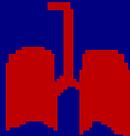


Yuma Tobacco Asthma Coalition

Air  Mail

"The Greatest Wealth is Health". Virgil

Quotable:

"Knowing is not enough; we must apply. Willing is not enough; we must do".

Johann Wolfgang von Goethe

In this Update:

- Legislative Update
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- Community Forums
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- Health Education Goes To Work
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Legislative Update:

THE PACT ACT: Preventing Illegal Internet Sales of Cigarettes & Smokeless Tobacco

The Prevent All Cigarette Trafficking (PACT) Act was approved and signed into law on March, 31, 2010. The PACT Act will enhance public health by helping to prevent and reduce the use of tobacco.

By reducing the availability of tax-evading, low-cost cigarettes over the Internet – and stopping Internet sales of cigarettes to kids – the PACT Act will also prevent and reduce smoking and its many harms and costs.

Among other things, the PACT Act requires Internet and other mail-order sellers to:

- Pay all applicable federal, state, local or Tribal tobacco taxes and affix any related tax stamps, before delivering any cigarettes or smokeless tobacco products to any customer in a state;
- Comply with various state and local laws as if the Internet sellers were tobacco product retailers located in the same state as their customers;
- Register with the state and make periodic reports to state tax collection officials; and
- Check the age and ID of customers both at purchase and at delivery to stop Internet cigarette and smokeless tobacco sales to kids.

Asthma Center Moves to University of Arizona American Lung Association Relocates Asthma Clinical Research Center



University of Arizona Welcomes Asthma Research Center

Nearly 23 million Americans, including 7 million children, have asthma. Arizona has one of the highest asthma rates in the nation.

The American Lung Association has opened an Asthma Clinical Research Center (ACRC) at the University of Arizona. The ACRC is the largest not-for-profit network of clinical research centers dedicated to asthma treatment research.

Professor Lynn Gerald, PhD, MA, MSPH, is the principal investigator of

the Center. Gerald joined the UA in 2009 from the University of Alabama at Birmingham, where she was director of the Lung Health Center and professor of medicine. She was also principal investigator of the ACRC in Birmingham. Says Gerald, "Asthma is a serious health problem. The good news is that it can be treated, and people with asthma can live normal, productive lives. But without proper treatment, asthma can be extremely dangerous, even fatal. The clinical research that we do at the ACRC is devoted to asthma treatment research."



May: Asthma & Allergy Awareness Month YTAC Hosts Asthma & COPD forums

The month of May was Asthma Awareness Month, and YTAC participated by coordinating trainings focused on Asthma and COPD.

Three events were held for health care professionals, community professionals, and parents/caregivers.

Fifteen healthcare professionals attended a symposium featuring "Asthma Control Based on Guidelines", presented by Debi Holloway of Ashfield

Healthcare, and "Spirometry Interpretation for Practitioners" by Scott Cerreta of the American Lung Association in Arizona.

Twenty five participants from various agencies took part in a fun, interactive train-the-trainer session for community professionals on Asthma 101 and COPD 101 also with

Debi of Ashfield and Scott of American Lung Association instructing.

The final segment, a community forum featuring the topic "The Lung Chronicles: Asthma and Asthma Management in Children" was presented by Nita Hudsik, RT, of YRMC and assisted parents and caregivers who have children with asthma learn how to help

their child avoid asthmatic episodes by recognizing and managing asthma symptoms.

From **YTAC**, many thanks to Debi, Scott, and Nita, and to all who collaborated in making this project a success!



Special thanks to the Camp's many volunteers and sponsors!

6th Annual Asthma Camp 2010

Regional Center for Border Health, Inc., in collaboration with the Yuma Tobacco Asthma Coalition, carried out the 6th Annual Asthma Camp Not-A-Choo held at the Sheriff's Posse Arena.

On Friday March 19 and Saturday March 20, 2010, 9 campers had the opportunity to learn asthma self-management skills while participating in a fun, activity-filled camp setting.

Prior to camp applicants were screened and evaluated by Dr. A. Hourani, Pulmonary MD, to be medically cleared to attend the camp. Once there, campers were assigned to teams with one counselor per team.

