



Alaska Health Fair, Inc.

501 (c) (3) Non-Profit
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Health Fair Materials Examples

Subject: Tobacco

Death of a Lung



SUBJECT: TOBACCO

TARGET: Youth & Adults

Description: An inside look at smoking's destructive effects.

Size: 9" x 12"

Effects & Hazards of Secondhand Smoke



SUBJECT: SUBSTANCE ABUSE SECONDHAND SMOKE

Target: Youth & Adults

Description: Many people don't realize that the smoke produced by a burning cigarette is deadly. This folding display points out that inhaling secondhand smoke puts people at risk for developing a number of serious conditions and diseases.

Size: 58" x 22.5" opened

Effects & Hazards of Smokeless Tobacco



SUBJECT: TOBACCO

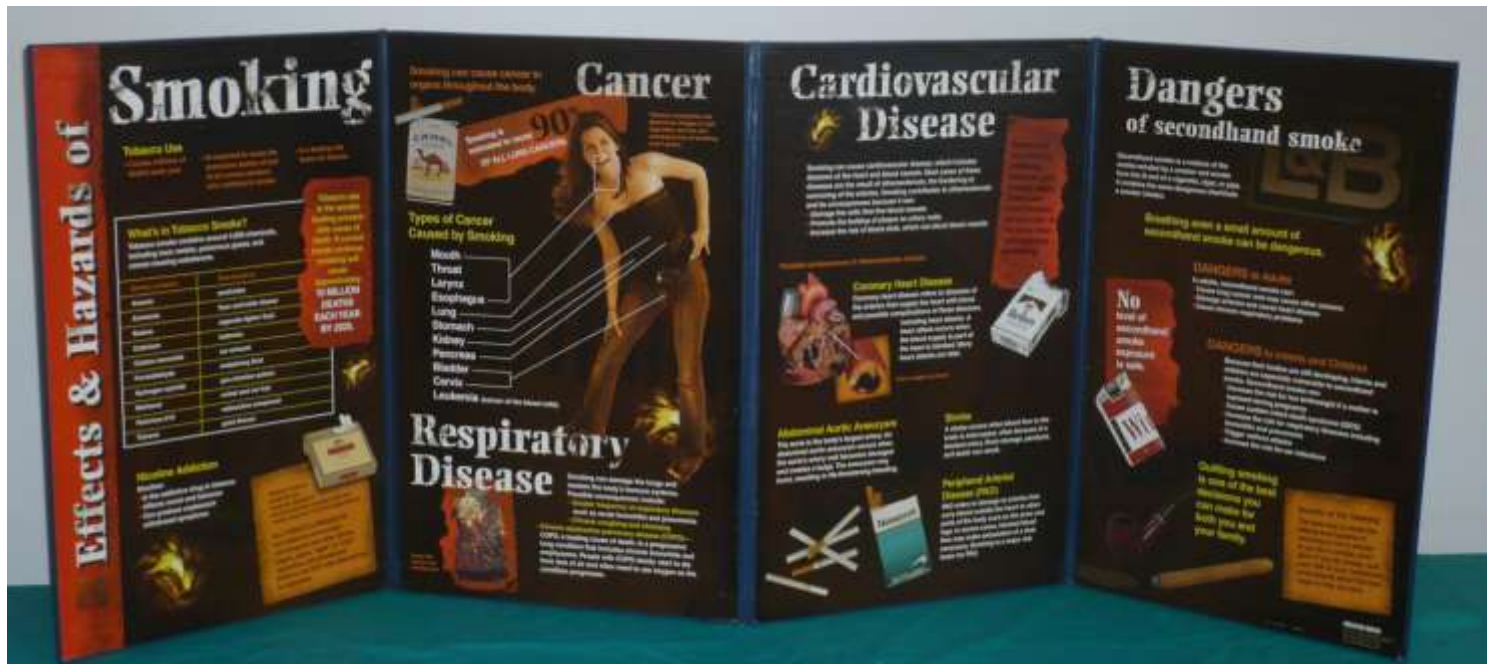
Target: Adults

Description: This display shows the various issues associated with smokeless tobacco; oral conditions and diseases as well as other potential medical dangers. A pinch between your cheek and gum is a recipe for addiction and diseases.

