

# Tobacco-Free QC Coalition

## Year in Review | FY2016

### Welcome to the Tobacco-Free QC Coalition (TFQC)

The TFQC is a bi-state coalition formed by a visionary effort to unite many local resources to reduce the impact of tobacco and improve the health of the Quad City community.

The TFQC Coalition provides:

- ◆ Local support for the Smoke Free Air Acts in Iowa and Illinois.
- ◆ Assistance to businesses in developing tobacco-free & nicotine-free policies.
- ◆ Training on tobacco products and cessation to businesses and health care providers.
- ◆ Education to the community about the impact of tobacco use.
- ◆ Access to Quitlines and cessation counseling for residents trying to quit.

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Tobacco-Free QC Coalition meetings are held quarterly.

We work in partnership with the Iowa and Illinois Departments of Public Health to monitor tobacco use and work with local organizations to reach out to the public and improve health outcomes.



## Looking to Improve your Tobacco Policy??

The Iowa Smoke Free Air Act does not restrict the use of ENDS (Electronic Nicotine Delivery Systems) or *E-cigarettes*.

Did you know it is your right, as a business owner, to ban the use of ENDS in and around your business? Doing so helps to ensure the quality of your business, and the health of your employees.

The Scott County Community Tobacco Consultant worked with Barker Properties in Davenport and Bettendorf to implement a smoke-free/nicotine-free lease addendum for all new tenants and those tenants renewing leases. In an effort to protect the health of all tenants, visitors and employees in multi-unit properties, this is the trend happening around the United States.

The Community Tobacco Consultant also worked with the City of Blue Grass to implement a Tobacco-Free/Nicotine-Free Resolution, which was adopted in October 2015 for all Blue Grass City Parks. A presentation was provided to the Park Board and it was taken to the City Council.

If you are considering strengthening your policy, simply contact the Scott County Community Tobacco Consultant to learn how easy it is to do. We can help you work with employees and develop a plan and policy to help you implement it. Call the Scott County Health Department at 563.326.8618 to find out how.

For more information on implementing a smoke free policy, finding a smoke free property, or to add your existing smoke free property to the Iowa Smoke Free Homes Registry, please visit [www.smokefreehomes.iowa.gov](http://www.smokefreehomes.iowa.gov).



## TOBACCO INDICATORS

The TFQC Coalition has been tracking various indicators throughout Scott County.

Here are the totals for the year

- ◆ **Violations of the Smoke Free Air Act: 13 \***
- ◆ **Quitline Iowa Participants-Total Contacts: 1289 \***
- ◆ **Tobacco Policy Changes (strengthened their current tobacco policy): 5 \*\***
- ◆ **Youth Enrollment in Tobacco Prevention:**
  - ⇒ **15 student members of the Shades of Success at Central High School \*\*\***
  - ⇒ **Students who improved their attitudes regarding Alcohol, Tobacco and Other Drugs: 300 \*\*\***

\*Information provided by the Iowa Department of Public Health

\*\*Information provided by Scott County Health Department

\*\*\*Information provided by Center for Alcohol & Drug Services

## SHADES OF SUCCESS



This year the ISTEP (Iowa Students for Tobacco Education and Prevention) Youth Group, Shades of Success, participated in a wide variety of activities. Shades of Success members attended weekly meetings and participated in the national campaigns throughout the year as well. For Red Ribbon week, members held a booth during their lunch hour, where they laid out a “crime scene” and Big Tobacco was the culprit! The “crime scene” contained clues and facts about just how dangerous Big Tobacco is and the reality of what they do. The Great American Smokeout took place in November, and Shades students chalked the walk, decorating each sidewalk square with facts about tobacco use as well as motivational quotes to encourage people to quit using tobacco.

Shades of Success also hosted one of the break-out sessions at the Quad City Youth Conference last year for intermediate students, where they led the groups in an exciting and competitive game of Tobacco Jeopardy, teaching participants about the dangers and health risks of using tobacco products. One of the members’ favorite things they did, was attend the ISTEP Summit in Des Moines last April. Students were able to interact with ISTEP members from all over the state of Iowa while attending break-out sessions and hearing from keynote speakers. Members are excited about attending again in 2017!



*Shown: Members of the Shades of Success Youth Tobacco Prevention Group from Central High School and staff.*



## Genesis Tobacco Cessation Assistance

Genesis Cardiopulmonary Rehabilitation provides tobacco cessation services based on the Mayo Clinic model. Mayo Clinic believes that you need to create a plan to improve your chances of stopping for good. Having a plan helps prepare you for coping with the physical and emotional issues that often arise when you stop smoking, such as nicotine withdrawal and strong urges to smoke. The plan includes, make the decision to quit, pick a quit day, and prepare for that quit day. Once the day comes, have ways to handle withdrawals, which include using nicotine replacement therapy, if needed. Then keep reminding yourself of your reasons to quit. In addition you should drink plenty of water or juices and be physically active. In order to stay quit, you should avoid situations and people that trigger your urge to smoke. Attend a support group or counseling session and practice stress management techniques, while keeping your hands busy. The more resources you have in place, the more likely you are to quit and stay quit. Overcoming the hurdles of tobacco are just a phone call away. Talk to a health care provider first, then contact Genesis for the next available class at 563.421.6991 or go to [www.genesishealth.com](http://www.genesishealth.com).

Join us on Facebook or Visit our Webpage

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[www.tobaccofreeqc.com](http://www.tobaccofreeqc.com)



**Trying to Quit Tobacco?**

**Call 1.800.QUIT.NOW**

**(1.800.784.8669)**

**Or visit:**

**[www.quitlineiowa.org](http://www.quitlineiowa.org) (for Iowa)**

**[www.quityes.org](http://www.quityes.org) (for Illinois)**

**Interested in getting involved with the Tobacco-Free QC Coalition? Your time and talents can always be used! Please contact the Health Department to find out how you can help to reduce the impact of tobacco in the Quad Cities.**

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The TFQC is an affiliate project of the Quad City Health Initiative

