



Quit Smoking on November 17



On the third Thursday of every November, smokers and health care professionals across the nation take part in the American Cancer Society Great American Smokeout event.

Even though you may not think of your students as being smokers, school participation in tobacco education activities is important.

Tobacco use is responsible for nearly 1 in 3 deaths in the United States. Because cigarette smoking and tobacco use are acquired behaviors - activities that people choose to do - smoking is the most preventable cause of death.

Research tells us that almost all smokers

Tower Gardening



Growing your own food is always in season, even in Ohio! Tower gardening is becoming more and more popular in homes as well as schools. Many food service directors are purchasing tower gardens as an addition to the cafeteria and an extension of experiential learning. Even with the cold temperatures outside, delicious produce is able to grow inside. With the tower ready for harvest every 3-6 weeks, there really is much to be grown. From utilizing the herbs in the preparation of school meals, to holding taste-tests and serving the garden grown produce on the salad bars - the options are endless!

A particular tower garden that uses aeroponics, which is the process of growing plants in an air or mist environment rather

start while they're young. The good news is that the number of younger Americans who smoke cigarettes has been going down since the late 1990's. The bad news is that nearly 4.7 million U.S. middle and high school students are currently using some type of tobacco products and the use of hookah and e-cigarettes is on the rise in the American youth.

As of 2015, nearly 23% of all high school students (grades 9-12) and 7.4% of all middle school students (grades 6-8) had used some kind of tobacco product in the past month.

With these kind of statistics, getting students to avoid the first cigarette is key to stopping the tobacco epidemic and to helping save more lives.

The Great American Smokeout campaign created toolkit materials to be used in schools. To review the toolkit materials, click [here](#).

Protect Yourself and Others This Flu Season



We're heading into the holiday season and that means time with loved ones and friends but can also be an opportunity to put ourselves more at risk for getting the flu. That's why getting a flu vaccine is the best way to fight the flu!

The Centers for Disease Control and Prevention (CDC) wants you to spread fun, not the flu. They recommend everyone 6 months and older get a flu vaccine every season. Every flu season is different and the flu can affect people differently.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The reason it's important to get a flu shot every year is because the vaccine changes each year

than soil, is a great option for schools! This system uses water, liquid nutrients and a soilless growing medium to quickly and efficiently grow more colorful, tastier, better smelling and incredibly nutritious produce.

Because there is no dirt, there is also no digging or weeding. Plus, there is no need to worry about ground pests or contaminated soil. The vertical design uses 90% less space - so you really can grow anywhere! Research shows that there are academic achievements benefits, physical, social and mental health benefits as well as school and community benefits. A tower garden can be a great addition to your school and it can help support your Farm to School program.

Want to learn more? Click [here](#) to learn how to invest in a tower garden for your students!

For more information about the Farm to School program, contact Kristin Peters, FCPH Health Educator, at (614) 525-6671 or KristinPeters@franklincountyohio.gov.

Grants

USDA released their Farm to School grant applications in September. The deadline to apply is December 8, 2016 with awards announced in May 2017. Click [here](#) for more information.

Interested in securing a salad bar for your school? Significant supporting research from both the USDA and public groups has demonstrated that school children significantly increase their consumption of healthy fruits and vegetables when given a variety of choices via a school salad bar. Click [here](#) to learn about the grant application process. Applications are accepted on a rolling basis.



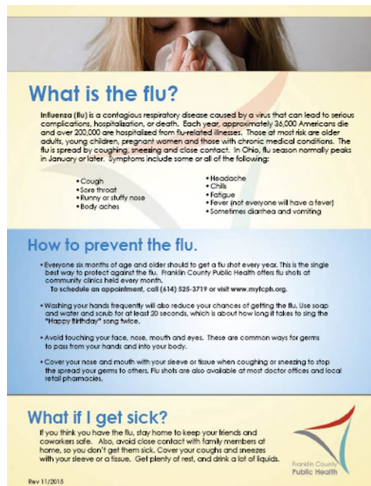
**Public
Health Connection
Call: November 17 @
11 a.m.**

Join Franklin County Public Health for our monthly Public Health Connection Call. We spend 30 minutes on the 3rd Thursday of every month updating partners on timely public health activities and projects. The call begins at 11:00 a.m. Connection information is always the same:

to fight against the flu viruses that research indicates will be most common during that year's season.

For more information about the flu vaccine click [here](#).

For more information about the flu and tips to protect yourself and others during cold and flu season, click [here](#).



"What is the Flu?" flyer is available to print via our [website](#).

For audio only call 877-820-7831, enter passcode 5487125

To participate via Adobe Connect and see the presentation:
<http://fcph.adobeconnect.com/r9h1owblrg8/>

Minutes from previous Public Health Connection Calls are on our website: myfcph.org/phconnectioncall

Have a question for us? Email fcph@franklincountyohio.gov or call (614) 525-3160.



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