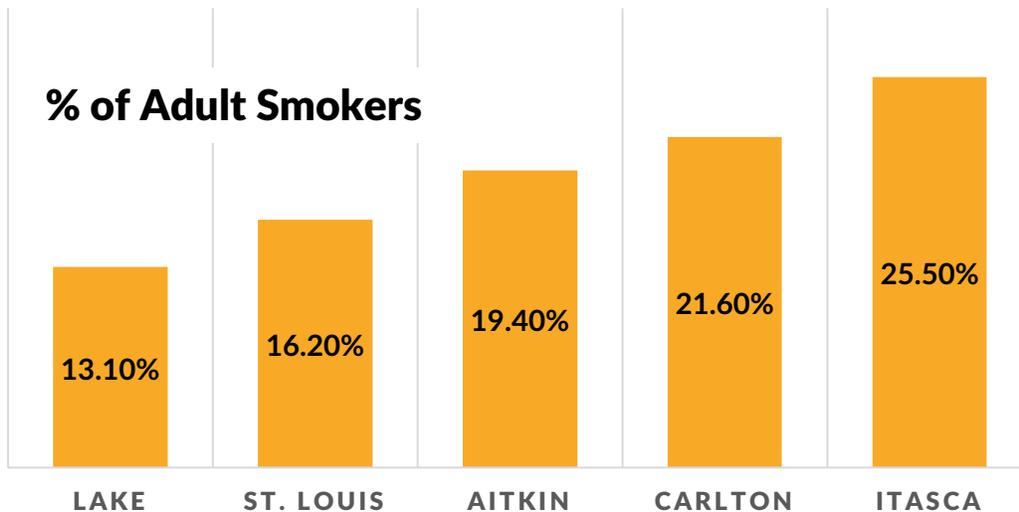




Itasca County Adult Tobacco Use

While we have made great strides in the area of tobacco and indoor air quality, there is more to do in order that we keep up with new and emerging products like e-cigarettes and to help folks in the community who are trying hard to break their addiction to deadly tobacco products. The 2015 *Bridge to Health Survey* provides key information about the health of our region. The data collected provides us with more local information on key health indicators that can help local policy makers with decision making. The entire report is available to you at BridgeToHealth.org. Please consider the American Lung Association as a resource for your decision making. We are more than happy to assist in any way we can to help improve and save lives in Itasca County!



Tobacco related disease remains the **#1 cause of death** in our state and the nation. In the Northeast Region of Minnesota the current rate of smoking is 18.8% compared to the statewide average of 14.4%.

There is no safe level of exposure to secondhand smoke.

Secondhand smoke contains cancer causing chemicals.

Electronic Nicotine Delivery Systems (ENDS) aerosol is NOT harmless “water vapor” and is NOT as safe as clean air. Food safe products are not approved for inhalation.

Children and the elderly are especially vulnerable to secondhand smoke that can lead to immediate respiratory distress, asthma attacks and other harms.

What can you do?

Prohibiting ENDS use in indoor areas where conventional smoking is not allowed:

- **Protects non-smokers** from the toxins contained in secondhand smoke and aerosol emissions.
- **Encourages smokers to quit** smoking.
- Preserves **clean indoor air** standards.
- **Support tobacco -free norms.**



21.9% OF ADULT SMOKERS IN THE COUNTY ARE SERIOUSLY **CONSIDERING QUITTING** IN THE NEXT 30 DAYS.

ENDS are NOT an FDA approved quit aid.

The FDA is alarmed by the rise in use, especially among teens, and will be issuing new restrictions for the manufacturing and distribution of ENDS.

For More Information Contact:

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