

# National Black Nurses Association

## GREAT AMERICAN SMOKEOUT DAY

### NOVEMBER 21, 2019

Our theme this year is “NBNA Against Smoking & Vaping”. We are calling on each NBNA Chapter to organize a community program on the week leading to Great American Smokeout Day (GASD), November 21<sup>st</sup>, 2019. Please join us in educating our communities as we take a stand against all forms of tobacco use: cigarettes, chewing tobacco, e-cigarettes, cigars, pipe, etc. All forms of smoking is hazardous to your health.

Chapters can plan various types of activities such as wellness seminars, radio interviews, social media livestream, and group presentation in schools, faith-based organizations, community centers, girls and boys’ clubs, YMCA and sporting events. NBNA’s Committee on Substance Use Disorders is sharing a [Chapter Engagement Tracker](#) with all the chapter presidents to track their chapter’s engagement and outcomes as we respond to the call for action. Attached you will find succinct talking points with statistical data, infographics, pictures and videos to be released weekly to the chapters members by the chapter presidents. Chapters are strongly encouraged to share the information and document their impact on the shared tracking document. The purposes of our documentation is to demonstrate our collective impact on improving the worship, work and play. [The Flyer](#) is attached for your convenience

#### Suggested weekly activities (Please click to open)

Week	Dates	Topic
1	11/04 – 11/09	<a href="#">Vaping in children, youth and young adults</a> <a href="#">Various types of e-cigarettes &amp; Tobacco Products</a> <a href="#">Youth Tobacco Use in the US,</a> <a href="#">Surgeon General message on vaping Video</a>
2	11/10 – 11/16	<a href="#">Nicotine Addiction Video</a> <a href="#">Health effects of tobacco &amp; Vaping</a> <a href="#">The Impact of E-Cigarettes on the Lung</a> <a href="#">Smoking and Health Video</a> <a href="#">Secondhand Smoke</a> <a href="#">Thirdhand Smoke</a> <a href="#">Thirdhand Smoke Video</a>
3	11/17 – 11/21	<a href="#">GASD Press Release</a> <a href="#">Talking to kids about vaping: A guide for parents</a>
	November 21st	NBNA Against Smoking & Vaping Week  <a href="#">5 A’s Model for Smoking Cessation Video</a>

Sincerely,  
 Larider Ruffin, DNP, APN, RN, NP-C, ANP-BC, A-GNP, CRNP, CTTS

*“Living life to the fullest is more about what you do with the resources God blessed you with than how much you have.”*  
 – Dr. Ruffin