Leading the way for TOBACCO-FREE environments across MAINE
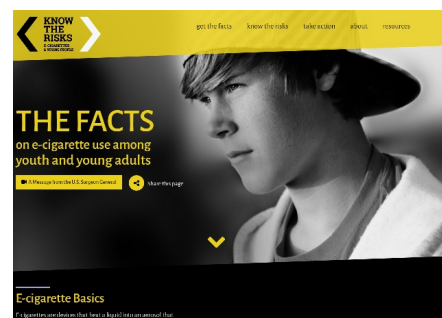
TOBACCO-FREE HOSPITAL NEWS

FEATURED STORIES

- New Surgeon General's Report
- St. Mary's Announces Policy Change
- Tobacco Treatment Trainings and Education Opportunities
- E-Cigarettes and Oral Health
- Smoke-Free Public Housing Rule

NEW SURGEON GENERAL'S REPORT

On December 8, 2016 the Surgeon General released its 33rd report **E-cigarette Use Among Youth and Young Adults.**

The report confirms there is no safe level of nicotine when it comes to kids and e-cigarettes are often a delivery system for nicotine. Nicotine is a highly addictive substance that can harm the developing brain. The report also confirms that the aerosol from e-cigarettes is not harmless. It can contain chemicals and particulates that are dangerous to the person using these products ("vaping") and to anyone who may inhale that aerosol second-hand.

Surgeon General's Reports are the gold standard of scientific reports, and each is developed and reviewed by hundreds of expert researchers. More than 150 scientists and public health professionals contributed to the development of this latest Surgeon General's Report.

To view the full report and other related tools visit:
E-cigarettes.SurgeonGeneral.gov.

ST MARY'S ANNOUNCES 100% SMOKE & TOBACCO-FREE POLICY

On November 17, in conjunction with the 2016 Great American Smokeout, St. Mary's Health System (SMHS) in Lewiston announced their 100% smoke and tobacco-free campus policy that will go into effect in November 2017.

In their announcement, SMHS stated, "the purpose of the proposed policy is to eliminate involuntary exposure to secondhand smoke by patients, staff, and visitors..." Read the full announcement here.

With this policy change, St. Mary's will join 37 other Maine hospitals in having a 100% tobacco-free campus. BEC would like to acknowledge the work done by the St. Mary's Smoke-Free, Tobacco-Free Policy Committee.

View the tobacco policies for all Maine hospitals on our website.

TOBACCO TREATMENT TRAINING & EDUCATION

Did you know the MaineHealth Center for Tobacco Independence (CTI) is the go-to program for tobacco treatment training and education in Maine?

On behalf of the MaineCDC, DHHS, CTI offers multiple educational opportunities including, an **annual webinar series**, free **clinical outreach educational sessions** for all healthcare professionals and staff throughout the state and more **in-depth tobacco intervention training events** held in various locations around the state.

There are two in-depth Tobacco Intervention trainings, *Basic Skills Training-* a one-day event open to any healthcare professional interested in learning more about evidence-based tobacco treatment and a two-day *Intensive Skills Training* for healthcare professionals who are interested in delivering more intensive tobacco treatment.

For more information on any of these opportunities please visit the CTI Tobacco Treatment Training Event website.

ELECTRONIC CIGARETTES AND ORAL HEALTH

In an article published in Oncotarget, researchers have stated electronic cigarettes (e-cigarettes) are as equally damaging to gums and teeth as conventional cigarettes.

E-cigarettes continue to grow in popularity among youth and young adults as well as current and former smokers as they are often perceived as a healthier alternative.

Researchers said, "How much and how often someone is smoking e-cigarettes will determine the extent of damage to the gums and oral cavity. It's important to remember that e-cigarettes contain nicotine, which is known to contribute to gum disease." In closing the researched stated more research, including long term and comparative studies, are needed to better understand the health effects of e-cigarettes.

Read the full published study here.

Source: Futurity.org "E-cigs are as bad for teeth as regular cigarettes." Nov 17 2016.

SMOKE-FREE PUBLIC HOUSING RULE ANNOUNCEMENT

In late November, the US Department of Housing & Urban Development (HUD) announced a rule that will require all public housing agencies to implement smoke-free policies over the next 18 months.

This rule will protect millions of Americans, including more than 700,000 children, from being exposed to secondhand smoke in their home. Maine has led the way with smoke-free public housing policies, with all of our Public Housing Authorities having voluntarily adopted prior to this rule announcement.

We are hopeful this rule announcement may have an additional positive affect on all multi-unit housing in Maine and encourage more private landlords, property owners and managers to adopt smoke-free building policies. Our Smoke-Free Housing initiative offers landlords and property owners and managers information and resources about smoke-free housing including, free signage and technical assistance on policy adoption, implementation and enforcement. Read the full rule here.

Breathe Easy Coalition | BreatheEasyMaine.org

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