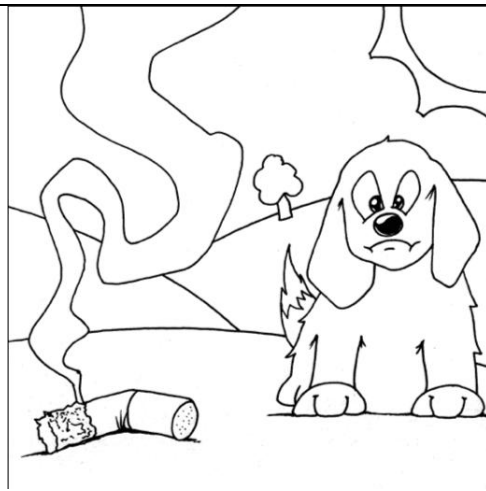






Smokefree Oregon Facebook Calendar  
August 2019

Date	Theme	Post Copy	Link	Visual
8/1	Youth	Juul may have shut down their social media pages, but the e-cigarette company's impact on teens is more present than ever. Here's a good read about how constant youth chatter online doubles as free advertising.	<a href="https://n.pr/2JqC1Hb">https://n.pr/2JqC1Hb</a>	
8/2	Cessation	August 2nd is National Coloring Book day! Try some of these for stress relief if you're trying to quit.		
8/5	Smokeless Cessation	What do oral, esophageal, and pancreatic cancer all have in common? They're caused by smokeless tobacco. Ready to quit? Free help is available.  www.quitnow.net/Oregon 1-800-QUIT-NOW  En Español:	<a href="http://www.quitnow.net/Oregon">www.quitnow.net/Oregon</a>	

		<a href="http://www.quitnow.net/oregonsp">www.quitnow.net/oregonsp</a> 1-800-DEJELO-YA		
8/6	Smokefree Spaces	Listen to some fiery Latin salsa music this Friday, August 9th at Pear Blossom Park Blocks in Medford, Oregon. Salsa Brava will be playing a free outdoor concert, in a smoke-free park, hosted by Medford Parks and Recreation!	<a href="https://www.facebook.com/events/2335572080033185/">https://www.facebook.com/events/2335572080033185/</a>	
8/7	Retail	From a new study: "Most pharmacists in stores with a tobacco ban believe it gave them more opportunities to interact with customers about quitting tobacco, not fewer."	<a href="https://bit.ly/31dpdLz">https://bit.ly/31dpdLz</a>	
8/8	Local	[COMMUNITY SPOTLIGHT POST]		
8/9	Rural Disparities Smokeless	The tobacco industry targets people in rural areas with ads for smokeless tobacco. If you're living or traveling in a rural area this summer, take a look around. Do you see the effects of smokeless tobacco marketing?		
8/12	Cessation	Some people turn to e-cigarettes to quit smoking, but that just makes it harder to quit nicotine for good. Counseling and medications like the patch and gum are proven ways to break the tobacco addiction.	<a href="http://www.quitnow.net/Oregon">www.quitnow.net/Oregon</a>	

		www.quitnow.net/Oregon 1-800-QUIT-NOW		
8/13	Policy Youth	An advocate of San Francisco's ban on e-cigarettes celebrates that the policy puts kids first.  "...the ban is all about protecting kids from an industry that aggressively sought to hook them on nicotine."	<a href="https://bit.ly/2OFTvF0">https://bit.ly/2OFTvF0</a>	
8/14	T21 TARA	Maine just increased the penalties for selling tobacco to anyone under 21. Meanwhile, Oregon is just 1 of 9 states that doesn't require a license to sell tobacco. We can do better.	<a href="https://bit.ly/2ysP9X6">https://bit.ly/2ysP9X6</a>	
8/15	Cessation Youth	This is Quitting, a first-of-its-kind program to help people quit vaping, enrolled over 27,000 teens and young adults in the first 5 weeks of its launch. Do you know someone who needs help?	<a href="https://bit.ly/2LScrOC">https://bit.ly/2LScrOC</a>	
8/20	Disparities	Swisher Sweets glamorizes their sweet, cheap, addictive products by promoting hip hop artists through the Swisher Sweets Artist Project. Think targeted tobacco marketing is a thing of the past? Think again.	<a href="https://bit.ly/2K8wlh5">https://bit.ly/2K8wlh5</a>	
8/21	Youth	On this year's back-to-school list: talking to your teen about the dangers of vaping. Here's help.	<a href="https://bit.ly/2QP0l8c">https://bit.ly/2QP0l8c</a>	

