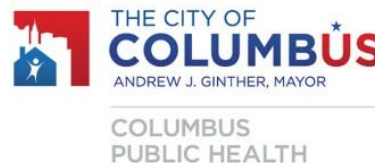


A photograph of a baby being held by a parent, with the baby looking directly at the camera. The image is overlaid with a semi-transparent purple filter.

# Happy Dads. Healthy Babies.

Infant Vitality Toolkit

## Quit & Prevent Tobacco, Alcohol & Drug Use



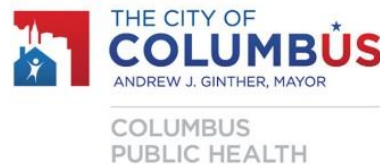
# Agenda

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- Test Your Knowledge Pre Test
- All About Smoking
- Overcoming an Alcohol Addiction
- Local Support Groups
- Test Your Knowledge Post Test



# Pre-Test



# Question 1

---

True or False: Smoking can negatively effect a man's mental, physical, and sexual health.

A. True

B. False

## Question 2

---

True or False: There is only one location in Columbus where residents can attend an Alcoholics Anonymous (AA) meeting.

A. True

B. False

## Question 3

---

True or False: It is important to get social and/or familial support to end an alcohol, tobacco, or other drug addiction.

A. True

B. False

# Be Healthy for Your Family

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While any man can father a child, ***it takes a real man to be a father to a child.***

- J.T. Waresak



# Smoking and Men's Health

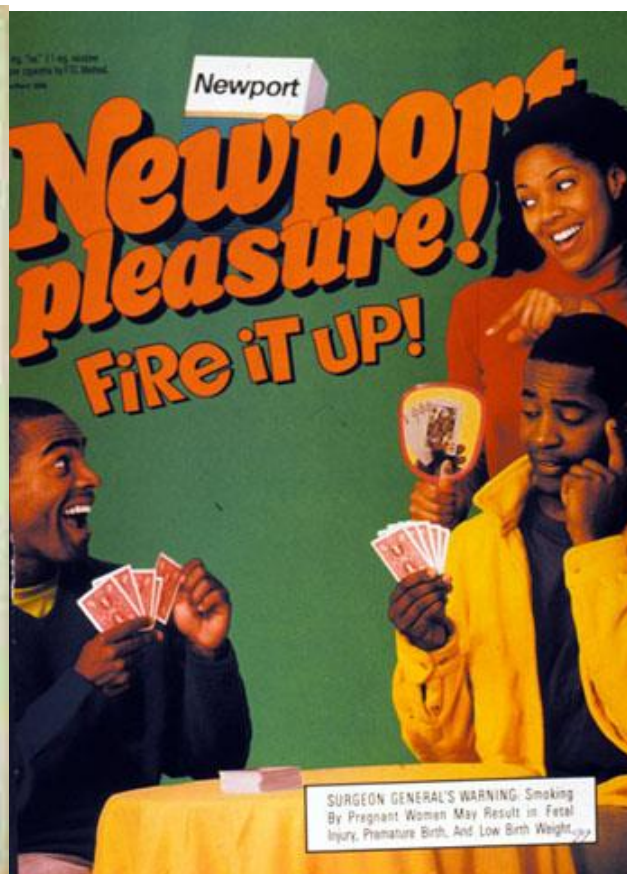
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- About 1 in 6 men smoke cigarettes.<sup>[1](#)</sup>
- Each day in the U.S., more than 1,100 boys under 18 years of age smoke their first cigarette.<sup>[2](#)</sup>
- 1 in 10 high school aged boys smoke cigarettes.<sup>[3](#)</sup>





# There are up to 10x more tobacco ads in Black Neighborhoods than in other neighborhoods



# Tobacco Marketing Examples

**freedom.** to speak.  
to choose. to marry.  
to participate. to be.  
to disagree. to inhale.  
to believe. to love.  
to live. **it's all good.**



the people of santa fe natural  
tobacco company

No additives in our tobacco  
does **NOT** mean a safer cigarette.

**SURGEON GENERAL'S WARNING:** Smoking  
By Pregnant Women May Result in Fetal  
Injury, Premature Birth, And Low Birth Weight.

[www.nascigs.com](http://www.nascigs.com)

© 2002 Santa Fe Natural American Spirit is a registered trademark of Santa Fe Natural Tobacco Company.

**SURGEON GENERAL'S WARNING:** Smoking  
By Pregnant Women May Result in Fetal  
Injury, Premature Birth, And Low Birth Weight.

