



THE
Breathe Easy
COALITION

MAINE TOBACCO-FREE COLLEGE NETWORK



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

Summer Newsletter

Upcoming Webinar



Join us for the next installment in our annual webinar series.

Learning from our Peers: Tobacco-Free College Case Studies

August 23, 2016

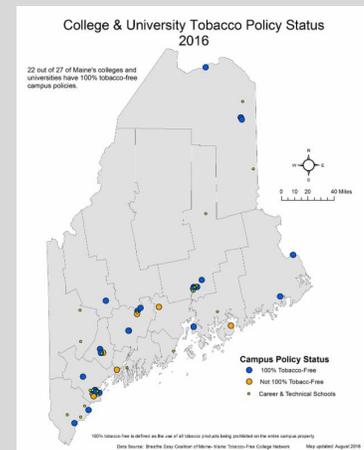
1:00-2:00 pm

[Register to attend](#)

If you're unable to attend the webinar live, still register to attend and we will send the recording link to all registrants.

Congratulations Maine Maritime Academy!

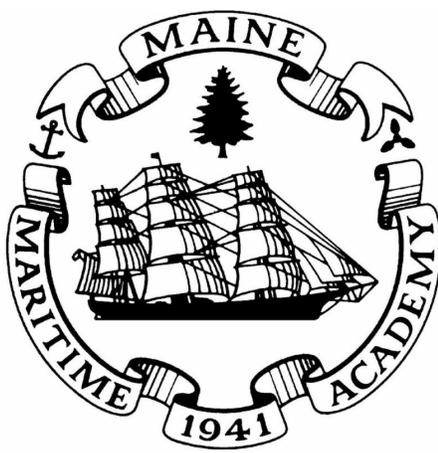
Policy Map: Where in Maine are the tobacco-free campuses?



The Maine Tobacco-Free College Network tracks campus policies for every school in Maine. Check out the GIS map above showing where there are smoke and tobacco-free campuses.

To [download this map](#) or view more policy information visit our website.

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



We would like to extend a congratulations to [Maine Maritime Academy](#) (MMA) in Castine on their recent transition to a 100% smoke and tobacco-free campus effective August 1, 2016!

Maine Maritime Academy has adopted their smoke and tobacco-free campus policy with a three year implementation process to assist the successful

implementation of the policy and to support individual users looking to quit tobacco. Full implementation with sanctions for violations will be effective August 2017.

MMA President, Dr. William J. Brennan wrote in an all campus email- **"The purpose of this policy is to promote and protect the health and [well-being] of Maine Maritime Academy students, employees and visitors, and to create a healthier and cleaner campus environment.** This policy intends to protect all persons on campus from the known hazards of tobacco smoke, tobacco products and their residue, exposure to second-hand smoke, and to ensure a safe and clean working, teaching and learning environment."

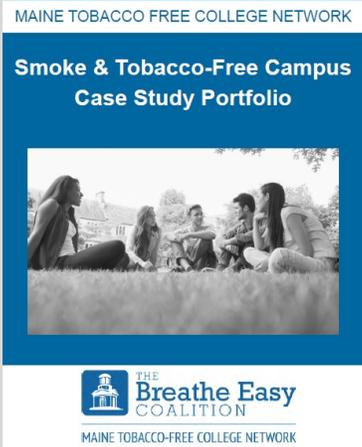
In a statement on the MMA website, President Brennan is quoted "The policy extends to all the campus grounds and vessels (ashore and afloat). There are unique challenges on the MMA campus with this initiative because of the unique environment of the [Training Ship State of Maine] TSSOM".

Maine Maritime is one of six maritime academies in the country that receives support from the the United States Maritime Administration, including the training vessel, and according to research by MTFCN, the only one of these institutions with a smoke and tobacco-free policy that extends to the training vessel. Maine Maritime is truly leading the way as a smoke and tobacco-free maritime academy campus.

In Maine, 22 or 27 of colleges and universities have adopted 100% smoke and tobacco-free campus policies. Nationwide, more than 1,100 college and university campuses are 100% tobacco-free.

(Source: www.no-smoke.org/colleges.html)

New Resource from the Breathe Easy Coalition: Secondhand Smoke & Thirdhand Smoke Rack Card



MTFCN created the [Smoke & Tobacco-Free Campus Portfolio](#) to provide insight into the process of adopting and enforcing a smoke and tobacco-free policy at four schools in Maine of various campus demographics.

And we're continuing to add to the portfolio. [Contact Meg](#) to inquire about having your school interviewed.

Hookah Use on the Rise



According to a recent [study published in the American Journal of Drug and Alcohol Abuse](#), hookah use may be increasing among certain demographic groups in the United States. Many of the demographics identified ,The factors identified included being male, Caucasian, attaining high levels of education, having never been married, having no children, earning less than \$20,000 per year,

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.



There is no safe level of exposure to secondhand smoke.



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



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



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



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

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.



Thirdhand smoke contains chemicals known to cause cancer.



Smoke residue sticks to clothing, hair and skin.



Lingering toxins resist normal household cleaning.



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



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

being a college student and being a cigarette smoker.

The Centers for Disease Control and Prevention report that hookah use among college students within the past year may be as high as 40 percent.

Increased hookah use among college students has made comprehensive tobacco-free policies that ban hookah more effective in preventing young adults from developing tobacco addiction habits than just smoke-free policies alone.

Source: [Go Tobacco-free](#) - a special initiative of the Kentucky Center for Smoke-free Policy

We are pleased to share with you our newest resource- a two-sided rack card for the general public with facts about the dangers of secondhand and thirdhand smoke. The rack card is available on the [secondhand smoke fact page](#) and [thirdhand smoke fact page](#) of the Breathe Easy Coalition website as a jpeg images or as a [downloadable pdf](#).

#BreatheEasy4ME

Maine Tobacco-Free College Network Tobacco-Free Campus Video Vignette



Hear what other schools are saying about their smoke and tobacco-free campus policies.



Share your love of smoke-free and tobacco-free environments with us on social media using the hashtag **#BreatheEasy4ME**.

[Email us](#) to request hashtag stickers.



The Maine Tobacco-Free College Network (MTFCN) is dedicated to providing Maine

MTFCN is here for you

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

If you have a success story and would like to share it in future editions of this newsletter, please send it to us.

Sincerely,

Maine Tobacco-Free College Network Staff

[Email](#) | www.maintobaccofreecollegenetwork.org | (207) 874-8774

institutions of higher education with the information and resources needed to make all institutions of higher learning smoke- and/or tobacco-free.

MTFCN 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