

# Prevent the Sale!

Newsletter for Idaho Tobacco Retailers

## Newsletter for Idaho Tobacco Retailers

Sponsored by Idaho Department of Health & Welfare

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Contact us: 208-334-6542

ID Tobacco Project Website: <http://www.healthandwelfare.idaho.gov/>

Idaho Tobacco Project page can be found by selecting the "medical" menu and then "Idaho Tobacco Permits"

### What Attracts Minors to Tobacco?

#### Facts and Stats

##### "A" Average for March

According to Idaho Code 39-5701, the Idaho Department of Health and Welfare must inspect each business that sells tobacco to ensure that it does not sell tobacco to minors. In March 2013:

- 312 Vendors were inspected.\*
- 26 Vendors sold to the inspecting minor.
- The compliance rate for the month was 91.67%

\*Inspections where purchase attempts were made.

#### Prevent the Sale Website

[preventthesale.com/idaho](http://preventthesale.com/idaho)

- Learn about the law
- Take the tobacco quiz
- See what the IDs look like
- Play the Game "Would You Sell to This Person?"

Written by  
Cheryl Reed

#### Idaho Tobacco Prevention and Control

Project Filter, Idaho's state public health agency, educates Idahoans about commercial tobacco and the ways it can damage consumers' health. "Commercial" means tobacco products sold in stores or on the internet.

In Idaho, one out of every six adults smoke. One of every seven high school students smoke—many starting as young as 13 years old. Because nicotine is highly addictive, it is very difficult to stop smoking once a person starts. As a matter of fact, about 70 percent of people who smoke would like to quit, and most wish they had never started.

Smoking damages all the organs of the body and is known to cause cancer. Smoking also causes numerous other health problems, such as infertility, bronchitis, emphysema, ulcers, heartburn, bone disease, and rheumatoid arthritis.

Smokeless tobacco is no better. It can lead to periodontal disease and destruction of the bones that support the teeth as well as a disease known as oral leukoplakia and eventually cancers of the throat and stomach.

Nicotine withdrawal produces anxiety and mood swings and intense cravings. Persons who are in the process of quitting may suffer from anger, hostility, and aggression. However; the pain is worth the gain. Within 20 minutes after quitting, blood pressure decreases. In just eight hours, blood oxygen returns to normal and in 12 hours, carbon monoxide levels in the bloodstream return to normal. After a year of abstinence, the risk of heart attack drops to half. Visit [quitnow.net/Idaho](http://quitnow.net/Idaho).

#### Tobacco's Attraction for Kids

Youth are drawn to smoking and chewing tobacco to look cool, act older, lose weight, seem tough, or feel independent. Most don't realize its powerful addictive qualities until it's too late. Adults can help prevent kids from making poor choices by communicating with them the dangers of smoking. Even small children can understand that smoking is bad for the body.

Here are a few tips to help prevent kids from trying tobacco:

- Talk about the dangers of tobacco use.
- Ask kids what they find appealing about tobacco use.
- Encourage participation in activities that prohibit smoking
- Talk about ways to respond to peer pressure.
- Emphasize what kids do right, rather than what they do wrong. Self-confidence protects children against peer pressure.
- Explain how expensive tobacco can be and that the expense can prevent purchasing other things they might want.
- Establish firm rules that exclude smoking from your house.

As a tobacco vendor, you can also prevent minors from smoking by verifying identifications and refusing to sell tobacco to minors. We recognize the importance of your task, and invite you to take advantage of our resources at [preventthesale.com](http://preventthesale.com).

**One thousand Americans stop smoking every day – by dying.**

~Author Unknown

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## Ready for a Compliance Check?

Idaho law requires that at least one random compliance check take place per vendor per year in the state of Idaho, plus additional checks based on the non-compliance rate for the previous year. The total number of inspections required by the law is equal to the number of permitted businesses multiplied by the percentage of the previous years' violations, multiplied by ten.

Although that sounds complicated, all you really need to remember is that each vendor should expect a random inspection about twice a year and more than 30 days apart.

If your business fails its inspection, the clerk is cited on the spot and the vendor is notified by mail of the violation. If the clerk refuses to sell tobacco to the minor, the minor leaves the establishment without further incident.

Commit yourself to preventing the sale of tobacco to minors, and compliance checks won't be an issue.

## A Word Game

There are 35 words that can be formed using the letters in the word TOBACCO; can you find them? Look for the answers in next month's newsletter.

2-letter words (6 words)

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3-letter words (17 words):

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4-letter words (8 words)

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5-letter words (3 words)

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7-letter words (1 word): \_\_\_\_\_

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**PLEASE DISTRIBUTE TO EMPLOYEES**