



Smoke-free News

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NOVEMBER 30, 2006

Red Wing Meeting

The first Wednesday every month at noon.

Next Meeting:

December 6, 2006

12:00 PM: Meeting starts

1:00 PM: Meeting ends

(Lunch is provided. Please RSVP to Tom Wolff.)

Fairview Red Wing Professional & Community Center
1407 West 4th Street
Red Wing, MN

The old hospital building.

Zumbrota Meeting

The second Thursday evening every month.

Next Meeting:

December 14, 2006

7:00 PM: Meeting starts

8:30 PM: Meeting ends

Zumbrota City Hall
100 West Avenue
Zumbrota, MN

West Avenue is one block west of Main Street (State Highway 58).

Cannon Falls Meeting

The third Thursday evening every month.

Next Meeting:

January 18, 2006

7:00 PM: Meeting starts

8:30 PM: Meeting ends

Cannon Falls Public Library
306 West Mill Street
Cannon Falls, MN

Community Education: Two Ways YOU Can Help

Many people around our county still don't understand that breathing secondhand smoke puts their health at risk. There are two ways you can help to educate the people in your community about this serious health hazard.

First, all of us receive a variety of newsletters from employers, churches, and many other organizations we belong to. Your newsletter can reprint an article on secondhand smoke from Goodhue County Public Health Service. The article summarizes the latest

information from the 2006 Surgeon General's Report. (To read the article, turn to page 2: *There's No Such Thing...* A shorter, condensed version of the article is also available.)

Would you like to see this article printed in a newsletter you receive? Just pick up your phone and call Tom Wolff to get things started.

Second, many of us belong to community organizations that hold regular meetings. Meeting organizers are always looking for speakers to come and share information about

topics that affect their members. Everyone is affected by secondhand smoke.

Tom Wolff has an attention-grabbing fifteen minute presentation on secondhand smoke. All he needs is your help to arrange an invitation to speak to your organization at its next meeting. Just give Tom a call.

These are two easy ways YOU can help to save lives and prevent serious illness in your community. Can we count on your help?

3 States Pass Smoke-free Laws

Voters in Arizona, Ohio, and Nevada went to the polls on November 7 and passed smoke-free laws for their states. The "Yes" vote was 54.2 % in Arizona, 58.3 % in Ohio, and 53.9 % in Nevada. Arizona and Ohio passed strong laws

that include restaurants and bars. The new Nevada law is much stronger than their existing law, but still allows smoking in casinos and bars. Sixteen states now have smoke-free laws that include restaurants and bars.

State Fair Poll

Minnesotans want smoke-free air! 71.7 % of those participating in the 2006 Minnesota House of Representatives State Fair Poll want a state law making all restaurants and bars smoke-free. A total of 6,580 fairgoers took the informal poll.

Mankato Voters Want Smoke-free Workplaces

Voters in the City of Mankato voted a resounding "Yes" on election day to keep all public places and workplaces, including bars and restaurants,

smoke-free. The Mankato City Council passed a smoke-free workplace law that took effect July 1, 2006. The City Council put a referendum about this

law on the November ballot. The referendum to keep the smoke-free law passed by a vote of 69 % to 31 %.

HOW TO CONTACT US

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Citizens for a Smoke-free Goodhue County is a group of concerned citizens who believe that everyone deserves smoke-free air at work. Many people here in Minnesota still have to breathe secondhand smoke while they are at work. Our current state law, the Minnesota Clean Indoor Air Act, is outdated. It gives no protection from secondhand smoke to some kinds of workplaces, but gives no protection to others. This is especially true for people who work in restaurants and bars.

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.

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

Everyone deserves smoke-free air at work!

There's No Such Thing as a No Smoking Section

Don't smoke? A wise decision, but it may not be enough to keep you safe from lung cancer or heart disease. The Surgeon General, our nation's top public health official, has issued a new report on secondhand smoke. At a press conference the Surgeon General said this report "...documents beyond any doubt that secondhand smoke harms people's health."

The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General was released in June 2006. Here are some important new conclusions from this report:

- Secondhand smoke exposure causes heart disease and lung cancer in adults; and Sudden Infant Death Syndrome (SIDS) and respiratory

problems in children.

- Science has proven there is **no** risk-free level of exposure to secondhand smoke.

"The science is clear: secondhand smoke is not a mere annoyance, but a serious health hazard," the Surgeon General said. The chemicals found in secondhand smoke hurt your health and many are known to cause cancer. You breathe in thousands of chemicals when you are around someone who is smoking.

Every year about 49,000 **nonsmokers** in America, die from lung cancer or heart disease caused by secondhand smoke. Here are some unexpected ways you may breathe secondhand smoke every day:

- Sitting in the "no smoking" section, even if it doesn't smell smoky.
- Riding in a car where someone is smoking, even if a window is open.
- Being in a house where people are smoking, even if you're in another room.
- Working in any restaurant, bar, or building that allows smoking inside, even if there is a filter or ventilation system.

"An important new conclusion of this report is that smoke-free environments are the **only** approach that effectively protects nonsmokers from the dangers of secondhand smoke," the Surgeon General said.

Children and adults in Goodhue County still breathe secondhand smoke in their homes, cars, workplaces, and in public places. What actions can you take to protect yourself and your family?

- Make your home and car smoke-free.
- Visit smoke-free restaurants and public places.
- Ask people not to smoke around you and your children.
- Sign up and show your support for smoke-free workplaces in Goodhue County.

Call Goodhue County Public Health Service (385-6100 or 800-950-2142) or visit: www.smokefreegoodhuecounty.org