

Somerset Woods Trustees Goes Smoke and Tobacco Free

Summary

Somerset Woods Trustees (SWT) partnered with Somerset Public Health to implement a smoke and tobacco free policy on all SWT trails and properties. The smoke and tobacco free trails promote a healthier lifestyle for all and provide a family friendly way to engage in physical activity.

Need/ Issue (or “Challenge”)

Currently, Somerset County has the highest smoking rate among adults in the State of Maine at 25% (County Health Rankings, 2022). The increased smoking rate directly contributes to tobacco waste being left in place that can negatively impact wildlife and the health of others. Tobacco waste continues to be the most littered product in the world.

Results/ Success

Due to the vast area that SWT covers, it would not be possible to have an employee or volunteer present at each trail to enforce the policy. After collaborating on ways to enforce the policy, SWT decided that they would post tobacco/smoke free signs at each trailhead kiosk.

The policy is available on the SWT website for public access and was announced through their social media platforms. Employees and volunteers have also been educated about the policy through new employee/volunteer orientation and handbooks.

Finally, employees have been trained on engaging with community members that violate the policy through a respectful and informational dialogue to communicate the new policy.



Robert Abbott and Jennifer Brockway of Somerset Woods Trustees

Intervention/ Program Description

Somerset Public Health reached out to SWT to inquire about working together on a tobacco and smoke free policy that would be enforceable by the employees and volunteers of SWT.

Together, we identified ways for SWT to enforce a policy that would have a positive impact on the health of the estimated 6,000 people that visit the trails each year. The policy also helps to protect the wildlife from the dangerous effects of second hand smoke as well as tobacco waste and wildfires.



Local Somerset County resident enjoying a smoke-free lifestyle

For More Information Contact Us At:

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Department of Health and Human Services