

# NEWS RELEASE

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For immediate release

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## Pledge your home and car smoke free - it's what works.

"Children of parents who smoke are twice as likely to become smokers," said Tabi Prochazka, Tobacco Free in the Panhandle Coordinator. According to the Center for Centers for Disease Control and Prevention tobacco use remains the single largest preventable cause of disease, disability and death in the US. Smoking costs the US about \$96 billion each year in direct medical costs and \$97 billion from productivity losses due to premature death. The percentage of American adults who smoke decreased from 20.9% in 2005 to 19.2% in 2010. That translates to 3 million fewer smokers. But almost 1 in 5 adults still smoke, half of the adults who continue to smoke will die from smoking-related causes. Reducing tobacco is a winnable battle - a public health priority with known, effective actions for success.

So what can be done? According to the CDC the effective actions for success by parents and non smokers is to:

- Make your home and vehicles smoke-free.
- Not start, if you aren't already using tobacco.
- Quit if you smoke; children of parents who smoke are twice as likely to become smokers.
- Teach children about the health risks of smoking and second hand smoke.
- Encourage friends, family, and coworkers to quit.

There are several options for tobacco users who wish to quit:

- Quit: The sooner you quit, the sooner your body can begin to heal and the less likely you are to get sick from tobacco use. A majority of the Americans who have ever smoked have already quit; you can too.
- Ask a health care provider for help quitting.
- Call 1-800-QUIT-NOW for free resources and assistance to help quit. Or visit the website at <http://www.hhs.state.ne.us/tfn/ces/>
- Find a step-by-step guide at [www.smokefree.gov](http://www.smokefree.gov).

According to the 2010 Surgeon General's Report there is no safe level of exposure to tobacco smoke and secondhand smoke is a proven cause of lung cancer, heart disease, serious respiratory illnesses, low birth weight and sudden infant death syndrome. Only smoke-free air laws provide effective protection from secondhand smoke.

So take a stand today and pledge your home and car smoke free. Pledge to protect your family from the health risks from second-hand smoke by making your home and car smoke free. To take the smoke free pledge and receive smoke free home and car clings visit [www.pphd.org/tfnPledge.html](http://www.pphd.org/tfnPledge.html).

For additional information about the smoke free homes and cars campaign in the panhandle, visit [www.pphd.org/tfnHomesCars.html](http://www.pphd.org/tfnHomesCars.html). Funding for Tobacco Free in the Panhandle is provided by the Nebraska Department of Health and Human Services/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.