

Prevent the Sale!

Newsletter for Idaho Tobacco Retailers

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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"

Former Smokers Tell Their Stories

Facts and Stats

"A" Average for May

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 May 2013:

- 198 Vendors were inspected.*
- 13 Vendors sold to the inspecting minor.
- The compliance rate for the month was 93.43%

*Inspections where purchase attempts were made.

Prevent the Sale Website

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

Tips from Former Smokers

The Center for Disease Control and Prevention's campaign to convince people to quit smoking is powerful, including personal stories from more than 20 smokers who have quit. Take Brandon's story, for example.

Thirty-one-year-old Brandon of North Dakota started smoking in his mid-teens, and by 18, was diagnosed with Buerger's disease, a disorder linked to tobacco use that causes blood vessels in the hands and feet to become blocked. The disease can result in infection or gangrene.

Nine years later, after losing both his legs and several fingertips to this terrible disease, Brandon finally quit smoking for good. Smoke-free for four years now, Brandon hasn't had any more amputations, but he still must manage the consequences of being a double amputee.

"I was young. I didn't believe it. I was going to prove the doctors wrong," says Brandon. "Ultimately, it took nine years and the amputation of both my legs and several fingertips for me to quit smoking."

Brandon's "Tip from A Former Smoker":

Allow Extra Time to Put on Your Legs.

To read more stories like Brandon's, visit cdc.gov/tobacco/campaign/tips/stories



New York's Bold Proposal

New York is considering a proposal to raise the smoking age limit from 18 to 21 years old—the most strict limit in any American city. Clear data shows that the majority of smokers being before age 21.

H.I.V. or Tobacco?

H.I.V. positive smokers lose more years to tobacco than to the virus. A new Danish study looked at 3,000 Danish H.I.V. patients from 1995 to 2010. The study found that a 35-year-old H.I.V. patient who did not smoke was likely to live to age 78 while one who smoked was likely to die before age 63.

Prevention Programs in School Work

A review of school programs has found that anti-smoking programs in schools helped students develop social skills or taught them to resist social pressure to smoke. Some types of programs are more effective than others, and no benefit was seen from programs that focused solely on resisting pressure. In the long term, programs that taught students social skills in combination with tips on how to resist pressure to smoke were the most helpful.

Investigators analyzed data from 134 studies of more than 428,000 participants aged 5 to 18 in 25 countries.

The programs are most helpful to youth who have never smoked.

"The believing we do something when we do nothing is the first illusion of tobacco."

~Ralph Waldo Emerson

Some Requirements for Vendors

Remember that cigarettes products must be displayed behind a counter where customers don't have direct access to them. A physical barrier must exist between the customer and the tobacco products.

Customers are not allowed to handle unpurchased tobacco products; in other words, the clerk cannot hand unpurchased cigarettes to a customer and have the customer carry them to a different cashier to pay.

Stores that sell tobacco in Idaho are required to post notices that they will not sell to minors. Vendors are also required to check the identification of a person who tries to buy tobacco that appears underage. Retailers should make sure employees understand the consequences of selling tobacco to minors. They should be informed of the inspection teams and the importance of carding underage purchasers. Establish a model of accountability to ensure that training procedures are being implemented properly.

Health Insurance and Quitting Smoking

Did you know that many health insurance plans cover the cost of quitting smoking? You can call your insurance company and see if they will help.

Research shows that support from a trained quit-smoking counselor doubles your chance of quitting for good. Smokers may also be able to choose face-to-face support groups. Many people find it easier to quit smoking when they do it together with others.

You Should Know

It is illegal to sell tobacco products to persons under 18 years of age. Tobacco products include, but are not limited to:

- Cigarettes
- Pipes
- Loose leaf tobacco
- Tobacco papers
- Cigars
- Snuff
- Smokeless tobacco

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What's Inside?

- Tips from Former Smokers
- NY Bold Proposal
- HIV or Tobacco?
- The School Prevention Programs
- Requirements for Vendors
- Health Insurance and Quitting Smoking
- You Should Know

PLEASE DISTRIBUTE TO EMPLOYEES