Volume 6: Winter 2019

Featured Article:

Weight Loss Tips that Work

Andrea Nikolai, MPH, RDN, LDN

Nutritional Recipe:

PUMPKIN CRANBERRY GRANOLA BITES

Winter Shopping List:

Fruits and Vegetables

Fun Winter Activities:

Be Active Outdoors!

Building a Healthier Polk

The Worksite Wellness Team supports the development and enhancement of worksite wellness programs in local businesses.

Weight Loss Tips that Work

Submitted By

Andrea Nikolai, MPH, RDN, LDN

UF/IFAS Extension Polk County

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You can find a diet out there on anything from cabbage soup to keto. Here are some weight loss tips from UF/IFAS Extension that will help enable you to enjoy the foods you love, feel satisfied, and help you reach your weight loss goals without having to diet.

continues on page 2

Featured Article continued:

Skip the sugary drinks. Sugary drinks such as juice drinks, sweet tea, coffee drinks, and soda are filled with empty calories–meaning lots of calories with no or few nutrients. They also don't register the same way in the body as food and can cause us to consume the same number of calories as we would from a meal without feeling that same satisfaction of being full. Water is the best! Flavor the water with fruit or an herb such as basil or mint; carbonated water or unsweet teas are also great choices.

Fiber is your friend. Fiber helps you feel full and satisfied. Aim to choose foods with fiber, such as beans (black beans, lentils, chickpeas, kidney beans…), fruits and vegetables, whole grains, nuts and seeds. Try substituting half of your ground beef with beans in meatloaf, meatballs, hamburger patties, tacos, spaghetti sauce, and even extra beans in place of meat in chili. Meat although chewy, has no fiber.

Make half your plate non-starchy vegetables.

Look at your plate and see if it looks like it is half vegetables. How much is really in that pizza slice? If it isn't half, either add some in the dish, or have less of the main food and have vegetables on the side. Non-starchy vegetables have minimal calories but are filled with that belly-filling fiber, vitamins and minerals to help us look and feel our best.

Put the produce where you see it. Take the fruit and vegetables out of the produce drawer, and put them right on the shelf you first see when you open the

Featured Article continued:

fridge. They might last longer in the produce drawer, but the goal is to eat them, not let them sit in there. A bowl of apples on the counter works too!

Choose wet snacks. Replace the crackers, chips, veggie chips, pretzels, and candy bars with apple slices, melon, berries, clementines, carrots, cucumbers, sugar snap peas, cherry tomatoes, or even cottage cheese and yogurt. Choose vegetables when you can; they are weight loss all-stars. Choosing wet snacks can help steer you in the right snacking direction.

Keep in mind that even small changes help and that setbacks may come, but be prepared for those setbacks. Remember that it is what you eat over the course of the week and then the month that matters. You can do this!

UF | IFAS Extension
UNIVERSITY of FLORIDA

grow • shop • cook • eat
Family Nutrition Program

Community Health and Wellness Announcements:

Andrea Nikolai, MPH, RDN, LND is the Family and Consumer Sciences Agent at UF/IFAS Extension in Polk County and a registered dietitian. She teaches food and nutrition classes around the county with the goal to improve the health and wellbeing of families.

To find classes and to register: www.polkfcs.Eventbrite.com
Would love to see you there!

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863-519-1072

@Polkfcs

UF/IFAS Extension Polk County, Family and Consumer Science

The Family and Consumer Sciences Extension Program is dedicated to providing science-based information to empower individuals and families to make changes to improve their health and quality of life.

The Institute of Food and Agricultural Science (IFAS) is an Equal Employment Opportunity – Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Cooperative Extension Program and Boards of County Commissioners Cooperating.

For more information, please contact Andrea Nikolai, UF/IFAS Extension Polk County, Family and Consumer Science Agent at andreanikolai@ufl.edu or 863-519-1041. Thank you!

Community Health and Wellness Announcements continued:

Classes for a Healthy Lifestyle!

