

Mercer County Tobacco Dependence Program Newsletter

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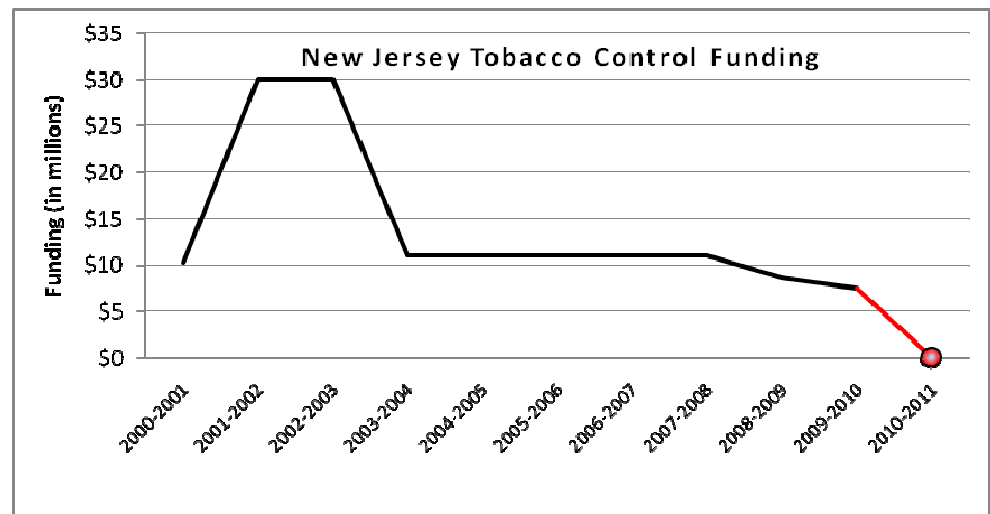
Governor Christie proposes to **ELIMINATE** tobacco control funding in New Jersey

Smoking is the number one cause of preventable death and disability in the United States, yet New Jersey's Comprehensive Tobacco Control Program (CTCP) is slated to be eliminated on June 30, 2010. Below is the text taken directly from Governor Christie's Fiscal 2011 Budget in Brief document available for download (<http://www.state.nj.us/treasury/omb/publications/11bib/BIB.pdf>).

Tobacco Programs

No funding is proposed during fiscal 2011 for Anti-Smoking and Youth Anti-Smoking appropriations....State increases in cigarette taxes to \$2.70 a pack last year have been a successful deterrent to smoking, especially among teenagers.

While Governor Christie is correct that the high cigarette taxes have been a deterrent to smoking and motivated many to quit, taxes alone cannot adequately address the 12,000 NJ lives lost to tobacco every year. New Jersey needs a comprehensive program. In addition to high cigarette taxes, New Jersey has benefitted from cessation services (7 QuitCenters, a Quit Line and QuitNet), community services (21 "Community Partnerships"), inspections to discourage selling cigarettes to children, state tobacco surveillance, and youth programs such as NJ REBEL. As shown in the chart below, all of these services are slated to be **eliminated** on June 30, 2010 unless we speak up and let our representatives know how important these programs really are. This edition of the *Mercer County Tobacco Dependence Program Newsletter* will be dedicated to this potential crisis.



Financial Consequences of Eliminating the NJ CTCP

Below are just a few of the consequences of eliminating the NJ CTCP. For a more complete discussion, please go to the NJ GASP Budget Alert page (http://www.njgasp.org/alert_budget1.htm).

By eliminating the NJ CTCP, New Jersey will also lose money from federal sources like the Center for Disease Control and Prevention (CDC). New Jersey receives \$1.2 million from the CDC to supplement CTCP programming such as NJ GASP, the CDC Collaborative Chronic Disease, Health Promotion, and Surveillance Project, tobacco-free school initiatives, and the New Jersey QuitLine. Without

these CTCP programs to supplement, **NJ will lose \$1.2 million in federal funds.**

An additional potential loss includes a \$50 million federal block grant provided to New Jersey for ensuring that cigarettes are not being sold to children. Without the CTCP, NJ will have difficulty in maintaining the low non-compliance rate mandated by the Synar Amendment. Should NJ be unable to maintain the specified rate, **NJ will lose a \$50 million federal block grant.**

Lastly, many jobs will be lost and tobacco control experts will no longer be available to New Jersey.

