

Quick Tips for Smoke-free Activists in Kentucky

In ten minutes, you can:

- ✓ Sign up on a national listserv for free information on smoke-free policy issues. For example, email listserv members at smokefree-talk@googlegroups.com or smokefreecasinos-talk@googlegroups.com requesting to sign up.
- ✓ Call or email the Kentucky Center for Smoke-free Policy (www.kcsp.uky.edu) to request our monthly electronic newsletter on smoke-free policy news.
- ✓ Become a follower of Kentucky Smoke-free on Twitter by visiting <http://twitter.com/kysmokefree>, or find us on Facebook under kysmokefree.
- ✓ Request a smoke-free yard sign, decal, or other branding materials from your local smoke-free coalition to show support for smoke-free policy.
- ✓ Call or email your elected officials to let them know you support smoke-free legislation.
- ✓ Vote for candidates on Election Day who support comprehensive smoke-free laws.

In one hour, you can:

- ✓ Attend a smoke-free coalition meeting in your community.
- ✓ Attend a fiscal court or city council meeting to tell the elected officials that you want smoke-free air.
- ✓ Give testimony at a fiscal court or city council meeting to share personal reasons why you want smoke-free legislation in your community.
- ✓ Make a list of elected officials who represent you and keep a record of their contact information. Check out <http://kentucky.gov/government> for this information.
- ✓ Write a letter to the editor advocating for smoke-free legislation in your community.
- ✓ Write a personalized letter to your local officials advocating for a comprehensive smoke-free ordinance or regulation.

In more than one hour, you can:

- ✓ Mobilize other citizens in your community to develop a coalition to advocate for smoke-free legislation.
- ✓ Set up a *lunch and learn* at your organization to educate others on the benefits of smoke-free legislation.
- ✓ Research individuals and/or groups who oppose smoke-free initiatives in your community.
- ✓ Host a house party to raise money for candidates who support smoke-free policies.
- ✓ Collect endorsements from healthcare providers, health groups, and businesses that support clean indoor air.
- ✓ Set up a visit with your elected officials to educate them on the benefits of comprehensive clean indoor air laws.

Adapted from: Kush, C. (2004). *The one-hour activist*. San Francisco, CA: Jossey-Bass. pp. 212.

For more information, contact Kentucky Center for Smoke-free Policy,
UK College of Nursing at 859-323-4587, or visit us at www.kcsp.uky.edu

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