

TOBACCO TALK

A HEALTHIER FUTURE FOR GLENN COUNTY RESIDENTS

GLENN COUNTY TOBACCO EDUCATION PROGRAM



NEXT MEETING:

JUNE 14, 2023

ORLAND ROUND TABLE

PIZZA

2:00-3:30 PM

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Get Involved!

with GCAP or
SWAT.
Check out the
last page!

HAVE YOU MET SALLY DAWLEY THE "BUTT LADY?"

Sally Dawley, an Auburn native and now Orland resident, is known for her kind service of picking up cigarette butts around her community. It all began in October 2014; Sally stated, "I got tired of going on my walks and seeing them (cigarette butts), so I started picking them up." Sally smoked two times in the fifth grade, but after that second time, she knew it was not good for her health or the environment. Now she also tells people not to smoke when picking up cigarette litter.

When Sally first began this journey, she used a dustpan and a broom. During our interview, we asked her what we should bring to our park-clean ups. She said, "Take a bag, tongs, and a counter and go around and pick them up!" Get the tools, get a friend, and start. Sally, also known as the "Butt Lady," has picked up millions of littered cigarette butts everywhere, even filling a five-gallon water jug with 8,000 butts. In Orland alone, she has picked up **100,069 butts** since her arrival last year.



Pictured: Sally Dawley

Sally has been on numerous news media outlets honoring her generosity in keeping her community cigarette-butt free. Sally often asks herself, "**Do cigarette companies all smoke? Do they know it's poison for people? They do it for the money.**"

Sally inspires us all, and it's great to see the passion she has for her community's well-being.



YOUTH SPOTLIGHT

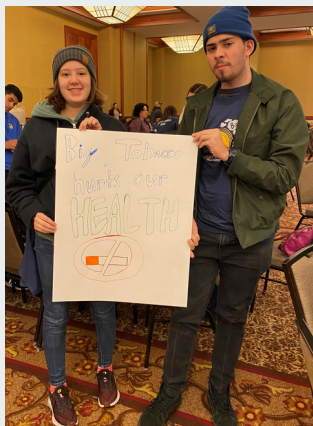
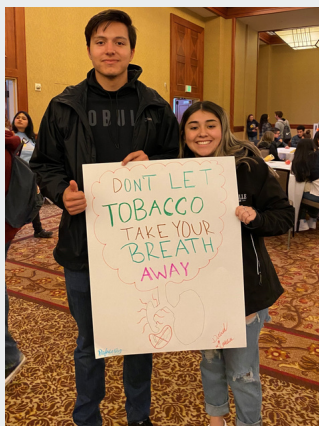


YOUTH QUEST 2023



Pictured (left to right): Diego Vasquez, Tracy Nunez, Carolina Cabral, Lauren DeMoss, David Ortega-Garcia, Juan Valencia, Senator Dahle, Casandra Perez-Mohedano, David Garcia, Dafnee Ruiz, Ricardo Hernandez, Chloe Hall

SWAT youth attended the annual CYAN Youth Quest conference in Sacramento. This year's theme was health equity and justice. SWAT youth learned how the tobacco industry manipulates and targets diverse populations while they profit. They created posters and marched to the capitol along with other youth advocates across all of California. SWAT youth had the opportunity to meet and speak to our state representative, Senator Dahle!





COMMUNITY PARK CLEAN UPS



Pictured (left to right): Ricardo Gutierrez, Melissa Medina, Ricardo Hernandez, Ernesto De la Rosa, Miranda Ruvalcaba, Aaron Garcia



Pictured (left to right): Nayeli Perez, Casandra Perez-Mohedano, Chloe Hall, Emily Solorio, Juan Valencia

SWAT youth helped clean up their local parks in honor of Earth Day (April 22nd). They collected tobacco litter at Ord Bend Park, Willows Memorial Park, and Hamilton City Park. A total of **337** pieces of litter were collected from all the parks.

Thank you to our SWAT youth for keeping our parks and communities free of toxic tobacco litter!

