

Smoke-Free Colusa County Monthly

Issue: 13 July 2018

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760,000 children

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Smoke-Free Colusa County Subcommittee



The Smoke-Free Colusa County Subcommittee, part of the Colusa County Partners for Health, aims to improve the health of Colusa County residents through education and promotion of a tobacco-free lifestyle.

More than 760,000 children protected by nationwide smoke-free housing policy

Article from Truth Initiative at <https://truthinitiative.org>.

A nationwide smoke-free policy went into effect at all federal public housing units on July 31, a move that protects millions of residents

and staff from [the dangers of secondhand smoke](#).

Secondhand smoke increases the risk of respiratory problems and

Smoke-Free Air Everywhere

infections in children and causes lung cancer and coronary heart disease in adults who do not smoke, according to the surgeon general's 2006 report. The Centers for Disease Control and Prevention found that, although 8 in 10 multiunit housing residents had smoke-free homes, about one-third of those residents reported experiencing secondhand smoke that entered their home from other areas in their building.

The smoke-free policy, thanks to a [U.S. Department of Housing and Urban Development rule finalized in 2016](#), prohibits combustible tobacco use --- including cigarettes, cigars and waterpipe/hookah -- in all federally-owned public housing living units, indoor common areas, office units and outdoor areas within 25 feet of housing and administrative office buildings.

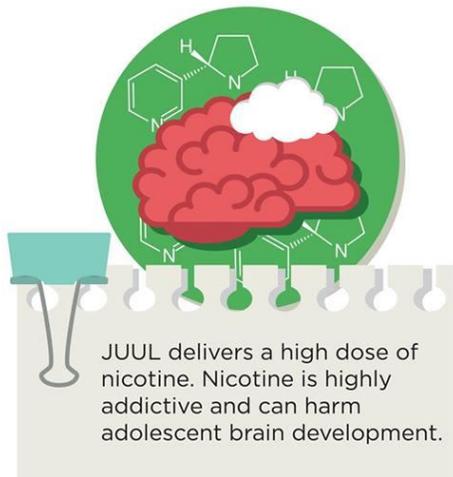
In addition to protection from secondhand smoke exposure, studies indicate that smoke-free homes encourage smokers to quit and reduce the number of cigarettes they consume per day. One study suggests that [HUD's smoke-free policy will increase quitting rates](#) among populations in public housing that are disproportionately affected by tobacco use, including [low-income](#) and [racial/ethnic minority smokers](#).

JUUL Online Resource for Teachers & Parents

TEACHERS AND PARENTS: That USB Stick Might Be an *E*-cigarette



● An increasingly popular e-cigarette, called JUUL, is shaped like a USB flash drive.



JUUL delivers a high dose of nicotine. Nicotine is highly addictive and can harm adolescent brain development.

LEARN MORE about the risks of e-cigarettes for youth and access tips for talking to youth at:

<https://e-cigarettes.surgeongeneral.gov/resources.html>



CS292538-A

Upcoming Events

- **September 13th 12:00-2:00 Colusa County Partners for Health Meeting (Location TBA)** – Join Colusa County community members as we begin to develop a county-wide health/wellness coalition! Lunch provided.

For more information or to R.S.V.P to the above event, please contact the Colusa County Tobacco Education Program at TEP@ColusaDHHS.org or 530-458-0380.

Resources

Interested in a meeting or community presentation to learn more about secondhand smoke, thirdhand smoke, tobacco marketing towards youth, or the Colusa County Tobacco Education Program? Contact us directly to schedule an appointment:

[Colusa County Tobacco Education Program](#)

Contact: Amanda Pitts, Project Director

Phone: (530) 458-0380

<http://www.countyofcolusa.org/tobaccoeducation>

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Interested in quitting smoking?



<https://www.nobutts.org/>