**KOOL**  
BE TRUE

## WHY QUIT? SWITCH TO BLU

blu is the smart choice for smokers wanting a change. Take back your  
freedom to smoke when and where you want without ash or smell.  
blu is everything you enjoy about smoking and nothing else.  
Nobody likes a quitter, so make the switch today.

Visit [blucigs.com](http://blucigs.com)



\* New blu Smart Pack



**PREMIUM ELECTRONIC CIGARETTE**

**18+ only.**

CALIFORNIA PROPOSITION 65 - Warning: This product contains nicotine, a chemical known to the state of California to cause birth defects or other reproductive harm.

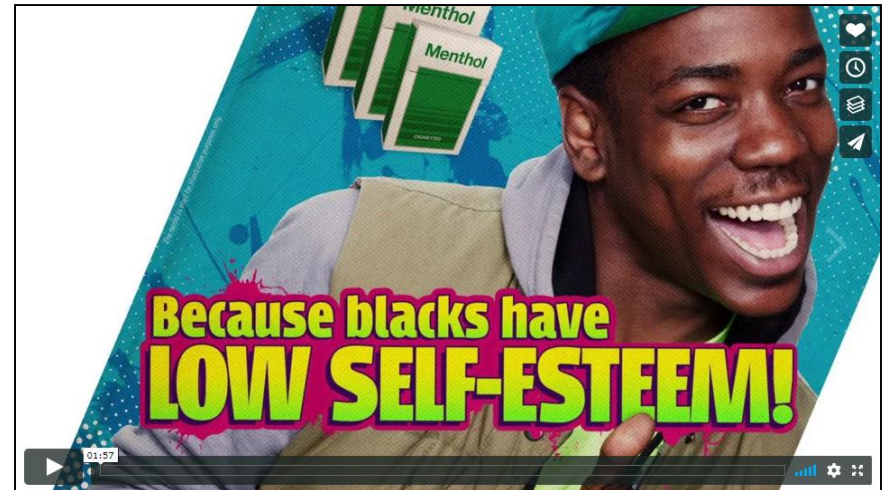


# Targeting Communities



Black Lives / Black Lungs is a short film investigating the tobacco industry's successful infiltration into the black community.

<https://www.youtube.com/watch?v=Eeg5BNx--uQ>



Behind closed doors, tobacco companies have said horrible things about the people they target as customers. We created fake ads (disguised as real ads) using their actual words against them.

<https://vimeo.com/88904546>

# Smoking and Infant Mortality

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- Smoking during pregnancy accounts for about **10% of all infant deaths**
- **30% of low birth weight babies** are due to smoking during pregnancy
- **18.5% of mothers** in Franklin County smoked before and/or during pregnancy



When you  
smoke inside,  
they do too.

Smoke-Free Around Baby & Me

Learn more at [columbus.gov/smokefreebaby](http://columbus.gov/smokefreebaby)

# Smoke & Tobacco-Free

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# Hookah & E-Cigarettes

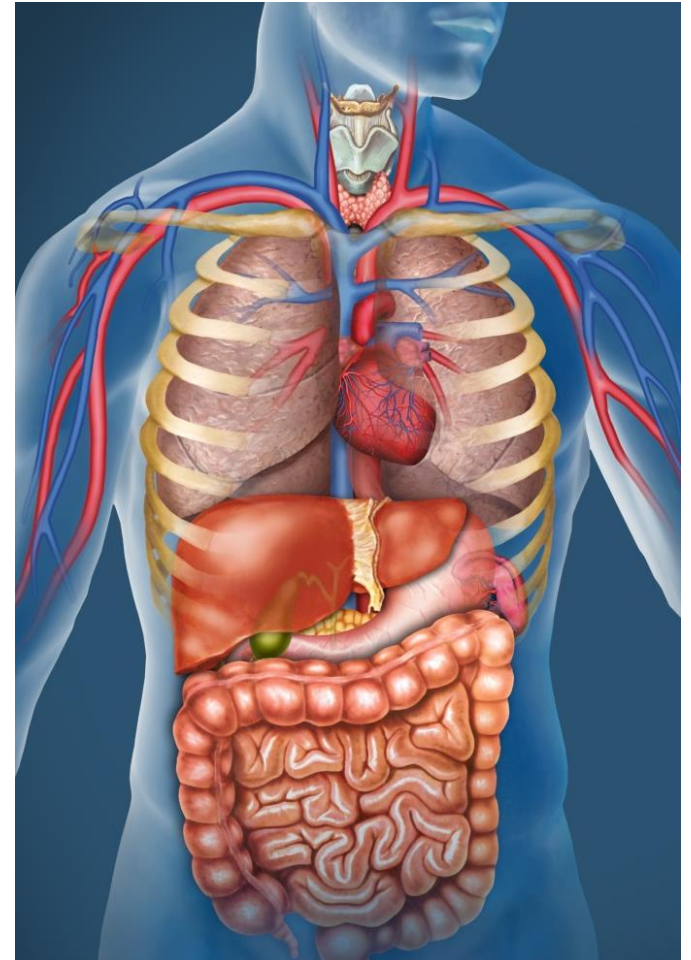
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# Long-Term Physical Risks

