



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:*

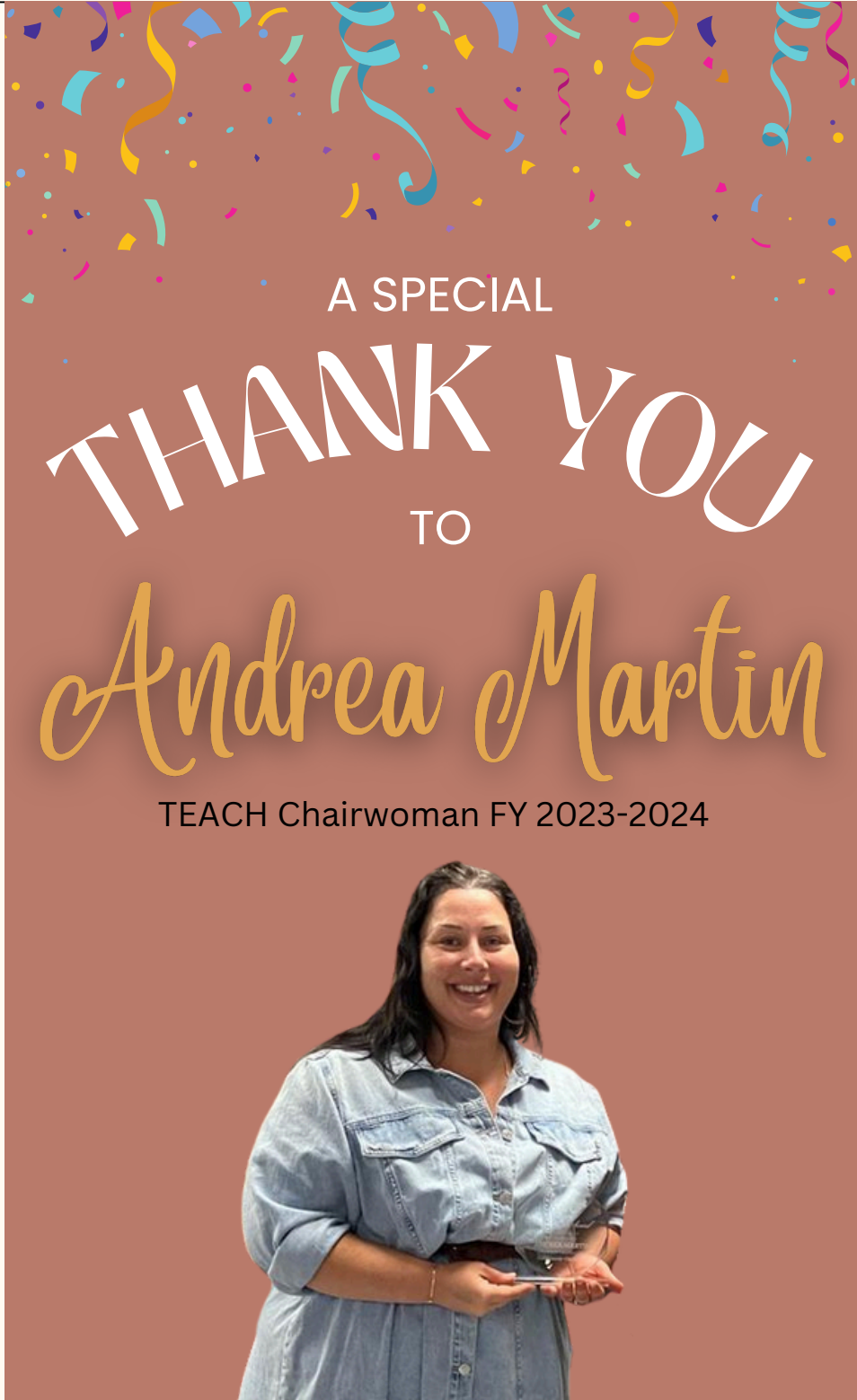
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A SPECIAL

THANK YOU  
TO  
*Andrea Martin*

TEACH Chairwoman FY 2023-2024



# Our Latest Coalition Project

## Quitting Tobacco/Nicotine Resource Flyer

The TEACH cessation subcommittee is thrilled to announce the completion of their Quitting Tobacco Resource Flyer. This flyer showcases the quitting resources available in Tehama County and emphasizes the significant health benefits of quitting tobacco/nicotine. Stay tuned as we plan to distribute the resource flyer at upcoming community events.

