



McFarland RADAR (Relevant Alcohol & Drug Awareness Resources) Coalition

AODA Prevention

Special Edition Newsletter

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Great American Smoke Out

The Great American Smokeout is the result of a few local events that took place in parts of America in the 1970s. It was a high school guidance counselor who first had the idea that would create the Great American Smokeout. Arthur Mullaney from Massachusetts encourages the people in his town to give up smoking for one day, and instead donate the money they would have spent on cigarettes to a high school scholarship fund. This inspired the California Division of the American Cancer Society to organize the first American Smokeout on November 18, 1976, successfully inspiring one million people to quit smoking for the day. This was the first official Smokeout at a local scale. The first Great American Smokeout took place on November 16, 1977, in San Francisco, but was aimed at everyone in the United States.

Because of the efforts of the American Cancer Society during the Great American Smokeout, many people became aware of the dangers of smoking and the dangers of tobacco companies advertising cigarettes. It also prompted stores, restaurants, and workplaces to prohibit smoking inside, to help those trying to quit, and to protect non-smokers. During the 1980s and 1990s many local governments introduced tobacco control laws and raised taxes on cigarettes, effectively decreasing the number of smokers.

The Great American Smoke Out:

- Focuses on risk awareness, aiding long-term quitting efforts.
- Recognizes tobacco's public health effects, promoting cessation.
- Event's inception sought to combat smoking-related health problems.
- Encourages smokers to start quitting journey, highlighting dangers.
- Raises awareness about smoking risks, fostering cessation initiatives.

About **34 million** U.S. adults currently smoke cigarettes.

▶ Smoking is the leading cause of preventable disease and death in the United States

▶ **480,000** Americans die from smoking each year, accounting for nearly 1 in 5 deaths



▶ **16 million** Americans live with a smoking-related disease

▶ Smoking-related death and disease cost the United States over **\$300 billion** each year



Vaping

Vaping devices are battery-operated devices that people use to inhale an aerosol, which typically contains nicotine (though not always), flavorings, and other chemicals. Nicotine is the primary agent in regular cigarettes and e-cigarettes. Nicotine is a toxic substance that can raise blood pressure and spike adrenaline, which increases heart rate and the likelihood of having a heart attack. According to the 2021 National Youth Tobacco Survey, more than 2 million U.S. middle and high school students reported using e-cigarettes in 2021, with more than 8 in 10 of those youth using flavored e-cigarettes.

E-liquid, also called e-juice or vape juice, is what vaping devices use to make the vapor you breathe in. E-liquids aren't just water. They usually contain:



- Flavoring. Each flavoring has its own set of ingredients.
- Nicotine, the addictive and harmful substance in cigarettes and other tobacco products.
- Propylene glycol and glycerin, used to create vapor.
- E-liquids and flavorings sometimes have other ingredients, including:
 - Chemicals that can cause cancer (carcinogens), like acetaldehyde and formaldehyde.
 - Chemicals known to cause lung disease, such as acrolein, diacetyl and diethylene glycol.
 - Vitamin E acetate, linked to lung injury caused by vaping (EVALI, see below).
 - Heavy metals like nickel, tin, lead and cadmium.
 - Tiny (ultrafine) particles that can get deep into your lungs.

Dangers of Vaping:

- EVALI (e-cigarette, or vaping, product use associated lung injury). EVALI is a serious lung condition that vaping causes. It causes widespread damage to your lungs and gives you symptoms like coughing, shortness of breath and chest pain. EVALI can be fatal.
- Organ damage. In addition to your lungs, nicotine and other substances in e-liquid can hurt your heart and brain. We know nicotine can hurt brain development, raise your blood pressure and narrow your arteries.
- Asthma. Vaping can make you more likely to get asthma and other lung conditions. It can make your existing asthma worse.
- Addiction. Nicotine is highly addictive. It causes changes in your brain so you want more and more nicotine. You might not be able to stop vaping if you want to or if it starts causing health problems. Even e-liquids that say they're nicotine free have small amounts of nicotine.

How to Talk to Your Teens about Vaping:

- Start the Conversation Early:
 - One of the most common reasons that young people try vaping is curiosity. Starting a conversation with your children as early as possible will mean they're better prepared to make informed decisions if the opportunity to vape is presented to them.
- Talk in a calm and relaxed environment:
 - Keep the chat casual, relaxed and calm. This will ensure your kids feel comfortable enough to engage in discussion with you. It may be helpful to chat while you're doing an activity together or to use an everyday cue to prompt the conversation such a news story or seeing someone vaping on the street.
- Be Prepared to provide factual information:
 - Many kids simply don't know how harmful vaping is to their health. Ensure you're ready to give your children and teens easy-to-understand facts on the dangers and health risks.
- Avoid scare tactics, judging or lecturing:
 - It's important to avoid scare tactics, judging or lecturing your children on vaping. Instead, listen to their point of view. Allow them to ask questions and keep it a two-way conversation. For example, if your child or teen has tried vaping instead of getting angry at them or making them feel ashamed, ask them questions like: 'what made you want to try?' and 'how did it make you feel?'.
- Discuss ways of saying 'no' with confidence
 - It can be helpful to talk through, and practice together, effective ways to respond if your children ever feel pressured to try vaping. It's always useful to have a reason ready to deal with pressure from friends.
- Be Clear on Family Rules
 - It can be useful to create clear rules and expectations for your children on vaping for the home. For example — 'no vaping devices are allowed in this house' or 'friends who visit shouldn't vape in our home.' It's also important that you lead by example. Avoid participating in smoking or vaping habits that may contradict the rules you have in place for your own children.



For more information visit healthoregon.org/vaping

Oregon Health Authority

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.