



Bringing Communities Together

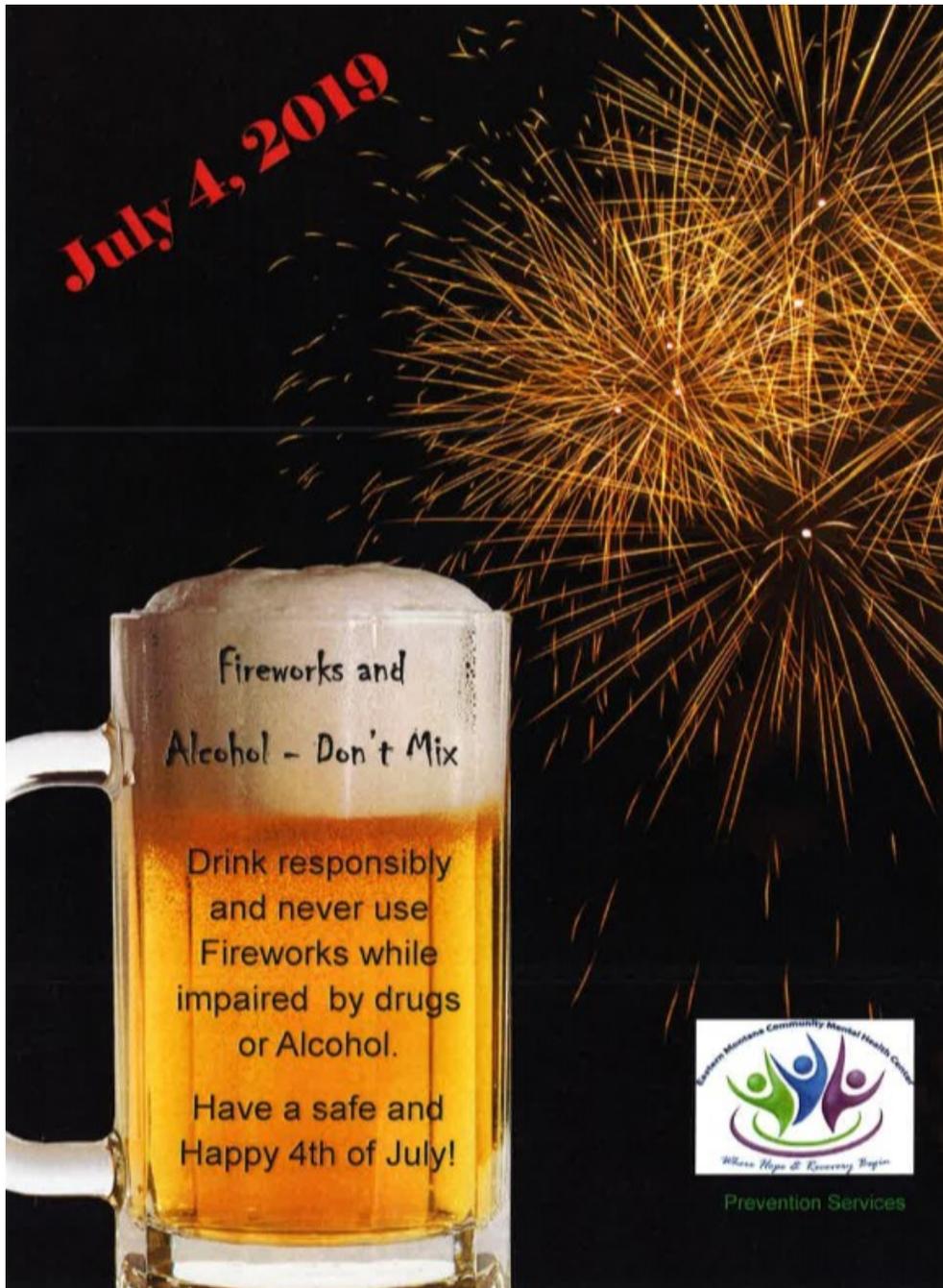
Working Together for a Healthier Tomorrow

SOUTHEASTERN MONTANA TOBACCO USE PREVENTION PROGRAM

Southeastern Montana Tobacco Use Prevention Program Newsletter

July 2019

Big Horn, Custer, Rosebud and Treasure County Newsletter



In This Issue:

Fireworks and Alcohol don't mix

Did you Know:

- Health Promotion Programs
- Dementia
- Cryptosporidiosis

World No Tobacco Day Should Include E-Cigarettes

Health in the 406:

- First Years Initiative
- Focus on Firework Safety

OWLS: Wellness Wisdom

Farmers Market in Hardin begin in August

Ashland Mt Events:

Shakespeare in the Park

- St. Vincent Health Care Mobile
- Mammogram Coach

#TobaccoFree

Did You Know?



