

DINE-OUT SMOKE-FREE



**For Knox, Laurel and
Whitley Counties**

2008-2009

Tri-County Cancer Coalition

Tri-County Cancer Coalition

The Tri-County Cancer Coalition is a non-profit organization made up of many health agencies, cancer survivors, cancer patients and concerned citizens. They are your friends and neighbors. The program is dedicated to providing support, education and advocacy to those who have experienced cancer, or are now experiencing cancer.

www.freewebs.com/tri-ccc

Mission:

The Tri-County Cancer Coalition's vision is to assist cancer patients and survivors in reclaiming their lives. It is their goal to achieve the vision through compassion, commitment, knowledge and support.

Monthly Meetings:

The Cancer Support Group meets the first Tuesday of every month at 6:30p.m. (or 5:30p.m. in the winter months) at the Sacred Heart Catholic Church, located at 703 Master Street in Corbin, Kentucky. The support group is open to patients, family, caregivers and friends.

The Tri-County Cancer Coalition meets the second Tuesday of every month at noon. Call the Health Department for location.

Special Services & Supplies: Free wigs, bandannas, turbans, lymph edema sleeves, breast prosthesis bra, transportation funds and pertinent literature are available for cancer patients.

Mission Statement:

1. Reduce incidences of breast, cervical, lung, testicular, prostate, skin and other forms of cancer in Knox, Whitley and Laurel counties.
2. Increases awareness to preventative care.
3. Increases access to treatment.
4. Increases awareness and provide education.
5. Link people to needed services.
6. Provide community coordination.
7. Collaborate with agencies and businesses to further our mission.

**Brenda McPherson (606) 523-0504 ext. 8211 • Joyce Pavlovich (606) 546-6060
Katharine Lay (606) 549-3380 • Gwen Smith (606) 545-5006**

1-800-QUIT NOW

All services available in English and Spanish. Translation service available, free of charge, for additional language needs. For the deaf and hard of hearing community TDY/TDD: (800) 969-1393

Kentucky's Tobacco Quit Line is a FREE telephone service that helps Kentuckians quit smoking and using tobacco.

Many people who use tobacco want to quit. By calling Kentucky's Tobacco Quit Line, you are one step closer to becoming tobacco free.

WHO CAN CALL?

Kentuckians who want to stop using tobacco OR are concerned about a family member or friend's tobacco use.

WHEN CAN I CALL?

Kentuckians can call 1-800-784-8669 from 9 a.m. to 9 p.m. (EST) Monday through Friday. (24-hour voice mail, we'll call you back)

WHAT HAPPENS WHEN I CALL?

When you call Kentucky's Tobacco Quit Line, you'll receive FREE:

- Support and advice from an experienced quit specialist
- A personalized quit program with self-help materials
- The latest information about the medications that can help you quit

DOES IT WORK? Yes.

Quit Line callers are five times more likely to succeed than those who try to quit on their own.

THREE GOOD REASONS TO CALL IT QUILTS:

- Your Family – Live a healthier, longer life and watch your family grow. They need you.
- Your Health – Tobacco use causes cancer, heart disease, chronic bronchitis, emphysema and asthma attacks — to name a few.
- The Cost – The average smoker spends \$500 to \$3,000 a year on cigarettes. It's costly in more ways than one.

DID YOU KNOW?

- There is NO safe level of secondhand smoke.
- When you are around a person who is smoking, you inhale the same dangerous chemicals as he or she does.
- Separate "no smoking" sections do NOT protect you from secondhand smoke.

WHAT CAN YOU DO?

- Make your home and car smoke-free.
- Ask people not to smoke around you or your children.
- If you want to encourage someone you care about to stop using tobacco, call the Quit Line for information that can help.

Please Call:

- If you use spit tobacco and want to stop
- If you smoke and want to stop
- If you want to help someone you care about stop using tobacco
- If you are pregnant, use tobacco and want to stop

Kentucky Tobacco
Quit Line
800-QUIT NOW

SECONDHAND SMOKE:

A MATTER OF HEALTH

DID YOU KNOW?