PUBLIC OPINION SURVEY RESULTS

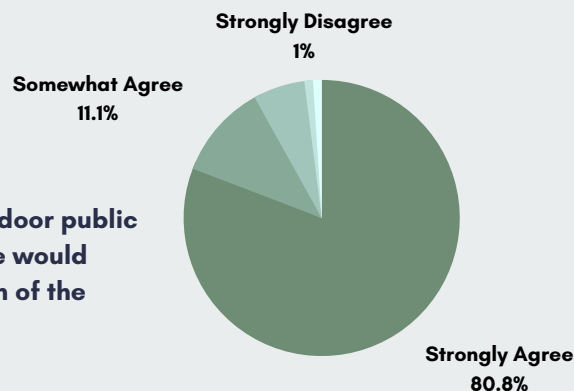


During the fall of 2022, SWAT youth and staff collected public opinion surveys regarding tobacco in the unincorporated Glenn County community.

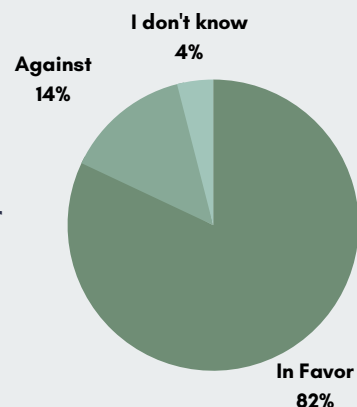
According to the survey, **72% of participants agree that tobacco litter is a problem in their community.** You can see additional data on the right.

Thank you to youth coalition members that helped and participated!

Making parks and outdoor public places smoke-free would improve the health of the community



A law that prohibits smoking or vaping in all outdoor public places





NATIONAL TAKE DOWN TOBACCO DAY



National Take Down Tobacco Day is an annual national day of awareness. It is an opportunity for community members and youth advocates nationwide to stand up and speak out against the tobacco industry!

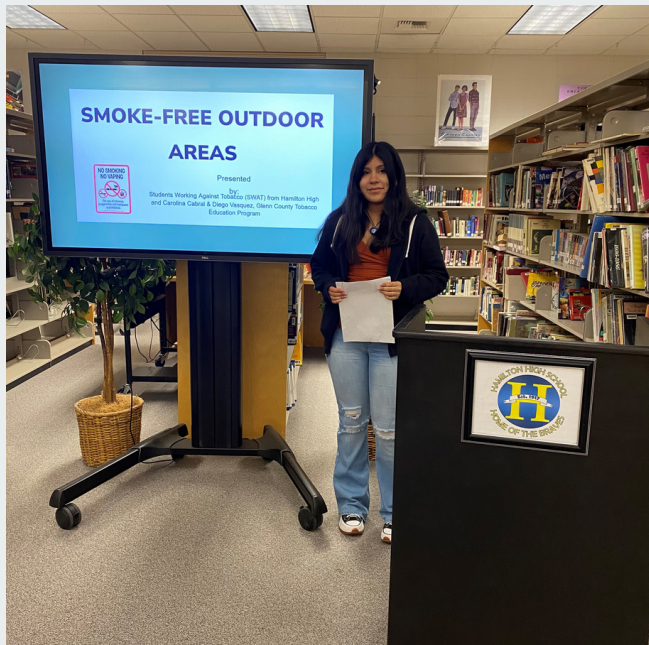
This year SWAT students raised awareness around Take Down Tobacco Day by creating posters with tobacco prevention messaging, and posted them around their high school campus. Willows and Orland High school youth also created messaging on a fence that said, "No Tobacco."

Way to go SWAT!





PHOTOVOICE PRESENTATIONS



Pictured: Casandra Perez-Mohedano

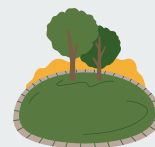


Pictured (left to right): Miranda Ruvalcaba, Aaron Garcia, Ernesto de la Rosa



Pictured: Emily Solorio

SWAT youth continued their efforts around their photovoice project which highlighted the effects of tobacco product waste in local parks. They had the opportunity to present to the Hamilton Unified School Board, Hamilton Elementary PTO, Hamilton Lion's Club, and the Willows Parent Academy. All the organizations were supportive and appreciative of their presentation and dedication to their communities! Thank you to all the groups that let us present and educate them about smoke-free outdoor public areas.



