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# WELLNESS COUNCIL of WEST VIRGINIA E-Mail Newsletter

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## WCWV Introduces NEW Tobacco Coordinator for North Central Region

It is with great pleasure that the WCWV announces a new employee in the North Central region! Catherine Whitworth, a Morgantown resident, is the new North Central Tobacco Coordinator for the Worksite Wellness Tobacco Policy Project. She comes to us with years of experience in human services, staff development and the Peace Corps! We are excited to be able to better serve the northern & eastern panhandles as well as the Morgantown, Fairmont & Clarksburg areas with this addition to our staff. The Council employees in the Institute offices will still make regular visits to these regions; however, the increased amount of wellness activity in the northern part of the state has made the creation of this position long overdue. Catherine's contact information is: **18 Lawrence Street, Morgantown, WV 26508, Home Office Phone - (304) 292-2083, cell phone - (304) 692-9786, email: [catherine.whitworth@adelphia.net](mailto:catherine.whitworth@adelphia.net).**

**INFOPOINT TRIVIA WINNER for April!**

**Congratulations to**

**Sherry Arthur with the WV DEP**

**who is the winner of the**

**May InfoPoint Trivia Contest!**

## WELCOME NEW MEMBERS

*The Wellness Council of WV would like to welcome the members below who have recently joined our ranks. Have you referred a new member to the Wellness Council of WV? You can receive a \$25 gift certificate to [Amazon.com](http://Amazon.com) for any new member who mentions your referral!*

*Life Bridge AmeriCorps*

*Charleston*

## Talking Tobacco

**Wellness committees may be able to use the following articles on the health risks of smokeless tobacco products:**

Levy DT, Mumford EA, Cummings KM, et al, The Relative Risks of a Low-Nitrosamine Smokeless Tobacco Product Compared with Smoking Cigarettes: Estimates of a Panel of Experts, 2004, *Cancer Epidemiol Biomarkers Prev*, Vol. 13, No. 12, 2035-2042.

Kozlowski L, First Tell The Truth, A Dialogue on Human Rights, Deception, and the Use of Smokeless Tobacco as a Substitute for Cigarettes *Tob Control*, 12:34-36, 2003. <http://tc.bmjournals.com/cgi/se...12&firstpage=34>

Foulds J, Ramstrom L, Burke M, Ragerstom K, Effect of smokeless tobacco (snus) on public health in Sweden, *Tobacco Control*, 2003, Vol 12, 349-359. <http://tc.bmjournals.com/cgi/co...t/full/12/4/349>

Protecting Smokers, Saving Lives: The case for a Tobacco and Nicotine Authority, Royal College of Physicians, London, 2002. <http://www.rcplondon.ac.uk/pubs/books/protsmokers/ProtSmokers.pdf>

Kozlowski L, Edwards BQ, "Not safe" is not enough: smokers have a right to know more than there is no safe tobacco product, *Tobacco Control*, Vol. 14, 3-7, 2005. [http://tc.bmjournals.com/cgi/content/full/14/suppl\\_2/ii3](http://tc.bmjournals.com/cgi/content/full/14/suppl_2/ii3)

Phillips C, Wang C, Guenzel B, You might as well smoke; the misleading and harmful public message about smokeless tobacco, *BMC Public Health*, 2005, 5:31, doi:10.1186/1471-2458-5-31. <http://www.biomedcentral.com/147.../1471-2458/5/31>

Rodu B, Cole P, Smokeless tobacco use and cancer of the upper respiratory tract. *Oral Surgery Oral Medicine Oral Pathology*, 2002, Vol. 93, No. 5, 511-515.

Bouquot JE, Meckstroth RL, Oral cancer in a tobacco-chewing US population - no apparent increased incidence or mortality, *Oral Surgery Oral and Maxillofacial Pathology*, 1998, Vol. 86, No. 6. 697-706.

Henley SJ, Thun MJ, Connell C, Calle EE, Two large prospective studies of mortality among men who use snuff or chewing tobacco (United States), *Cancer Causes and Control*, Vol. 16, 347-358, 2005.

## FREE E-Newsletter!

Recently, this e-newsletter was forwarded to the WCWV offices with regards to an article about ergonomics & stretching. The newsletter subscription is free and may be useful to some of the WCWV members:

[http://www.humantech.com/Level3/publications\\_resources/subscribe\\_thank.htm](http://www.humantech.com/Level3/publications_resources/subscribe_thank.htm)

As with any publication that solicits advertisements or supports items or services for sale--please carefully consider what you read. Some information on the internet is good, some is not. Readers should always seek reliable validation from medical journals, etc. before accepting any information as "fact".

## [WWW.WCWV.ORG](http://www.wcwv.org)

The following announcements are featured on the WCWV website. Have you logged on today?

- **Check this out! Wellness Program Management Yearbook 3rd Edition** - Discover the key ingredients for successful programs, comparative statistics, best practices in workplace wellness programs, how you can motivate your employees, "real-world" management methods, new and emerging trends in health promotion and disease prevention and what other companies are doing, all organized and compiled for you right here!
- **NEW! Save the Date!** 20<sup>th</sup> Annual Governor's Worksite Wellness Conference - "**Meeting the Wellness Challenge**" Download the flyer here!
- Download the **2006 WCWV Calendar** for all the dates you need to know!
- **NEW!** Check out these hot topics!