



June 2007

Volume 1, Issue 2

# A Breathe of Fresh Air

Lake County Health Department Tobacco Prevention Program

## Need More Information or Want to File a Complaint Regarding the Montana Clean Indoor Air Act?

- Contact the Lake County Health Department Tobacco Prevention Program 406-883-7341  
Send written complaints to: LCHD  
802 Main St.  
Polson, MT 59860
- Call the toll-free information line: 866-787-5247
- Go to the website [www.tobaccofree.mt.gov](http://www.tobaccofree.mt.gov).  
Complaint forms can be printed by looking under the *Clean Indoor Air Act*.

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## Montana's Clean Indoor Air Act: *Smoke Free Public Places*

### ☐ **Montana's Law Offers Protection from Secondhand Tobacco Smoke...**

A known public health threat. Potential harmful health effects of secondhand smoke by exposure are dramatically reduced by eliminating smoking in all enclosed public places and workplaces.

### ☐ **Montana's Law Helps to Reduce Needless Death and Disease.**

### ☐ **Montana's Law Improves the Health of Citizens...**

Recent studies

in Helena, Montana and Pueblo, Colorado observed significant and immediate decreases in hospital admissions for heart attacks after 100% smoke free laws were enacted... approximately a 30% reduction in Pueblo, Colorado; and a 40% reduction in heart attacks in Helena, Montana.

### ☐ **Montana's law extends important protection to workers who traditionally have been exposed to high levels of secondhand smoke....**

Food service workers

have a 50% greater risk of dying from lung cancer than the general population, in part, because of secondhand smoke exposure in the workplace. Studies have shown marked improvement in bar workers' health within the first few months of implementing a smoke free policy.

### ☐ **Montana Communities & Citizens Strongly Support the Statewide Smoke free Law....**

71% of Montanans polled support the statewide smoke free public places law.

## Sale of Tobacco on the Internet - It's Illegal

Montana's Department of Justice's Gambling Investigation Bureau enforces the state's tobacco tax laws and is actively pursuing illegal sales and purchases of tobacco products over the internet and across state lines in Montana. They have made an effort to educate

people that importing cigarettes from other states without a tax-stamp or buying/selling over the internet is illegal and becomes a tax evasion issue.

Internet sales and advertising that are sent by mail or found in local publications

can be reported to the numbers listed above under "Filing a Complaint".

Increased tobacco tax was supported by Montanans, overwhelmingly; the intent being to reduce youth initiation and promote quitting among all tobacco users.



# A Breathe of Fresh Air

## Lake County Youth reACT!

What is reAct! Against Corporate Tobacco? It is Montana's teen-led movement against the tobacco industry. reACT groups incorporate media literacy, peer education, and grassroots advocacy to motivate youth to fight back against Corporate Tobacco.

Teens involved in reACT learn how to organize and implement events and activi-

ties as well as develop leadership and public speaking skills while participating in a good cause.

Montana Tobacco Use Prevention Program (MTUPP) sponsors and pays all student costs to a **reACT Teen Summit** June 24-27 at Carroll College in Helena. Sessions will focus on art and media literacy, activism and other youth leader-

ship skills. Students will celebrate teen showcases, attend a dance, and go to a Brewer's Baseball Game. The following Lake County students who have worked in our schools and communities on tobacco prevention throughout the school year will be attending: Sadie Frey, St. Ignatius; Samantha Brooks, Sage Burland, Ronan; Jerry Wachol, Polson.

Ronan High School students looking for tobacco fact information on the picnic table, part of a treasure hunt quiz provided by Janet Sucha, Ronan Safe and Drug-Free Schools



## Picnic Tables for the High School Peace Park: Ronan

On May 9th Ronan High School Advanced Art students held a dedication of their newly created picnic tables in the high school Peace Park.

The tables were built and decorated by the art students through a grant provided by the Montana Tobacco Use Prevention Program. Tobacco companies target young people by ad-

vertisements and propaganda in the hopes of hooking them on tobacco for life. The art students are combating this by covering each table with facts about the unhealthy affects and use of commercial tobacco products.

The Ronan Women's Club donated funds for the dedication and the Family And Consumer Science class

baked the desserts. The tables will stay in the Peace Park for the enjoyment of students and faculty.

reACT member Sami Brooks will be presenting about this project at the upcoming MTUPP Teen Summit in Helena, June 24-27

*Smoking is NOT glamorous. Tobacco packaging of any color is still wrapped around an ugly, deadly product!*

This project is funded 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.

