November: Great American Smokeout

Your source of health news, events and tidbits

BOWLING GREEN STATE UNIVERSITY

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A WELLNESS CONNECTION PUBLICATION
214 Student Recreation Center
www.bgsu.edu/recwell
wellness@bgsu.edu
419.372.WELL (9355)

HEALTH BENEFITS OF QUITTING SMOKING
20 minutes after quitting:
• Your heart rate and blood pressure drops
12 hours after quitting:
• The carbon monoxide level in blood drops to normal
2 weeks to 3 months after quitting:
• Circulation improves and lung function increases
1 to 9 months after quitting:
• Coughing and shortness of breath decrease; cilia, hair-like projections, regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection
1 year after quitting:
• The excess risk of coronary heart disease is half that of a smoker’s risk.

FEELING BACKED UP WITH MONEY PROBLEMS?
Get movin’ in the right direction! WE CAN HELP…
Student Money Management Services
419-372-2252  smms@bgsu.edu
Contact Heather Wilson at Student Money Management Services 401 & 406 Moseley Hall.

WELLNESS CONNECTION HOURS:
Mon- Fri, 8:00 AM - 5:00 PM

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“A PLACE TO BE HEARD”
Come talk about whatever’s on your mind!
11:30 AM - 6:00 PM Monday-Friday Located in the Bowen-Thompson Student Union between the Ballroom and Multipurpose Room
Contact Jeff Livingston at jdlivin@bgsu.edu for more information.

NUTRITION: WHAT’S IN IT FOR ME?
All presentations are held in Room 104 in the Family and Consumer Sciences Building
Monday presentations are at Noon
Tuesday presentations are at 8:30 AM
Presented by the BGSU Undergraduate Dietetics Program

Dates and Topics:
• Mon., Nov. 14, Noon - Fight the 15
• Tue., Nov. 15, 8:30 AM - Tips for Workout Recovery
• Mon., Nov. 21, Noon - Unmasking Food Myths
• Mon., Nov. 28, Noon - Exercise & Diabetes
• Mon., Dec. 5, Noon - Sports Nutrition Supplements: Help or Harm

HISTORY OF THE GREAT AMERICAN SMOKEOUT
The Great American Smokeout has helped to spotlight the dangers of tobacco use and the challenges of quitting. But more importantly, it has set the stage for the cultural revolution in tobacco control that has occurred over this period. Because of the efforts of individuals and groups that have led anti-tobacco efforts, there have been significant landmarks in the areas of research, policy, and the environment. According to the American Cancer Society:

• In 1977, Berkeley, California became the first community to limit smoking in restaurants and other public places.
• In 1983, San Francisco passed the first strong workplace smoking restrictions, including bans on smoking in private workplaces.
• In 1990, the federal smoking ban on all interstate buses and domestic flights of six hours or less took effect.
• In 1994, the state of Mississippi filed the first of 24 state lawsuits seeking to recuperate millions of dollars from tobacco companies for smokers’ Medicaid bills.
• In 1999, the Department of Justice filed suit against cigarette manufacturers, charging the industry with defrauding the public by lying about the risks of smoking.
• In 1999, the Master Settlement Agreement (MSA) was passed, requiring tobacco companies to pay $206 billion to 45 states by the year 2025 to cover Medicaid costs of treating smokers. The MSA also closed the Tobacco Institute and ended cartoon advertising and tobacco billboards.
• In 2009, The Family Smoking Prevention and Tobacco Control Act was signed into law and gives the FDA the authority to regulate the sale, manufacturing, and marketing of tobacco products and protects children from tobacco industry’s marketing practices.

AMERICAN CANCER SOCIETY: GREAT AMERICAN SMOKEOUT
The American Cancer Society is marking the 36th Great American Smokeout on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. Tobacco use remains the single largest preventable cause of disease and premature death in the United States. Yet more than 46 million Americans still smoke.

He who has health, has hope; and he who has hope, has everything.
-Thomas Carlyle

“I AM GOOD AT WHAT I DO”
Come talk about whatever’s on your mind!
8:30 AM - 10:00 AM Tuesday Located in the Bowen-Thompson Student Union
Contact Laura Davis at ldavis@bgsu.edu for more information.

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Recreation and Wellness
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