

## Tobacco Use, 2012

Use of tobacco is the most preventable cause of disease, death, and disability in the United States. Despite this, every year more deaths are due to tobacco use than to HIV, alcohol use, illegal drug use, motor vehicle injuries, murders, and suicides combined. Exposure to secondhand smoke causes lung cancer and heart disease in adults and health problems such as respiratory and ear infections in children.<sup>1</sup>

The percentage of Maine adults aged 18 years and older who were current smokers decreased significantly from 23.8% in 2000 to 18.2% in 2010, while the percentage of adults who had never smoked increased significantly, from 46.3% to 51.6%. The percentage of Maine adults who were current smokers in 2010 was similar to that reported for the United States (18.2% and 17.2%, respectively).<sup>2</sup> In 2011, 15.5% of Maine high school students reported they had smoked cigarettes on at least one day during the prior 30 days,<sup>2</sup> significantly less than the 18.1% reported for students nationally.<sup>3</sup> However, among those students who did smoke, the percentage who smoked more than 10 cigarettes per day on the days they smoked was significantly higher among Maine students than among students nationally (15.3% and 7.8%, respectively).<sup>3</sup>

Tobacco use related measures chosen for the State Health Assessment include:<sup>2</sup>

- Smoking status among adults
- Smoking during last three months of pregnancy
- Current smoking among students
- Second-hand smoke exposure among students

Measures related to diseases for which tobacco use is a risk factor can be found in other areas of the State Health Assessment, including Cancer and Respiratory.

Estimates for tobacco use related measures included in the State Health Assessment vary across population groups in Maine. For example, male high school students were significantly more



likely than female students to be current smokers. Adults aged 18 and older with less education or income were more likely to be current smokers than adults with more education or income. Adults who identified themselves as non-Hispanic American Indian or Alaska Native were significantly less likely to report they had never smoked than were non-Hispanic White adults. Somerset was the only county with a higher prevalence of adult current smoking than the state as a whole.<sup>2</sup>

Healthy Maine 2020 also has tobacco-related objectives, including:<sup>4</sup>

- Reduce the use of any tobacco products among students
- Reduce cigarette smoking among students
- Increase the percentage of youth who reported never having smoked in their life
- Reduce tobacco use by adults
- Increase abstinence from cigarette smoking among pregnant women
- Increase the proportion of persons with a diagnosis of depression or anxiety who do not smoke

Objectives related to health conditions for which tobacco use is a risk factor can be found in other sections of Healthy Maine 2020, such as Chronic Disease.

- <sup>1</sup> U.S. Department of Health and Human Services. Healthy People 2020. Leading health indicators: tobacco overview and impact. Available from: <http://www.healthypeople.gov/2020/LHI/tobacco.aspx> (accessed 6/5/2013).
- <sup>2</sup> Maine Center for Disease Control and Prevention. State health assessment – 2012. Available from: <http://www.maine.gov/dhhs/mecdc/phdata/sha/index.shtml> (accessed 6/5/2013).
- <sup>3</sup> Centers for Disease Control and Prevention. Youth online: high school YRBS. Available from: <http://apps.nccd.cdc.gov/youthonline/App/Default.aspx> (accessed 6/5/2013).
- <sup>4</sup> Maine Center for Disease Control and Prevention. Healthy Maine 2020. Available from: <http://www.maine.gov/dhhs/mecdc/healthy-maine/index.shtml>.