Size: 58" x 22"

2010

Effects & Hazards of Smoking



SUBJECT: SUBSTANCE ABUSE SMOKING, SECONDHAND SMOKE

Target: Youth & Adults

Description: This folding display helps viewers understand the initial and long-term effects of nicotine and cigarette smoke on the human body. Also covers problems caused by secondhand smoke.

Size: 58" x 22.5" opened

Flying Free!



SUBJECT: SMOKING CESSATION

Target: Youth and Adults

Description: An interactive table top display with four panels explaining the various methods to stop smoking.

Mr. Dip Lip



SUBJECT: TOBACCO

Target: Adult

Description: Visual display of how gross smokeless tobacco use can really be.

Size: 18" x 22"

Mr. Butts Costume

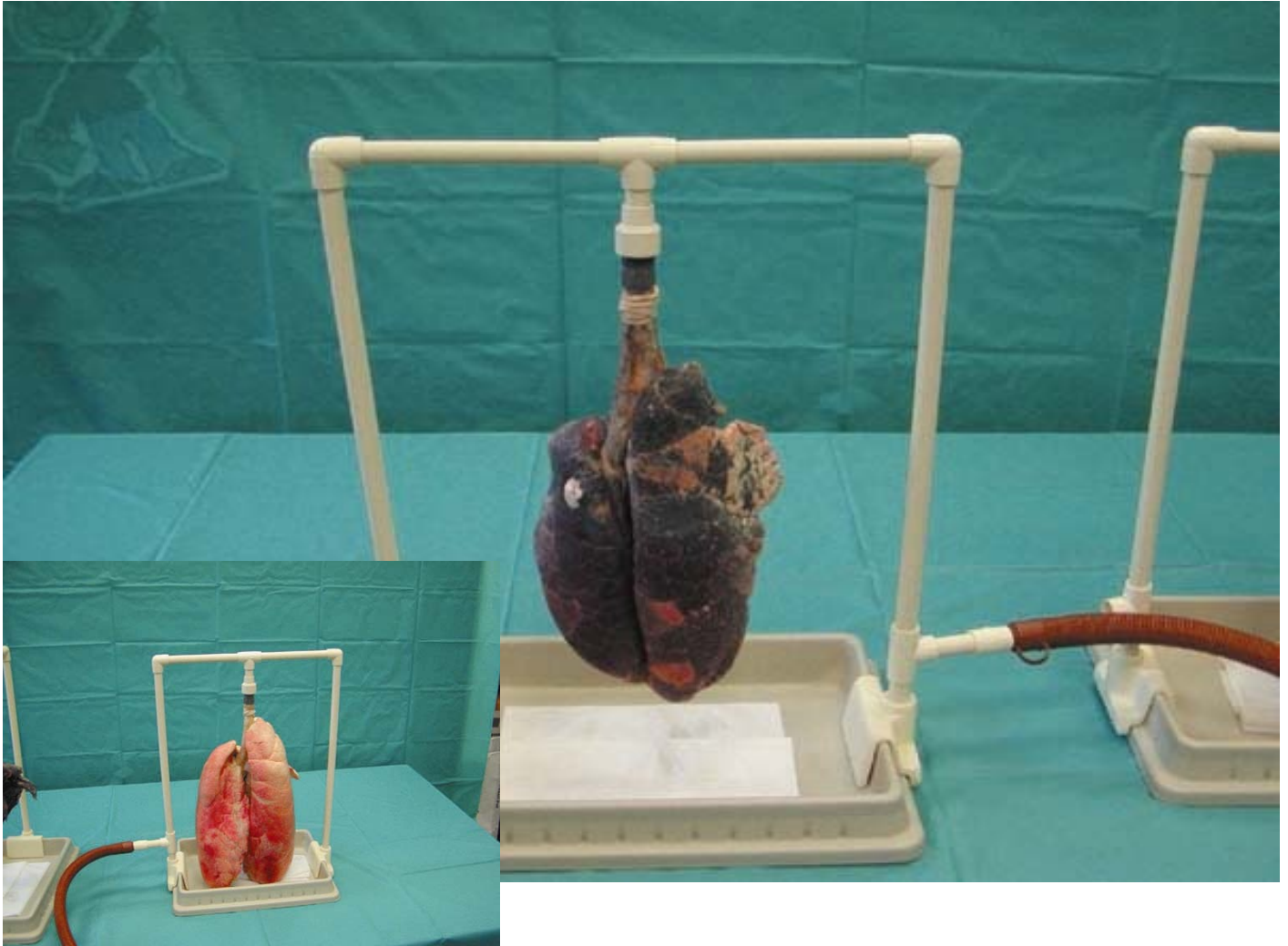


SUBJECT: TOBACCO

Target: Youth and Adults

Description: A cigarette costume designed for tobacco prevention activities. Mr. Butts is sure to draw attention at health fairs and class presentations.

Pigs Lungs



SUBJECT: SMOKING CESSATION

Target: Youth and Adults

Description: This inflatable lung comparison kit is designed to demonstrate the effects of prolonged smoking. It utilizes the Simulated Smoker's Lung and a set of healthy, preserved pig lungs to demonstrate differences in color and texture between a smoker's and a nonsmoker's lungs.

Smoke Free



SUBJECT: SECOND HAND SMOKE

Target: Youth and Adults

Description: An interactive table top display with four panels explaining the effects of second hand smoke on children of different ages.

Size: 88" x 36" plus header

Smoker's Roulette

Teaching Suggestions

Smoker's Roulette is a game designed to demonstrate the dangers of smoking in a graphic way. These teaching suggestions can help the teacher use *Smoker's Roulette* as an educational tool and are meant to reinforce an individual teacher's own ideas and methods of classroom instruction.

In an informative and entertaining way, *Smoker's Roulette* shows players that smoking is a high-risk, low-return gamble. All of the diseases and conditions on the wheel are related to tobacco use. These teaching suggestions also contain information about some of the consequences of smoking. For more information on the consequences of smoking, see *The ABCs of Smoking* booklet.

Objectives

- To explain the diseases and conditions caused by smoking
- To show the personal and social consequences of smoking and secondhand smoke

Preparation

Before beginning, put pieces of paper into a bowl and number them 1–25 to denote the number of hypothetical years a person has smoked. These numbers are for the nonsmoking players only.

Time

Smoker's Roulette activities are designed to fill one 50-minute class period.

Instructions (Small Group)