Eating the Mediterranean Way

Improve your health by eating the Mediterranean way! Learn the basics of the Mediterranean diet and get ideas on what you could cook to make heart-healthy and tasty Mediterranean meals. Food demonstration and sample included!

Date and Time and Location

Thu, January 30, 2020
11:00 AM – 12:00 PM EST

603 Lake Marie Blvd
Dundee, FL 33838

Fri, February 21, 2020
11:00 AM – 12:00 PM EST

Frostproof Care Center
17 S Scenic Hwy
Frostproof, FL 33843

Health Benefits of Herbs and Spices

Learn how adding the herbs and spices to your foods can help improve your health! Hear about specific herb and spice benefits, and learn tips on how you can add them to everyday meals.

Date and Time and Location

Fri, January 17, 2020
10:00 AM – 11:00 AM EST

International Market World
Meet at the big yellow building.
1052 US-92
Auburndale, FL 33823

Eating Better for Less

Enjoy this interactive class to learn tips and tricks on how to eat healthy on a budget.

Date and Time and Location

Fri, March 20, 2020
10:00 AM – 11:00 AM EDT

International Market World
Meet at the big yellow building.
1052 US-92
Auburndale, FL 33823

For more information and to register, visit http://polkfcs.eventbrite.com

Community Health and Wellness Announcements continued:

AASDN
AMERICAN ACADEMY OF SPORTS DIETITIANS AND NUTRITIONISTS

Contact Abigail Elias at aelias@flsouthern.org for the next class schedule and more information!

AASDN Nutrition Specialist Workshop

- Learn how to implement a nutrition program while adhering to state licensure laws and regulations
- Learn how to coach your clients, students, and patients through healthy lifestyle changes
- Earn CEC's (18 contact hours)
- FREE textbook with registration!

The workshop is a **continuing education provider** for:

- CDR
- NASM
- WITS
- AFAA
- YMCA
- Course petition forms are provided for all other major fitness organizations.

Upcoming Events:

Mean & Green 5 Mile Trail Race

Lakeland Runners Club Florida

Saturday, Jan. 18 at 8:00 AM

For more information visit:

https://lakelandrunnersclub.org/lrcraces/mg5

Color the Trail 5K: The Hunt for Sasquatch

Saturday, Feb. 8 at 9-12

For more information visit:

https://fitniche.com/event/color-the-trail-5k-the-hunt-for-sasquatch/

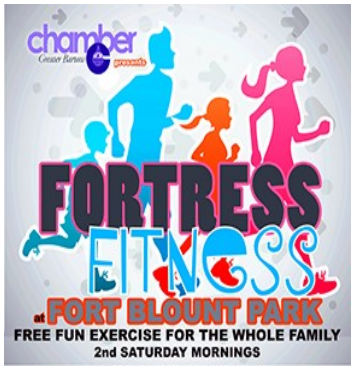
Polk County Parks & Recreation 5K Color the Trail Trail Run

Fortress Fitness

Fortress Fitness is a free community workout open to all ages, levels and abilities. The workouts are held on the second Saturday of each month. Workouts begin at 9:00 a.m. Trainers volunteer their time and talents to provide a free community workout.

Fort Blount Park is located in downtown Bartow on the corners of Broadway Avenue, Main Street and Davidson Street, across from the Polk County Courthouse and the Polk History Center. Use 102. W. Main Street, Bartow, Florida for GPS.

For more information, please contact: Virginia Condello at the Greater Bartow Chamber of Commerce, (863) 533-7125.



