



Tobacco Prevention Tribune

Jefferson County Tobacco Prevention Initiative

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Jeffco TPI Launches First Quarterly Newsletter

The Jefferson County, Colorado Tobacco Prevention Initiative (TPI) Team would like to thank you for your interest in tobacco control and prevention! Our quarterly newsletter will include coalition updates, upcoming events, hot topics in tobacco control, and more. For questions or comments please contact Donna Viverette at 303-275-7555 or dviveret@jeffco.us.

Foothills Green Residents on the Move!



On June 16, 2007, residents and neighbors of Foothills Green Townhome Complex participated in free health screenings and educational sessions at their first annual wellness fair. Foothills Green is a Section 8 Housing and Urban Development (HUD) project that serves 72 families. Participants got their lung health assessed, blood pressure checked, bicycles fixed, child safety seats inspected and more ... all just outside their front doors! This exciting event was made possible through the partnership of a group of resident advisors, the TPI Team, the Rocky Mountain Housing Development Corporation (RMHDC), and the Jefferson Center for Mental Health.

With over 20 health-focused interactive booths and several mini-workshops, the Wellness Fair offered something for all of the residents and was well attended. The event also served as a “kick-off” for an exciting year-long health promotion initiative. Beginning this September 2007, residents will have opportunities to engage in wellness activities including monthly health promotion sessions, low-impact aerobics classes, a walking club, and activities that support quitting smoking and reducing exposure to secondhand smoke. The activities at Foothills Green may become a model for health promotion and tobacco intervention strategies to be used with other multi-family complexes.

Fire-Safe Cigarettes: A Burning Issue

Cigarettes are the leading cause of fire fatalities in homes across the United States, killing nearly 1000 people per year. With growing support for smoke-free laws, the issue of fire-safe cigarettes has become timely. A fire-safe cigarette is manufactured to self-extinguish when left unattended. Research done by the National Fire Protection Agency (NFPA) in the mid-1980s predicted that fire-safe cigarettes would eliminate three out of four fire deaths caused by cigarettes. New York, Vermont, California and Oregon have laws in effect requiring that only fire-safe cigarettes be sold in their states. Seventeen other states have passed laws which have not yet gone into effect. For more information, visit <http://www.gasp.org/firesafe.html>.

Coalition News

The new **Coalition Advocating for Smoke-Free Housing (CASH)** has formed to promote voluntary policies and laws protecting residents of multi-unit housing from secondhand smoke exposure. With up to 60% of the air in apartments, condos and townhomes coming from adjacent units, smoke intrusion in these dwellings can be a major health threat. Members of CASH include residents of multi-unit complexes as well as other smoke-free advocates who wish to work for policy change in our communities. The Coalition meets twice monthly; the first Thursday evenings of the month from 6 – 8 pm and the third Saturdays of the month from 1 – 3 pm. Call Susan Sobkoviak at 303-275-7558 for more information.

A county-wide youth coalition is also being formed this fall to advocate for tobacco control and wellness in our communities. Youth ages 14 and older of all backgrounds and life experiences are encouraged to join. The goal of the coalition is to empower youth to share their expertise and take on opportunities to increase the reach of tobacco prevention and wellness in our communities. For more information and to get involved, contact Donna Viverette at 303-275-7555 or dviveret@jeffco.us.

Ask Ciggy



Dear Ciggy:

I visit my favorite restaurants in Arvada without worrying about patio smoke. However, I recently dined outside in Denver and to my surprise, the area was crowded with people smoking! I enjoy eating outside without breathing other peoples' smoke. Why does the smoke-free law vary from community to community?

-Choking on Smoke

Dear Choking,

The Colorado Clean Indoor Air Act (CCIAA), effective since July 1, 2006, is a strong law prohibiting smoking in indoor areas of workplaces and public places. The law does not require outdoor patio/dining areas of restaurants or bars to be smoke-free. However, more stringent laws can be passed at the local level (towns, cities and counties).

Local laws are becoming stronger with increased research on the risks of secondhand smoke exposure. For example, Arvada's law, which was passed in 2005, includes outdoor eating areas of restaurants and bars as well as city parks and trails. Many coastal cities are passing laws to prohibit smoking on beaches due to pollution and environmental hazards in addition to health and fire safety risks.

A proprietor of a workplace or public place in a city without a

strong smoke-free law may prohibit smoking at his/her establishment by posting signs that clearly indicate the smoke-free zones. These areas are now enforceable under the State law. People who light up in smoke-free zones can be cited by local law enforcement under the CCIAA.

If you would like to enjoy restaurant dining outside without the smoke, you will have to either persuade the restaurant proprietor to post smoke-free signs outside or find communities that have passed local laws with smoking prohibited in outdoor areas. To find information about smoke-free policies in your community, visit the GASP of Colorado website online at www.gaspforair.org.

Do you have tobacco-related questions? **Ask Jeffco Ciggy at ask_ciggy@yahoo.com.**

Meet the Jeffco TPI Team!

The Tobacco Prevention Initiative (TPI) is a program of the Jefferson County Department of Health and Environment and is funded through the State Tobacco Education and Prevention Partnership and Jefferson County. For more information about resources and services of the Jeffco TPI call (303) 275-7555 or visit http://jeffco.us/health/health_TIII_R84.htm.



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Skipping First Cigarette of Day Helps Quitters

New research on the reinforcing effects of nicotine may shed light on why an old quitting strategy works. Tobacco cessation coaches often suggest tapering down the number of cigarettes or spit tobacco used over several weeks to help people prepare for their quit day. One way to do this is to hold off or eliminate the first “morning” cigarette/dip. Recent research indicates that if the morning cigarette/dip is held off for an hour or more, the tobacco user may use less during the day because nicotine loses some of its reinforcing effects on the brain.