



Making Tobacco History

January 11, 2014 marked the 50th anniversary of the first Surgeon General’s Report on Smoking and Health. This landmark report, released by Surgeon General Dr. Luther Terry in 1964, was the first federal government report that linked smoking and illnesses including lung cancer and heart disease. This scientifically report laid the foundation for tobacco control and prevention efforts in the United States.

There have been 31 Surgeon General’s Reports released over the past 50 years and they have increased our understanding of the serious health effects and financial burdens caused by tobacco use, the leading preventable cause of death in the United States. Tobacco use kills almost half a million people each year.

But there is still work to be done here in the YK Delta; there has been a significant increase in the number of cases of cancers and heart disease, all of which are related to tobacco use. We now know that tobacco use causes many types of cancers and other illnesses, so preventing the next generation of kids from becoming addicted to it is one of the best ways to end the epidemic of tobacco use in the region.

For more on the Surgeon General’s Report visit: www.surgeongeneral.gov/initiatives/tobacco/



Bethel Council Amends Smoking Code

At its January 28 meeting, The Bethel City Council passed Ordinance 14-04 to amend the Bethel Municipal Code Section 8.10 Smoking Pollution Control, Violations and Penalties.

“This is simply adding some penalties to part of the Bethel Municipal Code we already have in place. Previously the Bethel Municipal Code said you can’t smoke where it is prohibited, but if you did, there was nothing that could be done about it,” said council member Sharon Sigmon. “So it is like when you tell a child to go clean your room – and if you don’t, that’s okay too. This is simply adding some fines and they are not excessive fines, in my opinion. These are infractions so they are not criminal penalties.”

The first fine would be \$50, the second violation would be \$100 within a year, and the third is a \$300 fine for violating within a year. The infraction would be the equivalent of a parking ticket and is not a criminal action.

“It gives us the opportunity to issue a citation when someone is smoking in a designated non-smoking area,” Sigmon said.

This does not take away a person’s ability to challenge the ticket or to go and request that the state or municipality prove it, it simply gives them the option of not having to go to court and paying the ticket,” said City Attorney Patty Burley.

“Has anybody ever been cited under the Bethel Municipal Code no smoking laws?” asked Vice Mayor Robb.

“No sir,” said Chief of Police Lawrence Elarton.

The motion carried unanimously with Vice Mayor Robb, and council members Sigmon, Eric Whitney, Heather Pike, and Leif Albertson (attending telephonically) voting Yes. In absentia were Mayor Joseph Klejka and council member Mark Springer.

Article from Delta Discovery of February 5th 2014

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Kick Butts Day

National Kick Butts Day falls on March 19, 2014 this year.



This event was started in September of 1995. Teachers, youth leaders, health advocates, and communities around the world organize events to encourage youth not to use tobacco and stay tobacco free.

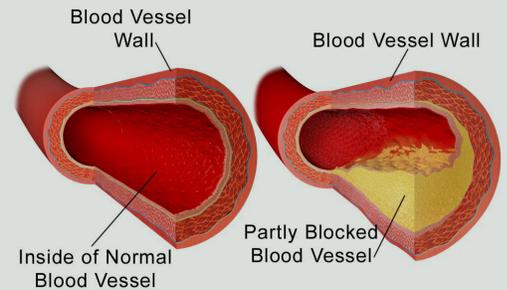
In Bethel we will celebrate “Kick Butts Day” on Saturday March 29 at the Cultural Center, come join us for fun and games and win prizes and let’s teach the kids to say no to tobacco.

Why Does Tobacco Give You High Blood Pressure?

High blood pressure (hypertension) happens when the heart has to pump harder than normal to get blood to the rest of the body. Tobacco products like cigarettes, snuff and iq'mik all have nicotine, which makes your blood vessels become hard and narrow. When the heart has to work harder to push blood through the body because blood vessels are so much smaller, people can develop heart disease.

Carbon monoxide, found in cigarette smoke, is a poison that replaces the oxygen in your bloodstream. This also makes your heart work harder and faster because it's trying to deliver oxygen to the body, but the poison is making it much more difficult.

People with high blood pressure are much more likely to have heart disease and heart attacks than people with normal blood pressure. The sooner a person stops using tobacco, the sooner their body can heal itself. Even if you or someone you know has had a heart attack already, quitting tobacco now can help prevent another one in the future. It's never too late to quit smoking or chewing!



Normal and Partly Blocked Blood Vessel

Picture courtesy of <http://www.drugs.com/cg/endovascular-cryoplasty-inpatient-care.html>

Help a Tobacco User Quit: Do's and Don'ts for Family and Friends

As a friend or family member of a tobacco user, it can be difficult to determine what to do in different stages or situations of their process to become tobacco-free. Here are a few tips to guide you in your important role.

DO respect that the quitter is in charge. This is their lifestyle change and their challenge.

DO ask the person whether they want you to ask regularly how they're doing. Ask how they're feeling, not just if they've stayed quit.

