

We Choose Health

Focus is directed at the prevention of chronic disease through a 16 county collaborative effort aimed at building healthier communities by assisting in the development of policy, systems, and environmental changes. Local health departments in the southernmost regions of Illinois are working together with Southern Illinois Healthcare and local healthy community coalitions to implement strategic efforts in their perspective local communities that will benefit the region through:

- Increasing the number of parks, ball fields and other outdoor spaces that provide smoke free environments
- Increasing the availability of smoke-free multi-unit housing
- Supporting worksites in adopting and implementing wellness policies
- Expanding the number of schools utilizing coordinated school health programming
- Increasing local support of breast feeding

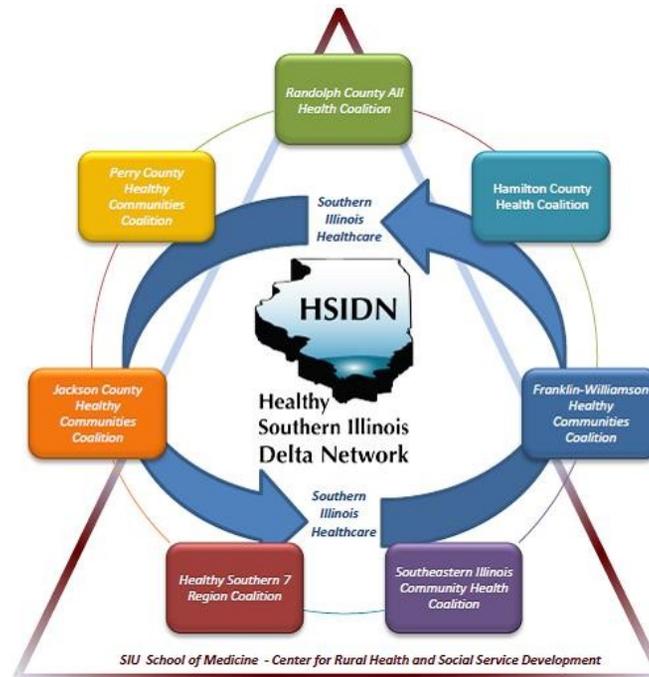


Get Involved- Contact Your Local Representative:

Egyptian Health Dept.	618-272-4691
Franklin-Williamson Health Dept.	618-993-8111 ext. 223
Hamilton County Health Dept.	618-643-3522 ext. 114
Jackson County Health Dept.	618-684-3143 ext. 100 /134
Perry County Health Dept.	618-357-5371 ext. 119
Randolph County Health Dept.	618-443-2995 ext. 115
Southern Illinois Healthcare	618-457-5200 ext. 67847



www.facebook.com/wechoosehealthsouthernmostillinois



TRANSFORMING SOUTHERN ILLINOIS INTO A REGION THAT SUPPORTS AND ENHANCES HEALTHY LIVING.

www.hsidn.org

This project is part of the Illinois Department of Public Health's We Choose Health Initiative, which is made possible by funding from the Centers for Disease Control and Prevention

WE CHOOSE HEALTH

Making our communities places where the healthy choice is the easy choice through policy, systems, and environment.



Smoke-Free
Places
Initiative

Smoke-Free Places

Focus is aimed at modifying the environment to make the healthy choice practical, available, and sustainable for the whole community. We Choose Health efforts are specifically directed toward:

- Creating policy changes within organizations and at the community level
- Creating systematic changes that impact all elements of an organization, institution, or system
- Creating environmental changes that impact the economic, social, or physical environment

The Smoke-free Illinois Act protects Illinois from secondhand smoke in indoor public places and workplaces. As of January 2008, the Smoke-Free Illinois Act requires that public places and places of employment must be completely smoke-free inside and within 15 feet of entrances, exits, windows that open and ventilation intakes.

Smoke-free Public Places builds upon the success of the Smoke-Free Illinois Act to further support policies that limit smoking in outdoor areas such as parks and campuses.

We Choose Health will support local community groups to pursue smoke-free policies in outdoor public places.

Local Level

In Southern Illinois, 27.5% of adults smoke compared to Illinois as a whole which has an adult smoking percentage of 16.9%.

Benefits of Smoke-Free Public Places Policy:

- Creates a safer, healthier area & environment
- Lowers expenses associated with the cleaning and maintenance of areas utilized as “smoking areas”
- Promotes positive community role modeling and protects the health, safety, and welfare of community members
- Decreases secondhand smoke exposure

Components of a Successful Tobacco-Free Policy:

1. Choose Location to post policy (signage may be available)
2. Identify location to survey
3. Draft a policy
4. Adopt the policy
5. Notify Users
6. Enforce the policy

A representative from your local health department and Southern Illinois Healthcare will be happy to help you throughout the process.



Tobacco Cessation Support Available



If you smoke and want to quit, or know someone who wants to quit, call the Illinois Tobacco Quit Line toll-free at **1-866-QUIT-YES (866-784-8937)**, which is operated by the American Lung Association in collaboration with the Illinois Department of Public Health. Please feel free to contact your local health department for help.

- There is no cost for the counseling services.
- Hours of operation are Sunday-Saturday from 7am-11pm.
- For more information visit: [www. quityes.org](http://www.quityes.org)

Source:

<http://www.idph.state.il.us/smokefree/index.htm>

