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Park County Tobacco Use Prevention News October 2008



Upcoming Events!

October is the 3rd Anniversary of Montana's Clean Indoor Air Act

October 27-31 Red Ribbon Week

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

Thursday, November 6th, 6:30-8:30 "Getting Ready To Quit" program

This free class will provide practical information and techniques to help people quit any form of tobacco. Call 222-8282 for more information or to register.

Thursday, November 20th Great American Smoke Out

This national event encourages people who smoke to quit for the day with the hope that they will remain tobacco free forever.

Thursday, November 20th Local Tobacco Use Prevention meeting

This information-sharing and planning meeting will be held at noon at Washington School. Everyone is welcome! Please call 222-8282 if you plan to attend or would like more information.

October Marks 3rd Anniversary of Montana's Clean Indoor Air Act

Full Implementation will occur in 2009

The Montana Clean Indoor Air Act, enacted on October 1, 2005, currently requires enclosed public places and most workplaces to be smoke free. It also prohibits the use of all tobacco products on the property of publicly funded K-12 schools. On October 1, 2009, full implementation of this law will occur. On this date, the adjustment period for bars and casinos will end, and they will join the other workplaces in being smoke free. All Montanans will be able to breathe smoke free indoor air while at work and customers can enjoy their favorite bars and casinos without being exposed to the harmful chemicals found in secondhand tobacco smoke.

Smoke-free laws protect the public from an increased risk to health. Eight studies independently examined the effects of smoke free policies on the incidence of heart attacks. Overall, there was a 19 percent drop in hospital admissions for heart attacks when cities or municipalities passed laws mandating smoke-free workplaces, restaurants, and bars.

The Montana Tobacco Use Prevention Program has initiated the "I Can't Wait!" awareness campaign to educate about the benefits all Montanans will receive when full implementation of the law occurs on October 1, 2009. Ads on television will feature the popular Bozeman band, The Clintons, as well as others who have been affected by secondhand smoke and are looking forward to having all of Montana's workplaces be smoke free.

Expect a
Smokefree MONTANA 10.01.09



Montana Residents Strongly Support the Montana Clean Indoor Air Act

The responses from a survey of 503 registered voters in Montana:

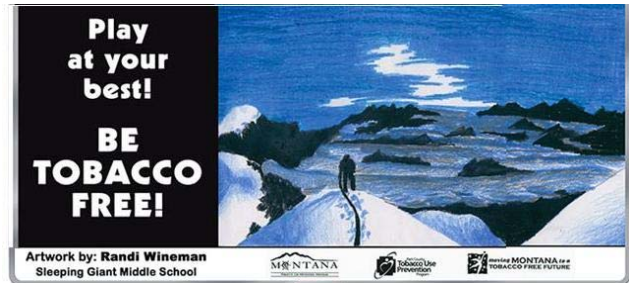
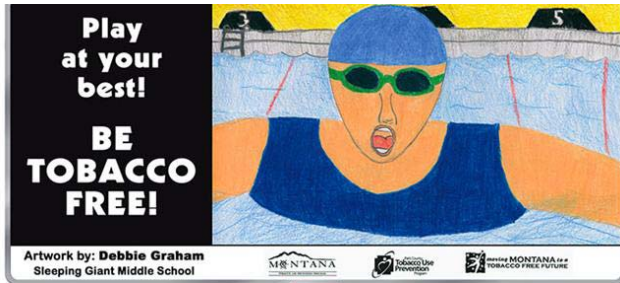
- 79 percent favored the Montana Clean Indoor Air Act, which prohibits smoking in all indoor public places including all workplaces, public buildings, restaurants, bars, and casinos. There is broad support from both Republicans and Democrats, young and old, men and women, urban and rural counties.
- By a 7-to-1 margin, respondents prefer smoke-free bars and casinos over those that allow smoking.
- By a 3-1 margin, Montana voters say they will vote for a candidate for state legislature who supports fully implementing the Montana Clean Indoor Air Act.
- More than 7 out of 10 Montana voters believe that exposure to secondhand cigarette smoke is harmful to health.

(This statewide telephone survey was conducted in September 2008 by Harstad Strategic Research, Inc. and was commissioned by Protect Montana Kids, a coalition of the American Cancer Society Cancer Action Network, American Heart Assoc., and Am. Lung Assoc. of the Northern Rockies.)

Youth In Action

Sleeping Giant Middle School Billboard Design Contest

A billboard design contest is conducted every year in Mrs. Stevenson's 8th grade art classes. The program serves as an educational tool in multiple ways. The billboard project teaches students about commercial art, it helps them understand how media works, and the billboard educates everyone with a positive message about staying tobacco free. Winning artists were Randi Wineman and Debbie Graham. The artwork of each winner appeared on a billboard for one month during the summer. Ms. Wineman's image was displayed in July, and Ms. Graham's was seen in August on a billboard located on Highway 89 South, about ¼ mile from I-90.