1

For smokers, write down the number of years they have been smoking. For nonsmokers, draw a random number to represent the number of years they have been smoking.

2

Each player draws one trivia card for every year that he or she has been smoking.

3

Each player spins the wheel after answering a question incorrectly or when the trivia card instructs the player to spin. Briefly explain the condition that the player has landed on. (See information on the back of these teaching suggestions.) Each player should keep track of the number of points shown for each condition.

4

Each player totals his or her points and uses the scoring scale to determine his or her level of smoking risk.

Instructions (Large Group)

Divide the class into four teams, each of which will be responsible for the health of one hypothetical body. Teams of smokers determine the number of years their “body” has been smoking by averaging the years they have smoked. Teams of nonsmokers draw a random number (see instructions above). Teams follow the same rules for *Smoker’s Roulette* as listed above, monitoring the damage to their “body” as they play. Give each team the option to quit playing—metaphor for choosing to stop smoking—as their “body’s” health declines.

After the Game

Discuss the benefits of smoking cessation, using these facts.

When you quit smoking, within ...

20 minutes—blood pressure and pulse rate drop to normal

8 hours—blood oxygen level increases to normal, and carbon monoxide level decreases to normal

24 hours—chance of heart attack decreases

48 hours—nerve endings regenerate, and the ability to smell and taste improves

2 weeks to 3 months—circulation improves, and lung function is greatly increased

1–9 months—coughing, sinus congestion, fatigue, and shortness of breath decrease, and cilia regrow in the lungs, increasing the ability to clean lungs and reduce infection

1 year—possibility of a heart attack is half that of a smoker

10 years—lung cancer death rate is about half the rate of a smoker

15 years—the risk of coronary heart disease is about the same as the risk of a person who has never smoked

Secondhand Smoke

- Secondhand smoke, also known as environmental tobacco smoke (ETS), is a combination of the smoke that comes directly from a burning tobacco product and the smoke that is exhaled by a smoker.
- Secondhand smoke can cause the same health effects in nonsmokers as it does in smokers, including heart disease and lung cancer.
- Exposure to secondhand smoke can occur in the workplace, in the home, or in public places. The greater the exposure to secondhand smoke, the greater the amount of nicotine and other harmful compounds in a person's body.

