

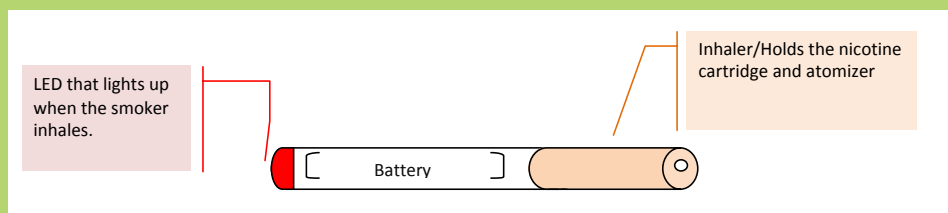
Trending: E-Cigarettes

Electronic cigarettes, also known as e-cigarettes or e-cigs, are battery-powered devices people use to inhale nicotine and other additives. They look like regular cigarettes and, instead of smoke, release a vapor. Using an e-cigarette is commonly referred to as 'vaping.' In September 2013, the Centers for Disease Control and Prevention released national data on the high rates of e-cigarette use among youth. The findings from the National Youth Tobacco Survey (NYTS) confirmed that e-cigarette use doubled among U.S. middle and high school students from 2011 to 2012, increasing from 1.1% up to 2.1%. In 2012, more than 1.78 million middle and high school students nationwide had tried e-cigarettes.

About 90% of all smokers begin in their teens, and with the marketing and availability of e-cigarettes to youth, these devices can become a gateway to conventional tobacco products.

At this time, e-cigarettes are not regulated by the U.S. Food and Drug Administration (FDA) and there is not enough known about the health effects of using them.¹

For help with quitting all forms of tobacco, visit the Nebraska Tobacco Quitline at Quitnow.ne.gov or call 1-800-QUIT-NOW.



MISSION

Tobacco Free Cass County will work collaboratively as a coalition to prevent and reduce tobacco use in order to improve the health of our community.

Goals

- Prevent youth from ever starting to use tobacco.
- Reduce exposure to secondhand smoke.
- Reduce tobacco use among adults
- Advocate for tougher standards regarding tobacco issues.
- Establish Cass County as a leader in the tobacco prevention and control movement.

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TO JOIN TFCC, CALL
402.593.3022

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Work Tobacco Free

It makes good business sense to have a tobacco-free work environment (indoors and out). There are many reasons why implementing a tobacco-free policy is a good idea for your business and your employees.

- **Save Money**
Employees who smoke generally cost employers more in workers' compensation, health care, and lost productivity. In addition, tobacco-free businesses can save money on cleaning costs, property damage, and fire insurance.
- **Increase Productivity**
An employee taking four 10-minute smoke breaks a day will be away from his/her job for more than one extra week per year than a non-smoking employee.
- **Reduce Absenteeism**
Smokers, on average, are absent from their jobs 2.3 more days per year than non-smokers.
- **Lower Your Liability**
A tobacco-free work environment reduces the risk of lawsuit and disability claims due to secondhand smoke exposure.
- **Protect Your Employees' Health**
Quitting tobacco reduces the risk of lung cancer, heart attack, heart disease and upper respiratory infections.

To learn more about the benefits of a tobacco-free business campus, visit TobaccoHurtsBusiness.ne.gov or call 402.593.3022.²

MEET BECKY, THE NEW ASSOCIATE OF TFCC!



Becky Smart is the newest member joining TFCC as a Tobacco Associate. She is a wife and mother of three who resides in Louisville. She is a committee member for the Omaha chapter of the Women in the Outdoors (WITO); which is an Outreach Program of the National Wild Turkey Federation. As a dedicated volunteer with WITO, she helps with the planning of multiple events that educate Women from the age of 14 and up in outdoor skills in a friendly, noncompetitive manner. Becky is thrilled about the position she has stepped into as a TFCC team member and is excited to help educate her community.

¹ <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6235a6.htm>

² TobaccoHurtsBusiness.ne.gov, Accessed September 30, 2013.