



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.



In this newsletter:

Advocacy 101
2-Part Training & Workshop
Series
[Page 02](#)

Communities Energized for
Health- SOPHE Advocacy
Summit in Washington, D.C.

[Page 03](#)

Great American
Smokeout/Vapeout
11/16/2023
[Page 05](#)

Get Involved!
[Page 06](#)



SAY BOO!

TO



Coalition Partners

American Lung Association

California Health Collaborative-Si Se Puede

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

ADVOCACY 101 2-PART TRAINING & WORKSHOP SERIES

Advocacy 101 Training

Monday, October 23, 2023
10:00 am to 11:30 am

Learn the differences between advocacy/education and lobbying, what to expect when engaging elected officials, types of public comment and what to expect when sharing public comment.

Advocacy 101 Workshop

November 27, 2023
1:00 pm to 2:30 pm

Practice your own public comments and receive feedback and assistance to sharpen your skills and maximize impact in a timed statement.

[Register Here](#)



Coalition Partner Projects

Tehama County Red Ribbon Week Essay and Poster Contest

This year's 2023 Red Ribbon Week Poster & Essay Contest, hosted by the Tehama County Prevention Partnership was a great success! There were over 250 poster and essay entries. Contest entries were submitted by youth from Elementary, Middle and High Schools from all over Tehama County. Winners of the contest were recognized at a Red Ribbon Week Kick-Off event on Monday, October 24th.

Poster Contest Winners:

1st Place:

William Knight
(Flournoy Elementary)

Skylar Livingston
(Maywood/DaVinci Middle School)

2nd Place:

Mathew Zane
(Bend Elementary)

Faith Nattress
(Maywood/DaVinci Middle School)

Tied for 3rd:

Ivy Blackwell
(Bend Elementary School)

Saigirah Lovett
(Maywood/DaVinci Middle)

Los Molinos Elementary Student

Essay Contest Winners (Middle Schools):

1st Place:

Natalie Moreno
(Bend Elementary School)

2nd Place:

Saida Castellon Herdez
(Los Molinos Elementary)

3rd Place:

Emily Christy
(Los Molinos Elementary)

Essay Contest Winners (High Schools):

1st Place:

Bentley Mendoza
(Corning High School)

2nd Place:

Tehama Oaks Student

Images of
Poster Contest
Entries



Featured Member

CAITLYN ZEPEDA

Hi! My name is Caitlyn Zepeda. I am a Project Coordinator at ETR and I work on the Communities Energized for Health project. I live in Chico, CA with my husband, 3 dogs, and 1 cat. I love to talk about my animals so please ask me about them! When I am not working, I am usually either playing or watching sports or taking my dog(s) to one of their many activities. We do showing, scent work, dock diving, hunt tests, and other things also.

I have worked in the tobacco field for about 2.5 years now. Before public health, I worked at In-n-Out Burger. I helped open a new store and trained all the way to Level 6, which is a grill person. I went to California State University, Chico for both my Bachelor's degree in Health and Community Services and also for my Master's degree, which is in Kinesiology. I chose Chico State because I was recruited to play softball there. I only played NCAA softball for two years before choosing to intern and get a job instead. I have coached softball at all levels up to high school and I enjoy that as well! I may consider coaching again some day, but for now I am busy building my career and taking my dogs to their activities. I am excited to connect with everyone on the coalition.



My youngest dog, Izzy, with her dog show ribbons

Spotlight On

COMMUNITIES ENERGIZED FOR HEALTH- SOPHE ADVOCACY SUMMIT IN WASHINGTON, D.C.

Nicole and Caitlyn of Communities Energized for Health (CEH), visited Washington, D.C. in October for the Society for Public Health Education (SOPHE) Advocacy Summit. They presented about their project's work in Tehama County. The conference was national, so the presentation included Tehama County specific data, how California tobacco funding works, and how rural policy work can be challenging.

The presentation also covered all of the activities that CEH has completed in Tehama County, including the community organizing, Spotify and Hulu ads, billboards, and the leadership trainings. CEH was so proud to represent Tehama county at this national advocacy summit.

