



Bringing Communities Together

Working Together for a Healthier Tomorrow

SOUTHEASTERN MONTANA TOBACCO USE PREVENTION PROGRAM

Southeastern Montana Tobacco Use Prevention Program Newsletter

February 2019

Big Horn, Custer, Rosebud and Treasure County Newsletter

ParentingMontana.org
PARENTING MONTANA
TOOLS FOR YOUR CHILD'S SUCCESS

In Montana, parents want what's best for their kids.

ParentingMontana.org has information and tools for parents of children at every age.

TOOLS FOR YOUR CHILD'S SUCCESS
Lucy Corbett, Prevention Director at EMCMHC

For more information call 406-234-1687 x204 or email lcorbett@emcmhc.org

This product was supported (in part) by CFDA #5-959 from the Substance Abuse and Mental Health Services Administration (SAMHSA). The content of this publication does not necessarily reflect the views or policies of SAMHSA or Health and Human Services.

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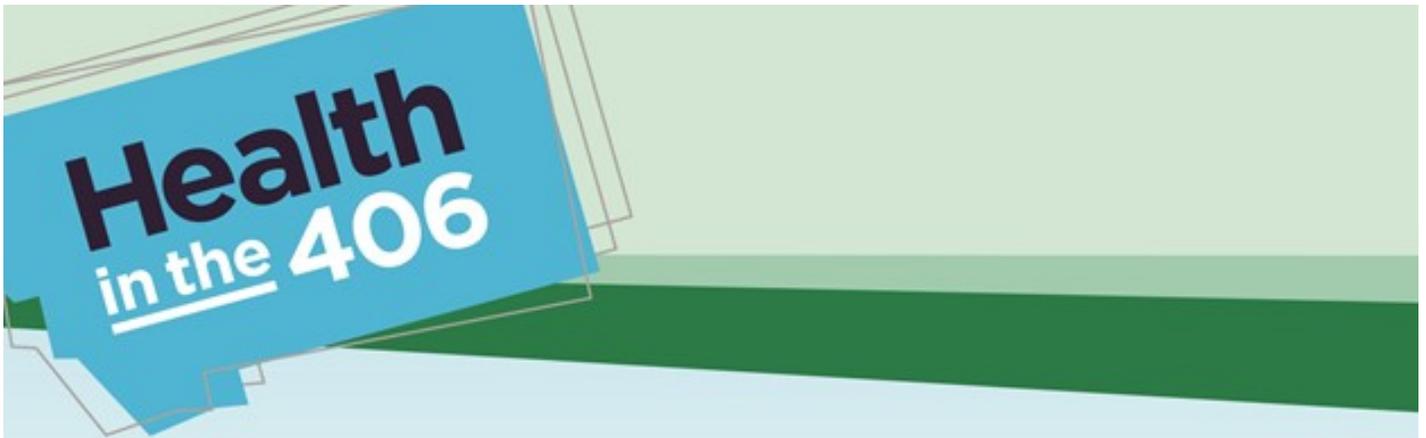
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#TobaccoFree



Health in the 406: Cervical Cancer Awareness

80% of people will get a [human papillomavirus \(HPV\) infection](#) in their lifetime and while most HPV infections go away on their own, those that don't can cause certain types of [cancer](#) in men and women.

Approximately 42,000 [HPV related cancers](#) are diagnosed annually in the US, including 12,000 cases of cervical cancer resulting in 4,000 deaths. HPV is the cause of nearly all cervical cancers.

[HPV vaccination](#) provides safe, effective, and lasting protection against the strains of HPV infections that most commonly cause cancer.



Health in the 406: Focus on Carbon Monoxide (CO) Dangers

Carbon monoxide (CO), known as the [Quiet Killer](#), is an odorless, colorless gas produced anytime a fossil fuel is burned that can cause sudden illness and death.

[Common symptoms of CO poisoning](#) are headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion; people who are sleeping or intoxicated can die from CO poisoning before symptoms are recognized.

[Prevent](#) CO poisonings by proper use and maintenance of fossil fuel burning heaters, engines, and appliance, and by installation of CO detectors.



Smokeless tobacco products are often promoted as a safer option, but they put you at risk for some of the same health problems as cigarettes, plus additional health problems like gum disease and cancer of the mouth.

There are no harmless tobacco products

PublicHealth IN THE 406 MONTANA TOBACCO USE PREVENTION PROGRAM



THROUGH WITH CHEW WEEK!

PublicHealth IN THE 406 MONTANA TOBACCO USE PREVENTION PROGRAM

POST YOUR BEST TOBACCO-FREE PHOTO ON INSTAGRAM USING THE HASHTAG #THROUGHWITHCHEW

February 17- 23 is “Through with Chew Week.” “Through with Chew Week” is a public awareness campaign designed to reduce the use of smokeless tobacco among young people by calling attention to the use of smokeless tobacco and educating youth on the health effects of smokeless tobacco use. Smokeless tobacco includes chewing tobacco products like Skoal, Snus, RedMan, and are often flavored to appeal to young users.

