



## Spring Newsletter



### Be part of the movement: Help us get to 100 percent in 2016

#### Pledge to Participate in the 2016 GSSE Program

In 2015, 33 of 39 Maine hospitals participated in the Gold Star Standards of Excellence (GSSE) Program, marking a nearly 50% increase in participation since the program's inception in 2010. This is an impressive testament of Maine hospital's commitment to address tobacco as well as their leadership role in health care. This year our goal is to raise the bar even higher and obtain 100% participation of Maine hospitals in the GSSE program. This is a great opportunity for Maine to continue to be recognized as a national leader in creating tobacco-free environments.

BEC is inviting hospitals to pledge their commitment to apply, so that we can better prepare to meet this goal of 100% GSSE participation.

Please be sure to follow us on social media to check out the hospitals that have pledged and other weekly updates in meeting this goal!

[Let's pledge to make 2016 the year that all Maine hospitals are recognized for their efforts in creating and maintaining tobacco-free environments!](#)

#### NEW TOBACCO PRODUCT REGULATIONS



#### FDA Rule Extends Authority to All Tobacco Products

The U.S. Food and Drug Administration finalized a rule extending its authority to all tobacco products, including e-cigarettes, cigars, hookah tobacco and pipe tobacco, among others. This historic rule helps implement the bipartisan Family Smoking Prevention and Tobacco Control Act of 2009 and allows the FDA to improve public health and protect future generations from the dangers of tobacco use through a variety of steps, including restricting the sale of these tobacco products to minors nationwide.

[Read more](#)



The city of Portland is one step closer to raising the legal age to purchase tobacco products

## 13 and Counting!

to 21.



The ordinance would apply to products that include cigarettes, chewing tobacco and even non-tobacco nicotine products such as vaporizers. Supporters say it would steer more people away from lighting up.

Portland would be the first city in Maine to raise the purchasing age!

[Read more](#)

13 Hospitals have answered the pledge!  
[Pledge](#) your hospitals commitment to participate in the 2016 GSSE so we can reveal your hospital!

## MTFHN Video Vignette



Please take a moment to view our [short video](#) on the importance of creating and maintaining a tobacco-free environment on your hospital campus!

## **Being Tobacco-Free: How Hospitals Can Meet the Gold Star Standards of Excellence**



This year our goal is to have 100% of Maine hospitals participate in the Maine Tobacco-Free Hospital Network's Gold Star Standards of Excellence Program. We will be hosting a webinar in September providing hospitals with information and examples on how to meet the Gold Star Standards of Excellence.

Please join us for this webinar to review the application and ask questions.

**Date:** July 19  
**Time:** 1:00 - 2:00 pm

[Register for Webinar](#)

## **#BreatheEasy4ME**



Show your love of smoke-free environments and connect with us on Instagram with the hashtag **#BreatheEasy4ME**. To request stickers please email BEC.

## **Register to Attend BEC's Annual Meeting**



**SAVE THE DATE  
2016 ANNUAL MEETING**

**The Challenge of Change:  
Portraits of Success**

**Tuesday, June 14, 2016  
12:00-2:00 pm  
Maple Hill Farm, Hallowell**

Please join us and peers across Maine for our 2016 Annual Meeting to celebrate successes, discuss opportunities and challenges and learn more about the Breathe Easy Coalition.

This free event is open to all partners, registration is necessary as lunch will be provided.

**Tuesday, June 14, 2016  
12:00-2:00 pm  
Maple Hill Farm, Hallowell**

[Register to Attend](#)

**Please Remember**

MTFHN is here for you! We are here to provide technical assistance with development, adoption and ongoing support and maintenance of smoke and tobacco-free campus policies. We also have many educational resources on our website including factsheets on [electronic cigarettes](#), [secondhand smoke](#), [thirdhand smoke](#) and [more](#).

If you have any questions or would like more information, please do not hesitate to contact us. Also, 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 Hospital Network



The Maine Tobacco-Free Hospital network (MTFHN) is dedicated to providing Maine Hospitals with the information and resources needed to make all hospitals smoke- and/or tobacco-free. MTFHN 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.

**Take the Pledge!**



Encourage patients, visitors and staff to take the smoke-free homes pledge! By filling out the card you are pledging to keep your home smoke-free and thus protecting friends and family from the dangers of [second](#) and [thirdhand smoke](#) in your home. Please [email BEC](#) if you would like to request paper copies. The pledge is also available [online](#).

**Free Smoke-Free Home kits are mailed to those that fill out the pledge!**

Connect with us!



Join Our Mailing List!

**Contact Us:**  
[Email Us](#) | [mainetobaccofreehospitals.org](http://mainetobaccofreehospitals.org)  
(207) 874-8774