

Are you ready to quit? Join the Great American Smokeout Nov. 16

Is it time to make a commitment to quit smoking? There are community resources available in Crow Wing County to help smokers kick the habit. Crow Wing Energized is actively supporting businesses, institutions, churches and other organizations to make it easier for community members to quit.

Erich Heppner, Director of Student Life at Central Lakes College, said Student Life will sponsor a Great American Smokeout event Nov. 16 at CLC. From 8 a.m. to 4:30 p.m., students, faculty and staff can join him and his staff in the Commons to learn how to quit smoking and discover the resources available to help. The Psychology Club will also have a booth to offer mental health support. Mental health can be a contributing factor in tobacco addiction.

Adults with mental illnesses and those dependent on substances like alcohol or drugs are more likely to smoke cigarettes than adults who don't. About 25 percent of adults in the United States have some form of mental illness or substance use disorder, and these adults account for 40 percent of all cigarettes smoked by adults, according to the Centers for Disease Control and Prevention.

Nicotine can temporarily mask the symptoms of mental illness, which makes it even more addictive for those struggling with mental health issues.

Stress can play a factor in tobacco addiction. College can be an exciting but stressful experience for students, making them vulnerable to start a smoking habit. Crow Wing Energized awarded Student Life at CLC a \$500 grant, which was used to purchase a personal breath carbon monoxide monitor and other promotional materials for the Great American Smokeout



Jon Henry, a Central Lakes College student who lives in Crosslake, demonstrates how the breath carbon monoxide monitor works.

event Nov. 16. Students, faculty and staff who smoke are encouraged to stop in during the morning and breathe into the monitor to find out their carbon monoxide levels. They are asked to not smoke the rest of the school day and stop back to recheck their carbon monoxide levels.

"We want them to come in and see the difference," said Heppner. "We want to help them find ways to live healthier lives."

Pledge cards, signed by smokers willing to pledge to quit, will be put up in a display on campus in the hopes that nonsmokers will rally around their friends and classmates who are trying to quit smoking, Heppner explained.

"We want to give them the support that they need," he added. "They may have grown up in a family and smoking was part of the culture. I think college is a

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Resources for Quitting

One in five adults in Crow Wing County continue to use tobacco. The Crow Wing County Health Survey found last fall that 70 percent of current cigarette smokers tried to quit last year. Crow Wing Energized supported community members in their efforts by connecting ClearWay Minnesota to the Workplace Wellness Goal Group. They will provide free tools and resources for individuals, businesses and organizations to help those who are quitting tobacco use.

Crow Wing Energized has been actively supporting local institutions, businesses and churches, including Central Lakes College, Lord of Life Lutheran Church in Baxter, and Northern Pines Mental Health Center, as they support their students, church members and clients to quit smoking.

The QUITPLAN services program combines counseling, medication and community to help any Minnesota tobacco user quit. Visit quitplan.com or call 1-888-354-PLAN (7526) to learn more.

Low-dose CT scans are also available to anyone 55-80 years who smoked a pack a day for 30 years or two packs a day for 15 years. Former smokers who have quit within the last 15 years are also eligible. The low-dose CT scans can detect lung cancer earlier in people who are at high risk. By screening those at greatest risk, it's estimated that lung cancer deaths will drop by 20 percent, says Dr. Aby Philip, an Essentia Health hematologist and oncologist. Philip said more than 80 percent of all lung cancers are caused by smoking. So quitting, or never starting, is important.

Certified tobacco treatment specialists at Essentia Health are a local option for help. They provide one-on-one help, suggest medications proven to make quitting easier, and provide research-based tips and advice to help you succeed. This service is covered at 100 percent by most health insurance plans. To get started, call 218.828.7100.



Erich Heppner, Director of Student Life at Central Lakes College, is hoping the Great American Smokeout event at Central Lakes College Nov. 16 will encourage students, staff and faculty to take the first step toward quitting smoking.

good time to quit because you have a lot of advocates around you.”

Heppner said students will be asked to fill out a survey so they can find out how many students smoke and how often. They'll also have a fun photo booth with props related to quitting smoking and other materials, including information on the dangers of e-cigarettes.

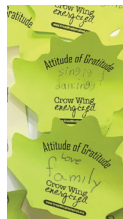
There are advocates throughout the community, and perhaps in the unlikelyst of places.

Deb Bergstrom, parish nurse at Lord of Life Lutheran Church in Baxter, also happens to be a former county tobacco cessation coordinator. Her church also received a wellness grant through Crow Wing Energized, purchasing a breath carbon monoxide detector and tobacco cessation materials to help promote tobacco cessation among their parishioners. Church members can meet with her to talk about resources available in the community to stop smoking. She's also created activities for older Sunday school students to discuss the hazards of smoking and secondhand smoke.

SMOKING AND MENTAL HEALTH IN CROW WING COUNTY

An October 2014 Crow Wing County Health Survey, conducted by the Minnesota Department of Health with support from Crow Wing Energized, found:

11.8 percent of all adults reported that they are a current smoker, while a profound **16 percent** of those who suffer from a mental health condition, which could include depression, anxiety, panic attacks or other mental health conditions are smokers.



For more information on implementing an attitude of gratitude in your work, home, or church contact Cassie Carey Carey@EssentiaHealth.org or 218-828-7443.

Workplace Wellness Conference

Wednesday **Nov 8**

When 7:30 – 11:30 am

Where Essentia Health - St. Joseph's Medical Center 523 North Third Street, Brainerd Thabes 1 & 2, lower level

Who will benefit?

Small and large businesses who have interest in learning best practices to support health and wellness related efforts for their workplace.

For more info or to register <http://crowwingenergized.org>

Click on the Nov 8 button

As we head into the holiday season, ensure your co-workers, friends and family, and more so that you yourself are building resiliency to ensure a healthy and hopeful holiday season.

BUILDING RESILIENCY

Learn how to be healthy and hopeful even when bad things happen!



Sleep 7-9 hours a night to maximize brain function, physical performance and increase willpower.



Eat healthy foods - critical for brain development and function, as well as improving mood.



Be physically active to enhance brain performance, boost mood and overall well being.



Live mindfully to reduce stress, increase focus and improve relationships (just to name a few benefits!)



Write down 3 good things that have happened to you each day every night before you go to bed to increase long-term happiness.



Set mini goals to keep motivated and make achieving a larger goal easier. Work a little bit toward a larger goal each day to make progress on a larger goal.



Take time for visioning and self-reflection daily to help remove inner road-blocks and develop inner growth, attain clarity, and immense self-power.

For more information email CassieCarey@CrowWingEnergized.org

A grassroots community health and wellness movement led and funded by



Essentia Health

