







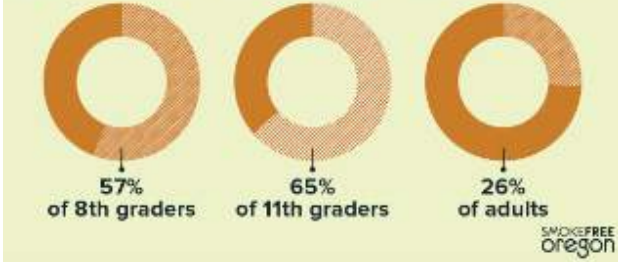

Smokefree Oregon Facebook Calendar
February 2019

Date	Theme	Post Copy	Link	Visual
2/1	Environment	Smoke-free restaurants and bars keep the air fresh and healthy for non-smokers. And - BONUS! A study found that these laws also help people quit.	https://bit.ly/2Ru2tI8	
2/4	Cessation	Are you ready to quit smoking? Having a plan in place can help you quit for good. @SmokefreeUS's digital quit plan asks a few quick questions and creates a plan just for you. www.quitnow.net/Oregon	https://bit.ly/2S06nXZ	
2/5	Youth	Kids are exposed to tobacco marketing and advertising every day...even when it's invisible to their parents. Click on this link and zoom in. How many different products can you count? #WhatsforSale in your neighborhood? Photo Source: CounterTobacco.org: Leanna Overbeck, Jupiter, FL	https://bit.ly/2HlxQsC	



2/6	Disparities	<p>#DYK there are more tobacco retailers in lower-income neighborhoods, with Big Tobacco spending the majority of its marketing dollars on in-store advertising and discounts? More marketing in these neighborhoods makes it harder for people to quit - and makes it more likely kids will start.</p>	https://reut.rs/2Gg8yj1	
2/7	Cessation	<p>Ready to quit in 2019? Breaking it down can help. Create a personalized quit plan and take it step by step. Check in with yourself every Monday to keep your quit going strong. You've got this! www.quitnow.net/Oregon</p>	https://bit.ly/2CZ0kbH	


2/8	Youth	<p>Every year, \$115 million is spent on what in Oregon?</p> <p>A. Electricity to keep the mountains lit for night skiing B. Tobacco advertising in retail stores C. Umbrellas and raincoats D. Tourism</p>	https://bit.ly/2B1scMb	
2/8	Youth	<p>Answer: If you guessed B, Tobacco advertising in retail stores, you are correct! Learn more about the different deceptive tactics that Big Tobacco takes to market tobacco products to kids.</p>	https://bit.ly/2B1scMb	
2/11	Cessation	<p>Ready to quit? Prepare yourself by knowing how to cope with the symptoms of nicotine withdrawal. If you or someone you know is looking to quit tobacco, help is available at www.quitnow.net/Oregon or 1-800-QUIT-NOW.</p> <p>#MotivationMonday</p>	www.quitnow.net/Oregon	


2/12	Cessation	Looking for the perfect Valentine's Day gift for your loved one? Help them quit tobacco! Your love and support can make all the difference.	www.quitnow.net/Oregon	
2/13	Youth	Big Tobacco spends millions to place cigarettes in movie stars' mouths. If all movies with smoking or tobacco were given an R rating, the number of teen smokers would reduce by nearly 1 in 5 and prevent one million deaths from smoking among children alive today. Source: CDC	https://bit.ly/2RYuQgv	
2/14		Oregon became a state on this day in 1859. Since then, we've racked up a long list of things to be proud of—including one of the nation's strongest Indoor Clean Air Acts, and a law keeping people under 21 from buying tobacco. Give the state a valentine today: like or share if you support a Smokefree Oregon.	https://bit.ly/2Gawg0d	

