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

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