

Park County Tobacco Use Prevention Program February 2012

Upcoming Events!

February 19th – 25th

Through with Chew Week

This national event educates about the harmful effects of smokeless tobacco and encourages tobacco users to quit on the **Great American Spit Out, February 23rd**.

March 8th, noon – 1pm

Tobacco Use Prevention Meeting

This information-sharing and planning meeting will be held at noon at the Washington School, 315 North 8th St., Livingston. Everyone is welcome! Call 222-8282 if you plan to attend or would like more information.

Join the Great American Spit Out and Quit for Good!

- Live a longer, healthier life
- Save money (chew tobacco users spend an average of \$2,000 a year)
- Lower your risk of heart attack, stroke, and cancer
- Have more energy



Through With Chew Week
February 19-25, 2012

Great American Spit Out
February 23, 2012

QUIT FOR A DAY OR QUIT FOR GOOD • QUIT FOR A DAY OR QUIT FOR GOOD

Chew Tobacco is DANGEROUS!

It contains more than 3,000 chemicals; 28 of these are known to cause cancer. Chew tobacco causes oral cancer, tooth and gum disease, and it is linked to cardiovascular disease.

Chew Tobacco is DEADLY!

People who use chew tobacco are 50 times more likely to get oral cancer than nonusers. It can spread quickly and one in three people diagnosed with oral cancer die from it.

Chew Tobacco is ADDICTIVE!

High levels of nicotine make chew highly addictive. One "pinch" delivers the same amount of nicotine as 3-4 cigarettes.

Chew Tobacco is NASTY!

It causes bad breath, mouth sores, stained teeth, gum recession, and tooth decay. Grit and chemicals in chew wear down teeth.

Chew is NOT a safe alternative to smoking.

MSU Health Promotion supports a clean, healthy living and learning environment for all students, staff, and visitors, including children and pets. Free Quit Kits (smoke or spit) are available in the Health Promotion Office located in the 2nd floor of the Student Health Service.

Montana State University will become tobacco-free on August 1, 2012

A tobacco-free MSU will:

- Greatly reduce a known source of toxic litter from campus
- Protect people from unwanted, involuntary and harmful exposure to passive smoke and tobacco waste
- Create a supportive environment for those who are trying to quit tobacco



Call or stop by Park County Tobacco Use Prevention Program if you would like one of these decals for your home, business, or car.

Youth In Action

Cougar Service Organization

Cougar Service Organization (CSO) is a group at Sleeping Giant Middle School where youth meet to engage in projects and activities that benefit the school and community.

CSO meets throughout the month of February to plan activities for Through With Chew Week and to develop fundraisers that will take place during Valentine's Day.



This poster was created through a joint effort by students and staff at Park High School, Haines Photography, and Park County Tobacco Use Prevention Program. A second poster, which will feature students engaged in winter sports, is currently being created by photography classes. Park High youth embrace healthy, active lifestyles, and are committed to staying tobacco free.

Smoking Cessation Support for Teens – on their Cell Phones



The National Cancer Institute (NCI) has launched a new effort to help teens quit smoking through using one of their most constant companions – the cell phone. Developed by smoking cessation experts, a free text message service provides 24/7 encouragement, advice, and tips to teens trying to quit smoking. Cell phones are a way to connect teens who want to quit with proven tools and strategies that make sense in the context of their everyday lives.

SmokefreeTXT is a free mobile service designed for teens across the United States. Signing up is quick, easy and free. Teens can go online to the NCI website www.teen.smokefree.gov and on that website they'll see a place to enroll in the SmokefreeTXT program. If teens want to enroll on the go, using their cell phone, they can text QUIT to 47848. This program may not be for those who pay for individual texts. Check with the mobile provider.

Tobacco News from Across the Country

Washington's Tobacco Prevention Program Resulted in Savings of \$1.5 billion

A study published by the American Journal of Public Health found that Washington state's tobacco prevention and cessation program saved the state more than \$1.5 billion in health care costs over its first ten years. From 2000 to 2009, Washington's tobacco program saved more than \$5 for every \$1 spent by reducing hospitalizations for heart disease, stroke, respiratory disease and cancer caused by tobacco use.

