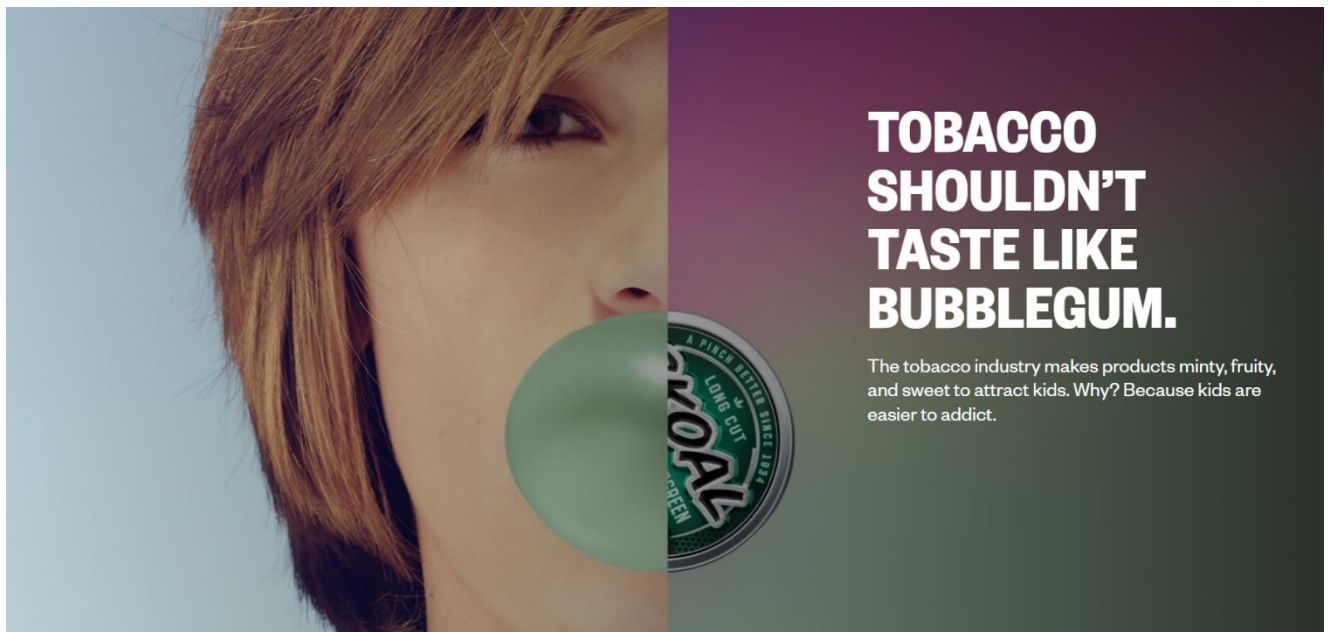


## SBC TOBACCO EDUCATION PROGRAM

The San Benito County Tobacco Education Program is a part of the Public Health Services Branch's prevention team. The program is funded by the California Tobacco Tax Initiative, Prop 99, with program oversight provided by the California Tobacco Control Program. The overall goal of the program is to reduce involuntary exposure to secondhand smoke and to educate the public on the dangers of tobacco use.



# PROTECTING THE HEALTH AND WELLBEING OF OUR COMMUNITY

San Benito County has adopted numerous smoke free/tobacco free policies including, smoke-free parks, the City of Hollister businesses, smoke-free restaurants and bars, smoke-free licensed family childcare facilities, smoke-free migrant housing centers, a ban on flavored tobacco products and single use e-cigarettes. The smoking rate in San Benito County has seen a decline in the number of people smoking and instead choosing to maintain a healthy lifestyle.

## San Benito Youth Association

San Benito Youth Association is a youth-based group of the Tobacco Education Program. The goal of the San Benito Youth Association is to engage youth in tobacco prevention, education, outreach, and policy change to bring a healthier community in the fight against smoking in San Benito County.

## How to Join

If you have a passion or interest in reducing tobacco use in San Benito County and you are between the ages of 13-18, come and join us! We meet twice a month, usually every Tuesday and Thursdays. We provide food, drinks, and transportation. If you would like to join, please call the San Benito County Public Health Services – Tobacco Education Program at (831) 637-5367.

## Highlights of the San Benito Youth Association

- ❖ Kick Butts Day is a National Day of Activism that empowers youth to stand out, speak up, and seize control against Big Tobacco. In honor of Kick Butts Day, members of the San Benito Youth Association conducted a tobacco waste clean-up in downtown Hollister. Youth collected over **2,010 cigarette butts** in just **one hour**.
- ❖ Youth advocacy efforts were key in the passing of a policy that prohibits the sale of tobacco in pharmacies. They helped conduct surveys, held signs of support, and attended and presented at city council meetings.