Mercer County Tobacco QuitCenter Patient Testimonial - I Quit August 12, 2003

By Debra Kenner

I smoked for a long, long time. I was smoking before I even knew it. My mom smoked throughout her life including during the time she was pregnant with me. Therefore, I was born nicotine addicted. It was only a matter of time before I would move toward that familiar addiction by my own decision.

I picked up cigarettes as a teenager and evened out my smoking at about a pack a day over the years. I smoked for about 30 years before I took the step to go to the Mercer County Smoking QuitCenter. I received a brochure when the program first opened, and I promised I would come in for counseling when I was ready. That step alone took 6 months.

My counselor was Donna Drummond, who took her time with me while I was preparing myself. The support system was

phenomenal. They understood the "addiction" part of smoking and replaced my shame with understanding. The QuitCenter gave me the tools that I needed to work with the nicotine addiction, things like behavior strategies, thinking strategies, and ways to cope when I felt the urge to smoke.

My treatment was a series of steps. I agreed to make some changes prior to actually quitting. First, I gave up smoking while in my car. I figured if I could conquer that habit, I'd have a good base. I would smoke before I got in my car, or after I got to my destination, but not while driving. Next, I gave up smoking inside my home in favor of smoking outside. I got used to that and decided it was no longer worth clouding up my house with smoke. These steps helped prepare me for my eventual quit date. During this time I was attending sessions weekly with

Donna and becoming educated about tobacco dependence. I learned that quitting "cold turkey" was not a good way to ensure my success. I learned about the nicotine replacement products and the other medications that could help me get through the cravings. I used the "Step 1 patch" with the Nicotrol Inhaler to help me through the quitting process. These two products combined helped me to feel comfortable by replacing the nicotine I usually got from cigarettes, yet with no tar or harmful chemicals that real cigarettes contain.

I have been smoke free for almost seven years now. Giving up cigarettes was the hardest thing that I think I have ever done in my life. The guidance, education, and lifestyle strategies that I learned while in the program made me feel secure and carried me through many years and life's trials without feeling the need to pick up another cigarette. Quitting smoking was worth it. It has given me a "new life."

A call to action – Save tobacco control in NJ!

Regardless of what one thinks of Governor Christie's approach to balancing the state budget, the end result is that many important state-funded programs will be cut or completely eliminated. Eliminating New Jersey's Comprehensive Tobacco Control Program (CTCP) would be short-sighted and equivalent to one of the "quick fixes" Governor Christie rallies against. This would eliminate a *relatively* small line item in this year's budget in exchange for greater tobacco-related costs in future budget years. Tobacco use costs NJ more than \$3 billion in health care expenditures each year, with nearly a billion dollars paid by NJ State Medicaid. The Campaign for Tobacco Free Kids estimates that New Jersey households carry a \$660 tobacco-related tax burden each year. Cutting tobacco cessation services will ultimately worsen the financial burden NJ citizens suffer, and in this economy, we cannot afford that.

If you agree that New Jersey needs a comprehensive tobacco control program, please let our state leaders know. They really do want to hear from their constituents. The NJ GASP website has a very nice template for a letter that you can then personalize to save you time in contacting the appropriate representatives. The template can be found here: http://www.njgasp.org/action_alert/Action_letter_for_ctcp_funding.doc

Important people to contact:

Governor Christie

www.state.nj.us/governor/contact/

Office of the Governor

PO Box 001

State House

Trenton NJ 08625

PHONE: 609-292-6000.

