

Ask the Doc

My Grandfather, Emil Gundersen Sr., told me stories about how difficult it was to give up chewing tobacco. His chew of choice was Copenhagen, which he called his "snus." His peer group, Commercial Fishermen in the Aleutian Islands, were all into chewing it, at the time. While it

was one of the hardest things he ever did, one of the keys to his success was that he and a group of friends all gave it up at the same time, and helped each other through the struggle of withdrawal and cravings. He was proud that he had reduced his health risks. Grandmother Marina was happy as well, as she spoke about the "stink" smell of Copenhagen and how it was counterproductive to kissing.

Many people switch to snuff/chew, thinking it is a "safe" alternative to smoking. Actually, there are carcinogenic chemicals in chewing tobacco, including Iqmik. Chew is linked to cancer, and poor oral health. Giving it up is a great idea, and there are a lot of resources to help you, most importantly the support of family and friends. The Alaska Tobacco Quitline has excellent resources that you can call to get information (1-800-QUIT-NOW). They are also on the web at www.alaskaquitline.com.



No one can make me quit but me.

IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW



Alaska Tobacco Control Alliance

c/o Information Insights
212 Front Street, Suite 100
Fairbanks, Alaska 99701

ATCA is a statewide network of health advocates who develop, support and sustain comprehensive tobacco control programs.

JOIN TODAY!
www.alaskatca.org



Alaska Tobacco Control Alliance
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VISION

A tobacco-free Alaska

MISSION

To create conditions for Alaskans to live free from the harmful effects of tobacco

CONTENTS

- TPC Spring Grantee Training | 2
- Congratulations Mat-Su School District | 2
- Legislative Success | 2
- Youth Leaders Recognize Carrs/Safeway | 3
- LEAD Tobacco-Related Disparities Plan | 3
- National News | 3
- Ask the Doc | 4

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Tobacco-Free News

NEWS FROM THE ALASKA TOBACCO CONTROL ALLIANCE

NOTES FROM THE CO-CHAIRS

Greetings ATCA Members!

A warm welcome to attendees of the 2011 ATCA Summit

in Palmer! For nearly a year, the ATCA Summit Workgroup, under the leadership of Becky Stoppa, has been working hard to plan the fifth annual ATCA Summit. We are excited to provide amazing keynote speakers with the latest information on tobacco issues from a national, regional and local perspective. Once again, we are offering an extensive youth track, which will help our young Alaskans to advocate and educate on the dangers of tobacco when they return to their home towns. It is our hope that ALL who attend the Summit will return to their communities armed with the tools needed to work towards ATCA's vision of a tobacco-free Alaska!

ATCA is excited to welcome newly elected steering committee members: Wilbur Brown (At Large), Becky Stoppa (At Large), and Michelle Woods (Northern Region). They have "hit the ground running" and we look forward to their expertise on issues affecting both their regions and the state.

Over the summer, ATCA workgroups will continue meeting as they work on specific projects, including smokefree housing, youth advocacy, Medicaid/Third Party Payer enhancements, exposing the dangers of smokeless tobacco, updating the ATCA website, and so much more. Please consider participating in a work group! Contact ATCA at atca@iialaska.com or www.alaskatca.org to find out what the workgroups are working on and how you can be a part of the action.

Thank you for your continued interest in a tobacco-free Alaska!

Jenny Olendorff & Pat Reynaga, Co-Chairs



STEERING COMMITTEE

Jenny Olendorff, Co-Chair
SouthCentral Region

Pat Reynaga, Co-Chair
Anchorage Region

Carrie Nyssen
American Lung Assoc.

Lincoln Bean Sr.
Alaska Native Health Board

Melanie Brenner
Interior Region

Wilbur Brown
At Large

Gary Ferguson
Native Appointee

Alex Hicks
State of Alaska TPC

Brian James
Native Appointee

Pat Luby
AARP

Caroline Nevak
Native Appointee

Betty MacTavish
Southwest Region

Laura Muller
Native Appointee

Emily Nenon
ACS Cancer Action Network

Andrea Thomas
Southeast Region

Moses Tulim
Western Region

Becky Stoppa
At Large

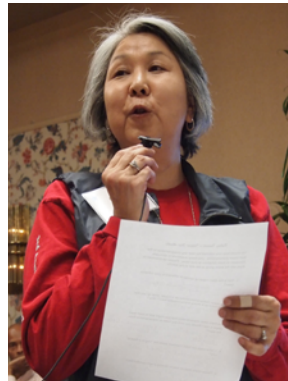
Michelle Woods
Northern Region

Around the State

STATE OF ALASKA TPC GRANTEE TRAINING BRINGS TOGETHER THREE PROGRAMS

The semi-annual State of Alaska TPC Grantee Training was held at the Millennium Hotel in Anchorage, March 22nd through 25th. This was the first time the Community, School and Cessation Grantees have been together for one training event.

Over 100 dedicated people from all over Alaska gathered to further their skills and knowledge in tobacco control



Molly Korpela from the South Central Foundation.