2/15	The Real Cost	Great progress is being made, but tobacco is still the leading cause of preventable disease in the U.S. Learn the health and human cost of tobacco in your county.	https://bit.ly/2KZ28HM	
2/18	Cessation	Did someone you love quit tobacco in 2019? Send them a note of congratulations and learn more about how you can help them stay tobacco-free. www.quitnow.net/Oregon #MotivationMonday	https://bit.ly/2Uy5Lp9	
2/19	Youth	Big Tobacco says flavored products aren't for kids and that adults like sweet stuff, too. But look at who is actually using flavored tobacco products. Source: Oregon Healthy Teens Survey	https://bit.ly/2ztjFA3	<p>Who's REALLY using flavored tobacco products?</p>  <p>57% of 8th graders</p> <p>65% of 11th graders</p> <p>26% of adults</p> <p>SMOKEFREE oregon</p>
2/21	Cessation	Everyone is unique, and your quit plan should be too! Create a personalized plan that's all about YOU. Quit tip: try setting your quit date on a Monday to start your week off strong. www.quitnow.net/Oregon	https://bit.ly/2Ru1wsO	 <p>5 YEARS</p> <p>after you quit smoking, your risk of having a stroke is the same as a non-smoker.</p> <p>1.800.QUIT.NOW</p> <p>SMOKEFREE oregon</p>

2/22	Youth Retail	A new study shows that requiring a license for retailers that want to sell tobacco helps reduce youth e-cigarette use. Did you know that Oregon doesn't require these licenses, but we could? It's called Tobacco Retail Licensing and it's working in many counties.	https://cnn.it/2QqDQ8t	
2/24	Youth	Advertising cigarettes on TV and radio has been banned since 1971. Yet smoking and tobacco use in movies continues, even in movies marketed to kids! Check out a list of this week's #movies in the theater that are smoke-free.	https://smokefreemovies.ucsf.edu/	
2/25	Cessation	Are you ready to quit tobacco? Nicotine patch and gum + counseling double your chances of success. Call 1-800-QUIT-NOW to get the help you need. ¿Estás listo para dejar el tabaco? El parche de nicotina y la goma + consejería duplican sus posibilidades de éxito. Llame al 1-800-QUIT-NOW para obtener la ayuda que necesita.	www.quitnow.net/Oregon	

2/26	Youth	<p>How many kids (under 18) become new daily smokers each year in Oregon?</p> <p>A. 260 B. 1,400 C. 800 D. Kids don't smoke anymore</p> <p>Learn more about the toll of tobacco in Oregon.</p> <p>Source: Campaign for Tobacco-Free Kids</p>	https://bit.ly/2KZ28HM	
2/27	Tips (CDC) Cessation	<p>Meet Michael, an Alaska Native and member of the Tlingit tribe, who started smoking at age 9. At 44, he was diagnosed with COPD—a condition that makes it harder and harder to breathe.</p>	https://bit.ly/2Gg8H63	
2/28	Cessation	<p>Cigarette smoke dulls your sense of smell and taste. Spring is the perfect time to quit and smell those blooming flowers again!</p>	https://bit.ly/2Bh3F61	

March Cessation Content				
3/4	Cessation	<p>Bill's life took a sharp turn the day he decided to start smoking. In this video, he explains the severe health problems he developed by age 40, including kidney failure. Learn more about Bill and the toll tobacco took on his live.</p> <p>www.quitnow.net/Oregon 1-800-QUIT-NOW</p>	<p>https://bit.ly/2CWUOS3</p>	
3/8	Cessation	<p>Today, on #InternationalWomensDay, lets rally around the women in our lives who are trying to quit. Did you know more than 170,000 American women die of diseases caused by smoking each year? #IWD2019</p> <p>www.quitnow.net/Oregon 1-800-QUIT-NOW</p>	<p>www.quitnow.net/Oregon</p>	
3/18	Cessation	<p>If you or someone you know is ready to quit tobacco, share this image as an encouraging reminder. Let them know that free help is available at 1-800-QUIT-NOW or visit www.quitnow.net/oregon/.</p> <p>#MotivationMonday</p>	<p>www.quitnow.net/Oregon</p>	

3/25	Cessation	<p>Mondays are a great day to quit tobacco. Free help is available at 1-800-QUIT-NOW or visit www.quitnow.net/oregon/.</p> <p>#MotivationMonday #QuitMonday</p>	<p>www.quitnow.net/Oregon</p>	 <p>Join the Monday quitters movement.</p> <p>Every Monday is another chance to stop smoking.</p> <p>#QuitMonday</p> <p>www.quitnow.net</p>
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