

## TOBACCO FACTS



**TOBACCO USE REMAINS THE LEADING CAUSE OF PREVENTABLE DISEASE AND DEATH IN THE UNITED STATES.**<sup>1</sup>

### Reasons for Using E-cigarettes Among U.S. Middle and High School Students.<sup>2</sup>

1. Because a friend or family member used them (39%)
2. The availability of flavors, such as mint, candy, fruit or chocolate (31%)
3. The belief that e-cigarettes are less harmful than other forms of tobacco, such as cigarettes (17.1%)



### Youth Secondhand Smoke & Aerosol Exposure

According to the 2022 California Youth Tobacco Survey, many high school students were exposed to secondhand aerosol or smoke outdoors.<sup>3</sup>

- 34.3% exposed to secondhand aerosol
- 46.3% exposed to secondhand smoke



**MORE THAN THREE OUT OF FIVE ADULTS WHO HAVE EVER SMOKED CIGARETTES HAVE QUIT.**<sup>4</sup>



## QUITTING RESOURCES IN TEHAMA COUNTY

### Tehama County Health Services Agency- Public Division

(530) 527-6824

- Quit Kits
- Educational Pamphlets

### Greenville Rancheria Tribal Health Center

(530) 528-8600

- One on One Tobacco Cessation and Support
  - Referral from Physician needed
- Quit Kits

### Tehama County Department of Education Tobacco Use Prevention Education (TUPE)

(530) 528-7391

- Youth Group Cessation Classes
  - N-O-T: Not On Tobacco

### Citations

1. FDA center for tobacco products. (2022, March 23). Health effects of tobacco use . U.S. Food and Drug Administration. <https://www.fda.gov/tobacco-products/public-health-education/health-effects-tobacco-use>
2. Jamal A, Gentzke A, Hu SS, et al. Tobacco Use Among Middle and High School Students — United States, 2011–2016. MMWR Morb Mortal Wkly Rep 2017;66:597–603. DOI: <http://dx.doi.org/10.15585/mmwr.mm6623a1>
3. Dutra, L. M., Ingold-Smith, M., Rotermund, S., Clodfelter, R., & Levine, B. (2022). Annual results report for the California Youth Tobacco Survey 2022. RTI International.
4. Centers for Disease Control and Prevention. (2022, March 21). Smoking cessation: Fast facts. Centers for Disease Control and Prevention. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/smoking-cessation-fast-facts/index.html](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/smoking-cessation-fast-facts/index.html)
5. Centers for Disease Control and Prevention. (2022, September 14). General information about secondhand smoke. Centers for Disease Control and Prevention. <https://www.cdc.gov/tobacco/secondhand-smoke/about.html>
6. Centers for Disease Control and Prevention. (2023, November 2). About electronic cigarettes (e-cigarettes). Centers for Disease Control and Prevention. [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html#aerosol](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html#aerosol)

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## Tehama County Health Services Agency Public Health



## TEACH

**Tobacco Education and Community Health Coalition**

### Vision

A safe, healthy, and substance-free Tehama County.

### Mission

Support tobacco-free lifestyles to protect and preserve the health of our community.



(530) 781-6489



TobaccoEducationProgram@tchsa.net

## ABOUT US

We are community members, and staff of for-profit or non-profit organizations who support reducing tobacco/ nicotine use in Tehama County.

## GET INVOLVED!

### WHO CAN JOIN?

The Tobacco Education and Community Health Coalition is open to anyone who wants to help reduce tobacco/nicotine use and improve people's health in Tehama County.

### HOW TO JOIN?

1. Obtain a *Coalition Membership Packet*
2. Review the *Coalition Bylaws*
3. Review and complete the *Membership Agreement*
4. Return your signed *Membership Agreement* to TobaccoEducationProgram@tchsa.net

### WAYS TO BE INVOLVED

#### MEMBER

##### Coalition

- Attend monthly coalition meetings.
- Participate in coalition hosted events for the community.
- Participate in coalition sponsored trainings..

##### Spokesperson

- Commit to being a spokesperson for the coalition.
- Available to speak on behalf of the coalition at meetings, groups, etc.

## COALITION GOALS

# 1

### EDUCATE

about the dangers of tobacco/nicotine product use.



# 2

### PREVENT

youth from starting to use tobacco or nicotine products and breathing secondhand smoke or aerosol.



# 3

### PROMOTE

resources on how to quit using tobacco or nicotine products.



# 4

### CHANGE

policies and social norms on tobacco and nicotine use.



\*The use of the term "tobacco" is in reference to commercial and synthetic tobacco and not ceremonial or traditional tobacco.

**Secondhand smoke/aerosol=** produced when users exhale after burning a cigarette, cigar, pipe, hookah, or heating tobacco/nicotine through an electronic cigarette.

**Secondhand smoke/aerosol exposure=** occurs when people breathe in smoke or aerosol exhaled by people who are smoking or vaping.

## COALITION MEETINGS



Monthly on the fourth Monday



10:00 am  
to  
11:30 am

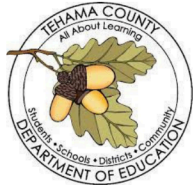


Microsoft Teams  
or

Shasta Room at 1860 Walnut St. Bldg. D  
Red Bluff, CA 96080

\*meeting schedule subject to change for holidays or trainings

## COALITION PARTNERS



<https://www.tehamacohealthservices.net/prevention/tobacco-education-program/>