

Prevent the Sale!

Newsletter for Idaho Tobacco Retailers

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Sponsored by Idaho Department of Health & Welfare

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DHW Tobacco Project Website: www.healthandwelfare.idaho.gov/
Idaho Tobacco Project page can be found by selecting the "Medical" menu and then "Idaho Tobacco Permits" Phone: 208-334-6542

Quality of Life, or Beauty?

Facts and Stats

"B" Average for July

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 July 2013:

- 50 Vendors were inspected.*
- 6 Vendors sold to the inspecting minor.
- The compliance rate for the month was 88%

*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

Tobacco Newsletters going Electronic

In our efforts to be more green and to save costs, we will soon begin sending our Prevent the Sale newsletter to your email box, provided we have a valid email for you.

For those businesses without an email address, we will continue to send paper copies. However, we encourage you to provide us with a valid email address to help us in our efforts to go green and save.

Tar Wars

A 25-year-old program for fourth and fifth grade students, Tar Wars teaches kids about the consequences of tobacco use. The goals of the program include:

- Increase knowledge of short-term effects and image-base consequences of tobacco use
- Illustrate cost of using tobacco and ways money could be better spent
- Identify reasons why people use tobacco
- Think about how tobacco advertising, tobacco use in movies, and the tobacco industry markets their products to children.

The program is owned and operated by the American Academy of Family Physicians and the program is implemented in classrooms by volunteers.

Join Tar Wars on Facebook at facebook.com/TarWars.

Americans Live Longer, But Not Better

Life expectancy in the U.S. has increased the last two decades, but that doesn't mean those extra years are good ones. Because of poor diets and bad habits, Americans are spending more of their lives in bad health.

The biggest roadblocks to good health are poor nutrition and **tobacco use** followed by high blood pressure, obesity, and lack of physical exercise.

The most prominent causes of early death in the U.S. continue to be heart disease, lung cancer, stroke, chronic obstructive pulmonary disease and road injuries. The biggest causes of disability are low back pain, depression and musculoskeletal disorders. Mental problems such as depression and anxiety comprise about one-fourth of all disability in the U.S.

If we want to be healthier, we have to change the way we live. **Twenty percent of U.S. adults still smoke**, and a growing number are overweight or obese. The culprits are easy to identify: processed foods that are high in sugars and starches, excessive alcohol, and tobacco.

The challenge is to create a healthcare system that adds value to better lifestyle choices. While the big picture value for the U.S. is financial, the value for individuals is a higher-quality, healthier, longer life.

(The information for this article is based on University of Washington research in a report published July 10, 2013).

Discarded Cigarette Causes Fire

More than 260 acres in central Idaho burned in July, the cause, investigators believe, of a discarded cigarette. The Frasier Fire started east of Banks, Idaho, causing the deployment of more than 150 firefighters. The fire was contained, but not before it threatened a subdivision.

Graphic Warnings

Emer Rojas speaks through a voice box after contracting throat cancer from smoking. He is head of a group of throat cancer survivors asking Congress to revive bills that will propose graphic health warnings on cigarette packs.

"We need to educate people by presenting them with pictures that will discourage smoking," said Rojas.

Leading Causes of Cancer Death in Women per 100,000:

Lung cancer: 38.6
Breast cancer: 22.2
Colorectal cancer: 13.1

Smoking Skinny?

More women die from lung cancer than from breast cancer. Surprised? Women start smoking as early as middle school to control weight and deal with stress, according to Dr. Elizabeth Azubike, who works in a critical care office in York Township. As a matter of fact, an increasing number of women smoke a pack a day.

"I have women [patients] who would do anything to keep up their image. They'd rather smoke than be fat," said Azubike.

Azubike is finding symptoms in women in their 40s that a few years ago weren't found until their 80s, such as osteoporosis, shortness of breath, cardiac symptoms, and excessive wrinkles.

Body image experts say that females who choose to smoke to lose weight are actually choosing what they think is a better quality of life. It's an obvious example of how America's obsession with weight is messing up females' sensibilities. They define quality of life with low weight and beauty, while overweight is associated with ugly, lazy, and unpopular.

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