

COALITION NEWSLETTER

RINGGOLD COUNTY PUBLIC HEALTH

2008 NOVEMBER-DECEMBER NEWSLETTER

Great American Smoke-out

The Great American Smoke-out was held on November 20, 2008. A huge thanks goes out to Doris Rule, Judy Hensley, and Kathy, Richard, and Becky Baker for sitting at CGI and HyVee during the day. We handed out Quitline Iowa, American Cancer Society, and Iowa Smokefree Air Act information. We would also like to thank everyone who adopted someone for the day. Continue to support your adoptee in the fight against tobacco.



Kathy, Richard, and Becky Baker



Judy Hensley and Doris Rule



DATES TO REMEMBER

- * January 15, Coalition Meeting
4:30 ISU Extension Office
Supper provided

We would also like to thank Cindy Haugland for sharing her story during the GASO.

GIVE THE GIFT OF NO SMOKING

The month of December kicks off the Smoke-free Home and Car pledges. We are encouraging parents to give the gift of not smoking to their children for Christmas. The gift will improve the child's health.

Children who live in homes where people smoke get sick more often with coughs, pneumonia, bronchitis, asthma, and ear infections. Secondhand smoke is also linked to Sudden Infant Death Syndrome (SIDS). It is not enough to move to another room, turn on a fan, or open a window. Only smoking outside and changing your clothes when you are finished can help minimize the health risks for your children when you smoke.

Please give the gift of smoke-free homes and cars this year. It could save your child's life.



Happy Holidays from my family to yours.

~Angie, Jason, Fredrick, and Ava Auel



Quitline Iowa

1-800-QUIT NOW