

ISLAND COUNTY BOARD OF HEALTH

MAY 12, 1997 Minutes of Meeting

The Island County Board of Health met at 11:15 a.m. on May 12, 1997, in the Island County Courthouse Annex, Coupeville, Wa. Board of Health members present included: Mike Shelton, Chairman, and Wm. L. McDowell, Member; and Tom Shaughnessy, Member. Others Present: Roger Case, Health Director; Tim McDonald, Health Services Director; Joye Emmens, Environmental Health Director; Judy Mills, Tobacco Prevention Program Coordinator; Marshall Bronson, CHAB representative; and four teens from the Teens as Teachers program.

COMMUNITY HEALTH ADVISORY BOARD APPOINTMENT

On recommendation of Marshall Bronson, the Board by unanimous motion, appointed

Michael O. Denka to Position #17 on the Community Health Advisory Board for a term to March 8, 2000.

TOBACCO PREVENTION - TEENS AS TEACHERS - PRESENTATION

A key social issue and major problem is tobacco. Judy Mills and her Teens as Teachers tobacco prevention program is similar to other programs in the State that have been in place for about 3 years, with incredible success. Four teens accompanied Ms. Mills from the Teens as Teachers program who do peer education in tobacco prevention in the schools, grades 3-6. Walking in the classroom during a presentation you can actually see the younger students really sit up and listen to their older teen peers. The program started off initially in the Oak Harbor School District. A first presentation has now been made in the Coupeville School District, and in September, South Whidbey School is expected to participate. Snohomish County is trying to set up a program which will include the Stanwood School District.

Tari, Brian, Joel and Ace, the Teens as Teachers, all seemed to agree that the younger kids really listen to them as opposed to parents or other adults telling them about the dangers of smoking. They expressed their view that had there been a program such as this in place when they were in grade school, a good number of their friends who now smoke would have been persuaded not to start. The teens started participating in this program for a variety of reasons: friends smoke and observe what happens and don't want the younger generation growing up doing that; something good and something to learn from; helps with speaking skills and gives them a little

more courage speaking to groups; excited about educating kids on tobacco smoking; and like doing community service. So far the teens have given 10 presentations. They use a variety of activities and games in their presentations, such as jeopardy; bubbles to show results of second hand smoke; and demonstration on how emphysema affects the heart and lungs.

Each teen shared a "Tobacco Fact":

- ***the tobacco industry spends over 6 billion dollars on advertising each year and 6 year olds now recognize Joe Camel more than they do Mickey Mouse.***
- ***people think there are only a few things included in tobacco products when there are really 4,000 chemicals in each cigarette, including mothballs, methanol, nail polish remover, hydrogen cyanide.***
- ***the number of Americans that die each year due to smoking related diseases is equivalent to filling two jumbo jets.***
- ***during the lifetime of 3,000 young people who start smoking each day, 30 will be murdered; 60 will die in traffic accidents and 750 will die from tobacco related illnesses.***

Board of Health members congratulated the teens for a job well done. It was noted that statistics say that by keeping a few kids from becoming smokers ultimately these teens will be doing a lot for their personal health, probably save someone's life, and save

society money for treating health related diseases.

Mr. McDonald offered his thanks too for the work done by these teens. He expressed admiration to all four of them for what they are doing and how they are going about it.

Meeting adjourned at 11:30 p.m. The next regular meeting of the

Board of Health is June 9, 1997, at 11:15 a.m.

BOARD OF HEALTH

ISLAND COUNTY, WASHINGTON

Mike Shelton, Chairman

Wm. L. McDowell, Member

Tom Shaughnessy, Member

