

Seeing Through the Smoke

Educational Service District 101 ~ Center for Prevention Programs
Tobacco Prevention Program



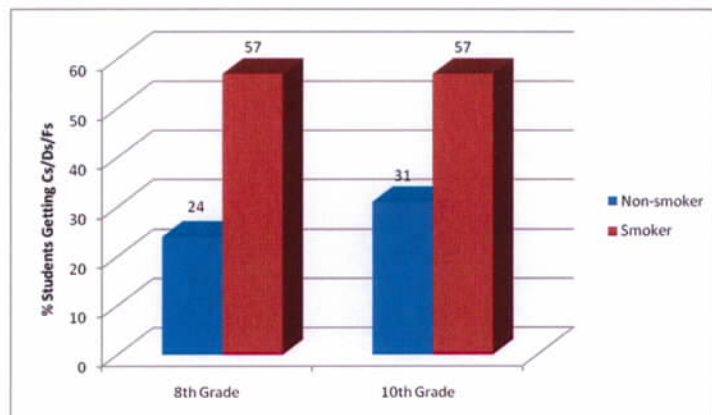
Spokane County Edition

Healthy Kids Learn Better

Research supports that students who eat nutritious meals and get regular physical activity learn better and have improved behavior. Did you know that there is also a link between student academic achievement and tobacco use?

The Department of Health recognized the correlation between students' self reported grades and cigarette smoking when looking at 8th and 10th grade Healthy Youth Survey data. About 24% of 8th graders and 31% of 10th graders overall were classified as being at "academic risk," meaning students are getting "mostly Cs, Ds, or Fs" in school. Among the students that smoked, almost 60% of both 8th and 10th grade students were at academic risk. Students who smoked were two times more likely to have academic risk than non-smokers. So, what can we do as parents and school staff to change these behaviors?

It's important that schools create a healthy environment for students. Schools can provide effective drug free school policies around tobacco, drugs and alcohol use that include consistent enforcement and supportive consequences. As parents, communication and support are key factors. Remember... it is the adults that have the power to model positive behaviors to our kids.



Online Resources

Department of Health: www.doh.wa.gov
American Lung Association: www.lungusa.org
No Stank You Campaign: www.nostanky.com

Spokane County Happenings Spokane youth chosen "Youth Advocate of the Year"

Zara Price, a senior at Shadle Park High School was recently selected as this year's American Cancer Society's SpeakOUT Youth Advocate. Zara has been a member of Spokane Teens Against Tobacco (STAT) for three years now. She has participated in a variety of community and school events/groups that include: Teens Against Tobacco Use, Relay for Life, Kick Butt's Day, Great American Smokeout, Washington Drug Free Youth and much, much more!



The advocate award is given to one student every year in the state of Washington who is making a difference and helping to fight against cancer. The award also comes with a \$250 stipend. Zara, along with other STAT youth, are currently working to make Spokane events and city parks tobacco free.

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Did you know that in Washington State...

- Smokeless tobacco use increased among teenage boys
- Youth smoking rates are down 50% since 2000, which means there are 65,000 fewer youth smoking
- Most students do not use tobacco: 99% of 6th graders, 93% of 8th graders, 86% of 10th graders, and 80% of 12th graders are tobacco-free
- Among youth who use tobacco, most use multiple types—such as flavored cigarettes or cigars—along with cigarettes

Washington State Department of Health
Tobacco Quit Line
1-800-QUIT-NOW
toll-free 1-800-784-8669
QUITLINE.COM