



Bringing Communities Together

Working Together for a Healthier Tomorrow

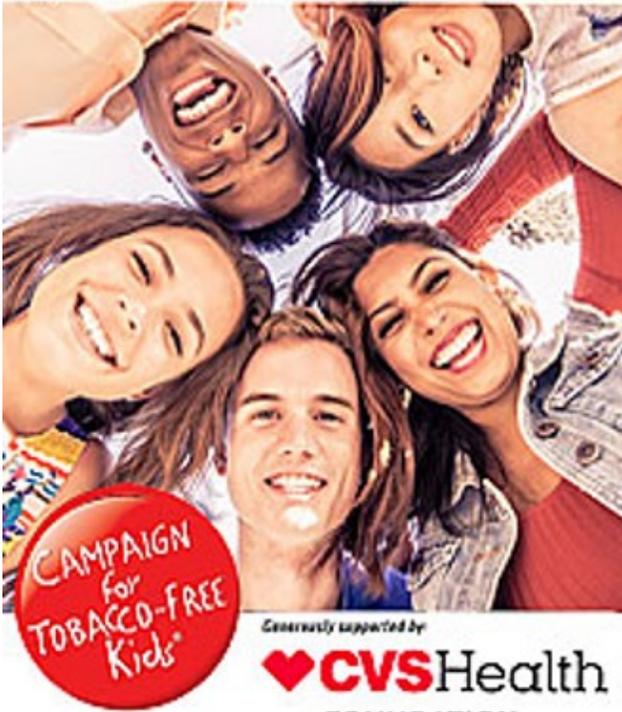
# SOUTHEASTERN MONTANA TOBACCO USE PREVENTION PROGRAM

Southeastern Montana Tobacco Use Prevention Program Newsletter

March 2019

Big Horn, Custer, Rosebud and Treasure County Newsletter

## TAKING DOWN TOBACCO



Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. The next Kick Butts Day is March 20, 2019.

The best foundation for an awesome event is a

team of knowledgeable and trained youth leaders, and we've got what you need to get your team ready: **Taking Down Tobacco.**

Sign up at [www.takingdowntobacco.org/](http://www.takingdowntobacco.org/) then complete Taking Down Tobacco 101 to get a crash course in the latest info basics about tobacco, including the dangers of cigarette smoking and other tobacco use, the many types of tobacco products and how they are marketed, and the proven solutions that can win the fight against tobacco.

### In This Issue:

Tobacco Free Kids:  
Taking Down Tobacco  
Kick Butts Day March 20

Colstrip High School,  
Suicide Prevention  
Campus Walk

Win 1/2 a Beef

E-cigarette use  
"skyrocketing" among  
young Americans

**Did You Know?**  
4.9 million middle- and  
high-school students  
used tobacco products  
in 2018

Parenting Montana

Tobacco Cessation:  
How to Help patients

Buzzed Driving is Drunk  
Driving

**Health in the 406:**  
Teen Dating Violence  
Awareness Month

Focus on cardiac  
rehabilitation

**#TobaccoFree**



**American  
Foundation  
for Suicide  
Prevention**



## **COLSTRIP HIGH SCHOOL CAMPUS WALK**

**MARCH 23, 2019**

**9:00AM Check In**

**9:30AM Walk Begins**

**11AM Lunch Provided for all participants with Suicide Prevention Program and Raffle drawings**

**FREE Registration at Colstrip Campus Walk webpage**

[www.afsp.org/colstrip](http://www.afsp.org/colstrip)

**More information at this website or contact Walk Chair: Pennie Klein  
406-748-2800 ext. 2411 [pklein@rosebudcountymt.com](mailto:pklein@rosebudcountymt.com)**

**Raise \$100 or more to earn Out of The Darkness T-shirt.**

**Bring donations to walk or donate online**



**WIN 1/2 A BEEF**

**ALL PROCEEDS TO  
BENEFIT AFSP-SUICIDE  
PREVENTION**

**\$10.00 EACH OR 3 FOR \$25.00**

**OUT OF THE  
DARKNESS  
SUICIDE  
PREVENTION  
CAMPUS  
WALK**

**COLSTRIP HIGH  
SCHOOL  
MARCH 23<sup>RD</sup>**

**REGISTRATION  
BEGINS AT 9AM OR  
REGISTER ONLINE  
AT**

[WWW.AFSP.ORG/COLSTRIP](http://WWW.AFSP.ORG/COLSTRIP)

