



Tobacco-free

On January 8, 2016 a one hundred percent Tobacco-Free Policy was adopted by Director of Sierra County Health & Human Services (H&HS), Darden Bynum.

The policy applies to all employees, visitors and patrons of H&HS and will affect the social norm of tobacco use positively in the community.

The policy reads as follows:

A tobacco-free environment helps create a safe and health workplace. Smoking and secondhand smoke are known to cause serious lung diseases, heart diseases and cancer. Sierra County Health & Human Services recognizes the hazards caused by tobacco use and exposure to secondhand tobacco smoke. Our policy to provide a tobacco-free environment for all employees and visitors was established to keep a safe and healthy workplace environment. This policy covers the smoking of any tobacco product, the use of expectorated or masticated

tobacco products, e-cigarettes, and electronic delivery devices. It applies to both employees and non employee visitors of Sierra County H&HS.

Policy

No use of tobacco products



including cigarettes, expectorated or masticated tobacco products, e-cigarettes, electronic delivery devices or snuff is permitted within the facilities or on the property of Sierra County H&HS at any time.

Procedure

Employees will be informed of the Sierra County Health & Human Services Tobacco-free Policy through signs posted throughout properties owned

and operated by Sierra County Health & Human Services, including company owned vehicles.

Visitors will be informed of the Sierra County Health & Human Services Tobacco-free Policy by their hosts, the meeting invite. Email correspondences and signs posted throughout the properties owned and operated by Sierra County Health & Human Services.

Sierra County Health & Human Services will help employees who want to quit smoking, or use-cessation by helping them access recommended programs and materials.

Any violation of this policy will be handled through the standard disciplinary procedure.

Viewpoints on E-Cigarettes & Electronic Nicotine Delivery Devices (ENDDs)



Recently, ten of our esteemed colleagues were inter-

viewed regarding their opinions concerning e-cigarettes and electronic

nicotine delivery devices (ENDDs).

The interview consisted of ten questions and reactions ranged from blasé to slightly annoyed.

All interviewees knew something about ENDDs

either because they used them themselves, know someone who used them or had seen them used. Noted concerns were the dangers to kids, calls to poison control centers, exploding batteries, and the ability to use continued page 2

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Special points of interest:

- More than 16 million Americans are living with a disease caused by smoking.
- For every person who dies because of smoking at least 30 live with smoking related illness.
- Smoking causes cancer, heart disease, stroke, lung disease, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

Viewpoints on E-Cigarettes & Electronic Nicotine Delivery Devices (ENDDs) con't

the devices for illicit drugs without recognition.

When asked about the aerosol, or vapor, the consensus was that no one knows what's in the aerosol nor its level of harmlessness or toxicity.

When asked what they wanted other people to know about ENDDs most respondents wanted people to know about the dangers of ENDDs, such as their addictiveness, costliness, ease of access of youth, lack of regulation and the danger they pose to small children; particularly the increase in e-juice poisonings of young children.

Sixty percent of respondents thought ENDDs were not a good cessation tool for those who want to quit smoking and



thirty percent thought they could be a good cessation device if users were monitored by a doctor or were mindful to lower the dose of nicotine. One interviewee who uses ENDDs said, "Absolutely, yes." A noted issue among other nonsmoking respondents was the concept of utilizing ENDDs as harm reduction.

Fifty percent stated that ENDDs should have no place in society and thirty percent stated that ENDDs should be used by people in their homes or on private property only. Ninety percent thought that use of ENDDs should be restricted to areas where smoking is allowed. Ten

percent wanted no restrictions.



Loyalton Friday Night Live Kids Present...

...Benefits of a one hundred percent Smoke-Free Policy.

On April 18th the Loyalton Chapter of Friday Night Live (FNL) Kids presented to the Sierra County Child Abuse Council.



The presentation covered the benefits of adopting a policy and was well received by council members.

Presenters discussed the ways in which employees and employers might benefit from adopting a policy.

For example, lost productivity from smoking-related

illness accounts for 7.9 percent of the cost of smoking. According to The Cost of Smoking in California Report from the

Institute for Health & Aging, Sierra County's cost of smoking per resident (both smoking and non-smoking) was \$807 per year in 2009.

"Employees who take four ten minute smoke breaks a day work one month less per year than employees who don't."

Smoke-free Policies Benefit Patrons

Are you a health care provider? If so, adopting a smoke free workplace policy could benefit patrons in many ways.

