

December 5, 2014



Share the Wellness Tip

Let's Make the Next Generation Smoke and Tobacco-Free

This year marks the 50th anniversary of the first Surgeon General's Report on Smoking and Health, which exposed the health risks of smoking. Since that time, more than 20 million American have died because of smoking.

What's even more alarming is that, according to federal government report, 5.6 million of today's children will ultimately die early from smoking.....if we don't do more to reduce current smoking rates.

Youth, and the public in general, need to know that trendy cigarette and tobacco alternative may not be safe either. That goes for hookah smoking and electronic cigarettes (*e-cigarettes* or *e cigs*), too.

Adults with youths in their lives should seek to be supportive, positive role models.

- ❶ Encourage kids to get involved in activities that prohibit smoking, such as sports.
- ❷ Discuss ways to respond to peer pressure to smoke.
- ❸ Encourage kids to walk away from friends who don't respect their reasons for not smoking.
- ❹ Establish no-smoking and no-chewing tobacco rules and explain why: It's bad for everyone's health.

Sources: Office of the U.S. Surgeon General, SmokeFree.gov.