### QUITTING TOBACCO/ NICOTINE IS ONE OF THE BEST THINGS YOU CAN DO FOR

**YOUR HEALTH & THOSE AROUND YOU**

**THERE IS NO SAFE LEVEL OF EXPOSURE TO SECONDHAND SMOKE**

- IMPROVES health and INCREASES life expectancy
- LOWERS risk of 12 types of cancer
  - 10 Years After Quitting your Lung cancer death rate is about half that of a smoker's.
- LOWERS risk of cardiovascular diseases
  - 2 weeks to 3 months after quitting your heart attack risk begins to drop.
- LOWERS risk of chronic obstructive pulmonary disease (COPD)
  - 2 weeks to 3 months after quitting your lung function begins to improve.
- LOWERS risk of some poor reproductive health outcomes.

**PROTECT** family members, coworkers, friends, and others from the health risks associated with breathing secondhand smoke.

- LOWERS risk of adults who do not smoke from developing lung cancer.
- LOWERS risk of harmful effects on the heart and blood vessels and coronary heart disease and stroke.
- LOWERS risk of newborns with lower birth weight.
- LOWERS risk of sudden infant death syndrome (SIDS).

### HEALTH PROBLEMS CAUSED BY SECONDHAND SMOKE

ADULT	CHILDREN
Stroke Nasal Irritation Lung Cancer Coronary Heart Disease Reproductive Effects in Women: Low Birth Weight	Sudden Infant Death Syndrome Middle Ear Disease Respiratory Symptoms, Impaired Lung Function Lower Respiratory Illness

Centers for Disease Control and Prevention, 2012a, October 20. Benefits of Quitting. Centers for Disease Control and Prevention, 2012b, September 13. Healthy People 2020. <https://www.govinfo.gov/proc/full/2012/october/20>. <https://www.govinfo.gov/proc/full/2012/sep/13>

**TEACH** Tobacco Education and Community Health Coalition

## YOU CAN QUIT

**HERE'S THE TRUTH:**

Quitting nicotine isn't easy, but it can be done. Withdrawal symptoms are temporary, and it will get easier. Each attempt to quit, each day you go without your cigarette/vape/chew/dip is a day closer to a healthier you.

**We are HERE to HELP**

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### QUITTING RESOURCES IN TEHAMA COUNTY

**YOUTH SERVICES**

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

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

**ADULT SERVICES**

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

- Quit Kits
- Educational Pamphlets

**Greenville Rancheria Tribal Health Center**  
(530) 528-8600

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

**KICK/IT** California **FREE SERVICES**

### HELP FOR ALL AGES

Quit Smoking	Quit Vaping	Quit Chewing Tobacco
<p><b>Services in English</b></p> <p>1-800-300-8086</p> <p>Text 66819 "QUIT SMOKING" "QUIT VAPING"</p> <p>kickitca.org</p>		<p><b>QUIT AIDS</b> approved for ages 18+</p>  <p><b>SCAN ME</b></p> <p>Please consult your physician for personalized medical advice.</p> 