According to the 2017 Montana Youth Risk Behavior Survey, **13.8 % of high school males** and **5.3% of high school females** use smokeless tobacco. The smokeless tobacco rates in Montana for **American Indian males is 21.0%** and **14.4% for American Indian females.** Montana’s smokeless tobacco rates are higher than the national average.

"Smokeless tobacco is not a safe alternative to cigarettes, as some young people believe, and it is even more habit forming because it contains a higher concentration of nicotine than cigarettes."

We ask that you take time this week to talk with your student(s) about tobacco use and the associated negative health effects. There are many resources out there to help educate you and your student (s):

Website information at:
<http://dphhs.mt.gov/publichealth/mtupp>



Quitting E-cigarettes

In the wake of the [surgeon general declaring a youth e-cigarette epidemic](#), Truth Initiative® has expanded its quit-smoking resources to include a [first-of-its kind e-cigarette quit program](#). This innovative and free text message program was created with input from teens, college students and young adults who have attempted to, or successfully, quit e-cigarettes.

The program is tailored by age group to give teens and young adults appropriate recommendations about quitting. The program will also serve as a resource for parents looking to help their children who now vape.

To access the new e-cigarette quit program, users can text “QUIT” to (202) 804-9884. Users can also enroll in [This is Quitting](#) or [BecomeAnEX®](#), free digital quit programs from Truth Initiative that integrate the text program.

https://truthinitiative.org/quitecigarettes?utm_source=Truth+Initiative+Mailing+List&utm_campaign=fb75ef3469-Newsletter_134_2019_01_24&utm_medium=email&utm_term=0_c91fd8a5c5-fb75ef3469-86474299

This week the Senate Judiciary Committee will likely vote on restricting the use of tanning beds in Montana. The first legislative hearing is on January 24th at 9:00 am.

We need every vote to protect our children.

Using a tanning bed before the age of 35 can increase the likelihood of developing melanoma, the most dangerous type of skin cancer, by up to 59 percent.

You can send an email to the members of Senate Judiciary committee asking them to protect Montana children. [Take action now!](#)

It will only take a minute. You can [help right now](#) by sending an email to the Committee members to ask them to support this lifesaving legislation.

One email can change a mind. One vote can protect our state.

Jodi Medlar

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1.800.227.2345





Tobacco Use Remains the Leading Cause of Preventable Disease and Death in the United States, Killing More Than 480,000 Americans a Year

Through our annual [2019 "State of Tobacco Control" report](#) we have been tracking efforts to reduce tobacco use by state and federal governments for 17 years. We invite you to check out the report to see if your state and the federal government made the grade. This year's report also highlights the alarming issue of e-cigarettes.

The dramatic rise in e-cigarette use among youth has hit epidemic levels.

Did you know that e-cigarette use ("vaping") has increased by a staggering 78 percent among high schoolers from 2017 to 2018? In the past year alone, more than one million kids began using e-cigarettes. This epidemic is setting the stage for another generation of Americans addicted to tobacco products and ultimately more tobacco-caused death and disease. The amount of nicotine in one JUUL cartridge is more than an entire pack of cigarettes, and many of the other e-cigarettes tested contain known carcinogens. For far too long the Food and Drug Administration (FDA) has been asleep at the switch when it comes to protecting America's youth from e-cigarettes.

What is the number one reason kids are attracted to e-cigarettes? The flavors. It is clear that the FDA must halt the sale of all flavored tobacco products, including flavors like "tutti-frutti" and "gummy bear" that clearly appeal to kids.

Please ask the FDA to end the sale of flavored tobacco products by signing our petition.

I hope that you will [join me](#) in protecting our youth from the harmful effects of tobacco by calling on the FDA to end the sale of all flavored e-cigarettes and other tobacco products.

Thank you for your commitment,

Harold P. Wimmer
National President and CEO
American Lung Association

Did You Know?

Participation in cardiac rehabilitation after a cardiac-related event or procedure improves quality of life, reduces the risk of hospital readmission, and [lowers the risk](#) of death.

[Increasing cardiac rehabilitation rates](#) from 20% to 70% would save 25,000 lives and prevent 180,000 hospitalizations in the United States each year.

Public health professionals can help [spread awareness](#) about the importance of cardiac rehabilitation and implement [systems and strategies](#) to improve care for patients.

Did you know?

A [new surveillance summary](#) shows that nearly all (96%) Legionnaires' disease patients need care in a hospital.

[Public health investigations](#) into Legionnaires' disease cases and outbreaks require special skill sets across multiple disciplines.

Public health professionals and others involved in water management programs can take a [new training](#) to learn how to reduce the risk for Legionnaires' disease.

Did you know?

[Physically active children](#) tend to have better grades, attention, attendance, and classroom behaviors.

All children ages 6–17 should get [60 minutes or more](#) of moderate-to-vigorous physical activity daily.

Communities can increase students' physical activity by making it safer and easier for students to walk or bike to school using active travel-to-school interventions featured in [The Community Guide](#) and [CDC's Health Impact in 5 Years](#).

MONTANA TOBACCO



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