

Minutes
Breathe-Free Partnership of IRC
(Also known as Tobacco-Free Partnership of IRC)
Wednesday, September 7, 2011
4 p.m. to 5 p.m.

In Attendance:

Beth Weatherstone	Darin Jones	Marilyn Leeds	Kristen Britt
Lisa Willnow	Darlene Burton	Tina Zayas	Robin Dapp
Milo Thornton	Dave Cavell	Bob Mellen	Mary Burkins
Jennifer Harris			

1. **Call to order and introductions** - The minutes were approved from June’s meeting and the addition of a new agenda item was also approved.
2. **Approval of By-Laws – Robin Dapp**
 - The By-Laws were amended and approved. The revisions will be typed and the corrected copy will be brought to the next meeting for signature and final approval.
3. **Nomination of Vice-Chairperson and Secretary for the Board**
 - After nominations were placed and votes taken, the following officers were elected:
 - Darin Jones, Vice-Chairperson
 - Lisa Willnow and Beth Weatherstone, Co-Secretaries (they will alternate taking the minutes at every other meeting and sharing other secretarial duties).
4. **Strategy Planning for Each Policy Initiative**
 - Policy to Restrict the Sale of Candy Flavored Tobacco Products not covered by FDA
 - ❖ Discussion took place about local policy makers, including the IRC Board of County Commissioners & Representative Debbie Mayfield. These people all expressed concern over the sale of candy flavored tobacco products. They believed the community needs to be educated on their dangers, but they did not want to restrict the sale of them. It was noted that Representative Matt Hudson in Naples, supports the work the SWAT youth are doing to pass resolutions that urge retailers to voluntarily restrict the sale of these products.
 - Policy to Implement Tobacco Control Model Policies in K-12 Schools
 - ❖ Discussion took place and Marilyn Leeds mentioned that Collier County has a very comprehensive tobacco control policy and that enforcement of it is very thorough. She suggested we call them for ideas.
 - ❖ Oslo Middle School was mentioned because the workers there are still smoking even though Principal Brown told all staff that smoking is no longer allowed on school grounds. Because the existing smoking policy allows for smoking in designated areas, they are not violating school board policy.
 - ❖ The IRC School Board is looking at changing the smoking policy to resemble the one in place in St. Lucie County. That policy is comprehensive and succinctly worded. Many factors will need to be addressed if that policy is adopted.
 - ❖ The St. Lucie County policy states: “All uses of tobacco products in any form are prohibited in any District-owned facility or property, vehicle or at District-sponsored events.”

- ❖ One issue that will need to be addressed is the smoking during football games. Deputy Ladell Young will take an informal survey of the # of people who smoke during the games and report back. People are not allowed to leave the stadium for a smoke break and re-enter without paying. This rule is not likely to change. However, only 19% of adults in IRC smoke, so this fact needs to be pointed out to the school board.
- Policy to Create Tobacco-Free Outdoor Jurisdictions
 - ❖ On September 13, 2011 at 4 PM, there will be another meeting of the City of Vero Beach Recreation Commission, and they will be discussing the issue of tobacco-free parks and recreational facilities. Members of this Partnership have been invited to speak again.

5. **Open Discussion and Announcements**

- Marilyn Leeds announced that EAHEC is providing a “relapse prevention” class on Tuesdays. This is for people who have already taken the six-week Quit Smoking Now Class.
- Marilyn also announced that EAHEC has a new Tools to Quit class for people who can't commit to the six week Quit Smoking Now class. Tools to Quit is a one day class that meets for 90 minutes. The difference between the two classes is summarized in a document at the end of these minutes.

Adjournment – The next quarterly Partnership meeting will be on **Wednesday, October 5, 2011 at 3:45 PM**. Please meet at the **United Way Building, 1836 14th Avenue, Vero Beach, FL 32960**.

A.T.T.A.C.

AHEC Tobacco Training And Cessation

AHEC TOBACCO CESSATION PROGRAM OFFERINGS

- ◆ What is the difference between *Tools to Quit* and *Quit Smoking Now*?
 - Both programs offer education on the health effects related to tobacco use, the benefits of quitting and what to expect when quitting. A trained Tobacco Cessation Specialist guides participants as they identify triggers and withdrawal symptoms, and brainstorm ways to cope with them.
 - *Tools to Quit* is an intense 90-minute seminar where the participants receive information on how to prepare to pick their own quit date in order to be more successful.
 - *Quit Smoking Now* contains the same information delivered over a six-week period. In the *Quit Smoking Now* program, participants quit the day of the third meeting.
 - Both programs include written materials, a quit day bag of goodies and follow up support.
 - Programs are evidence driven and comply with the Public Health Services Clinical Practice Guidelines for Treating Tobacco Use and Dependence.
 - For more information on EAHEC's cessation programs, please call 877-819-2357.

TOOLS TO QUIT 90-MINUTE SEMINAR OUTLINE

- ◆ WELCOME, INTRODUCTION, REGISTRATION (20 MINUTES)
 - Consent & Tobacco Use Assessment forms
- ◆ HEALTH EFFECTS OF TOBACCO USE AND BENEFITS OF QUITTING (20 MINUTES)

Objective – Educates smokers on the negative health effects of tobacco use including increased risk of morbidity and mortality

 - Health Effects of Tobacco and Changes when Users Quit
 - Carbon Monoxide, TAR and the Chemicals in Tobacco
 - Reasons to Quit
 - Activity: personal inventory of last 14 years; illustrates what 14 years of lost life would mean in real terms
- ◆ CHALLENGES AND AIDS (45 MIN)

Objective – Discusses the nature of addiction as it relates to nicotine and tools for quitting tobacco use.

 - Nicotine Addiction
 - Life without Nicotine
 - Why do You Smoke?
 - Pharmacological Treatments
 - Preparing for Triggers/What to do Instead of Smoking
 - Withdrawal Symptoms and Coping with Cravings
 - Count Down to Quit Day: Setting a Quit Plan
 - Web and Phone Resources (including the Florida State QuitLine)
- ◆ CONCLUSION AND CLOSING PAPERWORK (5 MIN)
 - Follow up form and Evaluation