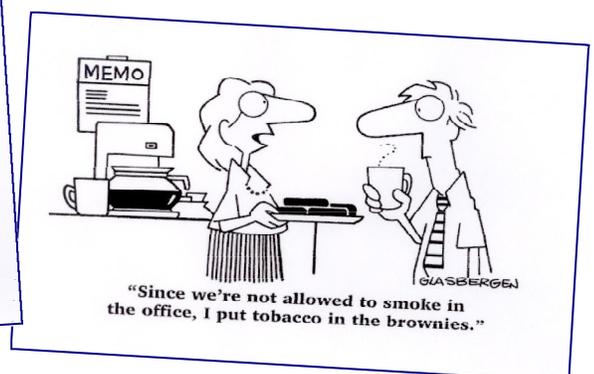
Camp activities included horseback riding, therapy dogs, massage therapy, mental health sessions, games, sports, Folkloric Dance, fire camp and special educational sessions taught by certified educators.

Family members of campers were invited to the graduation ceremony where campers received a certificate and left camp with gifts and renewed confidence.



2010 Campers, Counselors and Volunteers

Always laugh when you can; it is cheap medicine!



Upcoming Events

National Health Center Week
Sunset Community Health Center, Inc, August 14, 2010, 7:00 am—12:00 pm; San Luis Cultural Center, 1015 N. Main Street, San Luis, AZ. In collaboration with the City of San Luis, Sunset Community Health Center will be hosting National Health Center Week on August 14th, 2010. This event will provide more than 500 community residents and their families with free health

health screenings, valuable speakers, educational booths and grand prizes.

Join us in August to recognize our highly effective health center model of care that is transforming health delivery in the nation.

E-Cigarettes: A New Health Risk?

Electronic cigarettes, or e-cigarettes, are battery-operated devices that generally contain cartridges filled with nicotine, flavor and other chemicals and turn nicotine and other chemicals into a vapor that is inhaled by the user. These products have not been submitted to the FDA for evaluation or approval and so the agency has no way of knowing, except for the limited testing it has performed, the levels of nicotine or the amounts or kind of chemicals that the various brands of these products deliver to the user.

The Food and Drug Administration announced on July 22nd, 2009 that a laboratory analysis of electronic cigarette samples has found that they contain carcinogens and toxic chemicals, such as diethylene glycol,



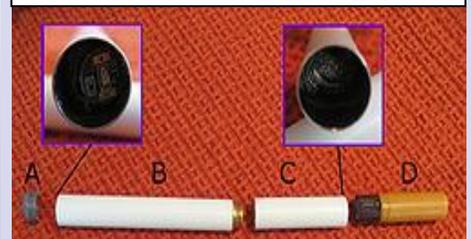
an ingredient used in antifreeze. E-cigarettes produce a vapor of undetermined and potentially harmful substances.

Promoters and supporters of the product are hailing it as a safer and healthier smoking alternative. Because the device is not considered a tobacco product, there is no law governing its sale or use. And because it does not contain tobacco and does not have to be lit,

it is not prohibited under the smoking ban.

E-cigarette: A health hazard or a safer smoking alternative? Nobody is sure of all the effects or how people are actually using it, it has not been tested, it has not been approved. So, buyer beware!

A disassembled cigarette-shaped electronic cigarette.
A. LED light cover
B. battery (also houses circuitry)
C. atomizer (heating element)
D. cartridge (mouthpiece).



YTAC Members

- Yuma County Public Health Services ▪ **Regional Center for Border Health, Inc.** ▪ **Sunset Community Health Center, Inc.**
- **First Things First** ▪ **Yuma Regional Medical Center** ▪ **Somerton Middle School** ▪ **Alice Byrne Elementary School**
- **Arizona Department of Environmental Quality - Office of Children's Environmental Health**
- **Health Choice Generations HMO** ▪ **Campesinos Sin Fronteras** ▪ **Western Arizona Council of Governments Head Start**
- **University of Arizona M. and E. Zuckerman College of Public Health** ▪ **Child and Family Resources, Inc.**
- **San Luis Parks and Rec** ▪ **Chicanos Por La Causa Head Start** ▪ **Desert View Academy**