

## QUIT FOR LOVE THIS FEBRUARY

### SPECIAL POINTS OF INTEREST:

- > February Article
- > MOHCA and Dental Month
- > Fight For Air Climb
- > February Calendar
- > S.M.A.R.T. Training

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Wondering what to give your Valentine this February? How about a promise to stay healthy and strong? If you're a smoker, quitting would be the best gift this Valentine's Day. Mississippi ranks number one in heart disease deaths. Every year in Mississippi, smoking accounts for an estimated 5,250 premature deaths. Smoking can lead to sudden heart attacks or strokes, and can be a contributing factor in coronary artery disease. Smoking actually causes coronary heart disease, the

leading cause of death in the United States, according to the Centers for Disease Control and Prevention (CDC). "There is plenty of help available for Mississippians who want to quit smoking," said Tawni Basden, Director of the Mississippi Tobacco-Free Coalition of Rankin, Scott and Simpson Counties. "If you want to quit smoking, contact the Mississippi State Department of Health (MSDH) Quitline at 1-800-QUIT-NOW to receive free counseling and

medications, such as a nicotine patch or gum." "February is American Heart Month, and is dedicated to raising awareness about heart disease and increasing knowledge about prevention," said Basden. "This is a great time for people to take the opportunity to protect themselves and their loved ones by quitting smoking." For more information on how you can quit smoking, contact the Tobacco-Free Coalition of Rankin, Scott and Simpson Counties at 601-933-9174. You may also contact the MSDH Quitline at 1-800-784-8669 or visit [www.quitlinems.com](http://www.quitlinems.com).



2012 MOHCA Executive Officers  
 Ashley Tucker Chair  
 Carol Black Chair Elect  
 Rahel Mathews Secretary  
 Natasha Bennett Treasurer  
 Dionne Richardson, DDS Liaison

**For Immediate Release January 23, 2012**

**2 x 2 = 4 a healthy smile**

February is National Children’s Dental Health Month. The Mississippi Oral Health Community Alliance (MOHCA) would like to help spread the word about our 2x2 campaign. Brush two times a day for two minutes for a healthy smile and gums. Flossing daily is also a must. The first line of defense for a healthy body is a healthy mouth. Prevention of gum disease and cavities will ensure a healthy mouth and a better quality of life.

MOHCA is challenging you to take photos of your staff and students with the 2x2 campaign sign posted in your school. Be as creative as you like. The photos will be posted on MOHCA’s website and featured in MOHCA’s newsletter. Please email your photos to [MOHCA@HealthyMS.com](mailto:MOHCA@HealthyMS.com).

To get involved with MOHCA and to get resource materials for oral health, like the 2x2 poster, visit [www.healthyms.com/dental](http://www.healthyms.com/dental). To find your Regional Oral Health Consultant, who can help provide educational information for you, click on “ROHC” for a statewide listing.



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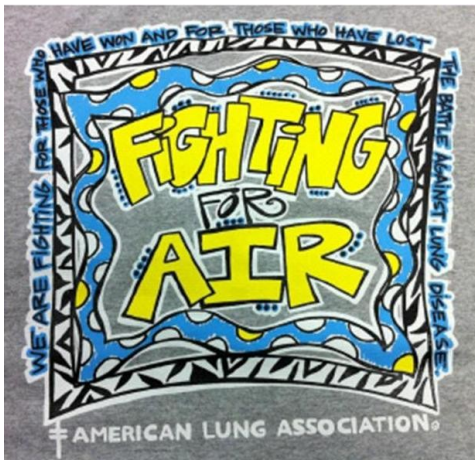
[www.facebook.com/MSMOHCA](http://www.facebook.com/MSMOHCA)



The Mississippi Tobacco-Free Coalition of Rankin, Scott and Simpson Counties started a team for the 2012 Fight for Air Climb that will be held February 25 at Trustmark Park.

