

Smoke-free is Smoke-free: Creating and Sustaining Smoke-Free Environments





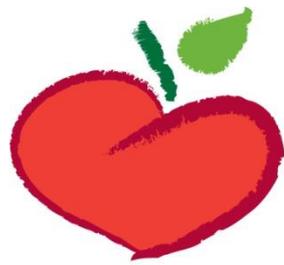
Creating a healthier Southern York County

- **Choose To Be Healthy is a community coalition serving Southern York County.**
- **We work with members and partners to prevent youth substance use.**
- **We use evidence based strategies to help create and sustain alcohol and drug-free environments.**
- **We are grant funded and staff are York Hospital employees.**



Maine Center for Disease Control & Prevention
Department of Health and Human Services





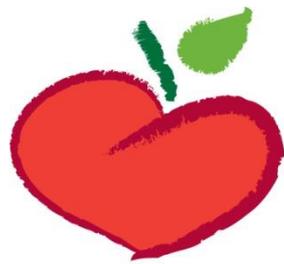
Choose To Be Healthy COALITION

Creating a healthier Southern York County

We serve 9 towns in Southern York County:

**Berwick
Eliot
Kittery
Lebanon
North Berwick
Ogunquit
South Berwick
Wells
York**





Choose To Be Healthy COALITION

Creating a healthier Southern York County

Choose To Be Healthy Coalition Members and Partners

Businesses
Law Enforcement
Municipalities
Faith Community
Parents
Youth
Individuals

State and federal agencies
Schools
Healthcare
Treatment and Recovery
Social services
Civic organizations

Educational
presentations

Supporting
laws and
policy

Reducing
youth
access

Raising
awareness
(media
campaigns,
etc.)

Empowering
youth



**District Tobacco
Prevention**

**Regional Substance Use
Prevention**

**District Youth Leadership
Engagement**

**District Obesity
Prevention**

Partners for Healthier Communities: Members and Partners

Municipal Governments

School Districts

Drug Free Communities Organizations

Southern Maine Healthcare, MaineHealth

Municipal Police Departments

Social Services (CPPC), Maine Families

York County Sherriff

State and federal agencies

Faith Communities

Chambers of Commerce

Recovery & Sobriety Groups

Sanford Mainers

Maine & US DEA

And more...



HOUSING • HOSPITALS • COLLEGES • BEHAVIORAL HEALTH



MAINE
PREVENTION
SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services

District Tobacco Prevention Partner

Substance Use Prevention Coordinator

Policy Development & Implementation

- Schools
- Municipalities
- Housing
- Businesses
- Hospitals
- Rec. Departments

Non-Clinical Outreach

Ordinance Development & Tracking

A Brief History of Maine's Tobacco and Smoke-Free Laws

Maine
Workplace
Smoking Act

Smoke-Free
Indoor Dining

No smoking in
cars with
children <16

1985

1997

1999

2003

2008

2009

Tobacco
Master
Settlement

Smoke-
Free Bars

Smoke-
Free
Outdoor
Dining

1997:

Adult smoking rate: 30%
HS youth smoking rate: 39%

2005:

Adult smoking rate: 21%
HS youth smoking rate: 16%

A Brief History of Maine's Tobacco and Smoke-Free Laws

Tobacco Law
now includes
vaping devices

Marijuana bill signed into
law and “public use” falls
under tobacco law

2011

2015

2016

2017

Landlords
required to inform
tenants in multi
unit apts. if
smoking allowed

State moves
tobacco
prevention work
to district/county
model

Tobacco
21

2015:

