



WELCOME TO OUR

TEACHing Tobacco Newsletter

Vision

A safe, healthy, and substance-free Tehama County.

Mission

To support tobacco-free lifestyles to protect and preserve the health of our community.

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Happy
NEW YEAR

2024

Coalition Partners

American Lung Association
California Tribal TANF Partnership
Communities Energized for Health
Greenville Rancheria

Lincoln Street School
Tehama County 4 Kids
Tehama County Department of Education

Tehama County District Attorney's Office
Tehama County Health Services Agency
The Sophisticates Show

Our Latest Coalition Project



TEACH's cessation subcommittee has been working on developing a Quitting Tobacco Resource list to highlight the available tobacco/nicotine treatment services in Tehama County. We look forward to soon sharing our resource list.

Coalition Partner Projects

California Tribal TANF Partnership



CTTP-*Caseworker Makayla*

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 35 years of ongoing research. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing. Triple P is used in more 30 countries. The Facilitator training course took 21.5 hours and accreditation itself was 4 hours of testing. I am super excited to receive my certification and be able to use the skills I learned by facilitating classes and having the knowledge in my tool kit to better help our participants.

Featured Member

CARISSA CRAWFORD

Hi, my name is Carissa Crawford. I am the Community Health Education Supervisor for Tehama County Public Health. I am originally from Orland, but I currently live and work in Tehama County with my Husband, two kids, and cat. In my personal life, I enjoy spending time with my family, any type of outdoor activities, landscaping my front and back yard, and going on adventures to places my family and I have never been. We love to ride bikes together, play basketball, baseball, swim, and just enjoy the outdoors.

I have worked in the public health sector for 7 years and I originally worked as a Community and Coalition Engagement Coordinator for the Glenn County Tobacco Education Program. My current position at Tehama County Public Health, requires me to oversee various public health education programs in terms of their budgets and workplan objectives and deadlines.

The programs I manage are nutrition education, tobacco, oral health, and the emergency preparedness programs. The primary focus within the health education programs is to provide Tehama County community members with health education and pertinent resources to reduce health related disparities and specifically chronic illness. I have a great team of hard-working health educators that truly make a difference in the community.



Featured Member

NICOLE MORGAN

Hi there! My name is Nicole Morgan and I am the Project Director for Communities Energized for Health, which is a project of ETR. We are a CTPP-funded project working on smokefree multiunit housing and smokefree healthcare centers. I first got involved with tobacco prevention in 2015 when the Boys & Girls Club I was working at got a small local grant to do community education and tobacco prevention. This was just at the start of the youth flavored tobacco epidemic and right before the vaping epidemic (JUUL wasn't even popular yet!) so we spent a lot of time educating the community about swisher sweets and other popular flavored products at the time. I started my first full time job in tobacco prevention in 2017 at the California Youth Advocacy Network where I worked with local tobacco prevention youth coalitions throughout the state to train them to advocate for policy change. I worked at CYAN for four and a half years before joining ETR in 2022.

I live in Sacramento with my partner and our two dogs. We like to play games (both board games and online games), take our dogs on long walks, watch reality TV, and spend time with family. I have a little sister who is 15 years old, so I also spend a lot of free time at her high school lacrosse games. I am so excited to see what this next year holds for our coalition as we continue working to improve the health and wellness of Tehama County residents!



Tobacco in the News

Ecigs increased health costs by \$15.1 billion in 2018

By Dr. Stan Glantz

Until now we have not had direct estimates of the costs of treating the excess disease that e-cigarettes cause. Now, Yingning Wang and her UCSF colleagues have published Healthcare utilisation and expenditures attributable to current e-cigarette use among US adults that applies the same well-established methods they have used to estimate the medical costs of smoking cigarettes and other tobacco products to adult (18+) use of e-cigarettes. They find that adult e-cigarette users incur an average of \$2024 (in 2018) more in medical costs every year than comparable people who do not use e-cigarettes.



