



*Ashland-Boyd County
Health Department*

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The Ashland-Boyd County Health Department is shaping the future through preventative education programs, health education programs and preventative care services.

Our health clinic is open to the public year round to provide services such as immunizations, school physicals and women's cancer screenings.

The health department health education team also provides the following education programs:

- *Diabetes cooking classes*
- *Diabetes support groups*
- *Nutrition*
- *Physical activity*
- *Disease Prevention*



Public Health
Prevent. Promote. Protect.

**Ashland-Boyd County
Health Department**

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Tobacco Free Academy



www.abchealthdepartment.com

What is Tobacco Free Academy?

The Tobacco Free Academy is a free student program sponsored by the Ashland-Boyd County Health Department.

Kentucky has one of the highest rates of adult smokers in the nation. 25.2% of adults currently smoke in Kentucky compared to 18.4% nationwide. 31.7% of those Kentucky adults are between 18-24 years old.

Kentucky is number 1 in the number of youth ages 12-17 years who have smoked at least 1 cigarette in the last month. 15.9% of Kentucky youth have smoked in the last month compared to 10.1% nationally.

Surveys show that many youth begin experimenting with tobacco as early as 4th or 5th grade!

The goal of the Tobacco Free Academy is to prevent our youth from ever taking that first dip or puff.



How does the Tobacco Free Academy work?

Elementary school children in fourth-sixth grades progress through four interactive stations designed to teach them about the physical and emotional affects of tobacco on their body. Health professionals will demonstrate tobacco's affect on the heart and other parts of the body; students will view actual lungs. Students will also have the opportunity to discuss peer pressure and addiction. They will also learn how big tobacco companies target youth to become new tobacco addicts.

Teachers are provided with packets of information regarding topics discussed. This information can be used for further classroom activities and discussions.



How do I schedule Tobacco Free Academy for my school or community group?

It's easy-call the Ashland-Boyd County Health Department at 606-329-9444 and ask for the Tobacco Prevention Coordinator. She will gladly work with you to schedule a Tobacco Free Academy for your students.

The course is FREE of charge to you and your students.

The Tobacco Free Academy may be the most important two hours of the school year!

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