### DEJAR EL TABACO/ NICOTINA ES UNA DE LAS MEJORES COSAS QUE PUEDES HACER POR

**TU SALUD Y A QUIENES ESTÁN A TU ALREDEDOR**

**MEJORA** la salud y **AUMENTA** la esperanza de vida

- REDUCE el riesgo de 12 tipos de cáncer
  - 10 años después de dejar de fumar, su tasa de mortalidad por cáncer de pulmón es aproximadamente la mitad que la de un fumador.
- DISMINUYE el riesgo de enfermedades cardiovasculares
  - Entre 2 semanas y 3 meses después de dejar de fumar, el riesgo de infarto empieza a disminuir.
- DISMINUYE el riesgo de enfermedad pulmonar obstructiva crónica (EPOC)
  - De 2 semanas a 3 meses después de dejar de fumar su función pulmonar empieza a mejorar.
- DISMINUYE el riesgo de algunos problemas de salud reproductiva.

**NO EXISTE UN NIVEL SEGURO DE EXPOSICIÓN AL HUMO DE SEGUNDA MANO**

- PROTEGER a los miembros de la familia, compañeros de trabajo, amigos y otras personas de los riesgos para la salud asociados a respirar humo de segunda mano.
- DISMINUYE el riesgo de que los adultos que no fuman desarrollen cáncer de pulmón.
- DISMINUYE el riesgo de efectos nocivos sobre el corazón y los vasos sanguíneos, así como de complicaciones neonatales y recidivas cardiovasculares.
- DISMINUYE el riesgo de que los recién nacidos tengan un peso inferior al normal.
- REDUCE el riesgo de síndrome de muerte súbita del lactante (SMSL).

### PROBLEMAS DE SALUD CAUSADOS POR EL HUMO DE SEGUNDA MANO

ADULTO	NIÑOS
Infarto Cerebral Irritación Nasal Cáncer de Pulmón Enfermedad coronaria Efectos reproductivos en las mujeres: Nacimiento con bajo peso	Síndrome de Muerte Súbita Infantil enfermedad del oído medio Síntomas respiratorios, deterioro de la función pulmonar enfermedad respiratoria menos grave

Centers for Disease Control and Prevention, 2012a, October 20. Benefits of Quitting. Centers for Disease Control and Prevention, 2012b, September 13. Healthy People 2020. <https://www.govinfo.gov/proc/full/2012/october/20>. <https://www.govinfo.gov/proc/full/2012/sep/13>

**TEACH** Tobacco Education and Community Health Coalition

## SI SE PUEDE DEJAR EL TABACO

**LA VERDAD ES:**

Dejar el tabaco o la nicotina no es fácil, pero se puede lograr. Los síntomas de abstinencia son temporales y cada vez será más fácil. Cada intento de dejar de fumar, cada día que pasas sin tu cigarrillo/cigarrillo electrónico/tabaco de mascar es un día más cerca de ser una persona más sana.

**Estamos AQUÍ para AYUDAR**

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### RECURSOS PARA DEJAR EL TABACO/NICOTINA EN EL CONDADO DE TEHAMA

**SERVICIOS PARA JÓVENES**

**Departamento de Educación del Condado de Tehama**  
Educación para la prevención del consumo de tabaco (TUPE)  
(530) 528-7391

- Grupo juvenil para dejar de fumar
  - N-O-T: Not On Tobacco

**SERVICIOS PARA ADULTOS**

**Agencia de Servicios de Salud del Condado de Tehama**  
División de Salud Pública  
(530) 527-6824

- Paquetes para dejar de fumar
- Folleto educativos

**Centro de Salud Tribal de la Ranchería de Greenville**  
(530) 528-8600

- Ayuda para dejar el Tabaco y apoyo individual
  - Se necesita referencia médica
- Paquetes para dejar de fumar

