

# 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](http://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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