

Upcoming Events!

September 15th, noon – 1pm

Local Tobacco Prevention Meeting

This information-sharing and planning meeting will be held at noon at the Washington School, 315 North 8th St., Livingston. One of the topics to be discussed at this meeting will be smoke-free living environments and outdoor places. Everyone is welcome! Please call 222-8282 if you plan to attend or want more information.

October 1st

Sixth Anniversary of the Montana Clean Indoor Air Act!

In 2005, the Montana legislature passed the law that requires all enclosed public places and workplaces to be smoke free and also prohibits the use of all tobacco products on publicly funded K-12 schools. This law protects the public from the hazards of breathing second-hand smoke and helps keep kids tobacco free.

October 23-29

Red Ribbon Week

This annual event encourages youth to adopt drug, alcohol, and tobacco free lifestyles. Activities are planned in area schools.

Montana Tobacco Use Prevention Program Budget Cuts

As a result of the last legislative session, the statewide budget of the Montana Tobacco Use Prevention Program suffered a drastic cut of about 50%. Consequently, all aspects of the comprehensive program, including community-based programs, youth advocacy projects, the Quit Line, educational interventions, and school-focused initiatives, have been reduced. The Park County Tobacco Use Prevention Program will continue to work in our community; however, educational and youth activities have been scaled back. Other states that have suffered similar budget cuts to their tobacco prevention program have reported that as a result, tobacco use among youth and adults increased along with tobacco-related disease and death.



The Montana Tobacco Quit Line continues to offer free coaching assistance to Montanans who want to quit smoking or using smokeless tobacco.

The new medication benefits provide two weeks of free nicotine replacement therapy (gum, patches or lozenges), or one of the prescription medications at a discount. Chantix will be available at \$50 per month for up to 3 months. Bupropion can be obtained for \$5 per month for up to 3 months. The Quit Line is open seven days a week. Calls are toll-free at 1-800-QUIT-NOW (784-8669).

Local Mental Health Director Receives Special Award

John Beck, LCPC and Director of The Mental Health Center in Livingston, was the recipient of the Public Health Champion Award from the Montana Department of Public Health and Human Services in recognition of his work to reduce the disease and death caused by tobacco use and to improve the health and quality of life for people within the mental health community.



Nedra Chandler, Health Education Specialist for the Montana Tobacco Use Prevention Program, presented this award in Helena on Thursday, June 16th during a special workshop about tobacco dependence and mental health. In her comments, Chandler highlighted John Beck's work to educate staff and consumers about the toll of tobacco for people with mental health issues and its impact on recovery. In addition, Beck engaged the help of others in his center to create a special cessation program that incorporates both traditional and innovative methods to empower people to break free of tobacco.

When Attending
School Events,
Please Remember.....

Montana Law
Prohibits the Use
of All Forms of
Tobacco on
School Property.

Role Modeling
Healthy Behavior
Helps Our Students
Be Tobacco Free!

Youth In Action

Billboard Design Contest

A billboard design contest is conducted every year in Mrs. Stevenson's 8th grade art classes at Sleeping Giant Middle School. The program serves as an educational tool in multiple ways. The billboard project teaches students about commercial art, helps them understand how media works, and educates everyone with a positive message about staying tobacco free. This year's winners were Cassidy Versland and Katrina Stordalen. The artwork of each winner is displayed on a billboard for about one month during the summer. Ms. Versland's image was displayed in July; and Ms. Stordalen's is up in August on the triple sided billboard located where Lewis Street intersects Park Street. The billboard with the students' artwork faces east.



reACT is the Montana teen movement that encourages youth to speak out against tobacco use. The reACT website, www.reACTMT.com has information and ideas for teens who would like to get involved.

Cougar Service Organization



During Red Ribbon Week, CSO members plan and organize activities in which all students at Sleeping Giant Middle School may participate

Cougar Service Organization, known by students at Sleeping Giant Middle School as CSO, engages enthusiastic young people in projects and activities that benefit the school and community. CSO youth are a positive force, implementing projects that engage the entire school. CSO plans dances; organizes the school-wide food drive; creates displays in the school lobby to promote alcohol, drug, and tobacco free lifestyles; and helps organize daily activities during Red Ribbon Week. Members of this group bring the Smoke Free Dragon to elementary students, delivering the message to kids that, "Smoke Free is the Way to Be!" Cougar Service Organization is open to all students and everyone is invited to attend.



