

TOBACCO-FREE YORK COUNTY

FEBRUARY 2022

CLEARING THE AIR FOR BETTER HEALTH



MISSION

To protect the public health of York County by partnering with community members to **ADVOCATE**, **PROMOTE**, and **EDUCATE** on the benefits and resources to achieve tobacco-free living.

GOALS

ADVOCATE

- Provide technical assistance to Multi-Unit housing owners to help plan, implement & strengthen tobacco-free policies.
- Aid local businesses, elected officials, schools, & community leaders in the development of tobacco-free policies.
- Ensure community members are informed of & understand current tobacco laws & policies.

PROMOTE

- Promote tobacco-free events & environments throughout the county.
- Utilize media to advance tobacco-free initiatives.
- Promote local & statewide cessation resources.

EDUCATE

- Provide tobacco (including Vaping and ENDS) educational opportunities to the community.
- Partner with all sectors of the community to provide tobacco prevention information and cessation services.
- Educate local groups on Tobacco Awareness Days (i.e. Kick Butts Day, World No Tobacco Day, Great American Smoke-out, etc.).

RESOURCES

Are you or a loved one trying to quit using tobacco products, including e-cigarettes or vaping devices? Are you seeking tobacco prevention resources for your family, school, or business? Check out our website for more information & consider reaching out to the following local partnering organizations:



UPMC Hanover Hospital
Tobacco Cessation
Department
717-316-7894



UPMC Memorial
Community Health and
Wellness/CARES
717-849-5463



Well Span Community
Health and Wellness
717-851-5805

Visit us at [TobaccoFreeYork.com](https://www.tobaccofreeyork.com)

PARTNERING ORGANIZATIONS

Representatives from the following organizations collaborate with Tobacco-Free York County:

- American Heart Association
- American Lung Association
- Children's Home of York
- PA State Rep. Stan Saylor 94th Legislative District
- PA State Rep. Carol Hill-Evans 95th Legislative District
- True North Wellness
- UPMC Community Care Behavioral Health organization
- UPMC Hanover Hospital
- UPMC Memorial Hospital
- WellSpan Health
- York/Adams Drug and Alcohol Commission
- West York Area School District
- York County Library System

UPCOMING MEETINGS

Monthly meetings are currently being held via Zoom:

February 9th, 2022
 March 9th, 2022
 April 13th, 2022
 May 11th, 2022
 June 8th, 2022
 July 13th, 2022
 August 10th, 2022
 September 14th, 2022
 October 12th, 2022
 November 9th, 2022
 December 14th, 2022

To receive an invitation contact:

Leah Neiderer
Lneiderer2@wellspan.org



Did you know...?

Quitting smoking is one of the most important things you can do to improve your health and quality of life. Quitting smoking can be hard, but it is possible! Making a quit plan that includes strategies to help manage nicotine withdrawal symptoms, can increase your chance of quitting successfully, and knowing what to expect in advance of your quit journey may help you keep on track, and make 2022 your year to quit smoking! See seven common nicotine withdrawal symptoms below: (Centers for Disease Control, 2021)

- Having urges or cravings to smoke.
- Feeling irritated, grouchy, or upset.
- Feeling jumpy or restless.
- Having a hard time concentrating.
- Having trouble sleeping.
- Feeling hungrier or gaining weight.
- Feeling anxious, sad, or depressed.

Virtual Vaping Educational Event

Join us for a FREE one-hour virtual conference for Schoolteachers and staff, parents, and Health professionals. **Matthew Null**, from diversified treatment alternative centers will present information on the different vaping devices, including THC and nicotine containing Devices, and resources to assist parents and teachers to help students learn about the risks, the health effects, and provide guidance for quitting.



-REGISTRATION LINK HERE-

Register in advance for this webinar:

https://wellspan.zoom.us/webinar/register/WN_A-AJ8FLZQ_ignxzU6x2TBA

Or an H.323/SIP room system:

H.323: [162.255.37.11](tel:162.255.37.11) (US West) or [162.255.36.11](tel:162.255.36.11) (US East)

Meeting ID: 925 **4658 1680**

Password: 520564

SIP: 92546581680@zoomcrc.com

Password: 520564

