



Leading the way for **TOBACCO-FREE**  
environments across **MAINE**

## Fall Newsletter

### **ANNOUNCING NEW RESOURCES:** Secondhand Smoke, Thirdhand Smoke, E-Cigarettes & Hookah Rack Cards

We are pleased to share with you four of our newest resources on secondhand smoke, thirdhand smoke, electronic nicotine delivery systems (ENDS), and hookah. These resources were developed for use with the general public. These infographic style rack cards are available for [viewing or download on our website](#).

### **Tobacco Treatment Trainings 2016-2017**

Education & Training  
for Healthcare Professionals  
Across Maine

Treating  
Tobacco  
Together

2016 - 2017 Trainings

Waterville	Bangor
Saco	Portland
South Portland	Machias
Presque Isle	Augusta
Auburn	Belfast

These trainings are brought to you by  
the MaineHealth Center for Tobacco  
Independence on behalf of the Maine Center  
for Disease Control and Prevention (CDC)  
Partnership for a Tobacco-Free Maine.



Developed by the  
MaineHealth Center for  
Tobacco Independence,  
on behalf of the  
Partnership for a Tobacco-  
Free Maine (PTM), these  
Tobacco Treatment  
trainings aim to assist  
health professionals with  
integrating evidence-  
based tobacco treatment  
into their usual practice  
and provide a foundation  
to ensure tobacco users  
across our state have  
access to effective  
tobacco treatment to quit  
tobacco.

[Click here for more info.](#)

## SECONDHAND SMOKE

is the tobacco smoke exhaled by a smoker or from a burning tobacco product.

Secondhand smoke contains thousands of chemicals, at least 69 are known to cause cancer.



Brief exposure to secondhand smoke causes damage that is known to cause illness and cancer.



Children exposed to secondhand smoke are at higher risk for health issues.



There is no safe level of exposure to secondhand smoke.



Using ventilation systems, or opening a window does not eliminate the harmful effects of secondhand smoke.



Pets that breathe secondhand smoke are more likely to develop cancer.

**IF YOU SMOKE, protect your family, friends and coworkers by keeping your home and car smoke-free**



Learn more at: [BreatheEasyMaine.org](http://BreatheEasyMaine.org)

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## THIRDHAND SMOKE

is the tobacco smoke residue that remains after a tobacco product has been put out.

After smoke clears, toxins linger, which may leave an odor.



Smoke residue sticks to clothing, hair and skin.



Thirdhand smoke builds up over time on carpets, walls, furniture, plastic toys and stuffed animals.

Thirdhand smoke contains chemicals known to cause cancer.



Lingering toxins resist normal household cleaning.



Infants and children are more exposed to thirdhand smoke because they crawl on the floor and put things in their mouths.

**IF YOU SMOKE, protect your family, friends and coworkers, wash your hands and hair and change your clothes before coming into contact with others, especially infants and children.**



Learn more at: [BreatheEasyMaine.org](http://BreatheEasyMaine.org)

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## HOOKAH

Hookah is a water pipe used to smoke flavored tobacco, also called shisha, through cooled water.

A one-hour hookah session contains 36 times more tar than a cigarette.



Shisha is a sticky tobacco, usually soaked in honey or molasses. Herbal shisha can be just as toxic as tobacco shisha.

Hookah smoke increases the risk of disease including cancer, clogged arteries, heart disease, lung disease and complications during pregnancy.

Hookah's tobacco flavors are appealing to youth and young adults.



Hookah can be smoked electronically using hookah pens or e-hookah, and health effects are unknown.



Sharing a hookah mouth piece increases the risk of spreading infectious diseases like tuberculosis, hepatitis, herpes, and the flu.

**Hookah is NOT A SAFE ALTERNATIVE to cigarettes.**



Learn more at: [BreatheEasyMaine.org](http://BreatheEasyMaine.org)

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## E-CIGARETTES

These battery powered products heat a liquid that contains nicotine and other chemicals.

E-Cigarettes are also known as Electronic Nicotine Delivery Systems (ENDS). Other types of ENDS can include vaporizers, vape pens, hookah pens and e-pipes.

The long term health effects of these products are not known.

ENDS are made to look like cigarettes, cigars, pipes, pens and flashlights.

Nicotine liquids for ENDS are flavored, which may increase use by youth.