**DRAWING MARCH  
23<sup>RD</sup> AT THE OUT  
OF THE  
DARKNESS  
SUICIDE  
PREVENTION  
WALK**

**1 IN 3 DEATHS IN WOMEN  
ARE FROM CARDIOVASCULAR  
DISEASE AND STROKE.**



You can quit. CALL 1-800-QUIT-NOW.



[CDC.gov/quit](http://CDC.gov/quit)



## E-cigarette use 'skyrocketing' among young Americans: Official

US Surgeon General, Dr Jerome Adams, gives a statement on the use of e-cigarettes by teenagers in Washington, DC on Dec 18, 2018. PHOTO: AFP

WASHINGTON (AFP) - The number of young Americans using e-cigarettes grew by 1.5 million in 2018, undermining years of progress in reducing youth smoking, health authorities said Monday (Feb 11).

Some 3.6 million middle and high school students were current users of vaping products, up from 2.1 million the year before, while the number of cigarette smokers and consumption of other tobacco products remained stable, according to the report by the Centers for Disease Control and Prevention (CDC).

A current user is defined as a person who has used a product in the past 30 days.

"The skyrocketing growth of young people's e-cigarette use over the past year threatens to erase progress made in reducing youth tobacco use," said CDC Director Robert Redfield.

"It's putting a new generation at risk for nicotine addiction."

Authorities have tightened regulations, with market leader Juul in particular coming under particular scrutiny.

"All policy options are on the table," warned Mitch Zeller, Director of the Center for Tobacco Products at the Food and Drug Administration, which regulates vaping and in November restricted the sale of certain flavors such as fruit and chewing-gum.

Vaping began to take off among young Americans in the 2010s, and overtook cigarette smoking in 2014.

While the number of middle and high school cigarette smokers has been falling steadily since 2011, the number of vapers in that group has increased dramatically, from 1.5 percent then to 20.8 in 2018.

The survey estimates 4.9 percent of college student's vape.

The US categorizes e-cigarettes as tobacco products, a definition not shared by all countries.

<https://www.straitstimes.com/world/united-states/e-cigarette-use-skyrocketing-among-young-americans-official>

Provided by CDC's CENTER FOR STATE, TRIBAL, LOCAL, AND TERRITORIAL SUPPORT

### Did You Know?

In 2018, 4.9 million middle- and high-school students used tobacco products in 2018—up from 3.6 million in 2017—according to the latest [Vital Signs report](#).

Use of any tobacco product—including [e-cigarettes](#)—by youth is unsafe, and nearly all tobacco product use begins in adolescence.

Public health professionals can help implement [population-based strategies](#) to protect young people from the dangers of tobacco, including restricting youth access to tobacco products.



Dear Community Partners,

2/28/19

I wanted to update you on a project the Montana Department of Public Health and Human Services (DPHHS), Addictive and Mental Disorders Division has been working on with Montana State University's Center for Health and Safety Culture (Center).

The Center serves communities and organizations in their efforts to cultivate healthy and safe cultures and is dedicated to applying research to develop sustainable solutions to complex social problems. Their research focuses on understanding how culture impacts behavior – especially behavior associated with health and safety.

As you may know, in Montana, motor vehicle crashes, overdoses, and suicide account for six out of every 10 deaths of children and young adults between the ages of 5 and 25. The misuse of alcohol is a contributing factor to these deaths. Alcohol is the most commonly used and abused substance among youth. Research shows that parents and caregivers can reduce underage drinking. A recent 2017 survey conducted by the Center revealed that most Montana parents (91%) disapprove of high school students drinking.

Research shows that growing social and emotional skills of youth reduces underage drinking, substance use, other risky behaviors, and suicide. Strong social and emotional skills lead to better academic and workplace outcomes. Parents can develop the social and emotional skills of their children at any age while addressing common parenting challenges like establishing routines and making sure homework is completed.

