

NEWSLETTER

*Whole School. Whole Community.
Whole Child.*

#11 | November | 2020

The Great American Smoke Out

November 19, 2020

NJ Teens Combat Peer Vape Use!

National and statewide youth tobacco prevention efforts in the 2000s resulted in a remarkable decline in youth smoking/tobacco use rates! Unfortunately, the use of electronic nicotine delivery systems (ENDS) and vapes has been drastically increasing among youth since 2017 leading to the United States Surgeon General declaring it an epidemic in December of 2018. The [Campaign for Tobacco Free Kids](#) reported that 47% of smokers who start smoking before age 18 become daily smokers. Furthermore, a recent [Stanford University School of Medicine](#) study found that vaping is linked to a substantially increased risk of COVID-19 among teenagers and young adults. Among young people who were tested for the virus that causes COVID-19, the research found that those who vaped were five to seven times more likely to be infected than those who did not use e-cigarettes.

Many teens are using this information to take a stand against Big Tobacco and educate their peers on the dangers of the use of vapes. [Tobacco Free for a Healthy NJ](#) is working with youth across the state in a collaborative teen campaign called Incorruptible.U.S. Each county has a Youth Tobacco Action Group that works to improve community health and change policy through education and prevention efforts. November 19th is the American Cancer Society's [Great American Smokeout](#). This annual event encourages and offers support to smokers to make a plan to quit smoking or to quit smoking on the day of the event. Teens throughout the state are participating in a countdown to the event by promoting cessation resources and motivational messaging.

If you know a New Jersey teen interested in joining these efforts, contact Tracy Storms-Mazzucco at tracy@centerforprevention.org.

Also, be sure to follow your county's Incorruptible group on Instagram!

@Incorruptible.Bergen

@Incorruptible.Essex

@Incorruptible.Hudson

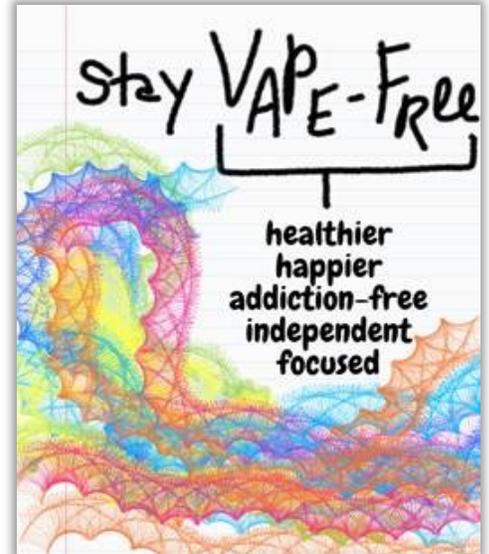
@Incorruptible.Morris



@Incorruptible.Passaic

@Incorruptible.Sussex

@Incorruptible.Warren



How your body recovers from smoking ...

20
minutes



Your heart rate and blood pressure drop.

12
hours



The carbon monoxide level in your blood drops to normal.

2–3
weeks months



Your circulation improves, and your lung function increases.

1–9
months



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

1
year



The excess risk of coronary heart disease is half that of a continuing smoker's.

5
years



Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10
years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15
years



The risk of coronary heart disease is that of a non-smoker's.

Quitting isn't easy, but there is so much support out there for people who are ready to take those first steps. [Click here](#) for more information!

Cooking Corner

Let's talk turkey! The holidays are a time that food is very rich and there's a lot of it! However, food doesn't have to be calorie dense in order to taste good. Time to bring on the Holiday's and leave some of the carbs and fat out of it!

[Turkey Veggie Platter](#): see picture and [Dill Veggie Dip](#): don't want to use mayonnaise? No biggie, skip the mayo and add a little olive oil

[Healthy crock-pot mashed potatoes](#): a great way to still have mashed potatoes on thanksgiving day, and save oven space!

[A healthier, fresher green bean casserole](#): a take on grandmas famous recipe that she got from the back of the soup can (shhh we won't tell)

[Sweet Potato Stacks](#): A great way to get the kids involved in the kitchen, and lessen the use of butter around the table

Dessert—skip the crust this year and make these delicious [Bloomin' apples](#) instead of apple pie!

We'd love to hear from you! Send us a picture of you and your family making one of these recipes (or another healthy family favorite) and you could be featured in our next newsletter and entered to win a visa gift card to purchase more healthy ingredients!