Nicotine is addictive in any form and poisonous in high doses.

The vapor can release nicotine and cancer causing chemicals.

**ENDS are NOT APPROVED as a quit aid by the U.S. Food & Drug Administration (FDA).**



Learn more at: [BreatheEasyMaine.org](http://BreatheEasyMaine.org)

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## Recent Webinars

Check out our [YouTube Channel](#) to view all of our past webinars and videos.

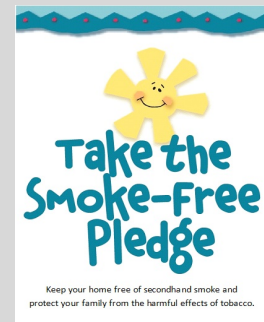


Recently added:

[Addressing Tobacco Use in Behavioral Health Facilities: A Road Map for Change.](#)

Click link above to view webinar video.

## Take the Pledge!



Encourage others to take the smoke-free homes pledge, to protect their families and neighbors from the dangers of secondhand smoke!

Be sure to include your address if you want a smoke-free fun kit mailed to you.

You can [take the pledge online](#) or [request printed copies of the postcard](#). The kits have been recently updated with new materials!

## Celebrating the 2016 Gold Star Standards of Excellence Tobacco-Free Hospital Awardees

On September 15, we celebrated 33 Maine hospitals and four individual champions for the work being done to address smoking and tobacco use on hospital campuses.

Additionally we recognized three healthcare systems for the 100% member hospital participation in the Gold Star Standards of Excellence Program. We would like to applaud the efforts of every individual and organization that goes into submitting the program application and ongoing support of the tobacco-free campus policy.



[#BreatheEasy4ME](#)

## 2016 Hospital Awardees

### Gold Level

Acadia Hospital | Blue Hill Memorial Hospital | Bridgton Hospital | Cary Medical Center | Central Maine Medical Center | Charles A. Dean Memorial Hospital | Down East Community Hospital | Eastern Maine Medical Center | Franklin Community Health Network | Houlton Regional Hospital | Inland Hospital | LincolnHealth | MaineGeneral Medical Center | Maine Medical Center | Mayo Regional Hospital | Mercy Hospital | Mid Coast-Parkview Health Service | Millinocket Regional Hospital | Mount Desert Island Hospital | Northern Maine Medical Center | Pen Bay Medical Center | Penobscot Valley Hospital | Rumford Hospital | Sebecook Valley Health | Southern Maine Health Care | Spring Harbor Hospital | Stephens Memorial Hospital | The Aroostook Medical Center | Waldo County General Hospital | York Hospital

### Silver Level

Redington-Fairview General Hospital

### Bronze Level

Maine Coast Memorial Hospital | New England Rehabilitation Hospital of Portland

### Individual Gold Star Awardees

Martha Bucklin, Mount Desert Island Hospital  
Donna Chamoff, Maine Medical Center  
Maura McDonald, Maine Medical Center  
Deirdre Sulka-Meister, Maine Medical Center

[Awards Program Booklet](#)

[Awards Celebration Event Photos](#)

## We are here for you.

We are here to provide technical assistance with policy development, adoption, implementation and ongoing enforcement and maintenance of smoke and tobacco-free policies. We also have many educational resources on our website including [factsheets](#), [infographics](#), [policy templates](#) and [more](#). If you have any questions or would like more information, please do not hesitate to contact us.

If you have a success story from your community to share in future editions of this newsletter, please send them to us.

Sincerely,

Maine Tobacco-Free Behavioral Health Network



Show your love of smoke and tobacco-free environments and connect with us on social media with the hashtag #BreatheEasy4ME.

To request stickers [email us](#).



The Maine Tobacco-Free Behavioral Health Network (MTFBHN) is dedicated to providing Maine Behavioral Health Facilities with the information and resources needed to make all Behavioral Health Facilities smoke- and/or tobacco-free. MTFBHN is a program of the Breathe Easy Coalition of Maine, which is able to provide free resources and technical assistance through a grant from the Partnership For A Tobacco-Free Maine, Maine CDC/DHHS.

### Connect with us!



Forward to a Friend

**Contact Us**

Email Us | [www.breatheeasymaine.org/behavioralhealth/](http://www.breatheeasymaine.org/behavioralhealth/) | (207) 874-8774