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The Choose To Be Healthy Coalition Newsletter ~ May



Issue # 19



www.ctbh.org

What's New and Coming Up in Our Communities

Welcome School Policy Consultant ~ Erin Dickson



CTBH Coalition welcomes Erin Dickson as our school policy consultant. Erin formerly worked for ten years as the SAD 60 School Health Coordinator and brings a wealth of expertise to local school districts.

She will be assisting all interested districts with tobacco, wellness and substance abuse policy. She is currently working with SAD 35 (South Berwick and Eliot) and SAD 60 (Berwick, North Berwick and Lebanon) with their policies. For more information, contact [Sue Patterson](#) at 351-2658.

CTBH Annual Meeting

**Thursday, May 15th
3:00-5:00 PM**

Wells Reserve - Laudholm Farm
342 Laudholm Farm Road,
Wells



[RSVP by Clicking Here](#)

Be Tobacco Free!

Tobacco Free Events – North Berwick Rec has a new [5K Road Race](#) to be held on Saturday, June 15, that will be promoted as a Tobacco Free Event! We were able to sponsor the event and will be lending them our new banners!

Tobacco Free Worksites – We are working with York Community Service Association to update their Tobacco Policy. If your workplace needs to review, revise or create a Tobacco Free policy, we would like to help you! We have the latest information on State tobacco laws. Contact [Natalie Gould](#) for more info!

FOR THE HEALTH OF OUR COMMUNITY
THIS IS A TOBACCO FREE EVENT



May is Physical Activity & Sports Month



[Learn Ways to Teach Your Child to be Active for Life](#)

Responsible Alcohol Server/Seller Trainings

Easy access to alcohol and promotion of drinking are two factors that increase the risk of underage drinking and adult abusive drinking. To help prevent and reduce the health, safety and legal problems associated with alcohol use in our communities, Choose To Be Healthy coordinates two annual Responsible Alcohol Server/Seller Trainings. This year's trainings will be held at the **Beachmere Inn in Ogunquit on June 3rd and June 23rd**. Server trainings address:

- Checking IDs
- Service practices that reduce the likelihood of excessive consumption
- Identifying and responding to early signs of excessive consumption
- Identifying intoxicated patrons and refusing service to them
- Intervening to prevent intoxicated patrons from driving



Time To Act

[Parents, Don't Panic. There is Help.](#)

And, CTBH is hosting a luncheon *just* for managers and owners to share best practices and challenges in alcohol policies and training. This will also be held at the Beachmere in collaboration with Manager, Tracy McCarty on **June 10th at 12-2**. FMI contact [Sally Manninen](#), Substance Abuse Prevention Coordinator.



Colorado: Is Marijuana Legalization Working?



Maine, and in particular York, is being targeted by pro-legalization lobbyists. What can we learn from Colorado where they have been dealing with the issues of legalization for a few months?

Smart Approaches to Marijuana leaders, Patrick Kennedy and Kevin Sabet visited administration officials at Camp David with a new report, [The SAM 4/20 Report Card](#). "Sadly, Colorado is now known for a new kind of Rocky Mountain high," said Kennedy. "Taking their cues from Big Tobacco, a massive marijuana industry has emerged to downplay the significant risk of massive commercialization and increased marijuana use. It's important the Administration understands what is happening on the ground in Colorado."

[The SAM 4/20 Report Card](#) includes troubling information such as:

- 30% increase in drug tests positive for marijuana since 2013.
- 93% increase in packages of marijuana intercepted leaving Colorado since 2010.
- A new study revealing that even casual marijuana use may create physical abnormalities in the adolescent brain.
- A significant rise in children accidentally ingesting marijuana-infused foods.
- Companies that hope to profit off of marijuana e-cigarettes.

Follow this and other marijuana news at [SAM National](#) and [SAM Maine](#).

Our Funders



50 Year Anniversary of Surgeon General's Report on Cigarettes

Fifty years ago, Dr. Luther Terry released the first Surgeon General's report that linked smoking to lung cancer and heart disease. The smoking rate of Americans dropped from 43% in 1963 to the current rate of 18%. Lower smoking rates have saved eight million lives and added 3 years to average life expectancy. We have made progress but there is still much to do. The CDC Best Practices to continue to lower smoking rates and discourage new smokers includes:



- Higher prices on cigarettes and other tobacco products
- Well funded mass media campaigns on the dangers of smoking
- State and community outreach, education and public health programs
- Smoke free policies in public places
- East to get affordable smoking cessation treatments

Choose To Be Healthy Coalition works to reduce smoking rates and exposure to secondhand smoke in our community. Contact [Sue Patterson](#) for more information. Call the Maine Tobacco Helpline for free confidential cessation counseling and free nicotine replacement therapy at 1-800-207-1230.

Our Lead Agency



The Choose To Be Healthy Coalition is a local Healthy Maine Partnership and Drug Free Communities Coalition serving Berwick, Eliot, Kittery, Lebanon, North Berwick, Ogunquit, South Berwick, Wells and York.

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Choose To Be Healthy/York Hospital | Center for Community Health | 2 Hospital Drive, Suite 2B | York | ME | 03909