

Tobacco Use Among Maine High School Students

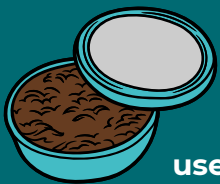
2023 Maine Integrated Youth Health Survey Data

Tobacco Use in the past 30 days

17%

used tobacco products*

*cigarettes, cigars, electronic vapor products, chewing tobacco, snuff, or dip



3%

used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products



43%

of students who used tobacco in the past 12 months **tried to quit**

Free Help to Quit

Maine QuitLink

1-800-QUIT-NOW | MaineQuitLink.com

My Life, My Quit

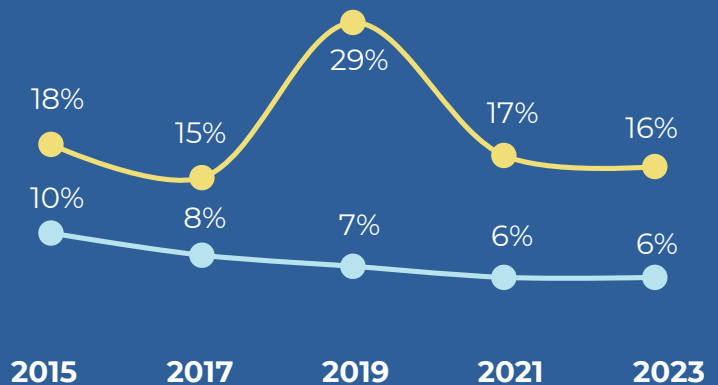
Text "START" to 36072 | MyLifeMyQuit.org

Vape Free Maine

VapeFreeMaine.com

Cigarette and Electronic Vapor Product Use in the past 30 days

● Cigarette Use ● E-Vapor Use



3 out of 4

believe there is **moderate to great risk** using **electronic vapor products** every day (76%)

9 out of 10



believe there is **moderate to great risk** when **smoking 1 or 2 packs of cigarettes** per day (89%)



66%

believe there is **moderate to great risk** being **exposed to other people's cigarette smoke**

19%

were in the **same room as someone smoking cigarettes** at least once in the past week



ABOUT MAINE INTEGRATED YOUTH HEALTH SURVEY (MIYHS)

The MIYHS is a biennial collaboration between the Maine Department of Health and Human Services and the Maine Department of Education since 2009. It aims to identify youth health trends through direct surveys taken by Maine students in grades 5 - 12. All middle and high schools can participate.

www.maine.gov/miyhs
miyhs.dhhs@maine.gov



Tobacco Use Among Maine Middle School Students

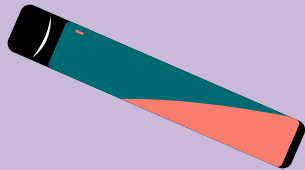
2023 Maine Integrated Youth Health Survey Data

Tobacco Use in the past 30 days

6%

used tobacco products*

*cigarettes, cigars, electronic vapor products, chewing tobacco, snuff, or dip

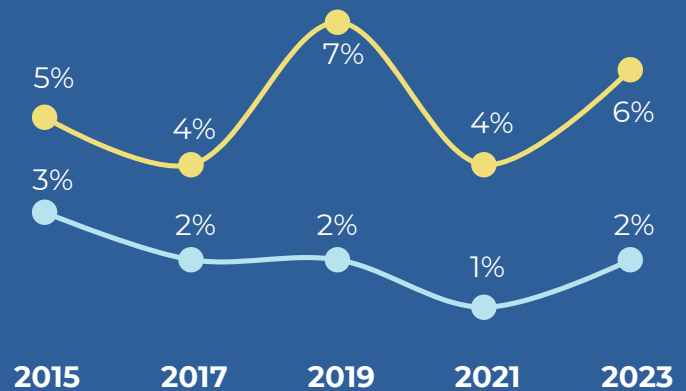


2%

used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products

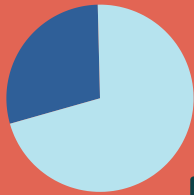
Cigarette and Electronic Vapor Product Use in the past 30 days

● Cigarette Use ● E-Vapor Use



29%

think it would be easy to get e-vapor products



27%

think it would be easy to get cigarettes



Secondhand Smoke Exposure



Nearly 20%

were in the same room as someone smoking cigarettes at least once in the past week

17%

were in the same car as someone smoking cigarettes at least once in the past week



Did You Know?

In Maine, smoking tobacco in a vehicle with anyone under 16 is illegal.

Free Help to Quit

Maine QuitLink

1-800-QUIT-NOW | MaineQuitLink.com

My Life, My Quit

Text "START" to 36072 | MyLifeMyQuit.org

Vape Free Maine

VapeFreeMaine.com

ABOUT MAINE INTEGRATED YOUTH HEALTH SURVEY (MIYHS)

The MIYHS is a biennial collaboration between the Maine Department of Health and Human Services and the Maine Department of Education since 2009. It aims to identify youth health trends through direct surveys taken by Maine students in grades 5 - 12. All middle and high schools can participate.

www.maine.gov/miyhs
miyhs.dhhs@maine.gov

