



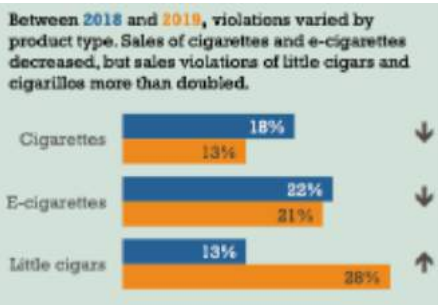


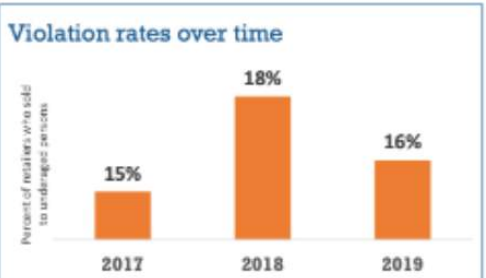

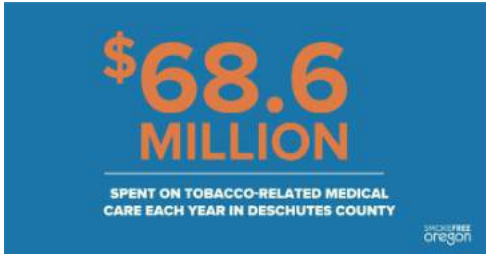



Smokefree Oregon Facebook Calendar
September 2019

Date	Theme(s)	Post Copy	Link	Visual
9/2	Cessation CDC Tips	Meet Ellie. Ellie never smoked but suffered from asthma attacks after working in a bar that allowed smoking - and ended up having to leave a job she loved. This Labor Day, let's celebrate the Indoor Clean Air Act (ICAA) that protects so many Oregon workers in Oregon from secondhand smoke.	http://bit.ly/2UgjbY6	
9/2	Secondhand Smoke ICAA	Smokefree laws, like Oregon's Indoor Clean Air Act, protect most workers from secondhand smoke while on the job. Unfortunately, many workers are still exposed to dangerous secondhand smoke. Have you ever had to breathe secondhand smoke at work? How did that affect you?		
9/3	Youth T21	Many states, including Oregon, have raised the age of purchase for tobacco to 21. According to a new study from Yale School of Public Health, this could result in a country-wide decline in smoking rates. #winning	http://bit.ly/2Znjm9P	

9/4	T21	Most people who use tobacco start and become addicted before they are 21. That's why we're excited to hear about possible federal legislation that could raise the minimum age to buy tobacco to 21 nationwide. We're proud that Oregon has already passed Tobacco 21 and has seen promising results!	http://bit.ly/2ZArq2o																	
9/5	Movement building	What is Smokefree Oregon? A better question might be <i>who</i> is Smokefree Oregon. And the answer is everyone. We are teachers. Students. People who use tobacco, people who have quit, people who never started. Small business owners. Animal lovers. Videogamers. We are a community of people who believe that change can happen if we use our voices together. And we are so happy you're here. #welcometothemovement																		
9/6	Disparities Marketing	The tobacco industry targets minority and LGBTQ communities with advertising and promotions. Communities are fighting back. "We look forward to exposing them for exactly what they're doing to our community and taking every action possible to improve the health and wellbeing of LGBTQ people."	http://bit.ly/2NR1f5p																	
9/9	Tobacco Enforcement Results	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.	http://bit.ly/2MLQnWK	 <p>Between 2018 and 2019, violations varied by product type. Sales of cigarettes and e-cigarettes decreased, but sales violations of little cigars and cigarillos more than doubled.</p> <table><thead><tr><th>Product Type</th><th>2018 Violations</th><th>2019 Violations</th><th>Trend</th></tr></thead><tbody><tr><td>Cigarettes</td><td>18%</td><td>13%</td><td>↓</td></tr><tr><td>E-cigarettes</td><td>22%</td><td>21%</td><td>↓</td></tr><tr><td>Little cigars</td><td>13%</td><td>26%</td><td>↑</td></tr></tbody></table>	Product Type	2018 Violations	2019 Violations	Trend	Cigarettes	18%	13%	↓	E-cigarettes	22%	21%	↓	Little cigars	13%	26%	↑
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9/10	Cessation	Virgo: You're excellent at taking care of others, but don't forget to take care of you! Be kind to yourself as you work towards your goal of quitting smoking. Remember that patience and perserverance are key to success. Enjoy the last few weeks of summer, breathe in smells of Oregon wildflowers, and keep on keeping on. Practice a little #selfcare by calling 1-800-QUIT-NOW to get support for quitting tobacco.		
9/11	Local Youth TARA	In Columbia County, 97% of tobacco retailers sell sweet flavored tobacco products. In nearly 1 in 5 of those retailers, tobacco products are placed within a foot of kid-friendly candy, toys, slushies, or ice cream. Learn more in our Tobacco and Alcohol Retail Assessment Report. https://smokefreeoregon.com/retailassessment/	http://bit.ly/329azoS	
9/12	Tobacco Enforcement Results	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.	http://bit.ly/2MLQnWK	

9/13	Youth Vaping	Headed to college? Here are some tips to stay healthy and have a productive year.	http://bit.ly/2HxXAFo	
9/16	Cessation	<p>Julia quit smoking after a terrifying experience with colon cancer. "The sickness really opened my eyes. By smoking, I was damaging myself and the people around me. I'm so glad I quit!"</p> <p>www.quitnow.net/Oregon 1-800-QUIT-NOW</p>	http://bit.ly/2UgiFt4	
9/17	Youth Marketing	<p>Can you guess this movie based off of the clues? Here's a hint: This animated movie contains no portrayals of smoking. 🌴🌊🚤🏖️</p> <p>Kids who are exposed to tobacco use in movies, on tv, in videos, etc. are more likely to try it. Check back here next week for the answer! In the meantime, check out what smoke-free movies are in theaters this week.</p>		
9/18	Local The Real Cost TARA	In Deschutes County alone, \$68.6 million is spent on tobacco-related medical care each year. Visit https://smokefreeoregon.com/what-you-can-do/ to find out what's happening in your county.	http://bit.ly/2HCGbLY	

9/20	Industry	"Philip Morris is changing their behavior only when caught red-handed', " Actions speak louder than words, and the tobacco industry always puts their bottom line first. Some things never change.	https://reut.rs/2LgWeQD	
9/23	Cessation CDC Tips	Meet Amanda. She smoked to relieve the stress of her hectic life, but knew she had to quit when her baby's health was at stake. Hear more about her story from her podcast. www.quitnow.net/Oregon 1-800-QUIT-NOW	http://bit.ly/2HCInnA	
9/24	Youth Marketing	Were you able to guess this smoke-free movie? 🌴🌊🚢 If you guessed Moana, you were right! "Giving an R rating to future movies with smoking would be expected to reduce the number of teen smokers by nearly 1 in 5...." -US Centers for Disease Control and Prevention, 2014	http://bit.ly/2ZAQWZ7	
9/30	Cessation Tips	Meet Marie. She stopped and started smoking many times. She finally quit for good after she was diagnosed with Buerger's disease, a tobacco-related disorder that led to the amputation of her feet, lower legs, and fingertips. www.quitnow.net/Oregon 1-800-QUIT-NOW	http://bit.ly/34f5cGs	