(from left to right) Jeannette Johnson, Faith Walsh, Shellie Severa all of Tanana Chiefs Conference (TCC), and Jessica Culp of Aleutian Pribilof Island Association (APIA)

and engage in some great networking opportunities with their peers. State, national and community experts provided an array of information about communication and tobacco control strategy. It was fantastic to see all of these dedicated people working together to help create a healthier Alaska.



Gary Ferguson, ANTHC, giving the opening address.

LEGISLATIVE SUCCESS!

Thank you ATCA members! Our work in tobacco prevention, tremendous advocacy efforts, and collaborative spirit over the last decade have built a program that is the envy of many, many other states. Alaska legislators and public health professionals repeatedly hold up our work as a model of success.

In a testament to our credibility and track record, Alaska's new FY12 operating budget, now awaiting the governor's signature, contains a \$950,000 increase to the Tobacco Prevention and Control Program. This brings total state funding for the program to \$10.55 million.

ATCA's core agencies played a critical role in the funding effort. Special thanks to the ACS CAN volunteers who met with over half of the legislature during the annual lobby day in support of this and other cancer-fighting priorities.



Nome's Airport Pizza "Good for Health, Great for Business" ad. Great t-shirts!



Jill Thompson of the Rede Group and Rahnia Parker of the Yukon-Kuskokwin Health Corporation (YKHC)

CONGRATULATIONS MAT-SU SCHOOL DISTRICT

On March 2nd, the Matanuska-Susitna Borough School Board passed changes to school district policy that creates a tobacco free campus for all students, district employees, contractors and visitors as well as alternative to suspension options for student tobacco violations. This success demonstrates the importance of school tobacco prevention grants and the far reaching impact they can have to positively impact a community. In the Mat-Su School district, that translates to almost 17,000 students, 2,200 staff (the Borough's 2nd largest employer!) and numerous families, community members and visitors to our schools. These policy changes will go a long way in helping promote a social norm of wellness in our community and will create a healthier future for Mat-Su residents.

LEAD

2011 ALASKA STRATEGIC PLAN FOR ELIMINATING TOBACCO-RELATED DISPARITIES NOW AVAILABLE!

Leadership for Eliminating Alaskan Disparities (LEAD) is a statewide workgroup committed to equal opportunity for good health, freedom from tobacco use and its consequences, and improved quality of life. Organized by the Tobacco Prevention and Control Program, LEAD focuses on the elimination of tobacco-related disparities. LEAD members represent and advocate for populations disparately impacted by tobacco use. Specifically the LEAD workgroup focuses efforts on three populations in Alaska that are known to have the highest tobacco use prevalence rates:

- Alaska Native adults
- People of Low Socioeconomic Status
- Young Adults aged 18-29

To address these disparities the LEAD workgroup recently completed an extensive strategic planning effort to identify priority strategies that can be implemented in communities across Alaska.

A full list of LEAD's top strategies, the complete plan and a number of supporting documents is on the TPC Program's Grantee Technical Assistance website: www.redegroupprograms.com/tools/. The Plan is located under the Tools for LEAD section of the website (scroll down the page to find it). You may also Contact Disparities Coordinator, Dana Diehl at dana.diehl@alaska.gov to receive a hard copy of the Plan, to join the LEAD Workgroup and/or LEAD email listserv.

Thank you to the LEAD Planning Team, Executive Committee, Agnew::Beck, and all of our partners and stakeholders who worked tirelessly to develop this Plan!



Youth: Part of the Solution

We love to highlight coalitions around the state. Send information on your coalition to atca@iialaska.com.

YOUTH LEADERS RECOGNIZE CARRS/SAFEWAY AS A STRONG BUSINESS WHERE TOBACCO ISN'T SOLD TO YOUTH

On February 12th, the youth group coalition AkTAI (Alaska Tobacco Advocacy Initiative) honored Carrs/Safeway for protecting Alaska's youth by using the most ethical business practices to ensure that their stores don't sell tobacco to youth.

"We are grateful for Carrs/Safeway's efforts to keep tobacco out of the hands Alaska's youth. Research has shown that 90% of tobacco addicts began using before the age of 19". The tobacco industry needs to hook young people as replacement smokers. "Don't Hook Us on Tobacco," is our message to ask the community to help us fight the tobacco industry's target on Alaskan youth" says Sorcha Hazelton, AkTAI Youth Leadership Council Co-Chair.

The Alaska Tobacco Advocacy Initiative (AkTAI) is a coalition of youth groups from across Alaska who are working to empower their peers to fight back against the deceptive lures of the tobacco industry.

On February 11 & 12, AkTAI hosted its 3rd Annual Youth Leadership Summit at the BP Energy Center in Anchorage. More than 30 youth from all corners of the state learned more about how they can raise awareness to counteract the tobacco industry's efforts in their community.

National News

HAS PRESIDENT OBAMA QUIT SMOKING?

First lady Michelle Obama told reporters in February, 2011 that her husband has finally done it and hasn't inhaled for a year.

The story was first reported by the Associated Press, and it stirred the White House press corps to ask Robert Gibbs about it at his daily briefing. Asked what helped the president kick the habit, the first lady said:

"I think that when somebody decides to quit smoking to try to overcome a physical addiction that they have, they do it not just because they want to but because others want them to," Gibbs said, "and because others around them give them the type of encouragement that they need to break what is a tough habit to break."