

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

I was reminiscing about the **TAP** and **TEG** trainings that have taken place since 1993. I did some number crunching and calculated that 5,824 **TAP** and **TEG** facilitators have been trained! Conservatively, even if each facilitator ran only one **TAP** or **TEG** group for just ten students, more than 50,000 young people have been helped! And since most trained facilitators conduct several groups, I'm in awe of the number of young people who I hope now live healthier lives free of nicotine. That is a blessing to count this season. Thanks to all of you. Happy Thanksgiving!

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Tobacco Trivia: Did you know?

Smoking dramatically increases the risk of rheumatoid arthritis in people who already have a genetic predisposition to the disease. (November 2004 Arthritis and Rheumatism)

As if COPD alone isn't bad enough... Smokers with a history of chronic bronchitis or emphysema may have an increased risk for lung cancer. (Cancer Causes and Control. 2004; 15:819-827)

While nicotine is the primary chemical in cigarette smoke that causes addiction, another chemical compound, acetaldehyde, seems to increase the addictive properties of nicotine. Unfortunately, adolescents are the most vulnerable to the rewarding effects of the nicotine-acetaldehyde combination. (October 2004 Irvine Transdisciplinary Tobacco Use Research Center - TTURC)

Current smokers are 33% more likely to develop asthma than non-smokers. Women who smoke are 143% more likely to develop asthma symptoms than men. (November 2004 European Respiratory Journal)

Click Here for New Link: thescoopsmoking.org >>
<http://thescoopsmoking.org>

More On The Fiscal Cost of Smoking

According to the CDC, smoking costs the U.S. \$75 billion annually in direct medical expenses and \$82 billion in lost productivity. Tobacco contributes to worldwide poverty through loss of income, loss of productivity, disease and death from tobacco-related diseases.

A soon-to-be-released book, "The Price of Smoking," reports that the cost of smoking a \$4.00 pack of cigarettes is actually \$39.66 per pack. This cost takes into consideration a value assigned to life, differences in income, and illness.

In addition, the researchers from Duke University found that smoking costs a 24-year-old male smoker approximately \$220,000 over his lifetime, an amount to be much higher for those who start smoking in junior high or high school.

Another publication, "The Motley Fool Investment Guide for Teens: 8 Steps to Having More Money Than Your Parents Ever Dreamed Of," presents the true financial costs of smoking. For instance, a 17-year-old who smokes a pack a day at \$4.00 a pack spends \$1,456 each year. If the same 17-year-old quit smoking and invested the \$1,456 in stocks every year for 40 years (using a Roth IRA to get tax-free growth) and managed an annual return of 10%, she would have more than \$800,000 by age 57.

Calculate the Cost of Smoking at ASH >>

<http://www.ashline.org/ash/quit/contemplation/calculators/calculate.html>

TAP and TEG Follow-Up Training

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Have several facilitators from your area attended the **TAP** and **TEG** training? Are some things going well, but other aspects of your groups a source of frustration? Could you use a refresher?

More and more communities are calling and asking for a day of **TAP** and **TEG** follow-up training. Community Intervention will customize training to meet your group's specific needs. Most trainings include:

- What works and what doesn't? Networking and problem solving
- What's new? The latest information on research, tobacco products and supplementary resources
- How can I be better at...? Recruiting participants, managing time, prioritizing activities, handling problems in group, etc.

For more information, call Mary Beth at 800-328-0417 or email [marybeth@communityintervention.org](mailto:marybeth@communityintervention.org).

### **November Question of the Month**

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What successes can you share from the Great American Smokeout on November 18?

Over the years, several people have told me that they quit on the "Smokeout" day simply because someone asked them to try quitting for just one day. Remember: The first ten people to reply get 10 *FREE* **TAP** or **TEG** student workbooks!

In October, we asked, "Do you invite speakers to your **TEG** or **TAP** classes? If so, who?" Allison Counts from Montana says that she uses speakers in **TEG**. Most recently, a well-liked and respected high school custodian spoke to her class about his father who died of a tobacco-related illness within one year of his brother dying from the same thing. He asked to speak to the class with hopes that it would make a difference. As Allison said, "His emotion was very real and, therefore, made what he was saying very real. It was someone different telling his story, not just me. They hear so much from me that a change had great impact and it was a 'right now' issue."

Dave Ettesvold from St. Paul, MN invites a man who had a laryngectomy from smoking-related throat cancer and a hypnotherapist to his **TAP** classes. Recently, he also invited two parent volunteers who are recovering smokers. All are really well received and seem to push students along the stages of change toward quitting.