

Quitting Resources

QUITPLANSM Helpline
1-888-354-PLAN
www.quitplan.com

American Cancer Society
1-800-ACS-2345
www.cancer.org

American Heart Association
1-800-AHA-USA1
www.americanheart.org

American Lung Association
1-800-LUNG-USA
www.lungusa.org

For more information contact
Anoka County Health Education
2100 Third Avenue
Anoka, MN 55303
763.422.7282
763.422.6988 (fax)

Coaches... help your youth stay tobacco free



Tobacco-Free Communities
Anoka County

COACHES—HELP YOUR YOUTH STAY TOBACCO FREE

Did you know?

- Each year in Minnesota, more than 14,000 youth under the age of 18 become new daily smokers.
- Nearly every adult who smokes, almost 90%, took his or her first puff at or before the age 18.
- Smoking slows lung growth, decreases lung function, and reduces the oxygen available for muscles used in sports.
- Individuals who smoke suffer from shortness of breath almost three times more often than people who do not smoke.
- Nicotine is addictive in ways like heroin and cocaine.
- Young people who use tobacco may be more likely to use alcohol and other drugs, such as cocaine and marijuana.
- Spit tobacco and cigars are not safe alternatives to cigarettes.

What can you do?

- Be a positive role model and do not use or possess tobacco products around youth.
- Recognize your influence with youth and remind them of the importance of being tobacco-free.
- Support tobacco-free policies for recreational settings. Explain to youth why the policies are important.

- Remember, youth relate more to messages about the immediate effects of tobacco use, such as poorer athletic performance, than to its long-term health consequences.
- Send a copy of the tobacco-free policy home for parents to review.
- Help make all meetings, practices, and games tobacco-free by posting signs at the events.

What are the benefits of a tobacco-free recreation program?

- Encourages youth not to start using tobacco products.
- Protects the health of youth by eliminating exposure to the harmful effects of secondhand smoke.
- Demonstrates that adults want youth to be tobacco-free.
- Helps break the connection between tobacco and sports.
- Helps change community norms regarding tobacco use.
- Youth look to adults to set clear standards when making lifestyle choices.