

SMOKING IN MAINE

Smoking is the number one preventable cause of death.

Smoking increases a person's risk of:



Lung Disease



Pregnancy Complications



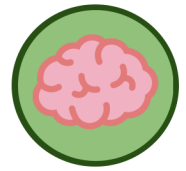
Premature Death



Heart Disease



Cancer



Stroke



Cigarette smoking costs
Maine nearly **\$1.5 billion** every year.

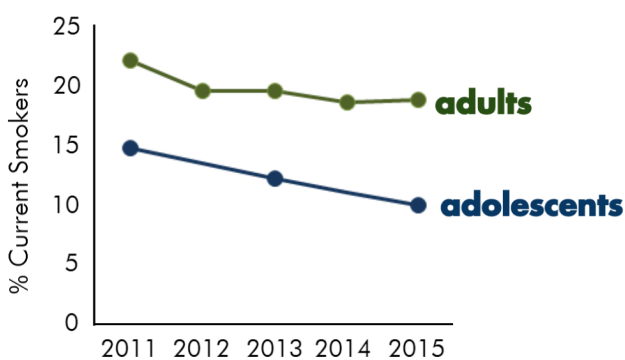


\$647 million in lost productivity

\$811 million in healthcare costs

Public health programs have made a difference.

Cigarette smoking rates have decreased for both **adults** and **adolescents**.



The Maine Tobacco HelpLine

has provided services to more than
45,000 tobacco users since 2011.

40,000 fewer Mainers smoked cigarettes in 2014 than in 2011 - that's more than the **entire population of Lewiston**.



But there is more work to be done.

MaineCare



Almost half (49%) of MaineCare members smoke, compared to 18% of non-MaineCare members.

Pregnant Women



The rate of smoking during the last three months of pregnancy in Maine is more than **double** the U.S. rate (21% vs. 10%).

E-Cigarettes



1 in 5 (18%) high school students currently uses an electronic smoking device, nearly **twice as many** as smoke cigarettes (11%).

What can you do?

- ✓ Take the Smoke-Free Home Pledge (smokefreeforme.org/pledge)
- ✓ Help make your town, school or healthcare site tobacco-free (breatheeasymaine.org)
- ✓ Promote Maine Tobacco HelpLine (1-800-207-1230) and QuitLink (thequitlink.com)

For more information, please visit: tobaccofreemaine.org



Maine Center for Disease Control and Prevention
An Office of the Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

Sources:

U.S. Centers for Disease Control and Prevention; Smoking-Attributable Mortality, Morbidity, and Economic Costs (SAMMEC); Behavioral Risk Factor Surveillance System; Maine Integrated Youth Health Survey; Pregnancy Risk Assessment Monitoring System; MaineHealth Center for Tobacco Independence