



FYI Connections

A monthly newsletter for Tuscarawas County families.

November 2006

A community collaboration promoting wellness and fitness for children and families.

Vision

Community Environments that promote and support healthy lifestyles of children and their families.

Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:

- American Cancer Society
- American Red Cross
- Buehler's
- Claymont Schools
- Dover City Schools
- Dr. Timothy McKnight
- Harcatus Head Start
- Indian Valley Schools
- Kiwanis
- Nationwide Insurance
- New Philadelphia City Schools
- Norma Johnson Center
- Ohio State University Extension/4-H
- Super Fitness
- Strasburg Schools
- Tuscarawas-Carroll-Harrison
- Educational Service Center
- Tuscarawas County Dairy Farmers
- Tuscarawas County Health Department
- Twin City Hospital
- Union Hospital
- WIC
- YMCA

Sponsors:

- American Cancer Society
- Dairy Farmers of America
- Dover Lions
- New Philadelphia Kiwanis
- New Philadelphia Lions
- Tuscarawas County Dairy Farmers Association

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The Great American Smokeout: Will The Voters Decide?

Contributed by Pam Dummermuth, RN, Union Hospital

The US Surgeon General has stated, "Smoking cessation (stopping smoking) represents the single most important step that smokers can take to enhance the length and quality of their lives." With the **Great American Smokeout** coming up on **November 16**, this message is more important than ever, especially this year. All registered Ohio voters and all smokers who have young children have the opportunity to make a difference in the lives of many young people.

On November 7, Ohio voters will have the opportunity to decide between Issue 4 and Issue 5. Both issues address bans on smoking. Issue 4 is a constitutional **amendment** that if passed, would override all laws including any attempts by *Smoke Free Ohio* to ban smoking. Issue 4 is supported by *Smoke Less Ohio*, tobacco companies, and hospitality companies. Overall it is viewed as a weaker ban on smoking. Issue 5 is supported by *Smoke Free Ohio* and the health care industry. It can only be successful if Issue 4 fails and Issue 5 passes. Overall it is viewed as a stricter ban on smoking.

Families of young children also need to be aware that the Surgeon General's report from June of this year states that involuntary exposure to secondhand smoke causes disease and death in both non smoking adults and children. The report also finds a causal relationship between secondhand smoke exposure and Sudden Infant Death Syndrome (SIDS), and declares that the home is becoming the predominant location for exposure of children and adults to secondhand smoke.

Mark Twain said, "Quitting smoking is easy. I've done it a thousand times." Obviously it is easier said than done! If you are a smoker and are around young children, please consider the following guidelines. Do **not** smoke in your home or car when children are present and do not allow family or visitors to do so either. Infants and toddlers are especially vulnerable to the health risks from secondhand smoke. Do not allow childcare providers or others who work in your home to smoke around children. **Until you can quit, smoke outside.** Just moving to another room or opening a window is not enough to protect young children from the ill effect of second hand smoke.

The Great American Smokeout provides the perfect opportunity for you to quit if you are a smoker. The decision to quit smoking will make a positive difference in your life and the lives of those around you, especially young children. As Ohioans, you also have the opportunity to make a difference in the lives of all Ohioans. Please remember to vote and support Issue 5 for a Smoke Free Ohio.

Protect Yourself Against the Flu!

- Get the flu shot.
- Avoid close contact with people who are sick.
- When you're sick, keep your distance from others to prevent them from getting sick.
- Stay home from work, school, & errands.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands.
- Avoid touching your eyes, nose, and mouth to prevent spreading germs.
- Get at least 8 hours of sleep at night and eat a balanced diet to avoid getting run down.



The Effects After Quitting

20 Minutes After:
Your heart rate drops.

12 Hours After:
The amount of carbon monoxide in your blood drops to normal.

2 Weeks to 3 Months After:
Your heart attack risk begins to drop. Your lungs begin to work better.

1 to 9 Months After:
Your coughing and shortness of breath decrease.

1 Year After:
Your risk of heart disease is half that of a smoker's.

5 Years After:
Your stroke risk is reduced to that of a nonsmoker's.

10 Years After:
Your lung cancer death rate is half that of a smoker's. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.