

OCTOBER ARTICLE

Health Department Educates Mississippians on the Dangers of Exposure to Secondhand Smoke

SPECIAL
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Every year more than 500 Mississippians lose their lives due to health consequences of exposure to secondhand smoke.

"Exposure to secondhand smoke is much more than a nuisance," said Roy Hart, director of the Office of Tobacco Control at the Mississippi State Department of Health (MSDH). "In Mississippi, exposure to secondhand smoke remains an alarming public health hazard."

The MSDH is currently leading Smokefree Air Mississippi - a public health initiative that educates Mississippians on the dangers of secondhand smoke and the benefits of smokefree air.

"It's a fact: secondhand smoke causes premature death and disease in children and adults who do not smoke," said Hart. "Even brief exposure to secondhand smoke is harmful. There is absolutely no safe level of exposure to secondhand smoke."

According to the 2010 Surgeon General's Report, when inhaling secondhand cigarette smoke, individuals breathe in more than 7,000 chemicals such as Arsenic,

Lead and Polonium-210. Hundreds of the chemicals found in secondhand smoke are hazardous and 69 are known to cause cancer.

Exposure of adults to secondhand smoke has immediate adverse effects on the cardiovascular system and causes heart disease and lung cancer.

"Far too many Mississippians are exposed to secondhand smoke in their workplaces every day," said Tawni Basden, director of the Tobacco-Free Coalition of Rankin, Scott and Simpson Counties. "Workers should not have to face prolonged exposure to the toxic chemicals found in secondhand cigarette smoke. Mississippi employees should not have to choose between their health and their jobs."

Young children are especially vulnerable to secondhand smoke because their bodies are developing so quickly. Children also take in more secondhand smoke because they breathe more rapidly than adults and often cannot remove themselves from areas where secondhand smoke is present.

According to Basden, eliminating exposure to secondhand smoke is the simplest solution.

"Research shows that simply eliminating smoking in public, indoor spaces fully protects non-smokers from exposure to secondhand smoke," said Basden. "Separating smokers from non-smokers, cleaning the air, and ventilating buildings does not eliminate exposure to secondhand smoke."

For more information on the dangers of secondhand smoke, contact the Mississippi Tobacco-Free Coalition of Rankin, Scott and Simpson Counties at 601-933-9174 or visit www.SmokefreeAirMS.com.



LOCAL TEENS SELECTED TO SERVE ON TOBACCO-FREE ADVISORY BOARD

Brooke Reed and Bethany Savoy of Brandon has been selected to serve as a 2011-2012 member of the Generation Free Youth Advisory Board. Reed is in 11th grade in home school and Savoy is in 12th grade at Brandon High School. Generation Free is Mississippi's youth-led movement against big tobacco. The program focuses on engaging teens in tobacco prevention activities and providing them

with training and tools needed to help reduce teen tobacco usage in their communities. Generation Free Youth Advisory Board Members are responsible for planning and assisting with events, delivering presentations, and working with the Mississippi Tobacco-Free Coalitions in their communities. A total of 10 Generation Free Youth Advisory Board Members have been selected from around



the state to serve during the 2011-2012 school year. For more information on Generation Free, visit www.GenerationFree.com or friend us on Facebook. Generation Free is a program funded by the Mississippi State Department of Health.

BE A PART OF OUR COALITION :

Advocates for healthy lives and tobacco-free policies throughout Mississippi.

The Mississippi Tobacco-Free Coalitions are grassroots groups covering all 82 Mississippi counties. The Coalitions work to reduce tobacco-related disease and death by educating youth about the dangers of tobacco, encouraging communi-

ties to implement smokefree ordinances and promoting tobacco cessation services.

The Mississippi Tobacco-Free Coalitions are funded by a grant from the Mississippi State Department of Health. The Coalitions and the Health Department work together to educate our citizens—both young and old—on the dangers of tobacco use.

To find your local coalition visit :

www.tobaccofreems.org

To learn more about smokefree air Mississippi visit :

www.smokefreeairms.com



SEPTEMBER HIGHLIGHTS

Rankin County School District's Open House:



Amber Beck , Regional Oral Health Consultant with the MSDH partners with the MTFC on events in Rankin and Simpson Counties.

Flowood Chamber Golf Tournament:



Tawni Basden, Ilene Harned (retired), Amber Beck (MSDH Oral Health) and Kim Fortner (M&F Bank).

TATU Training at Simpson Central:



RAT Pack at Highland Bluff Elementary:



Pearl Kiwanis Presentation:

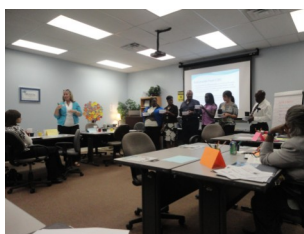


Balt Benavides (Atwood Advertising) and Amber Beck.