8/22	Deceptive Marketing	Tobacco industry tactic #84: Hire scientific experts to make your product seem credible. Juul just hired an expert on addiction and the teenage brain. This is pure marketing, not prevention.	<a href="https://bit.ly/2K8wRB9">https://bit.ly/2K8wRB9</a>	
8/26	Cessation Tips	Meet James. A smoker for 30 years, he finally decided to quit so he could live a healthier lifestyle. Hear how he avoids triggers and stays tobacco-free.  www.quitnow.net/Oregon 1-800-QUIT-NOW	<a href="https://bit.ly/2OMvgW7">https://bit.ly/2OMvgW7</a>	
8/27	Deceptive Marketing	Well this ad is misleading. Smokeless tobacco actually causes cancer of the mouth, esophagus and pancreas, as well as gum disease and tooth loss.  Photo Source: www.trinketsandtrash.org		
8/29	Deceptive Marketing	Advertising of tobacco in mainstream media was banned in 1971, but the tobacco industry found loopholes to spend big on marketing vaping products, with high levels of nicotine, to youth. This opinion piece exposes some of the dirty marketing tricks.	<a href="https://nyti.ms/2vA1yqL">https://nyti.ms/2vA1yqL</a>	

Extra	Cessation	Leo: You have a lot of ambition; this August, help others to feel empowered by your confidence! Help a friend quit tobacco - your support can make the difference.		
Extra	Youth	E-cigarettes can be difficult for teachers to recognize, and even more difficult to regulate. Read what's happening in Clatsop County to keep vaping out of schools.	<a href="https://bit.ly/2ZmKgL1">https://bit.ly/2ZmKgL1</a>	

Extra	Youth	"Last year, teen e-cigarette use spiked 78%. It's an epidemic." #donttrustjuul	<a href="https://tfk.org/donttrustjuul">tfk.org/donttrustjuul</a>	
Extra	TARA	In Lincoln County, a statewide assessment revealed that 98% of retailers selling tobacco are carrying flavored products that appeal to youth. Want to know the results in your county? Visit <a href="https://smokefreeoregon.com/what-you-can-do/">https://smokefreeoregon.com/what-you-can-do/</a> .	<a href="https://bit.ly/2ysHOXq">https://bit.ly/2ysHOXq</a>	

Extra	TARA	A recently released statewide assessment of retail stores selling tobacco products found that 96% of retailers carry menthol products. The tobacco industry heavily markets in African American neighborhoods, and unfortunately their tactics are working.	<a href="https://bit.ly/2K5St10">https://bit.ly/2K5St10</a>	
Extra	TARA	Some cities and counties in Oregon are already working towards recommendations made in the statewide assessment of retail tobacco - like requiring a tobacco retail license to sell the state's leading cause of preventable death. Check out the full report or county specific fact sheets to learn more.	<a href="https://bit.ly/2Mtmss4">https://bit.ly/2Mtmss4</a>	
Extra	TARA	A recently released statewide assessment shows how tobacco marketing has affected each county within Oregon. Check out how the tobacco industry has been targeting your county by visiting <a href="https://smokefreeoregon.com/what-you-can-do/">https://smokefreeoregon.com/what-you-can-do/</a> .		
Week of 8/19	Tobacco Enforcement Report	Mixed results from annual tobacco retail inspections reveal a slight decrease in tobacco sales to people under 21. But the percent of retailers that illegally sold sweet, cheap cigarillos more than doubled since last year. Check out the full report.		

Week of 8/19	Tobacco Enforcement Report	<p>Little cigars, or "cigarillos," are cheap, available in fruit flavors, and are getting into kids' hands at an alarming rate. @OHA and @OSPsocial found that illegal sales of cigarillos to people under 21 doubled to more than one in four retailers this year. Is there a solution? Yes! Find out more in our tobacco retail report here.</p>	<a href="https://smokefreeoregon.com/retailassessment/">https://smokefreeoregon.com/retailassessment/</a>	
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