








Date	Theme Bucket	So what?	Post (copy)	Photo	Link
11/2/2016	Cessation	Buerger's disease- Tips from former smokers	"My life will always be affected from cigarettes." Learn about how Brandon's tobacco use led to Buerger's disease and the impact it's had on his life. https://youtu.be/2Fndx4mjCFY	NA	http://www.cdc.gov/tobacco/campaign/tips/diseases/buergers-disease.html
11/3/2016	Partner Post	video games and smoking	Even in a fictional world, exposure to tobacco is part of reality.	NA	https://www.facebook.com/truthinitiative/posts/10153680179871991
11/4/2016	Tobacco retail environment	Showing the tobacco retail environment in Oregon.	Oregonians who rely on government assistance to buy food are subjected to tobacco ads and promotions when walking into a store. http://bit.ly/1LnfCwa		http://smokefreeoregon.com/wp-content/uploads/2014/07/StatewideRetailRollup.pdf
11/7/2016	Cessation	motivation to quit smoking	Motivation Monday. Call 1-800-QUIT-NOW or visit www.quitnow.net/oregon/		www.quitnow.net/oregon/
11/9/2016	Heroes video	Heroes video showing people doing great things in the community	See why Steven Hiron, owner of Hiron's Pharmacy, chooses not to shelve tobacco products in his store. http://bit.ly/2fdZ9ZN	NA	https://youtu.be/oK-oYY2cJR8

11/10/2016	Environment	NRPA is trying to make all parks and rec centers tobacco free	The @NationalRecreationandParkAssociation knows that tobacco free parks are important for the health of all visitors and the environment alike. http://bit.ly/2e8YWdK		http://www.nrpa.org/Press-Releases/NRPA-Issues-Position-Statement-on-Tobacco-Consumption-in-Parks/
11/11/2016	Heroes video	Heroes video showing people doing great things in the community	Tessa Scheller advocates for a smokefree college campus. As @clatsopcc trains many of the future medical professionals, a college that educates the health workers of tomorrow should model healthy behaviors today. http://bit.ly/2fCqpo3	NA	https://www.youtube.com/watch?feature=player_embedded&v=yjBsBiBaJ0s
11/14/2016	Great American Smokeout	Cessation day brought to us by American Cancer Society	On November 17th, Smokefree Oregon encourages every person who smokes to participate in @AmericanCancerSociety's "Great American Smokeout". Even people who don't smoke can help by encouraging friends and family to use this date to make a plan to quit. Learn more here: http://bit.ly/1n2AKXz		http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/#
11/16/2016	deschutes county partner post	Key decision maker supports tobacco prevention efforts in Deschutes County.	Deschutes County Commissioner, Tammy Baney, talks about the benefits of creating a tobacco free environment for the community. https://youtu.be/EtpNKq0uwCM	NA	https://youtu.be/EtpNKq0uwCM
11/17/2016	the real cost	1 in 4 of cancer deaths in the US is linked to smoking	You may be surprised to find out that tobacco costs every Oregon household \$1600 a year. Find out more here: http://nyti.ms/2eOTIWj		http://www.nytimes.com/aponline/2016/10/24/health/ap-us-med-cigarettes-cancer-deaths.html

11/18/2016	Tobacco Retail Environment	Showing the tobacco retail environment in Oregon.	A dollar isn't much, even to a kid.	 <p>THE AVERAGE PRICE FOR A SINGLE, FLAVORED LITTLE CIGAR OR CIGARILLO IS \$1.04.</p>	http://smokefreeoregon.com/wp-content/uploads/2014/07/StatewideRetailRollup.pdf
11/21/2016	Cessation	Colorectal cancer- Tips from former smokers	<p>Julia and Mark have an unfortunate commonality, their use of tobacco led to colorectal cancer. Find out how they're learning to cope, here:</p> <p>https://youtu.be/3q80UdOdP7o</p>	NA	http://www.cdc.gov/tobacco/campaign/tips/stories/julia.html
11/23/2016	environment	toxins from smoking tobacco can linger for up to 6 months	<p>Learn about the harms of 3rd hand tobacco.</p> <p>http://nyti.ms/2e592YM</p>	 <p>TOXINS FROM TOBACCO CAN LINGER IN A HOUSEHOLD FOR UP TO 6 MONTHS.</p>	http://www.nytimes.com/2016/10/04/well/live/toxins-linger-in-homes-long-after-smokers-quit.html
11/24/2016	Holiday	Thanksgiving/ cessation	<p>What better day than today to lean on your friends and family for help?</p> <p>Call 1-800-QUIT-NOW or visit www.quitnow.net/oregon/</p>	 <p>HAPPY THANKSGIVING FROM SMOKEFREE OREGON!</p>	https://www.quitnow.net/oregon/
11/25/2016	Disparities	higher chance of smoking if suffering from a mental illness	<p>"Adults in the U.S. living with mental illness have a 65 percent higher smoking rate than adults without mental illness."</p> <p>http://bit.ly/2dyccoX</p>	 <p>Among people in the U.S. hospitalized with a psychiatric diagnosis, tobacco related conditions were the cause of death in:</p> <ul style="list-style-type: none"> 53% of people with SCHIZOPHRENIA 50% of people with DEPRESSION 48% of people with BIPOLAR DISORDER 	http://www.mailtribune.com/lifestyle/20161003/disproportionate-burden-of-smoking-among-people-living-with-mental-illness-infographic

11/28/2016	Dechutes County partner post	Help businesses protect their employees by offering free ICAA stickers	Thanks to @BendChamber, @VisitLaPine, @RedmondOregon and @SistersCountry for helping businesses comply with the new Indoor Clean Air Act by sharing our free decals! Find your decals here: http://bit.ly/2dtvZpv	 <p>NO SMOKING OR VAPING WITHIN 10 FEET</p> <p>Under Oregon's Indoor Clean Air Act, new businesses in which smoking, use of tobacco and vapor are prohibited, effective January 1, 2016, smoking, use of tobacco or use of vapor is not allowed within 10 feet of building entrances, exits, windows, accessibility ramps and air intake vents.</p> <p>For information and complaints: 1-800-421-6767 or http://ohcra.oregon.gov/ohcra.html</p> <p>Want to quit smoking? 1-800-421-6767 (quit) or 1-800-421-6767 (quit) or 1-800-421-6767 (quit)</p> <p>SMOKEFREE oregon</p>	https://www.deschutes.org/health/page/oregon-smokefree-workplace-law
11/30/2016	Smokefree environments	Smokefree areas in our community.	Another reason to love your community. Learn more here: http://smokefreeoregon.com/what-you-can-do/	 <p>Welcome to TIGARD A Place to Call Home</p> <p>TIGARD PARKS, TRAILS, AND CITY-OWNED PROPERTIES ARE ALL SMOKEFREE!</p>	http://smokefreeoregon.com/what-you-can-do/