

**Mission Statement**

The mission of the Delaware County Tobacco-Free Coalition is to improve the health and quality of life for all Delaware County residents by preventing, reducing, and/or eliminating tobacco use and exposure to tobacco smoke pollution. For more information, visit [www.tobaccofreedelco.com](http://www.tobaccofreedelco.com).

**Show your Support!  
Attend a Tobacco-Free  
Coalition Meeting!**

**2009 Meetings:**  
March 5 at 3 p.m.  
April 2 at 3 p.m.  
May 7 at 3 p.m.



**DELAWARE COUNTY  
TOBACCO-FREE COALITION**  
c/o Holcomb Behavioral Health Systems  
126 East Baltimore Ave., Media, PA 19063  
Phone: 484-444-0412 - Fax: 484-444-0421  
Aria M. Burgess, Editor  
[tobaccofreecoalition@holcombhhs.org](mailto:tobaccofreecoalition@holcombhhs.org)  
[www.holcombprevention.org](http://www.holcombprevention.org)  
In collaboration with the  
Health Promotion Council  
of Southeastern PA, an affiliate of the  
Philadelphia Health Management Corp.  
Also produced with support from:



**About Smoke-Free FOCUS**

*Smoke-Free Focus* is the newsletter of the Delaware County Tobacco-Free Coalition. Published three times per year, *Focus* seeks to inform and educate the general public on current issues surrounding tobacco prevention and cessation. *Focus* also aims to highlight agencies and events that contribute to the mission of the Tobacco-Free Coalition.

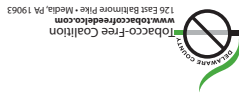
*Smoke-Free Focus* is published by Holcomb Behavioral Health Systems, Prevention & Education Services in Media, PA. This project is funded by the Health Promotion Council and the Pennsylvania Department of Health, Edward G. Rendell, Governor.

All content contained in this newsletter is the intellectual property of its author, agency, and/or individuals who have contributed to the publication.

**You Can Make a Difference...**

TO ANONYMOUSLY REPORT TOBACCO SALES TO MINORS IN DELAWARE COUNTY, CALL 1-888-99-SMOKE

POSTAGE PAID  
Non-Profit  
BULK RATE  
PERMIT NO. 188



# Smoke-Free FOCUS

WINTER 2009

[www.tobaccofreedelco.com](http://www.tobaccofreedelco.com)

**Smoke-free Homes & Cars Campaign Kicks Off!**



This year the Delaware County Tobacco-Free Coalition is focusing on increasing the number of smoke-free homes and cars in Delaware County. Coalition members will be available at health fairs and other community events to educate the community on the many benefits of not smoking. Additionally, Coalition members will provide tips on how to reduce the effects of secondhand smoke on children and pets.

In an effort to reduce the amount of secondhand smoke present in cars, the Coalition will be delivering Smoke-Free Homes & Cars kits to local auto dealerships with the support of the Automobile Dealers Association of Greater Philadelphia. Volunteers are needed to assist in this outreach effort. This is a great opportunity to volunteer and help out the community. If interested, please call Holcomb Behavioral Health Systems at 484-444-0412.

Reducing the amount of second hand smoke ingested by children is important to overall health. According to the U.S. Environmental Protection Agency

(EPA), children are more adversely affected by the smoke around them than are adults in the same space. "The developing lungs of young children are severely affected by exposure to secondhand smoke," the EPA reports on its Web site. "This is for several reasons including that children are still developing physically, have higher breathing rates than adults, and have little control over their indoor environments." Furthermore, the EPA reports, "Children receiving high doses of secondhand smoke run the greatest risk of damaging health effects such as asthma, bronchitis, etc."

For these reasons and more, the Coalition asks parents and community members to sign the "Smoke-Free Homes & Cars Pledge," vowing to take steps to reduce the amount of smoke inside their homes and cars. By doing this, you can help keep yourself and your loved ones healthy and smoke-free!

For more information on the local initiative or to request a FREE Smoke-free Homes & Cars kit, visit [www.tobaccofreedelco.com/tfc](http://www.tobaccofreedelco.com/tfc), or call 484-444-0412. ■

I  
N  
S  
I  
D  
E

**Coalition Seeks New Members!**  
Our strong membership drives the Delaware County Tobacco-Free Coalition. Help create a smoke-free county by joining today!  
*Membership is free!*

Call: 484 - 444 - 0412. Ask for Aria.  
or e-mail:  
[info@holcombprevention.org](mailto:info@holcombprevention.org)

**Page 2**  
Great American SmokeOut  
PA Quitline provides

**Page 3**  
PA Outline (continued)  
Coalition Volunteer Ad  
Free Signage Ad  
Free Quit Smoking Classes in Delco

**Page 4**  
Mission Statement



**Tobacco-Free  
COALITION**  
[www.tobaccofreedelco.com](http://www.tobaccofreedelco.com)

c/o Holcomb Behavioral Health Systems  
126 East Baltimore Avenue  
Media, Pennsylvania 19063  
(484) 444-0412  
[info@holcombprevention.org](mailto:info@holcombprevention.org)

## Great American Smoke Out Deemed a Success!



Students from Ridley High School check out the Ashtrays to Art project.

As part of a national campaign to encourage people to quit smoking for one day, the Delaware County Tobacco-Free Coalition sponsored educational tables at the Media Government Center and the Granite Run Mall for the Great American Smoke Out (GASO) on Thursday, November 20, 2008.

Information and brochures on free Delaware County programs and services including Quitting, Smoking, Smoke-Free Homes & Cars, and the hazards of second hand smoke was available to the general public, free of charge.