Cougar Service Organization

Cougar Service Organization is known by students at Sleeping Giant Middle School as CSO. This after school program engages enthusiastic young people in projects and activities that benefit the school and community. Every year, the youth in CSO become a positive force, implementing projects that engage the entire school, such as daily activities during Red Ribbon Week. CSO plans dances, organizes the school-wide food drive, and creates displays in the school lobby with messages that promote alcohol, drug, and tobacco free lifestyles. CSO members raise money through a variety of activities throughout the year and then donate the money to local organizations. It is members of this group that bring the Smoke Free Dragon to classrooms in the elementary schools, 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 be a part of the group.



Now is a great time to call the Montana Tobacco Quit Line for help in quitting cigarettes or chew tobacco. A Quit Coach will help callers develop a personalized quit plan and explain the various types of cessation medications. Montanans can receive a free four-week supply of nicotine replacement products, such as the patch, gum, or lozenge, or find out how to obtain the newer prescription drug, Chantix, at a greatly reduced cost.

The Quit Line is open seven days a week, so call 1-800-QUIT-NOW today!

Want to Quit Smoking or Chewing Tobacco?

Come to a free program:

Getting Ready to Quit
Thursday, Nov 6th from 6:30 – 8:30 pm

Learn tips and techniques to help you be successful
Find out about the Montana Tobacco Quit Line
Learn about cessation medications
Pick up a Tobacco Quit Pack
Get information to share with a family member or friend

Call 222-8282 for more information or to register.

Important Research About Secondhand Smoke

❖ New Study Shows Even Brief Exposure to Secondhand Smoke is Harmful ❖

A study conducted by the Department of Medicine at the University of California San Francisco investigated how secondhand smoke affects the circulatory system. The researchers found evidence of blood vessel damage in young and otherwise healthy nonsmokers after breathing secondhand smoke for as little as 30 minutes. This creates an increased risk for having a heart attack.

The research found that after exposure to secondhand smoke, cells in the lining of the blood vessels became damaged and the natural repair mechanisms didn't function as well. In addition, blood vessels lost their ability to respond to changes in blood flow resulting in an increase in blood pressure. Many of these effects persisted 24 hours after the brief exposure to secondhand smoke. The study findings were published in the May 6, 2008 issue of the *Journal of the American College of Cardiology*.

(Source: <http://pub.ucsf.edu/newsservices/releases/200805022/>)

❖ Secondhand Smoke Increases Women's Risk for Heart Attack and Stroke ❖

The Harvard School of Public Health recently released the results of a study that examined the effects of secondhand smoke on non-smoking women. The authors found that exposure to passive smoking increased heart disease by 69 percent, stroke by 56 percent, and peripheral artery disease by 67 percent. The researchers also reported that this risk rose with increased exposure levels. The research was published online in the September 22, 2008 issue of the journal *Circulation*.

(Source: www.jointogether.org/news/research/summaries/2008/secondhand-smoke-increases.html)

❖ Childhood Asthma, Allergies Linked to Secondhand Smoke ❖

An immune response triggered by secondhand smoke could cause some children to develop asthma and allergies, according to researchers at Pittsburgh's Allegheny General Hospital. They reported that exposure to secondhand smoke may cause children to overproduce interleukin-13 (IL-13), a chemical linked to both allergies and childhood asthma. The smoke-exposed children had more activated immune cells (T helper lymphocytes) than the non-exposed children. During infancy, the body's immune responses including IL-13 production are still developing and may be influenced by a variety of environmental factors, including secondhand smoke.

(Source: www.jointogether.org/news/research/summaries/2006/childhood-asthma-allergies.html)

❖ Secondhand Smoke Exposure Can Lead to Youth Nicotine Addiction ❖

New research suggests that exposure to secondhand smoke may lead to nicotine addiction among the children of smokers. Canadian researchers studied 1,488 students ages 10-12 who had never smoked but were exposed to secondhand smoke, and found that five percent reported symptoms of nicotine dependence. Lead investigator Mathieu Belanger said he was surprised to see evidence of nicotine dependence in children as young as 10, even though they had never smoked. Belanger also noted that while it may seem unconventional that non-smokers are reporting cigarette cravings, tobacco studies have found toddlers with carcinogens in their blood related to secondhand smoke. The findings were published online in the July 23, 2008 issue of the journal *Addictive Behaviors*.

(Source: www.jointogether.org/news/research/summaries/2008/secondhand-smoke-exposure-may.html)