



Youth Led School/Community Health Change

Presenters: Donna Chapman, Anna Koeller, Zach Estes,
Quintin Ryerson, Grace Unger, Anna Knoerle



Facts

- Tobacco is the only product that if used exactly as intended will kill half its users
- 11,000 Missourians die from smoking every year
- Tobacco smoke contains 7,000 chemicals, 70 can cause cancer
 - 7,300 US non-smokers die each year from lung cancer related to secondhand smoke

Morgan County
Populations by towns:

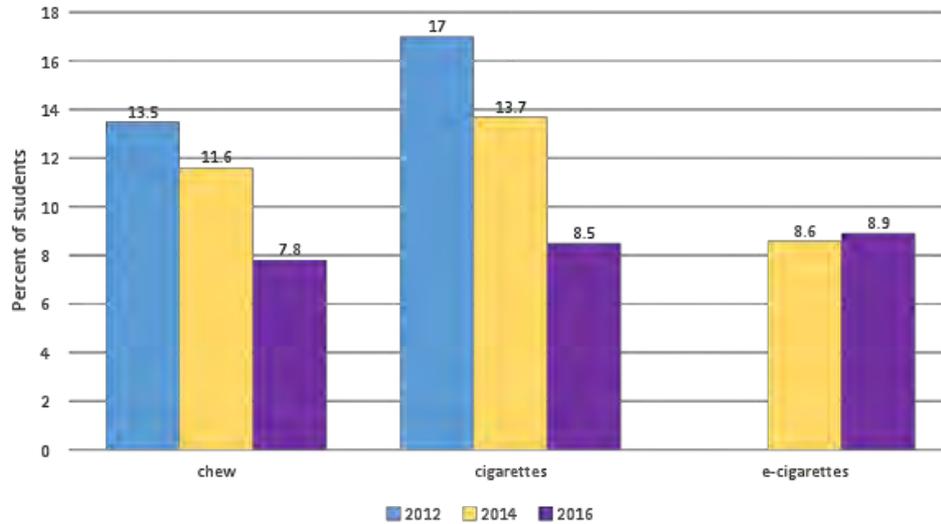
Versailles:	2,456
Stover:	1,075
Laurie:	934
Florence:	494
Sunrise Beach:	473
Barnett:	201
Rocky Mount:	<u>1,684</u>
	7,317



Funders and Sponsors

- Missouri Department of Health and Senior Services
- Tobacco-Free Missouri Youth (TFMY)
- Campaign for Tobacco-Free Kids
- CVS Health Foundation

% of Morgan County students who in past 30 days, used





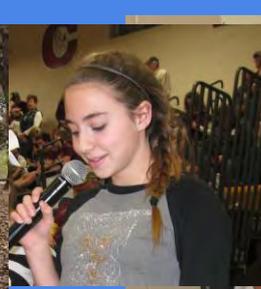
Morgan County Tobacco Free Youth

Recruiting and Training

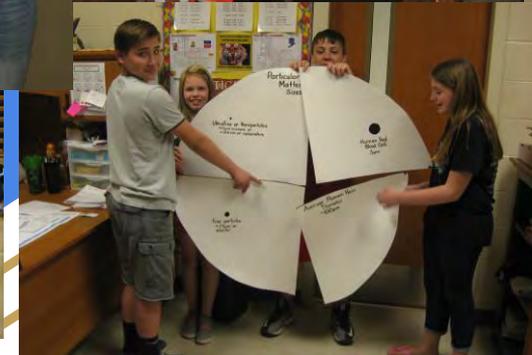
- Adult Sponsor recruit youth
- Youth invite friends
- Adult Sponsor sets up 1st meeting
- Attend training
- Youth led thereafter

History

For four school years, Morgan County public schools have had teams that educated about risks of tobacco use and secondhand smoke and most recently advocated for improved enforcement of school policies, comprehensive school policies and community smokefree indoor air ordinances.



Activities





<https://www.youtube.com/watch?v=M73OLTBssNE>



Changing and Enforcing School Policy

Steps

- Deciding what to change
- Making a Plan



Cleaning Up Tobacco

Step 2

Evaluating the school policy using School Tobacco

Policy Index:

1. Tobacco-Free Environment
2. Enforcement
3. Prevention and Treatment Services- curriculum and cessation
4. Policy Organization

Step 3

Approaching a School Decision Maker

- Principal
- Superintendent
- Board of Education

Step 4 Cessation

Determining cessation (quit smoke) availability

Youth wanted their peers to have assistance in quitting tobacco.

Inviting guest speaker to assist with presentation to teachers, principal, and counselors from middle and high school.

Step 5 School Policy

Comparing current policy to insure that weaknesses determined by the School Tobacco Policy Index were improved.

Used the “Virginia Tobacco Free Schools Toolkit.”

Step 5 (2)



Preparing tobacco-free school policy changes.

Communicating with superintendent and principals to share and determine what to present. Sharing changes with them prior to presentation to school board.

Step 6 Signage

Looking for signage.

Recommending signage changes and suggest possible locations.

Providing funds for new signage.



Step 7

Training staff in cessation program.

Publicizing cessation program.





Changing City Policy
Working Toward Smokefree
Indoor Air

Steps

- Deciding what to change
- Making a Plan
- Executing the Plan

Deciding What to Change

- After much discussion, youth chose a goal to work on getting a Comprehensive Smokefree Community Policy in place. This means no smoking inside any place of business.
 - Once they are successful, they would like to extend the policy to include all public spaces such as parks and ball fields.

The Plan

- Surveys
 - Community and Business Surveys
- Endorsements/Certificates
- Attend City Council meeting
- Conduct more business surveys



Business



Endorsements



What's Next?

- Seek more endorsements from local businesses
- Talk with community partners to help create a policy to present to the City Council
- Present at City Council meeting



Taking Down Tobacco Pilot Program

Taking Down Tobacco

- What it is
- Goals
- Training
- Advocating
- How to get involved

<http://takingdowntobacco.org/>

Questions????

Resources

- School Tobacco Policy Index Rating Form & Manual
https://cphss.wustl.edu/Products/Documents/CPW_SchoolTobaccoPolicyIndex.pdf
- Virginia Tobacco-Free Schools Toolkit
<http://247campaignva.com/resources/>
- Campaign for Tobacco-Free Kids
http://www.tobaccofreekids.org/who_we_are/
- Kick Butts Day
<http://www.kickbuttsday.org/>

Resources

- The Real Cost

<http://therealcost.betobaccofree.hhs.gov/>

- The Surgeon General Report

<http://www.surgeongeneral.gov/library/reports/50-years-of-progress/index.html>

<https://www.surgeongeneral.gov/library/reports/50-years-of-progress/#fact>

- CDC

http://teen.smokefree.gov/?utm_source=cdc&utm_medium=button&utm_campaign=smoking_tobacco

Resources

- Tobacco Free Missouri
<http://www.tobaccofreemo.org/>
- Americans for Non-Smokers' Rights
<http://www.no-smoke.org/>
- Center for Disease Control
http://www.cdc.gov/tobacco/data_statistics/fact_sheets/index.htm#core7
- MO Dept of Mental Health county stats
<https://dmh.mo.gov/docs/ada/mss2016-morgan.pdf>