Visit our Facebook, Fortress Fitness Facebook:
https://www.facebook.com/bartowchamber12/

Community Health and Wellness Announcements continued:

All classes are held one Thursday a month from 5:30 PM-7:00 PM and taught by Ronald Lund who is a Registered/Licensed Dietitian & Nutritionist at Central Florida Health Care. For more information or to register for a class, please call Ron at 863-444-0492 or email him at rlund@cfhconline.org

Central Florida Health Care
HEALTH CARE WITH A HEART

EAT WELL | MOVE WELL | BE WELL

Pumpkin Cheesecake Smoothie Recipe

The vanilla yogurt makes this smoothie taste like pumpkin cheesecake. You'll think it should be in a pie shell. Don't forget the sprinkle of nutmeg!

Ingredients:

1 cup canned pumpkin
1 cup fat-free milk
¼ teaspoon vanilla extract
1 cup low-fat vanilla yogurt
½ teaspoon ground cinnamon
2 teaspoons sugar

Directions: Combine all the ingredients except the nutmeg in a blender or food processor. Blend until smooth. Pour into a glass and garnish with a sprinkle of nutmeg. For a nuttier taste and another burst of nutrition, add ¼ cup toasted wheat germ to the blender. (Calories increase to 270 per serving and fiber bumps up 1 gram.)

Nutrition Information Serving size: 1.5 Cups Serves 2
Calories: 210; Total Fat: 1g; Saturated Fat: 0g; Cholesterol: 5mg; Sodium: 150mg; Total Carbohydrate: 41g; Dietary Fiber: 4g; Protein: 12g.

https://www.eatright.org/food/planning-and-prep/recipes/pumpkin-cheesecake-smoothie-recipe

Nutritional Recipe:

Submitted by

Andrea Nikolai, MPH, RDN, LDN

Family and Consumer Sciences

UF/IFAS Extension Polk County

PUMPKIN CRANBERRY GRANOLA BITES

Enjoy the powerhouse nutrition of canned pumpkin! It's great here with the crunch of almonds and pumpkin seeds and the sweet-tart accent of dried cranberries. These are perfect bite-size snacks to stash in lunch boxes and pockets.

INGREDIENTS: *Serves 10*

- 2 cups rolled oats
- ¾ cup canned pure pumpkin (not pie filling)
- ½ cup roasted diced almonds
- ½ cup dried cranberries
- 1/3 cup unsalted pumpkin seeds
- ¼ cup maple syrup
- 2 tablespoons vegetable oil
- ½ teaspoon ground ginger
- 1 teaspoon kosher salt
- ¼ teaspoon ground cloves

INSTRUCTIONS:

Preheat the oven to 350°F. Line a baking sheet with sides with aluminum foil and spread the oats on it. Toast them for 8 to 10 minutes, until lightly golden. Pour them into a large bowl. Leave the oven on.

Add the remaining ingredients to the oats. Mix the granola together. Form 1-inch balls of the granola mixture (a 1-tablespoon cookie scoop works well). Place the balls on the baking sheet.

Bake the bites for 15 to 18 minutes, until firm and lightly browned. Remove the pan to a wire rack to cool. Store the pumpkin bites in an airtight container.

Source: Almond Board of California

NUTRITIONAL INFO: Calories: 203, 10g fat, 1g saturated fat, 25g CHO, 10g sugar, 2g fiber

Monthly Observances

January • HEALTHY WEIGHT WEEK—January 20-26

If you've been trying to lose weight without seeing results, it may be a good time for a new approach. The key to weight loss for most people is simply finding the right combination of exercise, healthy foods, and portion control. No fad diet required. —For more information visit, https://www.diabetes.org/fitness/weight-loss

FEBRUARY • HEART DISEASE AWARENESS MONTH

Each February we raise awareness about heart health and urge Americans to lower their risk for developing heart disease.—For more information visit, https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month

March • NUTRITION MONTH

"Let thy food be thy medicine," said Hippocrates —For more information visit, https://www.eatright.org/

Polk Wellness Professionals

have been working to support the development and enhancement of worksite wellness programs in local businesses across Polk County. The team has been promoting the use of the CDC Worksite Health ScoreCard, which is a free, validated self-assessment tool for businesses to evaluate their current worksite wellness programs, identify gaps, and implement evidence-based strategies for improvement. The team has now held two Wellness Exchange events, one in November of 2018 and most recently in May of 2019, that include sponsors, a featured speaker and an opportunity for members to "Exchange" wellness ideas and resources that have worked for them. Be on the lookout for more "Wellness Exchanges" in 2019.