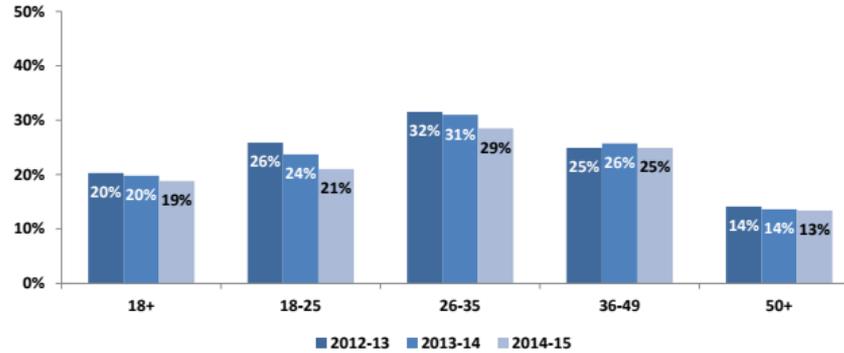
Adult smoking rate: 19.5%
HS youth smoking rate: 10.7%

2017:

HS youth smoking rate: 8.8%

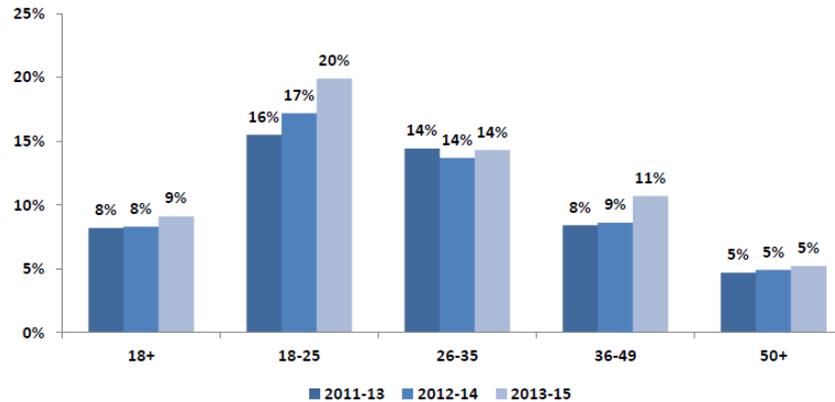
Maine Adults: Past Month Use

Figure 11. Past month cigarette use among adults, by age group: 2012–13 to 2014–15



Source: BRFSS, 2012–13 to 2014–15

Figure 17. Adults reporting marijuana use in past month, by age group: 2012–14 to 2013–15



Source: BRFSS, 2011–13 to 2013–15

Maine Youth: Survey Data on Environmental Exposure

“During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?” % who answered “at least 1 day”
MIYHS, 2015-17

York County



27.4% (2017)
31.9% (2015)

Maine



31.1% (2017)
34.4% (2015)

During the past 7 days, on how many days were you in the same car with someone who was smoking cigarettes? % who answered “at least 1 day”
MIYHS, 2015-17

York County



22.3% (2017)
23.3% (2015)

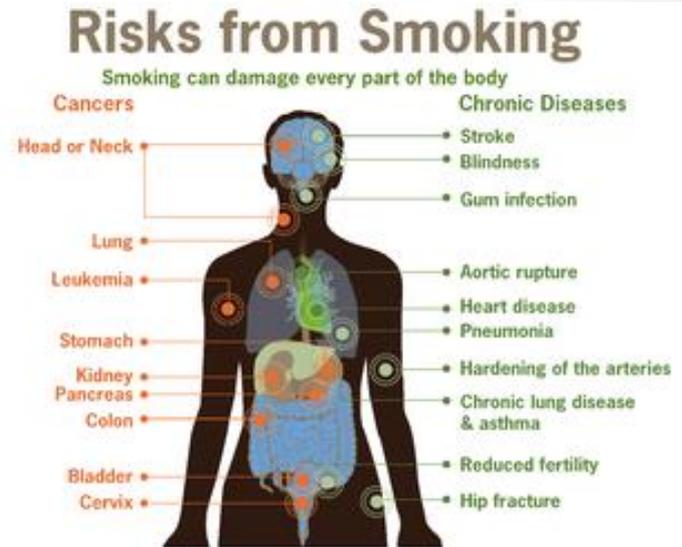
Maine



23.5% (2017)
26.4% (2015)

Why Address Tobacco Use?

