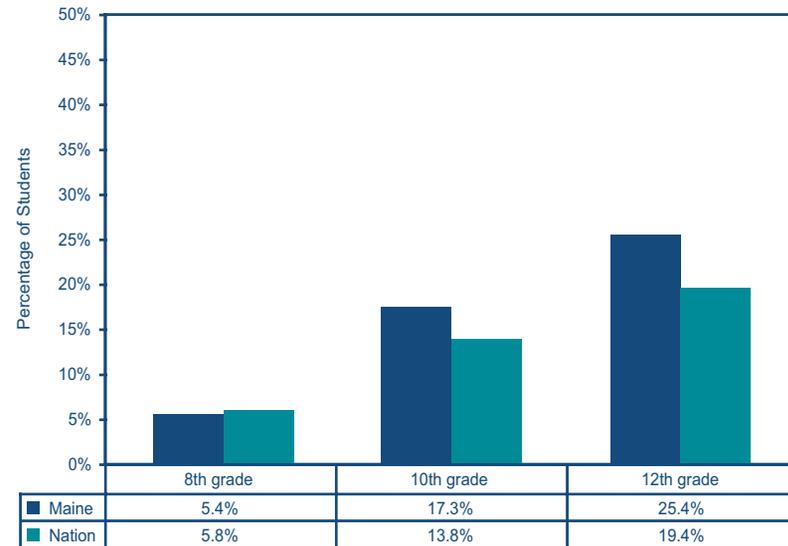
MAINE VS THE NATION

RECENT TRENDS

MARIJUANA - 30 DAY USE



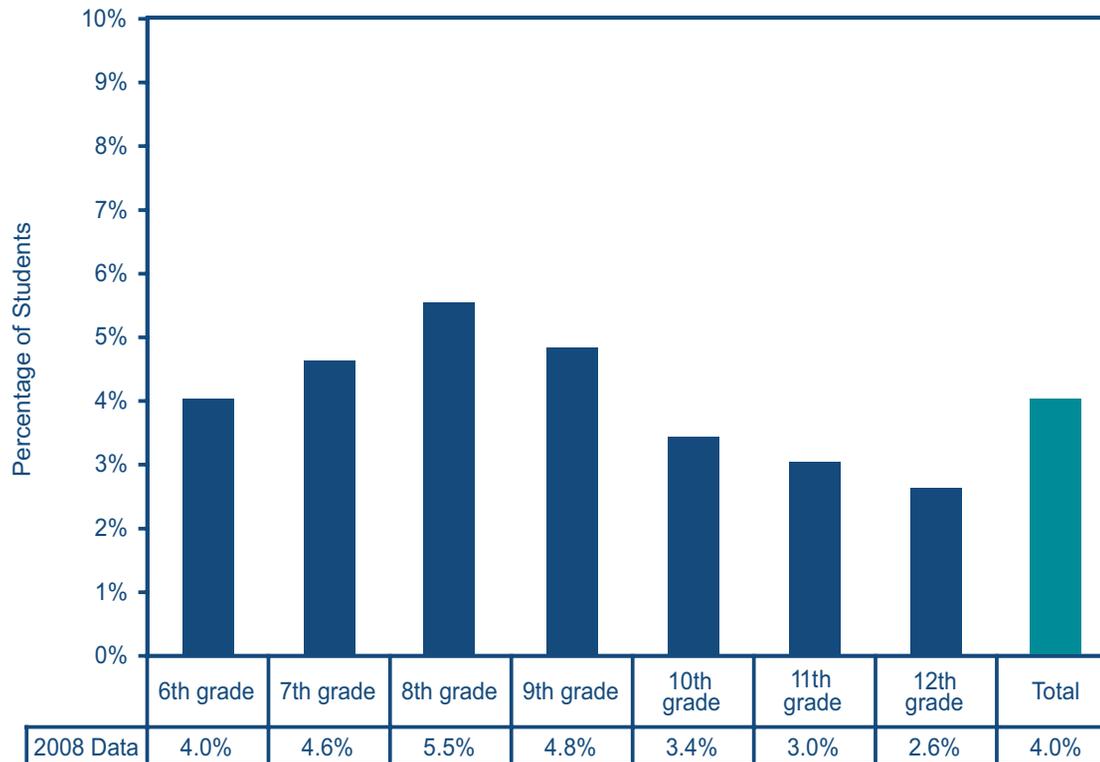
MARIJUANA - 30 DAY USE



Sources: The 2008 MYDAUS/YTS and the 2008 Monitoring the Future survey, the University of Michigan.

inhalants

INHALANTS¹ - 30 DAY USE



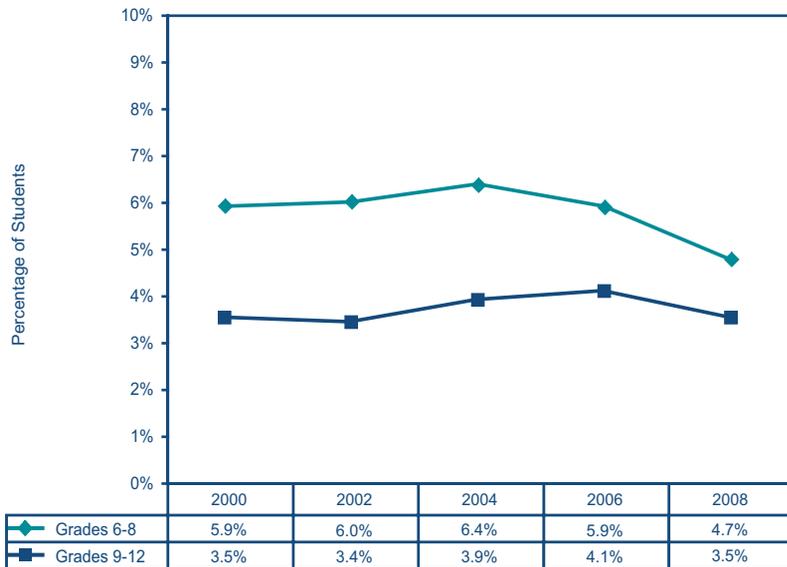
Note scale

¹ The MYDAUS question reads: "...have you sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays, in order to get high..."

