

COMMUNITY ACTION
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CACY COMMUNICATOR

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CACY'S Core

Purpose: To provide tobacco, alcohol, violence and drug prevention information, education and coordination by bringing together schools, parents, government, law enforcement, agencies, business and community members who work toward making our county a healthier, safer place to live.

CACY 5K Drug Free Run/ Walk

CACY will host it's second annual 5K run/walk on Saturday June 7, 2014 at the Lexington Senior Civic Center. Pre registration is \$20 and race day registration is \$25. Free t-shirts given to the first 80 pre registered. Race starts at 9:00am. Please visit our website (www.cacyohio.org) to find the registration form. Donations are appreciated.



Making the Next Generation Tobacco-Free

Although smoking rates have been cut in half, 18 percent of the population still smokes and tobacco use remains the leading cause of preventable death in the U.S.

The 2011 Richland County health assessment identified that 10 percent of Richland County youth (ages 12-18) were smokers increasing to 20 percent of those who were 17 – 18 years old. 6 percent of Richland County youth reported they used chewing tobacco in the past month. The health assessment also identified 19 percent of Richland County adults as current smokers.

2014 is already looking to be a pivotal year for tobacco con-

trol. The Ohio State University has banned smoking on all campuses, CVS stopped selling tobacco products, the FDA launched their first youth prevention campaign and the CDC developed a guide to help states establish effective tobacco control programs.

Tobacco prevention actions include; educating young people to help them make healthy choices, set adult example by encouraging young people to avoid tobacco use by quitting, limit youth exposure to smoking in movies and network with other parents who can help you encourage youth refusal of tobacco.

According to a report from the Surgeon General in 2012, "if young people don't start using tobacco by age 26, they almost certainly will

never start." We need to "create a world where seeing people smoke or use other tobacco products is the exception, not the norm."

Kick Butt's Day, March 19, 2014, is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. CACY will be hosting it's third annual "Kick Butt's with Art" Show from 4:00pm to 6:00pm at the Richland County Longview Center. Local students tobacco prevention artwork will be on display during this time. For more information please call 419-774-5683.

Resources on how to prevent tobacco use are included on the second page of this newsletter.

Start Talking! Preventing Drug Abuse Among Children

Start Talking! is the new statewide initiative aimed at preventing drug abuse among Ohio's youth. Governor John Kasich and First Lady Karen Kasich have launched *Start Talking!* to provide tools for parents and guardians, educators and community members to start conversation about living healthy and drug-free lives. *Start Talking!* was introduced at Madison Schools on Monday February 24, 2014.

Start Talking! includes four programs to help parents and community members raise awareness and

encourage conversation in an effort to stop drug abuse before it starts.

5 Minutes for Life involves Ohio State Troopers, Ohio National Guard members and local law enforcement talking to student-athletes five minutes before or after practices about leadership and responsible decision making.

Building Youth Resiliency gives schools and communities the tools to develop student's resiliency so they have the courage to push back against peer pressure.

Know! provides free tips for parents or guardians twice monthly. The email tips include current facts on alcohol, tobacco and other drugs as well as prevention tools.

Parents 360Rx is a program to increase knowledge about substance abuse. Toolkits for hosting discussions are also provided.

To learn more and get involved, go to <http://starttalking.ohio.gov>

Start Talking! 
Building a Drug-Free Future

Resources



Preventing Tobacco Use Among Youth & Young Adults

http://www.cdc.gov/tobacco/data_statistics/sgr/2012/

CADCA's Online Toolkit to Reduce Tobacco Use

<http://www.preventtobaccouse.org/>

Tobacco Free Kids

<http://www.tobaccofreekids.org/>

Kick Butts Day

<http://www.kickbuttsday.org>

Prevent Tobacco Use

<http://www.preventtobaccouse.org/>

Start Talking!

<http://StartTalking.Ohio.gov>

The Partnership at Drugfree.org

<http://www.drugfree.org/>

Drug Free Action Alliance

<https://www.drugfreeactionalliance.org/>