

Helpful Resources for Tobacco Cessation

By Cheryl Dudley

Prevent the Sale

Are you ready for the inspection team? Be sure to visit our web site to learn ways to keep minors from buying tobacco products. Over 90% of smokers started smoking as teens, so your job is important. When you fail an inspection, you as the seller (not the business) will be cited and fined \$100 per incident. Always be prepared and vigilant when young looking individuals want to buy tobacco.

Go to:

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?"

American Lung Association gives Idaho mixed grade

BOISE (AP) - The American Lung Association is giving Idaho mixed grades on its 2006 annual State of Tobacco Control report card.

Although the state of Idaho will spend \$908,000 this year on tobacco prevention, it ranks 39th in the nation for its tobacco prevention programs. The anti-smoking association gave Idaho a failing grade for its spending and a D for its minimal taxes on cigarettes.

The good news is that Idaho received B grades for its laws to keep public spaces smoke-free and its programs to limit children's access to cigarettes and other tobacco products.

The lung association says tobacco kills 14 people per day in Idaho.

Don't Just Ask

Many clerks who sell tobacco to minors asked to see an ID before the sale. So why do they still sell? Observations suggest that that some employees believe the minor is old enough just because he/she presented an ID. Also, many employees may try to calculate the minor's age using the birth date and the current date.

Remember that presenting an ID is no guarantee that the customer is old enough to purchase tobacco. Don't attempt to calculate the age mathematically. Instead, remember that minor's IDs are vertical in shape. If the minor is under 18, the ID will have a green border. If the minor is over 18, the ID will have a red border.

To prevent the sale of tobacco products to minors, don't do the math in your head. Always remember:

- Ask for the customer's ID
- Inspect the ID for shape and color-coding
- If the color coding is green, refuse the sale of tobacco.

Are You in the Know?

Try this short quiz and score yourself at the end.

1. Every year, British Columbians throw out enough cigarette butts to reach from Vancouver, B.C. to Halifax, N.S.

- a) 2 times
- b) 6 times
- c) 8 times
- d) 13 times

2. How often does someone die of a smoking-related illness?

- a) every 10 seconds
- b) every 30 seconds
- c) every 60 seconds
- d) every 2 minutes

3. Baseball legend Babe Ruth smoked cigars and chewed tobacco. What age was he when he died of throat cancer?

- a) 79
- b) 53
- c) 81
- d) 69

4. How much thick, brown gooey tar does the average two-pack-a-day smoker inhale yearly into their lungs?

- a) 1 liter
- b) 250 ml.
- c) 125 ml.
- d) 2.5 liters

5. Every cigarette you smoke takes away how many minutes from your life?

- a) 1 minute
- b) 57 minutes
- c) 7 minutes
- d) 2.5 minutes

* * * * *

How did you do?

1. The correct answer is d. 13 times.
2. The correct answer is a. Every 10 seconds someone dies of smoking-related illnesses
3. The correct answer is b. Babe Ruth died at the age of 53.
4. The correct answer is a. Two-pack smokers inhale 1 liter of tar per year.
5. The correct answer is c. Each cigarette smoked steals 7 minutes of your life.

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◆ PLEASE DISTRIBUTE TO EMPLOYEES