The obtained this estimate in three steps:

- Estimate the association between e-cigarette use and health status (excellent, very good, good, fair, or poor'), accounting for differences in sociodemographic variables
- Estimate the level of medical service utilization (hospital nights, emergency room visits, doctor visits and home health visits) used by people with different health status.
- Combine these two results to obtain the medical costs incurred by the average adult e-cigarette user

In making these estimates, they accounted for current or former smoking or other tobacco use. They also accounted for the fact that e-cigarette users might have different patterns of medical service utilization because of different attitudes toward risk.

Continue reading [here](#)

Coming Up

FEBRUARY

2024 Lunar New Year Grand Finale

February 4, 2024

12:00 pm – 5:00 pm
Historic Chinatown Alley
Red Bluff, CA

CEH Presentation to Corning City Council

February 13, 2024

6:30 pm
794 Third Street
Corning, CA

Healthy Smiles Family Night Workshop

February 15, 2024

5:00 pm – 7:00 pm
1022 Jefferson St.
Red Bluff, CA

Suicide Prevention 101

February 21, 2024

9:00 am – 10:00 am
Public Health Modular
at 1850 Walnut St.,
Building D
Red Bluff, CA

Teen Dating Violence- Prevention Program

February 22, 2024

5:00 pm – 7:00 pm
1022 Jefferson St.
Red Bluff, CA

Tobacco Free Advocate Days

THROUGH WITH THE CHEW February 18-24, 2024

The goal is to raise awareness about the dangers of smokeless tobacco among the general public. Tobacco, even if it is smokeless, is still tobacco. The use of this product is not a safe alternative to smoking because it contains at least 28 cancer-causing chemicals and has the potential to induce gum disease, tooth rot, and tooth loss.

GREAT AMERICAN SPIT OUT February 22, 2024

It is a day to encourage people, especially veterans, to stop using smokeless tobacco products. The important mission of the day is to provide users with enough resources to help them stop using such products. The Great American Spit Out is the perfect day to start fighting the addiction caused by tobacco products and nicotine. Smokeless tobacco users are encouraged to quit, even if it is just for this one day.

HOW TO OBSERVE THESE DAYS

Spread awareness about tobacco use.
Encourage someone to quit.
Provide resources to people in need.

Educate people
Schedule regular oral health check-ups

Quit Smoking/Vaping



TOBACCO QUITTING SERVICES IN TEHAMA COUNTY

SERVICE CHANNELS:

- 📞 1-800-300-8086 (ENG)
1-800-600-8191 (ESP)
- 🌐 [HTTPS://WWW.KICKITCA.ORG](https://www.kickitca.org)
- 💬 [HTTP://KICKITCA.ORG/CHAT](http://kickitca.org/chat)
- ✉️ TEXT "QUIT SMOKING" OR
QUIT VAPING" TO 66819
- 📱 QUIT SMOKING & QUIT VAPING
MOBILE APPS

Tehama County Health Services Agency
Public Health Division
(530) 527-6824

- Quit Kits
- Educational Pamphlets

Tehama County Department of Education
Tobacco Use Prevention Education (TUPE)
(530) 528-7391

- Youth Group Cessation Classes
 - N-O-T: Not On Tobacco

Greenville Rancheria Tribal Health Center
(530) 528-8600

- One on One Tobacco Cessation and Support
 - Referral from Physician needed
- Quit Kits

Get Involved!

Email: TobaccoEducationProgram@tchsa.net

Call: (530) 527-6824

Meeting Information



Monthly on the
fourth Monday



10:00 am to
11:30 am



Microsoft Teams
or
Shasta Room at
1860 Walnut St. Bldg. D
Red Bluff, CA 96080

New Member Packet

Click here for a copy of our new member packet
which includes our:

- Membership Agreement
- Coalition Bylaws
- Brochure (coming soon)

Join a Subcommittee!

Recruitment



Cessation



Media



Policy