As of April 2006, 12 states and 12 countries had 100% comprehensive smoke free laws:

STATES:

California
Connecticut
Delaware
Maine
Massachusetts
Montana
New Jersey
New York
Rhode Island
Utah
Vermont
Washington

COUNTRIES:

Bhutan
England
Ireland
Italy
Malta
New Zealand
Norway
Peru
Scotland
Sweden
Uganda
Uruguay

What is Secondhand Smoke?

- Also known as environmental tobacco smoke (ETS) or passive smoke
- A mixture of the smoke given off by the burning end of tobacco products (sidestream smoke) and the smoke inhaled by smokers (mainstream smoke)
- A Group A carcinogen known to cause cancer in humans for which there is no safe level of exposure³
- A Toxic Air Contaminant (TAC)⁴

What is in Secondhand Smoke?

- Secondhand smoke contains over 4,000 chemical compounds and 40 known Group A carcinogens.³
- Some of the substances in secondhand smoke:⁴⁻⁶

Acetaldehyde	Lead
Acrolein	Mercury
4-Aminobiphenyl	Methanol
Ammonia	Methyl chloride
Analine	Napthalene
Arsenic	2-Naphthylamine
Benzene	Nickle
Benzo[a]pyrene	Nicotine
1,3-Butadiene	N-Nitrosodimethylamine
Cadmium	Nitric Oxide
Carbon Monoxide	Phenol
Chromium VI	Styrene
DDT	Tar
Formaldehyde	Toluene
Hydrogen cyanide	Vinyl Chloride

DID YOU KNOW? ^{8,9}

5 minutes of exposure to secondhand smoke stiffens the aorta as much as smoking a cigarette.

20 minutes of exposure causes excess blood clotting, increasing the risk of heart attack and stroke.

30 minutes of exposure increases the build-up of fat deposits in blood vessels, increasing the risk of heart attack and stroke.

2 hours of exposure increases the chance of irregular heart beat that can be fatal or trigger a heart attack.

How does Secondhand Smoke Affect your Heart?

- Secondhand smoke exposure is associated with at least 35,000 coronary heart disease deaths annually among adult nonsmokers in the U.S.^{4,6}
- Nonsmokers exposed to secondhand smoke on a regular basis at home and/or work have 50-60% increase in the risk of heart disease.⁷

How does Secondhand Smoke Affect your Lungs?

- Secondhand smoke exposure causes an estimated 3,000 lung cancer deaths annually in the U.S.³
- The increased risk of lung cancer to nonsmokers exposed to secondhand smoke is estimated at 24%.¹²
- Approximately 80-90% of deaths from emphysema are caused by first or secondhand smoke.¹²

How does Secondhand Smoke Affect Other Parts of Your Body?^{4,11,12}

- Secondhand smoke is responsible for many cases of respiratory tract infections, such as pneumonia and bronchitis, especially in infants, children, and older persons
- Secondhand smoke increases the risk of sudden infant death syndrome (SIDS) and middle ear infections in children.
- Secondhand smoke is a major, sometimes fatal, health threat to persons with asthma.
- Secondhand smoke causes headaches, upset stomach, increased heart rate and blood pressure, and burning of the eyes, nose, and throat.
- Secondhand smoke is associated with numerous other cancers including:

