

Tobacco-Free QC Coalition

2017 Year in Review

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.

New Strategic Plan

The TFQC Coalition recognized the need to reevaluate the goals and strategies set forth, in order to ensure continued success in its efforts to reduce tobacco use in the community.

This year the TFQC Coalition worked together on a new strategic plan with three main goals:

- 1) Increase the knowledge of our community about the impacts of tobacco and electronic nicotine delivery systems.
- 2) Strengthen tobacco-free and nicotine-free related policies in our community.
- 3) Grow and develop the influence of the TFQC Coalition.

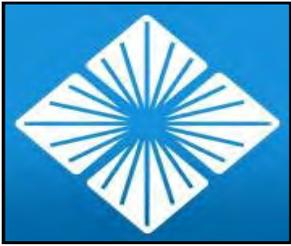
Inside This Issue

April 2018

Tobacco Cessation	2
Tobacco Indicators	2
Shades of Success	3-4
Youth Groups	5
Community Ed	5
Policy Assistance	6
Quitting Assistance	6

Are you interested in getting involved with the Tobacco-Free QC Coalition? Your time and talents can always be used! Please contact the Scott County Health Department at 563.326.8618 to find out how you can help to reduce the impact of tobacco in the Quad Cities.





Genesis Tobacco Cessation

Assistance

Genesis Cardiopulmonary Rehabilitation provides face-to-face tobacco cessation services. Their trained Certified Tobacco Treatment Specialist has been providing cessation services for 19 years and has worked with approximately 800 people through the cessation program. During 2017, she worked with 3 companies for corporate cessation classes and 35 people were assisted in their quit attempts.

The Genesis cessation program is an effective method for quitting tobacco. Based on a Mayo Clinic model, participants meet with the Cessation Specialist for 4 one-hour sessions. She is knowledgeable on the effects of tobacco and nicotine and knows what it takes for someone to commit to quit. Genesis also has a pulse oximeter that reads carbon monoxide through a light on the finger. It shows smokers the carbon monoxide they are taking in from smoking. After the person quits, it can be measured again to show no level of CO in the body.

Most people try to stop on their own. Some are successful. But 90 out of 100 people who try to stop cold turkey aren't successful. Research shows that you are up to eight times more likely to be successful in quitting tobacco use through a formal program that combines behavior modification, education and quit aids than going it on your own.

You should 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.

TOBACCO INDICATORS

The TFQC Coalition tracks tobacco-related indicators in Scott County and Rock Island County.

Here are our totals for the 2017 calendar year:

- ◆ Violations of the Smoke Free Air Act: Rock Island-6; Scott-11 *
- ◆ Quitline Iowa Participants-Total Contacts: Rock Island-737; Scott- 485*
- ◆ Tobacco Policy Changes (strengthened their current tobacco policy): Scott County-7**
- ◆ Youth Enrollment in Tobacco Prevention:
 - ⇒ Rock Island High School group-12 student members.**
 - ⇒ 2 groups in Scott County: Woods Intermediate and Central High School: student membership varies. ***

**Information provided by the Iowa Department of Public Health and the Illinois Department of Public Health*

***Information provided by Scott County Health Department/Rock Island County Health Department*

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

Youth Tobacco Prevention Groups in the Quad Cities

There are three Youth Tobacco Prevention Groups in the Quad Cities that have been organized with help from members of the TFQC Coalition. The groups meet at various times throughout the school year and focus their efforts on peer tobacco education and tobacco policy development throughout the school year.



The Scott County groups are formed out of ISTEP (Iowa Students for Tobacco Education and Prevention), which is a statewide network of youth in Iowa, supported by adults, which includes an Executive Council of youth members and provides open statewide membership to all Iowa youth in grades 7-12. The State holds an annual summit for all County chapter members to attend. This annual summit helps students connect and strengthen their commitment to changing the world of tobacco in Iowa.

The TFQC Coalition believes that youth are a great resource and the members of the coalition make accommodations in their work schedules to meet and talk to the youth at the quarterly TFQC meetings.