First, patrons won't be exposed to the secondhand smoke in the air or third hand smoke which could make them sick. Many studies have shown that smoking bans reduce exposure to secondhand smoke, a preventable cause of illness and death.

Second, they would not have to see or smell tobacco litter. Nobody likes to go somewhere and see a lot of cigarette butts or ashtrays around.

Third, it shows that the health care provider wants to protect the patrons' health. When patrons notice that a smoke free policy has been adopted, it shows their health care provider cares about keeping everybody healthy.

Loyalton Friday Night Live Kids

Lastly, patrons and their family members may try to quit after the policy is implemented.

In conclusion, Loyalton Friday Night Live Kids asks you to consider the benefits of having a smoke free campus.





Sierra County Health & Human Services

**SIERRA COUNTY
TOBACCO USE REDUCTION PROGRAM**

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helping people

We're on the Web!

<http://www.sierracounty.ca.gov/index.aspx?nid=285>

The Sierra County Prevention Coalition Mission Statement:

Through community partnerships, we provide input and recommendations pertaining to, but not limited to, prevention, intervention and treatment services for alcohol, tobacco and other drugs. Input and recommendations are provided to Sierra County Board of Supervisors, Law Enforcement, Human Services, School District and other agencies as appropriate.



Don't Forget!

April 10th - Property Tax Deadline—2nd installment

April 12th—Sierra County Health Coordinating Committee (SCHCC) Meeting
Masonic Hall Downieville 10:00 AM to 2:00 PM.

April 20-th Cultural Proficiency—
Creating Effective Working Relationships at the Holy Rosary Social Hall 8:30 AM to 4:00 PM.

April 20th—Economic Business Development Meeting at 1:00 PM

April 26th—Immunization Clinic Loyalton 1:00 PM to 4:00 PM

April is Alcohol Awareness Month

Have questions?

Email areugebrink@sierracounty.ca.gov

And I will address them here next time!



Legislative update

On the Governor's desk....

AB 7 X2 – Closes loopholes in smoke-free workplace laws, including hotel lobbies, small businesses and break rooms.

AB 9 X2 – Requires all schools to be tobacco-free

AB 11 X2- Establishes an annual Board of Equalization tobacco licensing fee program

SB 5 X2 – Adds e-cigarettes to existing tobacco products definition

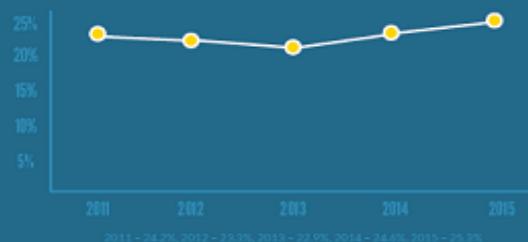
SB 7 X2 – Raises minimum legal age (MLA) to purchase and consume tobacco products to 21 – except for those in the military.

AB 10 X2 – Allows local jurisdictions to tax tobacco.

Stay tuned...

TOBACCO USE AMONG MIDDLE AND HIGH SCHOOL STUDENTS—UNITED STATES, 2011-2015

There has been **no significant change in overall tobacco use** among high school students since 2011.



3 million middle and high school students were **current users of e-cigarettes** in 2015



up from 2.46 million in 2014.

There was a **significant decrease in current cigarette use** among high school students from 2011–2015

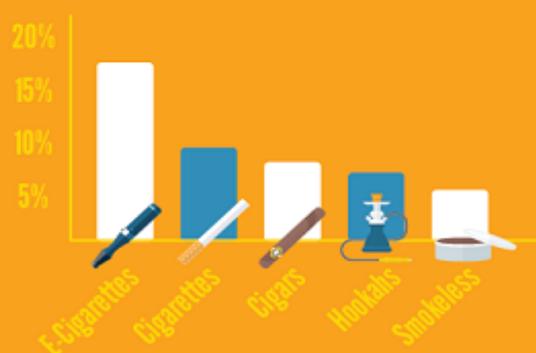


2011 – 15.8%, 2012 – 14%, 2013 – 12.7%, 2014 – 9.2%, 2015 – 9.3%



About half of middle school and high school students who used tobacco products in 2015 were current users of **two or more tobacco products**.

