



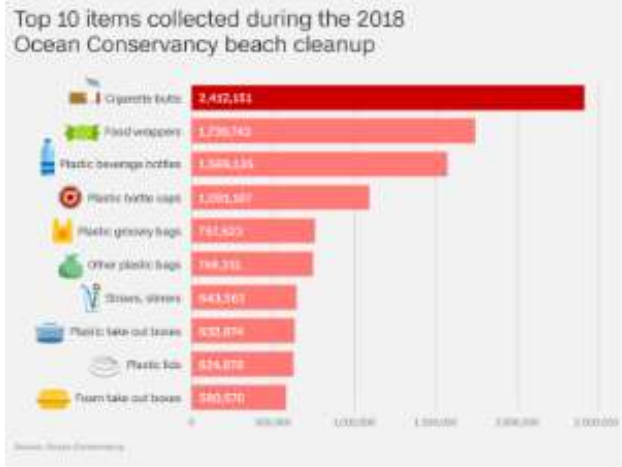
Smokefree Oregon Facebook Calendar
March 2019



Date	Theme	Post Copy	Link	Visual
3/1	Youth	Juul has repeatedly said it doesn't market to youth, but a recent analysis of its marketing shows that youth have been the target audience from the beginning.	https://bit.ly/2ScXXfm	
3/4	Cessation	<p>Bill's life took a sharp downward 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 life.</p> <p>www.quitnow.net/Oregon 1-800-QUIT-NOW</p> <p>En Español: www.quitnow.net/oregonsp 1-800-DEJELO-YA</p>	https://youtu.be/CYVuUFPFQc0	



3/5	Retail	Isn't it ironic that pharmacies are a place for people to get life-saving medications, yet many pharmacies also sell deadly tobacco products? A group of pharmacists shares why they wish all pharmacies were tobacco-free.	https://bit.ly/2EEQk9V	
3/6	Youth	Instagram "influencers," young people with large followings, give an inside look into how Juul paid them to talk up its products on social media - and get around rules about marketing to teens.	https://cnn.it/2Eu3eYH	
3/7	Youth		https://bloom.bg/2MLxJv1	


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>En Español: www.quitnow.net/oregonsp 1-800-DEJELO-YA</p>	www.quitnow.net/Oregon	
3/11	Cessation Local	<p>For people who want to quit smoking, help helps! With customized support, patients are reaching their quit goals. Check out this success story from Cascade Health Alliance in Klamath County.</p>	https://bit.ly/2VtzfFh	

3/12	Disparities Cessation	<p>LGBTQ people are about 2x more likely than heterosexual people to take up smoking. Perhaps that's because Big Tobacco has manipulated cherished values—like freedom, choice, pride and a sense of belonging—to sell what they know is a deadly product to the LGBTQ community. #TakeaStand against tobacco.</p> <p>https://bit.ly/2H76tGu</p>	
3/13	Cessation	<p>Beautiful smile? Quitting tobacco can help you keep it that way - using tobacco products causes gum disease and tooth decay.</p> <p>www.quitnow.net/Oregon 1-800-QUIT-NOW</p> <p>En Español: www.quitnow.net/oregonsp 1-800-DEJELO-YA</p> <p>https://bit.ly/2nvSfml</p>	

3/14	Environment	<p>Double whammy: Cigarette filters don't actually filter out harmful chemicals. AND - they are the most littered item in the world. Find out what Europe is doing to hold Big Tobacco responsible.</p>	https://cnn.it/2TaxmMY	<p>Top 10 items collected during the 2018 Ocean Conservancy beach cleanup</p>  <table border="1"> <thead> <tr> <th>Item</th> <th>Count</th> </tr> </thead> <tbody> <tr> <td>Cigarette butts</td> <td>2,432,881</td> </tr> <tr> <td>Food wrappers</td> <td>1,296,743</td> </tr> <tr> <td>Plastic beverage bottles</td> <td>1,088,135</td> </tr> <tr> <td>Plastic bottle caps</td> <td>1,083,587</td> </tr> <tr> <td>Plastic grocery bags</td> <td>781,525</td> </tr> <tr> <td>Other plastic bags</td> <td>749,215</td> </tr> <tr> <td>Straws, stirrers</td> <td>643,263</td> </tr> <tr> <td>Plastic take-out boxes</td> <td>632,874</td> </tr> <tr> <td>Plastic bowls</td> <td>624,878</td> </tr> <tr> <td>Foam take-out boxes</td> <td>580,670</td> </tr> </tbody> </table> <p>Source: Ocean Conservancy</p>	Item	Count	Cigarette butts	2,432,881	Food wrappers	1,296,743	Plastic beverage bottles	1,088,135	Plastic bottle caps	1,083,587	Plastic grocery bags	781,525	Other plastic bags	749,215	Straws, stirrers	643,263	Plastic take-out boxes	632,874	Plastic bowls	624,878	Foam take-out boxes	580,670
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3/15	Youth	<p>There's a lot of confusion out there about whether e-cigarettes help people quit smoking. Smokefree Oregon is clear: e-cigarettes are NOT an approved medication to help people quit. The best way to quit is with medicine, like patch or gum, and counseling. Both are available—and covered by Oregon Health Plan and other insurance—by calling 1-800-QUIT-NOW or visiting quitnow.net/Oregon.</p>	www.quitnow.net/Oregon																							

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>En Español: www.quitnow.net/oregonsp 1-800-DEJELO-YA</p>	www.quitnow.net/Oregon	
3/19	Cessation Winter Campaign	<p>Every day, Oregon's Coordinated Care Organizations (CCOs) are helping their members live tobacco-free. Quitting is different for everyone - talk to your doctor today to find the support you need to succeed.</p>	www.quitnow.net/Oregon	

3/20	Environment	<p>Happy first day of Spring! Go outside and take a deep breath of fresh, smoke-free air.</p> <p>Wait...still smelling smoke? Contact your local tobacco prevention coordinator and find out how you can help create more smoke-free places in your community.</p>	https://bit.ly/2Hb9Mwk	
3/21	Youth Retail	<p>Big Tobacco knows that 70 percent of teens shop in convenience stores at least once a week. No wonder they direct millions of marketing dollars there every year.</p> <p>Learn more about tobacco's toll in your county.</p>	https://bit.ly/2Hb9Mwk	
3/22	Youth The Real Cost	<p>Juul pods hit the market with a higher concentration of nicotine than any other e-cigarette--as much as a full pack of cigarettes per pod. Now competitors are adding more nicotine to their e-cigs to catch up...it's a nicotine arms race, and addiction is the goal.</p>	https://bit.ly/2TcLbxX	

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>	www.quitnow.net/Oregon	<p>Join the Monday quitters movement.</p> <p>Every Monday is another chance to stop smoking.</p>  <p>#OurMonday</p> <p>Quit Now. Stay Sober. #Monday QUITNOW.ORG</p>
3/27	Youth Cessation	<p>We hear a lot of questions from parents on how to help nicotine-addicted teens. A new service from @truth offers quit support via text - anytime, anywhere.</p> <p>Text QUITNOW to 202-759-6436.</p>	http://www.thisisquitting.com/	
3/28	Disparities	<p>#DYK Big Tobacco advertises and discounts more in minority and low-income neighborhoods.</p>	http://bit.ly/2q7Uuzn	

		#WhatsforSale in your neighborhood?		
3/29	Youth	Pharmacies seem like one of the LAST places kids would be able to get their hands on tobacco, but the FDA recently announced that one in five Walgreens sold tobacco illegally to kids. What would it take for more pharmacies to stop selling deadly tobacco products?	https://bit.ly/2EpLqMB	