DO try to see from their point of view—a tobacco user's habit may feel like an old friend that's always been there when times were tough. That can be hard to give up.

DO make your home smoke free, and remove any ashtrays and lighters that may remind them of smoking or chewing.

DO help the quitter get what they need and get their spaces feeling smoke free. This means keeping them stocked in hard candy or straws to chew on, fresh veggies cut up in the fridge, and washing clothes, carpets, drapes, and furniture of tobacco smells.

DO celebrate along the way. Quitting tobacco is a big deal!

DON'T doubt the user's ability to quit. Your faith in them reminds them they can do it.

DON'T judge, nag, preach, tease, or scold. This may make them feel worse about themselves.

DON'T take the quitter's grumpiness personally during their nicotine withdrawal. Tell them that you understand the symptoms are real and remind them that they don't last forever.

DON'T offer advice. Just ask how you can help them with the plan or program they are using.

If your ex-tobacco user "slips," don't assume that they will start back using like before. Most people slip up. Remind them how long they went without using tobacco, and walk through the reasons they wanted to quit. Helping them forget about the slip as soon as possible can help, so continue to offer support and encouragement. Remind them they're still a "quitter," NOT a tobacco user.

If your ex-tobacco user relapses (goes back to using like they were before they tried to quit), help them think about the previous attempt as practice for the next time. Praise them for trying to quit, and for whatever length of time they stayed quit.

Remind them that they didn't fail—they're learning how to quit—and you're going to be there for them the next time and as many times as it takes.

Encourage them to try again and learn from the attempt. Find out what made it so difficult the first time to quit, and what could be done to fix that. It takes time and skills to learn to be a non-tobacco user.

If you're a tobacco user yourself, there are some things to keep in mind to support your loved one who is trying to quit. First and foremost, do not use tobacco around them. You should also keep your tobacco, lighters, matches, or anything else tobacco-related out of sight. They may be triggers for your loved one.

Don't ever offer the quitter any form of tobacco, even as a joke. This shows you're not taking their effort seriously. And, of course, try joining them in their effort to quit. It's better for your health and tends to be easier to do with someone else who is also trying to quit.

More tips can be found at <http://www.cancer.org/healthy/stay-awayfromtobacco/helping-a-smoker-quit>

Pharmacy chain to stop selling cigarettes and other tobacco products

CVS Caremark, one of the largest pharmacy chains in the country announced that it will stop selling cigarettes and other tobacco products,

Its chief executive CEO Larry Merlo was quoted as saying *“When we asked ourselves where we expect to be in the future as a healthcare company, it became clear that removing tobacco products from our stores is the right thing to do.”*

The 7,600 CVS shops in the US will have tobacco products off the shelves by 1 October, Mr Merlo said in a videotaped statement posted on the company’s website. *“Tobacco products have no place in a setting where healthcare is delivered,”*

Pharmacies store are were patients go to get flu shots, pick up their medicines; it is an environment that promotes health. It makes good sense then that it should be the last place marketing tobacco products. This makes CVS the first of the national pharmacies to stop selling tobacco products and hopefully many others will follow this good example.

Tobacco use is the single largest preventable cause of death in the US, according to the federal Centers for Disease Control and Prevention (CDC). Many years of tobacco prevention efforts have increase public awareness, laws to protect the public from second hand smoke and tightening restrictions on where smoking is allowed have also played a big part it reducing tobacco use.

Also through effective public anti-tobacco campaigns and prohibitively high tobacco taxes there has been a dramatic reduction in the percentage of Americans who smoke.

Today, about 18-20% of the US population currently smokes cigarettes; this has reduced from more than half of men and nearly a third of women in 1964, according to the surgeon general’s report.

CVS also announced that it will launch a smoking cessation program in the spring, aimed at those who want to quit tobacco.

Here in the YK delta resources are available for those looking to quit, you can call YKHC Nicotine Control Dept @ 1-800-478-3321 ext 6312 or call the Alaska state Quit Line @ 1-800-QUIT-NOW

TOBACCO IS NOT OUR CULTURE

LIFE WITHOUT CANCER SOUNDS GOOD TO ME.
- Austin Atcherian, TNAU Member

TOBACCO IS NOT OUR CULTURE

Maybe in generations before ours it was cool, but when I see someone smoking or chewing, it just looks bad.
- Caitlin Ragoza

TOBACCO IS NOT OUR CULTURE

I want to live by example for my children and my family.
- Deanna Latnam

TOBACCO IS NOT OUR CULTURE

I have too much to live for.
Watching my loved ones pass away from something preventable was the saddest thing I've ever been through. After 20 years I decided it was time to quit.
- Karen McIntyre, EX-SMOKER

Education & Outreach: Spreading the No Tobacco Message





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HEALTH CORPORATION



DELTA
TOBACCO CONTROL
ALLIANCE

Quote

*"Our greatest weakness lies in giving up.
The most certain way to succeed is always
to try just one more time."*

— Thomas A. Edison

Got a story to share?

To contact us, send mail to:

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