



Cigarettes aren't the Only Tobacco Products Students are Using

Often times, when people think of tobacco products a cigarette comes to mind. However, there are several types of tobacco products that are commonly used among youth. These products are often referred to as Other Tobacco Products (OTPs). OTPs include cigars, smokeless tobacco, SNUS, hookah, and little cigars or cigarillos. A common misconception is that (OTPs) are less harmful than cigarettes when in truth this is not always the case.

While there was a decline in middle school cigarette use between 2000 and 2002, use rates have remained the same since 2002, as has the middle school prevalence rate of smokeless tobacco use.

According to the 2008 Ohio Youth Tobacco Survey, 11.2 percent of Ohio middle school students and 30.1 percent of Ohio high school students were current users of any form of tobacco products (cigarettes and OTPs). Columbus, Ohio is often used as a "test market" when tobacco companies test new OTPs. To keep our children tobacco free, we must remind them OTPs are neither a safe alternative to cigarettes nor a legal to use if they are under the age of eighteen.



Camel Orbs, Sticks, and Strips are the newest other tobacco product to be tested in Columbus, Ohio. These products completely dissolve in a user's mouth.

According to the Mayo Clinic, the following health risks are directly correlated to the use of Other Tobacco Products:

Addiction: People become addicted to OTP in a similar manner to cigarettes. Once someone becomes addicted, it is hard to quit.

Cavities: Chewing tobacco and other forms of smokeless or spitless tobacco can cause tooth decay.



Gum disease: The sugar and irritants in smokeless, spitless tobacco can cause gums to pull away from the teeth in the area of the mouth where chew is placed. Over time, a person can develop gum disease (gingivitis) and possibly tooth loss.

Heart problems and cancer: Tobacco use can cause increased heart rate and blood pressure. People who use smokeless tobacco can have higher cholesterol levels and an increased risk of pancreatic cancer.

Precancerous mouth lesions: People who use smokeless, or spitless (chew) tobacco are more likely to develop small white patches called leukoplakia (loo-ko-PLA-ke-uh) inside their mouths where the chew is most often placed. These sores can develop into oral cancer. After stopping tobacco usage, the lesions usually go away.

Black and Milds are seen as different than cigarettes: to some young adults, they are cleaner, more culturally tied to hip hop and are felt to represent status.

Source: Johns Hopkins Bloomberg School of Public Health and Baltimore Health Dept report.

Oral cancer: The risk of cancer of the mouth, throat, cheek, gums, lips and tongue is increased for those who use smokeless tobacco. Surgery to remove cancer from any of these areas can leave a person's jaw, chin, neck or face disfigured.

For more information about other tobacco products, visit the National Institute of Drug Abuse at <http://www.nida.nih.gov/infofacts/tobacco.html>.



News You Can Use

Nutrition Education in School Food Service Tool Kit

For most children, school is their largest source of meals eaten outside of the home. School food service offers an ideal setting for experimentation and for engaging parents in modeling healthy eating habits at home. The [Nutrition Education in School Food Service Tool Kit](http://www.cnr.berkeley.edu/cwh/activities/Tool_Kit_Food_Service.shtml) takes advantage of the potential for school food service settings to positively influence children's eating habits – both at school and at home. The tool kit is designed for use in elementary schools, particularly those serving low-income populations. Activities are included for food service staff to use in school as well as for parents to use at home. For more information, visit http://www.cnr.berkeley.edu/cwh/activities/Tool_Kit_Food_Service.shtml.

Produce for Kids Classroom Challenge

Classrooms throughout the U.S. are invited to enter the Produce for Kids "Play with Your Produce Healthy Challenge" contest for Fall 2008. All entering classrooms will receive coupons and discounts for fresh produce, sample lesson plans with fun fruit & veggie activities, discounts on nutrition books and curricula, and Produce for Kids goodies for the classroom. Three grand prize winners will receive a classroom party toolkit (with party ideas, recipes, favors and gift certificates to purchase produce and other nutritious food), a \$500 mini-grant to promote school-based health and wellness, and their photo and write-up highlighted on the Produce for Kids® website. You can find complete contest details at <http://produceforkids.org/teachers/contest.html>.

Get Ready to Help Your Students Do Amazing Things!

The National Dairy Council® and your local Dairy Council® have teamed up with the National Football League to help students eat right and stay active. They are offering schools a free Wellness Activation Kit to inspire students to get 60 minutes of physical activity every day and to eat more of the 2005 Dietary Guidelines for Americans' Food Groups to Encourage. The kit includes poster clings, banners, a copy of Game On! The Ultimate Wellness Challenge CD, information cards, and a Wellness Activation Kit User's Guide. To order your free kit, visit <http://www.schoolwellnesskit.org/>.