MYTH

vs.

FACT?



"Secondhand smoke may bother people, but it isn't dangerous."



Tens of thousands of nonsmokers die every year from breathing others' secondhand smoke. It is not healthy to breathe any amount of tobacco smoke.

END OF THE YEAR CELEBRATION



May was our last SWAT meeting for this academic school year. A few members from each of the SWAT coalition groups were invited to attend the end of the year celebratory meeting at the Funland Mini Golf in Chico. SWAT youth were recognized for their hard work and dedication to tobacco control and advocacy efforts in their communities.

It was great to see youth from all three schools come together and enjoy some mini golfing. We wish the best of luck to the graduating seniors and look forward to seeing everyone else next year!



CESSATION RESOURCES



**California Youth
Advocacy Network**

CYAN strives to change the tobacco use culture in California High Schools, Colleges and universities by providing knowledge, skills, and tools to create local change for healthier communities.

Visit cyanonline.org/quit-tobacco for free and anonymous support to quit tobacco



ARE YOU PLANNING TO QUIT TOBACCO?

Here are some tips to help you get started!



Pick a date to quit!

Setting a quit date means you are serious



Know your WHY!

What's your reason to quit tobacco



Identify your triggers.

What makes you more likely to vape or use tobacco



Build your support team.

Tell a friend or family member that you're quitting to keep you accountable

WANT TO QUIT SMOKING OR VAPING?



KickItCa.org



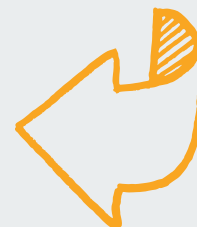
1-800-300-8086 (Eng)
1-800-600-8191 (Span)



Mobile Apps
No Butts or No Vape



Chat with a Quit Coach
kickitca.org/chat

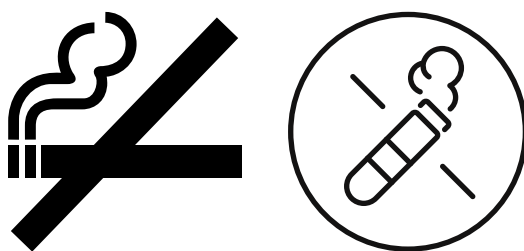


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**Thank you SWAT, GCAP, & GCAP's Marijuana and Tobacco Subcommittee
for your commitment to creating local change for healthier and
tobacco-free communities!**



We would love to have you join us!

For more information on future meeting dates, visit our social media pages below:



Glenn County
Alliance for Prevention



@GlennSWAT



@GCAPcoalition



@glenncountyswat

Questions? Contact the Tobacco Education Program at Glenn County Public Health

Carolina Cabral, Program Coordinator, (530) 934-6588, ccabral@countyofglenn.net

Diego Vasquez, Health Educator, (530) 934-6588, dvasquez@countyofglenn.net

IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, GLENN COUNTY WILL MAKE AVAILABLE TO PERSONS WITH A DISABILITY DISABILITY-RELATED MODIFICATION OR ACCOMMODATIONS. IF REQUESTED, THIS DOCUMENT AND OTHER MATERIALS CAN BE MADE AVAILABLE IN AN ALTERNATIVE FORMAT FOR PERSONS WITH A DISABILITY WHO ARE COVERED BY THE AMERICANS WITH DISABILITIES ACT.

THIS NEWSLETTER WAS MADE POSSIBLE BY FUNDS RECEIVED FROM THE CALIFORNIA HEALTHCARE, RESEARCH, AND PREVENTION TOBACCO TAX ACT- PROPOSITION 56- UNDER CONTRACT #21-11 WITH THE CALIFORNIA TOBACCO CONTROL PROGRAM OF THE CALIFORNIA DEPARTMENT OF PUBLIC HEALTH.