



**Northcentral Pennsylvania  
Tobacco-Free Coalition**

# Membership Packet



## Welcome to the Coalition!

Thank you for joining the Northcentral Pennsylvania Tobacco-Free Coalition.

The American Lung Association's Regional Tobacco-Free Coalition is dedicated to saving lives by eliminating tobacco use and tobacco-related lung disease throughout the Northcentral regions of Pennsylvania.

As part of Pennsylvania's Tobacco Prevention and Control Program, our work is based on the Best Practices for Comprehensive Tobacco Control Programs published by the Centers for Disease Control and Prevention. The goals identified are designed to guide programs in their effort to significantly decrease tobacco related morbidity, mortality, and economic costs.

Becoming a member of Northcentral coalition is an opportunity for you to be involved directly in our mission of elimination tobacco use and tobacco-related lung disease throughout the region. As a member you will receive a monthly newsletter, email updates, as well as in person and electronic networking opportunities with other public health professions involved in tobacco work.

Attached is your New Member Packet which includes the following items:

- Welcome Letter
- Coalition Mission Statement and Goals
- Coalition Meeting Minutes
- Coalition Meeting Agenda
- Coalition Meeting PowerPoint
- Coalition Directory
- Calendar of meetings
- Program Materials

We look forward to your attendance at our next regional coalition meeting.

In the meantime, explore our Regional Pennsylvania Tobacco-Free Coalition website at [RPTFC.org](http://RPTFC.org).

## Mission and Goals

### Mission:

The American Lung Association's Northcentral Tobacco Free Coalition is dedicated to saving lives by eliminating tobacco use and tobacco-related lung disease throughout the northcentral region of Pennsylvania.

As part of Pennsylvania's Tobacco Prevention and Control Program, our work is based on the Best Practices for Comprehensive Tobacco Control Programs published by the Centers for Disease Control and Prevention. The goals identified are designed to guide programs in their effort to significantly decrease tobacco related morbidity, mortality and economic costs.

### Goals:

- Prevent initiation of tobacco use among youth and young adults
- Promote quitting among youth and adults
- Eliminate exposure to secondhand smoke
- Identify and eliminate tobacco related health disparities

The Lung Association's Northcentral Tobacco Free Coalition (NCTFC) uses these goals to guide our work throughout the thirteen-county region. This includes the counties of Bradford, Centre, Clinton, Columbia, Lycoming, Montour, Northumberland, Potter, Snyder, Sullivan, Tioga, and Union. We identify partner agencies that share our vision and have specialized skills in a particular area of tobacco control. NCTFC invests in programs that can foster sustainable change by embedding tobacco prevention and treatment of tobacco use dependency into existing programs and structures.

## Program Areas

### 1. Prevention

- Tobacco Resistance Unit (TRU)
- Tobacco Prevention Education

### 2. Cessation/ Tobacco Dependence Treatment

- Freedom From Smoking® Group Tobacco Programs
- One-on-One Cessation Programs
- Not On Tobacco (N-O-T) Youth Cessation
- Intervention for Nicotine Dependence, Prevention, Tobacco, and Health (INDEPTH)
- PA Free Quitline/Quitlogix
- My Life, My Quit

### 3. Advocacy and Secondhand Smoke Exposure

- Memberships
  - Lung Association's Northcentral Tobacco-Free Coalition Membership
  - Pennsylvania Alliance to Control Tobacco Membership
  - Lung Association's Lung Action Network
  
- Activities
  - Legislative Visits
  - Day at the Capitol participation
  
- Initiatives
  - Smokefree Multi-Unit Housing (MUH)
  - Young Lungs At Play (YLAP)
  - Worksite Policy
  - Vape-Free Schools
  - Clean Indoor Air

### 4. Enforcement

- Youth Access
  - Act 112
  - Synar

### 5. Chronic Disease Integration

- Key Areas of Collaboration to Address Chronic Disease
  - Lung Cancer
    - LUNG FORCE Expo
  - Cancer Prevention and Control, Lung Health Workgroup COPD
    - Better Breathers Clubs®
  - Asthma
    - Open Airways for Schools (OAS)
    - Kickin' Asthma
    - Asthma Basics®
  - Oral Health
- Cardiovascular Disease
  - Diabetes
    - Diabetes Prevention Program

## **Regional Health Equity – Population(s) of Focus** *(in no particular order)*

- African American/Black
- Hispanic/Latino
- Asian/Pacific Islander
- Rural and Amish
- Pregnant women
- Behavioral Health Population
- Low Socio-economic Population
- Multi-unit housing residents: older adults
- Public housing residents
- LGBTQ
- Youth

## **FY22 Meeting Dates**

- Coalition Members will be encouraged to attend the Tobacco-Free Campus Forum in September in lieu of a Spring Meeting.
  - Tobacco-Free Campus Forum  
September 22, 2021  
11:00 a.m. – 1:00 p.m.  
[Microsoft Teams Registration](#)
- December 2021
- March 2022
- June 2022

