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Park County Tobacco Use Prevention Program September 2009



Upcoming Events!

October 1, 2009

Speaker on Secondhand Smoke and Health

Enjoy lunch and update your knowledge about the effects of secondhand smoke. Dr. Robert Shepard, M.D. will be speaking at Washington School October 1st from noon to 1p.m. Call 222-8282 to make your luncheon reservation.

October 1, 2009

Montana Clean Indoor Air Act

All enclosed public places and workplaces, including bars and casinos, are required to be smokefree as of this date. See page three and the insert for more information about secondhand smoke and the law.

October 26-30, 2009

Red Ribbon Week

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

Smoke Free Air for Everyone

Montana's Clean Indoor Air Act will be Fully Implemented on October 1st

Since it was enacted in 2005, the Montana Clean Indoor Air Act has required all enclosed public places and most workplaces to be smoke free. On October 1st full implementation of this law will occur, which will eliminate all temporary exceptions for bars and casinos. On this date, the four year adjustment period will end, and all bars and casinos will join the other Montana 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.

The Montana Tobacco Use Prevention Program is available to assist businesses make the transition to a smoke free environment and answer questions about the law. Access their website: tobaccofree.mt.gov or call 1-866-787-5247 to obtain information or report violations. Montana will soon join many other states across the country in providing smoke free air for everyone.

Clare Lemke Speaks at National Conference

Clare Lemke, R.N. spoke at the National Conference on Tobacco or Health in Phoenix this summer. As the coordinator of Montana's program to create tobacco free medical campuses, Clare's presentation discussed the process of successfully transitioning hospitals to a tobacco free campus. When the program began two years ago, there were only three hospitals in Montana with tobacco free policies. By the end of 2009, there will be twenty-eight.

Her presentation highlighted the importance of building support within hospital networks and local resources. It provided practical information and materials beneficial to health care providers, facility directors, and tobacco use prevention program staff interested in replicating her approach in their own state or community.

Lunch & Learn

"Secondhand Smoke and Health" Robert Shepard, M.D.

Join us for lunch and hear the latest information about the effects of secondhand smoke on your health. Learn the importance of protecting yourself and your loved ones from exposure.

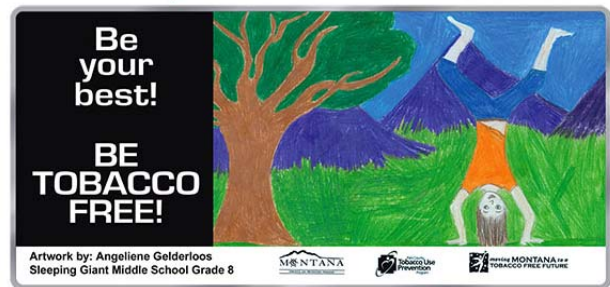
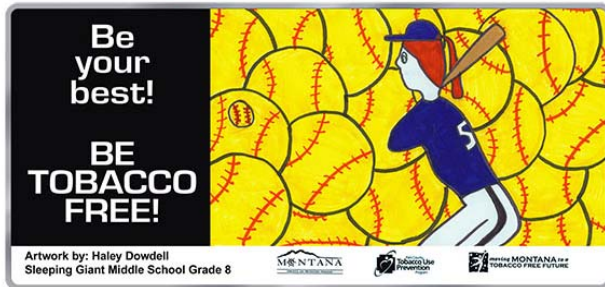
Dr. Shepard is a co-author of the groundbreaking Helena Heart Study, which established a link between secondhand smoke and heart attacks.

**Thursday, Oct. 1st ~ Noon to 1pm
Washington School
Lunch will be served.
Make reservations by calling 222-8282**

Youth In Action

Billboard Design Contest

Eighth graders enter a billboard design contest each year in Mrs. Stevenson's art classes at Sleeping Giant Middle School. The project is an educational tool in multiple ways. Students learn about commercial art, they learn how the media influences its audience, and the billboard they create educates everyone with a positive message about staying tobacco free. This year's winning artists are Angeliene Gelderloos and Haley Dowdell. The artwork of each winner appears on a billboard for one month. Ms. Dowdell's image will be on display mid-August to mid-September and Ms. Gelderloos's will appear mid-September to mid-October. Look for the contest winner's artwork on the triple sided billboard located where Lewis Street intersects Park Street. The billboard faces east.