If you buy an American Lung Association “Fight for Air Climb” t-shirt from the form attached, 100% of the purchase of that t-shirt goes to our “Smokefree Air Climbers” team. If you want a t-shirt I will be glad to get it for you so you don’t have to pay the shipping costs. Please consider purchasing a t-shirt to support our “Smokefree Air Climbers” team. Email me and I will send you the form to complete - [tbasden@dreaminc.org](mailto:tbasden@dreaminc.org). If you would like to join our team, click this link to “join our team” <http://www.lungusa.org/pledge-events/ms/jackson-climb-fy12>.

They are asking that every person on a team raise \$100.00. However, this will be easy if you just sell 5-6 of the “Fight for Air Climb” t-shirts. So come on, join me in fighting lung disease and cancer!



Grey—long sleeve ALA shirt \$22

Red—short sleeve ALA shirt \$18



# FEBRUARY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Office to prep for February	2 Office to prep for February	3 <b>OTC Quarterly Meeting</b>	4
5	6 <b>BMYC @ 7:30</b>  MOHCA Meeting for Rankin County @ Dream 11-1 p.m.	7 <b>DREAM Staff Meeting @ 9-11</b>  Simpson Academy @ 1	8 Simpson Central TATU @ 10  Simpson Academy	9 Magee Elem @ 8:30-1:45  Simpson Achievement @ 2  Magee Elem Afterschool @ 3:30 BMYC @ 5-7	10 Mendenhall High 7:45-11:15  Lung Health Conference Call @ 12  Mendenhall High @ 1	11
12	13 <b>Lake High @ 10</b>  MOHCA Meeting in Scott County @ 4:30	14 Mendenhall Elem @ 10-11  DREAM Meeting  Brandon Sr. Citizen Prom 5-9	15 <b>Sebastopol</b>	16 <b>Lake Middle @ 10</b> Flowood Chamber @ 11  Rez YMCA @ 4	17 Region 8 MH Prevention Mtg @ 9  Crudup Ward @ 4	18
19	20 Mt. Elam Staff Training CFTA @ 1-2  Kiddie Kollege @ 4	21 Dream Mtg @ 11  Scott Coalition Mtg @ 3:30-4:30  Scott County Cooperative Extension	22 Simpson Central @ 1-2  Simpson Coalition Mtg @ 3:30-4:30  Simpson County Cooperative Extension	23 <b>Forest Chamber Luncheon</b>  Rankin Coalition Mtg @ 3:30-4:30 <b>DREAM</b>	24 <b>Scott Central Teams</b>	25 <b>Fight For Air Climb @ Trustmark Park</b>  9 a.m.
26	27 Pearl HS @ 12:40-2 p.m.  Simpson Central Family Health Fair 6-8 p.m.	28 Kiddie Corral Staff Training @ 12:30  Klub Kid @ 3:30  Lake Village Learning Center Staff Training @ 6:30	29 Simpson County RAT Pack @ Magee Elementary @ 1  Rankin AOP @ 4			

MISSISSIPPI  
TOBACCO-FREE  
COALITION OF  
RANKIN, SCOTT  
AND SIMPSON  
COUNTIES

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MISSISSIPPI  
tobacco  
FREE COALITION OF  
RANKIN, SCOTT  
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This program is funded by a grant from the Mississippi State Department of Health.

We are on the web, Facebook, and Twitter:

[www.mtfc-rss.ms](http://www.mtfc-rss.ms)

MISSISSIPPI  
tobacco  
FREE

To locate another Mississippi Tobacco-Free Coalition visit:

[www.tobaccofreems.org](http://www.tobaccofreems.org)

## S.M.A.R.T. Training

Students Mobilizing through Advocacy to Reshape Tomorrow

January 27, 2012



Mississippi Tobacco-Free Coalition Program Directors in Central Mississippi:

Tawni Basden—Rankin, Scott & Simpson

Leigh Lamkin—Winston, Attala and Leake

Leslie Horton—Warren & Claiborne Counties

Generation FREE Youth Advisory Board members that helped put on the conference.



Rankin County Generation Free Youth Advisory Board member, Brandon Mayor's Youth Council member, Mississippi Tobacco-Free Coalition Advisory Board member — Brooke Reed and Tawni Basden.