

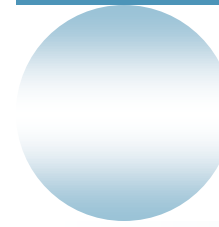
Rebecca Manwaring
 Director, Project ACTION Tobacco-Free Coalition
 Hamilton, Fulton and Montgomery Counties
 St. Mary's Hospital
 427 Guy Park Ave
 Amsterdam, NY 12010
 phone: 518-841-7288
 fax: 518-841-7106
 email: Rebecca.Manwaring@smha.org

Sue Arminio
 Coordinator, Project ACTION Tobacco-Free Coalition
 Hamilton, Fulton and Montgomery Counties
 St. Mary's Hospital
 427 Guy Park Ave
 Amsterdam, NY 12010
 phone: 518-841-7288
 fax: 518-841-7106
 email: arminiosu@smha.org

Project ACTION has been Advocating to Control Tobacco in Our Neighborhood for 14 years. Project ACTION is committed to systematically reducing tobacco use and second hand smoke exposure in Hamilton, Fulton and Montgomery Counties. We accomplish this through community education and broad-based policy change. Project ACTION is funded by the NYS Department of Health and is housed at St. Mary's Healthcare in Amsterdam.

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 Amsterdam, NY 12010

ADDRESS CORRECTION REQUESTED



Tobacco-Free Community

Working Together Towards a Healthy, Tobacco-Free Hamilton, Fulton and Montgomery County



New Survey Shows Most Residents in Favor of Tobacco Free Outdoor Areas



The Project ACTION Tobacco Free Coalition biannual survey, *Opinions on Smoking Issues in the Counties of Fulton, Hamilton and Montgomery*; was completed at the beginning of August. Dr. Don Levy and the Siena Research Institute collected the data via phone survey between June 23 – July 5; interviewing 350 adult respondents per county about tobacco use and tobacco-related issues.

The respondents were asked a series of questions regarding opinions on tobacco free outdoor areas; specifically public parks and recreation areas, public beaches, areas around building entryways, playgrounds and municipal pools. In Fulton County 83% of people surveyed were in favor of tobacco free playgrounds, 82.6% in Hamilton County and 78.7% in Montgomery County.

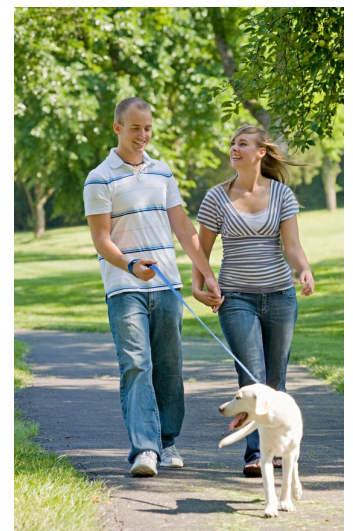
An excerpt from the report by Dr. Levy stated; "Support is high, consistent and ranked for an expansion of the current clean indoor air law among respondents across the three counties to the following areas: playgrounds, municipal pools, entryways, public beaches and public parks. Support is highest for the expansion of the law for playgrounds followed in descending order by pools, entryways, beaches and parks."

Project ACTION has been advocating for tobacco free public outdoor areas for the last two years. So far, nine municipalities in the tri-county area have adopted tobacco free resolutions. The Coalition is hoping that other municipalities follow their health-conscious lead.

"It just makes sense", said Rebecca Guarino, Project ACTION Program Coordinator. "My three-year-old niece struggles with asthma. Whenever we are at a public park or playground we have to leave if there is secondhand smoke.

Public parks and playgrounds should be smoke-free so that everyone can enjoy them."

If your community would like to adopt a tobacco free policy please contact Sue Arminio at 518-841-7288.



Fall 2011

And the Survey Says...

- * 83% of Hamilton and Fulton County residents are in favor of tobacco free playgrounds
- * 79% of Montgomery County residents are in favor of tobacco free playgrounds
- * 72% of Fulton County residents favor banning smoking around building entryways

Inside this issue:

- Teen Smoking Declines in NYS 2
- 2011 Statewide Reality Check Youth Conference 3
- Cessation Center News 3



