

# 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.

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

<b>1. Overall lifetime rate for Maine schools (2008):</b>		10.8%
✓ National rate 9.6% (Source: National Survey on Drug Use and Health, 2007 Age 12-17)		
<b>2. The most frequently used drugs in Maine are:</b>	Alcohol	44.3%
	Marijuana	22.7%
	Cigarettes	25.2%
	<b>Inhalants</b>	<b>10.8%</b>
	Prescription Drugs	10.8%
(Lifetime percent)		
<b>3. Lifetime inhalant use by sex</b>	males	10.4%
	females	11.3%
<b>4. Lifetime use by grade</b>	6 <sup>th</sup>	8.1%
	7 <sup>th</sup>	9.9%
	8 <sup>th</sup>	12.5%
	9 <sup>th</sup>	12.4%
	10 <sup>th</sup>	11.8%
	11 <sup>th</sup>	11.1%
	12 <sup>th</sup>	9.3%

<sup>†</sup> "2008 Maine Youth Drug and Alcohol Use Survey," Maine Office of Substance Abuse, 2008.

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### Maine Inhalant Abuse Prevention Work Group

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For more information about inhalants please contact

Maine Office of Substance Abuse Information and Resource Center

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