

## March TAP/TEG Enews From Community Intervention (March 2004)

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Spring has sprung,  
the grass has ris',  
I wonder where the flowers is?

I can remember my dad reciting this poem every March as we tottered between winter and spring. One day it's balmy and the snow has melted, and we are running around half naked in 45 degree weather. The next day - wham! - eight inches of wet, heavy snow. Oh, well. Hope springs eternal!

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

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

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A wake-up call to parents who smoke! Even when parents smoke outside, children are exposed to seven times more smoke particles in dust than in houses with non-smoking parents. Children of smokers are at higher risk for smoking-related illnesses including asthma and sudden infant death syndrome. (Tobacco Control, February 2004)

Women who were sexually abused as children are twice as likely to smoke as those never abused. (Addictive Behaviors, February 2004)

Teenage children of mothers who smoked during pregnancy perform more poorly on general intelligence tests and tasks requiring auditory memory than children not exposed to cigarette smoke before birth. (Neurotoxicology and Teratology 25(4):427-436, 2003 as reported in NIDA Notes, Vol 18, Number 6, 2004)

Cigarette smoke reduces blood flow through the placenta by as much as 38%. (NIDA Notes, Vol 18, Number 6, 2004)

Click here for more information on Kick Butts Day: <http://kickbuttsday.org>

### **TAP Continues Rigorous Program Evaluation**

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Beginning this spring and extending through the fall of 2004, several Midwestern sites will participate in a rigorous evaluation of **Helping Teens Stop Using Tobacco (TAP)**. Strict evaluation protocol will be followed including randomized control groups, pre- and post-tests, process evaluation and follow-up at 30, 60 and 90 days. Previous research has been published in the *Prevention Researcher* and *The Journal of School Health*. Our many thanks to those who agreed to participate! If you live in MN, IA, ND, SD or WI and are interested being involved, call 800-328-0417.

## **New! Question(s) of the Month**

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We had such good response to our queries about how **TEG** is used as a positive alternative to suspension or court diversion that we decided to add a new **TAP** and **TEG** Enews feature. Each month we will ask a question and the first five people who respond will receive ten *free* **TAP** or **TEG** student workbooks (your choice!).

This month's question: **How many of you use TAP and/or TEG with adults? If so, why? If you track the results, tell us how many cut down or quit. Do you use different videos? Are there other ways you adapt the curriculum?**

## **Food" for Thought**

Eydie Wagar from Valley City, ND wrote to tell me that they found a way to successfully offer **TAP** at school during lunch. One of the local church groups offered to buy and deliver lunch for any students willing to attend the class. Due to the time constraints of the lunch hour, it takes anywhere from twelve to sixteen sessions to cover all eight lessons. This is a great example of community-wide support and creative problem solving. Thanks for the idea, Eydie! Does anyone else have a success story to share?

## **Dates to Remember**

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- **March 14–20 Pulmonary Rehabilitation Week.** Remember those who struggle with nicotine addiction while trying to cope with COPD.
  - **March 15–21 Brain Awareness Week.** Remember that nicotine literally changes the brain structure and quickly moves young people from experimenting to addiction.
  - **March 31 Kick Butts Day!** Remember to encourage those who are trying to quit and pat those on the back who have succeeded.
  - **April is Alcohol Awareness Month.** Remember the strong connection between tobacco and alcohol use. If teens are using one, they are probably experimenting with the other.
  - **April 2–4 is the Alcohol-Free Weekend.**
  - **April 5–11 is National Public Health Week.** Our hats off to the public servants who help us to stay healthy!
  - **April 7 is World Health Day.**

Click here to learn more about the American Association of Cardiovascular and Pulmonary Rehabilitation: <http://www.aacvpr.org>

## **Finally! "Cold Turkey" Support**

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After the Arizona Department of Health Services found that 7 out of 10 Arizonans quit smoking cold turkey, they invested \$1.5 million in a statewide campaign to support this cessation approach. Check it out!

Click here for more information on quitting cold turkey:  
<http://www.gocoldturkey.com>