

February 2023 Wellness Coalition Newsletter



Happy February Wellness Coalition Members!

Read below for tobacco news:

Environmental Impact from Tobacco Products:

- Cigarette butts are the #1 most littered item on Earth.
- They are the #1 most discarded item on California beaches and waterways.
- On California beaches, there are 9x more cigarette butts than plastic straws.
- The Tobacco Industry makes filters from microplastic fibers-- these contaminate our soil, food, and water.

[Learn more](#)

Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be on March 14th, 2023 via Zoom, from 10:00am-12:00pm.

Zoom link: <https://us06web.zoom.us/j/81782260530?pwd=a1p3T08wS2owS0t3SnIzcHgvQllwQT09>

If you are interested in joining our coalition and presenting at our next meeting, please contact Crystal Ortiz at crortiz@cosb.us

Tobacco News

Flavored Tobacco- Hiding in Plain Sight (can you spot this teen's vapes?)

Please watch this short 1 minute video:



<https://www.youtube.com/watch?v=fjDP8rTktWw>

The tobacco industry continues to market and target the younger generation. These vaping products have transformed to be almost physically identical to safe, everyday items such as pens, flavored drink drops, highlighters, and USBs. This allows these products to remain hidden in plain sight.

For more information visit <https://www.flavorshookkids.org/>

San Benito Youth Association Spotlight



The San Benito Youth Association is a youth-based group of the Tobacco Education Program. This program is made possible through the Tobacco Tax Initiative, Proposition 99. In 1989, California voters approved a statewide tobacco tax of 25 cents. The funds raised through this tax were to be spent on health education, hospital services, physician services, research, and public resources. Our tobacco education program promotes a tobacco free community through education, intervention, and policy activities.

[**Read more**](#)

Announcements:



SAN BENITO YOUTH ASSOCIATION



WHO WE ARE?

San Benito Youth Association is a youth-based coalition of the Tobacco Education Program. We are looking for individuals between the ages of 13-18 to make a change within our community while learning and having fun.

WHAT WE DO?

To educate San Benito County Youth through awareness and prevention on the dangers of tobacco use and promote healthier lifestyle choices in order to strengthen our community.

MEETINGS

- Twice a month
- Approx. 1-2 hours
- At the Public Health office or via Zoom

ACTIVITIES

- Speak at city council meetings
- Participate in outreach events such as Health fairs, Farmer's market, Kids at the park
- Field Trip to the Annual Youth Quest event in Sacramento

BENEFITS

- Community service hours
- Letters of recommendation
- Incentives
- Develop Leadership skills
- Resume and mock interview prep



CONTACT JAVIER PEREZ
FOR MORE INFO IF
YOU'RE INTERESTED IN
JOINING!

jperez@cosb.us
831-637-5367





"When you're moving, your address might not be the only thing changing. You may also need to change your health plan or sign up for health coverage."

Learn more at

<https://www.coveredca.com/marketing-blog/just-moved-heres-what-you-need-to-know-about-health-insurance/>

#valleyhealthplan #vhp #healthcoverage #coveredcalifornia #moving #specicalenrollment

JOIN US FOR A TOWN HALL MEETING



**HEALTHY MINDS
HEALTHY LIVES**
ENGAGE, ENCOURAGE, EMPOWER...EDUCATE!



What Every Parent and
Community Member
Needs to Know to Keep
our Youth
Safe and Healthy

THE IMPACT OF VAPING AND DRUG ABUSE ON OUR YOUTH



**PRESENTED BY:
ROCKWELL HERRON**

Retired DEA Agent,
Alcohol and other Drugs
Ambassador for the San
Diego County Office
of Education

TUESDAY,
FEBRUARY 28, 2023


Community Foundation
FOR SAN BENITO COUNTY
EPICENTER
440 SAN BENITO STREET

**COMMUNITY
FOUNDATION
EPICENTER**

**440 SAN BENITO ST,
HOLLISTER, CA 95023**

5:30-7:00PM



SCAN



REGISTRATION IS REQUIRED:

<http://sanbenito.k12oms.org/616-230698>

For inquiries, contact Gwen Baquiran at 831-637-5393 x224

PRESENTACIÓN DE LA COMUNIDAD



**HEALTHY MINDS
HEALTHY LIVES**
ENGAGE, ENCOURAGE, EMPOWER...EDUCATE!

Lo que todo padre y miembro de la comunidad debe saber para mantener a nuestra juventud Seguro y Saludable

EL IMPACTO DEL VAPEO Y EL ABUSO DE DROGAS EN NUESTRA JUVENTUD



NUESTRO ORADOR: **ROCKWELL HERRON**

Ex agente de la DEA, actual Embajador de Alcohol y otras Drogas del Condado de San Diego

Se requiere registro
<http://sanbenito.k12oms.org/616-230698>

Para preguntas contacta
Gwen Baquiran at 831-637-5393 x224



MARTES,
28 DE FEBRERO
DE 2023


Community Foundation
FOR SAN BENITO COUNTY
EPICENTER
440 SAN BENITO STREET

**COMMUNITY
FOUNDATION
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**440 SAN BENITO ST,
HOLLISTER, CA 95023**

5:30-7:00PM

REGÍSTRATE AHORA



Would like to share an announcement? Email our
Project Coordinator at crortiz@cosb.us



Ready to Quit?

Kick It CA is a free program that helps Californians kick tobacco with the help of proven, science-based strategies.

[Take the first step toward quitting.](#)

For more information:

San Benito County Tobacco Education Program

351 Tres Pinos Rd, Suite A-202

Hollister, CA 95023

Tel: (831) 637-5367

Monday-Friday: 8:00am to 5:00pm

San Benito County Tobacco Education Program
Coalitions

Visit our website