

# Western Wisconsin Working for Tobacco-Free Living

www.W3TFL.org

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## Quarterly Coalition Meeting!

Hello everyone our next W3TFL quarterly coalition meeting is coming up! So mark your Calendars! Also Listed are the meeting dates and times for the remainder of 2014.

- Tuesday September 9th 10:00 AM
- Tuesday December 9th 10:00 AM

All meetings will be held at the Polk County Health Department in Balsam Lake, WI.

## Women's Equality Day!

Tuesday, August 26 marks Women's Equality Day, which commemorates the passage of the 19<sup>th</sup> Constitutional Amendment that granted women the right to vote and was a crucial step in establishing equality for women. However, this Women's Equality Day also provides the opportunity to reflect on a tragic new equality detailed in the 2014 Surgeon General's Report—women are now as likely as men to die from a tobacco-related disease, including Lung Cancer, Chronic Obstructive Pulmonary Disease (COPD), and Heart Disease.

Lung Cancer is currently the leading cancer killer for women in the U.S., surpassing Breast Cancer. That's just one tragic way in which tobacco is affecting today's women. Here are some more:

- Each year more than 200,000 U.S. women die from smoking-caused diseases.
- Women who smoke are twice as likely to suffer a heart attack as non-smoking women. The risk of developing coronary heart disease increases with the number of cigarettes smoked per day, the total number of smoking years and earlier age of initiation.
- Smoking accounts for at least 30 percent of all cancer deaths

One in five Wisconsin women currently smoke, and here in Polk 22% of pregnant women smoke during their pregnancy.

However, free help is available for tobacco users ready to quit. Pregnant women in Wisconsin can receive assistance through the First Breath program at 1-800-448-5148, and other tobacco users can contact the Wisconsin Tobacco Quit Line at 1-800-QUIT NOW. I encourage Wisconsin women to celebrate their equality by taking advantage of these resources and exercising their right to a healthier, happier, and longer life.

### Other Tobacco Products (OTPs) Presentations

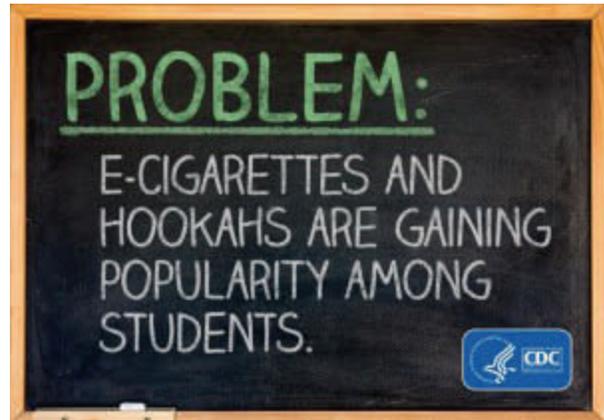
If your organization/group is interested in learning more about other tobacco products (OTPs), please contact Mary or Elizabeth. We would love to come and do a presentation to spread the word!

**WOMEN'S  
EQUALITY DAY**

## Does Your School Have an E-Cigarette Policy?

Schools should include e-cigarettes in their tobacco-free policies!

With the rise of e-cigarette use among our youth, it is important for schools to update their current tobacco policies. E-cigarette usage doubled among high school students between 2011 and 2012 according to the Centers for Disease Control. Most school districts do not allow the use of tobacco on their premises, however e-cigarettes are not included in most general tobacco policies.



There are multiple reasons why including e-cigarettes in a tobacco-free policy is important:

- Research has shown that kids who use e-cigarettes are more likely to use other tobacco products and regular cigarettes when compared to youth who do not.
- E-cigarettes have not been proven to be safe and are not regulated by the FDA. Recent studies show that the aerosol in e-cigarettes included metals like tin, chromium and nickel.
- E-cigarettes have not been proven to be an effective cessation method; regardless of what advertisements are saying.
- The number of poison control calls linked to the “juice” used in e-cigarettes is on pace to double in 2014.

With the school year quickly approaching, we want schools to be thinking about how to keep their students healthy and safe. One easy way to do this is to include e-cigarettes in the current tobacco-free policy.

If you know a school that hasn't done this please contact Elizabeth Hagen for more information on how to make the transition. Let's keep our current policies strong.



### W3TFL Contact Information

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