

NEWSLETTER

SUMMER EDITION

Tobacco Use Reduction Program

5 Things That Happen to Your Skin When You Quit Smoking

We've all heard it before: smoking is bad for your health. While true, this is far from the only reason to quit or avoid smoking. Smoking harms more than just your health – it also damages your skin. From dark circles under your eyes to yellow fingers, smoking can take quite a toll on your appearance.

Fortunately, quitting can reverse some of this damage. Here are some changes you can expect to see in your skin when you quit:

1. Brighter Eyes
2. Tighter Skin
3. Smoother Complexion
4. Stainless fingers
5. Better Hair



THIS EDITION

- 5 things that happen to your skin when you quit smoking.
- Study: Tobacco display ban safeguards youth
- Pushing tobacco 21
- Mint + Ginger Green Tea Lemonade
- Local Summer Events

NEW STUDY

A new study from the University of Stirling in the United Kingdom has found that a ban on displaying cigarettes and tobacco at shop counters has reduced the risk of young people taking up smoking, according to a BBC report.

Tobacco products have been hidden from point-of-sale displays across the U.K. for more than four years.

The researchers said their study showed the ban helps safeguard young people. "Our findings help to justify this policy approach in the U.K. and elsewhere," said lead author Allison Ford.

The study included the following findings:

- The "smoking susceptibility" of children who had never smoked decreased from 28 percent pre-ban to 18 percent post-ban
- A total of 81 percent of those interviewed noticed cigarettes at point-of-sale before the law came into force, compared to 28 percent afterwards.
- The average number of cigarette brands recalled by the children declined from 0.97 to 0.69.
- After the ban was fully implemented, 90 percent of those who have never smoked supported the display ban.
- It made cigarettes seem unappealing, according to 77 percent of those interviewed.
- 87 percent said it made smoking seem unacceptable

Ford's team interviewed 3,791 young people aged 11 to 16 years, including 2,953 who had never smoked, before, during and after the law was introduced.



MARYLAND

The legal age to buy tobacco and nicotine products in Maryland will be raised from 18 to 21, and the state will add vaping devices to the list of tobacco products, under legislation signed Monday by Gov. Larry Hogan (R).

The law was passed in response to an uptick in teen vaping, which federal officials have declared an “epidemic.” The law will take effect in October.

“There is no more important job than protecting the health and safety of Marylanders,” Hogan said in a statement.

Pushing Tobacco 21

U.S. lawmakers introduced bipartisan legislation in the House and Senate on May 1st that would raise the minimum age to buy tobacco products to 21. The bill, known as the Tobacco to 21 Act, would raise the age for all tobacco products, including cigarettes, cigars and e-cigarettes, and prohibit retailers from selling tobacco products to anyone under the age of 30 without photo identification.

“Unlike other bills drafted by the industry, our bill has no special-interest carve-outs or limitations on state and local governments,” said Colorado Representative Diana DeGette.

“The Tobacco to 21 Act will be an important step to protect kids from the nation’s leading cause of preventable death and disease in the United States, and we urge our nation’s leaders to quickly pass this lifesaving legislation,” American Lung Association CEO Harold Wimmer said in a statement.



MINT + GINGER GREEN TEA LEMONADE

4 cups water, divided
4 bags green tea
1/2 cup chopped fresh mint leaves
1/3 cup chopped fresh ginger
1/3 cup fresh lemon juice

Bring 2 cups of water to a boil, then reduce to a simmer. Add tea bags, mint, and ginger, and let steep for 30 minutes. Strain into a large pitcher, pressing on solids to extract remaining liquid. Add lemon juice and remaining water. Refrigerate until chilled. Garnish with lemon slices, if desired, and serve over ice.

Summer Fun Events

Farmers Market - June 8th - September 14

Blue Grass Festival - June 21 - June 23rd

Main Cruise Classic Car - June 29th

Paul Bunyan Mountains and Blues Festival - July 6th

Clear Creek Arts and Festival - July 14th

Lassen County Fair - July 17th - July 21st

Doyle Days and Lizard Races August 2nd - August 4th

11th Annual Blues & Brews August 3rd-4th

Susanville Air Fair - August 17th

BBQ Cook Off - August 17th

Diamond Mountain Speedway Race - August 23rd