

# Healthy Waldo County



November 2009

## Lung Cancer Awareness Month

One of the best ways to prevent lung cancer is to avoid cigarette, pipe, cigar and little cigar smoking. First by not starting a tobacco habit and second by supporting a smoke free policy in your home and in the places you do business.

States with strong tobacco control laws have markedly lower smoking rates and fewer people dying of lung cancer, according to a 2003 report in *Cancer Causes and Control*. The study found that lung cancer death rates among adults age 30-39 were lower and falling in most states that had strong anti-tobacco programs. In states with weak tobacco control, lung cancer rates were higher and climbing. Another study published in 2008 showed this trend between tobacco control and lung cancer continues.

Tobacco use can cause lung cancer, as well as other cancers, heart disease, and lung disease. Smoking is responsible for nearly 1 in 3 cancer deaths, and 1 in 5 deaths from all causes.

Maine has strong tobacco laws and is working to provide smokers with support to quit, voicing prevention messaging to keep youth from becoming addicted to tobacco and engaging businesses to reduce advertisement of tobacco products.



## Breathe Easy Your In Maine

**Adult smokers in Maine: (2006 report)**  
21% of Maine adults smoke (20% women, 22% men)  
**Former and non-smokers: (2004 report)**  
32% of adults in Maine are former smokers  
47% have never smoked



A Local Healthy Maine Partnership

**Join The  
Great American  
Smoke-Out  
Thursday  
November 19**

**Quit for the day**  
[www.cancer.org](http://www.cancer.org)

**1-800-207-1230**

THE MAINE TOBACCO HELPLINE

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## Protection & Education

### Develop smoke-free policies

- Businesses
- Recreation Areas
- Municipalities
- Child Care

Contact Healthy Waldo County

Barbara Crowley 930-2650

[www.tobaccofreemaine.org](http://www.tobaccofreemaine.org)



## Pledge

### Make your home smoke-free

- Visit [www.smokefreeforme.org/pledge](http://www.smokefreeforme.org/pledge)

In Maine, exposure to secondhand smoke has declined significantly, but it remains a serious public health problem in the state.

- 28% of adults in Maine allow some smoking within the home.
- 25% of Maine adults are still exposed to secondhand smoke at work.
- 53% of high school youth report having been in the room with someone who was smoking sometime during the past week.



## Want To Quit

### Commitment & support are key

- Call the Maine Tobacco Helpline **1-800-207-1230**
- Freshstart quit smoking classes/support **930-2650**
- Look on line [www.quitnet.com](http://www.quitnet.com)
- Talk with your health care provider
- Join The Great American Smoke-Out **Nov.19, 2009**

**Healthy Waldo County**  
[www.healthywaldocounty.org](http://www.healthywaldocounty.org)

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