

Press Release

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FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: The Great American Smoke Out

On Thursday November 19th 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 on this special day 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 all tobacco products, reduce youth's exposure to tobacco marketing at their local retailers, and to protect the public from second-hand and drifting smoke outside while they recreate, dine or even on the grounds or doorways of places they frequent.

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 along with combustibles are detrimental to your health. Vaping poses serious and avoidable health risks. Exposure to nicotine found in all tobacco products 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.

SAFE's Social Worker, Francesca Carbone brought GASO virtually this year to the Glen Cove elementary and middle schools' After 3 Program, which is overseen by the Glen Cove Youth Bureau- Executive Director, Spiro Tsirkas. She discussed the dangers of smoking, vaping and e-cigarettes, and the importance of this day to help others begin their journey to quit smoking. Ms. Carbone presented a power point of information on the history of when the event first began; Facts, statistics and other resources on tobacco uses in cigarettes and vaping products and its effects provided by long-time partner, Carol Meschkow- Community Engagement Manager (TAC). Throughout the presentation the students were involved and encouraged to participate by speaking up when they had any questions and to provide comments for the rest of the class. The efforts for this presentation were created to target

the students' engagement in the video about tobacco advertisement geared towards children that went along with the presentation. Afterwards, the students were provided with a short virtual multiple-choice quiz, as to test their knowledge about tobacco and smoking affects/ statistics.

The Coalition will continue to spread awareness of the harmful effects of smoking/vaping tobacco products along with other drug prevention efforts and environmental strategies by educating Glen Cove's youth and community.

To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit SAFE's Vaping Facts and Myths page at 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.