For Chalk the Walk, CSO youth write messages on school walkways encouraging their peers to stay drug, alcohol, and tobacco free

Tobacco Topics in the News!

Hazards of Hookah Smoking

College students are embracing hookah (water pipe) smoking on campuses nationwide. There is a false perception among many students that sweet, aromatic hookah smoke is less dangerous than harsh cigarette smoke. In reality, hookahs are far from safe. In 2005, a study by the World Health Organization found that because an average hookah session can last up to an hour with smokers typically taking long, deep breaths, the smoke inhaled can equal 100 cigarettes or more. Additionally, hookah smoke is heated with charcoal, leading to dangerously high levels of carbon monoxide. Several studies have linked hookah use to the same diseases associated with cigarette smoking, since hookah smoke contains tar, heavy metals, and other cancer-causing chemicals. In recent years, legislators have begun to introduce bills which ban or limit hookah bars, and college administrators have expanded their anti-smoking policies to include hookahs.

For more information, please visit http://www.nytimes.com/2011/05/31/health/31hookah.html?_r=1

Smoking in Front of Preteens Can Get Them Hooked on Cigarettes

Preteens who repeatedly observe a parent, sibling, friend, or neighbor consuming cigarettes are more likely to start smoking themselves, according to a recent study published in the Oxford Journal of Nicotine and Tobacco Research. Findings suggest that smoking in front of children could possibly trigger addiction in the brain, getting children hooked on cigarettes before they actually start smoking themselves. Researchers questioned 11-13 year olds enrolled in public schools about their smoking habits, the number of smokers in their entourage, and the situations where they observed smoking. The lead study author found that preteens who were surrounded by more smokers believed that there are greater advantages to smoking. It is recommended that parents who are not ready to quit smoking should step outside of their home or car if they smoke, keeping the addictive habit out of the sight, breath, and mind of their children.

For more information, please visit <http://www.dailymail.co.uk/health/article-2003453/Smoking-children-make-addicted-nicotine.html>

Prostate Cancer More Aggressive in Men Who Smoke

Men with prostate cancer who are cigarette smokers at the time of their diagnosis are much more likely to die of the disease or experience a recurrence than non-smokers, according to a new study published in the Journal of the American Medical Association. Even smokers who quit at least 10 years before the diagnosis are more likely to be subject to these negative health effects. The study followed 5,366 men diagnosed with prostate cancer between 1986 and 2006 for eight years. Men who were actively smoking when they were diagnosed were 61% more likely to die and 61% more likely to experience a recurrence than non-smokers. Heavier smokers and those who smoke for longer periods of time tend to fare the worst. It is important for men to quit as early as possible since even men in their 30s may be harboring cancerous tumors in their prostates.

For more information, please visit <http://news.health.com/2011/06/21/smoking-prostate-cancer/>

Secondhand Smoke Tied To ADHD And Learning Disabilities In Children

Children exposed to secondhand smoke in the home appear to be at 50% higher risk of neurobehavioral disorders (that is, attention-deficit/hyperactivity disorder or ADHD/ADD, learning disabilities, and conduct disorders) compared to unexposed children, according to an analysis led by the Harvard School of Public Health. Boys appeared to be at significantly higher risk than girls. Older children, especially aged between 9 and 11, and those in the poorest households had the highest risk.

This study was published in the journal, *Pediatrics* 11 July 2011, 10.1542/peds.2011-0023

New Cigarette Warning Labels Announced



Beginning September 2012, U.S. Food and Drug Administration (FDA) will require larger, more prominent cigarette health warnings on all cigarette packaging and advertisements in the United States.

Recently unveiled are the nine graphic health warnings that will be placed on the top half of both the front and back of all cigarette packages. The goal of this measure is to help prevent children from smoking, encourage adults who smoke to quit, and ensure every American understands the dangers of smoking.



These are some of the health warnings that were selected to appear on packages.

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