MAINE VS THE NATION

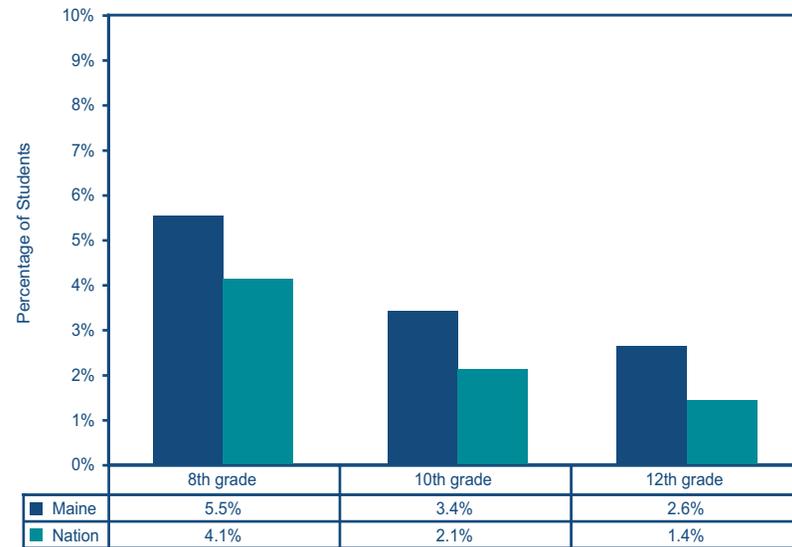
RECENT TRENDS

INHALANTS¹ - 30 DAY USE



Note scale

INHALANTS¹ - 30 DAY USE



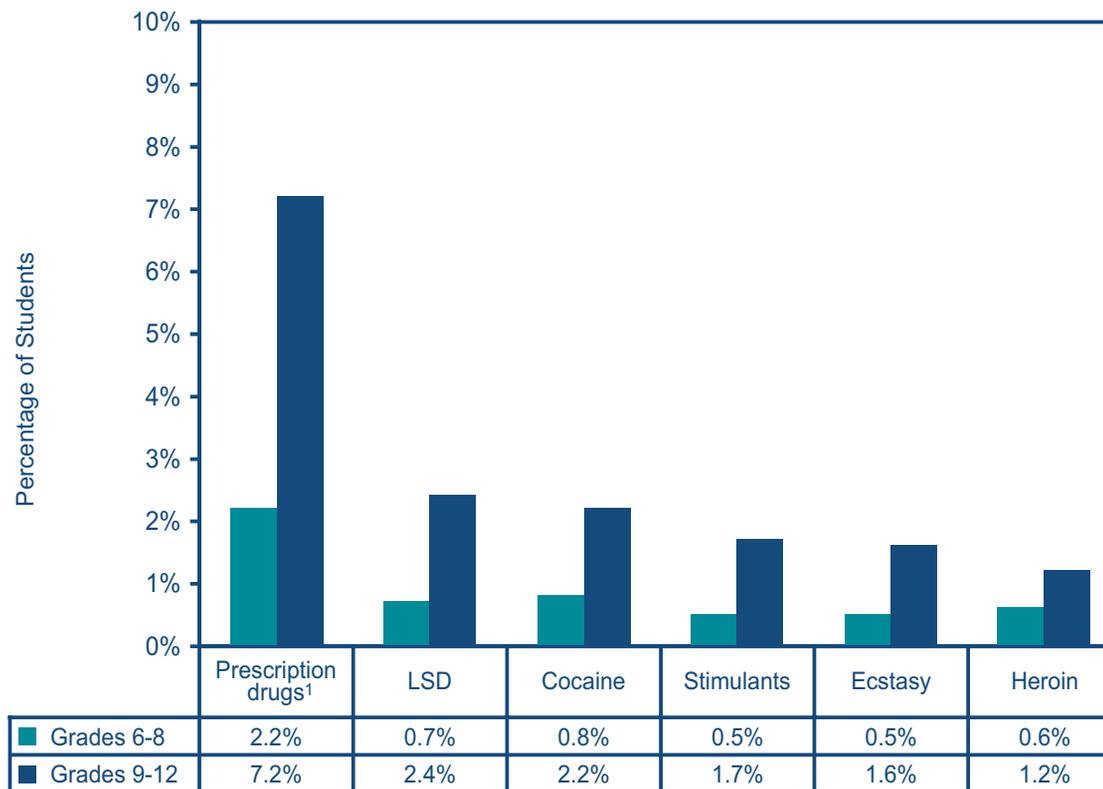
Note scale

Sources: The 2008 MYDAUS/YTS and the 2008 Monitoring the Future survey, the University of Michigan.

inhalants

other drugs

OTHER DRUGS - 30 DAY USE

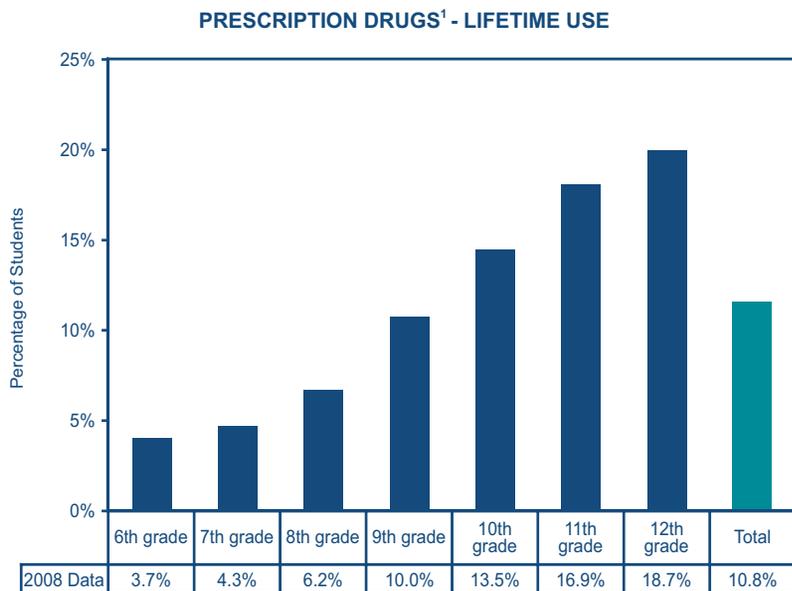


Note scale

¹ Prescription drugs are those not specifically prescribed for the student.

MAINE VS THE NATION

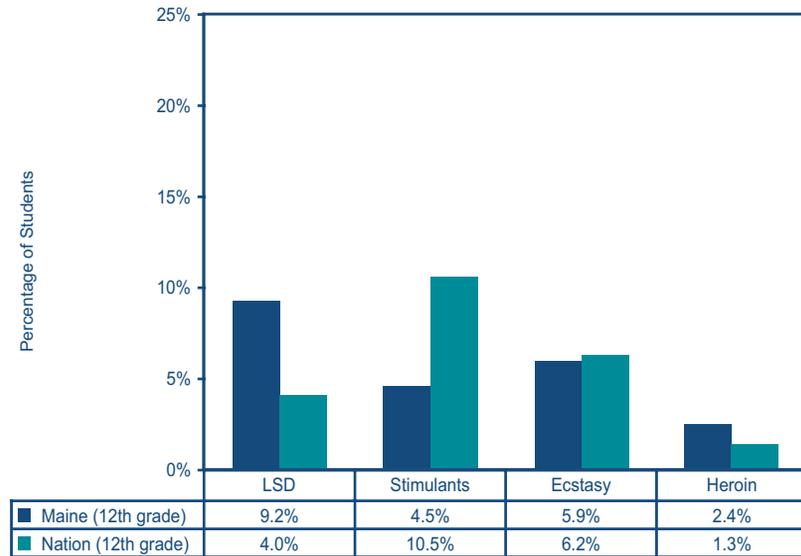
LIFETIME USE OF PRESCRIPTION DRUGS BY GRADE - 2008



Note scale

¹ Prescription drugs are those not specifically prescribed for the student.

