Do you want a smoke-free campus? Tell your Student Government Association. You can email the advisor to SGA, Kim, at KE-McElhany@wiu.edu and she can pass the information along.

For more sustainability info, check out the Environmental Summit on Wed., April 4-Union Grand Ballroom. 8am-4pm.

Cigarette Butts are the most littered item in America

**Some Reasons to Quit**

- You’ll be less likely to burn down your house (or residence hall)
- Save Money
- You’ll be less wrinkly
- Enjoy your food more
- Preserve your sense of smell
- Avoid the (UN)attractive “yellow fingers” look
- Be nagged less
- Don’t have to stand in the rain to smoke your cigarette.

www.health.com/health/condition-article/0,,20210803_5,00.htm

**Water pipe smoking is at least as toxic as cigarette smoke.**

- A typical 1-hour-long hookah smoking session involves inhaling 100-200 times the volume of smoke inhaled from a single cigarette.
- The charcoal used to heat tobacco in the hookah increases the health risks by producing high levels of carbon monoxide, metals, and cancer-causing chemicals.
- Secondhand smoke from hookahs poses a serious risk for nonsmokers, particularly because it contains smoke from the tobacco and smoke from the heat source (e.g., charcoal) used in the hookah.

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/index.htm#compare

**Butts vs. the Environment.**

The Butts are winning.

- The world annually discards 4.3 TRILLION cigarette butts. 176 million pounds of cigarettes are littered in the USA every year.
- It takes 2-25 YEARS for one butt to biodegrade.
- Within an hour of contact with water, cigarette butts can begin leaching chemicals such as cadmium, lead and arsenic into the marine environment.
- Many land and marine animals are killed from mistaking butts for food.
- Butts tossed out car windows are often the cause of forest fires.
- Most people won’t litter even a gum wrapper because littering is “bad,” yet butts are still commonly dropped.

LET’S DO SOMETHING ABOUT THIS!


**Hookah Health Facts**

- 20 minutes after quitting, your heart rate and blood pressure drops.
- 12 hours after, the carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after, your circulation improves and your lung function increases.
- 1-9 months after, coughing & shortness of breath decrease; cilia regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_smoking.asp?from=fast

**Cigarette Butts are the most littered item in America**

Sometimes it only takes one voice. One voice can inspire another’s choice. Because we can kick those butts! Every single one. So all of the harm can start to be undone. -MMcK

**Some quick quitting results for those of us of the Instant Gratification Generation.**

- You’ll likely have a better sense of smell.
- You’ll likely have better lung function.
- Your blood pressure and heart rate will drop 20 minutes after quitting.
- Your blood level of carbon monoxide drops 12 hours after quitting.
- Your lung function will improve and return to its normal state 2-3 months after quitting.
- Your sense of taste will return within a month.
- Your circulation will return to normal.
- Your complexion will improve.
- Your hair will grow faster.
- You’ll be less likely to burn down your house.

**Tobacco Cessation**

Beu Health Center
Contact JoAnn @ 309.298.3225 or e-mail: J-Hairston-Jones@wiu.edu

**Stall Talk**

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Dear Caterpillar, You are sending a harmful message to us. Hookah is bad for you and others. If you want help quitting, call our office for a tobacco cessation appointment! Now, that would be cool. <3 Health Ed.

Be Well!