

**NEWS RELEASE**  
**MARCH 20, 2012**

**MASON COUNTY COMMISSIONERS**  
**411 NORTH 5<sup>TH</sup> ST**  
**SHELTON, WA 98584**

TO: KMAS, KRXY, SHELTON-MASON COUNTY JOURNAL, THE OLYMPIAN, SHELTON CHAMBER OF COMMERCE, NORTH MASON CHAMBER OF COMMERCE, CITY OF SHELTON, ECONOMIC DEVELOPMENT COUNCIL, THE SUN

RE: Kick Butts Day

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Mason County Public Health would like to remind you that Kick Butts Day is **March 21, 2012**, a day for activism when thousands of youth in every state and around the world will **STAND OUT ... SPEAK UP ...** and **SEIZE CONTROL AGAINST BIG TOBACCO**. If you are a teacher, a parent running a scout troop, or a youth leader, you can hold your own Kick Butts Day event as well.

Tobacco use remains the single largest preventable cause of disease and premature death in the U.S., yet more than 46 million Americans still smoke.

Quitting smoking is not easy, but it can be done. According to the U.S. Surgeon General's Office, the effects of quitting begin almost immediately.

After 20 minutes, heart rate and blood pressure drop. After 12 hours, the carbon monoxide level in the blood drops to normal. After two weeks to three months, circulation improves and lung function increases.

After one year, the risk of coronary heart disease is half that of a smoker's. After five years, the risk of cancer of the mouth, throat, esophagus and bladder are cut in half. Cervical cancer risk falls to that of a nonsmoker. Stroke risk can fall to that of a nonsmoker after two to five years.

After 10 years, the risk of dying from lung cancer is about half that of a person who still is smoking. The risk of cancer of the larynx and pancreas decreases.

Local health and risk behavior data for Mason County reveals the following:

Adult Tobacco Use

Our most recent survey data showed that about:

18.9% of adults in Mason County smoke cigarettes.

5.2% of Mason County adults report exposure to second hand smoke in their home.

244 people from Mason County called the Quit Line in the past year.

Youth

Current Cigarette Smoking

Our most recent survey data showed:

6th grade: 3.7% in Mason County, and 1.7% statewide, reported they currently smoke cigarettes.

8th grade: 11.7% in Mason County, and 6.6% statewide, reported they currently smoke cigarettes.

10th grade: 17.1% in Mason County, and 12.7% statewide, reported they currently smoke cigarettes.

12th grade: 25.7% in Mason County, and 19.6% statewide, reported they currently smoke cigarettes.

Pregnant Women

Smoking During Pregnancy

About 19.9% of pregnant women in Mason County smoke during pregnancy.

About 120 infants are born each year in Mason County to mothers who smoke during pregnancy.

Source: WA State Department of Health, Tobacco Prevention and Control 3/29/2011 Assessment and Evaluation

If you would like help quitting please call the Washington State Quitline at 877-270-7867.

Like us on Facebook and find us at [www.HealthyMasonCounty.org](http://www.HealthyMasonCounty.org)

For questions, call Ben Johnson, Mason County Public Health and Human Services at 360-427-9670, Ext. 545; from Belfair 360-275-4467, Ext. 545; or from Elma 360-482-5269, Ext. 545.

Email: [benj@co.mason.wa.us](mailto:benj@co.mason.wa.us).



Lynda Ring Erickson  
Chair



Steve Bloomfield  
Commissioner

Absent

Tim Sheldon  
Commissioner