Public Health Organizations Combine Efforts to Prevent Tobacco Use: Healthy Peninsula Partners with Healthy Acadia to Strengthen Tobacco-free Policy

Summary
Healthy Peninsula worked closely with Healthy Acadia to strengthen its tobacco-free policy, adopting a "best level" workplace policy in the summer of 2022.

Need/ Issue (or "Challenge")
Tobacco use is the leading cause of preventable death and disease in America. Smoking harms almost every organ in the body and can cause cancer, heart disease and stroke. Almost 17 percent of adults in Maine smoke cigarettes (BRFSS, 2020). 7 percent of High School students in Hancock County report smoking cigarettes in the preceding 30 days and almost 22 percent of students report being in the same car as someone smoking cigarettes in the preceding 7 days (MIYHS, 2019).

> "We first established our tobacco-free policy years ago and really needed to update it to reflect current realities of vaping, etc. We were thrilled that Healthy Acadia reached out with technical expertise and support to get it done!"
> -Anne Schroth, Executive Director

Results/ Success
Healthy Peninsula employees, clients, contractors and visitors will now benefit from a comprehensive tobacco-free policy that clearly outlines both where smoking is prohibited at the Blue Hill, Maine, office location and the use of signage to enforce the policy. The new policy also promotes quit resources for tobacco users hoping to quit their use of tobacco products, including the Maine QuitLink (1-800-QUIT-NOW or MaineQuitLink.com).

Intervention/ Program Description
Healthy Peninsula (HP) is a community health organization serving the towns of the Blue Hill Peninsula and Deer Isle. For 20+ years, HP has served as a backbone organization, convening partners to find common visions, and as a provider, implementing targeted services to fill gaps in the areas of Healthy Eating, Healthy Aging, and Healthy Families. Healthy Acadia (HA), a public health organization serving both Hancock and Washington Counties, engaged with HP to update and improve its tobacco-free policy as part of HA's tobacco prevention work. Staff connected about HP's preferences and created a policy to suit its needs. A "best level" workplace policy was adopted by HP's Board of Directors on July 20, 2022 and signed by the Executive Director on July 21, 2022.

Sustainability
Smoke and tobacco-free policies improve health and reduce secondhand smoke exposure. According to several studies highlighted by the US Centers for Disease Control and Prevention (Smokefree Policies Reduce Smoking, US CDC), smokefree policies also can reduce the prevalence of smoking among workers and increase cessation. Moving forward, Healthy Peninsula will benefit from new signage reflecting its enhanced tobacco-free policy and Healthy Acadia's support with policy implementation.

Healthy Acadia
Building vibrant communities for over 20 years

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