

All voting members of Smokefree Guilford are asked to commit to regular meetings and at least one working committee or task. Please indicate which area you are interested in:

- Advocacy Team:** Collecting information, making contacts, visits, or sending letters to local or state policy-makers.
- Media Team:** Writing letters to the editor, developing media contacts, participating in interviews, calling reporters, or publicizing events.
- Resource Team:** Writing grants and soliciting in-kind or financial donations.
- Coalition Development Team:** Recruiting members, developing membership list, soliciting signed resolutions, and event planning.
- Education Team:** Developing education packets, brochures or other printed materials, speaking to community groups, educating others – including businesses - on secondhand smoke effects and policy.
- Assisting with administrative tasks:** Receiving and sending e-mail, updating website, scheduling meetings, taking minutes, sending calls to action, returning phone messages.
- I cannot commit to regular meetings at this time, but I would like to help. Please consider me a non-voting "Partner" of Smokefree Guilford.*

**Please Return to:**

Attn: Smokefree Guilford c/o American Cancer Society, 4-A Oak Branch Drive, Greensboro, NC 27407

or

Fax both sides of form to: Mary Gillett 641-6971

or

You can complete this form on-line at [www.smokefreeguilford.org](http://www.smokefreeguilford.org)



[www.smokefreeguilford.org](http://www.smokefreeguilford.org)  
336-288-8886



**Working through policy change and public education to support smokefree environments in Guilford County.**

*"Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed, it is the only thing that ever has."*

**Margaret Mead**



**Smokefree Guilford**

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Greensboro, NC 27405

Voice Mail: 336-288-8886

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# Why be Smokefree?

## Good for Health



About 60% of U.S. children ages 3-11 (approximately 22 million), are regularly exposed to secondhand smoke. (SGR 2006)

According to the 2006 Surgeon General's Report, scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke. It is a class A carcinogen, and is responsible for a 20-30% increased risk of lung cancer and heart disease in non-smokers.

Even short term exposure has immediate adverse effects on the cardiovascular system, increasing the risk of a heart attack.

Children exposed to secondhand smoke are more at risk for SIDS (Sudden Infant Death Syndrome), ear infections, asthma attacks, and other breathing problems.

Fortunately, smokefree public places are the growing trend. Find a list of over 450 restaurants and other family entertainment sites in Guilford County at [www.smokefreeguilford.org](http://www.smokefreeguilford.org). For help in quitting call 1-800-QUIT-NOW or [www.quitnownc.org](http://www.quitnownc.org).

## Good for Business

Despite increased progress in worksite policy, white collar workers in NC are more likely to be protected by worksite policy (73.4%) than blue collar and service workers (61.2%), especially males. Fewer of these workers have access to worksite wellness programs, and they have the highest rate of lung cancer among non-smokers. Eliminating smoking in the workplace not only protects workers, it can reduce the cost of cleaning, the risk of fires, and often reduce insurance premiums.



In Guilford County, 88% of dining patrons say they prefer, or would not mind smokefree dining. (2003)

According to a survey of Guilford County dining patrons, 95% of non-smokers and a surprising 89% of smokers say they believe that secondhand smoke is dangerous to non-smokers. (Project ASSIST, 2003)

The newest ventilation standards (ASHRAE, 2005) state that only a complete ban on indoor smoking can really eliminate the risk of secondhand smoke. Learn more about smokefree worksite policy and insurance at [www.workingsmokefree.com](http://www.workingsmokefree.com).

## Join Smokefree Guilford!

Smokefree Guilford (SFG) is a volunteer-driven, working team of individuals with the goal of promoting 100% smokefree environments through public policy advocacy and education. By joining this group, you indicate your support for SFG's mission, by-laws, and strategies. There are no membership dues, but all voting members are asked to actively support SFG by participating on at least one working committee. Smokefree Guilford is not formally affiliated with any other agency, public or private. Members of SFG will avoid any real or perceived conflict of interest between themselves and any tobacco-related entity, as detailed in the by-laws. For a copy of the by-laws see [www.smokefreeguilford.org](http://www.smokefreeguilford.org).

Please complete **both** sides of this form:

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_, NC \_\_\_\_\_

Phone: \_\_\_\_\_

Cell (optional) \_\_\_\_\_

E-mail: \_\_\_\_\_@\_\_\_\_\_

I am over 18     I am under 18

(birthdate if under 18: \_\_\_/\_\_\_/\_\_\_)

I am joining as an individual

I am joining as a representative of an organization (specify): \_\_\_\_\_

Is there another person from your organization who can attend and vote on your behalf?

"I give permission for Smokefree Guilford to use my name or image on any Smokefree Guilford document or website, or in connection with any action or policy approved by its members" (optional)