

Lake County Health Department

Tobacco Free Lake County

Inside this issue:

Enclosed is a tobacco related survey. Please take a minute to answer the questions and drop it in the mail.

Thank You!

Special points of interest:

- Smoke free restaurants make good business sense, good legal sense, and good dollars and cents. For more information about the benefits of smoke free restaurants and the best steps to take in the smoke-free dining process contact the Lake County Health Department.
- New smoke free restaurants in Lake County:

The Hot Spot Thai Restaurant—Polson

The Cove Deli—Polson

Isabel's Bistro—Polson

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Help Keep Us Informed.

If you are providing a 100% smoke free dining environment and are not listed in our dining guide or if you are a new restaurant in Lake County since May of 2003 please call us: 406-883-7341

SMOKELESS IN RONAN: Good Food & Clean Air

Of interest to all of us in Tobacco Prevention Education is, "What motivates a prior smoking restaurant to go smoke free?"

Burton and Vicki Cannon are starting their 4th year of ownership at the Pizza Café in Ronan located on Highway 93 and just recently changed to smoke free. When Burton was asked that question he responded that he had read an article in the *Restaurant Today* magazine that said going smoke free would not affect your business negatively. You would see new patrons and if your regular customers liked the food they would come back,

and he has found this to be true.

The Cannons are art collectors and display their art at the restaurant. Even though they had a ventilation system Burton said, " You had to continually change the filter and it really did not remove the smoke, which can be harmful to the art as well as our customers and employees."

Tables are set up outside on the deck where smoking is allowed.

The Pizza Café has pizza anytime as well as a lunch and dinner menu. The Café is open from 11:00 AM to 9:00 PM, Monday thru Saturday.



PIZZA CAFE
Stop by for good food
good art and
smoke free dining!



Tobacco In Montana.....a health issue!

◆ Adults who smoke	19%
◆ High school students who smoke	29%
◆ Male high school students who use chew tobacco	25%
◆ Kids who become new daily smokers each year	2,000
◆ Kids now under age 18 who will die prematurely from smoking	17,100
◆ Montanans who die each year from second hand smoke	100-170
◆ Annual tobacco-related health care costs in Montana	\$216 million

Smoking isn't good for you or those around you.....but did you know it was this bad?



Smoke free workplace legislation means that where tobacco smoke is concerned:

1. ALL workers' health will be treated equally.
2. ALL workers will have a safe, healthy, smoke free workplace.
3. NO workers will be discriminated against by having to breathe tobacco smoke at work.

Tobacco tax a good investment:

2000 kids start smoking each year in Montana. Looking at research findings predictions are that with the 52-cent increase 1,900 children alive today will be saved from premature smoking-caused deaths. Saving hundreds of lives just by raising the tobacco tax by 52 cents seems a wise investment.

Smokers Welcome Everywhere...It's just the smoke that's not!

I have wonderful friends and family who smoke. Most of them wish they could quit, but they can't. They are great people with an unfortunate addiction. Like almost all smokers, they started smoking as very young children and didn't know that the product was addictive (even though the manufacturers did.... But that's another story).

I get so tired of Big Tobacco claiming that smoke free workplace laws discriminate against smokers. Smoke free work place laws only discriminate against smoke,

NOT smokers! Society is changing quickly. We now know that tobacco smoke causes terrible diseases, including cancer, respiratory illness, heart disease and asthma. Nobody should have to breathe tobacco smoke to hold a job, and that's the main reason for smoke free workplace legislation.

My friends and family who smoke, like ALL smokers, are welcome EVERYWHERE. It's simply their smoke that is not. For example, my bridge partner smokes, but he doesn't smoke when we play bridge. My

cousin smokes, but she doesn't smoke at family dinners. For years, I've gone to movie theatres and Broadway shows with family and friends who smoke, but they don't smoke in the theatre. When we travel, they don't smoke on airplanes and trains. More recently, they don't smoke in restaurants and bars. More and more, they understand why we have smoke free laws and they now agree.

Written by:

Joe Cherner, President

SmokeFree Educational Services, Inc.

What Happened?....A legislative update

Tobacco Tax Increase -

A great victory for tobacco prevention in Montana was the increase in the tobacco tax, which went into effect May 1st. Tax on cigarettes increased from 18 cents to 70 cents a pack and doubled on all other tobacco products (12.5% to 25%).

How It Affects Lake County:

Raising the tobacco tax has been shown to be one of the most effective ways to prevent tobacco use among youth and decrease use among adults.

Tobacco Settlement Dollars and Initiative 146-

The legislature appropriated \$3.2 million a year for the next biennium,

less than the voters requested and less than the Center for Disease Control (CDC) recommends, but more than over the prior two years. A lot more! Certainly a step in the right direction.

How It Affects Lake County:

Contract acceptances are not out yet but funding will be the same as last year at this point.

Parents Can Protect their Kids from Addiction

The vast majority of parents do not want their kids to use tobacco. Tobacco causes a wide range of serious health problems. Kids can become seriously addicted very quickly, just weeks or even days after first “experimenting” with cigarettes. Right now, more than a third of all high school students smoke, while experimentation can start as early as fourth grade. Adults don’t start smoking, kids do—ninety percent of all smokers get hooked at or before age eighteen!

Parents as Role Models

If you smoke, share your struggles to quit with your children.

Kids greatly underestimate how difficult it is to

quit. Showing how hard it is to quit can help eliminate this misperception. Continuing to try to quit despite the difficulties, also sends a strong anti-smoking message.

Maintain a smoke free home.

A smoke free home makes children less likely to smoke, even if their parents smoke. By not allowing anyone to smoke in their homes, parents not only make smoking less convenient for their kids but also make a powerful statement that they believe smoking is undesirable.

Tell your kids that you don’t want them to smoke and will be disappointed if they do.

Parental attitudes, opinions, and feelings about

their kids’ smoking status greatly influence whether or not kids will smoke, even when parents smoke.

Emphasize the immediate health effects.

Most teenagers wrongly believe that smoking will have no direct affect on their health until they reach middle age. However, smoking causes many immediate effects on health, including persistent coughs, respiratory problems, a greater susceptibility to illness, and decreased physical performance.

Emphasize the effects of smoking on physical appearance.

Cigarette ads create the image that smoking is sexy and attractive. Smoking actually causes



yellow teeth, bad breath, smelly clothes, and more severe and early facial wrinkles.

Destroy the myth that everybody smokes.

Many kids overestimate the amount of smoking among their peers and such overestimation is a strong predictor of smoking initiation.

It’s Not Just About the Smoker

According to an article in the American Academy of Pediatrics Journal, women who smoke just six or seven cigarettes a day give birth to babies who are more jittery, stiffer and

more difficult to console, behavioral changes akin to those seen in drug-exposed infants.

Quitting is the best thing a pregnant women can do for her baby.

What quitting will mean to a baby:

- An increase in the amount of oxygen it will get
- An increased chance the lungs will

work well

- Lower risk of a premature birth
- Increased chance of a normal weight healthy baby.



Quitting tobacco isn't easy, but when friends and loved ones are there to help, smokers are 50% more likely to succeed.

TO:

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PRESORTED STD.

Lake County Health Department Tobacco Education Program

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A Breath of Fresh Air

This project is funded (in part or in whole) under a contract with the Montana Department of Public Health and Human Services. The statements herein do not necessarily reflect the opinion of the Department.



"I've set up a smoking section for you guys. If you look through that high-powered telescope, you'll actually be able to see it."

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