



## What is the problem?

The 2013 Maine Youth Risk Behavior Survey indicates that among high school students:

### Cigarette Use

- 32% ever tried cigarette smoking. (1)
- 13% smoked cigarettes on at least 1 day during the 30 days before the survey.
- 5% smoked cigarettes on 20 or more days during the 30 days before the survey.
- — smoked cigarettes on school property on at least 1 day during the 30 days before the survey.
- — ever smoked at least one cigarette every day for 30 days.

### Other Tobacco Use

- 6% used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on at least 1 day during the 30 days before the survey.
- 11% smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey.

### Any Tobacco Use

- 17% used cigarettes, smokeless tobacco, or cigars on at least 1 day during the 30 days before the survey.

## What are the solutions?

Better health education • More family and community involvement • Healthier school environments

## What is the status?

The 2012 Maine School Health Profiles indicates that among high schools:

### Health Education

- 42% required students to take 2 or more health education courses.
- 80% had a health education curriculum that addresses all 8 national standards for health education.
- 38% taught 15 key tobacco-use prevention topics in a required course.
- 32% had a lead health education teacher who received professional development during the 2 years before the survey on tobacco-use prevention.

### Family and Community Involvement

- 22% provided families with health information to increase parent and family knowledge of tobacco-use prevention.

### School Environment

- 67% prohibited all tobacco use at all times in all locations. (2)
- 56% sometimes, almost always, or always required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program.
- 57% provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property.
- 87% posted signs marking a tobacco-free school zone.
- 64% used the School Health Index or a similar self-assessment tool to assess their policies, activities, and programs in tobacco-use prevention.

1. Even one or two puffs.
  2. Prohibited the use of all tobacco, including cigarettes, smokeless tobacco, cigars, and pipes; by students, faculty and school staff, and visitors; in school buildings; outside on school grounds; on school buses or other vehicles used to transport students; and at off-campus, school-sponsored events; during school hours and non-school hours.
- Data not available.

Where can I get more information? Visit [www.cdc.gov/yrbss](http://www.cdc.gov/yrbss) or call 800-CDC-INFO (800-232-4636).