LIFETIME USE OF SELECTED DRUGS AMONG 12th GRADERS



Note scale

Please note that while the MYDAUS/YTS asked about the use of "LSD or other psychedelics", the Monitoring the Future project asked about "LSD", and while the MYDAUS/YTS asked about the use of "stimulants", Monitoring the Future asked about "amphetamines".

other drugs

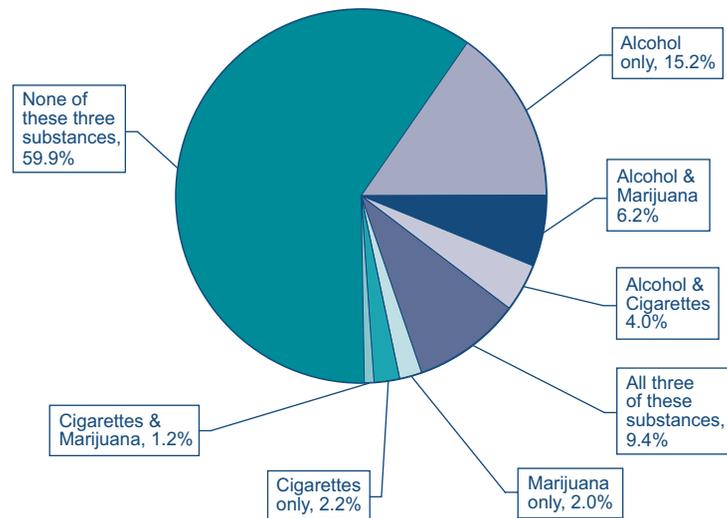
use of multiple substances

PAST 30 DAY USE OF ALCOHOL, MARIJUANA AND CIGARETTES BY GRADE – 2008

	None of the three substances	Alcohol only	Alcohol & Marijuana	Alcohol & Cigarettes	All three substances	Marijuana only	Cigarettes only	Cigarettes & Marijuana
6th grade	94.4%	3.6%	0.1%	0.6%	0.6%	0.1%	0.5%	0.1%
7th grade	90.0%	6.0%	0.3%	1.4%	1.0%	0.3%	0.9%	0.1%
8th grade	80.7%	10.7%	1.4%	2.1%	2.5%	0.8%	1.3%	0.5%
9th grade	70.7%	13.2%	3.1%	2.9%	5.8%	1.3%	2.1%	1.0%
10th grade	62.7%	15.3%	5.8%	3.3%	7.8%	2.1%	1.8%	1.2%
11th grade	56.5%	14.9%	7.5%	3.9%	10.9%	2.4%	2.5%	1.3%
12th grade	49.4%	17.3%	8.3%	5.8%	13.2%	2.1%	2.5%	1.3%
Total	71.1%	11.8%	4.0%	2.9%	6.2%	1.4%	1.7%	0.8%

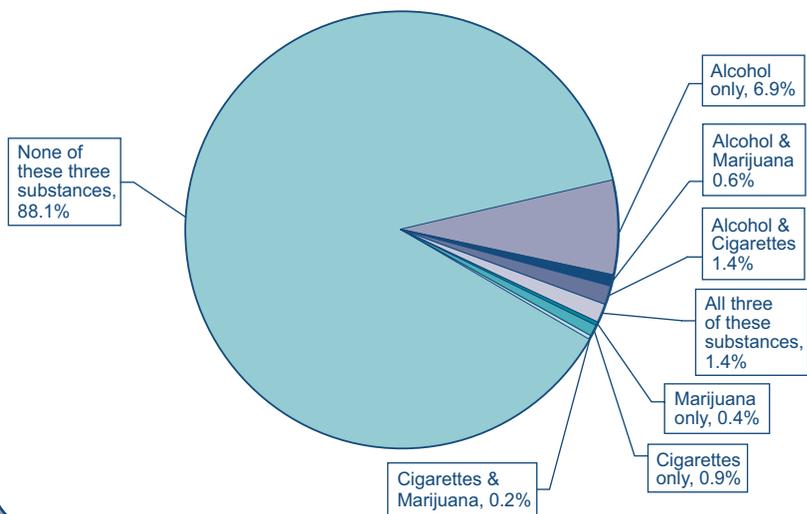
HIGH SCHOOL (GRADES 9-12)

PAST 30 DAY USE OF ALCOHOL, CIGARETTES, AND MARIJUANA AMONG HIGH SCHOOL STUDENTS



MIDDLE SCHOOL (GRADES 6-8)

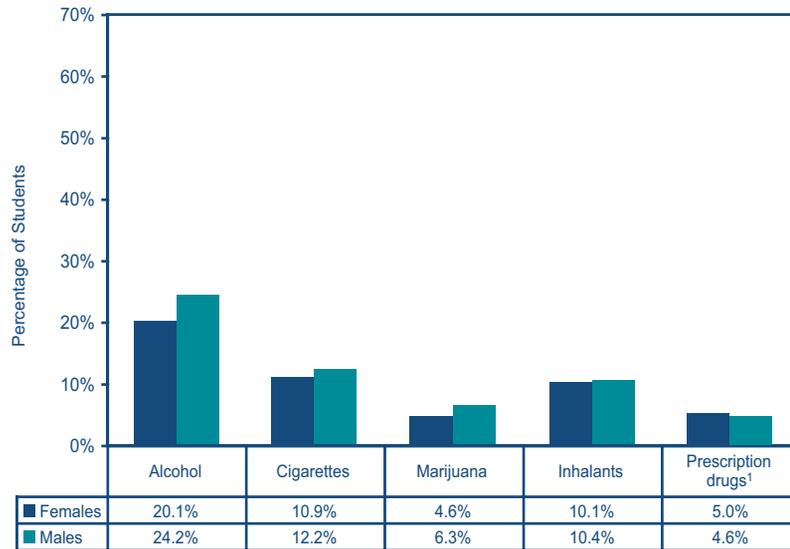
PAST 30 DAY USE OF ALCOHOL, CIGARETTES, AND MARIJUANA AMONG MIDDLE SCHOOL STUDENTS



use of multiple substances

MIDDLE SCHOOL (GRADES 6-8)

