

# Tobacco-Free Quad Cities Coalition 2018 Year in Review



## About the Tobacco-Free Quad Cities Coalition (TFQC)

TFQC, a bi-state coalition, mobilizes local resources to reduce the effects of tobacco and improve the health of the Quad Cities community.

**Mission:** To reduce the impact of tobacco use in our community

The TFQC Coalition provides:

- Local support for the Smoke Free Air Acts in Iowa and Illinois
- Assistance to businesses in developing tobacco-free and nicotine-free policies
- Training on tobacco products and cessation to businesses and health care providers
- Education to the community about the impact of tobacco use

**Interested in becoming involved with the TFQC Coalition?** The Coalition is always accepting new members. Please call or message us to find out how you can help to reduce the impact of tobacco in the Quad Cities.

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**(563) 326-8618**



**Tobacco-Free  
QC Coalition**

## 2018 Goals

1. Increase the knowledge in our community about the impacts of tobacco and electronic nicotine delivery systems
2. Strengthen tobacco-free and nicotine-free related policies in our community
3. Grow and develop the influence of the TFQC Coalition
4. Create TFQC Coalition guidelines

## Guidelines Development

The TFQC Coalition recognized the need to implement guidelines to increase success in its efforts to reduce tobacco use in the community.

Guidelines have been drafted and are waiting to be approved.

The TFQC Coalition Guidelines establish the need for an executive board and stable coalition membership. An executive board and stable membership will disperse responsibilities to achieve the Coalition's goals.

*"I feel so much healthier since I quit smoking. The program at Trinity helped me to finally stop smoking and achieve my goals."*

*Cecelia W., Freedom From Smoking Participant*

## Unity Point Health-Trinity & The American Lung Association's Freedom From Smoking® Program

This program consists of one class a week for eight weeks taught by a certified facilitator at the Trinity Moline Campus. Each class is ninety minutes, and the entire program costs sixty-five dollars. The Freedom From Smoking® program helps individuals create a quit plan, prepare to quit, cope with quitting, and quit for good.

People at high risk for lung cancer, those who have quit in the past 15 years, or those 55 to 74 years of age who have a history of smoking 30 pack-years or greater should contact Trinity's cancer center nurse specialist for more details: (309) 779-5059



## Quitline

The Illinois Tobacco Quitline and Quitline Iowa are free tools to help you quit using tobacco. Free resources are provided, including a counseling and quit plan.

ILLINOIS ->1-866-784-8937

IOWA ->1-800-784-8669



## Smoke-Free Parks

Representatives of the TFQC Coalition met with various local stakeholders to promote adopting a tobacco- and nicotine-free (TF/NF) policy. The following accomplishments are from the Coalition's smoke-free parks initiative:

- TF/NF Long Grove Ordinance for all city owned property and parks
- TF/NF Princeton Parks Resolution
- Strengthened River Bandits' tobacco policy to include non-FDA approved nicotine products
- TF/NF East Moline Parks Ordinance



## Multi-Unit Housing

According to a federal rule, all public housing agencies had to implement a smoke-free policy by July, 31<sup>st</sup>, 2018. TFQC representatives presented at several multi-unit HUD housing complexes on the policy transition, effects of tobacco use, and cessation tips.

Beyond the federal rule, the TFQC helped Davenport implement a TF/NF housing policy for Heritage Assisted Living and 162 stand-alone assisted living units.

## Youth Involvement

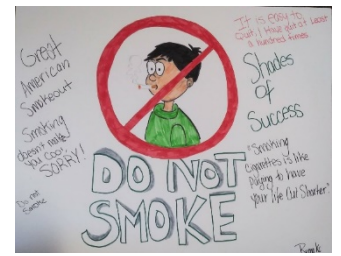
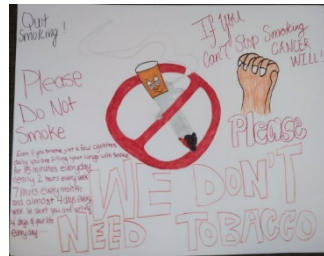
Wood Intermediate has an Iowa Students for Tobacco Education and Prevention (ISTEP) program, and Central High School has Shades of Success, their tobacco prevention group. This year both groups worked to:

- Promote the Quitline
- Advocate the importance of being drug-free
- Eliminate the use of chewing tobacco
- Educate peers about tobacco and nicotine use

## Community Engagement

Members of the TFQC Coalition attend several health fairs at schools, food pantries, and businesses with employee wellness programs to promote tobacco cessation and local resources.

*Please call or message for more information about setting up a community engagement!*



## River Bandits Outreach Event

The TFQC Coalition sponsored three River Bandits' baseball games as part of the team's Book Buddies program. Book Buddies gives free tickets to youth who complete a reading program. The TFQC Coalition was advertised in the Book Buddies program materials and at the field. On sponsored game days, the TFQC had an informational table on the ill effects of tobacco, where hundreds of youth engaged with TFQC Coalition members. This event successfully connected community youth with the TFQC Coalition.