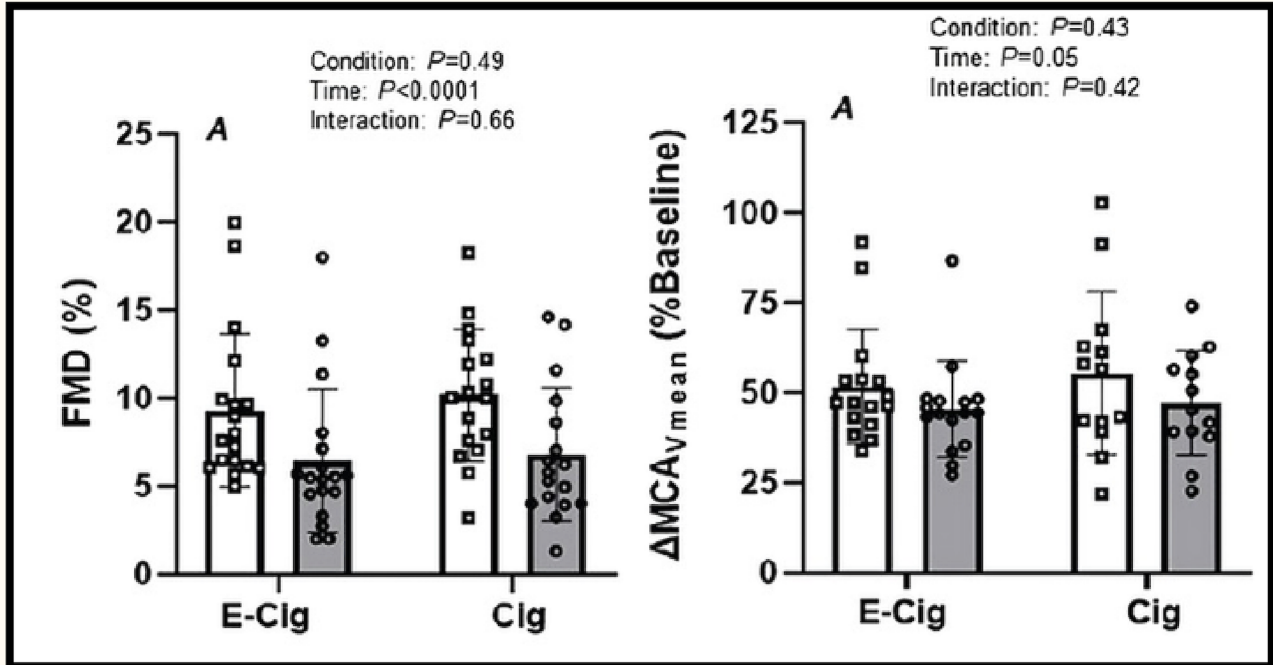
The other exciting part of the summit that CEH participated in was legislative visits at Capitol Hill. This was similar to how CTPP-funded projects do I&E days in Sacramento, but it was at the federal level.



Tobacco in the News

Juul damages vascular function in people as much as a cigarette

from the blog of Stan Glantz



There are several studies in people showing that earlier generations of e-cigarettes inhibit normal blood vessel function as well as studies in animals showing that this is the case for a wide variety of e-cigarettes, including Juul. Now Ziyad Ben Taleb and colleagues have shown that Juul inhibits blood vessel function just like cigarettes do in people. In their new paper, [Pod-based e-cigarettes versus combustible cigarettes: The impact on peripheral and cerebral vascular function and subjective experiences](#), they compare reductions in the ability of blood vessels in the arm to expand in response to increased need for blood flow (known as flow mediated dilation [FMD]) in smokers after they smoke a cigarette or vape a Juul (left panel above). They also showed similar reductions in cerebral blood vessel (blood vessels in the brain), measured as blood flow velocity in the middle cerebral artery (right panel above).

The brain blood flow results are new; no one has reported effects of Juuling on brain blood flow before.

This study adds to the evidence that, at least in terms of vascular disease, e-cigarettes are as bad as smoking. It also draws into question the FDA's ongoing commitment to supporting the industry's "continuum of risk" idea. Indeed, FDA has announced [a major grant program on how to communicate the continuum of risk](#). Will that include messages that, at least for some important disease endpoints, the risks of e-cigarettes and cigarettes are similar?

Day of the Dead Dia de los Muertos November 4, 2023

Doors open at 3:00 pm
2551 Kirkwood Rd,
Corning, CA 96021

Dream it Be it November 4, 2023

9:00 am – 3:30 pm
Tehama Department
of Education–Library

8th Grade College and Career Day November 14, 2023

9:00am – 12:00pm
Equestrian Center at
Rolling Hills

LIFT Event November 17, 2023

9:00am – 3:00pm
Tehama District
Fairgrounds
Red Bluff, CA

GREAT AMERICAN SMOKEOUT

November 16, 2023

The Great American Smokeout occurs annually on the third Thursday of November. This day is used to encourage people to quit smoking, vaping, and using smokeless tobacco. People can utilize this day to make a plan to quit or plan ahead and make 11/16/2023 their quit day.



Quit Smoking/Vaping



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

KICK It California Great American Smokeout Campaign



TOBACCO CESSATION SERVICES IN TEHAMA COUNTY

Tehama County Health Services Agency- Public
Division

(530) 527-6824

- Quit Kits & Educational Pamphlets

Substance Use Recovery Division

(530) 527-7893

- Group Cessation Classes*
 - S.T.A.N.D (Stop Tobacco and Nicotine Dependence)

*for Treatment Court Participants

Tehama County Department of Education
Tobacco Use Prevention Education (TUPE)

(530) 527-5811

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

Greenville Rancheria Tribal Health Center

(530) 528-8600

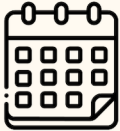
- Group Cessation Classes
 - Second Wind Tobacco Cessation Program

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

Recruitment



Cessation



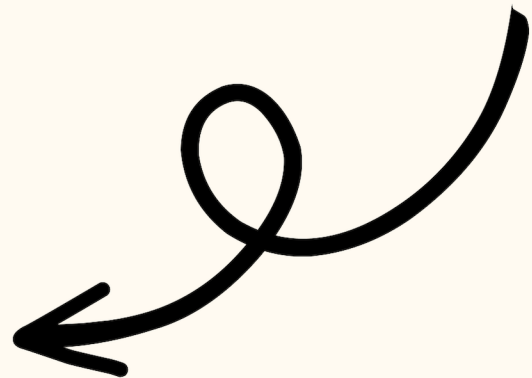
Media



Policy



Join a Subcommittee!



New Member Packet

Click [here](#) for a copy of our new member packet which includes our:

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