

# Western Wisconsin Working for Tobacco-Free Living

[www.W3TFL.org](http://www.W3TFL.org)

Volume 6 Issue 8 - August 31<sup>st</sup>, 2016



## Quarterly Coalition Meeting!

Hello everyone; W3TFL will be meeting quarterly in 2016. The dates are listed below so mark your calendars!

- **Thursday September 15th 10:00 AM**
- Thursday December 15th 10:00 AM

*\*The meeting will be held at the Polk County Public Health Department. 100 Polk County Plaza Balsam Lake WI 54810*

## Quitting smoking can help grow social networks

When many smokers think about quitting they report being nervous about losing friends, especially if they hang out with a lot of smokers. Some recent research out of UW Madison shows that really the opposite is true.

The study watched smokers who smoked at least half a pack a day and were motivated to quit, over a span of three years. "We really wanted to understand if we helped people to try and quit smoking, how would their lives change?" says Megan Piper, Associate Director of Research, UW Center for Tobacco Research & Intervention and one of the researchers of the study.

At the end of the study, the majority of people reported they actually had larger networks of friends. "When you're no longer so tied to your cigarettes, when you no longer have to have that tobacco in your system, then all of a sudden your social world opens up. You can try new activities. You can start going to new places where smoking's not allowed," says Piper.

However, smokers did report a change in who they hung out with. They were not spending as much time with the groups they hung out with, who all smoked together. If it was a close relationship, like a best friend, that typically was not affected.

"The hope is that smokers will hear this and think, okay, my social network may change, but it's not going to get smaller. I'm not going to end up with fewer friends. In fact what this may do is open some social opportunities for me that I haven't been able to take advantage of in the past," says Piper.

The social network growth was a general trend of the study. Not everyone who participated started out with a lot of smoking friends; for some it was just a spouse.

The study was done in collaboration between the University of Wisconsin and Penn State University. The lead author was PSU's Bethany Bray.

### Other Tobacco Products (OTPs) Presentations

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

## Coming Soon!

1. The Amery FACT group will be starting to meet again in September so look for news on the great activities they will be doing to educate their peers.



2. Results from the Environmental Scans completed at Dollar stores across the six counties will be coming soon.



3. WI Wins checks are wrapping up in Polk, Burnett, and St. Croix Counties so be on the look out for those results.

4. HUD Regulations on Multi-Unit Housing is in the final step before announcement so we are expecting to see those new regulations soon.

## Use These Resources to Help FDA Protect the Public Health

### Safety Reporting Portal

CTP recently updated its Safety Reporting Portal, an online tool for reporting suspected problems with tobacco products. Whether you're a consumer, manufacturer, clinical investigator, or health professional, please let FDA know about products that seem to be damaged, defective, or contaminated or that smell or taste wrong.

<https://www.safetyreporting.hhs.gov>

### Tobacco Product Violation Reporting

Have you witnessed a potential tobacco product violation, such as a sale to someone under 18 years of age or vending machines that give minors access to tobacco products? We hope you will report these or other potential violations to FDA.

<https://www.accessdata.fda.gov/scripts/ptvr/index.cfm>



**Don't forget to check out our  
Facebook page at:  
[www.facebook.com/W3TFL/](http://www.facebook.com/W3TFL/)**

### W3TFL Contact Information

**Mary Boe**

*Coalition Coordinator*

[mary.boe@co.polk.wi.us](mailto:mary.boe@co.polk.wi.us)

715-485-8834

**Elizabeth Hagen**

*Assistant Coalition Coordinator*

[elizabeth.hagen@co.polk.wi.us](mailto:elizabeth.hagen@co.polk.wi.us)

715-485-8517

[www.w3tfl.org](http://www.w3tfl.org)