Developed for DPHHS, the Center created ParentingMontana.org which provides easy to use parenting tools that grow social and emotional skills in children - skills that lead to healthy and successful lives. The tools are appropriate for elementary, middle, and high school children.

As the parents (or those in a parenting role) use these tools with their children, both the children and the parents develop their social and emotional skills – thus bolstering the parents' abilities while strengthening protection for the child. ParentingMontana.org also provides information about improving communication and relationships with children, healthy risk taking, discipline, and alcohol and its impact on the teenage brain.

ParentingMontana.org contains a vast amount of information, but also features media (video, radio, and print materials) that can be shared on social media, in newsletters, or through traditional channels such as television, radio, and direct mail. All the tools and information on the website can be easily viewed, downloaded, or shared electronically. Beginning February 1, 2019, across the state we have placed TV and radio PSAs that will highlight the value that Montana parents want what's best for their kids.

Thank you for your support and please visit: <https://parentingmontana.org/>

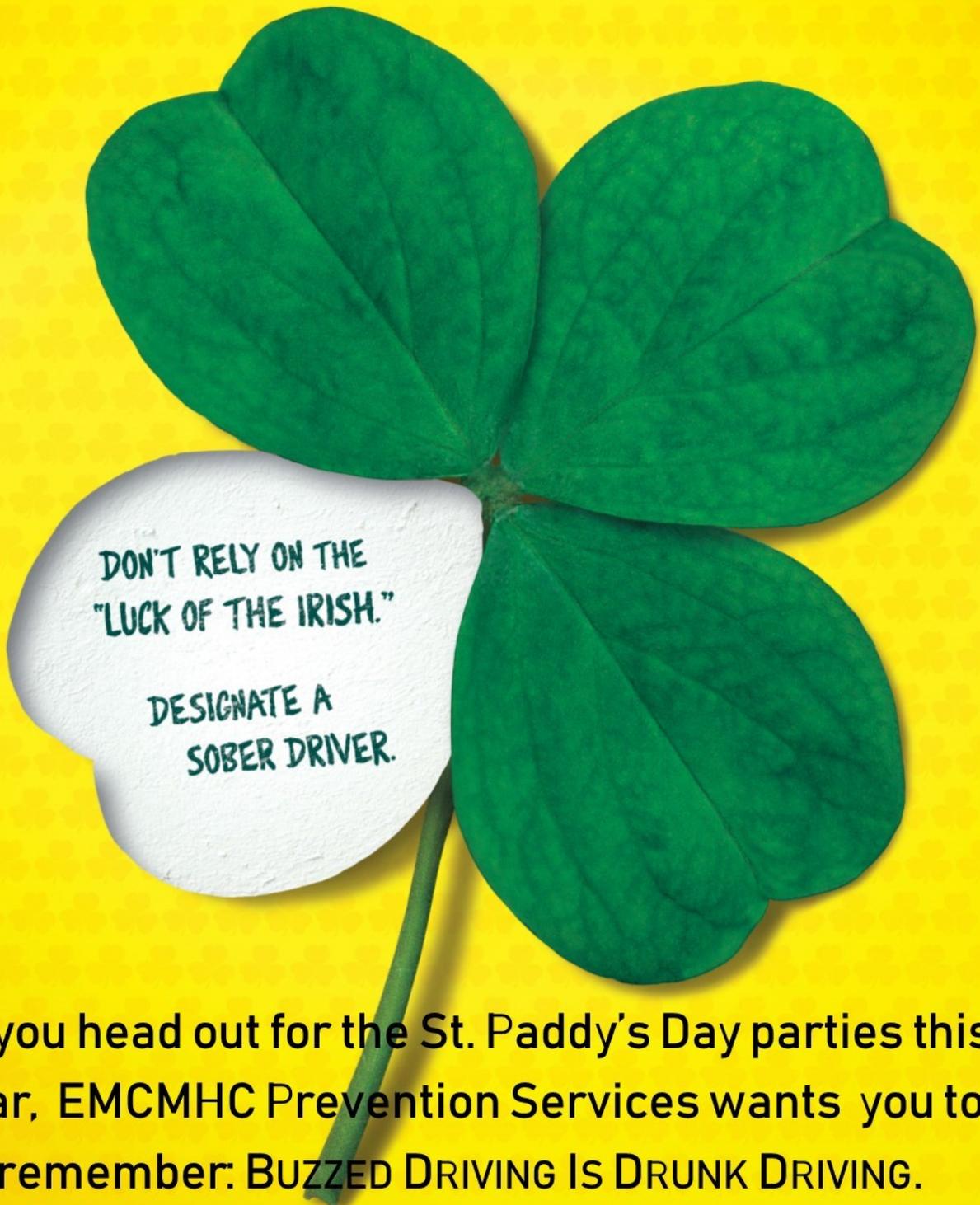
We would love to hear your feedback.



