

JANUARY/ FEBRUARY 2019

# Tobacco Talk

JEFFERSON COUNTY  
TOBACCO PREVENTION  
& CESSATION

## From the coordinator...

I know it's already February, but Happy New Year! I am looking forward to all the exciting things that are being planned for 2019! At the end of June we will wrap up the 2017-2019 grant cycle, which means it is now time to apply for another two years of funding. Please send positive vibes & happy thoughts during the application process!

**Natalie Garrett**

Tobacco Prevention and Cessation  
Coordinator, Jefferson County



**American  
Heart  
Association®**

## Quit for your heart

February is American Heart Month. Quitting smoking is just one way to improve heart health. Smoking is a major cause of heart disease, including heart attack and stroke. Smoking damages the heart and blood vessels very quickly, but damage can be partially reversed once you quit. One year after quitting, the risk of heart attack drops significantly. Below are five steps to quit smoking from the American Heart Association.

1. Set your "Quit Day". Choose a day in the next seven days when you'll quit smoking. Use time prior to that day to prepare yourself by gradually cutting down the number of cigarettes you smoke.
2. Choose your method. There are a variety of ways you can quit smoking. You can use one on its own or combine different methods, depending on what works best for you.
  - Cold Turkey: quit all at once on your Quit Day
  - Cut down: gradually cut back the number of cigarettes you smoke until you stop completely
  - Smoke part of each cigarette: reduce the number of puffs you take from each cigarette until you stop completely
3. Do research and decide if you'll need medication to quit. Both prescription and over-the-counter options are available to help you quit. Popular options include Chantix (RX), Zyban (RX) and nicotine replacement therapy (patches, gum).
4. Make a plan for your "Quit Day". Examples include having an activity or hobby handy to help get through cravings, celebrating success and removing all tobacco products and related items (ashtrays, lighters, etc.).
5. Quit smoking for good on your "Quit Day"! It won't be easy, but you can do it. Your health, and especially your heart depend on it!

Additional help is available through the Indiana Tobacco Quitline by calling 1-800-QUIT-NOW or visiting [www.quitnowindiana.com](http://www.quitnowindiana.com).

Read more: <https://bit.ly/2S0uFRy>

# Youth vaping declared epidemic

U.S. Surgeon General Jerome Adams declared youth vaping an epidemic in an advisory issued December 18th. Adams demanded action from parents, teachers and health professionals to educate themselves on the issue and talk to the young people they interact with each day.

E-cigarette use increased by 80 percent among high school students from 2017 to 2018 and 50 percent among middle school students. Juul, the number one product on the market, has been singled out as a main contributor to problem.

"We have never seen use of any substance by America's young people rise this rapidly," Health and Human Services Secretary Alex Azar said at the briefing. "This is an unprecedented challenge."

Product flavors entice youth to try an e-cigarette, which then turns into regular use. Many do not realize that these products contain nicotine and then find themselves addicted and are unable to stop.

Read more: <https://n.pr/2QDa70U>

## E-cig quit program now available

The Truth Initiative, a Washington, D.C.-based non-profit tobacco control organization, recently launched a first-of-its-kind quit program for e-cigarettes. Available through texting, the program is tailored by age group and also serves as a resource for parents who may have children who vape.

Users simply text "QUIT" TO 202-804-9884 to enroll. Appropriate recommendations and tips about quitting will be sent directly to the user's phone after signing up. The program can also be accessed via [www.becomeanex.org](http://www.becomeanex.org).

Read more: <https://bit.ly/2HCSslJ>

Ready to quit vaping?  
Text "QUIT" to 202-804-8994  
for FREE HELP!



**truth  
initiative®**  
INSPIRING  
TOBACCO-FREE  
LIVES

### SAVE THE DATE!

- 2/6: Healthy Lifestyles Team Meeting @ KDH (Elm), Noon
- 2/15: STARS Survey begins
- 2/19: Raise it for Health Day @ IN State House (Indy), 11 a.m. (Rescheduled)
- 3/6: Healthy Lifestyles Team Meeting @ KDH (Elm), Noon