Over the 10-year period, the program prevented nearly 36,000 hospitalizations, saving \$1.5 billion compared to \$260 million spent on the program. These are real savings in tobacco-related hospitalization costs from 2000 to 2009, not projected savings in future health care costs. The study further found that Washington's smoke-free workplace law and the state's multiple cigarette tax increases also contributed to smoking declines and health care savings.

Source: The study was published online by the American Journal of Public Health. An abstract can be found at: <http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2011.300506>.

Major League Baseball Announces New Restrictions on Tobacco



Major League Baseball and the players' union recently announced new restrictions on the use of tobacco products on and off the field, starting with the 2012 season. The new 5 year contract states that players can no longer bring tobacco products onto the field, in their pockets, or on their person. In addition, players can longer use tobacco products during televised interviews, during autograph signings, or at any event where fans will be present. The Major League Baseball and the Major League Baseball Players Association will partner with The Partnership at drugfree.org on a national public service announcement campaign that will feature notable players. A Tobacco Cessation Center for the players will be created to provide resources and assistance to educate players and help them quit.

While not perfect, these restrictions are an important and historic step in the right direction, as it is the first time smokeless tobacco use has ever been addressed in Major League Baseball. In the minor leagues, where players are not unionized, smokeless tobacco has been banned since 1993. These policies help to minimize young fans seeing their heroes using tobacco on TV and at events, thereby removing some of the imagery that gives kids the impression that tobacco is cool and increases athletic performance.

Study finds e-cigarettes can cause airway problems, and quickly

Electronic cigarettes, often marketed as an alternative to smoking, have been found to produce immediate adverse changes in the users' airways, according to a study published in the journal, *Chest*. Researchers found that after just five minutes of puffing on an e-cigarette, users showed signs of airway inflammation and constriction, similar to some of the effects seen with tobacco smoking. It is not known whether that short-term response could cause long-term lung diseases like emphysema.

"E-cigarettes" are battery-powered devices that allow users to inhale a vaporized liquid nicotine solution instead of tobacco smoke. They were designed as a way for smokers to get their nicotine fix without exposing themselves, or other people, to the toxins in tobacco smoke. But some scientists, including officials at the U.S. Food and Drug Administration (FDA), warn that too many questions remain about the safety of these products. The FDA website states "e-cigarettes may contain ingredients that are known to be toxic to humans, and may contain other ingredients that may not be safe."

Source: <http://chestjournal.chestpubs.org/content/early/2011/12/21/chest.11-2443.abstract>

Tobacco Quit Line Has Expanded Medication Benefits



To help Montanans who resolve to quit tobacco in the New Year, the Montana Tobacco Quit Line has increased its medication benefits as of January 1st. For a limited time, the quit line can provide a four-week supply of FREE Nicotine Replacement Therapy (patches, gum, or lozenges) instead of a two-week supply. And the two prescription medications for quitting are available at a greatly discounted price. Chantix can be obtained for only \$50 per month, and bupropion costs just \$5 per month. Both of these require a prescription, and callers can receive either of these medications for up to three months, while participating in the quit line coaching program. The Montana Tobacco Quit Line is open every day, including weekday evenings, and can be reached by calling 1-800-QUIT-NOW (784-8669). Make 2012 the year that you became tobacco free!

Tips for Quitting

Make a plan and list your reasons for quitting. Review your daily habits and change your routines.

Build a support team of family, friends, and co-workers.

Talk with a health professional about medications that can help you quit.

Pick a quit date.

Stock up on substitutes such as gum, sunflower seeds, and hard candy. Put them in places you previously kept tobacco.

Reward yourself. Use the money you save to celebrate your success.

Don't give up. It is hard to free yourself from nicotine addiction. If you slip, don't get discouraged. Find out what went wrong and try again!

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