

April TAP and TEG Enews From Community Intervention (April 2005)

~~~~~  
After more than twenty years in the same office, Community Intervention moved last week leaving behind archives of student assistance history - boxes of notebooks, newsletters, photographs, brochures, catalogs, and files. Packing became a walk down memory lane as we remembered many dear friends who strolled with us along the way. We are now located on the edge of the University of Minnesota campus and thoroughly enjoy the youthful energy (and coffee shops!).

Our new address is:  
Community Intervention, Inc.  
2412 University Ave SE  
Suite B  
Minneapolis, MN 55414

Our telephone, fax, emails, and website remain the same.

### ~~~~~ **In This Issue...** ~~~~~

- \* Tobacco Trivia: Did you know?
- \* National Youth Tobacco Use Survey Results
- \* Grant Opportunities
- \* April Question(s) of the Month
- \* This 'n That

### **Tobacco Trivia: Did you know?** ~~~~~

Compared with nonsmokers, women who smoke during early pregnancy have more than two times the risk for delivering a baby with neural tube defects, a serious malformation in which the brain, spinal cord, or protective coverings don't develop properly. (April 2005, The Medical Post)

Vitamin E disappears 13% more quickly in smokers than non-smokers. Vitamin E is an important antioxidant that plays a role in prevention cancer. In lung tissue, vitamin E is one of the first lines of defense against the free radicals generated by cigarette smoke. (April 2005, American Journal of Clinical Nutrition)

### **National Youth Tobacco Use Survey Results** ~~~~~

The 2004 National Youth Tobacco Survey by the U.S. Centers for Disease Control and Prevention (CDC) published on April 1, 2005, shows little progress in reducing smoking rates of middle and high school students between 2002 and 2004. The lack of forward momentum may be due to tobacco companies' increased marketing and deeply discounted cigarette prices. Also, states cut funding for tobacco prevention programs by 28%.

The core statistics are as follows:

- 28% of high school students were current smokers in 2004 (essentially unchanged since 2002)
- 8.1% of middle schools students currently smoke (down a bit from 9.8%)
- 28.2% of high school and 11.7% of middle school students use some form of tobacco (cigarettes, cigars, smokeless tobacco, or other products).

National Youth Tobacco Survey (NYTS)  
<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5412a1.htm>

### **Grant Opportunities**

~~~~~  
The Local Initiative Funding Partners (LIFP) program, sponsored by the Robert Wood Johnson Foundation, will provide up to 18 matching grants ranging from \$100,000 to \$500,000. Grants will be awarded to innovative community projects aimed at improving health for underserved populations. Stage I of the application process is June 30. For more information, go to <http://www.rwjf.org/applications/program/cfplist.jsp>.

The Centers for Disease Control Foundation (CDCF) announced the availability of grants to reduce or prevent youth smoking. Letters of Intent are due May 6, 2005. Only organizations in the following states may apply: California, Florida, Georgia, Illinois, Louisiana, Maryland, Michigan, Missouri, New York, Ohio, Pennsylvania, Texas, and Washington, DC. For more information, go to:

CDC Foundation "A Program To Prevent Smoking Among Urban Youth"
<http://www.cdcfoundation.org/pages.html?page=488>

April Question(s) of the Month

~~~~~  
**Are your students allowed or encouraged to repeat TAP? What about repeating TEG for a second or third policy violation?**

In March, we asked, "How do you handle **TAP** group sessions that are less than 45 minutes in length? What are your 'must do' exercises? Do you do more than 8 sessions?"

Eddie Zager from Apollo High School in Simi Valley, CA, wrote, "I schedule 40-minute sessions for **TAP**. I always schedule 10 sessions. If I can get through the lessons in 8 meetings, then the kids only have to attend 8 sessions and I look like a hero. They do, however, attend a support group to maintain their smoke-free status after completing **TAP**. The **TEG** sessions are held after school as an alternative to suspension and I schedule those as hour sessions. I still schedule 10 sessions."

Feedback please: Is anyone out there interested in a message board on our website to share ideas and network? Please let me know.

### **This 'n That**

~~~~~  
Upcoming **TAP** and **TEG** Training Dates and Locations:
May 5-6 Casper, WY
October 27-28 Minneapolis, MN
November 17-18 Riverside, CA

Many more dates will be added to the calendar for late summer and fall. Visit the website for up-to-the minute additions. Please let me know if I need to schedule training in your area.

Spit Tobacco Conference

The Second Annual Spit Tobacco Summit, "Working To Save Lives," will take place in Casper, WY, from October 24-26, 2005. For more information, go to www.throughwithchew.com.

World No Tobacco Day

Remember that May 31 is World No Tobacco Day. Plan ahead for teaching opportunities to raise awareness on how the tobacco industry impacts the global community. This is also a terrific quit day for your **TAP** students!

Stroke Identification

To determine the possibility of a stroke, ask the individual to:

1. SMILE
2. RAISE BOTH ARMS
3. SPEAK A SIMPLE SENTENCE

If the person has trouble with any of these three, call 9-1-1 immediately and describe the symptoms to the dispatcher. For more information go to:

American Stroke Association

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