

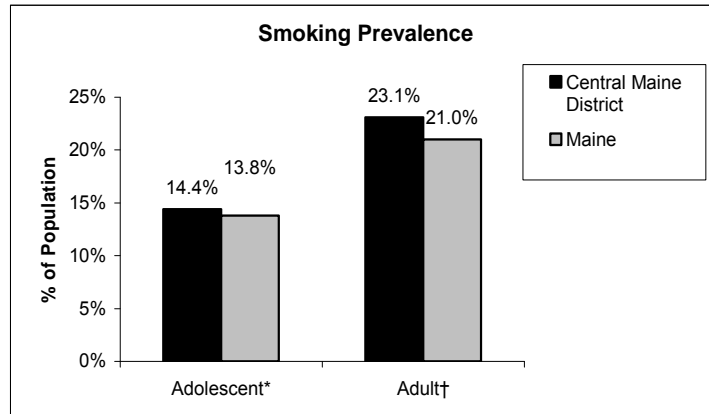
# CENTRAL MAINE DISTRICT: Health & Wellness

## Health Behavioral Risk Factors

Public health evidence indicates that tobacco use and exposure, sedentary lifestyle and poor nutrition are the top three health behavior risk factors affecting the greatest number of people in terms of the impact on quality and length of life for all Mainers.

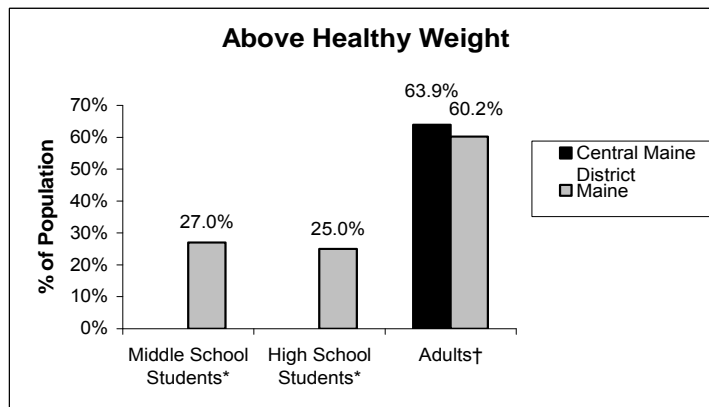
Health behavior risks in combination with a lack of environment and policy supports for making healthier choices can result in premature death and disability from cardiovascular disease, diabetes, cancer, chronic lung disease, along with many other health problems.

For more information, the Maine CDC's Partnership for a Tobacco-Free Maine, the Maine Physical Activity and Nutrition program, and the Healthy Maine Partnership address these issues. For more information visit: [www.mainepublichealth.gov](http://www.mainepublichealth.gov).



\*Source: MYDAUS/YTS; % 6-12 graders who smoked at all during the past 30 days

† Source: 2006 BRFSS; % of adults who are current smokers--defined as those who have smoked at least 100 cigarettes in their lifetime and report currently smoking every day or some days



\*Source: 2005 YRBS; "Overweight": ≥ 95<sup>th</sup>ile of self-reported BMI or "At risk of becoming overweight": ≥ 85<sup>th</sup>ile but below 95<sup>th</sup>ile of self-reported BMI; (Note: District-level data not available in YRBS)

†Source: BRFSS; "Overweight": self-reported BMI 25.0-29.9 or "Obese": self-reported BMI ≥ 30.0

	<b>Central Maine District Percent</b> (± Margin of Error)	<b>Maine State Percent</b> (± Margin of Error)
Adolescent smoking prevalence <sup>1</sup>	14.4 (±0.5)	13.8 (±0.2)
Adult smoking prevalence <sup>2</sup>	23.1 (±4.7)	21.0 (±1.6)
Overweight or At Risk of Becoming Overweight- Middle School Students <sup>3</sup>	N/A	27
Overweight or At Risk of Becoming Overweight - High School Students <sup>3</sup>	N/A	25
Overweight or Obese- Adults <sup>4</sup>	63.9 (± 5.7)	60.2 (±2.0)

1. Source: 2006 MYDAUS/YTS; % 6-12 graders who smoked at all during past 30 days
2. Source: 2006 BRFSS; % of adults who are current smokers--defined as those who have smoked at least 100 cigarettes in their lifetime and report currently smoking every day or some days.
3. Source: 2005 YRBS; "Overweight": ≥ 95<sup>th</sup>tile of self-reported BMI, "At risk of becoming overweight": ≥ 85<sup>th</sup>tile but below 95<sup>th</sup>tile of self-reported BMI; (Note: District-level data not available in YRBS)
4. Source: BRFSS: "Overweight": self-reported BMI 25.0-29.9, "Obese": self-reported BMI ≥ 30.0