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July 2015

Choose To Be Healthy Coalition Newsletter

Creating a Healthier Southern York County

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Keeping ME Above



[Keeping ME Above the Influence](#)

is CTBH's online newsfeed to help keep us all up to date on substance abuse prevention and other

An Update From Our Director



Community and public health advocates are celebrating the continuation of the Fund for a Healthy Maine. The State Legislature voted on June 30th to override the Governor's veto of the State budget so the Fund is protected for another two years. The Choose To Be Healthy Coalition at York

Hospital is one of 27 Healthy Maine Partnerships which are supported through the Fund. FMI on the Fund go to www.ctbh.org.

We will continue with tobacco, obesity and substance abuse prevention work to improve the health of all in southern York County. Please contact me at spatterson@yorkhospital.com for opportunities to work with our coalition.

Sincerely, Sue Patterson

Apple Award Winners Go Above and Beyond To Improve Community Health

public health news.
[Please check it out!](#)

Eat Fresh, Buy Local: Farmers' Markets in Southern York County



At our annual meeting on May 21st we had the pleasure of recognizing 3 coalition members who have gone above and beyond in the past year to help improve the health of their local communities.

York Gateway Farmers' Market

Saturdays

June 6th-Oct 10th
9:00am-1:00pm

Thursdays

July 2nd-August 27th
9:00am-1:00pm

Location:

In the lot behind the
Greater York Region
Chamber of Commerce
1 Stonewall Lane,
York, Maine

Kittery Community Market

Sundays

June 7th-Oct 4th
10:00am-2:00pm

Location:

Post Office Square
10 Shapleigh Road
Kittery, Maine

Wells Farmers' Market

Wednesdays

1:30-5:00pm

Location:

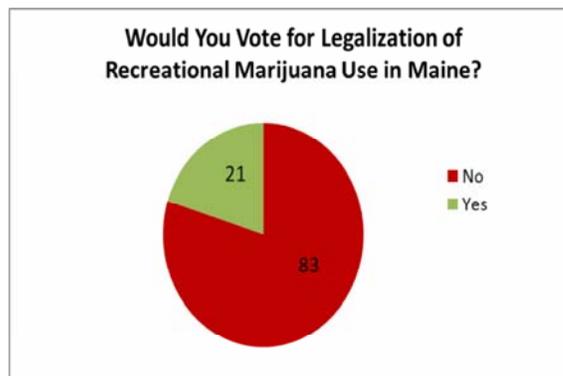
Wells Town Office
Parking Lot
208 Sanford Rd
Wells, Maine

North Berwick Farmers' Market **Fridays**

The 2015 recipients of the CTBH Apple Awards are Detective Todd Bayha from the Wells Police Department, Traip Academy Principal Eric Waddell, and 2015 York High School graduate, Nora Burns.

To read about their outstanding efforts and the coalition's successes from the past year, check out the [CTBH Annual Report, 2015](#).

Community and Coalition Members Voice Their Opinions About Marijuana Legalization



104 people responded with their thoughts to a Marijuana Knowledge and Opinion Poll that CTBH sent out in May. The results were shared as public testimony at the State House and will be used in future educational campaigns by the coalition.

Some of the results include:

- The majority (83) said they would vote against legalization.
- Of the 21 in favor of legalization, many said their main reason would be to keep people out of jail and free up police time. (This despite the fact that Maine's

May 1st-Oct 30th
3:00-6:00pm

Location:

North Berwick Town Hall
Parking Lot
21 Main St
North Berwick, Maine

Click [here](#) for a printable list of these locations.

Next Coalition Meeting Date Announced



Our next coalition meeting will be **Thursday, September 17th 3:30-5pm**, location TBD. Everyone is welcome to attend!

Please visit our [website](#) for our coalition calendar.

Members Sought For York Bike/Ped Committee



Live in York? Interested in helping improve safety and accessibility for walkers and cyclists?

The York Board of Selectmen recently approved the formation of a Bicycle and Pedestrian Committee and are looking for 5 members

decriminalization law makes marijuana possession a civil offense not leading to jail unless another crime is committed such as intent to sell.)

- Police who responded to the survey said legalization would cost them *more* time and effort.
- Regardless of viewpoint, the majority were overwhelmingly against edibles, public use and advertising.
- 89% of the respondents think medical marijuana should be regulated by the FDA and treated as a legal medicine dispensed in pharmacies.

Check out [the Opinion Poll](#) for more results, including some interesting comments!

Be Aware of Problem Gambling Signs in Teens

Did you know? 44% of Maine high school students report that they have gambled something of value at least once in their lifetime (MIYHS, 2011). Gambling in all forms (online games, poker, lottery tickets, and betting on local teams) can be enticing to youth, especially young boys.



How do you know if there is a problem with your teen? Signs can include unexplained absences from school, missing money or valuables, and dropping grades. Be aware of the signs of problem gambling and know that there is help for you or a loved one. Visit <http://211maine.org/> to find local resources and the [Problem Gambling](#) page of our website for more information.

Local Tobacco and Alcohol Retailers Recognized For Being Stars in Prevention



Congratulations to Allard's Market in North Berwick and Long Sands General Store in York for becoming our most recent Star Stores!

The objective of the Star Store program is to reduce the amount of minors' exposure to tobacco

FMI visit
<http://yorkmaine.org/>.

Stay In Touch!



Our Lead Agency



promotional messaging in retail stores (such as special price and discount signage, free branded promotional items, and general tobacco company in-store posters, signs, and other visible logos). The Star Store program works in combination with NO BUTS! (Blocking Underage Tobacco Sales), the Maine CDC program to stop the illegal sale of tobacco to minors.

CTBH [YOU]th was essential in the Star Store process for both stores. Youth met with the managers, conducted surveys, and recommended changes in tobacco signage and promotion.

And, on June 15th, the Choose To Be Healthy Coalition hosted a Responsible Beverage Server Training at the American Legion in York with five establishments in attendance: Sun and Surf, Anchorage Inn, Clay Hill Farm, The Cliff House, and Maine Brew Bus. The server training addressed how to check IDs, practices to reduce likelihood of excessive consumption, identifying and responding to early signs of excessive consumption, identifying intoxicated patrons and refusing service, and intervening to prevent intoxicated patrons from driving. A special thanks to Clay Hill Farm for making a donation towards the free training! FMI contact [Devin](#) and visit our [No Buts/Star Store](#) page.

Our Funders



Choose To Be Healthy is a 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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