

Risky Health Behaviors

Among those 18 to 25 years old

In the Spring of 2019, Maine CDC conducted an online survey of emerging adults age 18 to 25 in Maine. Participants were asked about their risky behaviors and depressive symptoms. The data were weighted to be representative of the entire Maine population of 18 to 25 year old individuals. Interpretation should take this into consideration.



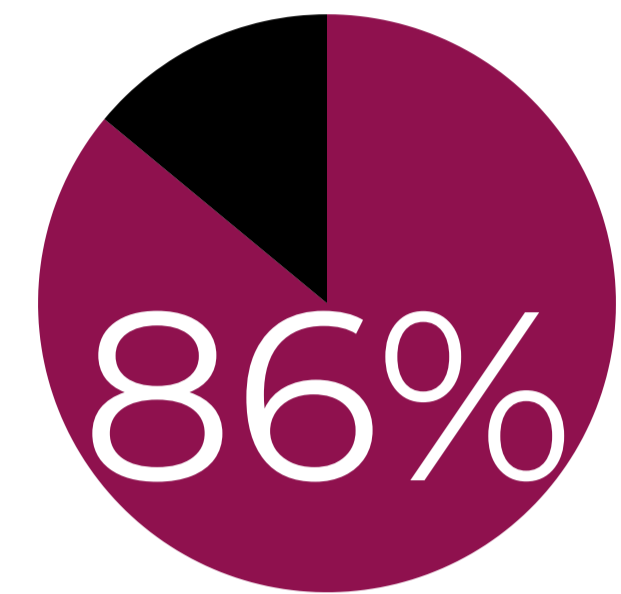
Almost half of smokers have or are trying to quit tobacco, including vaping

3 out of 4 people



HAVE NOT binge drank* in the last 30 days

*binge drinking is defined as having five or more drinks in one sitting



believe taking a prescription drug without a doctor's orders poses **moderate** or **great** risk to themselves

In the last 30 days...

6%

used prescription drugs without a doctor's order



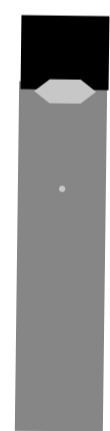
28%

used non-medical marijuana



1 in 5 (20%)

used an e-cigarette/vape



1 in 3 (32%)

drank alcohol



In the last 12 months...

6%

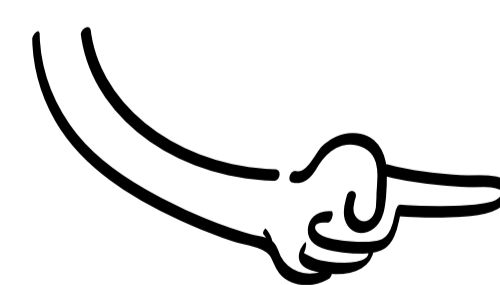
used any form of heroin or fentanyl

8%

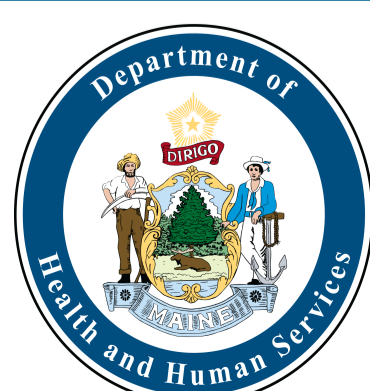
attempted to find help for problems with alcohol or other drugs

19%

had unprotected sex under the influence of drugs or alcohol



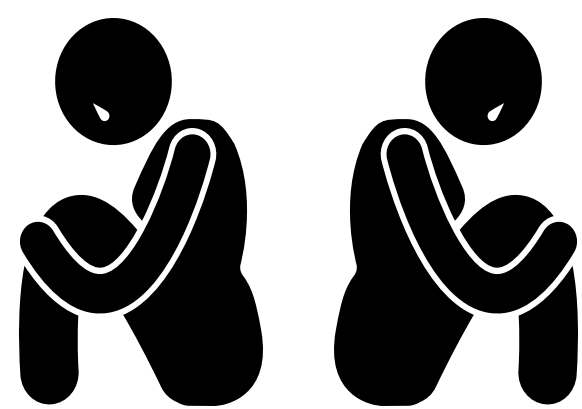
43% of those that sought help went to a mental health or substance use treatment provider



Mental Health

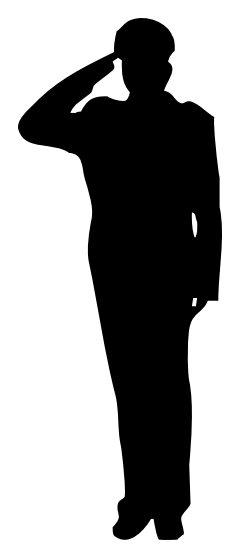
1 in 6 (16%)

seriously considered attempting suicide in the last year

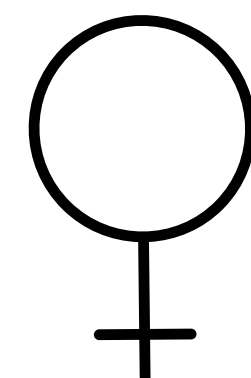


4 in 10 (41%)

felt sad or hopeless every day for two or more weeks in the last year



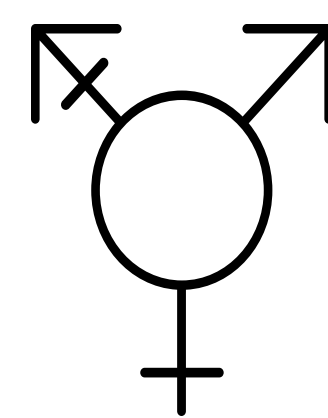
Those that have been deployed in the military are more likely to report seriously considering suicide compared to those not in Armed Forces.



Females are more likely to report feeling sad or hopeless compared to males.



Those that identify as Black or African American are more likely to have seriously considered suicide compared to those that identify as white.



Those that identify as gay, lesbian, or bisexual are more likely to report feeling sad or hopeless compared to heterosexuals.

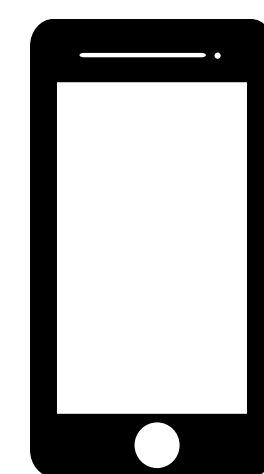
Tobacco Use

Among those that attempted to quit in the last year:



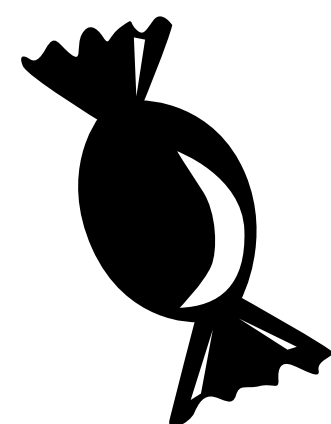
59%

tried to quit cold turkey



9%

tried a quit app



1 in 4 (26%)

tried to quit using a nicotine replacement such as patch, gum, or lozenge



1 in 20 (5%)

tried to quit using a telephone helpline

Additional Resources

Maine Crisis Hotline at 1-888-568-1112

The Quit Link at www.TheQuitLink.com

Tobacco and Substance Use Prevention at www.PreventionForME.org

Print or Digital Resources: Maine Prevention Store at www.MainePreventionStore.com