Maternal Smoke

- Babies born to smoking mothers have a lower average birthweight, weaker lungs, and a higher risk of problems than those born to nonsmokers. Regardless of birthweight, babies born to maternal smokers are at greater risk of sudden infant death syndrome (SIDS).
- Secondhand smoke triggers many new cases of asthma in previously unaffected children and makes symptoms worse in many more children. Secondhand smoke also causes middle ear infections—the most common cause of childhood hearing loss.

Consequences of Smoking

Asthma

Characterized by inflammation and constriction of the lungs' main airways, an asthma attack may be triggered by smoking or exposure to secondhand smoke.

Atherosclerosis

Atherosclerosis occurs when plaque accumulates on the inner walls of blood vessels. Plaque can clog blood vessels, which may eventually result in a heart attack.

Bronchitis

Bronchitis—inflammation of the lungs' main air passages—reduces air flow to and from the lungs and causes heavy phlegm production.

Emphysema

Emphysema occurs when tar in cigarette smoke causes irritation and reduces elasticity in the lungs' alveoli (air sacs), causing continual shortness of breath.

Fetal Damage

Smoking during pregnancy increases the risk of stillbirth, miscarriage, premature birth, low birthweight, and sudden infant death syndrome (SIDS).

Gum Disease

Caused by plaque between teeth and gums, gum disease can lead to tooth decay and tooth loss. Smokers are at increased risk for developing gum disease.

Halitosis

Smoking dries out the mouth and is a major cause of halitosis (bad breath).

Heart Attack

Smoking reduces oxygen in the blood, adds to the artery-clogging process, and increases the heart rate and blood pressure. These effects can lead to a heart attack.

High Blood Pressure

Nicotine increases a smoker's heart rate and narrows arteries, contributing to high blood pressure, a condition that can lead to a stroke or fatal heart attack.

Impotence

Impotence, also known as erectile dysfunction, is the inability to achieve or maintain an erection during sexual intercourse. Smoking can damage blood vessels in the penis, which may lead to impotence.

Lung Cancer

Smoking causes more than 85% of all lung cancer cases. Lung cancer is often not detected until an advanced stage, intensifying the risk that it will spread to other parts of the body.

Osteoporosis

Low bone mass and progressive bone loss characterize osteoporosis. There is a direct relationship between smoking and decreased bone density.

Premature Aging

Research shows that smoking may cause hair loss, prematurely gray hair, and damage to blood vessels. It can also cause premature wrinkling of the skin.

Rheumatoid Arthritis

Rheumatoid arthritis, a chronic, debilitating condition, occurs when the body's own immune system attacks joints and organs, causing painful swelling.

Stroke

A potential cause of paralysis, brain damage, or death, a stroke occurs when an artery in the brain becomes clogged or bursts. Smoking causes hardened arteries, high blood pressure, and clotting problems, all of which can result in a stroke.

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Smoker's Roulette



SUBJECT: TOBACCO

Target: Youth

Description: This board game shows that smoking is a high-risk, no-win gamble. With satiric artwork that lampoons popular cigarette brands, the roulette wheel demonstrates that smoking dangers include more than lung cancer, emphysema, and heart disease.

20.5" x 28"

Smoking—Its Effects & Hazards



SUBJECT: TOBACCO

Target: Youth and Adults

Description: This folding display helps viewers understand the initial and long term effects of nicotine and cigarette smoke on the human body.

58" x 22.5" opened

Smoking – Don't get Burned



SUBJECT: TOBACCO

Target: Adult

Description: Shows basic facts and consequences of smoking. Who is in control?

