# 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

## <u>Upcoming Coalition Meeting:</u>

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=a1p3T08wS2owS0t3SnlzcHgvQllwQT09

If you are interested in joining our coalition and presenting at our next meeting, please contact Crystal Ortiz at <a href="mailto:crortiz@cosb.us">crortiz@cosb.us</a>

### 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 youthbased 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**

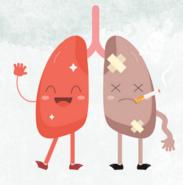
- Twice a month
- · Approx. 1-2 hours
- · At the Public Health office or via Zoom

#### **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



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-whatyou-need-to-know-about-health-insurance/

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

## **JOIN US FOR A TOWN HALL MEETING**



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

REGSIRATION IS REQUIRED:

http://sanbenito.k12oms.org/616-230698 For inquiries, contact Gwen Baguiran at831-637-5393 x224





COMMUNITY Community Foundation FOUNDATION **EPICENTER** 

> 440 SAN BENITO ST. HOLLISTER, CA 95023

> > 5:30-7:00PM







## PRESENTACIÓN DE LA COMUNIDAD



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 at831-637-5393 x224



28 DE FEBRERO
DE 2023
Community Foundation COMMUNITY
EPICENTER
440 SAN BENITO STREET EPICENTER
440 SAN BENITO ST,
HOLLISTER, CA 95023
5:30-7:00PM

**REGISTRATE AHORA** 





## Would like to share an announcement? Email our Project Coordinator at <a href="mailto:crortiz@cosb.us">crortiz@cosb.us</a>



## Ready to Quit?

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

<u>Take the first step toward quitting</u>

### 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 <u>Coalitions</u>

Visit our website