What are your New Year's Resolutions?

https://foodandhealth.com/years-resolution-calendar-cffh/

A New Year's resolution is a tradition in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve their life. *(From Wikipedia)* ***We asked our committee members…***

Strive for 8 hours of sleep every night.

Focus on wellness - benefits: weight loss, mental clarity, improved self-esteem, increased energy.

Drinking more water.

Being engaged with my family more often and spending less time trying to fix things that are beyond my control.

My resolution is to be more present and aware throughout my day, and taking that to do what is most meaning for me and my family.

Happy New Year!

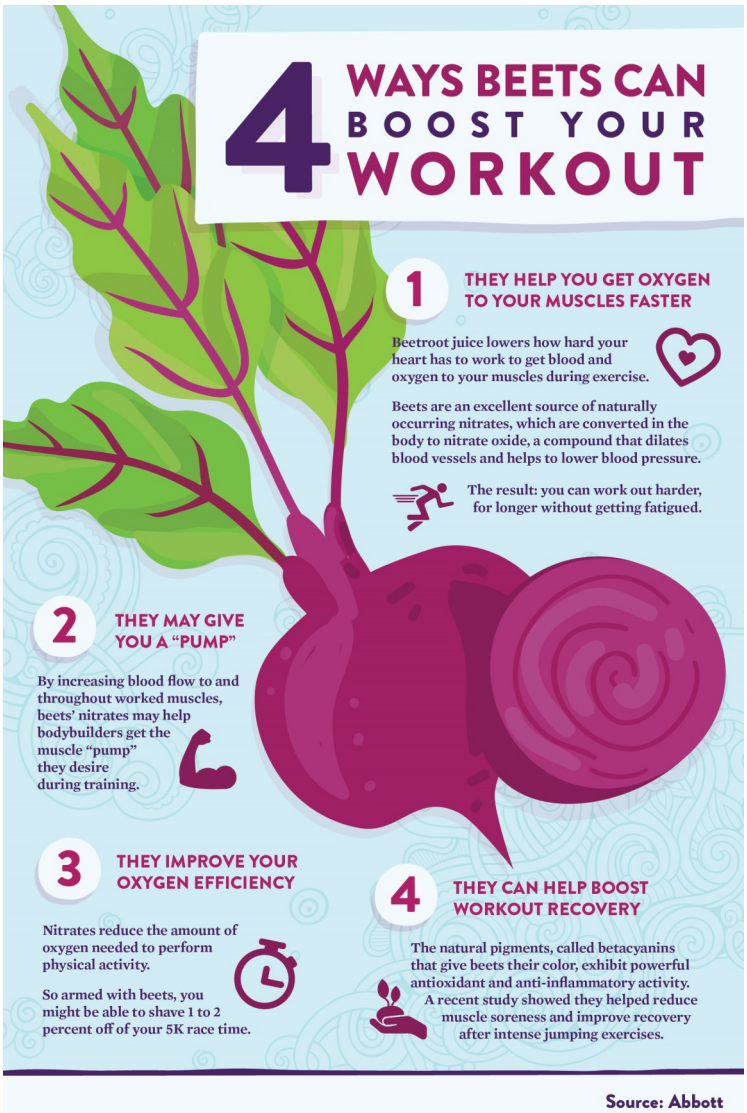
Fun Winter Activities

Take a Family Hike

Outdoor Scavenger Hunt

Go Sightseeing

Take up Ziplining



Winter Shopping List

Avocados

Bell Peppers

Broccoli

Carambola

Carrots

Eggplant

Lettuce

Mushrooms

Radishes

Squash

Strawberries

Sweet Corn

Tangerines

Tomatoes

https://www.freshfromflorida.com/Consumer-Resources/Buy-Fresh-From-Florida/Crops-in-Season