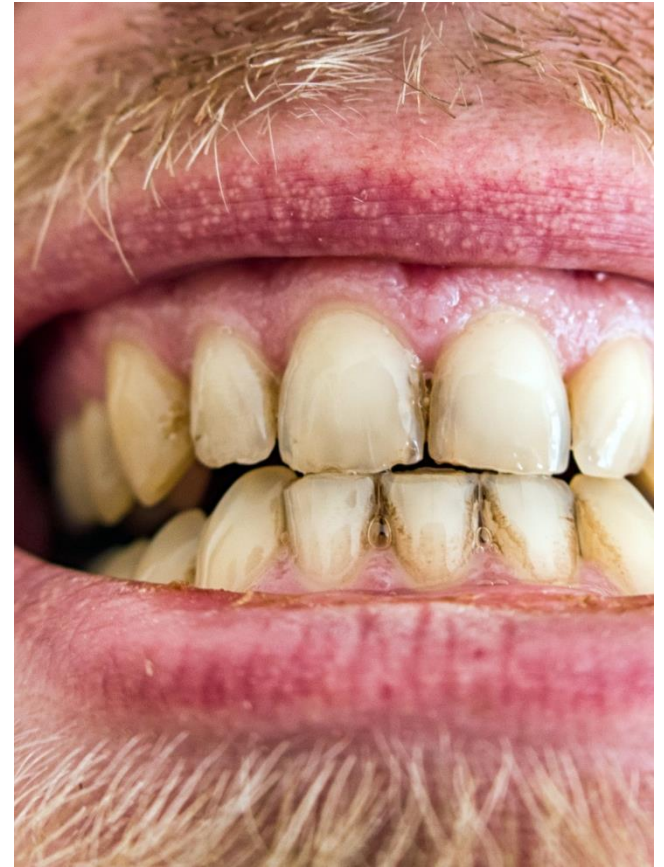
- **Addiction** to nicotine and exposure to dangerous chemicals
- Lung, mouth, throat, kidney, and stomach **cancers**
- **Heart** disease
- Stomach **ulcers**
- Impaired **immune systems**
- Emphysema and other **chronic diseases**
- **Shorter lifespan** (*up to 20 yrs*)



# Short-Term Physical Effects

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- **Addiction** to nicotine and exposure to dangerous chemicals
- More **breathing** problems
- Shortness of breath, phlegm, and a coarse **cough**
- **Impaired lung** growth and function
- **Bad breath**, yellow teeth, and stained fingers
- **Foul-smelling** clothes and hair





# Reduced Athletic Ability

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- Difficulty building muscle
- Diminished athletic ability



# Mental Health

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- Increases anxiety and tension
- Changes brain chemistry
- Can lead to depression



