

Special Edition

November is Tobacco Awareness Month

The Great American Smokeout

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. This day provides an opportunity for people who smoke to commit to healthy, smoke-free lives—not just for a day, but year round. The American Cancer Society provides individuals, community groups, businesses, health care providers, and others the opportunity to encourage people to use the date to make a plan to quit, or plan in advance and initiate a smoking cessation plan on the day of the event.



Quick Facts:

- About 32.4 million American adults still smoke cigarettes
- Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths.
- Smoking remains the single largest preventable cause of death and illness in the world.

How to Observe The Great American Smokeout

- Make a Plan:
 - Learn about options to curb cravings and get your support system ready to help you through hard times. If you're trying to help someone else quit, check out some ways to ensure you're doing it the right way
- Get rid of anything smoking-related:
 - It's the perfect day to remove all smoking-related items from your home. Remove all cigarettes, ashtrays, and lighters from your car and workplace as well. Also consider stocking up on substitutes like gum and crunchy snacks.
- Reflect on your smoking past
 - If you've tried to quit before, the Great American Smokeout is a good time to reflect on your past attempts. Think about why those attempts didn't work, and go back to the drawing board for the next time around.

Tobacco

Tobacco is a plant with leaves that have high level of the addictive chemical nicotine. After harvesting, the leaves are cured, aged, and processed in various different ways.

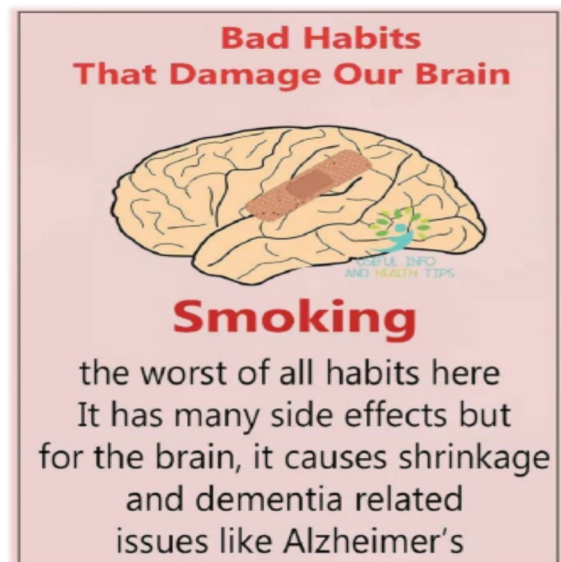
The resulting products may be:

- **Smoked (in cigarettes, cigars, pipes or/and e-cigarettes)**
- **Applied to the gums (as dip and chewing tobacco)**
- **Inhaled (as snuff)**



How does Tobacco affect the brain?

The nicotine in any tobacco product readily absorbs into the blood when a person uses it. Upon entering the blood, nicotine immediately stimulates the adrenal glands to release the hormone epinephrine (or adrenaline). This hormone stimulates the central nervous system and increases blood pressure, breathing and heart rate. Similar to cocaine and heroin, nicotine activates brain's reward circuits and also increases the level of the chemical messenger dopamine, which reinforces rewarding behaviors.

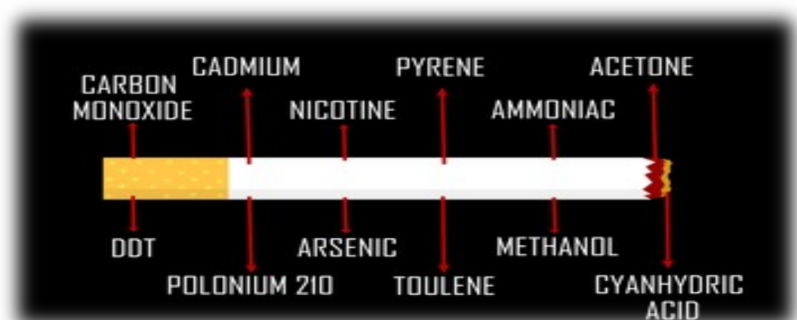


Short-Term Effects

- Bad breath
- Momentary stimulation followed by state of withdrawal and reduced brain activity
- Fatigue and dizziness
- Dulling the senses of taste and smell
- Coughing
- Shortness of breath
- Increased blood pressure
- Increased heart rate
- Decreased blood flow
- Nausea
- Headaches

