

The Town of New Sharon goes Tobacco-Free!

Healthy Community Coalition of Greater Franklin County and the Town of New Sharon are partnering to help encourage a safe and healthy environment for all in the in community!

Tobacco use remains the leading cause of death and disease in the United States with over 443,000 deaths per year (CDC). Secondhand smoke travels and is harmful to others – in both indoor and outdoor settings. There is no safe level of exposure and most Maine residents believe that people should be protected from secondhand smoke exposure. Tobacco-free area policies change the social norm around tobacco use and promote tobacco-free living (Breathe Easy).



Prioritizing the health and safety of residents, visitors, and employees, the Town of New Sharon adopted a tobacco-free policy that applies to the Town Office Complex and grounds, the recreational fields, public library, and maintenance facilities. By keeping these spaces tobacco-free, New Sharon will be reducing secondhand smoke exposure and creating environments where healthful behaviors are modeled for youth.

District Tobacco Prevention Partner, Ellen Thorne worked with Select Person, Lorna Nichols for several months to assess the needs of the town and explore options for tobacco-free policy. Ellen and Lorna worked to draft a policy that was finally presented to and approved by the select board in September. Ellen and Lorna then worked to create custom signs that include the town's logo as a way to enforce the new policy.

Studies have shown that comprehensive smoke-free policies are easier to enforce and achieve higher levels of compliance than those with exemptions – like designated smoking areas. In addition to reducing exposure to secondhand smoke, smoke-free laws in communities help smokers quit and reduce tobacco use, and make youth and young adults less likely to start smoking (CDC).

For More Information Contact Us At:

Healthy Community Coalition

Ellen Thorne

ethorne@fchn.org

facebook.com/HealthyCommunityCoalition



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