Lucy Corbett - Prevention Director – EMCMHC - [lcorbett@emcmhc.org](mailto:lcorbett@emcmhc.org) - 406-234-1687 xt 204

## **Tobacco Cessation: How to help patients with a quit attempt using the 5A's and 2A's and an R**

There is an opportunity for Respiratory Therapists to learn about evidence based tobacco interventions that Replacement Therapy's (RT's) can use with their patients. The Montana Tobacco Use Prevention Program (MTUPP) offers a 1 CEU course for Respiratory Therapists, Tobacco Cessation: How to help patients with a quit attempt using the 5A's, 2A's, and an R. You can schedule this training at a time that works for your staff and MTUPP will bring the course to you. Contact Jennifer Floch for more information. [Jennifer.floch@mt.gov](mailto:Jennifer.floch@mt.gov) or 444-5687



DON'T RELY ON THE  
"LUCK OF THE IRISH."

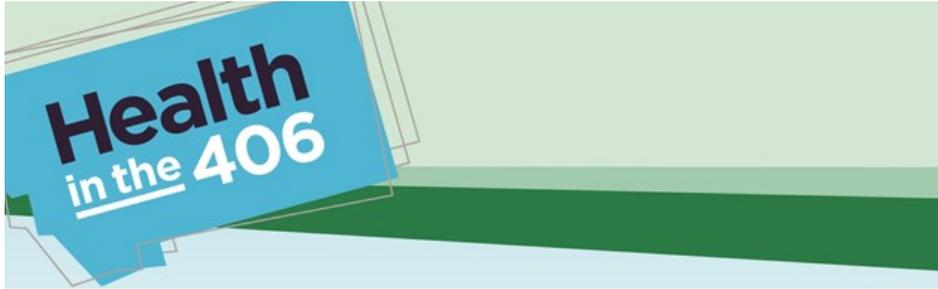
DESIGNATE A  
SOBER DRIVER.

As you head out for the St. Paddy's Day parties this year, EMCMHC Prevention Services wants you to remember: **BUZZED DRIVING IS DRUNK DRIVING.**

**Make a plan to get home safely!**



**buzzed**  
driving is  
**drunk**  
driving  
designate a sober driver



## Health in the 406: Focus on Teen Dating Violence Awareness Month

February is [Teen Dating Violence Awareness and Prevention](#) Month. Of Montana teens who date, nearly [1 in 10 female teens and approximately 1 in 20 male teens](#) report having experienced physical dating violence in the last year.

[Teen dating violence](#) can be prevented when teens, families, organizations, and communities work together to implement effective prevention strategies.

Learn how to prevent teen dating violence and promote healthy relationships by visiting [Montanas Sexual Violence Prevention and Victim Services website](#).

## Health in the 406: Focus on Cardiac Rehabilitation

[Cardiac rehabilitation \(CR\)](#) helps people recover from a cardiac event such as a heart attack or bypass surgery and has been shown to reduce [future hospitalizations by 18% and death due to cardiovascular disease by 26%](#).

The goal of CR is to physically rehabilitate the patient, provide education on strategies to reduce the risk of future events and to provide psychosocial support. [Montana has 28 CR programs](#) across the state.

If you or a family member have had a cardiac event, [speak to your doctor to find out if CR is right for you](#).



### Contact Us:

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Visit us on the web at

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