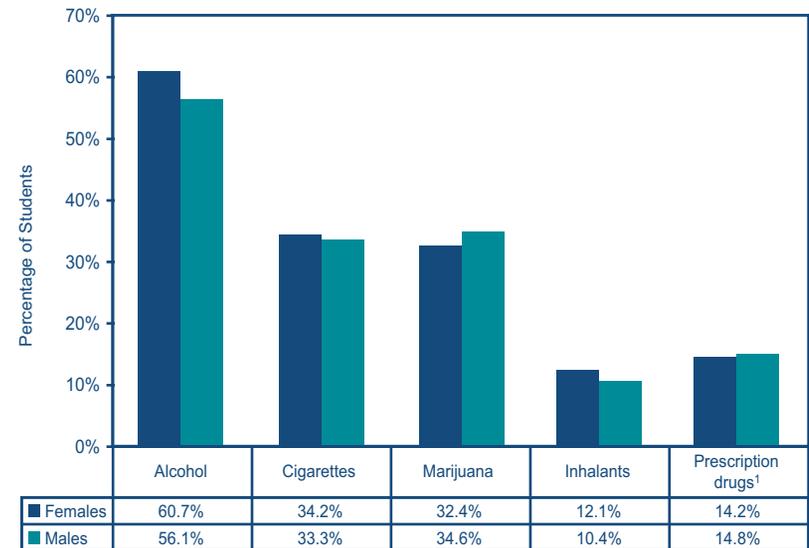
LIFETIME USE OF SELECTED DRUGS BY GENDER AMONG MIDDLE SCHOOL STUDENTS - 2008



Note scale

HIGH SCHOOL (GRADES 9-12)

LIFETIME USE OF SELECTED DRUGS BY GENDER AMONG HIGH SCHOOL STUDENTS - 2008

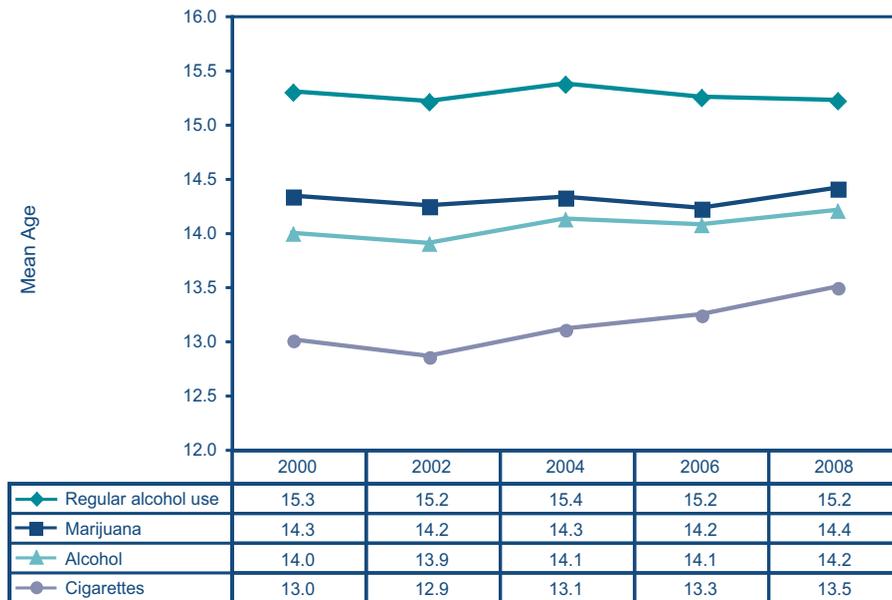


Note scale

¹ Prescription drugs are those not specifically prescribed for the student.

AGE AT FIRST USE OF SELECTED SUBSTANCES

AVERAGE AGE¹ AT FIRST USE OF SELECTED SUBSTANCES AMONG 11th AND 12th GRADE STUDENTS WHO HAVE USED EACH SUBSTANCE²



Note scale

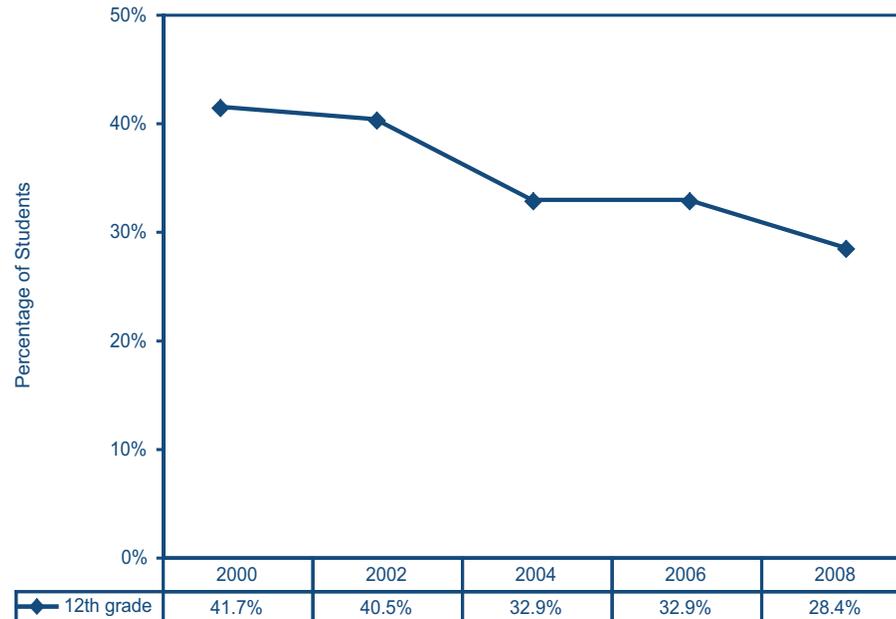
¹ The survey asked students how old they were when they first participated in a variety of behaviors, four of which are listed in the graph and table above. The categories provided to students were "Never have", "10 or younger", "11", "12", "13", "14", "15", "16", and "17 or older". In order to calculate the mean age of first use, non-users were first filtered out of the analysis. After that, the "10 or younger" and "17 or older" categories were collapsed to signify simply 10 and 17, respectively. A mean was then calculated. Although this does not reflect a true mean since the ages below 10 and above 17 were not captured, this mean gives the audience an estimate of the age at onset of use among users of the various substances listed above. Please also note that since the mean was calculated using the same methodology from 2000 to present, one can look at changes in mean ages at onset of first use across time.

