



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

# TOBACCO-FREE BEHAVIORAL HEALTH NEWS

## FEATURED STORIES

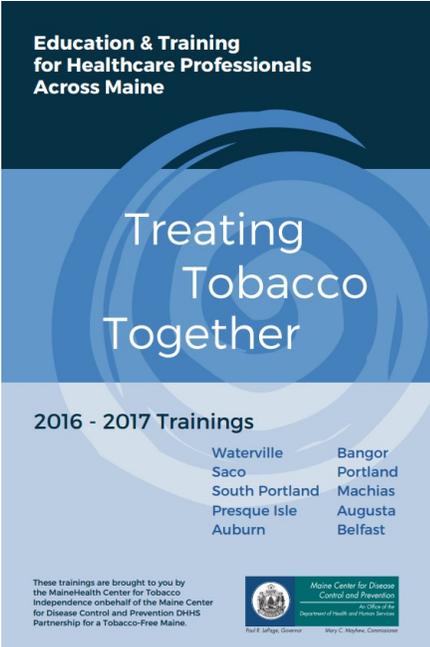
- [Tobacco Treatment Trainings and Education Opportunities](#)
- [New Surgeon General's Report](#)
- [Secondhand Smoke & Pets](#)
- [E-cigarettes and Oral Health](#)
- [Smoke-Free Public Housing Rule](#)

## TOBACCO TREATMENT TRAINING & EDUCATION

Did you know the MaineHealth Center for Tobacco Independence (CTI) is the go-to program for tobacco treatment training and education in Maine?

On behalf of the MaineCDC, DHHS, CTI offers multiple educational opportunities including, an **annual webinar series**, free **clinical outreach educational sessions** for all healthcare professionals and staff throughout the state and more **in-depth tobacco intervention training events** held in various locations around the state.

There are two in-depth Tobacco Intervention trainings, *Basic Skills Training*- a one-day event open to any healthcare professional



**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 DHHS Partnership for a Tobacco-Free Maine.

Maine Center for Disease Control and Prevention  
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interested in learning more about evidence-based tobacco treatment and a two-day *Intensive Skills Training* for healthcare professionals who are interested in delivering more intensive tobacco treatment.

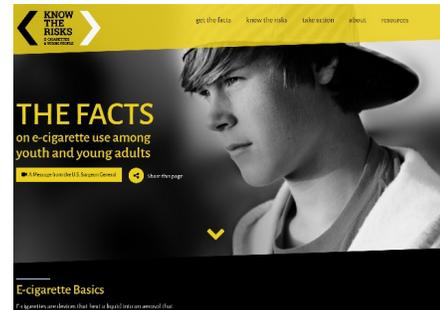
For more information on any of these opportunities please visit the CTI [Tobacco Treatment Training Event website](#).

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## NEW SURGEON GENERAL'S REPORT

On December 8, 2016 the Surgeon General released its 33rd report **E-cigarette Use Among Youth and Young Adults**.

The report confirms there is no safe level of nicotine when it comes to kids and e-cigarettes are often a delivery system for nicotine. Nicotine is a highly addictive substance that can harm the developing brain. The report also confirms that the aerosol from e-cigarettes is not harmless. It can contain chemicals and particulates that are dangerous to the person using these products ("vaping") and to anyone who may inhale that aerosol second-hand.



Surgeon General's Reports are the gold standard of scientific reports, and each is developed and reviewed by hundreds of expert researchers. More than 150 scientists and public health professionals contributed to the development of this latest Surgeon General's Report.

To view the full report and other related tools visit: [E-cigarettes.SurgeonGeneral.gov](#).

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## SECONDHAND SMOKE & PETS

You probably know that smoking is the leading preventable cause of death, disease, and disability in the US. However, smoking is not only harmful to people; it's harmful to pets, too.



If 58 million non-smoking adults and children are exposed to tobacco smoke, imagine how many pets are exposed. Both secondhand and thirdhand smoke hurt pets.

Like children, dogs and cats spend a lot of time on or near the floor, where tobacco smoke residue concentrates in house dust, carpets and rugs. It then gets on their fur. Dogs and cats not only breathe these harmful substances in, but can also ingest them by licking their owner's hair, skin, and clothes. Making your home smoke-free is one of the most important things you can do for your pets!

Many factors can motivate a patient or client to quit smoking, for some it may

be learning their smoking negatively affects their favorite pet. For more information check out our [secondhand smoke and pets factsheet](#).

Source: [Secondhand \(and Third-Hand\) Smoke May Be Making Your Pet Sick](#)

US Food & Drug Administration- Consumer Update | Nov. 30, 2016

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## ELECTRONIC CIGARETTES AND ORAL HEALTH

In an article published in Oncotarget, researchers have stated electronic cigarettes (e-cigarettes) are as equally damaging to gums and teeth as conventional cigarettes.



E-cigarettes continue to grow in popularity among youth and young adults as well as current and former smokers as they are often perceived as a healthier alternative.

Researchers said, "How much and how often someone is smoking e-cigarettes will determine the extent of damage to the gums and oral cavity.

It's important to remember that e-cigarettes contain nicotine, which is known to contribute to gum disease." In closing the researched stated more research, including long term and comparative studies, are needed to better understand the health effects of e-cigarettes.

Read the full published study [here](#).

Source: *Futurity.org* "[E-cigs are as bad for teeth as regular cigarettes.](#)" Nov 17 2016.

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## SMOKE-FREE PUBLIC HOUSING RULE ANNOUNCEMENT

In late November, the US Department of Housing & Urban Development (HUD) announced a rule that will require all public housing agencies to implement smoke-free policies over the next 18 months.



This rule will protect millions of Americans, including more than 700,000 children, from being exposed to secondhand smoke in their home. Maine has led the way with smoke-free public housing policies, with all of our Public Housing Authorities having voluntarily adopted prior to this rule announcement.

We are hopeful this rule announcement may have an additional positive affect on all multi-unit housing in Maine and encourage more private landlords, property owners and managers to adopt smoke-free building policies. Our [Smoke-Free Housing](#) initiative offers landlords and property owners and managers information and resources about smoke-free housing including, free signage and technical assistance on policy adoption, implementation and enforcement. Read the full rule [here](#).

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Breathe Easy Coalition | [BreatheEasyMaine.org](http://BreatheEasyMaine.org)

The Tobacco-Free Behavioral Health Network is an initiative of the Breathe Easy Coalition of Maine  
is a Program at the MaineHealth Center for Tobacco Independence.  
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MaineHealth

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