



# Tobacco Free Times

The Voice of the Tobacco Free Florida - Volusia County Partnership

Promoting healthy lifestyles through tobacco free living.

July 2014



## SWAT Students Working Against Tobacco

### Kids blog on SWAT website

Visit [SWATflorida.com](http://SWATflorida.com) and you'll get an eyeful of strong messages like this.



Kids can express their experiences, feelings and frustrations about big tobacco and other tobacco issues on the website's blog.

### SWAT advisors get ready

SWAT Advisors from 15 schools across Volusia County are coming together for a 3-hour training on August 1<sup>st</sup> to prepare for the upcoming school year. The training will be at the Health Dept. in Daytona and will give the new advisors all the information they will need to lead our SWAT youth in the fight against Big Tobacco.

### No e-cigs for kids in Florida

E-cigarettes, with their colorful, fancy designs and flavored nicotine liquids, are especially attractive to youth. Thankfully, as of July 1, 2014, e-cigarettes are now illegal for minors. With all that is now known about the health hazards and dangers of e-cigarettes, this is one more step in the direction of protecting our kids from the gorilla marketing by the tobacco industry. The ingredients found in the e-cigarette liquids belong on a "haz mat" warning label: nicotine (extremely toxic), diethylene glycol (in anti-freeze), formaldehyde (a human carcinogen used in industrial resins), anabasine (insecticide), nitrosamines & acetaldehyde (both known to cause cancer). Adults be warned: use e-cigarettes at your own risk! For now, in Florida, we're trying harder to protect our kids from them.

### Tobacco education with hands-on messages

Tobacco Free Florida – Volusia County was at the Juneteenth Festival on June 23<sup>rd</sup> in Daytona Beach. The community seemed to love the displays and many people stopped to take pictures of the coffin box which showcased the alarming statistic "Smoking kills more people every year than alcohol, AIDS, car crashes, illegal drugs, murders and suicides COMBINED." There were 88 crosses symbolizing the 88 people who die each day in Florida as a result of tobacco use. Kids were invited to go into the SWAT trailer "photo booth" to take selfies using fun props and anti-tobacco message boards.

### Smoke-free Living

With increased awareness of the hazards of secondhand smoke, more and more people are demanding to be able to live without having to breathe other people's smoke. We can help apartment and condominium complexes and other multi-unit dwellings make that transition. Please contact Kristen Mialki at 386-274-0601.

### Join Us!

Please join us for our next Tobacco Free Florida – Volusia County Partnership meeting on Monday, July 28, 2014. The meeting begins at 4 p.m. at the Health Department building on 1845 Holsonback Rd., Daytona Beach. For more information about the Partnership, please contact Kristen Mialki at 386-274-0601 or [Kristen.Mialki@FLHealth.gov](mailto:Kristen.Mialki@FLHealth.gov).

## Partner Highlight

### Casa San Pablo / Central Manor Apartments

The Partnership celebrates the activities and accomplishments of all the Partners. This month we recognize Casa San Pablo & Central Manor Apartments for going smoke-free. At Casa San Pablo, the tobacco free policy went into effect on April 1, 2014, and at Central Manor on July 1, 2014. The policy prohibits smoking inside apartments and all other areas inside the building and on the grounds except for the designated smoking area located on the perimeter of the property. To make the transition, residents were notified several months in advance and free quit smoking help is given to anyone interested. The properties are both managed by Southeastern Property Management, LCC. "This process was a team effort from all employees at both Casa & Central," says Service Coordinator, Barbara Spellman.