Current use of tobacco products by high school students in 2015



E-cigarettes – 16%, Cigarettes – 9.3%, Cigars – 8.6%, Hookahs – 7.2%, Smokeless Tobacco – 5.2%

YOUTH USE OF TOBACCO IN ANY FORM IS UNSAFE.

bit.ly/YouthTobaccoUse



Source: National Youth Tobacco Survey 2011-2015

E-Cigarette Fact Sheet

Can you tell the difference between an e-cigarette and a pen or pencil in this pencil box?



Vape Pens, e-hookahs and Electronic Smoking Devices or ESD's usually contain nicotine, are flavored and are powered by a lithium battery. They do not produce smoke in the traditional sense, they produce an *aerosol*.



These flavors won't do you any favors!

Contrary to what the companies marketing these products want you to believe, the aerosol is NOT just harmless water vapor. Scientific studies now show that there are a great deal of *harmful ingredients in the aerosol*.

Flavors are used to market these products to youth. There have been

3,067 calls to poison control centers

about e-cigarette exposure and liquid nicotine. In 2014 slightly more than half of reported exposures occurred in

young

children

under the age of

6



APRIL IS ALCOHOL AWARENESS MONTH

⇒ Are you **AWARE**?

The National Institute on Alcohol Abuse and Alcoholism has established low-risk drinking limits.

Low-risk drinking limits	MEN*	WOMEN	
On any single DAY	No more than 4 drinks on any day	No more than 3 drinks on any day	Beer → 1 drink = 12 ounces
Per WEEK	No more than 14 drinks per week	No more than 7 drinks per week	Wine → 1 drink = 5 ounces
*Low risk limits for men over 65 are 3 drinks per day and 7 per week.			Liquor → 1 drink = 1 1/4 ounces

- Exceeding the low-risk drinking limits puts one at greater risk for:
- **health problems**—cancer, obesity, high blood pressure, stroke, injury, diabetes, accident/death, suicide, and cirrhosis.
 - **vehicle accidents**
 - **DUIs/DWIs and other criminal justice involvement**
 - **falls and other injuries or trauma**

⇒ Low risk is **NOT** no risk

Even one or two drinks can be too much when . . .

- driving or operating machinery
- pregnant or breast feeding
- taking certain medications
- there is a history of alcohol or substance use disorder

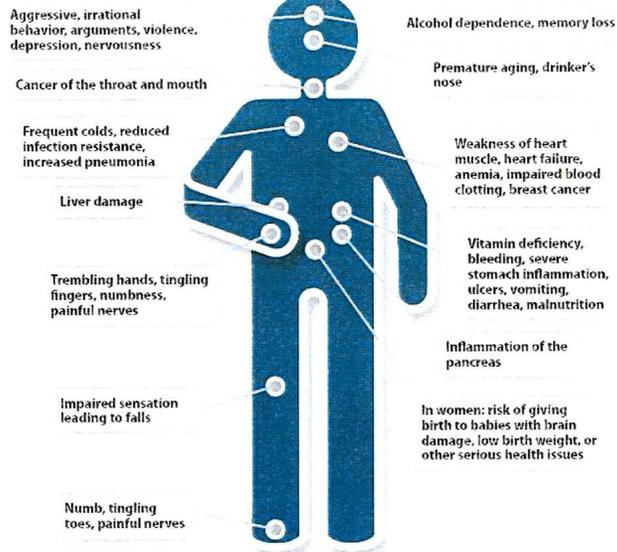
Rethinking Drinking: Alcohol and Your Health, National Institute on Alcohol Abuse and Alcoholism website: <http://rethinkingdrinking.niaaa.nih.gov/>. Accessed March 28, 2016.



Pacific Southwest ATTC
Addiction Technology Transfer Center Southwest

APRIL IS ALCOHOL AWARENESS MONTH

Risky Drinking: Effects on the Body



Ways to cut back to a safer level of alcohol use:

- Measure & Count:** Keep to standard drink size; count drinks on phone or calendar.
- Set Goals:** Decide how many days a week to drink and how many drinks each day.
- Pace & Space:** Sip slowly. Only 1 drink per hour. Alternate with water, soda, juice.
- Include Food:** Don't drink on an empty stomach. Eat while you drink.
- Avoid Triggers:** Avoid people, places and activities that trigger the urge to drink.
- Plan for Urges:** Do a distracting activity. Talk to someone. Ride out the feeling.
- Know Your "No":** Use a polite, convincing "no" when you don't want a drink.

