

Bar Harbor Chamber “to Lead by Example”

Summary

Healthy Acadia partnered with the Bar Harbor Chamber of Commerce to update its tobacco-free policy after the Chamber was approved for mini-grant funding by Healthy Acadia’s tobacco prevention team.

Need/ Issue (or “Challenge”)

According to the US CDC, 14 percent of US adults, or 34 million Americans smoked cigarettes in 2019, and in Maine, almost 18 percent of adults smoked in 2018. No safe level of exposure to secondhand smoke exists. Secondhand smoke is detrimental to human health and increases a nonsmoker’s risk of developing asthma, lung cancer and heart disease.



Intervention/ Program Description

Healthy Acadia staff met with Bar Harbor Chamber of Commerce staff over Zoom in December 2020 about updating their tobacco-free policy and applying for mini-grant funding to support policy development. The Chamber’s application for funding was approved and staff worked together over the next several months on language tailored to the needs of the Chamber. The Chamber’s Board met on May 27th and voted to adopt the new updated policy.

“The staff at Healthy Acadia made the process of updating our policy simple and offered expert guidance throughout. As a membership organization, it is important for the Chamber to lead by example. Hopefully, demonstrating our commitment to a tobacco-free work environment will inspire others to do the same.” - Alf Anderson, Executive Director, Bar Harbor Chamber of Commerce



Results/ Success

Bar Harbor experiences high levels of foot traffic due to its shops, parks and businesses as well as its close proximity to Acadia National Park. The Chamber’s updated comprehensive tobacco-free policy is inclusive of vaping products and marijuana and will reach between 50,000 and 100,000 guests each year.



Sustainability

The Chamber’s Board was interested in sharing information about the new policy with their members to encourage members to update their own tobacco policies. Healthy Acadia staff hopes to collaborate with other businesses within the Chamber’s network on policy development in the future. Creating smoke-free environments is recognized as a highly effective policy intervention by the US CDC in its *Best Practices for Comprehensive Tobacco Control Programs*.

For More Information Contact Us At:

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