Low Fat Pumpkin Pie

Heart Healthy Recipe of the Month

You can have your pie and eat it too with this low fat version of classic pumpkin pie!

Source: <http://www.mealsmatter.org> Number of Servings: Four 1 1/4 C servings

Ingredients:

(crust)

3/4 C. crushed ginger snaps
1/2 C. crushed graham cracker
1tbsp. Sugar
1tbsp. Flour

3 tbsp. butter, melted

(pie filling)

1 16 oz. can pumpkin
1/2 C. dark brown sugar, packed
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/2 tsp. ground nutmeg
3/4 C. refrigerated, or frozen egg product, thawed
1C. Evaporated, skim milk

Directions

1. Combine ginger snaps, graham cracker, sugar, flour, crackers, and melted butter in 9 inch pie plate and mix. Using a fork, pat crumbs to bottom and sides of pie plate. Chill for 1 hour or until firm.
2. Combine pumpkin, brown sugar, ginger, cinnamon and nutmeg in a mixing bowl.
3. Blend in egg product and gradually stir in evaporated milk.
4. Pour in prepared pie shell. Cover with foil and bake at 375 degrees for 30 minutes
5. Remove foil and bake for 10-15 minutes or until pie remains firm in the center when shaken.

Nutrition Content:

Calories: 262
Total fat: 8.5g
Saturated fat: 2g
Calcium: 150 mg
Sodium: 313 mg
Total fiber: 3 g
Protein: 8 g
Carbohydrates: 41 g