What You Need to Know About Vaping

Vaping's Integration into the Florida Clean Indoor Air Act (FCIAA)

What You Need To Know

On April 26, Gov. Ron DeSantis signed into law a voter-approved workplace ban on vapor-generating electronic devices. Starting July 1, e-cigarettes will be included in the Florida Clean Indoor Air Act (FCIAA) and will be prohibited from indoor use in nonsmoking areas, including workplaces. This addition to the FCIAA will not restrict use of e-cigarettes and vaping devices inside private residences, retail tobacco shops, retail vape shops, standalone bars or hotel rooms where smoking is allowed.The law as written also does not affect more restrictive local vapor ordinances.

ABOUT THE FCIAA

- The Florida Legislature enacted the FCIAA in 1985 to protect people from the health hazards of secondhand smoke.
- In 2003, the Legislature passed a voter-approved amendment to prohibit smoking in workplaces that previously allowed smoking.
  - Because of this amendment, Florida law prohibits smoking in most indoor public and private businesses, including restaurants.
- Currently, the FCIAA prohibits smoking in an enclosed indoor workplace, unless it is a:[1]
  - Private residence that is not being used commercially to provide child care, adult care, or health care, or any combination thereof;
  - Retail tobacco shop;
  - Designated smoking guest room in a public lodging establishment;
  - Stand-alone bar;[2]
  - Smoking cessation program or medical or scientific research; or
  - Customs smoking room in an airport.

LEARN THE FACTS

- E-cigarette devices heat a liquid – typically containing nicotine, flavorings, and other chemicals – and produce an aerosol.[3]
- E-cigarette aerosol – aka vapor – is NOT harmless "water vapor," as many mistakenly believe.[4] It can contain harmful and potentially harmful substances including cancer-causing chemicals and heavy metals such as nickel, tin, and lead.[5]
- Bystanders exposed to e-cigarette aerosol can also absorb its nicotine.[6]
- In 2018, 36.6% of Florida youth (ages 11-17) reported being exposed to secondhand e-cigarette vapor.

You can help by educating yourself, dispelling myths among your friends and family, talking to your kids or your students about the serious concerns around vaping and nicotine addiction, and of course, being tobacco free yourself. In April 2019, Tobacco Free Florida launched a statewide effort, E-Epidemic: Vaping and Youth, to help provide parents, educators, and other partners with the facts on youth vaping. Tobacco Free Florida is your trusted resource for credible and accurate information about all tobacco-related products, including vaping. For more information about the youth vaping epidemic, please visit tobaccofreeflorida.com/eepidemic.

What You Need to Know About Vaping continued

DENORMALIZATION

- Florida has always been at the forefront of tobacco prevention and has seen steady declines in youth cigarette smoking, but dramatic increases in vaping among teens threaten to reverse that trend.
- Health organizations like the American Heart Association (AHA) and American Academy of Pediatrics (AAP) say that vaping may help "re-normalize" smoking behaviors.[8,9]
- E-cigarette companies claim that their products are intended for adults, but skyrocketing prevalence rates among teens tell a different story. While one in four Florida high school students are vaping,[10] only about 4% of Florida adults are vaping.[11]
- The federal government has declared youth e-cigarette use a nationwide epidemic.The FDA also stated that flavors play an important role in driving youth appeal.[12]
- In 2018, about 25% of Florida high school students reported current use of electronic vaping – a 58% increase compared to 2017.[13]
- The most popular e-cigarette brand is JUUL, a device shaped like a USB flash drive. The JUUL comes in a variety of flavors, is easy to conceal, [15,16] and delivers high levels of nicotine.[17]
- A single JUUL pod (the liquid nicotine refill) contains as much nicotine as a pack of 20 regular cigarettes.[18]
- E-cigarettes, including JUUL, typically contain nicotine, which is highly addictive.[19] Teens may be more sensitive to nicotine and feel dependent on nicotine sooner compared to adults. [20,21,22]
- The brain continues to develop until about age 25 and the developing brain is more vulnerable to nicotine's effects, including reduced impulse control, deficits in attention and cognition, and mood disorders.[23]
- Evidence suggests that teens who use e-cigarettes may be at greater risk of starting to smoke regular cigarettes. [24,25,26,27]
  - Cigarette smoking remains the single largest preventable cause of death and disease in the U.S. [28]

