

Our Accomplishments

Since 1985, the Trek Across Maine has been raising money to support the mission of the American Lung Association in Maine. We celebrate what has been accomplished over the last 26 years and with your help we will continue our efforts fighting for healthy air! These are a few of our recent successes and future challenges.



Tobacco

- Over the past 26 years our adult smoking rate has been cut in half. From 1995 until 2007 our youth smoking rate dropped from 39% to 14%.
- In Maine and throughout New England we lead the nation in protecting people from secondhand smoke.
- For over a decade the ALA in Maine has been the leader in securing nearly \$200 million in Tobacco Settlement funds for smoking prevention and helping smokers to quit including nearly \$12 million this year despite budget problems.
- On the Federal level, after 12 years of trying we finally have nationwide regulation of the tobacco industry. No more flavored cigarettes, no more false claim of “light” and graphic warning labels are all on their way.

But one thing we have learned over the years is that the tobacco industry never gives up. They are inventing new products like dissolvable tablets and slick new smokeless products.

They are being joined by a whole new group of nicotine merchants, those selling electronic cigarettes.

This spring we learned that after a 10 year decline, our youth smoking rate increased. We will be seeking your help over the next year to reverse this trend.

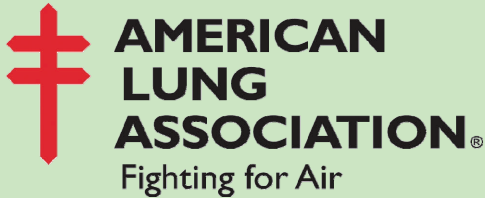
Healthy Air

Our efforts focus on 3 areas: advocating for energy conservation; promoting clean renewable energy and supporting actions that reduce pollution caused by transportation. Given the fact that air pollution doesn't honor state boundaries, we are working throughout New England and at the national level to secure clean energy and transportation.



Examples of our work include:

- Supporting changes in the Clean Air Act (authored by Maine Senator Muskie and updated by Senator Mitchell) to set new health standards for ozone, sulfur dioxide and particulate matter consistent with current research findings;
- Requiring lower sulfur content in heating and industrial oil to reduce sulfur dioxide in the air;
- Supporting a new woodstove replacement fund to get rid of old polluting units; and
- Advocating for expanded wind and solar energy production including Cape Wind, the first off shore wind farm in the nation.



Lung Disease Patient Care

Improving care for lung disease patients is a critical part of our work. We are continuing to provide specialized training through our Asthma Educators Institutes and our new COPD Institute to be sure that health professional have the latest information they need to treat lung disease.

- We have graduated over 260 Asthma Educators plus more than 150 respiratory care senior students.
- Nearly 100 health professionals have received advanced training in COPD education at our newest institute.
- We have also certified over 30 professionals with advanced training in helping smokers quit.

Our support of research remains strong. One of the “stars” is the nationwide Asthma Clinical Research Center network. Their world class research to improve the lives of those with asthma has been published in many scientific journals including the New England Journal of Medicine.



We Can't Do It Without You—Become an E-Advocate

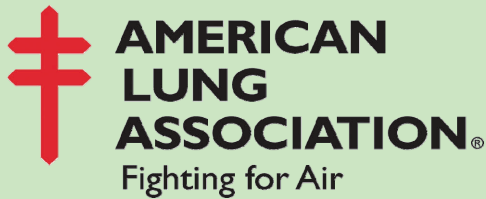
Make Lung Health a Priority:
Join the American Lung Association E-advocacy Network

The Advocacy Network of the American Lung Association is a volunteer advocacy network and communication tool that facilitates change to improve lung health for all.

Maine e-advocacy network volunteers play a vital role by encouraging our lawmakers to make lung health a priority. As an e-advocate you will receive Action Alerts via e-mail updating you on critical issues and calling you to action. **Responding to an Action Alert is as simple as clicking your computer mouse.** Your message will be e-mailed or faxed to targeted legislators. It is a simple way to make a difference and improve lung health.

In the last year we have grown our advocacy network by more than 4,000 members. Please join our efforts today and share this opportunity with your friends. **Your involvement is key to saving lives in New England.**

[Click here](#) to sign up today!



The American Lung Association of New England serves Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont. We are part of the American Lung Association, the oldest voluntary health agency in the U.S.

Our focus today is on healthy air, tobacco control and all lung disease, including asthma and COPD. Our mission is to save lives by improving lung health and preventing lung disease and we do that through education, research and advocacy.

For more information about our events or the work we do go to www.lungne.org.

The American Lung Association in Maine is located at 122 State Street in Augusta. Staff can be reached at 1-888-241-6566.

Thanks!

It would be impossible for us to do our work without the support of our volunteers and donors. Every time a person enters one of our events, makes a contribution or volunteers their time, they are furthering our mission. Thanks to all of you!

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