



MAINE TOBACCO-FREE HOSPITAL NETWORK

Winter Newsletter



2016 Advanced Copy Standards Preview

We are pleased to announce the release of the 2016 GSSE standards! Feedback from the 2015 application process revealed that many hospitals would benefit from receiving the standards earlier. We hope that the early release will be helpful to your organization and look forward to working with hospitals in meeting their goals for the 2016 Gold Star Standards of Excellence.

[View the 2016 Advanced Copy of Standards](#)

[Gold Star Standards Participation](#)

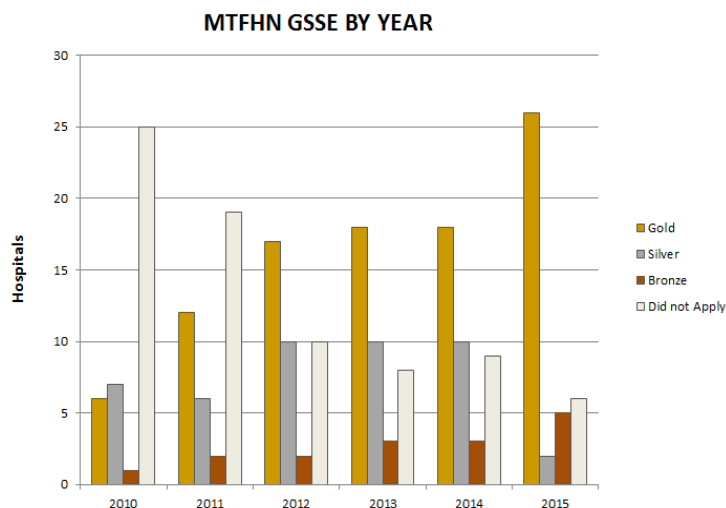
[Thirdhand Smoke and Type 2 Diabetes](#)



Scientists at UC Riverside have found that thirdhand smoke (THS) exposure causes insulin resistance, a precursor to Type 2 diabetes. THS results when exhaled smoke gets on surfaces - clothing, hair, homes and cars.

[Read the article and watch the video.](#)

2010 - 2015



The graph above shows the progress and commitment that Maine hospitals have made toward creating tobacco-free environments in the last 6 years. In 2015, 33 of 39 Maine hospitals participated in the Gold Star Standards of Excellence, what an accomplishment!

Let's continue to be leaders in health care by pledging to make 2016 the year that all Maine Hospitals are recognized for their efforts in creating tobacco-free environments!

Take the Pledge!

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!

If you have not had the opportunity to watch our Maine Tobacco Free Hospital webinar on how to create tobacco-free hospitals by meeting the Gold Star Standards please take a moment and view the archived webinar [here](#).

#BreatheEasy4ME



Show your love of smoke-free environments and



Keep your home free of secondhand smoke and protect your family from the harmful effects of tobacco.

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!

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

connect with us on Instagram with the hashtag #BreatheEasy4ME. To request stickers please email BEC



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.

Connect with us!



Join Our Mailing List!

Contact Us:

[Email Us](mailto:mainetobaccofreehospitals.org) | mainetobaccofreehospitals.org

(207) 874-8774