

May 18, 2006

Survey

Some of you will receive a survey in the mail in the next month or so. Your feedback on what we are doing is important. Please be sure to return the survey promptly. Thank you!

Monthly Meetings in Zumbrota

The second Thursday evening every month.

Next Meeting: June 8, 2006

6:45 PM: Registration and refreshments

7:00 PM: Meeting starts

8:30 PM: Meeting ends

**Zumbrota Public Library
100 West Avenue
Zumbrota, MN**

Monthly Meetings in Red Wing

The first Wednesday morning every month.

Next Meeting: June 7, 2006

8:00 AM: Meeting starts

9:00 AM: Meeting ends

(Coffee and pastry provided)

**Goodhue County Public Health Service
512 West 6th Street
Red Wing, MN**

Smoke-free News

Volunteers Needed for Fairs and Parades

Summer will soon be here and with the warm weather comes a great opportunity to get outside and connect with people at the community fairs and parades that will be taking place throughout our county this summer.

We have already signed up to have a booth at the Goodhue County Fair. We would like to have a booth at as many other fairs and similar events as we can.

We have an eye catching and educational table top display. We have an electronic quiz to help us get people involved. We also have promotional items to give

away with our name and message imprinted on them. The only thing missing is you. We need your help to take a shift at a community fair or the County Fair. Participants will receive a special Citizens for a Smoke-free Goodhue County t-shirt.

We would also like to appear in as many parades as possible this summer. We have an eye catching giant puppet 12 feet tall. Our parade entry will be a group of people walking with the puppet. We need people who are willing to march in a parade and carry a sign or banner with our

message. People who march in parades will also receive t-shirts.

One of the most effective ways to get our message out to the people of our county is for your friends and neighbors to see you participating in one of these events. This adds a personal touch that gives our message the strongest possible impact.

Won't you lend a hand? We can't do this without your help. Pick a fair or parade from the list below and call Tom Wolff (651 385-6142) or Susan Johnson. (651 385-6157) today!

Sign Up Today!

Fairs: These are the larger fairs where we hope to have a booth. It will take a large group of volunteers for each fair to make this work.

Cannon Valley Fair - July 1-4, 2006.

Goodhue County Fair - August 8-12, 2006.

Red Wing Diversity Festival - September 16-19, 2006.

Parades: These are the parades we hope to participate in. We need as many people as possible to walk in each parade.

Goodhue Volksfest Parade - June 11, 2006 - 12:00 noon.

Grande Parade, Covered Bridge Music and Arts Festival - June 17, 2006 - 12:00 noon.

Waterski Days - June 24, 2006.

Cannon Falls Independence Day Parade - July 4, 2006

Vasa Independence Parade - July 4, 2006 - 3:00 PM.

River City Days Parade - August 6, 2006 - 1:00 PM.



Giant puppet for parades.

HOW TO CONTACT US

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Citizens for a Smoke-free Goodhue County is a group of concerned citizens from all parts of our county. Our current state law, the Minnesota Clean Indoor Air Act, is outdated. It gives protection from secondhand tobacco smoke to some occupations, but gives no protection to other occupations. Everyone has a right to breath smoke-free air at work.

Local governments in cities and counties across Minnesota have taken the lead to protect their citizens from secondhand smoke in the workplace. It is time for our county to take action and ensure everyone is protected from this well documented public health hazard. Everyone's health is important. No one in Goodhue County should have to choose between their health and their paycheck.

Citizens for a Smoke-free Goodhue County has partnered with the Goodhue County Public Health Service, Blue Cross Blue Shield of Minnesota, the American Cancer Society, and the Minnesota Partnership For Action Against Tobacco. Our goal is a smoke-free workplace ordinance for Goodhue County.

Secondhand smoke causes serious health problems in children



Secondhand smoke can turn a healthy baby into a chronically ill child.

Secondhand smoke in the workplace is a serious health risk for adults. But what about a young child who is exposed to secondhand smoke at home and in the car? Many of you have asked for information to share with relatives or friends who smoke and have children.

Studies have shown that infants and children are at greater risk than healthy adults for illness caused by exposure to secondhand smoke. One reason for this greater risk is that the lungs of infants and small children are not fully developed.¹

Exposure to secondhand smoke can cause children who have never had asthma to become asthmatic. It triggers asthma attacks in children who already suffer from this condition. Other chronic respiratory symptoms in children, such as cough, phlegm, and wheezing, are also associated

with parents who smoke.²

Middle ear infections, bronchitis and pneumonia all occur at higher rates in children whose parents smoke. Secondhand smoke is also one of the causes of Sudden Infant Death Syndrome (SIDS).²

Researchers at the University of Minnesota have just published a study of infants age 3 to 12 months whose mothers smoke. The study shows that 46.5 per cent of the infants had a detectable level of a cancer causing chemical in their urine. This chemical is specific to tobacco. Breathing their parents' smoke is the most likely source of this chemical. The infants may also have been exposed to the chemical through contact with surfaces such as rugs or furniture.³

What can parents who smoke do to protect the health of their

children? Parents can take immediate action by making a decision not to smoke inside their home or their vehicles. They can tell babysitters and other visitors that smoking is not permitted in their home or cars.

The best course for all concerned is to make the decision to quit smoking. Parents who want to quit smoking should call the QUITPLANSM Helpline (1-888-354-PLAN) to get help.

¹ National Research Council. *Environmental Tobacco Smoke: Measuring Exposures and Assessing Health Effects*. Washington, DC: National Academy Press; 1986: 209-211.

² National Cancer Institute. *Health Effects of Exposure to Environmental Tobacco Smoke: The Report of the California Environmental Protection Agency, Smoking and Tobacco Control Monograph No. 10*. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health. 1999.

³ Hecht, Stephen et al. "4-(Methylnitrosamino)-1-(3-pyridyl)-1-butanol and its Glucuronides in the Urine of Infants Exposed to Environmental Tobacco Smoke" *Cancer Epidemiology, Biomarkers and Prevention*. 2006; 15: 988-992.