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YOUTH HEALTH BULLETIN

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2010

Happy New Year Wild Cubs and Wild Cats,

As always, I would like to thank all of my Wild Cat and Wild Cub friends who keep sending me emails. I love hearing from each and every one of you.

I hope that all of my Wild Cat and Wild Cub friends had a wonderful holiday season. Now it is time to start the new year off right. Wally Cat wants everyone to be safe healthy and happy in the new year.

I made a few New Year resolutions. I am going to try to exercise more, make healthy food choices, eat healthy, and be kind to others. Did you make any New Year resolutions? If you did, email me at Wally.Cat@uky.edu and tell me your New Year resolutions for 2010!

Wally Cat 



THIS MONTH'S TOPIC: SMOKING

DON'T BE A BUTT HEAD: SMOKING STINKS!

Did you know the best way for someone to stop smoking? Never start! Don't be fooled, cigarette smoking is addictive. Nicotine is just as addictive as heroin or cocaine. Nicotine acts on the brain and the nervous system to make the smoker want to smoke more. Make no mistake, nicotine is a drug and once you start smoking, it is very hard to stop. Some kids start smoking because their friends are doing it or because they are curious. They may want to look like an adult or act grown-up.

Fortunately, the number of kids who choose to start smoking has dropped. One reason could be because more people realize that smoking and tobacco use cause cancer. **But other reasons for not smoking include:**

• **Bad odor**

- Smoking causes bad breath and body odor
- No matter how much perfume or deodorant you use, it is hard to get rid of the smell of smoke once the smell gets into your clothes or hair.

• **Yellow teeth**

- Smoking eventually cause the enamel on your teeth to darken. The yellow stain on the teeth is difficult to remove.

• **Can't keep up**

- Athletes who smoke often can't keep up with their non-smoking friends. Smoking causes them to have shortness of breath, increased heart rate, and decreased blood circulation.

• **Being sick**

- Because many children choose to smoke as a way to control their appetite and eat less, their bodies lack the nutrients it needs to grow, develop, and fight off illnesses.
- Because smoking has a negative effect on your lungs, smokers get more colds and have the flu, bronchitis, and pneumonia more often than non-smokers.

• **Cost**

- Cigarettes are expensive. The average cost of a pack of cigarettes is \$4.50. This adds up to \$234 dollars a year for only one pack of cigarettes a week. Wouldn't you rather spend your money on something that won't quickly go up in smoke, like a new outfit or a video game?

There is no "safe" way to smoke cigarettes. The best way to make sure you don't become addicted to smoking is to never start smoking. All cigarettes cause damage to the human body. If you are around those who smoke and they offer you cigarettes, remember you don't have to smoke to fit in or be liked. You are your own unique smoke-free person.



Most people who smoke want to quit

If you know someone who smokes, encourage them to quit

SOURCES:

- http://kidshealth.org/teen/drug_alcohol/tobacco/smoking.html
- <http://kidshealth.org/kid/watch/house/smoking.html>

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