

Tobacco Use Among Maine High School Students

2025 Maine Integrated Youth Health Survey Data

Tobacco Use in the past 30 days

15%

used tobacco products

cigarettes, cigars, electronic vapor products, chewing tobacco, snuff, dip, dissolvable tobacco products, or nicotine pouches



5%

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

Cigarette and Electronic Vapor Product Use in the past 30 days

● Cigarette Use ● E-Vapor Use



39%

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



3 out of 4

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

7 out of 8



believe there is **moderate to great risk** when **smoking 1 or more packs of cigarettes** per day (87%)



67% 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



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



Tobacco Use Among Maine Middle School Students

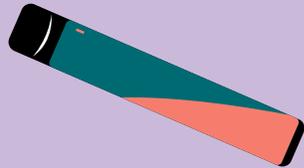
2025 Maine Integrated Youth Health Survey Data

Tobacco Use in the past 30 days

5%

used tobacco products

cigarettes, cigars, electronic vapor products, chewing tobacco, snuff, dip, dissolvable tobacco products, or nicotine pouches



2%

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

Cigarette and Electronic Vapor Product Use in the past 30 days

● Cigarette Use ● E-Vapor Use



27%

think it would be easy to get e-vapor products



22%

think it would be easy to get cigarettes



Secondhand Smoke Exposure



19%

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

15%

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.

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