June 21, 2019

Only 46% of small businesses (<500 employees) offer health promotion programs, while 92% of larger employers do, according to a new national [survey](#). Small businesses employ [59 million people, more than 47% of the US workforce](#), where workers spend on average more than one-third of their day, creating opportunities for health promotion. Wellness professionals who create or run [comprehensive workplace health promotion programs](#) can adapt CDC [assessment](#), [planning](#), and [implementation](#) tools to meet small businesses' needs.

June 7, 2019

Dementia is [not a normal part of aging](#). More than half of people with [memory loss](#) have not talked to a healthcare provider. The [Healthy Brain Initiative Road Map](#) contains [25 specific actions](#) that state and local public health professionals can take to lessen the future impacts of dementia in their communities.

June 28, 2019

[Cryptosporidiosis](#), or "Crypto," is a diarrheal disease [most frequently caused by](#) contaminated water in pools or water playgrounds, contact with infected cattle, and contact with sick people in childcare settings.

The annual number of reported [Crypto outbreaks in the United States increased](#) an average of 13% each year during 2009–2017. Health departments can use CDC's [CryptoNet](#)—the first molecular tracking system for parasitic infections—to better detect Crypto outbreaks and identify what caused them.

World No Tobacco Day Should Include E-Cigarettes

by Editorial Staff | May 31, 2019 (Last Updated: May 30, 2019)

Today—World No Tobacco Day on May 31—is an annual reminder about the dangers of tobacco, the world's leading cause of preventable death and disease. Cigarette smoking harms nearly every organ of the body, and smokers are at greater risk for lung disease, coronary heart disease, stroke, cardiovascular disease and cancer almost anywhere in your body. But this year, the World Health Organization has deemed the theme to be "tobacco and lung health." A fitting theme, knowing that smoking is the leading cause of lung cancer and chronic obstructive pulmonary disease (COPD), and secondhand smoke leads to exacerbations for millions of Americans living with asthma.

We know the health effects of smoking can be devastating. In fact, 70 percent of smokers want to quit and nearly half of them will try to quit smoking this year. But only a small handful of smokers will succeed in becoming smokefree on their first attempt.

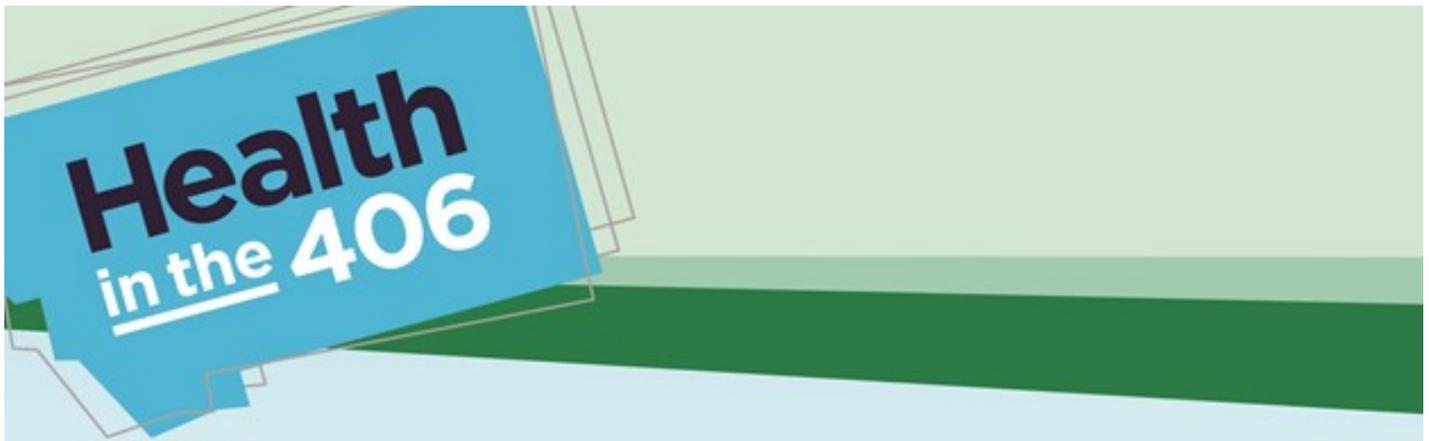
The problem is that Big Tobacco has hooked generations of Americans on their deadly products because of nicotine. [Research suggests that nicotine is as addictive as heroin, cocaine, or alcohol](#). And to guarantee return customers, the tobacco industry even designed cigarettes to be more addictive. As the smoking rate continues to decline, the tobacco industry is now pushing a new product that can contain even more nicotine—e-cigarettes. With e-cigarette companies like JUUL now part of Big Tobacco, it should be no surprise that we're facing what the U.S. surgeon general refers to as a youth vaping epidemic.

