
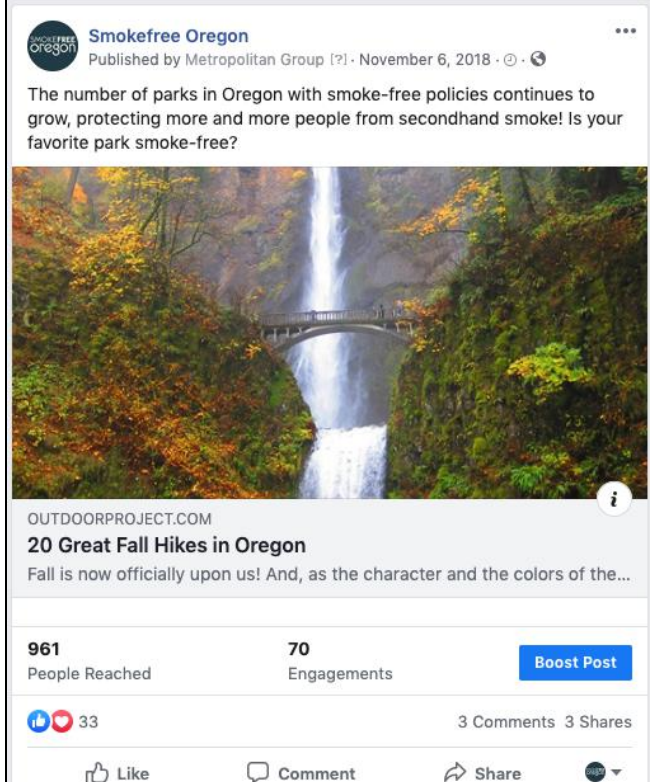


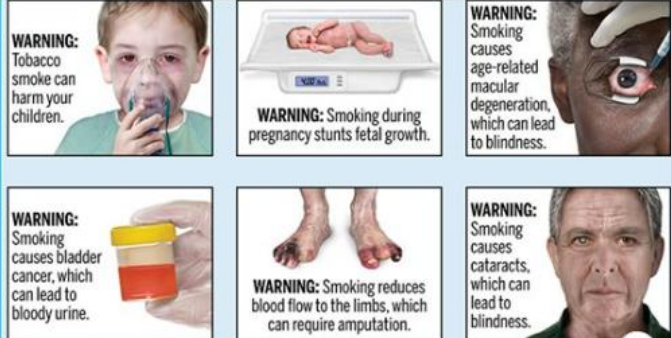


Smokefree Oregon Facebook Calendar - November 2019

Date	Themes	Post Copy	Visual	Link
11/4	Cessation CDC Tips	<p>Meet Jamason. He doesn't smoke, but secondhand smoke triggers his asthma to the point of needing to be hospitalized.</p> <p>Call 1-800 QUIT NOW or visit quitnow.net/oregon for help.</p>		https://www.youtube.com/watch?v=xHloYhpY_Q&feature=youtu.be
11/5	T21	<p>Maryland has joined 17 other states, including Oregon, in raising the age to purchase tobacco to 21 years old. Research shows that raising the age helps prevent tobacco use. Way to go @MDHealthDept! ☐</p>		http://bit.ly/2qxBCg3
11/6	Reshare from SFO	 <p>Smokefree Oregon Published by Metropolitan Group [?] · November 6, 2018 · 🌐 · 🌐</p> <p>The number of parks in Oregon with smoke-free policies continues to grow, protecting more and more people from secondhand smoke! Is your favorite park smoke-free?</p> <p>20 Great Fall Hikes in Oregon Fall is now officially upon us! And, as the character and the colors of the...</p> <p>961 People Reached 70 Engagements Boost Post</p> <p>👍❤️ 33 3 Comments 3 Shares</p> <p>👍 Like 💬 Comment ➦ Share</p>		