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 YOUTH BE TOBACCO FREE

A Generous Gift Helps Keep Tobacco Prevention Program in Livingston Schools

Tobacco use is the single most preventable cause of death and disease in our society, and it's Adrienne Fabich's job to make sure the kids in Livingston Schools know all about it. As the Youth Coordinator for Park County Tobacco Use Prevention Program, it's her job to help kids reject tobacco. The Park County Tobacco Use Prevention Program, with support from Livingston HealthCare, has been an integral part of tobacco use prevention in the Livingston School District since 2000.

Recently, the grant funding that kept this important program going came to end. Sharon LaDuke heard about the need for funding while at a knitting circle. "Adrienne was talking about the program with several teachers who are also in the group," explained Sharon. "The teachers had such great things to say. Afterward, I talked with my husband about how important it was to keep these programs going, and we decided to make a donation to support Adrienne's work."

"To keep kids free from tobacco, messages about its harmful effects must be consistently presented and reinforced," said Adrienne. "The financial contribution made by Sharon and Kerry LaDuke will be instrumental to keeping tobacco use prevention available to Livingston students in the coming year."

"I hope our gift inspires others to help keep this program going," said Kerry LaDuke. "We have had smokers in our family who have suffered with health issues and we know how important it is to keep kids from using tobacco. We are supporting these efforts so that there isn't a break in the school program where it is needed most."

If you would like to support tobacco use prevention in schools, contact the Livingston HealthCare Foundation at 406-823-6261.



Answers to Your Questions

Q. What is the Montana Clean Indoor Air Act?

A. It is a Montana state law that requires all enclosed public places and workplaces to be smokefree as of 10/1/09.

Q. What is the definition of an “enclosed public place” and a “place of work?”

A. An “enclosed public place” means an indoor area, room, or vehicle that the public is allowed to enter or that serves as a place of work. Enclosed public places include but are not limited to restaurants, bars, casinos, stores, public and private offices, health care facilities, schools, public transportation, and business vehicles. A “place of work” means an enclosed place where one or more individuals are required to be as part of their job.

Q. Are there any exceptions to the law?

A. Yes. The law does not apply to:

- Private residences, unless the residence is used as a day care, an foster care home, or a health care facility
- Private vehicles
- Hotel rooms designated as smoking rooms. Currently, the hotel has the option to designate no more than 35 percent of its rooms as smoking rooms.
- Sites used in connection with the practice of cultural activities by American Indians in accordance with the American Indian Religious Freedom Act.

Q. Are businesses required to post signs?

A. Yes. Businesses are required to post “no smoking” signs that are clearly visible at all public entrances. Signage can be obtained without cost by calling 1-866-787-5247.

Q. What should I do if I observe someone smoking at my workplace or in a place where smoking is no longer allowed?

A. You can report a violation online at tobaccofree.mt.gov or by calling 1-866-787-5247. If someone is smoking at your workplace, you have the right to ask your employer to enforce the law, or you can report the violation yourself.

Q. Are there penalties for businesses that violate the law?

A. Yes. A business owner or manager who fails to comply with the law is guilty of a misdemeanor after the third violation in a 3-year period, and will be warned, reprimanded, and fined as follows:

1. A warning for the first violation
2. A written reprimand for the second violation
3. Within any 3-year period, a fine of:
 - \$100 for the third violation;
 - \$200 for the fourth violation; and
 - \$500 for the fifth or subsequent violation.

Services Provided by the Quit Line

The Montana Tobacco Quit Line is a free, state program that helps tobacco users end their addiction. The Quit Line provides the following:

- **Free** telephone assistance for all Montanans
- **Free** help developing a personalized quit plan
- **Free** cessation coaching
- **Free** initial supply of nicotine replacement therapy (patches, gum, or lozenges)
- Chantix at a great discount (prescription needed)
- **Free** educational materials for family and friends of tobacco users
- Staff is trained to offer specialized services for teens, smokeless tobacco users, pregnant woman, and people with mental illnesses

MONTANA TOBACCO



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We can help.

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