



WE'VE BEEN BUSY!

HERE'S WHAT'S NEW!

FindYourPowerSD.com

A brand new website with expanded content designed to connect our American Indian population with tools, resources, and one another. New features include:

- Emphasis on cultural practices, traditions, and history
- Important differences between traditional and commercial tobacco
- How the tobacco industry has targeted American Indians and how to fight back
- Health effects of commercial tobacco specific to American Indians
- Special sections related to pregnancy and nicotine use, e-cigarettes, and JUUL
- Tips, strategies, and ways to connect to cessation services
- Expanded resources including Tribal offices and State programs that address addiction, suicide, and mental health



COMING SOON: Digital tribal toolkit to inspire and guide advocacy efforts in communities and among coalitions with specific tools, examples, and step by step how-to materials and information based on the proven results-oriented process used successfully by the Canli Coalition.



RethinkTobacco.com

Be sure to pick up your **FREE** materials located in the lobby at the conference. Just look for the Ape in Vape table and display (it's hard to miss) and grab your posters, palm cards, brochures, and load up!

For those who feel especially dedicated to the fight against big tobacco and vape... get photographic proof of your **King-Kong-sized efforts at the Ape In Vape photo booth!**

BeFreeSD.com

Hit the airwaves with new anti-vape radio

Five new 30-second anti-vape radio spots are available for free download. Share them within your network or forward to your local radio stations as Public Service Announcements (PSAs).

No smoking or vaping policies really work!

People who do not allow smoking or vaping in their homes or vehicles are far more likely to quit using tobacco products. These policies also reduce exposure to secondhand smoke. Order your tobacco & vape-free window clings and door hangers for your car, residence, or building in the Advocacy Tools section on the BeFree website.

For all the latest news

Check out Be Free's searchable news section and be sure to sign up for the newsletter so you can stay up to date on the latest in Tobacco Control.



TOBACCO CONTROL

MEDIA GUIDE

The South Dakota Tobacco Control Program and our partners have created a number of resources to help South Dakotans live tobacco-free, healthier lives. We need your boots on the ground to help educate, advocate, and share them. We will continue to provide current evidence-based information and tools so you can continue to champion tobacco-free efforts in every community. Use these resources to get started.



BeFreeSD.com belongs to you! It's your toolbox. It's your library. It's your trusted source for all things prevention, cessation, and education oriented. Every South Dakotan should enjoy a tobacco-free life and this website provides all kinds of support for your advocacy efforts. Memorize it. Bookmark it. And most importantly, use it!

We have the power to positively influence health outcomes when we work together to make South Dakota tobacco-free!



SDQuitLine.com The South Dakota QuitLine phone coaching and Kickstart Kit services are designed to help people kick their nicotine habit for good. This website features everything you need to know about the free programs, extended resources, FAQs, tips, and tools to help each individual personalize their quit journey.

Here's why it's important to use and share: People who use QuitLine services are 2x more likely to quit than going it on their own. It's one of the primary tools in our toolbox in the fight against the high cost and deadly effects of tobacco use.

[f facebook.com/SDQuitLine](https://www.facebook.com/SDQuitLine) [t twitter.com/SDQuitLine](https://twitter.com/SDQuitLine) **1-800-SD-QUITS (1-866-737-8487)**



RethinkTobacco.com is a prevention oriented website designed specifically for youth and young adults. The site features state and national statistics and facts related to tobacco, vape, chew, and hookah use. It also provides background on the tobacco industry's sneaky tactics to recruit the next generation of tobacco addicts and ways for young people to take action in their communities.

Here's why it's important to use and share: Let's face it. Youth and young adults are a tricky group to reach. They seek out and process information differently than other age groups. Today's young people are tech-savvy, smart, and very social. They insist on having the facts and they will compare notes.

This site speaks their language, uses humor, features vivid graphics, and offers evidence-based facts for them to consider and share with peers. It's an effective, not-boring way to communicate serious information with youth groups in schools or any other setting.

[f facebook.com/TobaccoRethinkIt](https://www.facebook.com/TobaccoRethinkIt) [i instagram.com/RethinkTobacco](https://www.instagram.com/RethinkTobacco)



FindYourPowerSD.com helps American Indians in South Dakota connect with and inspire one another to quit using commercial tobacco products.

Here's why it's important to use and share: American Indians in South Dakota face numerous, overlapping challenges when it comes to maintaining their health. They are 2x as likely to smoke and experience higher exposure to secondhand smoke.

American Indians draw strength from their families and culture—which includes traditional tobacco. It's important to incorporate culturally appropriate strategies for prevention and cessation that acknowledge their heritage and encourage them to reach out to their communities.

[f facebook.com/FindYourPowerSD](https://www.facebook.com/FindYourPowerSD)

Tobacco Control and Prevention Program: doh.sd.gov/prevention/tobacco

The mission of the South Dakota Department of Health is to promote, protect, and improve the health of every South Dakotan. This site provides information on vital records and statistics, family and child development, prevention and healthy living, education, disease intervention, testing, and links to other state agencies.

Here's why it's important to use and share: This is our digital headquarters. Our strategic plans, South Dakota-specific data, statistics, service and program overviews are housed here. Here, you can find updates on disease prevention, detection, and health promotion efforts.

[f facebook.com/SDHealthDepartment](https://www.facebook.com/SDHealthDepartment) [t twitter.com/SDDOH](https://twitter.com/SDDOH) **1-605-773-3361**