## Wellness Coalition of San Benito County

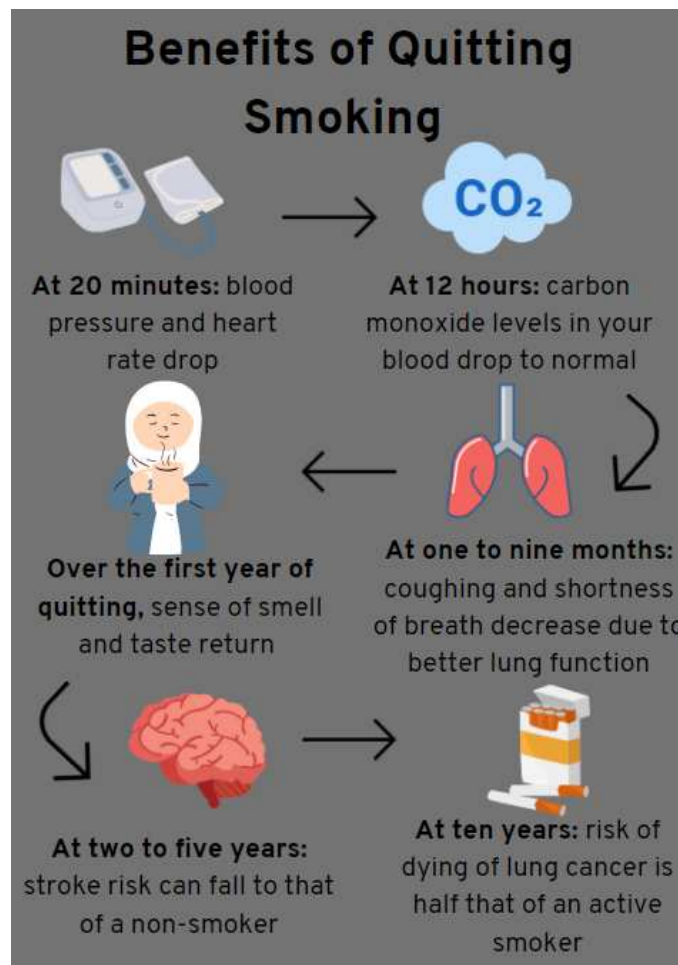
The Wellness Coalition of San Benito County, formerly known as the Adult Tobacco Coalition, is a group composed of individuals from professional, non-profit, and community organizations. In 2015, the Tobacco Coalition merged with CalFresh Healthy Living (formerly known as SNAP-ED), to form the Wellness Coalition of San

Benito County. The mission of this coalition is to support, educate, and empower residents of San Benito County to create safe and healthy environments through partnership engagement.

The Coalition meets quarterly, the first Tuesday of every March, June, September, and December unless the meeting is preempted by holidays, campaigns or special events.

## THINKING OF QUITTING?

Tobacco use is the leading cause of preventable death in the US and worldwide. Congratulations for deciding to quit! Whether it's smoking, vaping, or chewing, there are many resources to help you to becoming tobacco-free. Resources such as telephone counseling and text-based chats are available to help support you in your journey.



[At 20 minutes blood pressure and heart rate drop.pdf](#)

## Quitlines can help you quit tobacco for good

- ❖ [Kick It CA](#), formerly known as the CA Smokers' Helpline, can help you develop a quitting plan that's right for you. Services are available in multiple languages and special services are available for [tobacco chewers](#), [pregnant smokers](#), and [vape users](#).
- ❖ Cessation counseling is also available in Spanish and in Asian languages through the [Asian Smokers' Quitline](#).
- ❖ Young people can access [quit vaping](#) and [quit smoking](#) resources through the [California Youth Advocacy Network](#). They have apps and text-based support available for teens.



