



**SOUTHERN TIER TOBACCO
AWARENESS COALITION**

Chemung, Schuyler, and Steuben Counties

A Closer Look

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*—Home Is Where The Heart Is:
How Smoke Free Housing Impacts Heart Health.—*

February is American Heart Month, an opportune time to remind New Yorkers that tobacco use and secondhand smoke are major causes of heart disease, America’s number one killer. Frequent exposure to tobacco smoke has been found to nearly double the risk of having a heart attack and creates an unhealthy environment for children. Smoking is still the leading cause of preventable death and disease, increases the risk of stroke, and increases the size of heart attacks when they occur.

We can protect New Yorkers from smoking-related illnesses like heart disease by creating more smoke-free housing. They also need resources to help them quit. According to a survey done of 400 residents per county within STTAC’s (Southern Tier Tobacco Awareness Coalition’s) catchment area of Chemung, Schuyler, and Steuben Counties, 52% of residents support making apartment buildings smoke-free.

According to the Centers for Disease Control and Prevention (CDC), each year nearly 33 million nonsmokers in the U.S. may be exposed to secondhand smoke coming from other units and common areas. Each year, secondhand smoke causes more than 3,000 deaths in non-smoking adults in New York State, most from heart disease and lung cancer. This emphasizes the importance of not only a total smoke-free policy, but also the importance of being aware and knowing before move in if there is or is not a smoking policy in place. In STTAC’s catchment area, according to the biannual survey, 27% of rental tenants did not know what the landlord had set as far as a smoking rule or policy. This can be very serious in terms of possible health and legal problems and shows the need for a disclosure law. There should be a standard to communicate the smoking policy, just like a landlord must disclose possible lead

or radon exposure.

Tobacco free apartment buildings save money in addition to many lives. According to the CDC, prohibiting smoking in subsidized housing alone would result in annual cost savings of nearly \$125 million in New York State. Cost savings of \$100 million would come from unneeded secondhand smoke-related healthcare.

STTAC was fortunate to have been able to work with the Hornell Housing Authority during their process of going smoke-free in October of 2014. Jason Sackett, the Director, recognized the importance to protect the health and safety of his tenants and has been an invaluable resource to STTAC. “At least 20 other Housing Authorities in New York State have adopted smoke-free policies and we are also proud to institute the policy. Clearly, smoking and the use of tobacco not only damages the apartments, but allow for unnecessary exposure of harmful second hand smoke to residents, resident’s children, staff, and authority contractors,” Municipal Housing Authority Director, Jason Sackett.

“Smoking is one of the leading risk factors for coronary diseases and quitting smoking is one of the most important steps you can take to reduce your risk of coronary diseases. I hope more people join all the brave people who have quit in loving their hearts by ending this deadly addiction. It’s also critical that the state maintain dedicated funding to the Bureau of Tobacco Control so New Yorkers can get access to the tools they need to quit,” said Bob Elling, chair of the New York State Advocacy Committee of the American Heart Association.

If you are interested in creating a Smoke-Free Housing policy for your apartment building please contact Teresa Matterazzo at: Tmatterazzo@co.chemung.ny.us



New York State Smokers' Quitline

1-866-NY-QUITS (1-866-697-8487)

—State of Tobacco Control 2015:—

New York Can Do More to Save Lives by Reducing Tobacco Use

The American Lung Association released its 13th annual “[State of Tobacco Control](#)” report that found that in 2014 New York State again had mixed results in enacting the tobacco control policies needed to save lives and help end the tobacco epidemic. The report finds that most states and the federal government earned poor grades, and their tobacco control progress is at a virtual standstill.

“While New York has a long and rich history of leading the nation and the world on tobacco control efforts, the state’s failure in recent years to adequately fund the state’s tobacco control program is a major obstacle that is holding us back from building upon our past progress and further reducing tobacco use,” said Jeff Seyler, President & CEO of the American Lung Association of the Northeast. “We need to renew our commitment to saving lives and reducing tobacco caused disease by boosting tobacco control funding.”

“[State of Tobacco Control 2015](#)” looks at tobacco control policies at the federal and state level, and assigns grades based on whether state and federal laws protect people from the enormous toll tobacco use takes on lives. Tobacco use kills almost half a million Americans and causes at least \$289 billion in healthcare costs and lost productivity each year.

In 2014, the American Lung Association and its partners called for immediate action on tobacco use by all levels of government to achieve three bold goals:

1. Reduce smoking rates, currently at about 18 percent, to less than 10 percent by 2024;
2. Protect all Americans from secondhand smoke by 2019; and
3. Ultimately eliminate the death and disease caused by tobacco use.

“The American Lung Association is urging states and the federal government to take needed steps to achieve these bold goals,” said Seyler. “It’s no secret how to reduce tobacco use in the United States, our state and federal leaders need to muster the political will to implement these proven policies. Our nation cannot afford the health or financial consequences of their continued failure to act.”

Grades for New York

“[State of Tobacco Control 2015](#)” finds state level progress on proven tobacco control policies all-but stalled in 2014. New York’s mixed grades reflect this trend of missed opportunities by our elected officials to pass proven policies that will reduce tobacco use and save lives.

How did New York score?