**KICK/IT** California **SERVICIOS GRATUITOS**

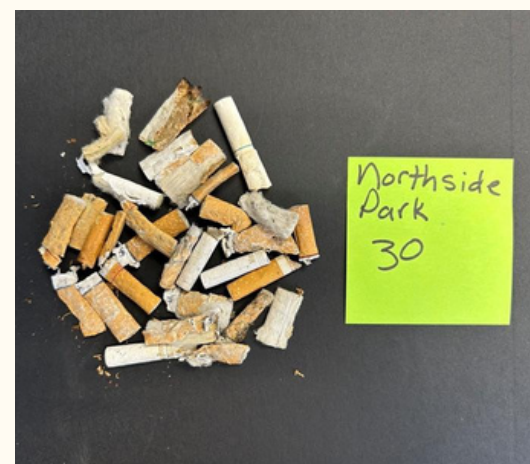
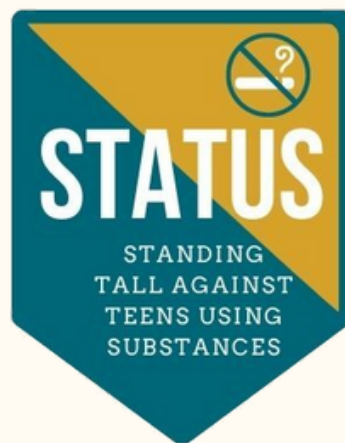
### AYUDA PARA TODAS LAS EDADES

Dejar de fumar	Dejar de Vapear	Dejar tabaco de masticar
<p><b>Servicios en español</b></p> <p>1-800-600-8191</p> <p>Envía Texto al 66819 "DEJAR DE FUMAR" "NO VAPEAR"</p> <p>kickitca.org</p>		<p><b>AYUDAS PARA DEJAR EL TABACO/NICOTINA</b> aprobado para mayores de 18 años</p>  <p><b>ESCANEAR</b></p> <p>Por favor, consulte a su médico para obtener consejos médicos personalizados.</p> 

# Coalition Partner Projects

## Tehama County Youth Coalition Standing Tall Against Teens Using Substances

Tehama County's STATUS Youth Coalition played a key role in the statewide Outdoor Second-Hand Smoke Observations initiative. The young leaders conducted surveys in local parks in Corning, CA, focusing on three key areas: playgrounds, picnic areas, and restroom surroundings, noting any tobacco-related signage, ashtrays, and smoke exposure. After completing the surveys, the youth leaders took the extra step of cleaning up the parks by removing any tobacco waste, contributing to the cleanliness and tobacco-free environment of their community parks.



## LOCAL YOUTH ENGAGE MERCHANTS IN UNDERAGE ACCESS TO ALCOHOL

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Tehama e-Learning Academy's (TeLA) Friday Night Live (FNL) Leadership Class launched a campaign to tackle underage drinking in Red Bluff, CA. Friday Night Live builds partnerships for positive and healthy youth development, engaging youth as active community leaders and resources to create positive changes on essential issues. This year, the California Office of Traffic Safety (OTS) awarded TeLA FNL with a mini-grant. The funding allowed students to concentrate on an educational approach to local merchants. Youth efficiently educate local store owners in Red Bluff about the risks associated with selling alcohol to underage individuals.



During their visits to the stores, students carefully observed the presence of proper signage, advertisements, and product placement. Circle 7 Days convenience/gas store stands out as a noteworthy merchant. When presented with a pledge called the "Retail Partner Agreement," the Circle 7 attendant promptly signed and committed, demonstrating her understanding of the significance of refraining from selling alcohol to minors. This commitment was further evident by the absence of any alcohol advertisements on the windows. "It was nice that the merchant listened to what we had to say and wanted to help reduce underage drinking" confidently said one of the students after the visit.

To learn more about our local merchant education and other resources check out the Tehama e-Learning Academy FNL's Instagram page @tela.fnl. 



# Spotlight On

Take a look at our Coalition Chairwoman who has been highlighted in the North State Parent Magazine for her efforts and impact on Tehama County, families, and youth.



*Click here* 

to read more

## Featured Member

### SRUTHI VOBBILISETTI

Hi, am Sruthi Vobbiliseti. I'm the Health Educator for Maternal Child and Adolescent Health, Oral Health and Health Equity. I recently completed my masters in Nutritional Sciences. My academic journey began in Biotechnology and Nutrition, where I explore gut-brain connection through fermentation.