- Remains the leading cause of preventable disease and death.
- There is **no risk-free level of exposure to secondhand smoke**
- Creating tobacco-free areas changes the social norm around tobacco use and promotes tobacco-free living.
- Cigarette butts are the **most littered item** in the USA and the filter can take up to 25 years to biodegrade.



Secondhand Marijuana Exposure

- Secondhand marijuana smoke contains hundreds of chemicals.
- Many of the chemicals in secondhand marijuana smoke are **toxic and contain hazardous fine particles that pose a significant health risk to non-smokers.**

ANR AMERICANS FOR NONSMOKERS' RIGHTS

Defending your right to breathe smoke-free air since 1976

Secondhand Marijuana Smoke

"Smoke is smoke. Both tobacco and marijuana smoke impair blood vessel function similarly. People should avoid both, and governments who are protecting people against secondhand smoke exposure should include marijuana in those rules."

-Matthew Springer, cardiovascular researcher and Associate Professor of Medicine, University of California, San Francisco

Facts about secondhand marijuana smoke:

- Marijuana smoke is created by burning components of plants in the genus Cannabis.
- Secondhand marijuana smoke is a complex chemical mixture of smoke emitted from combusted marijuana and the smoke that is exhaled by the user.
- Secondhand marijuana smoke contains fine particulate matter that can be breathed deeply into the lungs.
- Secondhand marijuana smoke contains many of the same cancer-causing substances and toxic chemicals as secondhand tobacco smoke. Some of the known carcinogens or toxins present in marijuana smoke include: acetaldehyde, ammonia arsenic, benzene, cadmium, chromium, formaldehyde, hydrogen cyanide, isoprene, lead, mercury, nickel, and quinoline.¹
- Marijuana smoke contains tetrahydrocannabinol (THC), the active chemical in cannabis.

Health risks of exposure to secondhand marijuana smoke:

Since marijuana is illegal under federal law, there have been a limited number of studies examining health risks associated with marijuana use and exposure in the United States. Health risks from primary and secondhand smoke exposure may also be difficult to determine as marijuana is often used in combination with tobacco.

However, peer-reviewed and published studies do indicate that exposure to secondhand marijuana smoke may have health and safety risks for the general public, especially due to its similar composition

FMI see handout from
Americans for
Nonsmokers Rights or
visit their website at
www.no-smoke.org

Breathe Easy, You're in Maine

Maine has a comprehensive set of laws to protect people from secondhand smoke in:

- Workplaces and indoors within 20-feet of entryways, etc.
- Indoor public places
- Restaurants/Bars, including outdoor dining areas
- State parks, state beaches and state historical sites
- Vehicles when children under the age of 16 are present





Maine has strong smoke-free laws **but policies can help extend to areas and products that aren't covered.**

Learn more about Maine Smoking Laws:

<http://legislature.maine.gov/legis/statutes/22/title22ch262sec0.html> (Public Places, Outdoor Dining)

<http://legislature.maine.gov/legis/statutes/22/title22ch263sec0.html>
(Workplace)

Including Marijuana in Smoke-Free Policies

“Smoke is smoke. Both tobacco and marijuana smoke impair blood vessel function similarly. People should avoid both, and governments who are protecting people against secondhand smoke exposure should include marijuana in those rules.”

-Matthew Springer, cardiovascular researcher and Associate Professor of Medicine, University of California, San Francisco

Including marijuana in your policy will help:

- **Protect public health**
- **Improve consistency**
- **Aid enforcement**



Case Study: Edgewater, Colorado

Smoke Free Regulations



Edgewater provides one of the best indoor workplace and outdoor dining/seating protections from exposure to tobacco, e-cigarette, and marijuana smoke and vapor in Colorado. The City of Edgewater recognizes that it is in the best interest of the health of our community to assure protections from involuntary exposure to environmental smoke and vapor in most areas open to the public, public meetings, food service establishments, and places of employment. While use of tobacco for people over 18 years of age is legal, and use of medicinal and recreational marijuana is legal with certain limits, use of these products in public pose both legal and practical risks. While public use of marijuana is expressly prohibited by law, use of electronic devices can often conceal the ingestion of the psychoactive ingredient of marijuana. Additionally, prohibiting

smoking/tobacco use in workplaces and select outdoor public places is a proven approach to reducing exposure to smoke, reducing youth initiation/use, and helping those who are ready to or working on quitting

Smoking Regulations FAQ

[2013 Public Health Champion Award Edgewater City Council](#)

[Municipal Code Provisions](#) Regarding Smoking Prohibition

[News Release](#) Jefferson County Public Health

[Entryway Sign Template](#)

[Table Tent Template](#)

Smoking and vaping
are **NOT**
allowed in any
customer service area.



Edgewater Ordinance #11-2010, Effective 7/20/10
Edgewater Ordinance #25-13, Effective 1/8/14

Smoking and vaping
are **NOT** allowed
within 20 feet of
this entryway.



Edgewater Ordinance #11-2010, Effective 7/20/10
Edgewater Ordinance #25-13, Effective 1/8/14

Case Study: Golden, Colorado



Downtown Golden is Smoke and Vapor-Free.

Thank you for your cooperation!

City Ordinance #1985

For more information: www.CityofGolden.net/links/HealthIsGolden

Health is Golden



Case Study: Golden, Colorado



City of
Golden

LIVE

WORK

PLAY

CITY SERVICES

Summary of Changes to the City's Smoke-Free Ordinance

(as of January 1, 2015)

- All City of Golden owned or controlled parks, open space, indoor and outdoor pools, sports/athletic fields, water parks and associated spectator areas.
- All City-owned trails, biking and walking paths and the 25-foot perimeter surrounding these areas.
- All public transit waiting areas (such as shelters, stops and light rail platforms).
- Fossil Trace Golf Course including the associated grounds and facilities, but not including the course of play.
- All outdoor areas in the Clear Creek RV Park.
- All events occurring in non-residential zones that require a City-issued special event permit.
- Downtown area sidewalks and public rights of way on both sides of Washington Avenue between 10th and 14th streets, as well as both sides of 12th and 13th streets between Arapahoe and Ford streets, including customer seating/service areas located on those public rights of way.
- Within 25 feet of all outdoor seating areas of any business, including bars and restaurants, when those seating areas are located on a public right of way (such as public sidewalks, streets and alleys).
- Within 25 feet of the main entry of all buildings and facilities that are smoke/vapor-free under the ordinance.
- The City Manager or his/her designee may designate permissible smoking areas at his/her discretion in certain outdoor public areas or during certain outdoor events requiring a City-issued event permit.

Smoke-Free Policy Success: York County

Secondhand/Smoke-free

Southern Maine HealthCare
Housing Authorities/Condominiums*
Wells Beach
Hotels
Rec. Departments
Municipalities**

Thirdhand/Odor-free

Southern Maine HealthCare
Schools (in development)
Businesses (in development)



*Opportunity to add restrictions on rental cultivation as well

**Sanford ordinances in development include:

Paraphernalia & Local Retailer License;

Rental Restrictions on Cultivation (Housing Stock Protection)

Recommendations for Municipalities

Smoke-free recreation policies:

- A model policy prohibits use on all recreational area properties **24 hours a day, 365 days a year**, including athletic facilities, playgrounds or assembly areas operated by the town.
- Model policy also includes **dabbing and edible forms of marijuana**
- Many towns don't have these policies in place at all (or haven't updated them in the last 5-10 years)

Smoke-free beaches (non-state owned):

- Many beaches already have tobacco policies—**consider defining and expanding to include e-cigarettes and marijuana**
- Enforcement: lifeguard and other seasonal staff training
 - Wells Beach training Spring 2018

