

## Inhalant Abuse in Maine High Risk Youth by Public Health District

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

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

### Facts about inhalant abuse among Maine students grades six through twelve:<sup>†</sup>\*

<u>Lifetime Inhalant Use- Middle School by Public Health District</u>		<u>Lifetime Inhalant Use- High School by Public Health District</u>	
Western	10.3%	Mid-Coast	9.1%
York	8.9%	Central	8.9%
Mid-Coast	8.4%	Western	8.6%
Cumberland	7.7%	York	8.6%
Penquis	7.7%	Penquis	8.3%
Central	7.6%	Aroostook	8.0%
Aroostook	6.6%	Cumberland	8.0%
<u>Past Month Use-Middle School by Public Health District</u>		<u>Past Month Use- High School by Public Health District</u>	
Western	5.4%	Aroostook	3.4%
York	4.8%	Penquis	3.4%
Mid-Coast	4.2%	Cumberland	3.2%
Central	4.0%	York	3.2%
Cumberland	3.9%	Mid-Coast	3.1%
Penquis	3.9%	Western	3.0%
Aroostook	2.8%	Central	2.8%

† "2013 Maine Integrated Youth Health Survey," Maine Department of Health and Human Services and Department of Education, 2013

\* Downeast Public Health District not included due to too few schools participating

Created by the **Maine Inhalant Abuse Prevention Work Group**

For more information about inhalants please contact:

Maine Office of Substance Abuse & Mental Health Services  
Information and Resource Center

Phone: 1-800-499-0027 TTY – 711 (Maine Relay)

Email: [samhs.irc@maine.gov](mailto:samhs.irc@maine.gov) Web Address: <http://www.maine.gov/dhhs/samhs/osa/irc>