Bladder	Cervix	Kidney	Leukemia	Pancreas
Breast	Esophagus	Larynx	Mouth	Stomach

24 REASONS WHY SMOKE-FREE BUSINESSES MAKE DOLLARS AND SENSE

1. Count on gaining two non-smokers for every smoker you might lose to a competitor.
2. People with asthma, allergies, and other respiratory problems (including many seniors) will become loyal patrons.
3. Parents concerned about protecting the health and safety of their children feel more comfortable patronizing smoke free businesses.
4. You have fewer risks of lawsuits from employees who become ill from working in the smoking section of restaurants, and less risk of disability claims, according to the National Restaurant Association.
5. Fire danger is reduced.
6. Smokers linger after meals, so faster turnover means quicker seating, pleased customers and greater profits, not more problems with teenagers who just com in for a smoke.
7. You never have to buy or clean ashtrays again!
8. Smoking rates are declining in Kentucky, increasing the support for stronger city and county laws to protect against secondhand smoke.
9. Smoke-free policies protect your health, the health of your employees, and the health of patrons.
10. It may be easier to obtain lower insurance premiums, because many insurance compaines look more favorably upon smoke-free businesses.
11. No more complaints from employees about having to work in smoky conditions.
12. Employees will miss fewer work days from illness caused by exposure to secondhand smoke.
13. Good food and tobacco smoke don't mix.
14. No more cigarette butts in your potted plants
15. No more tobacco smoke destroying the aroma of your food.
16. Businesses last longer and look nicer
17. No more holes burned into tableclothes, carpets, or chairs
18. No markdowns from health inspectors who catch employees smoking while preparing food in the kitchen.
19. Happier customers come back more often and tell their friends.
20. No more complaints about drifting smoke.
21. Most smokers want to quit smoking and can easily refrain from smoking for up to two hours without a problem.
22. Once you go smoke-free, people who avoid smoky businesses will become a new source of income.
23. No more repainting ceiling and walls yellowed by cigarette smoke.
24. More than 70% of Kentucky's adults do not smoke. It's good for your businesses!! You'll decrease costs and increase profits!!!

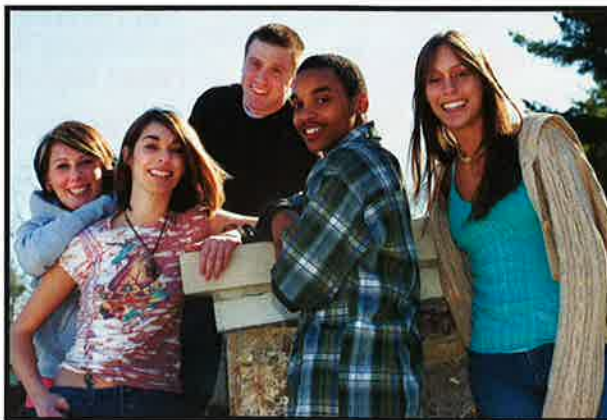
Did you know that at least 74% of Kentuckians are regularly exposed to secondhand smoke in public places?

Voices of Appalachia Healthy Start Community Based Consortium supports a smoke free community. Working together to improve air quality in our community one person, one family, one restaurant, one establishment at a time. Let's make ours a smoke free community for the health of those we love. For more information about how you can help, call 606-549-9296.

JOIN THE MAJORITY!!!

It's good Business.

There is no evidence from any U.S. city that has passed a 100% Smoke-free restaurant ordinance that such measures hurt business.



Knox County Smoke-Free Restaurants:

- **John Shelby's Old Home Place**
228 Court Square
Barbourville, KY 40906
(606) 277-0395
- **K-Mart Cafe**
Cumberland Gap Parkway
Corbin, KY 40701
(606) 528-0651
- **Lil Philly's**
1376 S. Hwy 25E
Barbourville, KY 40906
(Located in Shell Station)
(606) 546-3668
- **McDonalds**
1410 Master Street
Corbin, KY 40701
(606) 528-9811
- **McDonalds**
20 Parkway Plaza
Daniel Boone Parkway
Barbourville, KY 40906
(606) 528-9811
- **Subway**
211 Knox Street
Barbourville, Ky 40906
(606) 545-0424
- **Subway**
Trade Mart Center
100 E. Cumberland Gap Pkwy
Corbin, KY 40701
(606) 523-2870
- **Tammy's Café Cakes & Catering**
502 Knox St.
Barbourville, KY 40906
(606) 546-9786
- **Wendy's**
1197 S. US • Hwy 25E
Barbourville, KY 40906
(606) 546-3985

Whitley County Smoke-Free Restaurants:

- **Cumberland Inn**
649 South 10th Street
Williamsburg, Ky 40769
(606) 539-4100
- **Kentucky Fried Chicken**
75 Hwy 92 W
Williamsburg, KY 40769
(606) 549-1194
- **Krystals**
510 Hwy 92 W
Williamsburg, KY 40769
(606) 549-9822
- **Long John Silvers**
S I-75 Interchange
Williamsburg, KY 40769
(606) 549-2220
- **McDonalds**
2700 S. 10th Street
Williamsburg, KY 40769
(606) 549-3920
- **Millys on Main**
310 Main Street
Williamsburg, KY 40769
(606) 549-8885
- **Pizza Hut**
743 S. 10th St.
Williamsburg, KY 40769
(606) 549-2825
- **Red Flower Restaurant**
965 US Hwy 25W South
Williamsburg, KY 40769
(606) 549-8885
- **Subway**
112 Hwy. 92 E.
Williamsburg, KY 40769
(606) 539-0707
- **Subway at Wal-Mart**
901 Hwy 92 West
Williamsburg, KY 40769
(606) 549-8300
- **Taco Bell**
759 S. 10th St.
Williamsburg, KY 40769
(606) 539-0405
- **Wendy's**
461 Hwy 92 W
Williamsburg, KY 40769
(606) 539-0405
- **Subway Sandwiches-Tiger Mart (Exxon)**
2700 Cumberland Falls Hwy.
Corbin, KY 40701



Laurel County Smoke-Free Restaurants:

- **Dairy Dart**
841 S. Main Street
London, KY 40741
(606) 864-5051
- **Fazoli's Restaurant**
2174 W. Hwy. 192
London, KY 40741
(606) 877-2501
- **GiGee's**
311 West 4th Street
London, KY 40741
(606) 864-9702
- **Hardee's**
1974 Hwy. 192 W.
London, KY 40741
(606) 864-9702
- **Hardee's**
814 S. Main Street
London, KY 40741
- **Krystals**
70 Adams Rd
Corbin, KY 40741
(606) 586-1671
- **McDonalds**
25 S. Laurel Road
London, KY 40741
(606) 864-8778
- **McDonalds**
1804 N. Main Street
London, KY 40741
(606) 878-8255
- **McDonalds**
249 Cumberland Gap Pkwy.
Corbin, KY 40701
(606) 258-0633
- **McDonalds**
170 W. Daniel Boone Pwy.
London, KY 40741
- **Quiznos Sub Shop**
1024 W. Hwy. 192
London, Ky 40741
(606) 878-2299
- **Reva's**
398 Old Whitley Rd
London, KY 40741
(606) 862-2060
- **Sel et Poivre**
132 Main Street
London, KY 40741
(606) 878-0325
- **Shoney's**
260 W. Cumberland Gap Pkwy
Corbin, KY 40701
(606) 528-1026
- **Sonny's Real Pit Bar-B-Q**
200 Hwy 770
Corbin, KY 40701
(606) 526-0000
- **Steak'n Shake**
2017 Hwy 192 W
London, KY 40741
(606) 877-2712
- **Subway Sandwiches**
416 Don's Drive
London, KY 40741
(606) 864-4503
- **Subway Sandwiches**
201 W. Daniel Boone Pkwy.
London, KY 40741
(606) 864-4503
- **Subway Sandwiches**
1533 Main Street
London, KY 40741
(606) 878-8621
- **Subway Sandwiches-Pilot**
249 Cumbeland Pkwy.
Corbin, KY 40701
(606) 528-0122
- **Subway at Walmart**
60 S. Stewart Road
Corbin, KY 40701
- **Subway at Walmart**
1851 W. Hwy. 192
London, Ky 40741
- **Taco Bell**
258 W. Daniel Boone Pkwy.
London, KY 40741
(606) 862-7878
- **Taco Bell**
271 London Shopping Ct.
London, KY 40741
(606) 864-8622
- **Taco Bell**
1269 Cumberland Gap Pkwy.
Corbin, KY 40701
(606) 528-1503
- **Wendy's**
21 Dogpatch Trading Center
London, KY 40741
(606) 878-9686
- **Wendy's**
192 S. Laurel Rd
London, KY 40741
(606) 864-0429



Tobacco Quit Lines Available

Kentucky's Tobacco Quit Line

1-800-QUITNOW

(1-800-784-8669)

1-800-422-6237 or

1-877-44U-QUIT

RESTAURANTS

*interested in becoming Smoke-Free can call their
local health department*

Knox County Health Department

(606) 546-3486

Laurel County Health Department

(606) 864-5187

Whitley County Health Department

(606) 549-3380 or (606) 528-5613



Tri-County Cancer Coalition

P.O. Box 2296

Corbin, KY 40702

(donations accepted)