## **Contact Us**

### **Meredith Bigger**

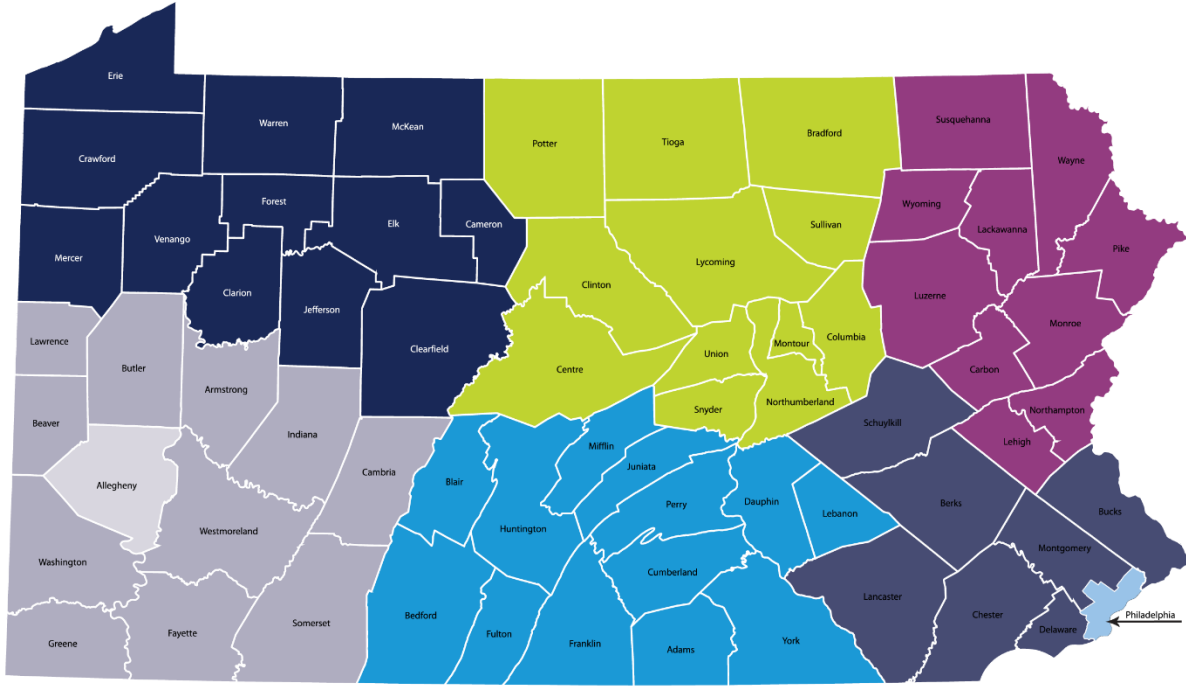
Specialist | Health Promotions

**American Lung Association in Pennsylvania**

570-243-6545

Learn more about the American Lung Association at [Lung.org](https://www.lung.org).

## Tobacco Control Regions Coverage







**Northcentral Pennsylvania  
Tobacco-Free Coalition**

# Member Resource Page



## Table of Contents (Links)

1. [Coalition Calendar](#)
2. Regional Coalitions Meetings
  - a. [Northcentral](#)
    - i. [Meeting Agenda](#)
    - ii. [Meeting Minutes](#)
    - iii. [Meeting PowerPoint](#)
3. [COVID-19 Page](#)
  - a. [COVID-19 and Tobacco](#)
4. [PA Tobacco Cessation Programs](#)
  - a. [PA Tobacco Cessation Program One-Pager](#)
  - b. [NC Tobacco Cessation Program One-Pager](#)
5. E-cigarette Resources
  - a. [Secondhand E-Cigs One-Pager](#)
  - b. [E-cigarettes Toolkit](#)
6. School Resources
  - a. [School Programs One-Pager English](#)
  - b. [School Programs One-Pager Spanish](#)
7. Tobacco Resource Flyers
  - a. [ALA Components of Cigarette Flyer](#)
  - b. [Hookah Flyer English](#)
  - c. [Hookah Flyer Spanish](#)
  - d. [Mental Health and Tobacco Flyer English](#)
  - e. [Mental Health and Tobacco Flyer Spanish](#)
  - f. [Secondhand Smoke Flyer English](#)
  - g. [Secondhand Smoke Flyer Spanish](#)
  - h. [Smoking Costs Flyer](#)
  - i. [Substance Abuse and Tobacco Use English](#)
  - j. [Substance Abuse and Tobacco Use Spanish](#)
  - k. [Thirdhand Smoke Flyer English](#)
  - l. [Thirdhand Smoke Flyer Spanish](#)
8. [Regional Coalition Newsletter](#)