² "Regular alcohol use" means at least once or twice a month; "Alcohol" refers to more than a sip or two of alcohol; and "Cigarette" use includes even just a puff.

age at first use /
early initiation

EARLY INITIATION

PERCENTAGE OF 12TH GRADE STUDENTS CONSIDERED "AT RISK" DUE TO "EARLY INITIATION OF DRUG USE"¹



¹ This graph shows the percentage of students at risk of substance abuse and other prohibited behaviors due to early initiation of substance use. The four questions that make up this risk factor ask for the age when the student first smoked marijuana, first smoked a cigarette (even a puff), had more than a sip or two of alcohol, and started drinking alcohol regularly. Being "at risk" due to this factor predicts misuse of drugs. The earlier the onset of any drug use, the greater the risk of involvement in other drug use and the greater frequency of use. Early onset of drug use is a consistent predictor of drug abuse, and a later age of onset of drug use has been shown to predict lower drug involvement and a greater probability of discontinuation of use.

age at first use/
early initiation

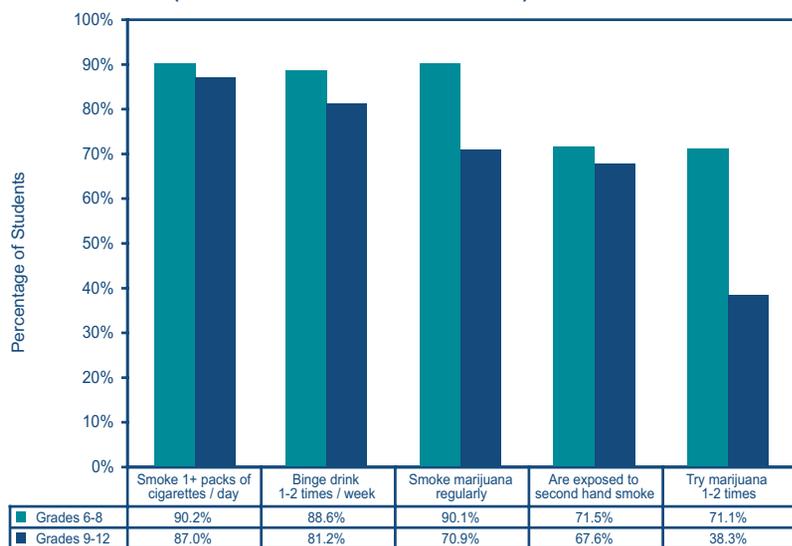
BY GRADE - 2008

PERCEIVED HARM¹ FROM CIGARETTES, ALCOHOL AND MARIJUANA BY GRADE - 2008

	Smoke one or more packs of cigarettes per day	Have five or more alcoholic beverages in a row once or twice a week	Smoke marijuana regularly	Are exposed to other people's cigarette smoke	Try marijuana once or twice
6th grade	90.0%	89.0%	91.2%	71.6%	75.0%
7th grade	90.8%	89.8%	91.9%	72.6%	73.9%
8th grade	89.9%	87.1%	87.5%	70.4%	64.8%
9th grade	88.5%	84.3%	79.5%	67.5%	49.3%
10th grade	87.7%	82.6%	72.6%	68.0%	39.7%
11th grade	86.3%	80.1%	67.1%	67.7%	34.0%
12th grade	85.5%	77.5%	63.8%	67.0%	29.5%
Total	88.2%	84.1%	78.5%	69.1%	51.3%

MIDDLE SCHOOL AND HIGH SCHOOL - 2008

"HOW MUCH DO YOU THINK PEOPLE RISK HARMING THEMSELVES (PHYSICALLY OR IN OTHER WAYS) IF THEY..."



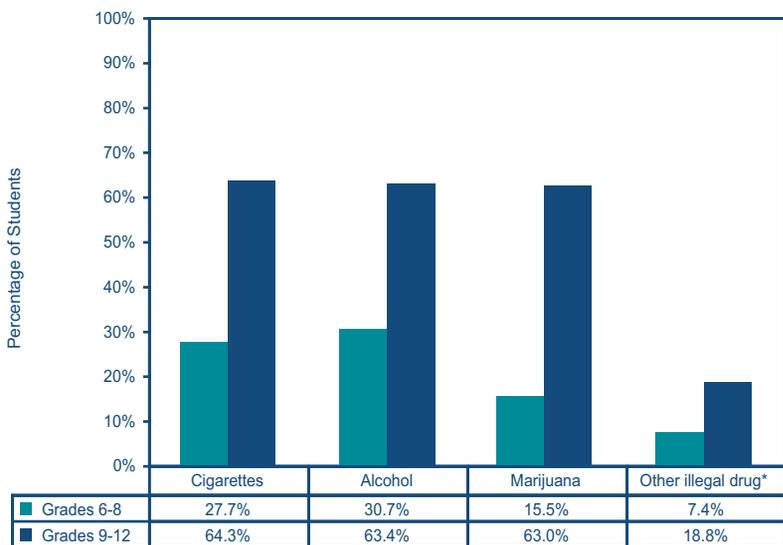
Note scale

The percentages above are the proportion of students answering "Moderate Risk" or "Great Risk".

¹ The MYDAUS question reads, "How much do you think people risk harming themselves (physically or in other ways) if they..."

MIDDLE SCHOOL AND HIGH SCHOOL - 2008

"IF YOU WANTED TO GET SOME _____, HOW EASY WOULD IT BE FOR YOU TO GET SOME?"



Note scale

BY GRADE - 2008

PERCEIVED AVAILABILITY¹ OF CIGARETTES, ALCOHOL AND MARIJUANA BY GRADE - 2008

	Cigarettes	Alcohol	Marijuana	Other illegal drug*
6th grade	20.5%	20.6%	6.7%	5.2%
7th grade	26.1%	28.2%	12.8%	6.9%
8th grade	35.2%	41.8%	25.4%	9.8%
9th grade	48.2%	52.7%	44.8%	14.5%
10th grade	58.9%	62.0%	61.6%	18.1%
11th grade	68.3%	67.4%	69.8%	19.8%
12th grade	82.7%	71.9%	76.0%	23.1%
Total	50.1%	50.8%	44.6%	14.5%

¹ The MYDAUS question reads, "If you wanted to get some _____, how easy would it be for you to get some?"

The percentages above represent "Sort of Easy" and "Very Easy" combined.

