INFLUENCE WOMEN'S HEALTH FORUM

INFluence

Top 9 List

Now that you are armed with knowledge about women and tobacco, here is a list of 9 action steps you can take to make a difference in the health of Hoosier women:

1. Encourage your family, friends, and colleagues to quit smoking as a result of the July 1, 2007 cigarette tax increase.
2. Write a letter to the editor of women's magazines that are running tobacco ads.
3. Support passage of legislation to give FDA authority to regulate tobacco.
4. Promote the Indiana Tobacco Quit Line: 1-800-QUIT-NOW (784-8669).
5. Empower youth to fight back against the tobacco industry and encourage them to get involved at www.Voice.tv.
6. Give your business to restaurants and bars that are smoke free, and actively support local smoke-free air laws in all workplaces.
7. Establish policies in your worksite, community center, health care facility, or faith-based organization that protect everyone from secondhand smoke.
8. If you are an employer, provide incentives to employees who don't smoke or quit smoking, and offer cessation resources.
9. Contact 9 women you know, share the information you learned at the forum and the PowerPoint presentation, and ask them to complete the Top 9 List as well!

Thank you for taking action that will protect Hoosier women and generations to come from the devastating effects of tobacco.

INFLUENCE WOMEN'S HEALTH FORUM

"When it comes to the effects of tobacco, it is a black and white issue. The science is well established, and we know that tobacco products kill. Evidence-based research has told us what strategies work to reduce tobacco use, but we must remember that execution trumps strategy. As your state health commissioner, I ask that you make a personal commitment to use the talent and influence you possess to positively impact the health of future generations."

For a Healthier Tomorrow,

Judy Monroe, MD
State Health Commissioner

Office of Women's Health
Indiana State Department of Health

IT SAVES LIVES - IT SAVES MONEY
Indiana Tobacco Prevention and Cessation

Anthem