As an entrepreneur, I founded Burpit Kombucha in India. After moving to the US, I became involved in community health, motivational counselling, food service, nutrition research. In my current position as a health educator, I want to make nutrition and health services accessible to everyone without any disparities. I aim to dismantle stigma around seeking help and ensure support for all in need.

Outside of work, I like to chase waterfalls, play badminton, explore different cuisines, hearing the stories behind dishes and discovering the benefits of superfoods.



# Coming Up

## JULY

### Savor the Flavor-Traditional Roots July 2nd, 9th, 16th, 23rd, and 30th

5:00 pm – 7:00 pm  
1022 Jefferson St. Red Bluff  
\*Call to confirm your spot  
(209) 257-6155

*Savor the Flavor-Traditional Roots*

The University of California Agriculture and Natural Resources/ Cal Fresh will be sharing with us some Traditional foods and the preparation. Come Taste the Greatness of our Traditions

Every Tuesday during the month of July  
2nd, 9th, 16th, 23rd and 30th  
5:00pm—7:00pm  
1022 Jefferson Street, Red Bluff  
Please call the office to Pre-Register and Schedule Transportation if needed.  
209.257.6155

CALIFORNIA TRIBAL TANF PARTNERSHIP

CalFresh

### Native Cultural Skills Series July 3rd, 10th, 17th, 24th, and 31st

10:00 am – 12:00 pm  
1022 Jefferson St. Red Bluff  
\*Call to confirm your spot  
(209) 257-6155

Native Cultural Skills Series

Come join us for our Native Cultural Skills Workshop  
Every Wednesday July and August 2024  
From 10am – 12pm  
Supplies will be provided (kept at the office for you to join us each Wednesday  
1022 Jefferson Street, Red Bluff Ca 96080  
Please Pre Register 209-257-6155

### Talking Circle/Ice Cream Social July 18, 2024

5:00 pm – 7:00 pm  
1022 Jefferson St. Red Bluff  
\*Call to confirm your spot  
(209) 257-6155

Talking Circle  
Ice Cream Making  
Fun for the Family  
Come meet new Friends  
Community Bonding

**JULY 18, 2024**  
**TALKING CIRCLE/ICE CREAM SOCIAL**

Family Night Workshop  
Did you know July is National Ice Cream Month? This may be the tastiest month of the year!  
Come join CTPP Staff at our Summer Ice Cream Social and Talking Circle Workshop  
With just a few basic ingredients and a bit of shaking, the whole family will be enjoying individual homemade bowls of ice cream that can be topped with everyone's favorite additions.

CTPP  
1022 Jefferson St. Red Bluff  
Registration is Required for this Workshop  
Please call to confirm your spot:  
209-257-6155  
5pm-7pm  
Dinner will be provided

### What's Available for Families in Tehama County July 11th

10:00 am – 12:00 pm  
1022 Jefferson St. Red Bluff  
\*Call to confirm your spot  
(209) 257-6155

COME JOIN US TO LEARN MORE OF WHAT IS AVAILABLE FOR OUR FAMILIES IN TEHAMA COUNTY.

ncccdi

NCCCDI AND CTPP WILL BE COMING TOGETHER TO SUPPORT OUR FAMILIES WITH 0-5 AGED CHILDREN

CALIFORNIA TRIBAL TANF PARTNERSHIP

Tuesday July 11th 10am-12pm  
1022 Jefferson Street, Red Bluff  
Pre Registration is Required 209-257-6155

KEY NOTES:

- How to track your child's development
- Guide parents how to connect to resources
- Provides assistance to help build strong healthy families
- Sign up for Head Start /Pre School which offers creative hands on learning for children 3-4 years of age
- Provides family centered emotional support
- Start the referral process to other services
- Support the parents with education and career goal setting
- With Pre Registration to the Workshop you will be able to take home supplies and we will provide dinner.

