

# Why Be Tobacco Free?

## *Why are we concerned about tobacco use in our community?*

People who use tobacco products have a higher risk of developing lung cancer, heart disease, respiratory illnesses, and having low birth weight babies. Despite decreased use, the rate in our community is still less than desirable among adults and pregnant women. According to the Centers for Disease Control and Prevention, smoking costs the U.S. about \$96 billion each year in direct medical costs.



## *What is the Tobacco Free Community Coalition (TFCC)?*

TFCC is made up of representatives from local organizations and businesses who work together to encourage tobacco-free living in our community.

## *What is the TFCC doing?*

- Partnering with Quit Smoking Charlottesville, offering smoking cessation classes and counseling
- Promoting the 1-800-QuitNow telephone support line to tobacco users and medical providers
- Recruiting area youth to implement the Store Alert Program, which evaluates tobacco advertisements in convenience stores
- Working to increase locality cigarette taxes
- Assessing public opinions and attitudes toward smoking, employer smoking policies and restrictions, and tobacco use
- Creating and promoting cessation resource guides for area providers and community agencies
- Partnering with other area coalitions to educate about tobacco control and current tobacco use trends

*How can I get involved?* Call (434) 972-6244

*For more information go to:* [www.tjhd.org](http://www.tjhd.org)



3/14



You can find this and other timely public health tips and events on the Thomas Jefferson Health District (TJHD) Facebook page. Check us out and "like us!"

Follow us on  
Facebook



**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH  
Protecting You and Your Environment