To report a violation of the FCIAA, call 1-800-337-3742 or email FCIAA@flhealth.gov. For more information about the FCIAA, visit tobaccofreeflorida.com/FCIAA.

1 Ss. 386.204 and 386.2045, F.S. Additionally, s. 386.203(5)(c), F.S., by definition of an "enclosed indoor workplace," excludes any facility owned or leased by and used exclusively for noncommercial activities performed by the members and guests of a membership association, including social gatherings, meetings, dining, and dances, if no person or persons are engaged in work.

2 A stand-alone bar is a licensed premises that predominantly or totally serves alcoholic beverages and in which serving food is merely incidental to the sale of alcohol. Also, it must not share a common entryway or indoor area with a business that predominantly serves food during the hours the stand-alone bar is operating its business, s. 386.203(11), F.S. See also s. 561.695, F.S.

3 Centers for Disease Control and Prevention (CDC). "Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults." CDC Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion. 3 Dec 2018.

4 Centers for Disease Control and Prevention (CDC). "Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults." CDC Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion. 3 Dec 2018.

5 US Department of Health and Human Services. E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, CDC; 2016. Accessed July 27, 2018.

6 Ballbé M, Martínez-Sánchez JM. Cigarettes vs. E-Cigarettes: Passive Exposure at Home Measured by Means of Airborne Marker and Biomarkers. Environmental Research 2014;135:76–80.

7 Florida Youth Tobacco Survey (FYTS), Florida Department of Health, Bureau of Epidemiology, 2018. http://www.floridahealth.gov/statistics-and-data/survey-data/behavioral-risk-factor-surveillance-system/FYTSStateTables2012-20183-2019-FINAL.pdf.

8 American Heart Association. "Is Vaping Safer Than Smoking?" Quit Smoking – Tobacco – Vaping, American Heart Association. www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/is-vaping-safer-than-smoking (Accessed 24 May 2019)

9 American Academy of Pediatrics. "E-Cigarettes". Julius B. Richmond Center of Excellence, Electronic Nicotine Delivery Systems. www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Richmond-Center/Pages/Electronic-Nicotine-Delivery-Systems.aspx (Accessed 24 May 2019)

10 Florida Youth Tobacco Survey (FYTS), Florida Department of Health, Bureau of Epidemiology, 2018. http://www.floridahealth.gov/statistics-and-data/survey-data/behavioral-risk-factor-surveillance-system/FYTSStateTables2012-20183-2019-FINAL.pdf.

11 Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2017. [accessed Mar 29, 2019]

12 FDA Statement. "Statement from FDA Commissioner Scott Gottlieb, M.D., on new steps to address epidemic of youth e-cigarette use." U.S. Food and Drug Administration. 12 Sept. 2018 www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm620185.htm (Accessed 14 March 2019)

13 Florida Youth Tobacco Survey (FYTS), Florida Department of Health, Bureau of Epidemiology, 2018. http://www.floridahealth.gov/statistics-and-data/survey-data/behavioral-risk-factor-surveillance-system/FYTSStateTables2012-20183-2019-FINAL.pdf.

14 Florida Youth Tobacco Survey (FYTS), Florida Department of Health, Bureau of Epidemiology, 2018. http://www.floridahealth.gov/statistics-and-data/survey-data/behavioral-risk-factor-surveillance-system/FYTSStateTables2012-20183-2019-FINAL.pdf.

