

Prevent the Sale!

Newsletter for Idaho Tobacco Retailers

Newsletter for Idaho Tobacco Retailers

Sponsored by Idaho Department of Health & Welfare

VOLUME 10, NUMBER 07 JULY 2011

Obama's New National Prevention Strategy

By Cheryl Dudley

Facts and Stats

"A+" Average for JUNE

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.

JUNE 2011

- ❖ 108 Vendors were inspected.*
- ❖ 1 Vendors sold to the inspecting minor.
- ❖ The compliance rate for the month of June 2011 was 99%.

*Inspections where purchase attempts were made.

Prevent the Sale Web site

www.preventthesale.com/idaho

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

You Can Refuse the Sale

Every day nearly 4,000 kids under 18 try their first cigarette and 1,000 kids under 18 become daily smokers. Many of these kids will become addicted before they are old enough to understand the risks and will ultimately die too young of tobacco-related diseases.

That's why we send you this newsletter every month. We know that you can help us change these statistics by refusing to sell tobacco to minor.

North Idaho College is now Tobacco Free

Starting July 1, students, faculty and staff of North Idaho College will not be allowed to use tobacco of any form on campus. While the decision is not an official policy, NIC Vice President John Martin says that it's a guideline approved by groups representing students, faculty and staff. After a year, the board of trustees will decide whether or not to make it policy. At this point, violators will only be given a warning, but repeat offenders may risk disciplinary action.

DID YOU KNOW?

* Women account for 39 percent of all smoking deaths.

* Smoking costs the United States over \$150 billion annually in health care costs.

* Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer.

* Large amounts of nicotine were once given to elephants in order to put them to sleep via animal dart guns.

The Family Smoking Prevention and Tobacco Control Act

In 2009, the FDA was given the authority to regulate tobacco products. By enacting the Tobacco Control Act, Congress discovered extensive findings regarding the lethal and addictive nature of tobacco products, including the fact that it is the foremost preventable cause of premature death in the U.S, causing approximately 440,000 deaths each year.

Amidst the discovery was the fact that advertising, marketing, and promotion of tobacco products have been specifically directed to attract young persons to use tobacco products, resulting in increased use of such products by youth.

The Tobacco Control Act states the use of tobacco products as a "pediatric disease" and that programs to address the disease should include restrictions on youth access, labeling, and advertising to reduce the appeal to young people.

The FDA is overseeing the implementation of the Tobacco Control Act several ways, including establishing a panel of experts to study the public health implications of raising the minimum age to purchase tobacco products. Stay tuned ...

Five Tips To Help you Quit

1. Don't smoke any number of any kind of cigarettes ever
2. Write down why you want to quit
3. Know that it will take effort to quit
4. Half of all adult smokers have quit—you can, too.
5. Get help if you need it. There are hundreds of resources.

Tobacco-Free Living

The Obama Administration in June unveiled a National Prevention Strategy that makes tobacco-free living a top priority. This comes as the nation tries to shift the health care system from one focused on treating costly illnesses to a model that encourages wellness and prevention.

The tobacco-free living initiative calls for:

- Support for proven policies to reduce tobacco use and exposure to secondhand smoke, including policies requiring smoke-free workplaces and public places.
- Full implementation of the 2009 Family Smoking Prevention and Control Act.
- Expansion of services to help smokers quit, including promotion of a toll-free telephone quit line and greater use of cessation benefits available through healthcare plans.
- Mass media campaigns to convey the health risks of tobacco use encourage smokers to quit, decrease the social acceptability of tobacco use, and build public support for tobacco control policies.

Where do Youth Smokers Get Cigarettes?

More than half of all youth smokers buy the cigarettes they smoke, either directly from retailers or vending machines, from other kids, or by giving money to others to buy for them. Roughly a third get their cigarettes free from other kids, and some steal. Where and how youth smokers get their cigarettes varies from state to state, depending on whether jurisdiction strictly enforces the laws prohibiting tobacco sales to minors.

How Addictive are Cigarettes?

The addiction rate for smoking is higher than the addiction rates for marijuana, alcohol, or cocaine. Symptoms of addiction, including strong urges to smoke, anxiety, and irritability can appear in young kids within weeks or even days after occasional smoking first begins. Some youths experience tobacco dependence within a day of first inhaling.

There is also evidence that smoking is sometimes a first step toward other substance abuse.

VOLUME 10, NUMBER 07 July 2011



What's Inside:

- You can refuse the sale
- North Idaho College goes tobacco free
- Did you know?
- The Family Smoking Prevention and Tobacco Control Act
- Five tips to help you quit
- Tobacco-free living
- Fighting the Good Fight

PLEASE DISTRIBUTE TO EMPLOYEES