

# Healthy Community Coalition's STALL TALK

## FEBRUARY/MARCH

Middle & High School

### FUN FACT

Four states have a city called Valentine; Arizona, Nebraska, Texas, and Virginia.

### SUBSTANCE USE PREVENTION

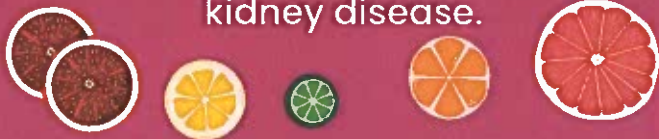
Alcohol use in high school has gone up 0.4% since 2021, bring the total to 44.7% of student trying alcohol.

Alcohol use in middle school stayed the same from 2021, totaling to 17.1% of students trying alcohol.\*

### NUTRITION & PHYSICAL ACTIVITY

Did you know?

Being physically active and eating nutritious foods can help prevent kidney disease.



### TOBACCO PREVENTION

Did you know?

Vaping use in middle school has gone up 3.3% since 2021, bring the total to 14.7% of student trying vape products.

Vaping use in high school stayed the same from 2021, totaling to 33.4% of students trying vape products. \*

### MAINE YOUTH LEADERS

- ♥ Wanting to advocate for needs in your community?
- ♥ Wanting to have a voice at the decision making table?

Contact Lillian Hunt at [lillian.hunt@mainehealth.org](mailto:lillian.hunt@mainehealth.org) to learn more!

### MENTAL HEALTH

*Self-care checklist:*

- Talked to a friend
- Drank water
- Let myself cry
- Journalled
- Tried something new
- Read a book

Self Care