15 Truth Initiative. "Nearly 1 in 5 youth say they have seen JUUL used in school." 23 May 2018. truthinitiative.org/news/nearly-1-5-youth-say-they-have-seen-juul-used-school (Accessed 8 March 2019)

16 Zernike, Kate. "I Can't Stop': Schools Struggle With Vaping Explosion." The New York Times. 2 April 2018. www.nytimes.com/2018/04/02/health/vaping-ecigarettes-addiction-teen.html (Accessed 8 March 2019)

17 CDC Newsroom Releases. "Sales of JUUL e-cigarettes skyrocket, posing danger to youth." Centers for Disease Control and Prevention (CDC). 2 Oct. 2018. https://www.cdc.gov/media/releases/2018/p1002-e-Cigarettes-sales-danger

18 Centers for Disease Control and Prevention (CDC). "E-cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators and Health Care Providers." CDC Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion. 18 Oct. 2018.

19 US Department of Health and Human Services. E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, CDC; 2016. Accessed July 27, 2018.

20 US Department of Health and Human Services. E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, CDC; 2016. Accessed July 27, 2018.

21 U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with

22 U.S. Department of Health and Human Services. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2012.

23 US Department of Health and Human Services. E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, CDC; 2016. Accessed July 27, 2018.

24 Berry KM, Fetterman JL, Benjamin EJ, et al. Association of Electronic Cigarette Use With Subsequent Initiation of Tobacco Cigarettes in US Youths. JAMA Netw Open. 2019;2(2):e187794.

25 Miech R, Patrick ME, O'Malley PM, et al E-cigarette use as a predictor of cigarette smoking: results from a 1-year follow-up of a national sample of 12th grade students Tobacco Control 2017;26:e106-e111.

26 National Academies of Sciences, Engineering, and Medicine. 2018. Public Health Consequences of E-Cigarettes. Washington, DC: The National Academies Press. https://doi.org/10.17226/24952.

27 US Department of Health and Human Services. E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, CDC; 2016. Accessed July 27, 2018.

28 U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014.

Is Youth Vaping an Epidemic?

E-EPIDEMIC: VAPING AND YOUTH

LEARN THE FACTS

E-cigarette companies claim that their products are intended for adults. Skyrocketing prevalence rates among teens tell a different story.

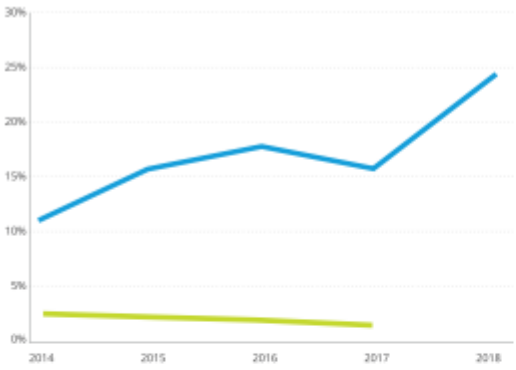
The most popular e-cigarette brand is JUUL. Other manufacturers have launched similar products. Here's what you need to know about these products:

Deliver high levels of nicotine

Come in a variety of flavors that appeal to teens

Easy to conceal and are even being used in schools

E-CIGARETTE RATES
(FLORIDA HIGH SCHOOL STUDENTS VS. U.S. ADULTS)



In December 2018, Marlboro cigarette maker Altria purchased a stake in JUUL for $12.8 billion. Other Big Tobacco companies, including R.J. Reynolds, have launched similar rechargeable e-cigarette devices.

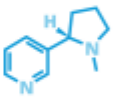
In 2006, these tobacco companies were found guilty of violating civil racketeering laws (RICO) for conspiring over decades to deceive Americans about the health effects of smoking, the addictiveness of nicotine, and their marketing to youth.