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Date	Themes	Post Copy	Visual	Link
11/7	Reshare from other org	<p> KeepItSacred.org August 22 · 🌐</p> <p>Here's the truth: we don't know much about the health effects of e-cigarettes like JUUL, meaning the millions of young people who vape are essentially human test subjects.</p>  <p>TRUTHINITIATIVE.ORG What are the long-term effects of vaping? Not much is known about the health effects of e-cigarettes like JUUL,...</p> <p>👍 🙄 🤔 3</p> <p>👍 Like 💬 Comment ➦ Share</p>		
11/8	Environment	<p>Know the truth: cigarette butts are toxic plastic pollution. Tag someone to spread awareness.</p>		<p>http://bit.ly/2WGGw6B</p>

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Date	Themes	Post Copy	Visual	Link
11/11		<p>Campaign for Tobacco-Free Kids August 15 · 🌐</p> <p>The FDA today proposed graphic health warnings for all cigarette packs and ads in the United States. The new warnings are a big improvement over the current text-only warnings, are strongly supported by scientific evidence, and will help the U.S. catch up with the 120-plus countries that already require graphic warnings.</p> <p>The FDA should meet a March 2020 deadline to finalize the warnings and defend them vigorously against any tobacco industry challenges.</p>  <p>CNBC.COM FDA proposes new graphic warnings to display on cigarette packs</p> <p>👍❤️👏 127 5 Comments 123 Shares</p> <p>👍 Like 💬 Comment ➦ Share</p> <p>Most Relevant ▾</p>		<p>https://cnb.cx/2NjExSj</p>
11/11	Cessation	<p>Scorpio: Charismatic and driven, take this month to achieve some goals – whether it's getting in shape, spending more time with family, or quitting smoking – you have the power!</p> <p>Is there a Scorpio that empowers you to reach your goals? Tag them in this post! And for extra support, you can always call 1-800 QUIT NOW or quitnow.net/oregon</p>		
11/12	Marketing	<p>The people who risk their lives for this country should be honored, not targeted. Do you know the shady history of tobacco in the military? #soundoff in the comments ↓↓↓</p>		<p>http://bit.ly/2NHCh6y</p>



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Date	Themes	Post Copy	Visual	Link
11/12	LGBTQ	<p>Due in part to targeted industry advertising, LGBTQ adults smoke at a 50% higher rate than other adults. Everyone and anyone who wants to quit tobacco deserves support and resources. For free help, call 1-800-QUIT-NOW or visit quitnow.net/Oregon.</p>		 <p><small>¹ Centers for Disease Control. Health Effects of Cigarette Smoking (2018). https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm ² Caceres, B. A., Brody, A., Luscombe, R. E., Promiano, J. E., Panusa, P., Sitts, E. M., & Ohyun, D. (2017). A Systematic Review of Cardiovascular Disease in Sexual Minorities. <i>Am J Public Health</i>, 107(5). ³ Agaku, I. T., King, B. A., Husten, C. G., Burdell, R., Ambrose, B. K., Hu, S. S., Holder-Hayes, E., Day, H. R., Centers for Disease C. Prevention. Tobacco product use among adults—United States, 2012–2013. <i>MMWR Morb Mortal Wkly Rep</i>. 2014;63(23):542-7. PubMed PMID: 24964880. ⁴ Oregon Health Authority. Public Health Division. Health Promotion and Chronic Disease Prevention Section. Oregon Behavioral Risk Factor Surveillance System County Combined 2014–2017 unpublished data. ⁵ Gamarel, K. E., Pilewskie, D., Manning, D., Swanson, M., Operario, D., Nemoto, T. Minority Stress, Smoking Patterns, and Cessation Attempts: Findings from a Community Sample of Transgender Women in the San Francisco Bay Area. <i>Nicotine & tobacco research: official journal of the Society for Research on Nicotine and Tobacco</i>. 2016;18(3):304-13. Epub 2015/03/29. doi: 10.1093/ntr/ntr064. PubMed PMID: 25782458. PMCID: PMC4257930. ⁶ Hu, S. S., Neff, L., Agaku, I. T., Cox, S., Day, H. R., Holder-Hayes, E., King, B. A. Tobacco Product Use Among Adults - United States, 2013-2014. <i>MMWR Morb Mortal Wkly Rep</i>. 2016;65(27):685-91. doi: 10.1093/mmwr.mm6527a1. PubMed PMID: 27416345. ⁷ Multnomah County Health Department. Tobacco Control & Prevention Program. Portland Pride Survey 2015 & 2016. Unpublished data. ⁸ Lee, J. S., Matthews, A. K., McCullen, C. A., Madhavi, C. S. Promotion of tobacco use cessation for lesbian, gay, bisexual, and transgender people: a systematic review. <i>Am J Prev Med</i>. 2014;47(6):823-31. doi: 10.1016/j.amepre.2014.07.051. PubMed PMID: 25455023. PMCID: PMC4155587.</small></p>
11/13	Reshare from SFO			

