

Inhalant Abuse in Maine

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 gases (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.

*Inhalant and other drug use among Maine students in grades 7 - 12 (2013) :

Overall lifetime rate for Maine schools:	Middle School	8.3%
	High School	8.6%
The most frequently used drugs in Maine are (past month):	<u>Middle School</u>	
	Alcohol	4.7%
	Marijuana	4.4%
	Inhalants	4.2%
	Cigarettes	3.2%
	Prescription Drugs	2.6%
	<u>High School</u>	
	Alcohol	26.0%
	Marijuana	21.6%
	Cigarettes	12.9%
	Prescription Drugs	5.6%
Inhalants	3.2%	
Lifetime inhalant use by sex	<u>Middle School</u>	
	Males	8.2%
	Females	8.4%
	<u>High School</u>	
	Males	9.2%
	Females	7.7%

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

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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

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Email: samhs.irc@maine.gov Web Address: <http://www.maine.gov/dhhs/samhs/osa/irc>