



TFPH NEWS



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*Preventing
the initiation of
tobacco use
and
encouraging
current
users to quit.*

Get Tobacco Out of the Hands of Our Youth! But How?

Over 70% of high school students have tried cigarettes, according to the Center for Disease Control (CDC). So how do we reduce this number, or better yet, how do we eliminate tobacco usage among teens? School-based health programs are proven to help prevent our youth from using tobacco products and help get those who already smoke to quit. In the Morbidity and Mortality Weekly Report (Volume 43), the following seven recommendations are given on how to properly carry out a school health program to help prevent tobacco usage:

- Schools should implement a comprehensive tobacco policy.
- Schools should teach their students the health risks of tobacco usage and provide instruction about the consequences of tobacco use.
- Education on tobacco prevention should be provided to all youth from Kindergarten through twelfth grade.
- In order to ensure the success of the program, teachers also need proper training on how to carry out the program.
- Education shouldn't stop with the schools. Families and the community should also play a role in tobacco prevention.
- Support students and staff who are trying to stop smoking.
- Regular evaluation will help determine weaknesses of the program and allow for improvement.

To see a complete description of each of these recommendations and read this article in its entirety, please visit our website at www.hcada.com.

IN THIS ISSUE

Getting Tobacco
Away from Our
Youth.....1

Latest SWAT
Activities.....2

Tobacco
Prevention.....3

Bulletin
Board.....4

Students Working Against Tobacco



On October 20th, SWAT presented to the City Council to petition for a Candy Flavored Tobacco resolution which passed unanimously.

Pictured from left: Andre Martins, Gary White, Tampa City Council Member Mike Suarez, Maria Ayala, Laurie Ellston, Natalie Aquila, Lauren Sautels, Elizabeth Verdejo



A student helps decorate the park before the county wide SWAT meeting.

The County Wide SWAT Meeting was held Saturday, November 12th at Al Lopez Park. With over 40 students in attendance, SWAT student board taught participants how to properly recruit other students, the tactics behind youth targeted candy flavored tobacco, and how to develop and maintain your SWAT club. Following the presentation, the students marched through the park holding signs and banners explaining the harmful affects of tobacco while collecting signatures for the candy flavored tobacco petition drive.

Congratulations to Memorial Middle School, this year's Kid Fest Banner Contest Winner!



Interested in being a SWAT member or getting a SWAT group organized at YOUR school? Contact Elizabeth Verdejo at 813-802-7613.

Tobacco Prevention

Don't Think Cigarettes are Bad? Mother Nature Disagrees



- 600 million trees are cut down each year in the production of cigarettes
- Cigarette filters take 10 years or more to biodegrade
- Cigarettes are one of the most commonly found pieces of litter on our beaches, in our lakes and gardens
- The toxic chemicals in cigarettes leach out into the environment
- The smoke from cigarettes pollute the air like that of a toxic waste dump



Local Businesses

Who Have Recently Gone Tobacco Free

Congratulations to the following Hillsborough County companies who have adopted smoke-free policies, prohibiting employees, clients and visitors from lighting up while on their property. By doing so, they are reducing their healthcare plan costs, absenteeism, and often, loss of productivity. If your business is interested in implementing a smoke free policy, contact Gary White at (813) 300-8842 or (813) 238-4034.



Tips to Kick the Habit

- Go places where smoking is not permitted
- Spend more time with non-smokers
- Create a list of your triggers and try to avoid them
- Exercise or take part in other activities to distract you from your cravings
- Contact The Hillsborough County Tobacco Free Partnership at (813) 238-4034
- Call the Quitline at 1-877-U-CAN-NOW for free counseling, nicotine patches, gum and more!



Reminders and Upcoming Events

HCADA has moved!

5800 North Nebraska Ave.
Tampa, FL 33604
(813) 238-4034

Reminder: Open House

Join us while we recognize those who have helped further our mission and learn more about TFPH.

Guests welcome!

When: February 13th at 3:30

Where: The Children's Board

JOIN US!

TFPH meetings are held the 2nd Monday of every month.

3:30PM

University of Tampa
Vaughn Center, Room 201
401 West Kennedy Blvd
Tampa, FL. 33606

For more information, visit our website at www.hcada.com

The Tobacco Free Partnership, Hillsborough (TFPH) is a productive tobacco free task force. TFPH provides leadership on community issues related to tobacco including prevention, cessation, second hand smoke, advocacy, and Students Working Against Tobacco (SWAT). We invite you to join TFPH and assist in improving the health of Hillsborough County residents and all Floridians.



C/O Hillsborough County Anti Drug Alliance
5800 North Nebraska Ave. Tampa, FL 33604
813-238-4034 www.hcada.com