

# Maine Tobacco Prevention Success Story

## Healthy Oxford Hills Reviews Buckfield Jr. Sr. High Data To Address Tobacco Use



### Public Health Challenge

According to the US CDC (Center for Disease Control), each day, 1,600 youth try their first cigarette. The CDC states that if cigarette smoking continues at the current rate among youth in this country, 5.6 million of today's Americans younger than 18 will die early from a smoking-related illness. That's about 1 of every 13 Americans aged 17 or younger who are alive today.

"Working with Anna in support of student wellness at our school has been terrific! As Anna attended and graduated from our school, she has a keen understanding and awareness of the challenges that face our students every day. Her supportive guidance, helpful resources, and useful strategies have positively impacted our community, school and students."

-Mr. Reuter (Buckfield Jr. Sr. High Principal)

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### Success Summary

In February of 2021, Healthy Oxford Hills (HOH) staff reached out to Buckfield Jr. Sr. High school asking for their Maine Integrated Youth Health Survey (MIYHS) data. HOH created charts from the MIYHS data to show areas with needed improvement. In September of 2021, HOH sat down and discussed the data with Buckfield principal, Mr. Reuter, and social worker Dana Johnson to hear their concerns. HOH's prevention coordinator discussed possible intervention ideas. Since tobacco use typically starts in adolescence, schools play a crucial role in educating the students before that point. HOH has disseminated one educational material so far and there are many more plans to implement.

#### Resources