RAT Pack at Morton Elementary:

Environmental Strategies for Tobacco Prevention Training for DREAM:



Wing Dang Doodle Festival:



Mendenhall High FCCLA FREE Team Homecoming Float:

The movie "Nemo"



RANKIN COUNTY CALENDAR

- October:**
- 10/3/11—BMYC Meet and Greet with Brandon City Council from 5-6 p.m.
 - 10/4/11—Pearl Wal-Mart Diabetes Health Fair
 - 10/6/11—NWRHS Homecoming Parade
 - 10/11/11—Goodie Bags for Brandon Fire Dept with BMYC
 - 10/13/11—SADD's Club Officer Training presentation—Hattiesburg, MS
 - 10/14/11— DREAM Staff Development
 - 10/14/11—Brandon High School Football Game and tobacco awareness.
 - 10/18/11— Pearl High School Health Classes presentations
 - 10/18/11—Pelahatchie High School PTO Resource Fair 6-7:30.
 - 10/19/11—Flowood Wal-Mart Diabetes Health Fair
 - 10/20/11—LEAD Conference
 - 10/20/11— Pearl Baseball Golf Tournament - gave resources for goodie bags and hole sponsorship.
 - 10/21/11—MOHCA Meeting
 - 10/22/11—Flowood Baptist Church Fall Festival Health Fair from 11 -1p.m.
- RED RIBBON WEEK:**
October 24-28, 2011 (Presentations all week)
- 10/29/11—East Rankin Academy 5K/Fun Run
- November:**
- 11/5/11— Air National Guard Family Day Health Fair 8-12
 - 11/17/11—GASO
 - 11/28/11—Rankin Coalition

SCOTT COUNTY CALENDAR

- October:**
- 10/3/11—Slaughter Library Presentation
 - 10/17/11—Scott Central School Teams
 - 10/17/11— Kiddie Kollege Teams
 - 10/20/11—LEAD Conference
 - 10/21/11—CRUDUP-WARD Activity Center Teams
 - 10/24/11—Sebastopol Teams
 - 10/25/11—Lake High School Teams
 - 10/27/11—Lake Elementary and Lake Middle Teams
- RED RIBBON WEEK:**
October 24-28, 2011 (Presentations all week)
- November:**
- 11/4/11—Scott Central Teams
 - 10/8/11—Sebastopol Teams
 - 10/14/11—Lake High School teams
 - 11/14/11—Kiddie Kollege Teams
 - 11/17/11— GASO
 - 11/17/11— Creative Christmas in downtown Forest from 10-2 p.m.
 - 11/18/11—Scott Coalition Meeting at Scott County Cooperative Extension Services Offices at 3:30.

SIMPSON COUNTY CALENDAR

- October:**
- 10/5/11—Mendenhall High Health Classes
 - 10/7/11—Magee High FCCLA tobacco-free Football game
 - 10/10/11—Klub Kid Teams
 - 10/11-12/11—Simpson Central TATU Teams
 - 10/12/11— Simpson Achievement Center Teams
 - 10/12/11—Magee Afterschool Teams.
- RED RIBBON WEEK:**
October 24-28, 2011 (Presentations all week)
- 10/25/11—Mendenhall High School Fall Festival—Booth 5-8 p.m.
- 10/26/11—Magee Elementary 4th grade teams.
- 10/28/11—Mendenhall vs. Magee tobacco-free Football game.
- November:**
- 11/3/11—Mendenhall High Health Classes
 - 11/8/11—Klub Kid Teams
 - 11/10/11—Simpson Achievement Center and Magee Elem After-school
 - 11/11/11—Magee Elementary Body Walk
 - 11/28/11— Magee Elem 4th grade teams
 - 11/29/11—Simpson Central TATU teams
 - 11/29/11—Simpson Coalition Mtg 3:30-430 at Region 8 in Mendenhall.

Rankin Teams I teach:

- Brandon Mayor's Youth Council (BMYC)
- Rez YMCA RAT Teams
- Rankin County Adolescent Offender Program—FREE TEAM

Rankin Teams and Sponsors:

- Pearl Upper—Renee Williams
- Flowood Elem—Becky Trammell
- 16 Rankin County Frontier's Programs—RAT TEAMS
- Richland Upper—

Working on :

- Brandon High— Stephanie Gatlin
- Pelahatchie High— Mike Boyd
- Florence High—Crystal Efler

Need Middle School!!!



This caricature was made at the Flowood Chamber Golf Tournament by Ricky Nobile.

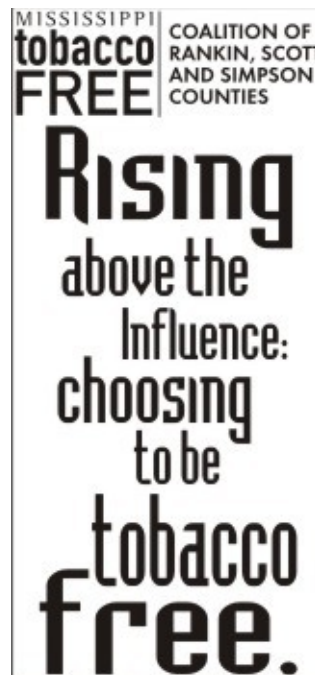
MISSISSIPPI
TOBACCO-FREE
COALITION OF
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SIMPSON COUNTIES

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The Mississippi Tobacco-Free Coalition of Rankin, Scott and Simpson Counties purchased and delivered 45,000 red ribbons focused on tobacco prevention to remind school-aged children that tobacco is a harmful drug too.



Check out our sports-centered artwork. It is available to go up at sports stadiums, in yearbooks or sport scheduled books or in newspapers. If you would like to use our logo let me know and I will get it to you. All I ask is for a copy of the program it is used in.

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

GREAT AMERICAN SMOKE OUT



To locate another Mississippi Tobacco-Free Coalition visit:

www.tobaccofreems.org

The American Cancer Society is marking the 36th **Great American Smokeout** on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking

an important step towards a healthier life – one that can lead to reducing cancer risk.

Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

If you know someone that is ready to quit, have them visit www.quitlinems.com.

