

Land Trust Makes a Commitment to Provide a Safe and Clean Area for Community Members to be Active!

Healthy Oxford Hills had the pleasure of working with the Western Foothills Land Trust to create a Tobacco-Free policy!

Cigarette smoking costs Maine nearly \$1.5 billion every year and over \$600 million in lost productivity in Maine each year. Tobacco use is the leading cause of preventable disease, disability and death in the United States. Over 16 million Americans have at least one disease caused by smoking. This amounts to \$170 billion in direct medical costs that could be saved each year if we could prevent youth from starting smoking and help every person who smokes to quit (CDC).

Cortney, who is a Tobacco Coordinator for Healthy Oxford Hills connected with Carl, who is on the Board of Directors for the Western Foothills Land Trust. He quickly jumped on the opportunity to work with Healthy Oxford Hills. With Carl's experience in public health, he knew this was an opportunity they couldn't let go. It took a few months for the policy to be complete but the wait was worth it. The Land Trust has not had a Tobacco-Free policy before. Having a Tobacco-Free policy really shows how committed they are to preserving the land. Tobacco doesn't just affect people, it also affects the planet. People smoke and then throw their cigarette butts on the ground. They opted not to have signs throughout their properties, which happens sometimes and that's okay. They are going to orally communicate with people if they see them using tobacco products.

The Western Foothills Land Trust worked with Healthy Oxford Hills to create a policy prohibiting tobacco from being used while using their properties.



WESTERN FOOTHILLS LAND TRUST

"Cortney has been wonderful to work with. She is very knowledgeable and was willing to help us draft our policy to fit our needs. We are very appreciative of the important work she is doing in our community."

-Carl Costanzi - President

The Land Trust was excited to work with Healthy Oxford Hills. Health and wellness is a top priority for the Land Trust. They would do anything to make sure people using the trails are safe and healthy.

For More Information Contact Us At:

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