

Thank You for Keeping Piedmont Recreation Association Tobacco Free

Piedmont Recreation Association (PRA) Adopts Tobacco Free Park Policy

For the health of our youth, all tobacco products (cigarettes, cigars, pipes and/or smokeless tobacco) are prohibited by everyone, at all times, on PRA park grounds and facilities.

Policy adopted by PRA Board of Directors, effective May 1, 2007.



Tobacco Facts

- Tobacco use is the leading cause of preventable death and disease in the US
- 90% of tobacco users started as teens
- Nicotine is a highly addictive drug
Campaign for Tobacco Free Kids (www.tobaccofreekids.org)

Secondhand Smoke...

- Contains over 4,000 chemicals, 60 of which are known to cause cancer
- Can cause ear infections, bronchitis, asthma and respiratory infections in youth
- Can cause lung cancer and heart disease
- Increases the likelihood that youth who are exposed on a regular basis will start smoking

There is no safe level of exposure to secondhand smoke

*A Report of the Surgeon General, 2006
(www.smokefreeunion.com/shs/index.htm)*

Spit Tobacco...

- Contains higher levels of nicotine than cigarettes
- Will give you bad breath, yellow teeth, cavities, higher blood pressure and faster heart rate
- Can cause mouth cancer, cancer of the throat or voice box, gum disease, and loss of taste and smell

Smokeless Does NOT Mean Harmless

National Spit Tobacco Education Program (www.nstep.org)



1-800-QUIT-NOW



Reasons to Support Tobacco Free Environments for Youth

- Promotes healthy and safe environments
- Provides positive role modeling
- Sends a clear message to youth that tobacco use is not acceptable
- Protects youth from developing an addiction to a dangerous drug
- Eliminates exposure to secondhand smoke
- Supports prevention messages taught by schools and parents
- Decreases tobacco litter and fire hazards
- Tobacco free policies, when enforced, can reduce youth tobacco use by 40%

How You Can Help

- **Educate** yourself and others about the importance of the policy and the vital role coaches, parents and fans play in promoting compliance.
- **Communication** about the policy to all people at the park is essential to effective enforcement (i.e. email to families, announcements at games, verbal reminders at team meetings, adequate signage).
- As a family member of a youth athlete, support the policy. Be a **positive role model**.
- **Tobacco free park signs** are a respectful reminder to all families and visitors.
- Find **opportunities** to educate youth about the dangers of tobacco use.

**Together we can keep our
youth tobacco free**