KNOW THE RISKS

E-cigarette aerosol—aka vapor—is NOT harmless "water vapor," as many youth mistakenly believe.

E-cigarettes can contain harmful substances:

Cancer-causing chemicals



Nicotine

Ultrafine particles

Heavy metals such as nickel, tin, and lead

Nicotine is highly addictive, and youth may feel dependent on nicotine sooner compared to adults

Nicotine can harm brain development, which continues into the early to mid-20s, and the effects include reduced impulse control, deficits in attention and cognition, and mood disorders

Ingredients in e-cigarette "vapor" could be harmful to the lungs in the long-term

GET INVOLVED

Educate yourself about this epidemic

Dispel myths among your friends and family

Talk to your kids or students about the serious concerns around vaping and nicotine

Tobacco Free Florida .com | Florida HEALTH

Tobacco Free Florida is your trusted resource for credible and accurate information about the youth vaping epidemic.
Learn more at **tobaccofreeflorida.com/eepidemic**.

Tobacco Free Florida .com

Florida HEALTH

QUIT **YOUR** WAY

PHONE QUIT

Talk to a Quit Coach® to help you get started.

GROUP QUIT

Get the support you need at one of our group quit sessions.

WEB QUIT

Get access to online tools to help you quit.

MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.

Mission: To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.

Tips for Encouraging Someone to Quit

Don't judge or nag. Instead, let that person know that you're there for them in case they need anything, even if it's just to talk.

Be understanding. Always keep in mind that tobacco is highly addictive and hard to quit.

Stay positive. Help them focus on the many health benefits of quitting. For example: remind them of how quitting their addiction will help them lower their risk of disease and even add years to their life! You can get a list of benefits here.

Remind them to keep trying. It takes most former smokers several attempts before they quit for good.

For more information, please contact: Juli Davis, Tobacco Program Supervisor at Florida Department of Health in Polk County

1290 Goflview Ave.
Bartow, Florida 33830

(863)578-2157 Office
(863)608-2658 Mobile

- Phone Quit, Group Quit, Web Quit and More Quit Tools cessation services available to anyone in Florida
- Counseling sessions and self-help materials available in English and Spanish
- Free nicotine replacement therapy*
- PHONE QUIT: call ***1-877-U-CAN-NOW TTY/TDD 1-877-777-6534***
- GROUP QUIT: find classes at **tobaccofreeflorida.com/quityourway**
- WEB QUIT: enroll online at **tobaccofreeflorida.com/quityourway**
- MORE QUIT TOOLS: choose what you need or use them in addition to our Phone, Group and Web services

**While supplies last. If medically appropriate and 18 years of age or older.*

Polk Wellness Professionals

meet 8:30–10:00 am the first *Friday of* every month at the

Lakeland Volunteers in Medicine

located at

600 W Peachtree Street

in Lakeland

Team Meeting

Dates for 2019

Friday, February 7

Friday, March 6

For more information and to RSVP for events, please contact:

Debbie Zimmerman

MBA, CHWC, CPT

Food for Life Instructor

Debbie@phyto-fit.life

MEET OUR

Polk Wellness Professionals

Liz Antaya – Co-Chair; Stahl & Associates Insurance

Debbie Zimmerman – Co-Chair; PhytoFit

Kelly Andrews – Kelly Andrews, LLC

Sarah Betzer – Bank of Central Florida

Juli Davis – Florida Department of Health

Donna Kay Dinkins – Senior Solutions Group

Schatzie Haines – Worksite Team Member

Sarah Hodges – Allen and Company

Alison Kennedy-Hand – Florida Presbyterian Homes

Brittany Lynn – BayCare Health Systems

Karen Moore – Peace River Center

Andrea Nikolai – University of Florida IFAS Extension

Laurel Smith – Polk State College Wellness Coordinator

Marie Wilmot – FIPR Institute and Phosphate Research

Visit our webpage at http://portal.polkvision.com/worksite-wellness-team