

Seeing Through the Smoke Newsletter

Lincoln County Edition

THERE'S NO TIME LIKE THE PRESENT...

Do you or someone you know wanting to quit smoking or chewing?

Forty-six million Americans smoke on a regular basis and over 75% of them want to quit. But quitting is not easy. In fact, research shows that it takes 5-7 times for a person to successfully kick the habit.

The Washington State Quitline can help you or a loved one quit. The quit line is free, available to anyone who needs it, and, most importantly, it works. The quit line's highly trained specialists provide each caller with support, a customized quit plan, and skills designed to break old habits. Free nicotine replacement therapy (nicotine gum, patches, etc.) *may* also be available.

Some reasons for quitting are:

- You will save money.
- You will be less likely to get sick.
- Your health and quality of life will drastically improve.
- You will have more energy.
- You will breathe easier.
- The people around you, especially children, will live healthier lives!

This information was brought to you by Spokane Regional Health District.

5 KEY TIPS TO QUIT SMOKING

1. Get ready

Set a quit date, think about past attempts and what worked or did not work.

2. Get support and encouragement

Spread the word that you are quitting, and seek support through friends, family or cessation counseling.

3. Learn new skills and behaviors

Change your routines, try to reduce stress, distract yourself from urges to smoke, drink lots of water, and do something else instead of smoking.

4. Get medication and use it correctly

Talk with your healthcare provider about which cessation medication will work best for you.

5. Be prepared for relapse or difficult situations

Avoid alcohol, eat healthy, stay active and don't give up. Be willing to try again - it does get easier!

Call 1-800-QUIT-NOW



Washington State Department of Health

Tobacco Quit Line

1-800-QUIT-NOW

toll-free 1-800-784-8669

QUITLINE.COM

Lincoln County Happenings

According to a 2009 report, *healthy students are more successful students*. You can help your children be successful by making sure they are doing a few simple things:

- Eating breakfast
- Eating the recommended amount of fruits & veggies daily (at least 1-2 cups of each daily)
- Limiting soda pop to no more than one a day
- Getting the recommended amount of exercise daily (30 minutes daily, 5 times per week)
- Watching less than three hours of TV per day
- Getting at least eight hours of sleep per night
- Maintaining a healthy weight
- Managing asthma
- Allowing young people to express their feelings in a healthy way
- Discouraging the use of tobacco, alcohol and drugs

Pick an area or two from this list that you could improve and work on it as a family. Set goals and hold each other accountable. If you would like to find out more about how to implement these changes go to www.co.lincoln.wa.us and click on Health Department.

Information from Research Review: School-based Health Interventions and Academic Achievement

Mummy Bones (aka Raisin Banana Roll Up)

Ingredients

- 1 8-inch whole wheat or flour tortilla
- 1 tablespoon peanut butter
- 1 tablespoon strawberry fruit spread or strawberry jelly
- 3 tablespoons seedless raisins
- 1 large banana

Directions

- Spread peanut butter on one side of tortilla; spread on jelly.
- Sprinkle raisins over jelly
- Peel banana and place at one end of tortilla
- Wrap tortilla around the banana
- Use a sharp knife to cut in half

Nutritional Information Per Serving:

278 calories	7g fat (1g sat.)	0mg cholesterol
163mg sodium	7g protein	50g carbohydrate (5g dietary fiber, 23g sugars)
1% Vit A	9% Vit C	4% calcium
9% iron	13% potassium	16% folate

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