

August TAP and TEG Enews From Community Intervention (August 2004)

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Welcome back! Some of you are returning to work after what I hope has been a long, leisurely summer. I enjoyed taking evening walks with my dog, coaxing flowers to grow in the garden, eating fresh tomatoes and canoeing in the Boundary Waters of Northern Minnesota with my niece.

Things have been relatively quiet at the office and I was astonished to find that the top of my desk has a lovely wood grain finish. I'm enjoying it while I can since within a few short weeks, I'm sure that it will once again be buried under piles of projects. So, without further adieu, let's dive into the 2004-2005 school year. Let the games begin!

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

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Children living in homes with smokers are nearly two times more likely to have cavities. Annual treatment costs for childhood tooth decay are estimated at \$4.5 billion, making tooth decay the most common chronic childhood disease in the US. (July 2004 Journal of the American Medical Association)

Girls whose favorite celebrity smokes in movies are nearly two times more likely to start smoking. Smoking in films seems to have less influence on boys. (July 2004 American Journal of Public Health)

Passive smoking increases the risk of heart disease by 50 to 60% in non-smokers exposed to secondhand smoke in public places. Previous estimates showed a 25 to 30% increased risk. (June 2004 British Medical Journal)

Heavy and/or long-term smokers have a 50% greater risk of developing chronic kidney failure, compared to non-smokers. (August 2004 Journal of the American Society of Nephrology)

August Question of the Month

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A question came up at a recent TAP and TEG training. It seems that most states, if not all, have State High School League rules and consequences for tobacco use. **If an athlete from your school voluntarily joins TAP, are the consequences enforced, waived or lessened?** Remember: The first ten people to reply will get ten **FREE TAP** or **TEG** student workbooks!

In June, I asked about fun summer travel plans. Jennifer Shaeffer from Dickinson, ND flew to New York to deliver her daughter to West Point Military Academy. What an honor! Eydie Wagar from Valley City, ND took twenty (yes, 20) high school students canoeing down the Missouri River in honor of the anniversary of Lewis and Clark's trek across America. They even slept in tepees!

## **Fall TAP and TEG Training Dates and Locations**

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September 1-2 Jeffersonville IN
September 16-17 Prince Frederick MD
Sept 30-Oct 1 Cheektowaga NY
October 7-8 Danville CA
October 14-15 Minneapolis MN
October 28-29 Riverside CA
November 1-2 San Diego CA
November 4-5 Columbus OH
November 4-5 Waterbury VT

Register early! These workshops can fill quickly. If you would like a workshop to take place closer to home, call me at 800-328-0417. Also, check the website frequently for new dates and locations.

2003-2004 TAP and TEG Survey Results

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Thanks to everyone who participated in the **TAP** and **TEG** online survey! We appreciate your feedback and your contribution to a compilation of data collected since 1995.

The most surveys came back from Indiana with Kentucky following close behind. Most schedule **TEG** classes to take place at school during the day or right after school. Likewise, most **TAP** classes are scheduled to take place at school during the school day. Nearly half of all facilitators follow up with their students after the **TAP** or **TEG** class; however, only about one fourth of those who follow up actually document the results. Finally, only 17% of **TAP** and **TEG** facilitators are fortunate enough to use a carbon monoxide tester with their students.

The summaries of results from 1995 to 2004 are as follows:

|                                                     |     |
|-----------------------------------------------------|-----|
| Completed <b>TEG</b> and reduced their tobacco use: | 37% |
| Completed <b>TEG</b> and quit using tobacco:        | 16% |
| Completed <b>TAP</b> and reduced their tobacco use: | 47% |
| Completed <b>TAP</b> and quit using tobacco:        | 40% |

To learn more about the prevalence of teenage tobacco use, visit these websites:

National Youth Risk Behavior Survey (YRBS) at [www.cdc.gov/yrbss](http://www.cdc.gov/yrbss)

National Youth Tobacco Survey (NYTS) at [www.americanlegacy.org](http://www.americanlegacy.org)

Monitoring the Future (MTF) at [www.monitoringthefuture.org](http://www.monitoringthefuture.org)