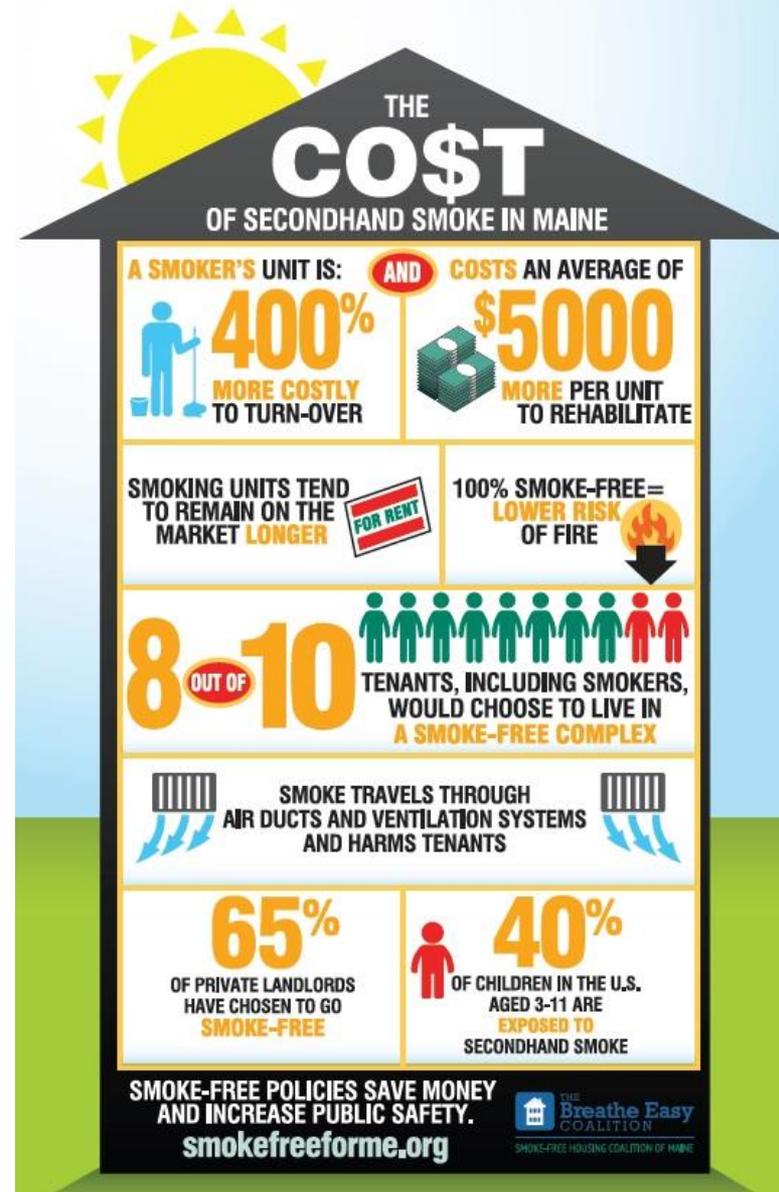
Emerging issues:

- Public facility use agreements (on town-owned property) often include a clause prohibiting “illegal drug use” and tobacco/smoking can be allowed in a separate area--how will you address?
- Private event permit approval process
 - See smoke-free ordinance example from Golden, Colorado

Landlords and Lodging

Why?