Chairs of the Budget Committees:

Senator Sarlo via his website

<http://www.senatorpaulsarlo.com/senatorpaulsarlo/contact.htm>

Assemblyman Louis D. Greenwald via his website <http://lougreenwald.com/contact>

Health & Senior Services Commissioner:

Poonam Alaigh, MD, MSHCPM, FACP

via her website

<http://www.state.nj.us/health/feedback.shtml> or

P. O. Box 360, Trenton, NJ 08625-0360

Phone: (609) 292-7837

Mercer County Representatives:

Senator Shirley Turner: <http://www.senatorturner.com/contact.html>

Assemblyman Reed Gusciora: AsmGusciora@njleg.org or write to him at
226 West State St., Trenton, NJ 08608; Phone: (609) 292-0500

Assemblywoman Bonnie Watson Coleman: AswWatsonColeman@njleg.org or write to her at
226 West State St., Trenton, NJ 08608; Phone: (609) 292-0500

Tobacco Use In New Jersey

Campaign for Tobacco-Free Kids

The U.S. Centers for Disease Control and Prevention (CDC) recommends that New Jersey spend \$119.8 million a year to have an effective, comprehensive tobacco prevention program. New Jersey currently receives \$8.9 million a year for tobacco prevention and cessation, which includes both state and federal funds. This is 7.4% of the CDC's recommendation and ranks New Jersey 38th among the states in the funding of tobacco prevention programs. **New Jersey's spending on tobacco prevention amounts to 0.9% of the estimated \$968 million in tobacco-generated revenue the state collects each year from settlement payments and tobacco taxes.**



(CTCP)** will be \$7.6 million, more than \$1 million less than was spent in FY2009 and 30 percent less than FY2008 levels.

New Jersey is spending a minimal amount on tobacco treatment and prevention despite the fact that the state is receiving more tobacco-generated revenue than ever before as a result of a 12.5-cent cigarette tax increase, bringing it to \$2.70 a pack, which went into effect in 2009.

State and federal spending on tobacco prevention and cessation for FY2010 will be \$8.9 million, less than the \$10.2 million that was spent in FY2009.

****As stated on the front page of this newsletter, the NJ Comprehensive Tobacco Control Program is slated to be eliminated on FY2011, starting June 30, 2010.**

Source: Campaign for Tobacco-Free Kids (<http://www.tobaccofreekids.org/reports/settlements/state.php?StateID=NJ>)

Recent Developments: New Jersey's tobacco prevention and cessation program is funded primarily by tobacco tax revenues. Fiscal challenges have led to cuts in many New Jersey state programs. In FY2010, state funding for the New Jersey Comprehensive Tobacco Control Program

Our Partners & Collaborators



Comprehensive Tobacco Control Program

The CTCP is a division of the NJDHSS whose mission is to decrease deaths, sickness and disability among New Jersey residents who use tobacco or are exposed to environmental tobacco smoke.



The Department of Health and Senior Services oversees all aspects of public health services in the State of New Jersey.



Mom's Quit Connection (MCO) is a free smoking cessation support program for pregnant women, and mothers, families and caregivers of young children who need help trying to quit



New Jersey QuitCenters, low-cost face-to-face counseling clinics (locations available through NJ Quitline and NJ QuitNet)



NJDHSS provides **New Jersey Quitline**, a free telephone-based counseling service (1-866-NJ-STOPS); and **New Jersey QuitNet**®, a free online information, counseling, and referral resource (www.NJ.Quitnet.com)



This reference guide produced by the NJDHSS outlines the latest scientific research on the harm caused by smoking cigarettes, costs to the healthcare system, the health benefits of quitting and resources to help smokers quit



REBEL is a statewide, youth-led anti-tobacco movement. REBEL teens educate their peers, middle and elementary school children, and other members of the community that smoking is dangerous and anything but cool.



REBEL 2 is the middle school component of REBEL designed to give members a solid base of knowledge about the tobacco industry, the harms of tobacco, and the lies that are surrounding them on a daily basis.



REBEL U chapters work to develop programming specific to their campuses to help raise awareness about smoking and other tobacco related issues.