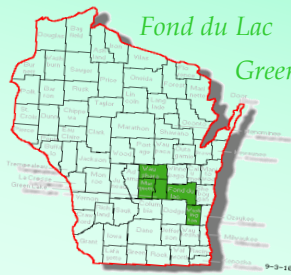


5 Counties for Tobacco-Free Living



Fond du Lac

Green Lake

Marquette

Washington

& Waushara Counties

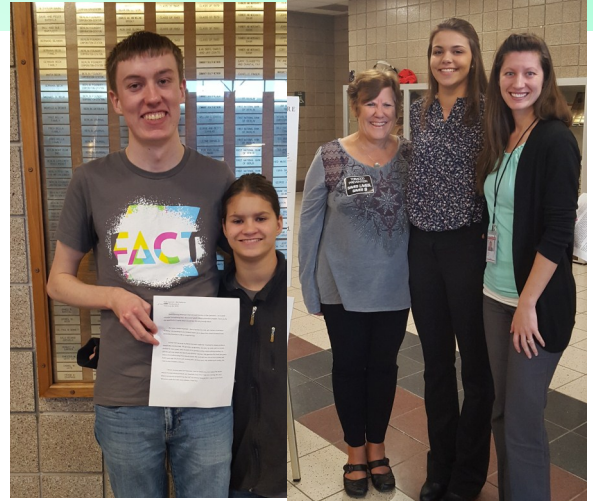
Quarterly Newsletter

May 2017

JFC Hearing~ Secondhand Smoke~ and More

Joint Finance Committee 2017

On Friday April 7th, 2017 “5 counties for Tobacco-Free Living” coalition members participated in the 2017 Joint Finance Committee hearing at Berlin High School in Berlin Wisconsin. Representing 5 Counties were Anna Weber and Brianna Novy; FACT youth from Fond du Lac County were also in attendance. Informational spoken testimony was given by Anna, Brianne, and FACT member Noah Jorgensen. Pictured to from left to right are Noah Jorgensen and Karina Jorgensen (FACT members), Anna Weber, Brianne Novy, and Jayme Schnek (Marquette County health Officer).



World No Tobacco Day

Every year on May 31st since 1987 The World Health Organization has informed the public about the dangers of using tobacco and informed people around the world what they can do to promote healthy living and protect future generations. This global effort to draw attention is called World No Tobacco Day. This year's campaign, “Tobacco – A Threat to Development”, brings awareness of the tobacco industry's effect on health and economic well-being. [CLICK HERE](#) to learn more.

Smoke-free families is a new FREE texting program that promotes smoke-free homes and families. This confidential program is available to anyone who lives in Wisconsin. Once signed up participants receive FREE weekly text messages that help to create a smoke-free home and help individuals cut down or quit smoking. To sign up text “SFF” to 97779, standard texting rates may apply.

Smoke-Free Housing



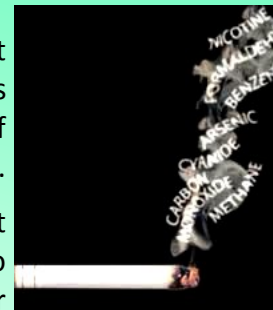
The spread of smoke in buildings puts residents in danger. Smoke can travel through ventilation systems within the building, through electrical outlets, and through light fixtures. Residue from smoke can cling to countertops, cabinets, carpets, and walls. Not only is this exposure dangerous it is costly for apartment owners to clean once a tenant has moved out. According to Clear Gains, Wisconsin's smoke-free housing initiative, 72% of Wisconsin residents who keep their units smoke-free but live in buildings that allow smoking would prefer to live in a smoke-free building. For More information visit www.wismokefreehousing.com

Helping Women Quit Smoking

According to Tobacco Free Kids in Wisconsin 14.9% (338,400) of women are current smokers. Lung cancer is the leading cancer killer among women, and smoking is attributable for 80 percent of these deaths. Smoking also accounts for about one of every three deaths from heart disease, the overall leading cause of death among women.

A gift we could all give to all the women in our lives is our support and encouragement to make a quit attempt no matter how many times they have tried; it's never too late to quit. Quitting isn't easy and it does take planning and support. Checking with your healthcare provider to see if medication is appropriate would be an important first step.

Research shows that medication and counseling are more effective than either one alone. When you're ready call the WI Quit Line at 1-800-784-8669. The WI Quit Line is there to offer support and resources as well as a FREE two week supply of the nicotine replacement therapy patch, gum, or lozenges. [CLICK HERE](#) for the WI Quit Line.



For Pregnant Women: First Breath is a free program that helps pregnant women quit smoking through one-on-one counseling and goal setting. 86% of First Breath participants cut back or quit smoking during their pregnancy. Fond du Lac County Maternal Child Health is a proud provider of the First Breath Program. To find out if you qualify call 920-929-3085.

If you are not ready to quit, the following are tips to protect your children from secondhand smoke exposure:

How can you protect your child from secondhand smoke?

- Don't let anyone smoke in your home.
- Make sure anyone who smokes only does so outside, away from open doors and windows.
- If you step outside to smoke, wear a "smoking shirt" and remove it before coming into contact with your child, especially infants
- Never smoke while holding, feeding or bathing your child.
- Smoking residues in a home or car can cause harm even when smoking is no longer taking place.
- Never smoke in the car, especially when your child is a passenger.



Not a parent, but a pet parent: Because pets, like small children, spend time near the floor where smoke residue concentrates, they may be at high risk of exposure to secondhand and thirdhand smoke. Exposure to smoke may lead to asthma symptoms, lung cancer in short-nosed dogs, nasal cancer in long-nosed dogs, and lymphoma in cats. While grooming, cats consume the cancer-causing chemicals that accumulate on their fur. The constant grooming exposes the mucous membrane in the throat to cancer-causing chemicals.

When women quit smoking, they improve their own health as well as the health of the people around them. Mothers who give up smoking improve the likelihood that their children will grow-up to be tobacco-free and live longer, healthier lives. For more information about Tobacco Prevention efforts and quitting information visit www.tobaccofreelivingfdl.com

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