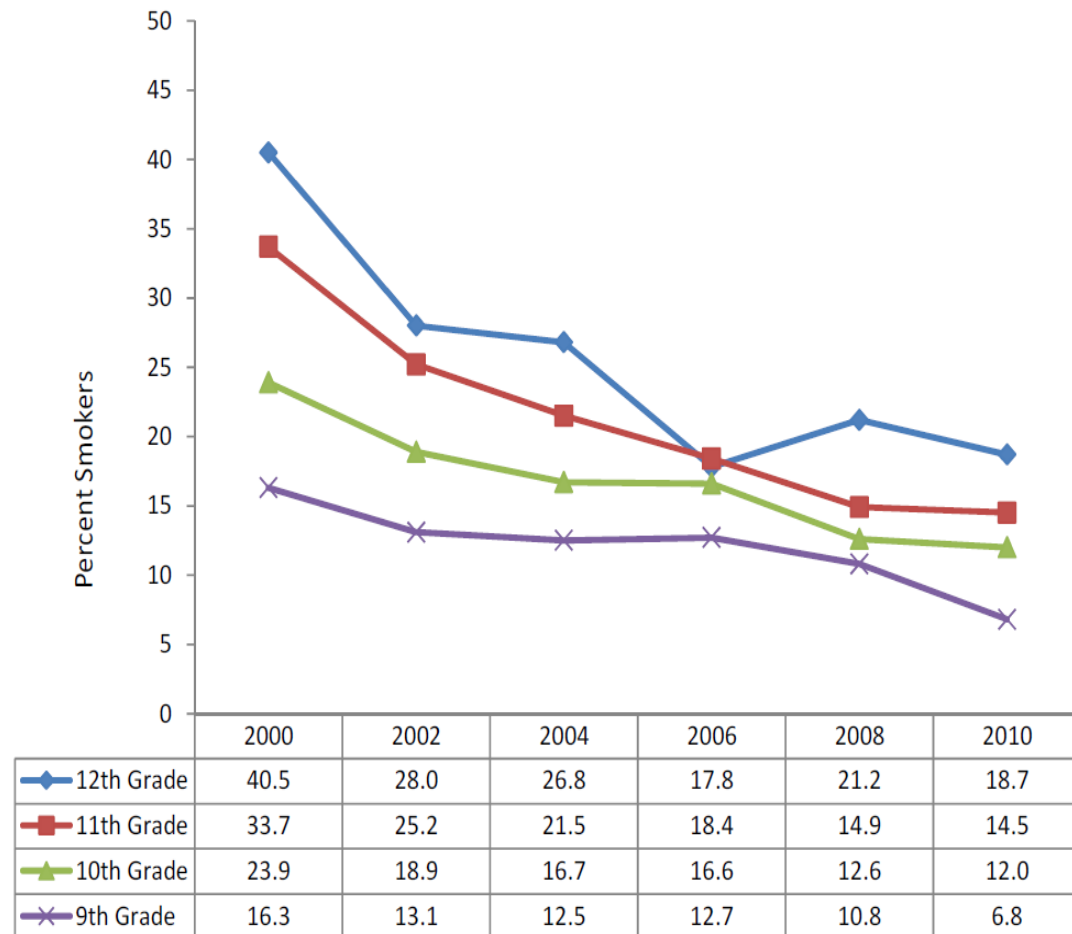
“Significant reductions in youth smoking support New York’s approach of graphic and emotionally evocative media, high excise taxes, and well-funded tobacco control program”

New York High School Students in Every Grade Show Significant Declines in Cigarette Smoking

Smoking rates of high school students are monitored using the New York Youth Tobacco Survey (NY YTS). This school-based survey is conducted in public and private schools in New York every other year. The standard definition of current smoking among youth is “having smoked on one or more of the past 30 days”

- Current smoking rates among 9th, 10th, 11th and 12th grade high school students in New York exhibited a strong downward trend between 2000 and 2010. All declines are statistically significant.
- Percentage declines in Current cigarette smoking between 2000 and 2010 were 58%, 50%, 57% and 54% for grades 9 through 12, respectively
- Significant reductions in youth smoking support New York’s approach of graphic and emotionally evocative media, high excise taxes, and a well-funded tobacco control program.

Percentage of Current Smoking among High School Students by Grade Level, New York State Youth Tobacco Survey 2000-2010



Source: New York State Youth Tobacco Survey, 2000-2010. Contact the Bureau of Chronic Disease Epidemiology and Surveillance, New York State Department of Health at (518) 473-0673 or type ‘StatShot’ in the subject line of an e-mail and send it to tcp@health.state.ny.us.

Quitting Tobacco: Now is the Time

by Rebecca Smith, Glens Falls Hospital Cessation Center

The 2010 Surgeon General’s report contains important information about the harmful effects of tobacco smoke. The report makes it very clear that **there is no safe level of tobacco** smoke and we must work to address the health disparities related to tobacco dependence. Tobacco use remains the leading cause of preventable death and disease in the United States. The Surgeon General reports that tobacco smoke contains over 7,000 chemicals,

70 of which are known to cause cancer. Even low-level exposure, including exposure to secondhand smoke, is harmful and can cause heart attacks and strokes. Low level exposure can also damage the lungs, causing asthma attacks and emphysema. Tobacco dependence is a chronic, relapsing condition that is both physical and psychological. Addiction keeps people smoking even when they want to quit and is harder for some people than others. On

average it will take 7-10 attempts to be tobacco-free while those with mental illness attempt to quit twice as often and will be less likely to succeed. Quitting tobacco is the most important step one can take to improve their health. Anyone interested in quitting should talk with their doctor and prepare a quit plan. Free resources are also available from the NYS Smokers’ Quitline at 1-866-NY-QUITS (1-866-697-8487) or visit www.nysmokefree.com.

“On average it will take 7-10 attempts to be tobacco-free.”

2011 Statewide Reality Check Youth Summit

by Reality Check member Cody Arminio

On August 9-11th, I attended the 2011 Statewide Reality Check Point of Sale Youth Summit in Buffalo, NY. Over 130 youth came together to send a clear and simple message; we’ve seen enough in-store tobacco marketing and we want a change.

While at the summit, we were educated about in-store tobacco marketing and promotions. I learned that the Big Tobacco Companies have their products displayed at eye level of children with the intention of targeting us. These tobacco companies know that we, the youth, are more likely to be influenced by their advertising than by peer pressure. Therefore, these in-store tobacco displays are giving us the impression that tobacco

products are easily accessible. On the last day of the summit, we took our action to the streets. We walked around Niagara Square chanting, “We’ve seen enough! We want our change!” The change we want to see is for all in-store tobacco marketing to be covered up in non-adult only retail establishments.

“We’ve Seen Enough! We want our change!”