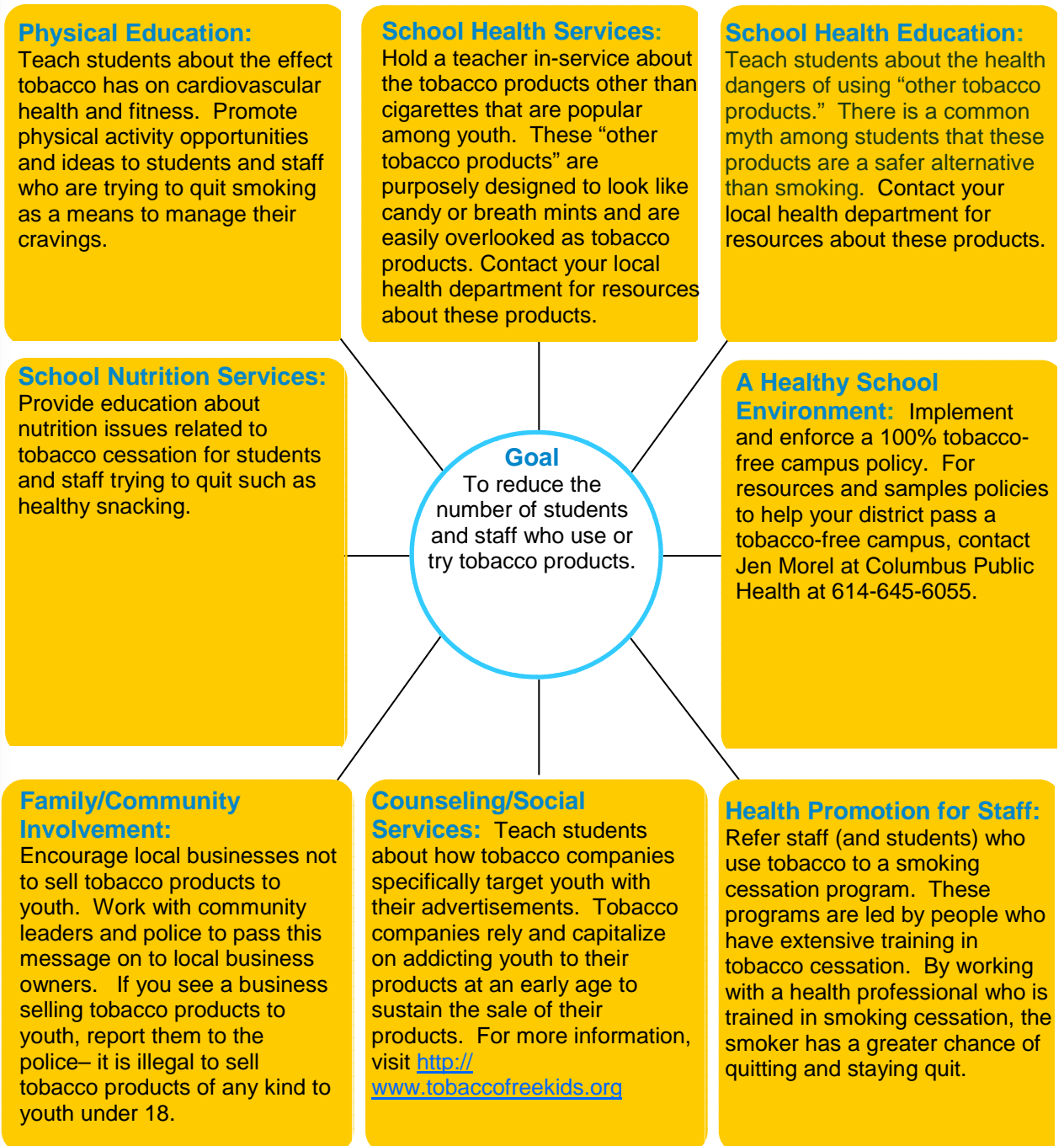


Buckeye Best Tips

In every issue, Buckeye Best Tips addresses a question from Centers for Disease Control and Prevention's School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggests what schools can do to focus on that issue using the Coordinated School Health Approach. This month's Health and Nutrition Flash focuses on how to reduce the number of students and staff who use or try tobacco products through education, policy, and referral services.

It Takes a Coordinated Approach

Addressing School Health Goals Using the Coordinated School Health Model



Staff Wellness

November 20th is the Great American Smokeout!

Seventy percent of Americans who smoke would like to quit (Centers for Disease Control and Prevention). Quitting smoking is not easy, but it can be done. To have the best chance of quitting for good, you need to know what you're up against, what your options are, and where to go for help. What better time is there to quit than on November 20th, the Great American Smokeout?

Nicotine (the addictive ingredient in cigarettes) is as addictive as heroin or cocaine (American Cancer Society). After quitting, your body reacts physically to the absence of nicotine, and you are also faced with the emotional challenge of giving up a habit.

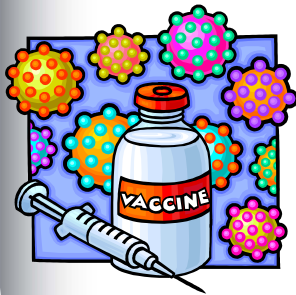


For a list of all resources in Franklin County that can help you quit smoking, visit http://www.publichealth.columbus.gov/health_topics/health_topic_47.asp. The Ohio Tobacco Quit Line is also available to all Ohio residents. The Quit Line provides two weeks worth of free nicotine patches to all callers whose insurance companies do not cover nicotine replacement therapy, or their employer is not an "employer NRT partner." Some Ohio employers have arranged for their employees to receive free nicotine patches for up to eight weeks. Check with your employer or the Ohio Tobacco Quit Line (1-800-784-8669) for more details. The Quit Line is open Monday-Friday from 9am—11pm and Saturday and Sunday from 10am—6:30pm. Soon-to-be-former smokers can also leave a message 24 hours a day and request a call-back time that is convenient for them.

For more information about quitting smoking or the Great American Smokeout, visit the American Cancer Society's web site at <http://www.cancer.org/docroot/subsite/greatamericans/index.asp>.

Perplexed about Pertussis?

Pertussis (also known as whooping cough) is a highly contagious respiratory tract infection that is caused by bacteria. Symptoms include severe spasms of coughing that can last for several weeks or even for months. Initially, pertussis resembles an ordinary cold, but it may become more serious, particularly in infants. It is usually spread from person-to-person through close contact with respiratory droplets released when a person coughs or sneezes.



Whooping cough is most contagious before the coughing starts. The best way to prevent it is through vaccinations. The vaccine used for children under 6 years is called DTaP. The booster vaccine for adolescents and adults (ages 11 and older) is called Tdap. Both vaccines protect against pertussis, tetanus, and diphtheria.

DTaP is recommended for all infants at 2, 4 and 6 months of age. Additional doses of DTaP vaccine is recommended at 15-18 months of age and at 4-6 years of age.

It is recommended that adolescents and adults get a Tdap vaccine in place of the previously recommended tetanus and diphtheria (Td) boosters, especially anyone in contact with infants under 12 months of age.

For more information, visit <http://www.cdc.gov/vaccines/vpd-vac/pertussis/>.



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