Deal Language Learners  
Full Day Services for Working Families  
Family Services  
Free Counseling For NCCCDI Families

Children with Disabilities  
Health & Nutrition  
Kindergarten Readiness  
Free to Low Cost Childcare

Northern California Child Development, Inc.  
ENROLLING NOW FOR THE 2023-24 SCHOOL YEAR  
SERVING 0-5 YEAR OLDS & PREGNANT MOMS THROUGHOUT TEHAMA COUNTY.

Healthy Families Tehama  
FIRST5 TEHAMA

### Paskenta BIG TIME July 27th

10:00 am – 5:00 pm  
Equestrian Center at the Rolling Hills Casino & Resort

PASKENTA BAND OF NOMLAKI INDIANS PRESENTS THE 2024

JULY 27TH

Location: Equestrian Center at the Rolling Hills Casino & Resort  
10:00am- 5:00pm  
SPECIAL GUEST  
HOOP DANCER ERIC MICHAEL HERNANDEZ

The Big Time is free to attend and open to the public.

- TRADITIONAL CALIFORNIA NATIVE AMERICAN CEREMONIAL SONGS & DANCES
- FOOD VENDORS
- NATIVE ARTS & JEWELRY VENDORS
- INFORMATIONAL BOOTHS
- KID ZONE

The Rolling Hills Clinic is excited to host the Kid Zone, featuring waterslides and a splash pad.

Don't forget to bring a towel and bathing suit for your children!

Thank you to our sponsors!  
DrummondWoodsum ATTORNEYS AT LAW  
Shasta College FOUNDATION

9:45 AM Door open  
10:00 AM- 1:00PM Opening  
Inter-Tribal Youth Feather Dancers  
Kah-pi-pah-win Dancers  
Xa-Ben-Na-Po Dancers (Big Valley)  
Winama Bakay Yachma Dancers  
1:00 PM- 1:45pm Special Guest: Hoop Dancer Eric Michael Hernandez  
1:45pm-5:00pm Tri-County Pomo Dancers  
Ittuni North East Feather Dancers  
Round Valley Feather Dancers  
Nomlaki Weleaq Olkapna Dancers  
Closing

If you are interested in becoming a volunteer email Patricia.Gutierrez.

530-737-8818 pgutierrez@paskenta.org

# Coming Up

AUGUST

## Native Cultural Skills Series

August 7th, 14th, 21st, and 28th

10:00 am – 12:00 pm

1022 Jefferson St. Red Bluff

\*Call to confirm your spot

(209) 257-6155



## Balancing Back to School- Family Night Workshop

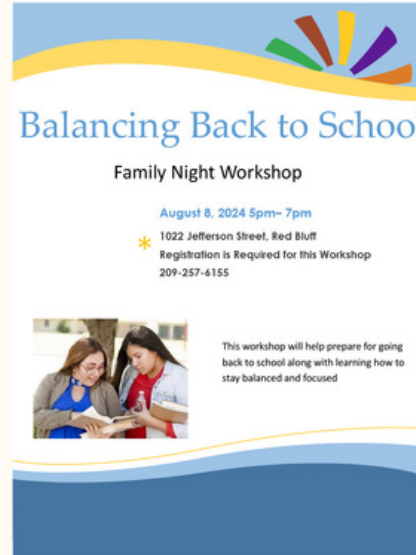
August 8th

5:00 pm – 7:00 pm

1022 Jefferson St. Red Bluff

\*Call to confirm your spot

(209) 257-6155



# 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

## TOBACCO QUITTING SERVICES IN TEHAMA COUNTY

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](mailto: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

Email us for a copy of the new member packet  
which includes our:

- Membership Agreement
- Coalition Bylaws
- Brochure

## Join a Subcommittee!

Recruitment



Cessation



Media



Policy



# Check out our newly updated webpage