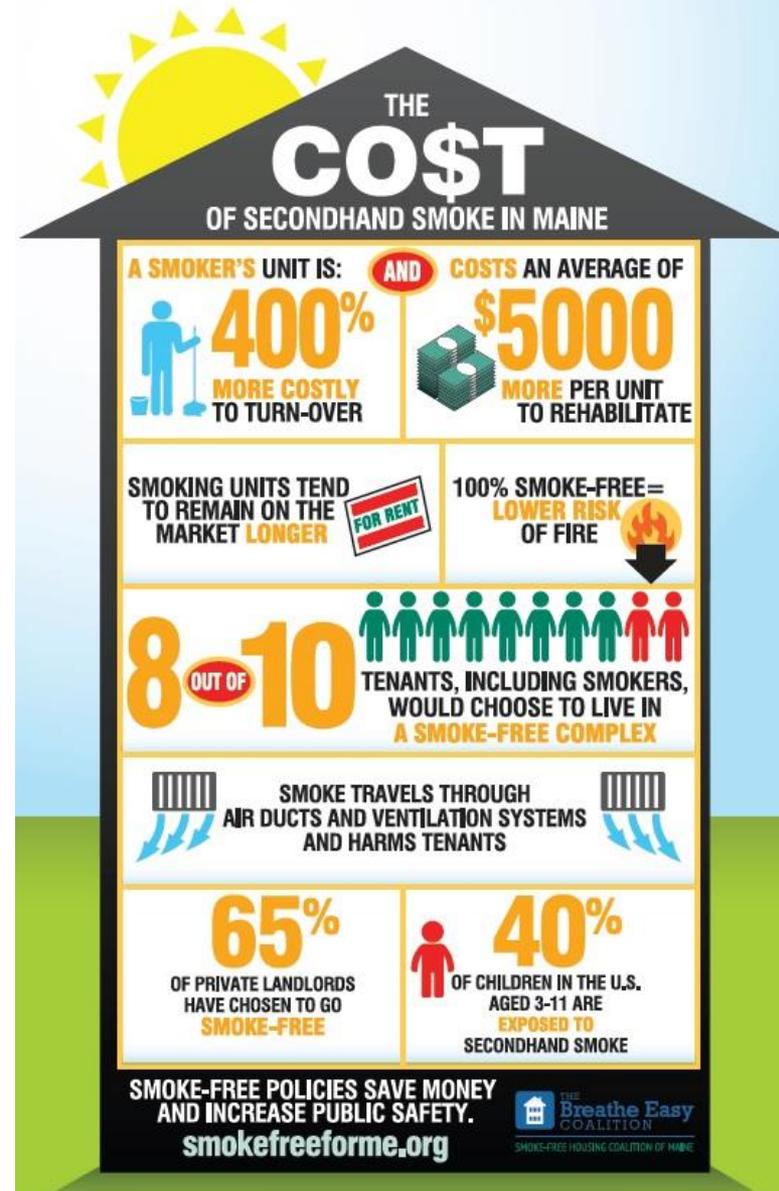
- Smoking is a **leading cause of home fire death** in Maine.
- As landlord or property owner or manager, **you can legally restrict or prohibit smoking** in a rental building as long as the policy does not target a protected class or minority.
- Secondhand smoke travels through air ducts and ventilation systems. American Society of Heating, Refrigerating and Air-Conditioning Engineers has said that “**the only means of effectively eliminating the health risks associated with indoor exposure is to ban smoking activity.**”



Recommendations For Landlords and Lodging

How?

- Adopt a policy: **put smoke-free language in writing.**
- Disclose policy to residents: **Maine's secondhand smoke policy disclosure law** requires property owners and managers to notify tenants, in writing, about where smoking is allowed, if anywhere, on the property.
- Communicate and promote status: **Educate residents on your policy and add signage.**
- Monitor status: **maintain high awareness and communicate the policy** for successful compliance.
- Model policy includes products such as **e-cigarettes and marijuana**



Recommendations for Schools, Businesses and Communities

Smoke-free events:

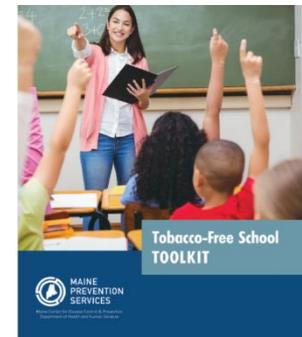
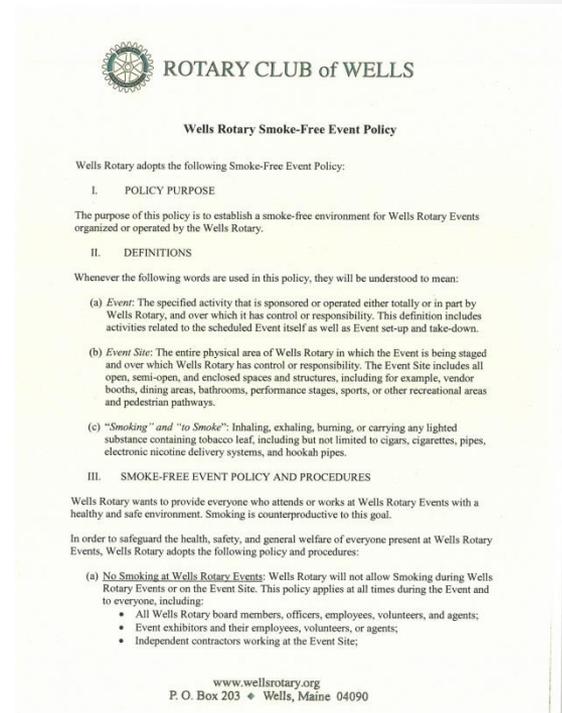
- Consider including **e-cigarettes and marijuana** in your event policy. Defining “smoking” and associated products is important.

Businesses/employers:

- **Marijuana and e-cigarettes can be added**
- Good, Better, Best tiered policy
- Make applicable to clients, contractors, and visitors (in addition to employees)
- Can make applicable 24/7, 365 on all grounds
- Can make applicable to personal vehicles parked on company property and employer-owned vehicles

Schools

- Good, Better, Best tiered policy
- Schools that meet at least the “Good” level are eligible for free Tobacco-Free School signs
- “Good” includes **prohibition of e-cigarettes on school grounds and is effect at all times 24/7, 365**



Key Model Policy Components:

1. **Background/Purpose section** about why you are creating a tobacco-free environment. Explaining the harmful effects of secondhand smoke, dangers of tobacco **and marijuana** use and how going **smoke and** tobacco-free meets the organization's mission.
2. **Definition of what products are covered** in the policy.
*Best Practice: **Smoking and** tobacco use is defined as the smoking or use of all cigarettes, cigars, snuff, smokeless tobacco, snus, electronic nicotine delivery systems, such as e-cigarettes, other non-FDA approved nicotine delivery devices, **and other substances such as marijuana.***
3. **Explanation of where use is prohibited.**
*Best Practice: **Smoking and** tobacco use is prohibited in all indoor and outdoor areas of a property at all times. Including parking lots and vehicles being used in the course of work.*
4. **Outline compliance expectations**, enforcement parameters and treatment supports for staff, vendors, visitors and clients.

Steps for Policy Change



1. Establish a policy committee/work group.

2. Develop a timeline for change.

3. Draft a policy.

4. Build support from key stakeholders.

5. Positively communicate the policy before it takes effect.

6. Prepare and distribute educational materials about the policy, use, quit resources and secondhand smoke.

7. Implement and enforce the policy.



Key Takeaways

- You may have a tobacco policy, but when was the last time it was revised? Many don't include e-cigarettes and most don't include marijuana. Defining is important!
- Once adopted, how will you enforce? How will you communicate policy/make available to public?
- There is help available!
- There are resources available!
 - Policy templates and toolkits
 - Free signs available for adopting a model policy (working with District Tobacco Coordinator)

Resources



HOUSING • HOSPITALS • COLLEGES • BEHAVIORAL HEALTH

<http://breathe easymaine.org/>

<http://smokefreeforme.org/>

Contact: Sarah Mayberry, Program Manager

smayberry@mainehealth.org

207-662-5888



www.no-smoke.org/



<http://www.maine.gov/ag/consumer/tobacco>

Contact: Amber Desrosiers, Tobacco Enforcement Coordinator

amber.desrosiers@maine.gov

207- 626-8889

Questions?



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Partners for Healthier Communities

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