Size: 58" x 22"

2010

Tarred Lung



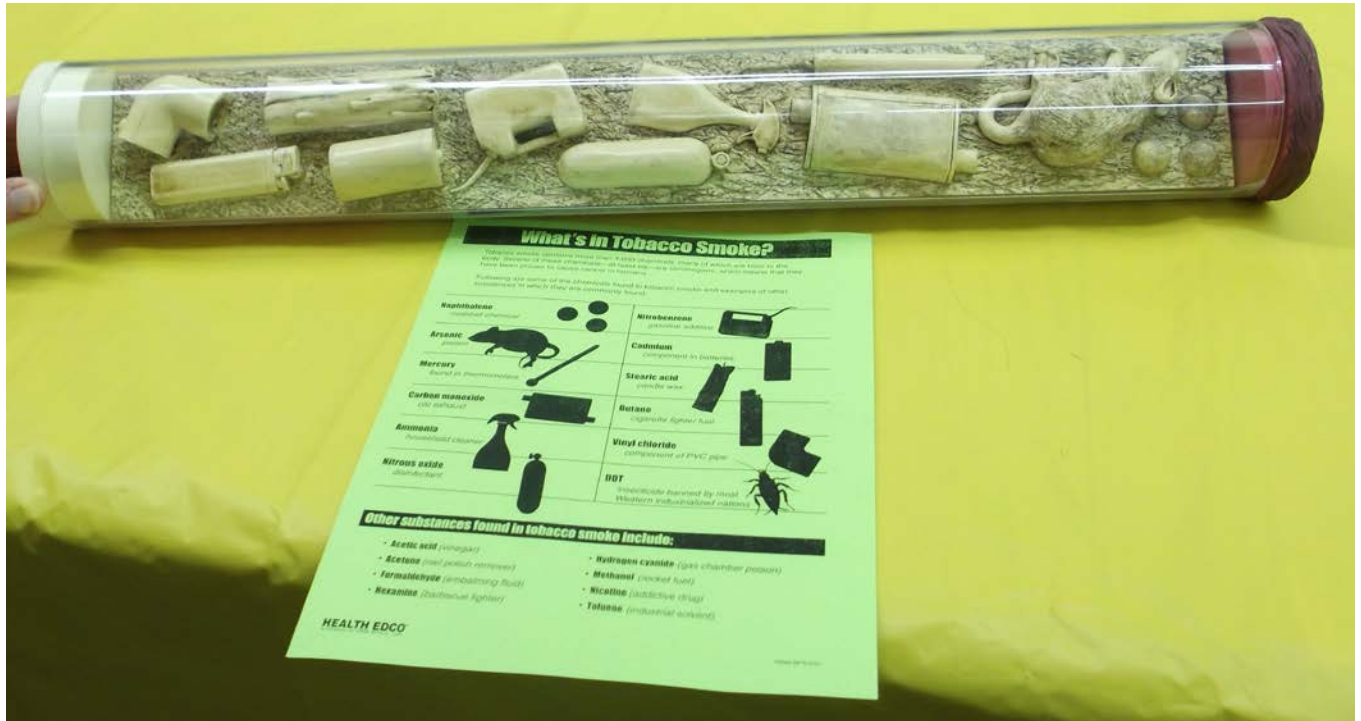
SUBJECT: TOBACCO

TARGET: Adults

Description: Why do smokers choose to fill their lungs with thick, choking tar instead of clean air? Graphic display and explanation of damages.

Size: 7" x 11"

What is in Tobacco Smoke?



SUBJECT: CANCER

Target: Adults

Description: This learning display helps viewers understand how very unhealthy tobacco smoke is by associating the chemicals in smoke with common disgusting substances that contain the same chemicals. The attached handout further brings home the point.

Size: 7" x 20".

Consequences of Smokeless Tobacco



SUBJECT: TOBACCO

Target: Youth and Adults

Description: This 3-D display graphically shows that using smokeless tobacco can be as harmful—and deadly—as smoking. Detailed, hand painted models illustrate health conditions caused by smokeless tobacco use. Display is contained within its own durable wooden carrying case. 28" x 27" opened