* "Other illegal drug" - the survey question asks about "a drug like cocaine, LSD, or amphetamines".

perceived
availability

BY GRADE - 2008

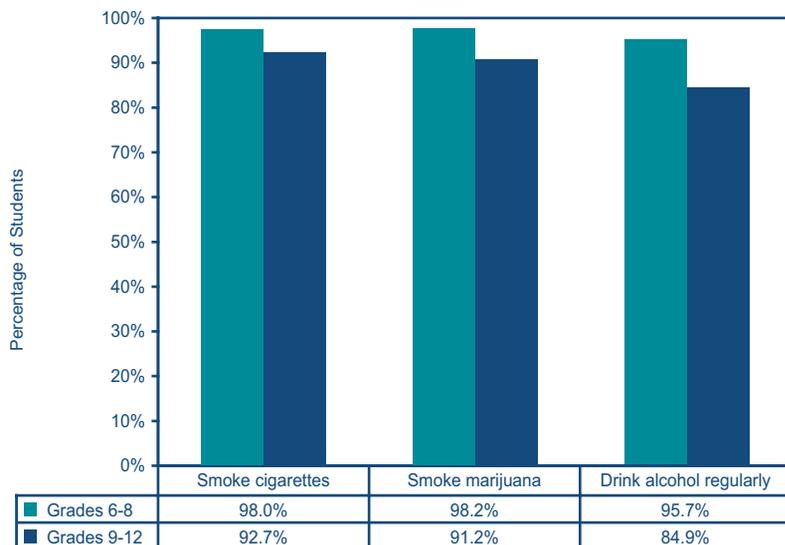
PERCEIVED PARENTAL DISAPPROVAL¹ OF THE USE OF CIGARETTES, MARIJUANA AND ALCOHOL BY GRADE - 2008

	Smoke cigarettes	Smoke marijuana	Drink alcohol regularly
6th grade	98.7%	99.0%	97.2%
7th grade	98.4%	98.7%	96.5%
8th grade	97.1%	97.1%	93.7%
9th grade	96.0%	94.7%	90.9%
10th grade	94.8%	92.5%	88.0%
11th grade	92.5%	90.3%	83.4%
12th grade	87.3%	87.1%	76.9%
Total	94.7%	93.8%	89.0%

¹ The MYDAUS question reads, "How wrong do your parents feel it would be for you to..."

MIDDLE SCHOOL AND HIGH SCHOOL - 2008

"HOW WRONG DO YOUR PARENTS FEEL IT WOULD BE FOR YOU TO _____?"



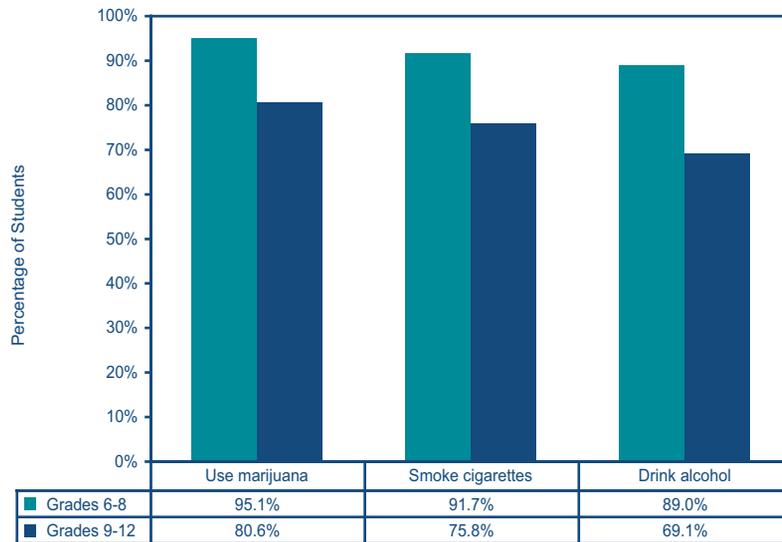
Note scale

The percentages listed above represent "Very Wrong" and "Wrong" combined.

perceived parental disapproval

MIDDLE SCHOOL AND HIGH SCHOOL - 2008

"HOW WRONG WOULD MOST ADULTS (OVER 21) IN YOUR NEIGHBORHOOD THINK IT IS FOR KIDS YOUR AGE TO _____?"



Note scale

BY GRADE - 2008

PERCEIVED NEIGHBORHOOD ADULT DISAPPROVAL¹ OF THE USE OF MARIJUANA, CIGARETTES AND ALCOHOL BY GRADE - 2008

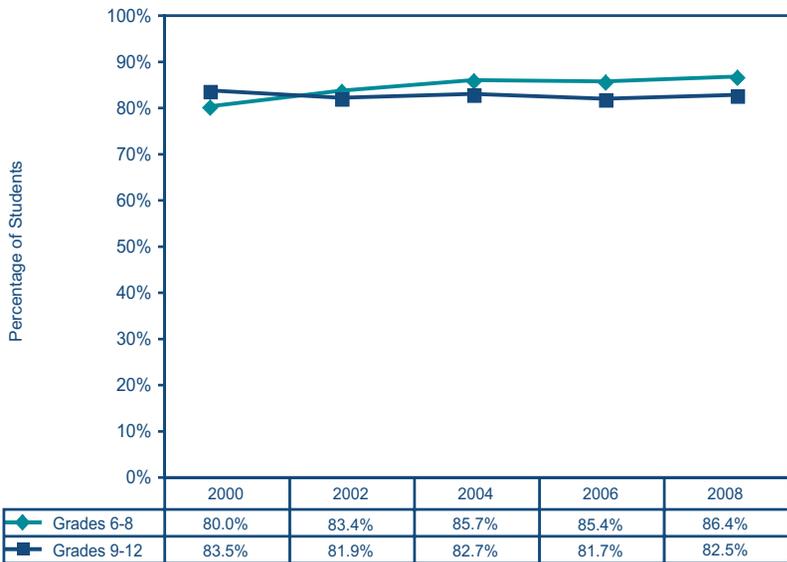
	Use marijuana	Smoke cigarettes	Drink alcohol
6th grade	97.0%	94.5%	93.8%
7th grade	96.2%	92.5%	90.3%
8th grade	92.4%	88.5%	83.5%
9th grade	86.9%	83.9%	77.0%
10th grade	82.1%	79.9%	71.4%
11th grade	78.8%	74.7%	66.8%
12th grade	74.4%	63.9%	60.7%
Total	86.2%	81.9%	76.8%

¹ The MYDAUS question reads, "How wrong would most adults (over 21) in your neighborhood think it is for kids your age to:"

The percentages listed above represent "Very Wrong" and "Wrong" combined.

