

# Tobacco Free Times

Volume 1, Issue 5

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## SAVE the DATE

Stopping youth access to tobacco products will be the topic at next DATH

December 6th DATH meeting at Denver Public Health 11:30 am to 1pm at Rita Bass Training Center

Free parking at Rita Bass

To RSVP Contact Johnn at (303) 436-7902

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## Next issue

AIDS & Tobacco

The purpose of the Denver Alliance on Tobacco and Health is to rally communities disparately affected by tobacco to reduce tobacco-related illness in Denver County.



**Juana Rosa Cavero**

Policy Manager with Colorado Tobacco Education & Prevention Alliance( CTEPA) will address youth access and tobacco on December 6th at Denver Public Health.

Call Johnn Young at 303. 436.7902 for details and to RSVP by Dec. 4th.

**Free parking and lunch provided!**



“Young cigarette smoker can begin to feel powerful desires for nicotine within two days of first inhaling. And about half of children who become addicted report symptoms of dependence by the time they are smoking only seven cigarettes a month” this according to a New York Times article on “Youth and tobacco”.

## Up and Coming Community Events

Do you have information or an upcoming events that you would like to share?

Email your community event or article and have it included in the next DATH newsletter!

Email; [johnn.young@dhha.org](mailto:johnn.young@dhha.org)



For more information on DATH go to [www.dath.org](http://www.dath.org)

## The Secret to Improving Your Practice.

Is your healthcare practice looking for a training that will result in improved care and efficiency for your patients that need to quit smoking?

Training is free and a meal is provided. Call John (303) 436.7902 to schedule dates and times!



If so, a free training is now available for you and your staff! Limited time only.

Colorado Clinical Guidelines Collaborative (CCGC) is working with practices across Colorado to assist in using the Tobacco Cessation and Secondhand Smoke Exposure Guideline plus the Quitline to improve clinic systems and to identify resources.

An hour-long Tobacco Rapid Improvement Activity (TRIA) will be brought to your clinic by a CCGC facilitator and will include breakfast or lunch for the staff.

For more information and to schedule a training, contact John Young, Health Education Specialist at Denver Public Health 303.436.7092 Or email [johnn.young@dhha.org](mailto:johnn.young@dhha.org).

Empowering Denver to Reduce Tobacco Use Through Prevention, Education, and Advocacy

### Help your community to be smoke-free!

Interested in providing extra support to friends or family once they've decided to quit smoking? Denver Public Health can help! We offer a **free** facilitator's training for the American Cancer Society's You Can Quit Program.

After completing the training, you will be ready to offer your own quit smoking class. This is a perfect fit for faith-based communities, health/wellness services, neighborhood associations, and non-profit organizations.

You will be able to offer a 4-session course that helps participants quit smoking by providing information and activities on getting ready to quit, withdrawal symptoms, healthy living, and staying quit. Call Amber Leytem at 303.436.7934 for more information!



Have your article included in the next DATH newsletter!