As of 2018, 1 in 5 high school students and 1 in 20 middle school students use e-cigarettes—or what is commonly referred to as vaping or JUULing. And a new study shows 40 percent of kids don't realize that e-cigarettes contain nicotine—the addictive element in tobacco—let alone the fact that one JUUL pod has the same amount of nicotine as an entire pack of cigarettes. Kids are unwittingly becoming addicted to nicotine, and even more frightening—inhaling metals and chemicals that cause irreversible damage to developing lungs and minds.

We can't sit idly by while we watch another generation follow the path of tobacco addiction. We need education to ensure parents and kids alike understand the harms associated with e-cigarette use. In honor of World No Tobacco Day, we've launched the public awareness campaign "[The Vape Talk](#)" to encourage conversations between parents and their kids. About 40 percent of kids have tried vaping and it's likely their parents don't even know. With a [downloadable Conversation Guide](#), we are helping parents start a conversation that is just as important as the other big "talks" that they have with their teens.

We need to see through the smoke and mirrors that Big Tobacco is playing with our health, and World No Tobacco Day is the perfect time to start. Another generation of lung health is at stake.

<https://www.lung.org/about-us/blog/2019/05/world-no-tobacco-day.html>



Health in the 406: See Public Health Differently: First Years Initiative

Montana recently launched the [First Years Initiative \(FYI\)](#) to prevent and/or intervene in cases of child abuse and neglect.

FYI connects [child protection specialists](#) and [home visiting](#) professionals to Montana families in 15 counties.

Find out about FYI [services available in your community](#).

Health in the 406: Focus on Firework Safety

Every year many people are treated in Montana hospitals with [firework-related injuries](#).

74% of people injured by fireworks in Montana are male and [children are twice as likely to be injured](#) than adults.

Celebrate the 4th of July holiday safely by following these [safety tips](#).

June 2019, Newsletter
Organizational Wellness & Learning Systems



[The Journal of the American Dental Association](#)

Assessing the Relationship Between Children's Oral Health Status and That of Their Mothers

[Prenatal Oral Health Care: Why It's Important and Where It's Going](#)

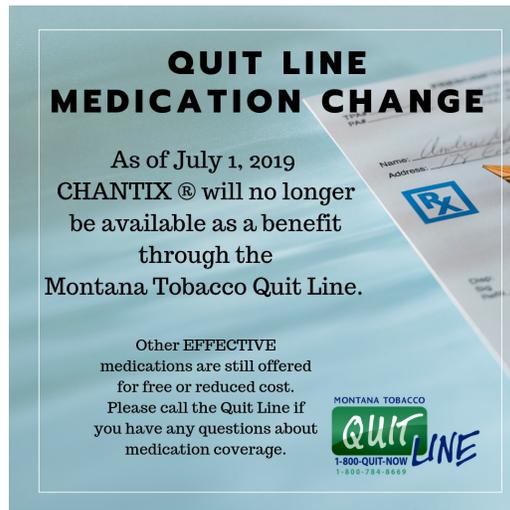
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ASHLAND MT EVENTS

Montana Shakespeare in the Parks Summer Tour will be performing Henry IV, Part One, at Poker Jim Butte Lookout in Birney, (near Ashland) on Saturday, July 6th at 6:00pm. This is a free event.

For more information go to:
ShakespeareInTheParks.org

St. Vincent Health Care Mobile Mammogram Coach will be in Ashland on Monday, July 8th, from 9:00am- 3:30pm at Bighorn Valley Health Center. Call St. Vincent Health Care at (406) 237-4373 to schedule an appointment.



**QUIT LINE
MEDICATION CHANGE**

As of July 1, 2019
CHANTIX® will no longer
be available as a benefit
through the
Montana Tobacco Quit Line.

Other EFFECTIVE
medications are still offered
for free or reduced cost.
Please call the Quit Line if
you have any questions about
medication coverage.

MONTANA TOBACCO
QUIT LINE
1-800-QUIT-NOW
1-800-784-8669

MONTANA TOBACCO



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Healthy People. Healthy Communities.

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