



## A Newsletter for Idaho Tobacco Retailers Sponsored by Idaho Department of Health & Welfare

Volume 15, Issue 4  
April 2015

Contact us: 208-334-0642

ID Tobacco Project Website: [healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)

Select the "medical" menu and then "Idaho Tobacco Permits"

### Facts and Stats

"" 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 2015:

- 350 Vendors were inspected.\*
- 30 Vendors sold to the inspecting minor.
- The compliance rate for the month was 91.43%

\*Inspections where purchase attempts were made.

### Prevent the Sale Website

[PreventTheSale.com/Idaho](http://PreventTheSale.com/Idaho)

### Coming Soon!

Preventthesale.com will have a new game, additional training and point-of-sale resources for retailers, and updated ID information.

Watch for the announcement about when to expect the new content.

### Smoking Impact on Health

By Cheryl Reed

#### Online Tobacco Retailers Sell to Minors

The U.S. Food and Drug Administration monitors tobacco retailers to ensure they are complying with tobacco regulations. They inspect tobacco retailers and conduct surveillance on websites to protect minors from having access to harmful, addictive products. Most retailers are responsible, but in late 2014 the FDA issued warning letters to four online tobacco retailers because minors had purchased products from their websites.

To help retailers understand and comply with regulations, the FDA provides educational webinars and documents as well as several training videos on its website. As of August, 2014, the FDA had issued more than 17,600 warning letters to retailers who violated the law.

#### Smoking Causes Cardiovascular Disease

Smoking is the leading cause of the disease, killing more than 800,000 people per year. Cigarette smokers are two to four times more likely to develop coronary heart disease than nonsmokers, and smoking during adolescence can damage the abdominal aorta, which carries oxygen from the heart to the major organs. Smoking actually causes immediate damage to all blood vessels.

The American Heart Association's Tobacco Center for Regulatory Science was awarded a grant to study the effects of the tobacco on the heart and cardiovascular system. Their findings confirm the damage that smoking causes. While most of us understand tobacco's effect on the lungs, we may not yet grasp the full impact of its damage on the entire cardiovascular system.

It's good to know the risks and to share these risks with others. Hopefully, education will help the next generation lead healthier lives. ([fda.gov/TobaccoProducts](http://fda.gov/TobaccoProducts))

#### Smoking on Commercial Airlines

While we may complain today about the tiny seats and low-quality—or lack of—food on airlines, imagine 25 years ago before smoking was banned. Some days, according to those who could recall the "bad old days," cabins were filled with smoke when as many as a third of passengers puffed away. Flight attendants began fighting to ban smoking on flights in the late 1960s—back when some were outfitted in miniskirts and go-go boots. It says a lot about how far we've come in our battles. ([topics.nytimes.com](http://topics.nytimes.com))

## Health Effects Aren't Enough to Decrease Smoking

Even though a recent study added another five diseases to the negative health effects of smoking—bringing the total to 26 diseases—chances are the information will have little impact on smoking rates. That is, unless physicians get on board to aggressively address smoking cessation with their patients. The authors of the new study on smoking and death addressed this issue in their article in the *New England Journal of Medicine*, hoping to prompt doctors to take action. The authors also take issue with elected officials, urging them to add more money to quit-smoking programs. (well.blogs.nytimes.com)

## Sixteenth World Conference on Tobacco or Health

Every three years a world conference hears the latest research on tobacco, discusses strategies, and trainings of researchers and advocates takes place. The first took place in 1967 in New York and was opened by Robert Kennedy. In March, the 16<sup>th</sup> conference took place in Abu Dhabi—the first held in the Middle East, where smoking rates among men are heavy. The three-day conference began on March 17<sup>th</sup> with the hope that it would inspire regional delegates to network with global leaders. Tobacco control is a global issue, and the world conference is a unique venue for sharing research on tobacco-related health and policies. (tobaccocontrol.bmj.com)

## Smoking in Movies

A group of 250 guests, including children, parents, and grandparents, visited a cinema in March to view a short, anti-smoking film created by local middle and high school students who belong to a group called Reality Check. The film, titled *"Rate It or Remove It"* called for the Motion Picture Association of America to allow tobacco on screen in only R-rated movies to prevent its possible influence on kids.

The U.S. National Cancer Institute stated that studies indicate a causal relationship between exposure to depictions of smoking in movies and youth smoking initiation. As the most powerful pro-tobacco influence on kids today, smoking in movies can have a stronger effect on teens than cigarette advertising. Marlboros were featured in about 74 Hollywood top-grossing movies in the last 15 years. (smokefreemovies.ucsf.edu)



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### What's inside:

- Tobacco Online
- Smoking On Airlines
- Health Effects Doesn't Prevent Smoking
- 16<sup>th</sup> World Conference on Tobacco and Health
- Tobacco in Movies

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