AT SCHOOL

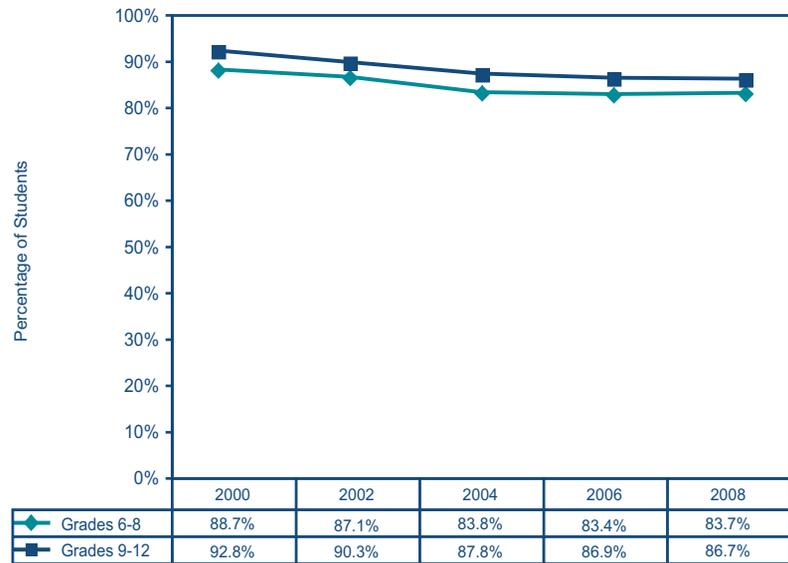
STUDENTS WHO FEEL SAFE AT SCHOOL



Note scale

IN THEIR NEIGHBORHOOD

STUDENTS WHO FEEL SAFE IN THEIR NEIGHBORHOOD



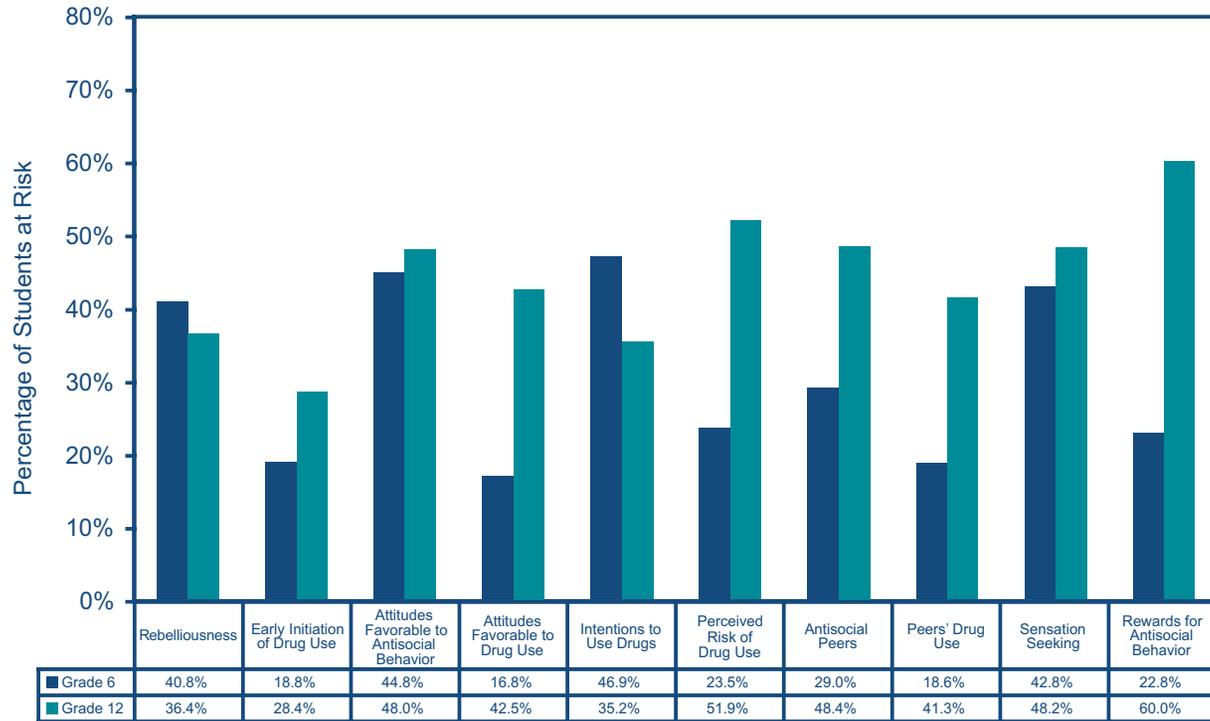
Note scale

perceived
safety

PEER/INDIVIDUAL DOMAIN

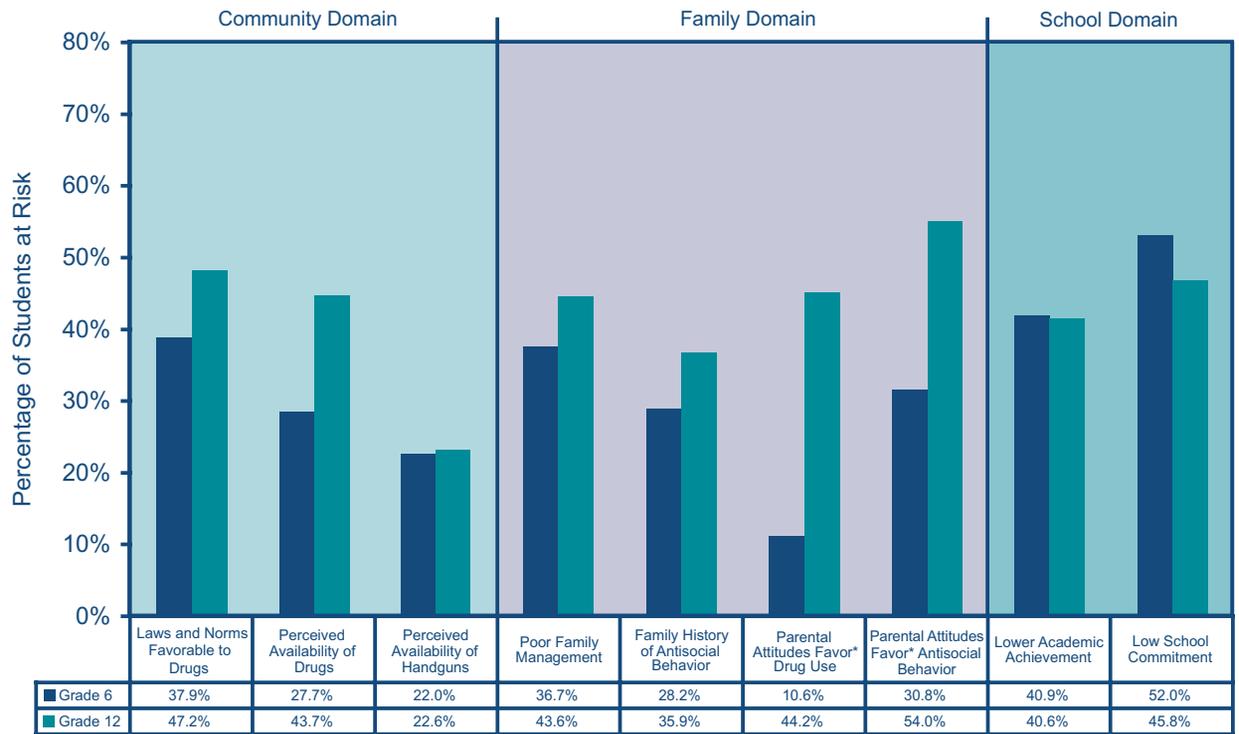
The data for risk and protective factor scales are computed based on nationally-researched cut-points. The cut-point for a risk scale is the point at which a score on the scale predicts negative outcomes. The cut-point of a protective factor scale is the point at which a score on the scale predicts positive outcomes. For more information on how the risk and protective factors were determined, please refer to the MYDAUS Technical Report (see Resources for details).

