



# Smoking Avoidance and Cessation

Why all the hassle about smoking?

- 1,000 American die each day from smoking and smoking related causes. That is the same as 2 fully loaded Jumbo Jets crashing everyday with no survivors.
- 2 in 3 will be affected by smoking. That means if 3 planes are at the airport and you know two of them will crash, which one will you choose to get on? If you are smart you won't get on any of them. And you will do everything in your power to keep family and friends from getting on it also.
- Nicotine is a very addictive drug. It has been said that it is more addicting than heroin. How do you "kick" the habit once you've been hooked? If you are hooked, you probably wish you'd never ever started using tobacco products.

## Smoking Avoidance

The Roanoke Valley Alive & Well Coalition's mission is to reduce the number of youth starting to smoke. Ninety percent of all smokers started before the age of 21. The coalition is also involved in encouraging and enabling smokers to quit while focusing on being kind since nicotine is a very addictive drug.

Laws and regulations will curtail the purchase of tobacco products by youth but only the whole community can protect our youth from addiction to tobacco products which will affect them in the future.

We must let underage teens know it is not OK, it is illegal, for them to use tobacco products. We can call their parents or the police. We can let businesses that allow youth to smoke around their establishment know that we will not take our business there if they allow such behavior. We can support federal, state, and local ordinances, laws, and regulations that will make it harder for youth to purchase tobacco products. (i.e. support higher tobacco taxes and FDA regulations).

Presentations regarding the hazards of tobacco use and what you can do to make a difference in your home, group, or community are available.

## Smoking Cessation

Free classes for youth and adults using the American Cancer Society's four week long Fresh Start Program or Smoke Free Teen Program.

Self help "Quit Kits" are available for free.

Call Donna Proctor at 857-7600 ext. 225 or Debbie Sams at 387-5549



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