## State Family, Career, and Community Leaders of America: Polson

This spring Jerry Wachal, Polson Middle School and Mary Weidrich, Polson High School created a tobacco prevention program for the

5th graders at Polson Middle School as a *Chapter Service Project* for the *State Family, Career, and Community Leaders of America*. The

program was then presented at the conference's State competition in Billings. They won a silver award for their program.

## Healthy Me - Healthy Earth: Ronan

by Ramona Sonntag, Ronan High School Foreign Exchange Student

If you walk along the road to pick up all the litter, what are the three items you find most often? Exactly! Alcohol and pop cans, cigarette butts, and fast food bags.

Here is a way to hit two birds with one stone. If we were all healthy and didn't use these things, we would be doing something good for our body and that would cause way less littering. This was the main point of the Earth Day fun run.

We had to find a nice way of getting the point across to the elementary kids. So there was a skit where the "healthy-things" and the "unhealthy-things" had a race.

On the day of the "Earth

Run" high school students went over to the elementary school and divided into two teams. Team One: the health team represented clean air, veggies, and fruit and the competitors were Kaneesha Benson, Russell Doyle, Kirsten Cordier, Trent Metzger and Ramona Sonntag. Team Two: represented the unhealthy team - Arisha Hales dressed as a pop can; Justin Grandon dressed as a cigarette butt and Mariah Friedlander dressed as a bag of chips.

One of the highlights was when the cigarette, riding a tiny bike, fell. The elementary kids started laughing as if there was nothing more hilarious! Well, guess who

won in the end? That's right, the healthy team! The elementary kids went wild.

What is the moral of the story? Be healthy and you win and so does the earth!

After the skit, the elementary kids went for a mile run and finished at the football field where they got fresh fruit and water.

Each year as part of the Earth Day run a tree is planted on the school district property to promote clean air. To help fund the project a grant was received from Lake County Health Department Tobacco Prevention Program.

Thank you for everyone's help. It was a fun time.



Ronan 3rd Graders take part in the Healthy Me-Healthy Earth fun run!



What three items create the most litter?

- φ pop & beer cans
- φ cigarette butts
- φ fast food bags & wrappers

## Boy Scouts Clean-up: St. Ignatius

On May 12 St. Ignatius sponsored its annual Clean-up Day. Dave Orr and his Boy Scout Troop members and Sadie Frey, St. Ignatius student, assisted in the clean-up as part of a tobacco prevention activity promoted by the Lake County Health Department

Tobacco Prevention Program.

Prior to the clean-up troop leader Dave Orr discussed how cigarette butts make up 20% of litter and that many people do not consider tossing a cigarette butt as littering. When, in fact,

cigarette filters, take a very long time to decompose (if ever).



The unhealthy cigarette loses the race!





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## Lake County Health Department

### Lake County Health

802 Main Street, Suite A  
Polson, MT 59860

Phone: 883-7341 or 883-7373  
WWW.lakecounty-mt.org/lchd

**We're on the Web!**  
**www.lakecounty-**  
**mt.org/lchd**



**Need Free Help  
Quitting?**

**866-485-7848**

### Need Help Quitting? The Montana Tobacco Quit Line is Free

Every year tobacco-related disease claims 1,500 lives in our state and every year approximately 1,100 Montana youth become regular smokers. All become at risk of developing lung cancer, heart disease and stroke. Spit tobacco is a major risk factor for oral cancer. Additionally, smoking during pregnancy has a multitude of negative health impacts on the mother, the fetus and the

newborn. Quitting tobacco use significantly reduces the risk of disease and premature death.

The Montana Tobacco Quit Line marked its third anniversary in May and more than 17,500 Montanans (over 400 Lake County tobacco users) have called the Quit Line for help.

Montana Quit Line is the only one nationwide to offer three free options

for nicotine replacement therapy: gum, patches and lozenges. Each caller gets five free phone sessions with a quit specialist who is accessed by a toll free number or through a fax referral from a health care professional. Persons who enroll in the counseling program, regardless of income or health insurance status, are eligible to receive 4 weeks of free NRT through the mail.