

Press Release

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FOR IMMEDIATE REALEASE

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### **SAFE Glen Cove Coalition: The Great American Smoke Out**

On Thursday November 21st, in celebration of the Great American Smoke-Out, Glen Cove School District students took the opportunity to remind their friends, faculty and families that this day should be their first day towards quitting this deadly habit. The American Cancer Society marks the Great American Smoke Out on the third Thursday of November each year by encouraging smokers to use the date to make a quit plan or to plan on quitting smoking that day. By quitting, even for one day, smokers will be moving towards a healthier life – one that can lead to reducing their risk of cancer related illnesses.

Every year, the SAFE Glen Cove Coalition partners with the Tobacco Action Coalition of LI (TAC) and the Glen Cove Youth Bureau to raise awareness of the need to educate students on the dangers of smoking and reduce youth's exposure to tobacco marketing at their local retailers on this special day.

Tobacco use is the leading cause of preventable disease, responsible for killing nearly 25,000 New Yorkers every year, and afflicting nearly 600,000 New Yorkers with serious disease directly related to their smoking. Ironically, the challenge for prevention providers is the fact that this generation of youth has shown a decrease in their use of smoking cigarettes, but a high increase in e-cigarettes/ vaping use. Recent research studies are proving that e-cigarettes are detrimental to your health. Vaping poses serious and avoidable health risks. Exposure to nicotine during youth can lead to addiction and cause long-term harm to brain development. The vapor can also contain toxins (including ones that cause cancer) and tiny particles that are harmful when breathed in. In fact, last year, the Surgeon General declared vaping a Pediatric Epidemic.

According to nationwide survey of more than 44,000 middle and high school students on drug, alcohol, and cigarette use conducted by the National Institute on Drug Abuse (NIDA), vaping of each substance that was asked about increased. This includes nicotine, flavored liquids, marijuana, and hash oil. NIDA maintains teens are using vaping devices in record numbers. Reported use of vaping nicotine specifically in the 30 days prior to the survey nearly doubled among high school seniors from 11 percent in 2017 to 20.9% in 2018. More than one in 10 eighth graders (10.9%) say they vaped nicotine in the past year, and use is up significantly in virtually all vaping measures among eighth, 10th and 12th graders. Reports of past year marijuana vaping also increased this year, at 13.1% for 12th graders, up from 9.5% last year.

SAFE's social worker Francesca Carbone brought GASO to the Glen Cove middle school after 3 program run by the Glen Cove Youth Bureau to discuss the aforementioned dangers of smoking and smoking e-cigarettes. Ms. Carbone presented a power point of information on the history of when the event first began, on statements/ facts from The American Cancer Society on current e-cigarette uses and effects.

Throughout the presentation the students participated by asking multiple questions and providing comments for the class. They were also engaged in the video about tobacco advertisement towards children that went along with the presentation. Afterwards, the students were provided with a short multiple-choice quiz, as to test their knowledge about tobacco and smoking affects/ statistics. Ms. Carbone then went over the answers with the children of seeing who got which answer correct and who was mistaken. Students created flyers to 'Take Action' to promote awareness to not smoke and to make healthier choices for their peers. The flyers will be displayed around the school, with the intention of sharing this prevention message with their peers to educate and prevent them from starting to smoke.

SAFE is the only alcohol and substance use prevention, intervention and education agency in Glen Cove. To learn more about the SAFE Glen Cove Coalition please follow us on [www.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit SAFE's Vaping Facts and Myths page at [www.safeglencove.org](http://www.safeglencove.org) to learn more about the dangers of smoking e-cigarettes.

For Quit help contact the NYS Quit Line: at 1-866-NYS-Quits.