



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

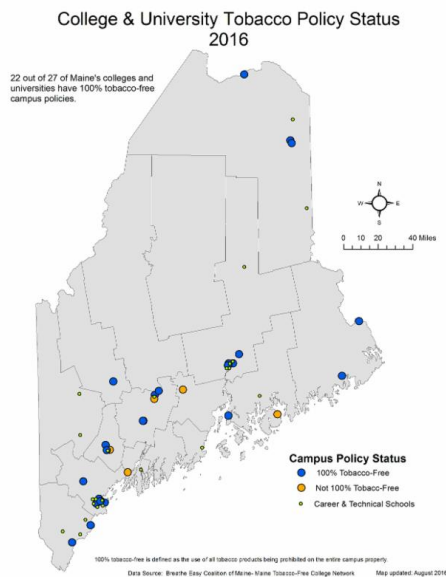
## Tobacco-Free Campus News

### *Updated Tobacco-Free Campus Numbers*

As of October 1, 2016 there are at least 1,427 campuses in the US with a 100% tobacco-free campus policy. At least 1,288 also prohibit the use of e-cigarettes and other similar devices.

In Maine, 22 of 27 campuses have 100% tobacco-free campus policies.

[Learn more](#) about the tobacco policy status of colleges & universities in Maine.



Data source: [Americans for Nonsmokers Rights](#)

### *New Resources for Hookah & E-Cigarettes*

We are pleased to share our newest resources, two rack card infographics with facts on [Hookah](#) and [E-Cigarettes](#).

These can be downloaded from our [website](#). To request a pdf please

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

**E-CIGARETTES**  
These battery powered products heat a liquid that contains nicotine and other chemicals.

A one-hour hookah session contains 88 times more tar than a cigarette.

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

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

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

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

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

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

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

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

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

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

The vapor can release nicotine and cancer-causing chemicals.

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

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

**THE Breathe Easy COALITION**  
MAINE TOBACCO-FREE COLLEGE NETWORK

Learn more at: [BreatheEasyMaine.org](#)

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## Campus Case Study Portfolio

We recently added two new interviews to our [Smoke and Tobacco-Free Campus Case Study Portfolio](#)- Northern Maine Community College and University of Maine at Presque Isle.

In addition to these schools, MTFCN staff recently interviewed contacts at the University of New England and Kaplan University. Stay tuned later this fall for these additions! Want your school featured too? Email [Meg Nadeau](#).

MAINE TOBACCO FREE COLLEGE NETWORK

**Smoke & Tobacco-Free Campus Case Study Portfolio**

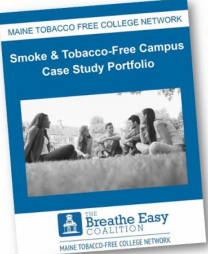


**THE Breathe Easy COALITION**  
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## Recent Webinar Recording

The Maine Tobacco-Free College Network held a **Learning from our Peers Tobacco Free College Case Studies** webinar in September highlighting the lessons learned in our Smoke and Tobacco-Free Campus Case Study Portfolio. The [webinar recording](#) can be accessed on our YouTube channel.

Campus Case Study Portfolio



- Provides insight into the process of adopting and enforcing a smoke and tobacco-free campus policy.
- Made possible by grant funding from the Maine Cancer Foundation.

**MCF** Maine Cancer Foundation

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[www.MaineTobaccoFreeCollegeNetwork.org/resources-me](http://www.MaineTobaccoFreeCollegeNetwork.org/resources-me)

## Take a 1Day Stand!

The Tobacco-Free College Initiative is encouraging campuses to take a **1Day Stand** on November 17, 2016. Celebrate the American Cancer Society's Great American Smokeout (GASO) and build on the mission by adopting a tobacco-free policy for one day and start a

conversation that ends in a healthier campus for all.

Already have a tobacco-free campus policy? Use November 17 as a day to re-educate your campus community about the policy. Learn more at [TobaccoFreeCampus.org/1daystand](https://TobaccoFreeCampus.org/1daystand)



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The Maine Tobacco-Free College Network is an initiative of the Breathe Easy Coalition of Maine a program at the MaineHealth Center for Tobacco Independence. The program is funded by the Maine CDC.

MaineHealth



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