

Prevent the Sale!

Newsletter for Idaho Tobacco Retailers

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Sponsored by Idaho Department of Health & Welfare

VOLUME 05, NUMBER 8 AUGUST 2006

Knowledge is Power! How to arm Yourself

By Cheryl Dudley

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. For July 2006:

- ❖ 82 Vendors were inspected.*
- ❖ 13 Vendors sold to the inspecting minor.
- ❖ The compliance rate for the month of July 2006 was 84%.

*Inspections where purchase attempts were made.

Prevent the Sale

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?"

More Ammunition

Knowledge is power. As a tobacco vendor, the more you know about tobacco and its affects on health, the more you will understand the importance of your role in preventing the sale of tobacco to minors. Take the true/false quiz below to test your knowledge and gain more ammunition for your task. Check your answers on page 2.

1. There are more than 30 million smokers today. Over 1 million of them are teenagers.
2. Each year, cigarette smoking contributes to the death of about 125,000 people.
3. Within seconds of taking a puff, a person's blood pressure can increase 10-20 points.
4. Smoking raises the level of HDL, the good cholesterol.
5. Smoking thickens the blood by increasing the production of red blood cells. This promotes clotting and can close off a narrowed section of an important blood vessel.
6. Nicotine causes the arteries to dilate, increasing blood supply to the heart.
7. Cigarettes contain no chemicals.
8. Burning tobacco smoke produces carbon dioxide.

9. Nicotine is addictive and is the only known psycho- active ingredient in tobacco smoke.

10. Cigarette smoking releases powerful body chemicals that can cause cardiac rhythm abnormalities.

From www.yourfamilyshealth.com

The Idaho Tobacco Project

The Idaho Department of Health and Welfare has undertaken the task of managing Idaho's tobacco permits. An important element of that task involves random inspections of businesses to make sure that clerks are not selling tobacco products to minors—Idaho's most important future resource.

Tobacco vendors are responsible to train employees on all of Idaho's tobacco laws, including the "how's" and "why's" of not selling to minors.

To find out what business compliance rates are, you can visit the Idaho Tobacco Project web site. You can also renew your tobacco permits at this site, and find out other statistical information about Idaho and tobacco. Visit www.tobaccopermits.com/Idaho.

While you're there, click on the "contact us" link and give us your feedback. We would like to know how to reward businesses who are passing inspections, and hear your comments and suggestions.

Tobacco Permits are not Transferable

Tobacco permits do not transfer from owner to owner when a business is bought and sold. New owners must purchase a new permit in their own name. Go to www.tobaccopermits.com/Idaho to get new permits.

Answers to Quiz

1. *False. There are more than 54 million smokers today. Unfortunately, more than 3 million of them are teenagers.*
2. *False. Each year, cigarette smoking contributes to the death of 325,000 people.*
3. *True. The heart rate also increases 15-25 beats per minute.*
4. *False. Smoking lowers the level of HDL.*
5. *True.*
6. *False. Nicotine causes arteries to constrict, so smoking reduces the blood supply to the heart.*
7. *False. Cigarettes contain over 300 chemicals, including benzene, formic acid, ammonia, nitrogen oxide, nicotine and tar to name a few.*
8. *False. Burning tobacco smoke produces carbon monoxide, which reduces the red blood cells ability to carry oxygen.*
9. *True.*
10. *True*

You hold knowledge in your hands. Use it wisely.



To Be Happy

*Promise yourself to be so strong that nothing can disturb your peace of mind.

*To speak of health, happiness, and prosperity to every person that you meet.

*To make all your friends aware of the special qualities within them.

*To look at the sunny side of everything and let your optimism work to make your dreams come true.

*To think, work for, and expect only the best.

*To be just as enthusiastic about the success of others as you are about your own.

*To forget past mistakes and press on towards a greater future.

*To wear a cheerful countenance at all times, as a smile radiates warmth and love.

*To give so much time to the improvement of yourself that you have no time left to criticize others.

*To be too wise for worry, too tolerant for anger, and too courageous for fear.

*To Be Happy, to have power

~Anonymous

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