

# THE STATE OF TOBACCO USE IN MAINE

## Washington County Profile

### CURRENT CIGARETTE SMOKING RATES

More than 19 in 100 adults in Washington County

17 in 100 adults in Maine

14 in 100 adults in the United States



If Washington County's current cigarette rate among adults was on par with the national average, 1,663 fewer adults would smoke. This is about the population of Milbridge.

### WASHINGTON COUNTY

ADULT SMOKING RATE

**19.3%** (MAINE 17.3%)

9th HIGHEST  
RATE IN MAINE  
(TIED WITH KNOX)

### TOBACCO INDUSTRY INFLUENCE IN MAINE



45.8  
MILLION

13.9  
MILLION

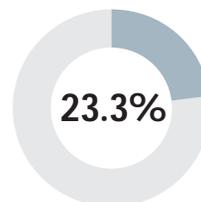


State Spending on Tobacco Prevention

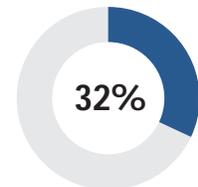
### ADULT TOBACCO USE DISPARITIES

Current smoking rates are **higher** among adults with mental illness.

People with a behavioral health condition are not only more likely to smoke, they also smoke more frequently. They account for **25% of the adult population**, but they **consume 40% of cigarettes** sold in the U.S.



Current smoking rate among adults **with no** mental illness



Current smoking rate among adults **with** any mental illness

# YOUTH AND TOBACCO USE WASHINGTON COUNTY

## USE RATES

### Youth Cigarette Smoking Rate

**12%** (MAINE 7.1%)

Youth cigarette, cigar, chewing tobacco, snuff, dip, dissolvable tobacco products use

**14.8%** (MAINE 10.6%)

### Second Hand Smoke Exposure Rate

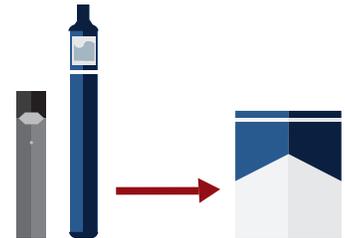
**37.8%** (MAINE 27%)

### Electronic Vapor Product Use Rate

**28.4%** (MAINE 28.7%)

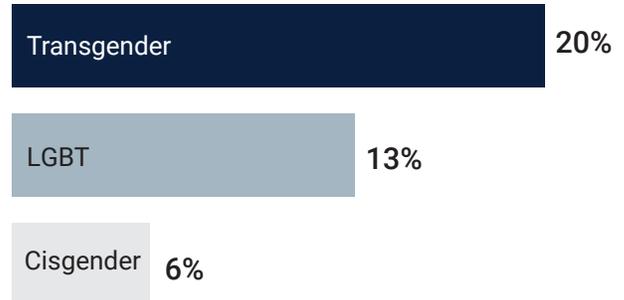
Vaping with e-cigarettes that contain nicotine can be addictive. In a large study of youth\*, those who used e-cigarettes were 2x more likely to start smoking cigarettes within 2 years than youth who never used any tobacco product.

\* Nationally representative sample of 10,384 youth, ages 12-17, participating in the Population Assessment of Tobacco and Health (PATH) study



## YOUTH TOBACCO USE DISPARITIES

Transgender students are **3x as likely** to have smoked cigarettes in the past 30 days than cisgender students. LGBT students are **2x as likely**.



## EXPOSURE TO ADVERTISING



More than **half** of all **Washington County** high school students report seeing tobacco advertisements “a lot” in stores.



### References

- Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2017 & 2019.
- U.S. Census Bureau. “Population Estimates, 2018 – Maine. July 1, 2018 (V2018). Campaign for Tobacco-Free Kids. Toll of Tobacco in Maine, 2020.
- Centers for Disease Control and Prevention (CDC). Tobacco Use Among Adults with Mental Illness and Substance Use Disorders. National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. [updated 2019].
- SAMHSA. Results from the 2016 National Survey on Drug Use and Health: Detailed Tables. Rockville, MD: SAMHSA, Center for Behavioral Health Statistics and Quality, 2017.
- Watkins SL, Glantz SA, Chaffee BW. Association of Noncigarette Tobacco Product Use With Future Cigarette Smoking Among Youth in the Population Assessment of Tobacco and Health (PATH) Study, 2013-2015. JAMA Pediatr. 2018;172(2):181–187.
- Maine Center for Disease Control and Prevention & Maine Department of Education. Maine Integrated Youth Health Survey, 2019.

For more information, please visit [www.mainepublichealth.org](http://www.mainepublichealth.org)

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