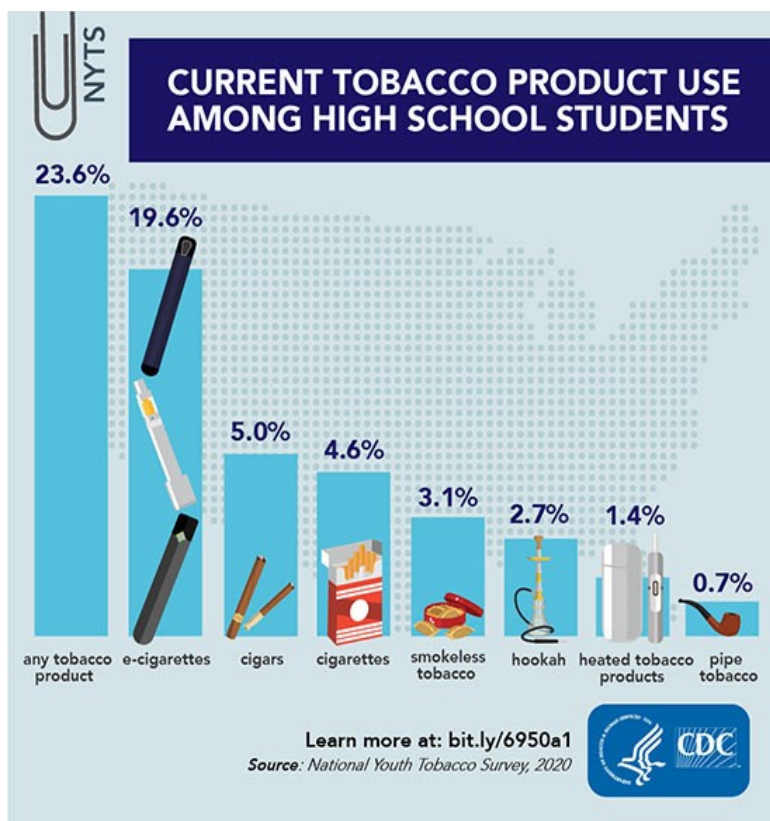
Long-Term Effects:

- Cancers (e.g. lung, mouth, throat, bladder, cervical etc.)
- Cardiovascular disease (e.g. heart attack, stroke)
- Lung and respiratory diseases (e.g., emphysema, chronic bronchitis, asthma)
- Premature death



Youth and Smoking

According to the CDC, each day in the US, about 1,600 youth smoke their first cigarette and nearly 200 youth start smoking everyday. From 2011 to 2020, cigarette smoking actually decreased among middle and high school students. In 2020, nearly 5 of every 100 students about 4.6% reported that they smoked cigarette, a decrease from 15.8% in 2011. while the federal government thought they had youth smoking under control, a newer and more appealing product came onto the market, e-cigarettes. E-cigarettes differ from normal cigarettes because they infuse flavors to make them more appealing to the youth. In 2020, 85% of high school students and 74% of middle schools students who used tobacco products reported using a flavored tobacco product at the time.



Factors Associated with Youth Tobacco Product Use:

- Social and Physical Environment:
 - The way mass media show tobacco product use as a normal activity can make young people want to try these products.
 - Youth are more likely to use tobacco products if they see people their age using these products.
 - High school athletes are more likely to use smokeless tobacco than those of the same age who are not athletes.
 - Young people may be more likely to use tobacco products if a parent uses these products.
- Biological and Genetic Factors:
 - There is evidence that youth may be sensitive to nicotine and that teens can feel dependent on nicotine sooner than adults.
 - Genetic factors may make quitting smoking harder for young people.
 - Smoking during pregnancy may increase the likelihood that the child will smoke cigarettes regularly in the future
- Mental health: There is a strong relationship between youth smoking and depression, anxiety, and stress
- Personal views: When young people expect positive things from smoking, such as coping with stress better or losing weight, they are more likely to smoke



How to Reduce Youth Tobacco Product Use

What Parents Can Do:

- Set a good example
 - Teen smoking is more common among teens whose parents smoke.
 - If you do smoke, consider talking to your primary doctor of how to quit
 - Explain to your teen how unhappy you are with your smoking, how difficult it is to quit and that you'll keep trying until you stop smoking for good.
- Say No
 - Tell your teen that smoking and vaping aren't allowed. Your disapproval will have more impact than you think.
- Expect Peer Pressure
 - Give your teen the tools he or she needs to refuse cigarettes.
 - Rehearse how to handle tough social situations
- Think beyond cigarettes
 - Teens often think that electronic cigarettes (e-cigarettes), as well as smokeless tobacco, clove cigarettes (kreteks), candy-flavored cigarettes (bidis) and water pipes (hookahs), are less harmful or addictive than are traditional cigarette, when in fact they are not.
 - Educate yourself and your teen on the harms that other tobacco products can have
- Get involved
 - Take an active stance against teen smoking. Participate in local and school-sponsored smoking prevention campaigns.
- **National, state, and local program activities have been shown to reduce and prevent youth tobacco product use when implemented together.**
 - These activities include:
 - Higher costs for tobacco products (for example, through increased taxes)
 - Prohibiting smoking in indoor areas of workplaces and public places
 - Raising the minimum age of sale for tobacco products to 21 years
 - TV and radio commercials, posters, and other media messages aimed at kids and teens in order to counter tobacco product ads
 - Community programs and school and college policies that encourage tobacco-free places and lifestyles
 - Community programs that lower tobacco advertising, promotions, and help make tobacco products less easily available



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.