

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 December 9th 10:00 AM

*The meetings will be held at the St. Croix County Public Health Department.
1752 Dorset Lane (across from Wal-Mart) New Richmond WI 54017.*

Comment Period Closed, But Continue to Report Adverse Events to FDA

The commenting period for FDA's proposed rule, Deeming Tobacco Products To Be Subject to the Federal Food, Drug, and Cosmetic Act, closed August 8 at 11:59 PM ET. The proposed rule was seeking comments on FDA's regulatory approach to electronic cigarettes and other tobacco products; proposed options for the regulation of cigars, pathways to market for proposed deemed tobacco products, and compliance dates for certain provisions, among other issues. Even though this comment period has closed, we still urge you to submit any adverse events related to e-cigarettes to the FDA.

An adverse event is an undesirable side effect or unexpected health or product quality problem that an individual believes was caused by the use of an e-cigarette or other tobacco product. Anyone can report an adverse event to the FDA. The reports help the FDA identify safety concerns with tobacco products that could cause health or safety problems beyond those normally associated with tobacco product use. Read more about submitting adverse events associated with tobacco use at: <http://www.fda.gov/newsevents/publichealthfocus/ucm172906.htm>

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!

Don't Forget We Have A New Display Board Ready and Looking For a Home!

Thanks to the Coalition members who have displayed the new Board. The Board covers E-Cigarettes, Marketing, General Facts, and a Comparison of Tobacco Retailers Vs Fast Food Retailers. If you would like to use this board in your business or community contact Elizabeth at Elizabeth.hagen@co.polk.wi.us and she will get it to you to display!



World Heart Day

W3TFL Encourages residents to take action to improve their heart health for World Heart Day, which falls on Monday, September 29.

According to the Wisconsin Department of Health Services, cardiovascular diseases like heart disease and stroke account for roughly a third of deaths in Wisconsin and cost the Medicaid system over \$350 million annually.

Recently, states, communities, and worksites have implemented changes to assist individuals in making healthier choices. Things like healthy vending options, menu labeling, community supported agriculture (CSAs) programs, and Wisconsin's smoke-free workplace law have all helped make the healthy choice the easy choice for many Wisconsinites. Other steps individuals can take to help their heart include:

- Exercising regularly
- Eating a healthy diet high in fruits and vegetables
- Limiting the use of alcohol
- Getting blood pressure checked regularly.



According to the Western Wisconsin Working for Tobacco Free Living Coalition (W3TFL), quitting smoking or never starting can also have an enormously positive impact on heart health. "Smokers are 2-4 times more likely to develop coronary disease than non-smokers." said Elizabeth Hagen a Health Educator at Polk County.

Secondhand smoke can also have a harmful impact on the hearts of non-smokers. According to the U.S. Centers for Disease Control and Prevention, secondhand smoke can cause:

Secondhand smoke exposure causes heart disease and lung cancer in nonsmoking adults. Nonsmokers who are exposed to **secondhand smoke** at home or work increase their heart disease risk by 25-30% and their lung cancer risk by 20-30%.

Breathing **secondhand smoke** has immediate harmful effects on the cardiovascular system that can increase the risk of heart attack. People who already have heart disease are at especially high risk.

Tobacco users can call 1-800-QUIT NOW for free assistance. For more on Chronic Disease and Tobacco Prevention efforts:

Visit the W3TFL website: www.W3TFL.org

Like us on Facebook: <https://www.facebook.com/W3TFL>

Volunteer for WI Wins compliance checks either as an adult or youth investigator

Amery FACT Group at Work in the New School Year!



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