Education Throughout the Quad Cities

The TFQC Coalition Can:

- Provide tobacco-related education to community groups.
- Educate youth and young adults on the dangers of tobacco use.
- Partner with youth groups and others to educate and advocate for tobacco and nicotine related issues.
- Sponsor opportunities to provide education to health care professionals about tobacco and tobacco-related behavior changes.
- Partner with community groups to provide tobacco-related education to populations with disproportionately higher use of tobacco products.
- Train professionals on other resources for tobacco cessation and the Quitline.
- Promote the usage of the Quitline.
- Quitline Fax Referral System.

Just let us know what educational requirement you need and we can help!



Find us on Facebook or our Webpage

www.facebook.com/tobaccofreeqc
www.tobaccofreeqc.com

Looking to Develop your Tobacco Policy??

Whether you are a business owner, housing manager, or policy maker, the Community Tobacco Consultant at the Scott County Health Department and the Health Educator at the Rock Island County Health Department can help you to advance your tobacco policies to include the restriction of the use of ENDS (Electronic Nicotine Delivery Systems) or *E-cigarettes*.

As a policy maker, business owner or manager, it is your right to prohibit the use of ENDS in and around your business. Doing so will help to ensure the quality of your business, and the health of your employees.

This year, we have assisted with strengthening tobacco policies for the City of Long Grove Parks and city-owned buildings, Heritage Heights Assisted Living, 162 Public Housing Units, and the Quad City River Bandits.

Our services can help you plan, write and implement a comprehensive tobacco policy to help make the transition run smoothly. In Scott County, please email us at:



Trying to Quit Tobacco?
Call 1.800.QUIT.NOW
(1.800.784.8669)
Or visit:
www.quitlineiowa.org (for Iowa)
www.quityes.org (for Illinois)

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.



health@scottcountyiowa.com
Scott County Health Department
600 W. 4th Street, Davenport, IA 52801

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



SPOTLIGHT ON THE SHADES OF SUCCESS

2017 YEAR IN REVIEW



Shades of Success is a student-led tobacco prevention group that is based out of Davenport Central High School and is facilitated by a prevention specialist from the Center for Alcohol & Drug Services, Inc. Shades of Success is also an ISTEP (Iowa Students Tobacco Education & Prevention) chapter through the Iowa Department of Public Health. The goal for members of Shades of Success is to raise awareness and educate their school community, along with the Scott County community as a whole, about the dangers of tobacco use. In order to accomplish this, Shades of Success members work hard to promote national campaigns related to drug and tobacco use such as Red Ribbon Week, The Great American Smokeout, Through with Chew Week, and Kick Butts Day. Shades of Success members also volunteer to present at the Quad City Youth Conference each year on the middle school day. This year, Shades members played an interactive Tobacco Jeopardy game; all students that participated had fun and left with some new information about tobacco that they could share with their friends and family.



SHADES OF SUCCESS IN ACTION



During the year, Shades of Success has been very active within their school community. Shades members have organized booths and events during their school's lunch hours to promote tobacco education. For Red Ribbon Week, the Shades students created a Red Ribbon Pledge poster and encouraged their peers to sign their name and pledge to be drug and tobacco free. Students that signed were able to walk away with a red ribbon pin. During the Great American Smokeout Shades of Success asked their fellow Central High School peers to wear a grey colored shirt to represent the "fog" that cigarettes and e-cigarettes create in the air. In addition to the shirts, Shades of Success members made

announcements about the dangers of e-cigarette and cigarette smoking over their school's PA system. Through with Chew Week was celebrated during February and Shades of Success hosted a booth during their lunch time that included displays and information showing students the dangers of using chewing tobacco. Students also passed out peppermints to each student that stopped by the booth and encouraged them to "chew mints instead of tobacco." Shades of Success members are very passionate about

continuing to learn more about the dangers of tobacco and sharing this information with their communities.

