



This newsletter provides monthly updates, current events and information from the Southern Nevada Health District's Tobacco Control Program. The goal of our program is to create a smoke and vape-free community where we can live, work, learn and play – Healthy!

Spotlights



BreakDown - 2023 Fall Sports Partnerships

The SNHD Tobacco Control Program's teen vaping prevention initiative, BreakDown, **partnered with 41 local high school sports teams to promote vape-free lifestyles** throughout the fall sports season.

BreakDown provided educational training to promote vape-free lifestyles to 1,687 teens and 41 coaches from August through October 2023.

[LEARN MORE](#)

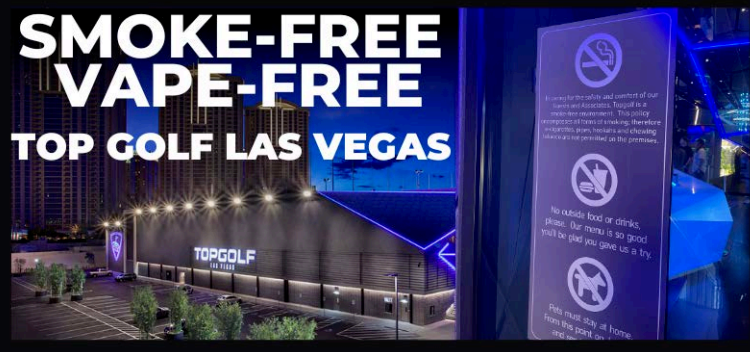


NEW SPANISH TOBACCO CESSATION MATERIALS FOR HEALTH CARE PROVIDERS

New Spanish Health Care Provider Cessation Materials

The SNHD Tobacco Control Program has **developed new Spanish tobacco cessation materials designed for health care settings**. Health care providers can now order free cessation materials to promote tobacco-free lifestyles to their patients at no cost. Health care providers in Southern Nevada can now order materials using the SNHD Tobacco Control Program's free online storefront.

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Smoke-free and Vape-free Policy: Top Golf Las Vegas

Top Golf of Las Vegas has **adopted a voluntary tobacco-free policy expansion** beyond what is required by the Nevada Clean Indoor Air Act. This policy does not allow smoking or vaping inside the building or on the teeline.

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Smoke & Vape-Free Events



Dia de los Muertos Event

The SNHD Tobacco Control Program's Hispanic/Latinx initiative, Por Mi Por Ti Por Nosotros Viva Saludable, is participating in a Dia de los Muertos event on Thursday, November 2nd, 2023. The outdoor family friendly event will be smoke-free and vape-free and will encourage tobacco-free lifestyles.



Save The Date: Because We Matter LV Tobacco-Free Summit

The SNHD Tobacco Control Program's African American initiative, Because We Matter LV, is hosting a Tobacco-Free Living Summit to promote vape-free lifestyles in January 2024.

In The Field



Smoke-Free Pride with CRUSH

The SNHD Tobacco Control Program's LGBTQIA+ Initiative, CRUSH, partnered with Las Vegas PRIDE to make the 2023 Las Vegas Pride Festival smoke and vape-free. This event was held on October 7th at Craig Ranch Park.



NTCSC Strategic Planning Meeting

The SNHD Tobacco Control Program staff attended the annual NTCSC Strategic Planning meeting on October 24th and October 25th in Reno, Nevada to support tobacco prevention efforts throughout the State.



Because We Matter LV Church Partnerships

The SNHD Tobacco Control Program's African American initiative, Because We Matter LV, is partnering with 4 local churches to promote tobacco-free lifestyles in November.

Fast Facts



NICOTINE REPLACEMENT THERAPY & CESSATION RESOURCES

Quitting tobacco is one of the most important steps someone can take to improve their health. Quitting tobacco:

- **Enhances quality of life**
- **Lowest risk of cardiovascular diseases**
- **Lowest risk of chronic obstructive pulmonary disease (COPD)**
- **Reduces the risk of premature death and can add up to 10 years to life expectancy**



Nicotine Replacement Therapy (NRT)

NRT works by replacing some of the nicotine an individual gets from cigarettes so they are not uncomfortable during the quitting process. NRTs supply nicotine without the hundreds of harmful chemicals that cigarettes contain.

Nicotine patches, gum, or lozenges are the most common forms of NRT. The patch helps individuals to get a steady level of nicotine to reduce cravings & withdrawal symptoms. Lozenges or gum can help fight cravings more quickly.



The Nevada Tobacco Quitline

Call the Nevada Tobacco Quitline at

1-800-QUIT-NOW

(1-800-784-8669)

or text QUITNOW to 333888

The Nevada Tobacco Quitline can help individuals receive tobacco cessation medicines through community programs. Quitline services are available in every language. Quitline services are

FREE and CONFIDENTIAL.

This is a limited preview of the infographic. Please click the button below to view the full document.

VIEW FULL INFOGRAPHIC

In The News



"Nevada needs Biden to finish the job on disposables"

A 2022 study from the Centers for Disease Control and Prevention showed a 2,188% increase in disposable vape use among high school students since 2019. Parents, school administrators, public health officials and more have been sounding the alarm to the Food and Drug Administration that more needs to be done to crack down on flavored disposable e-cigarettes that the FDA already considers a threat to youths.

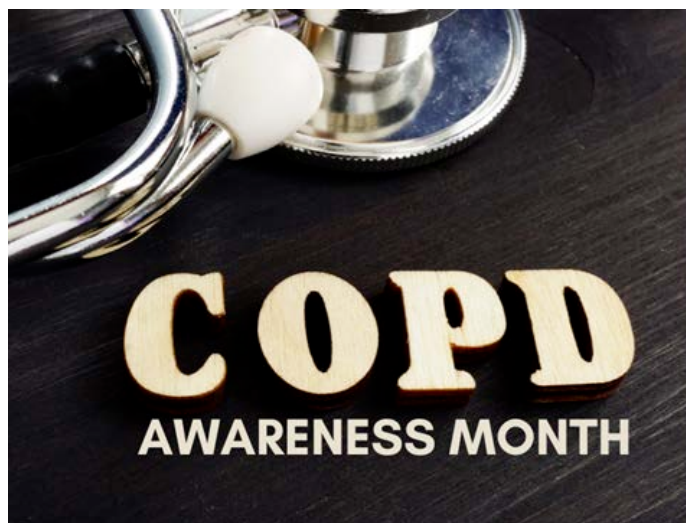
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Observances



American Indian and Alaska Native Heritage Month

American Indian and Alaska Native Heritage Month celebrates the rich and diverse cultures, traditions, and histories of Native people. Commercial tobacco use is the #1 cause of preventable death and disease among American Indians and Alaska Natives.



COPD Awareness Month

November is National COPD Awareness Month. COPD is usually caused by smoking. In fact, smoking accounts for about 8 out of 10 COPD-related deaths.



Great American Smokeout

The third Thursday of November marks the Great American Smokeout. This day encourages smokers to make a plan to quit, or to plan in advance and quit smoking that day.

The Southern Nevada Health District Tobacco Control Program works to prevent youth and young adult initiation, eliminate exposure to secondhand smoke, promote quitting and eliminate tobacco-related health disparities.



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