RISK FACTORS - PEER / INDIVIDUAL DOMAIN
Percentage of Students at Risk in the 6th and 12th Grades



Note scale

RISK FACTORS - COMMUNITY, FAMILY & SCHOOL DOMAINS
Percentage of Students at Risk in the 6th and 12th Grades



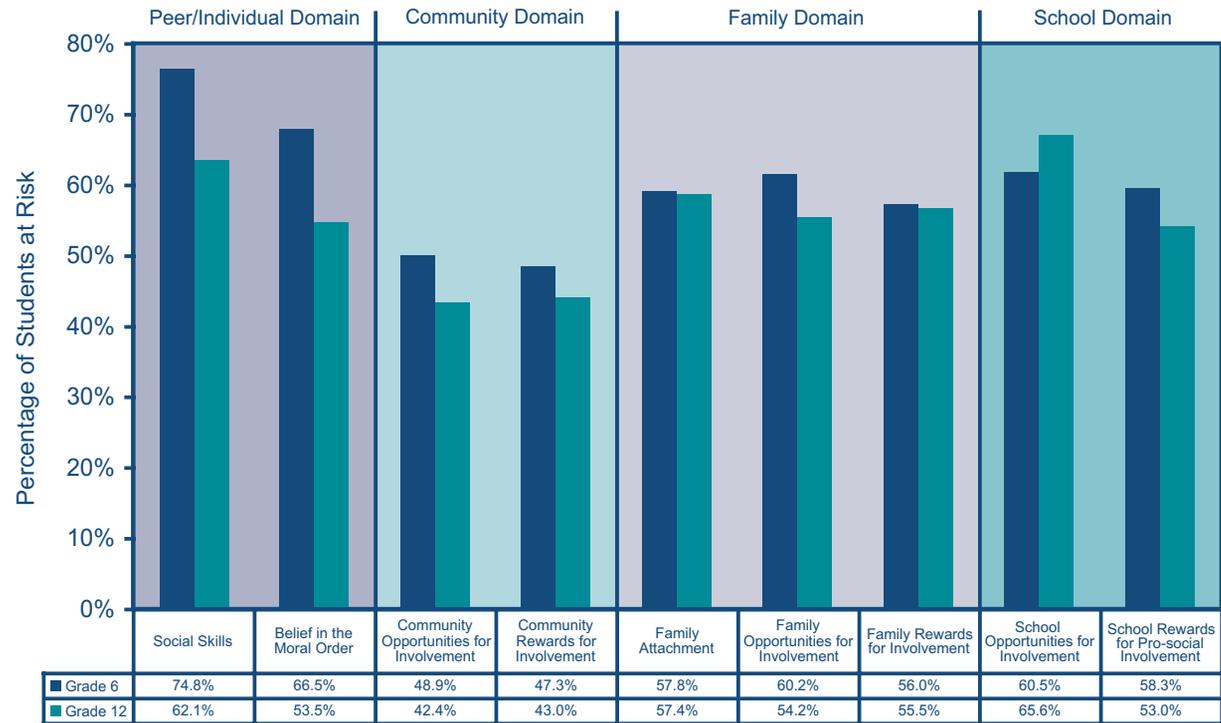
Note scale

* "Favor" does not necessarily mean that parents encourage the activity. These items are the students' perception of parental attitudes. Students may perceive their parents as believing the antisocial behavior or drug use is "wrong", but if parents are not perceived as thinking it is "very wrong", then research shows the student is at increased risk of participating in the undesirable behavior.

risk factors

PEER/INDIVIDUAL, COMMUNITY, FAMILY AND SCHOOL DOMAINS

PROTECTIVE FACTORS - PEER/INDIVIDUAL, COMMUNITY, FAMILY & SCHOOL DOMAINS
 Percentage of Students Protected in the 6th and 12th Grades



Note scale

MYDAUS Homepage

www.maineosa.org/data/mydaus

MYDAUS Executive Report

- A snapshot of 2008 data and trends since 2000 displayed in graphs and charts.

MYDAUS Technical Report

- A detailed report of state and county MYDAUS results, including substance use, other prohibited behaviors, and risk and protective factors. Report features analyses by grade and gender, and a detailed section on methodology.

The MYDAUS/YTS Guide: Using Your Data to Build Support for Prevention

- A practical guide for schools and communities wishing to initiate/evaluate targeted prevention programs. Collaboration is encouraged.

MYDAUS/YTS Web-Based Reports System¹

<http://www.maine.gov/maineosa/survey/home.php>

- Easily printed Local Summary Reports comparing Maine results to data for schools, school districts, public health districts or counties; information includes substance use trends back to 2000.

- Extensive 64 report menu, including trends back to 2000 and analyses by grade and gender
- Results for each question on the MYDAUS(/YTS) since 2000
- Demographic Reports, comparing results for the state, counties, DHHS public health districts, school grades, gender and racial groups.

Additional Reports System Resources

- Definitions of risk and protective factors
- Background information on the MYDAUS/YTS
- Tips on understanding the data
- Tips on printing the data from the website
- Information on changes in the survey administration over time

For printed copies of these resources, contact:

Office of Substance Abuse Information and Resource Center Department of Health and Human Services

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

TTY: I-800-606-0215 • Fax: 207-287-8910

Email: osa.ircosa@maine.gov

¹ Schools and districts participating in the MYDAUS/YTS have access to local, county and state reports. Anyone with access to the Internet can access county and state level data. Community members interested in promoting prevention at the local level are encouraged to work with their school districts.

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 and other MYDAUS documents are available by contacting:

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: 1-800-606-0215
Fax: 207-287-8910
Email: osa.ircosa@maine.gov

www.maineosa.org



John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

The Department of Health and Human Services does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age or national origin in admission or access to or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973 as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS ADA Compliance/EEO Coordinator, SHS #11, Augusta, ME 04333; (207) 287-4289 (V) or (207) 287-3488 (V), TTY: 800-606-0215. Individuals who need auxiliary aids or services for effective communication in programs and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinator. This information is available in alternate formats upon request.

Caring..Responsive..Well-Managed..We Are DHHS