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Date	Themes	Post Copy	Visual	Link
11/14	Cessation	November 14th is World Diabetes Day. Smoking increases the risk of developing type 2 diabetes by 30-40% and makes this disease even harder to control. Raise awareness - share this post.		http://bit.ly/360Odsx
11/15	Cessation	#DYK that quitting smoking can make mental health symptoms better? Check out the link for some more #mythbusters		http://bit.ly/2BEKMtC
11/15	Adolescent Health Vaping	Yet another study confirms that youth are more likely than adults to try flavored tobacco and vape - putting them at risk for a lifetime of addiction and disease. Are you concerned about youth and flavored vape? Let us know why in the comments!		https://cnn.it/34sm3VG
11/18	Cessation CDC Tips	Meet Brett. In his thirties, Brett had gum disease, a risk for all people who smoke. By age 42, Brett had lost most of his teeth. But Brett quit, and you can too. 1-800 QUIT NOW quitnow.net/oregon		http://bit.ly/2o8YjX4

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Date	Themes	Post Copy	Visual	Link
11/19	Environment	<p>Seen this viral photo of a baby bird eating a cigarette butt? Then you know that smoking doesn't just affect your own health – it affects our whole planet.</p>		<p>https://on.today.com/2pKWdNK</p>
11/20	Reshare from SFO			
11/21	Adolescent Health Vaping	<p>The public is keeping the pressure on high to pass a national policy banning flavored e-cigarettes. Fruit and candy flavors strongly appeal to youth. Removing these products will protect future generations from a lifetime of disease and addiction.</p>		<p>https://cnn.it/2qlfjdt</p>

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Date	Themes	Post Copy	Visual	Link
11/22	Secondhand Smoke	<p>Secondhand smoke contributes to the death of 41,000 adults and more than 400 infants each year. But have you heard of thirdhand smoke? Test your knowledge by sharing your definition in the comments below ↓↓. And stay tuned - we'll follow up next Friday!</p>		<p>http://bit.ly/31HHAJe</p>
11/25	Cessation	<p>Are you having trouble quitting tobacco cold turkey? The Oregon Quit Line has free counseling and medicine to make your quit successful.</p> <p>Just call 1-800 QUIT NOW or visit quitnow.net/oregon</p>		
11/26	Movement Building	<p>We are Smokefree Oregon, a community that believes in #policy, #action, and holding the tobacco industry accountable. We hope you'll join us. #Welcometothemovement</p>		

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11/27	Reshare from SFO	<p>Smokefree Oregon Published by Hootsuite [?] · July 31 · 🌐</p> <p>When teens see tobacco advertisements all day long, it's easy for them to think that using tobacco is the norm. Learn more here. https://smokefreeoregon.com/retailassessment/</p>  <p>398 People Reached 19 Engagements Boost Post</p> <p>👍 1 5 Shares</p>		
11/28	Cessation	<p>#DYK that smoking cigarettes can kill your taste buds? During this season of delicious holiday meals, do your mouth a favor and let your taste buds savor something other than smoke. Comment below with your favorite dish of the season!</p>		<p>http://bit.ly/2MHSdqk</p>
11/29	Secondhand Smoke	<p>Last week we asked if you knew what "thirdhand smoke" is. ANSWER: Thirdhand smoke is leftover nicotine and other chemicals from tobacco smoke that build up on surfaces or clothing. People or pets who breathe thirdhand smoke may be at risk of health problems similar to secondhand smoke.</p> <p>Does this sound familiar to you? Tell us in the comments! ↓↓</p>		