## Medications with cessation support is most effective

- ❖ [You Can Quit Now](#) CDC Infographic
- ❖ [Quit Tobacco Medications](#) Kaiser Permanente Video
- ❖ [Quit Aids: Tools to Stop Smoking](#) Kick It CA

**MORE THAN ONE  
WAY TO QUIT  
SMOKING**

7 FDA-APPROVED MEDICATIONS FOR  
TOBACCO TREATMENT

	<b>PATCH</b>
<p><b>How to use:</b> Worn on the skin  <b>How often (frequency):</b> 1 patch a day  <b>How it helps you:</b> Provides continuous nicotine all day</p>	
<i>*Contains Nicotine</i>	
	<b>GUM</b>
<p><b>How to use:</b> Chew then "park" between cheek &amp; gums  <b>How often (frequency):</b> Up to 24 pieces a day  <b>How it helps you:</b> Quick way to relieve cravings</p>	
<i>*Contains Nicotine</i>	
	<b>LOZENGE</b>
<p><b>How to use:</b> Dissolves in mouth  <b>How often (frequency):</b> Up to 20 pieces a day  <b>How it helps you:</b> 25% more nicotine than gum, has different flavors</p>	
<i>*Contains Nicotine</i>	
	<b>INHALER</b>
<p><b>How to use:</b> Puff in by mouth  <b>How often (frequency):</b> 1 cartridge every 1-2 hours, up to 6-12 cartridges a day  <b>How it helps you:</b> Mimics inhaling a cigarette/vape</p>	
<i>*Contains Nicotine</i>	
	<b>SPRAY</b>
<p><b>How to use:</b> Spray in nose  <b>How often (frequency):</b> At least 8 sprays per day  <b>How it helps you:</b> Delivers nicotine into your system fastest</p>	
<i>*Contains Nicotine</i>	
	<b>PILLS</b>
<p><b>How to use:</b> Ingest by mouth  <b>How often (frequency):</b> 1-2 pills per day (Ask your provider about daily dosage use)  <b>How it helps you:</b> Helps prevent relapse and weight gain. Stops nicotine cravings</p>	
	<b>Bupropion SR</b>
<i>*Does not Contain Nicotine</i>	
<small>*Your insurance may cover these medications. Ask your doctor if using 2 or more medications may be right for you.</small>	

## 8 FDA Approved Cessation Products

### For Parents

- ❖ [Emerging Electronic Tobacco Products](#)
- ❖ [Frequently Asked Questions](#)
- ❖ [Kids and the Tobacco Predator](#)
- ❖ [Tobacco Free CA / Youth](#)
- ❖ [Identify Which Products Teens Are Vaping](#)
- ❖ [The Tobacco Industry Has a Kids Menu](#)
- ❖ [Quick Facts on the Risks of E-Cigarettes for Kids, Teens, and Young Adults](#)
- ❖ [SGR ECig Parent Tip Sheet](#)
- ❖ [What Parents Need to Know](#)
- ❖ [E-liquid and Kids](#)
- ❖ [Vapes](#)

### For Parents in Spanish

- ❖ [SGR ECig Parent Tip Sheet \(Español\)](#)
- ❖ [OSH SGR ECig FAQs \(Español\)](#)

- ❖ [Detrasdel Humo/Salud](#)
- ❖ [Nuevos productos electrónicos de Tabaco](#)
- ❖ [Dispositivos Para Vapear](#)
- ❖ [El "E-liquid" y los Niños](#)

## **For Educators**

- ❖ [Quick Facts on the Risks of E-Cigarettes for Kids, Teens, and Young Adults](#)

## **For Smokers**

- ❖ [KickitCA.org](#)
- ❖ [Stop Smoking](#)
- ❖ [Quit Smoking](#)
- ❖ [How to Quit Vaping](#)

## **COVID-19 and Tobacco Use**

- ❖ [Smoking/Vaping and COVID-19 Infographic](#)
- ❖ [California Smokers' Helpline new COVID-19](#)

## **For Youth**

- ❖ [Smoke Free Teens](#)
- ❖ [Flavors Hook Kids](#)
- ❖ [Nicotine the Unknown Poison](#)
- ❖ [Secondhand Smoke \(Watch Video Here\)](#)

## **COVID-19 y El Uso de Tabaco**

- ❖ [Protégete de COVID-19 - Deja de Fumar y vapear ahora](#)
- ❖ [El Tabaco y el COVID-19](#)
- ❖ [El control del tabaco es un componente crítico para el manejo de COVID-19](#)

## **Additional Resources**

- ❖ [American Heart Association - Quit Smoking](#)
- ❖ [American Lung Association - Stop Smoking](#)
- ❖ [Breathe California of the Bay Area](#)
- ❖ [Centers for Disease Control \(CDC\)](#)
- ❖ [National Cancer Institute's Smokefree.gov](#)
  
- ❖ [Quit Smoking Group and Resources for African American Community \(Amplify!\)](#)

Contact our office to learn more about tobacco related information at:  
San Benito County Tobacco Education Program  
351 Tres Pinos Road, Suite A-202  
Hollister, CA 95023  
Phone: (831) 634-5367 Fax: (831) 637-9073  
M-F 8 am to 5 pm