

SMOKING IN MAINE



Smoking is the number one preventable cause of death.¹

Smoking increases a person's risk of:



Lung Disease



Pregnancy Complications



Premature Death



Heart Disease



Cancer



Stroke



Cigarette smoking costs Maine over **\$1.2 billion** every year.



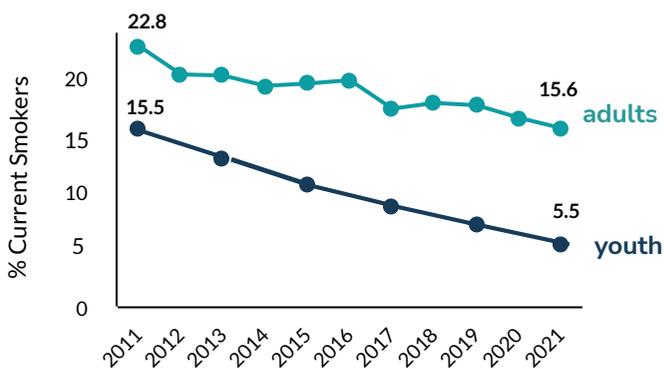
\$435 million in lost productivity²



\$811 million in healthcare costs³

Public health programs have made a difference.

Cigarette smoking rates have decreased among both **adults** and **youth**.^{4,5}



The Maine QuitLink

has provided services to more than **72,000** tobacco users since 2011.⁶

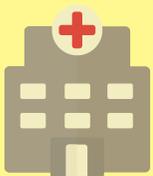
65,000 fewer Mainers

smoked cigarettes in 2020 than in 2011 - that's almost the entire population of **Portland**.⁴



But more work needs to be done.

MaineCare Members



More than 1/3 (38%) of MaineCare members smoke, compared to 16% of non-MaineCare members.⁴

Pregnant People



The rate of smoking during the last three months of pregnancy is **higher** in Maine than the U.S. (8.1% vs. 6.5%).⁷

E-Cigarettes



Nearly 1 in 3 (29%) high school students currently uses an electronic smoking device, more than **4 times** as many who smoke cigarettes (7%).⁵

What can you do?

- ✓ Make a commitment to keep the inside of your home and vehicle smoke-free.
- ✓ Help make your town, school, workplace, or healthcare site tobacco-free (breatheeasymaine.org).
- ✓ Promote the Maine Quitlink mainequitlink.com or 1-800-QUIT-NOW.

For more information: tobaccofreemaine.org