Also, during the week of November 10th, the Coalition worked with Delaware County schools for GASO by hosting educational tables in lunchrooms that provided students, faculty and staff with information about tobacco use and secondhand smoke. Free lunch tray placemats with tobacco-themed factoids, playful riddles, and a

crossword puzzle made learning about tobacco fun and educational for children.

In addition, local high school students in BUSTED! clubs in

both Ridley and Sacred Heart High Schools participated in the Ashtrays to Art campaign. BUSTED!, the local youth-lead, anti-tobacco organization in Delaware County, asked local restaurants to donate their ashtrays that they would be disposing of due to the Clean Indoor Air Act being passed. BUSTED! youth used the collected ashtrays to create sculptures and other art pieces to support avoiding secondhand smoke.

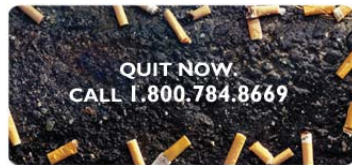
To request more information or to learn more about quitting smoking and free group cessation classes, please call Holcomb Behavioral Health Systems (Media office) at 484-444-0412 or visit the Delaware County Tobacco-Free Coalition website at: [www.tobaccofreedelco.com](http://www.tobaccofreedelco.com).

Have a smoke-free day, today! ■

## PA Quitline Provides Helpful Resources!

To support residents who have made quitting smoking a personal goal for 2009, phone counseling is now available. All Pennsylvanians can receive PA Quitline services free of charge.

"The average smoker makes between five and eight quit attempts before being successful, and those who have support are more likely to succeed," said Acting Secretary of Health, Everette James.



Call the Quitline at 1-800-QUIT NOW (1-800-784-8669) to receive cessation support that ranges from three to six phone sessions.

"Online tools can be useful for those who are ready to quit smoking, as well as those who not ready to make a decision about quitting," added James. "If you are not ready to commit to a quit attempt, our online Quit Companion can help you

### (Quitline continued)

better understand your smoking habits by providing you a picture of your smoking patterns and calculating the costs of smoking."

Additional smoking cessation information and support is available at [www.determinedtoquit.com](http://www.determinedtoquit.com). This web site provides guidance in developing a quit plan; the quit companion and calculator; and video blogs of other Pennsylvanians sharing their own stories about quitting. The Department of Health's anti-tobacco efforts are intended to help individuals to quit – or never start – using tobacco products, and to curb the retail sale of tobacco to minors. ■

\*Information courtesy of the PA Department of Health.

### Want to become a volunteer for the Coalition?

Can you deliver materials?

Visit legislators?

Work at Health Fair tables?

Assist with letter writing campaigns?

Help prepare items and more?

If this sounds like something that you'd like to volunteer for, please email Aria at: [info@holcombprevention.org](mailto:info@holcombprevention.org)

Thank you for your support!

## Children Playing



No Smoking Allowed



These signs are available to Delaware County community organizations with outdoor public spaces, such as parks, playgrounds, etc. The signs are designed to discourage smoking and protect children from secondhand smoke exposure. Please call 484-444-0412 to request a sign.

Words of Wisdom: The obstacles of your past can become the gateways that lead to new beginnings.

## Start 2009 off the right way! Try these FREE Quit-Smoking Classes:

### Main Line Health Systems Smoke FREE Winter Classes:

**SmokeFREE Cessation Classes:**  
April 21, 28, May 5, 12, 19, 26  
6:00 p.m. - 8:00 p.m.  
Marple Twsp. Municipal Bldg.  
Commissioner's Room  
227 Sproul Rd.  
Broomall, PA 19008

To register for the Broomall Class, please call 1-866-CALL-MLH

### Already Quit? Need support?

**Quit for Life Support Group:**  
Jan. 5, 19, Feb. 2, 16, Mar. 2, 16  
7:00 p.m. - 8:00 p.m.  
Riddle Memorial Hospital  
Healthcare Center 1  
Conference Room  
Media, PA 19063

To sign up for the Quit for Life support group, please call 610-891-3635

### Looking for more free quit smoking resources?

**Quitnet:**  
[www.sepa.quitnet.com](http://www.sepa.quitnet.com)

**PA Quitline:**  
1-800-QUIT-NOW

**Determined to Quit:**  
[www.determinedtoquit.com](http://www.determinedtoquit.com)

**Tobacco-Free Delco:**  
[www.tobaccofreedelco.com](http://www.tobaccofreedelco.com)

**American Lung Association:**  
1-800-LUNG-USA  
Free online cessation program:  
[www.lungusa.org](http://www.lungusa.org)

\*Participants that register and attend cessation classes may be eligible to receive up to 8 weeks of FREE Nicotine Replacement Therapy (ex. patch, gum, lozenge)

### Crozer Keystone Health Systems Freedom From Smoking Winter Classes:

**Clear the Air Support Group:**  
Delaware County Memorial Hospital  
Conference Center  
Mar. 2, 9, 16, 23, 30, Apr. 6  
5:30 pm

Upper Chichester Township Building  
8500 Furey Road, Boothwyn  
Mar. 31, Apr. 7, 14, 21, 28, May 5  
5:30pm

**Breathe Free Support Group:**  
Jan. 14, Feb. 11, Mar. 11, Apr. 8  
6:30 p.m. - 7:30 p.m.  
Taylor Hospital  
Classroom A/B  
175 East Chester Pike  
Ridley Park, PA

To register for Crozer's support groups, please call 610-447-6009