

Tobacco-Free QC Coalition



Year in Review | FY2015

TFQC Coalition Hosted a Tobacco Free River Bandits Game!



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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.

Tobacco-Free QC Coalition meetings are held quarterly.

To join or to learn more, please contact the TFQC Coalition at

(563) 326-8618

or email:

health@scottcountyiowa.com



Public Service Messages

The TFQC Coalition strives to provide helpful information to raise awareness about health and tobacco issues with public interest in mind.

The campaigns are carefully planned and timed to reach the largest number of people within various venues throughout the Quad Cities. Some campaigns offer people resources, like where to get free assistance to quit tobacco, or who to contact if you are considering strengthening a tobacco policy. Others increase public knowledge about tobacco related topics and how to get involved with serving the Quad City community.



Tobacco Cessation With Quitline

The Iowa and Illinois Quitlines are available free of charge for people wanting to quit tobacco. The idea of the Quitline is convenient because people can access cessation services as soon as they are ready to quit. In addition, when people sign up for Quitline cessation services either by phone or online, they will qualify for free Nicotine Replacement Therapy to assist in their quit attempt.

The quit coaches assist people in developing an easy to follow quit plan to get ready, take action and to live the rest of their life without the use of tobacco. Based on 25 years of research and experience, they teach people how to become experts in living without tobacco, using "The 4 Essential Practices to Quit for Life."

1. Quit at your own pace.
2. Conquer your urges to smoke.
3. Use medications so they really work.
4. Don't just quit, become a non-smoker.

Smoking is a powerful addiction and people who smoke need help to quit.

They can get assistance by calling 1-800-QUIT-NOW (1-800-784-8669/TTY 1-800-332-8615).

Vaping and E-Cigarettes

They have many names: vape pens, e-hookahs, mods, tanks, personal vaporizers, and e-cigarettes. They are basically all the same thing, electronic nicotine delivery systems or ENDS. ENDS use a battery to heat up a liquid, often called e-juice. The vapor from the heated liquid is then inhaled. The vapor is more than just water. In fact, it is an aerosol, or fine mist full of chemicals. The health effects of inhaling the chemicals used for flavorings are not fully known. A study published in the *Environmental Health Perspectives Journal* in 2015 showed that harmful chemicals associated with "popcorn lung," a serious and irreversible lung condition, are present in many types of flavored electronic nicotine delivery systems. Some people say they can help you quit smoking, but there have only been a few studies and the results are mixed. If you want to quit smoking you should talk to your doctor about it and sign-up for tobacco cessation counseling.



Smoke-Free Multi-Unit Housing

Smoke-free policies are a winning idea for multi-unit housing residents, owners, and property managers. While residents can prohibit smoking in their own units, adopting a smoke-free policy for multi-unit housing or property will ensure that secondhand smoke does not threaten the lives and health of all residents. These policies also help benefit property managers and owners by lowering the risk of fires, the associated insurance premiums, and by limiting the amount of maintenance required before a new tenant moves in. A smoke-free policy is even a selling feature since many people prefer smoke-free property options when searching for housing.

Thankfully, many landlords and property management companies are becoming more responsive to the majority of their tenants who want to live in a home that is free from secondhand smoke exposure. Many types of rental housing are adopting smoke-free policies to not only protect the health of the tenants, but also to save money by reducing maintenance and turnover costs, and reduce the risk of fire.

If you are looking for housing, you can find a list of smoke-free apartment buildings by visiting the Iowa Smoke-Free Home Registry at <http://smoke-freehomes.iowa.gov/>.

Genesis Tobacco Cessation Assistance

Genesis Cardiopulmonary Rehabilitation Department offers four one-hour tobacco cessation sessions over a four-week period:

- All methods and activities contain the most effective elements for your success.
- A kit with materials for you to review and use at home will be provided.
- The facilitator will help identify your most difficult part of cessation and quickly teach you how to end your physical and psychological need to use tobacco.

For more information, or to sign up for the next available class, visit genesishhealth.com/care-treatment/cancer/resources/smoking/ or call the Cardiopulmonary Rehabilitation Department at **563-421-6991**. Some insurances pay for part of the counseling sessions.

The Respiratory Therapists who work as Certified Tobacco Treatment Specialists have nearly 70 years of combined experience. They're committed to helping you reach a healthier lifestyle!

Join us on Facebook or Visit our Webpage

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



Interested in getting involved with the Tobacco-Free QC Coalition? Your time and talents can always be used! Please contact one of the Health Departments 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