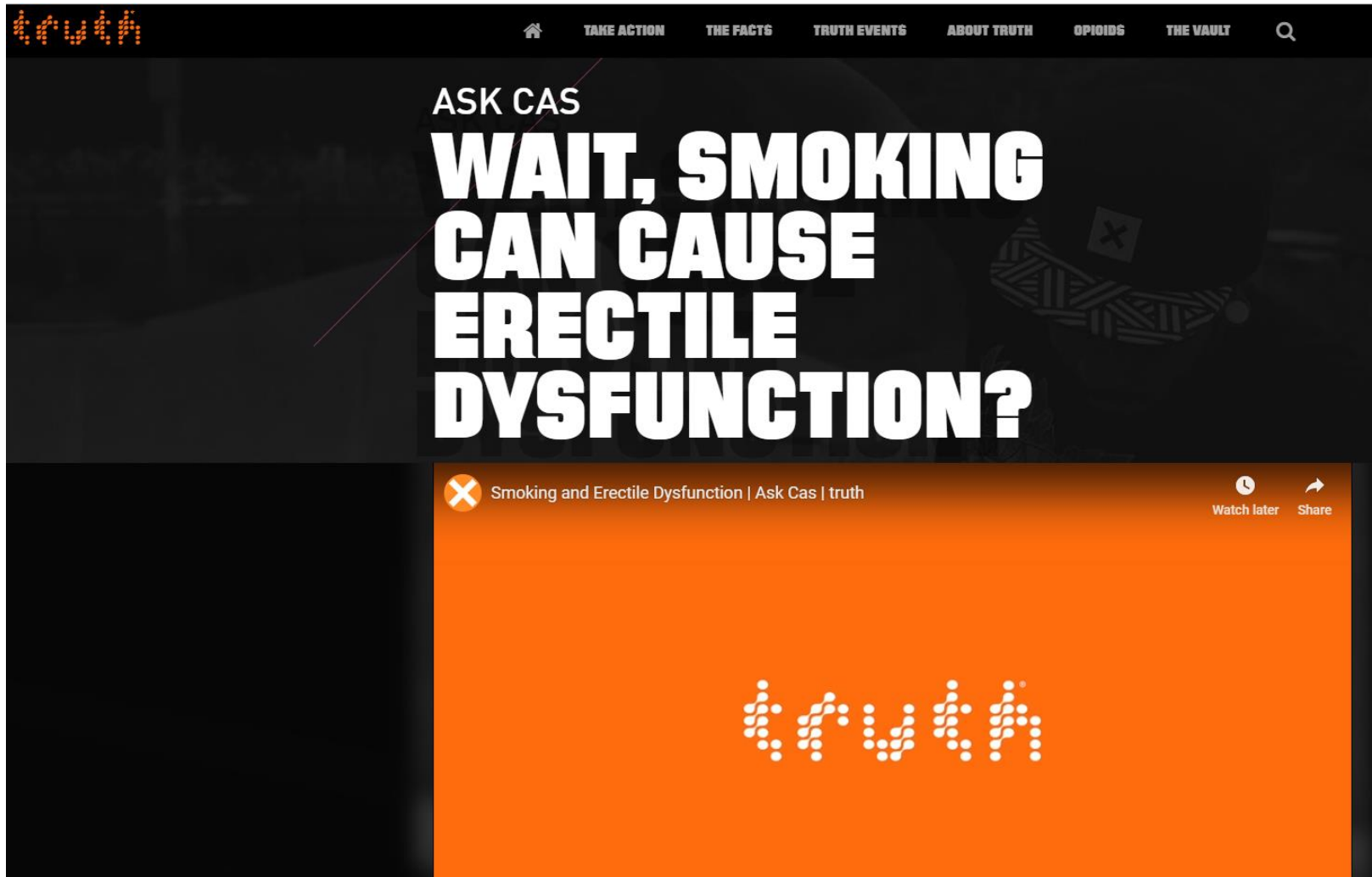
# Sexual Health

- Causes impotence or erectile dysfunction
- Decreases sexual desire and satisfaction
- Damages smooth muscle inside the penis
- May also affect penis size
- Makes other erectile dysfunction risk factors worse



Image Source: National Health Service (NHS) in England;  
<http://www.nhs.uk>

# Sexual Health



# Marijuana

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- Dizziness
- Slowed reaction time
- A distorted sense of time
- Random thinking
- Paranoia
- Anxiety & depression
- Short-term forgetfulness
- Impaired judgment
- Linked to psychosis and schizophrenia



# Overcoming an Alcohol Addiction

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- Most people with substance abuse problems don't decide to make a big change out of the blue or transform their drinking habits overnight. Recovery is usually a more gradual process.
- Steps to take:
  - Set goals and prepare for change
  - Explore alcohol addiction treatment options
  - Get support

# Local Support Groups

---

There are many locations across the Columbus region where you can find Narcotics Anonymous (NA) meetings, Alcoholics Anonymous (AA) meetings, and other support groups

## **Find a NA Meeting:**

<https://centralhionarcoticsanonymous.org/>

## **Find an AA Meeting:**

<https://aacentralohio.org/meetings/>

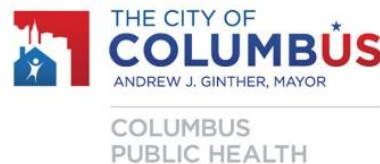


**QUESTIONS**





# Post-Test



# Question 1

---

True or False: Smoking can negatively effect a man's mental, physical, and sexual health.

A. True

B. False

## Question 2

---

True or False: There is only one location in Columbus where residents can attend an Alcoholics Anonymous (AA) meeting.

A. True

B. False

## Question 3

---

True or False: It is important to get social and/or familial support to end an alcohol, tobacco, or other drug addiction.

A. True

B. False