

# Why Create Tobacco-Free Recreation Areas?



Smoking is the number one cause of preventable disease and death in Maine and the United States.



9 out of 10 adults who smoke began smoking when they were adolescents.



Less than 1 in 4 adults in Maine smoke.



Cigarette butts are the most littered item in the country.



Secondhand smoke travels and is harmful to others – in both indoor and outdoor settings. There is no safe level of exposure.



Tobacco-free area policies change the social norm around tobacco use and promote tobacco-free living.

**Most Maine residents believe that people should be protected from secondhand smoke exposure. Creating a tobacco-free policy is a great way to demonstrate your commitment to the health of those in your community.**

# TOBACCO-FREE Implementation Tips



Establish written enforcement procedures that are easily accessible to all community members to help assure policy adherence.



Enforcement procedures should be clear and can be consistently carried out.



Outline violation procedures, consider including pieces that promote education of policy compliance.



Determine who is responsible for enforcement.



Clarify policy compliance expectations with all applicable groups/users (i.e. athletic teams, event organizers, recreation department programming staff, etc.).



**MAINE  
PREVENTION  
SERVICES**

Maine Center for Disease Control & Prevention  
Department of Health and Human Services