



What is the problem?

The 2007 Maine Youth Risk Behavior Survey indicates that among high school students:

Cigarette Use

- — ever tried cigarette smoking, even one or two puffs.
- 14% currently smoked cigarettes. (1)
- 6% smoked cigarettes on 20 or more days during the 30 days before the survey.
- 3% smoked cigarettes on school property. (2)
- Among students who currently smoked cigarettes, 45% tried to quit smoking cigarettes during the 12 months before the survey.

Other Tobacco Use

- 6% currently used smokeless tobacco. (3)
- — used smokeless tobacco on school property. (2)
- 14% currently smoked cigars, cigarillos, or little cigars. (4)

Any Tobacco Use

- 21% reported current cigarette use, current smokeless tobacco use, or current cigar use.

What are the solutions?

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

What is the status?

The 2008 Maine School Health Profiles indicates that among middle schools and high schools:

Health Education

- 60% required students to take two or more health education courses.
- 44% taught 15 key tobacco-use prevention topics in a required course.
- 27% had a lead health education teacher who received professional development during the two years before the survey on tobacco-use prevention.

Family and Community Involvement

- 25% provided families with health information to increase parent and family knowledge of tobacco-use prevention.
- 39% gathered and shared information with students and families about media or community-based tobacco-use prevention efforts during the two years before the survey.
- 45% worked with local agencies or organizations on efforts to reduce tobacco use during the two years before the survey.

School Environment

- 59% prohibited all tobacco use at all times in all locations. (5)
- 47% sometimes, almost always, or always required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program.
- 38% provided tobacco cessation services for students, faculty, and staff at school or through arrangements with providers not on school property.
- 80% posted signs marking a tobacco-free school zone.
- 38% used the School Health Index or a similar self-assessment tool to assess their policies, activities, and programs in tobacco-use prevention.

1. Smoked cigarettes on at least 1 day during the 30 days before the survey.
 2. On at least 1 day during the 30 days before the survey.
 3. Used chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.
 4. Smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey.
 5. 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/healthyouth or call 800 CDC INFO (800 232 4636).

