



Northeast Pennsylvania Tobacco-Free Coalition

Tuesday, March 16, 2021
10:00 a.m. – 12:00 p.m.
[Microsoft Teams](#)

Minutes

Roll Call: Derek Leshak, Jeff Romey, Nate Burden, Chelsey Hildebrand, Julie Bartol, Kimberly Levitt, Lindsey Dietrich, Alex Battaglia, Tony Delonti, Yvonne Huhenebeaker, Thurman Brendlinger, Melissa Puhak, Valerie Williams, Gabby Hochfeld, Katie Bedliney, Nancy Miles, Virginia Matrisciano

Welcome & Introductions

Coalition Updates

- **Coalition Website**

- Regional Pennsylvania Tobacco-Free Coalitions; Rptfc.org. Internet Explorer does not work well with the website. Firefox and Chrome Browsers work best for the website.
- Check out coalition dates and events on the website's calendar including information on Virtual Day at the Capitol 2021. Please reach out to [Julie Bartol](#) for any dates you wish to have included on the calendar.
- Links for each provider's webpages can be accessed by clicking each organization's logo.
 - If your logo is missing, please contact [Julie Bartol](#) and we can ensure that it gets on our webpage.
- Job openings will be posted on the website.
- Any pictures from providers that wish to be posted on the website can be sent to [Julie Bartol](#).
- Any new individual or organization wishing to become a new member may visit the site to fill out new membership information and [join](#).
- [Resources](#) include prevention, cessation, secondhand smoke exposure, advocacy, and additional information.
- Any ideas for the website can be shared with [Julie Bartol](#) for discussion.
- For any coalition website questions or to share on the website please contact Julie Bartol at Julie.Bartol@lung.org.

- **Coalition Facebook**

- Here is the link to the coalition Facebook page: <https://www.facebook.com/RPTFC1>. For any coalition Facebook questions or to share on the Facebook page please contact Julie Bartol and Julie.Bartol@lung.org
- Please follow our Facebook page and reshare our posts. We will be sure to reshare your posts as well, so please tag us in any programs that you are conducting.
- Here is a link to an article that discussed the best time to post social media updates. <https://www.socialmediatoday.com/news/the-best-times-to-post-your-social-media-updates-in-2021-infographic/593185/>

- **Coalition Newsletter**

- Distributed the last week of each month. Please be sure to check spam folder if having difficulty receiving the newsletter.
- Brief highlights and pictures are welcomed to be submitted to [Julie Bartol](mailto:Julie.Bartol@lung.org) to be included in the newsletter.
- For any coalition newsletter questions or to share in the newsletter please contact Julie Bartol and Julie.Bartol@lung.org.

Radon: How it Affects Lung Health and What You Can Do About It

- **Nate Burdern**

- Radon is an odorless, colorless, tasteless radioactive gas which is proven that it can cause cancer. The EPA says 15 percent of homes in the U.S. have unsafe radon levels. Pennsylvania's geology causes a high risk of radon levels. Second to tobacco use, radon is the second leading cause of lung cancer. For never-smokers, radon is the number one cause of lung cancer. Radon exposure is preventable.
- Radon exposure is another reason to quit smoking. The risk of lung cancer depends on the level of radon exposure, length of exposure, and if you are a smoker.
- Scientist believe children and teenagers are at greater risks of effects due to radon exposure. Currently a bill is being developed to have all schools in Pennsylvania to be required to adhere to radon level mitigation and monitoring.
- According to the World Health Organization, radon is the most important cause of lung cancer after smoking.
- Pennsylvania has the record for the highest radon level measured in the U.S. Levels can vary from house to house and the only way to know what levels exist in a home are to test for radon levels. All test evaluations are submitted to the DEP which keeps track of records by zip code.
- The EPA and the Surgeon General's Office estimate 20,000 lung cancer deaths a year are caused by radon. Radon induced lung cancer costs the U.S. \$2 billion dollars a year in indirect and direct health care costs.
- Radon Test kits cost around \$20 and can be purchased at hardware stores or online. If a home or building has been determined to have dangerous levels

- of radon, a bais mitigation system can be installed. A licenced certified mitigator must install the system. The cost is about \$900 to \$1500.
- Is there any political will on the state or federal level to provide funds for people who cannot afford the mitigation systems? Some EPA programs provide assistance to the rural community, however there is nothing for low income and desperate populations.
 - It's better to test for Radon during colder weather. But, testing your home, school or place of business should be regularly done every 2 years.
 - Here are a few links to Radon detectors and tests
 - [Charcoal Radon Test](#)
 - [Airthings Home Radon Detector](#)
 - Please see Nate Burdern's information below if you are interested in having Nate provide any presentations or webinars, have questions, or would like to request any information about Radon.
 - Nate Burden, Director of Environmental Services/Training; phone: 215-347-2942; email: <mailto:nate.burden@fnf.com>, <mailto:nateburden@msn.com>

Workgroup Updates

- **Cessation and Prevention-Policy Workgroups**
 - Engaging Multi-Unit Housing Facilities will remain the primary focus.
- **Coalition Reruitment and Member Engagement**
 - Ideas for new individuals or groups who may want to become involved the coalition include health insurers, individual health care workers, those volunteering to administer vaccines,
 - Integrating tobacco cessation and prevention at Covid-19 vaccination sites by providing signage.
 - Outreach to TRU leaders and ambassadors that would be allowed to join in the coalition to bring a younger point of view to the coalition. Outreach to TRU members can be made to join electroically. College students are also a good possibility for coalition involvement.
 - Action plan and steps were discussed. Internally ALA will look at coalitionmembership list to reengagement email to determine interest. Determine which sectors of community will be target individuals and come up with materials to send to these sections of the community.
Action plan will be attached in the email.
 - [Coalition Video](#) on our website that can be shared to recruit members.
 - We also have a 15 sec video of the above that can be shared on social. We will share to our Facebook and feel free to reshare!
 - Attached in the meeting minutes is our coalition one-pager. Let us know what you think and if you have any suggestions!

Questions & Closing Remarks

- Please be sure to add your information to the coalition directory here: [Northcentral Tobacco-Free Coalition Directory](#)

- **Share flyers or information about cost information on tobacco products and vape products will be added into email.**
- **Evaluation:** Please use the following link to to complete the survey for this meeting.
<https://survey.alchemer.com/s3/6197196/ALA-Regional-Tobacco-Free-Coalition-Meeting-Survey-FY21-Q3>
 - ALA will be using the data from these surveys to determine the interest of the individuals currently on the coalition list. The survey will also help determine which aspects of the coalition a member is most interested in participating as member.
- **Next Meeting**
 - Tuesday, June15, 2021
Time: 10:00 a.m. – 12:00 p.m.
Virtual Meeting via Microsoft Teams
Calendar Invite Forthcoming
 - Please feel free to email [Chelsey Hildebrand](#) if you have an idea for an agenda topic.