



Today Is 'Kick Butts Day'...Cigarette Butts, That Is!

March has arrived, and this month the Anson County Health Department is supporting Anson County's youth by participating in the national "Kick Butts Day" today, Wednesday, March 21. This event was created by the Campaign for Tobacco-Free Kids organization. The Campaign for Tobacco-Free Kids is represented all over the United States and in other areas of the world.

Kick Butts Day is a national day of engagement that allows youth to stand out, speak up, and grab control against tobacco. The first Kick Butts day was held in 1996, and has been presented every year since. The Campaign for Tobacco-Free Kids is expecting participation in more than 1,000 activities in schools and communities across the United States and other parts of the world. On Kick Butts Day youth, schools, health advocates, and other organizations raise awareness of tobacco and the harm it causes to our citizens and our communities. This event helps our young people reject the use of tobacco products and encouraging others to stay tobacco free.

The Campaign for Tobacco-Free Kids provides an activities guide for all organizations that desire to participate in Kick Butts Day. They also work with multiple organizations to promote, expose, strengthen, mobilize, power, and inform the public on the consequences of tobacco use. The Campaign for Tobacco-Free Kids is a non-profit organization that accepts donations from individuals, foundations, corporations, and other non-profit organizations.

The Anson County Health Department is supporting the Campaign for Tobacco-Free Kids and the national Kick Butts Day event by providing a visual display on the front lawn of the Health Department. The powerful display will help our children and our community realize the deadly consequences of tobacco use. The public is encouraged to come by the Anson County Health Department to view the display.

Tobacco use is the number one cause of preventable death in the United States and around the world. Cigarette smoking causes more than 480,000 deaths each year in the United States. Cigarette smoking increases risk for death from all causes in men and women. Cigarette smoke contains over 7,000 chemicals, and more than 70 are linked to cancer. Cigars, smokeless tobacco, vapors, electronic-cigarettes, and hookah all contain chemicals such as nicotine, just as cigarettes, making them unsafe for both children and adults. Smokers are more likely than nonsmokers to develop heart disease, stroke and lung cancer. Smoking causes about 90% of all lung cancer deaths. In addition, since 1964 secondhand smoke has caused about 2,500,000 deaths. Smoking can also affect a baby's health before and after birth. Quitting smoking prevents several health related risks.

The Quitline Smoking Cessation Hotline is available through the Health Department and worldwide. Individuals seeking assistance in their efforts to quit smoking can call anytime at 1-800-QUIT-NOW (1-800-784-8669).

For more information about the Campaign for Tobacco-Free Kids or Kick Butts Day, please visit their website at KickButtsDay.org.

The visual display of the deadly consequences of tobacco will be available for viewing through March 30. The hours are Monday through Friday, from 9 a.m. to 4:30 p.m. The Health Department is located at 110 Ashe Street in Wadesboro.

For more information contact Dinikia Savage at the Anson County Health Department at (704) 994-3342.



AES Assists BRLC Emergency Pantry

Principal Michael Vetter along with students and faculty of Ansonville Elementary School successfully completed their food drive recently. The food drive is a way for the school students, faculty and principal to work together to help neighbors who receive assistance from Burnsville Recreation & Learning Center Emergency Food Pantry.

This outreach of food items helps families that are on limited income and need help with food. BRLC greatly appreciates all donors who made donations to help with this special project. The non-perishable canned food drive will help BRLC feed many families throughout Anson County who are less fortunate. All donations are tax deductible.

In February the Pantry served 1,179 different individuals and the Kids Café served 151 meals after school.

The Emergency Food Pantry is open every Wednesday at 9 a.m. as well as some Saturdays. Neighbors are asked to call 704-826-8737 concerning Saturday dates and hours. Pictured above is AES Secretary Lillian Mainer with BRLC Volunteers Joyce Ledbetter, Nathan Sikes and Laura Sikes.

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