



CATAWBA COUNTY

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Public Health

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CATAWBA COUNTY PUBLIC HEALTH AND NEWTON-CONOVER TEENS JOIN TO HONOR SMOKE FREE BOWLING ALLEY

NEWTON, NC-Visit Pin Station in Newton on any day of the week and you find groups of teens enjoying all the activities offered at the bowling alley. One thing you won't find is cigarettes smoke. Pin Station is the only smoke free bowling alley in the area and it is a popular destination for youth and families with young children. "We decided that the bowling alley should be smoke free because it creates a healthier atmosphere for our customers and employees" said Wayne Dellinger, Manager of Pin Station.

"There is no safe level of second-hand smoke exposure, so Pin Station is doing a great thing for its employees and customers by being smoke-free" said Jennifer Shomaker, Tobacco Prevention and Cessation Coordinator at Catawba County Public Health. "Twenty minutes of breathing in secondhand smoke is equal to smoking a pack of cigarettes a day".

Teens from Newton-Conover Health Science High Schools tobacco prevention club known as the TRU (*Tobacco Reality Unfiltered*) Team presented employee Laura Beard with a certificate of appreciation to thank Pin Station for providing a smoke free place for them to hang out. "My friends and I really enjoy being able to come to Pin Station and not smell like cigarette smoke when we leave" said Melody Young, TRU Team member at Newton Conover Health Science High School.

Statistical Data:

- Secondhand smoke is responsible for at least 40,000 deaths each year in the United States, including 1,900 from sudden infant death syndrome (SIDS), 3,000 from lung cancer, and at least 35,000 from heart disease (National Cancer Institute, 1999)
- Secondhand smoke is a Group A carcinogen comparable to the most potent cancer-causing agents such as benzene, asbestos, arsenic, and vinyl chloride. The only safe exposure to a Class A carcinogen is NO EXPOSURE (Environmental Protection Agency, 1993)

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- Nonsmokers exposed to secondhand smoke are exposed to about 4,000 chemical compounds, including formaldehyde, cyanide, ammonia, nicotine, carbon monoxide, and cancer-causing agents such as benzene, asbestos, and N-nitrosamines (Centers for Disease Prevention and Control, 1996)
- Nonsmoking workers exposed to secondhand smoke are 34% more likely to get lung cancer. Waiters and waitresses have a 50% greater risk of lung cancer than other workers mostly because of secondhand smoke exposure (National Cancer Institute, 1999)
- The Centers for Disease Prevention and Control (CDC) recommend that anyone with any risk for heart disease, including high blood pressure and high cholesterol, avoid exposure to secondhand smoke even for short periods of time (British Medical Journal, 2004).

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Caption: Pictured L-R—TRU Team members Melody Young, Samiya Pitts, Donta Bost, Desmond McGlown, Isaiah, Iva Wepner, Aya Fayad and Jessica Crespo present Pin Station employee, Laura Beard (Center), with a certificate of appreciation for being smoke free



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