To improve these grades, New York must focus on these priorities in 2015:

- Restore funding to the state's tobacco control program;
- Ensure that even more places are 100 percent smoke-free (and e-cigarette-free) in New York including college campuses, public housing, parks, beaches and other public spaces; and
- Keep the price of tobacco high by eliminating coupons and discounting and increasing tobacco taxes on all tobacco products.

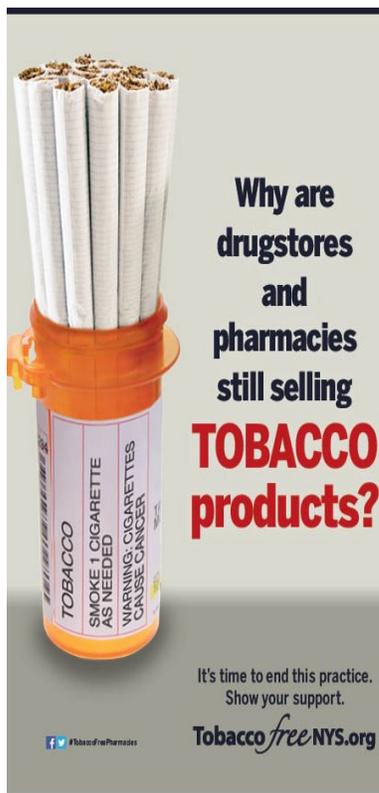
“With an F and a D, this is clearly a report card that New Yorkers shouldn’t be proud of,” said Michael Seilback, Vice President of Public Policy and Communications at the American Lung Association of the Northeast. “Leaders in Albany must step up to provide smokers with the support they need to quit and adequately fund prevention programs that help keep our kids off tobacco,” said Seilback.

Want to see how other states scored? Visit the stateoftobaccocontrol.org and find out.

Federal government – some progress, major failures

The federal government took some small steps forward this year, but still fell short in important areas, such as tobacco taxes and finalizing its regulatory authority over all tobacco products.

Want to learn more about the Federal Government’s score, and what it must do to help end tobacco-caused disease and death? Visit the [report](#).



STTAC

SOUTHERN TIER TOBACCO AWARENESS COALITION

Chemung, Schuyler, and Steuben Counties

The Southern Tier Tobacco Awareness Coalition (STTAC) seeks to build healthier communities through tobacco free living in Chemung, Schuyler & Steuben, NY.

STTAC has 4 initiatives:

- To reduce the impact of retail tobacco product marketing on youth.
- To increase the number Tobacco Free Outdoor (TFO) policies, which includes tobacco free worksites, parks, vehicles, entryways and other public outdoor areas.
- To increase the number of smoke-free multi-unit housing.
- Eliminate pro-tobacco imagery from youth-rated movies and the internet.

STTAC Contact Information:

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- Main Line: 607-937-9922

We're on the Web, Facebook, Twitter and YouTube!

www.sttac.org
www.facebook.com/sttac
www.twitter.com/sttacny
www.youtube.com/sttacny

—International Week of Action: Movie Stomps—

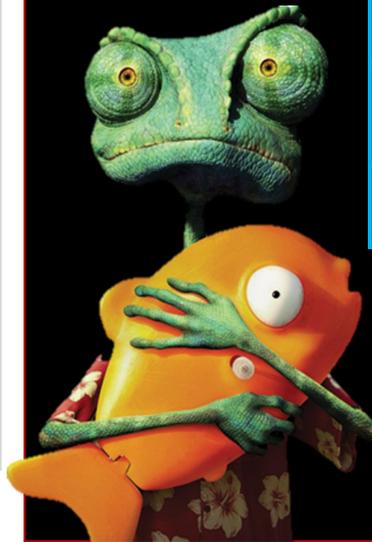
DID YOU KNOW?

- Nearly 90% of adult smokers started smoking before the age of 18.
- The more smoking in movies kids see, the more likely they are to smoke.

Join us for a fun-filled evening organized by local area teens.

Enjoy the movie for the first or the fifteenth time (it never gets old), munch on some popcorn, and learn something new about how smoking in movies affects kids.

Best of all. . . it's **FREE!**



Friday, February 20 6:30 – 9:30pm	Elmira Heights Theater
Saturday, February 21 1 – 4pm	Watkins Glen Theater
Sunday, February 22 12 – 3pm	Corning Palace Theatre



FOR MORE INFO

Email: sarahrobbins@co.chemung.ny.us

OR

Call: 607.737.2858

—Trends in Smoking Prevalence among NYS Youth—

According to the *Surgeon General's Report on Preventing Tobacco Use among Youth and Young Adults*, most adult smokers begin smoking before the age of 18, and an earlier age of initiation of smoking is linked to an earlier onset of adverse health effects.

Since youth behavior is often affected by family members, peers and social norms, a key goal of the New York Tobacco Control Program is to create a social and policy environment in which smoking is not desirable, accessible, or acceptable. Youth smoking is defined as an individual under the age of 18 smoking a cigarette on at least one of the past 30 days.

- Among high school students, smoking prevalence has dropped significantly between 2000 and 2014 from 27.1% to 7.3%. This is a 73.1% decrease.
- Between 2010 and 2014, the rate of cigarette smoking among high school students declined by 42%, from 12.6% to 7.3%.
- Among middle school students, smoking prevalence has dropped significantly between 2000 and 2014 from 10.2% to 1.2%. This is an 88.2% decrease.

Percentage of Current Smokers among Middle and High School Students

