



# DAVIS COUNTY HEALTH DEPARTMENT

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## News Release

### Free Activity For Youth Promotes Tobacco-Free Lifestyle

(Layton, Utah) – The Davis County Youth Council (DCYC) and the Davis County Health Department are promoting a tobacco-free lifestyle through an activity at the Classic Fun Center in Layton. This free event is Wednesday, March 31, from 6-9 p.m., at the Classic Fun Center, 867 N. 1200 W., Layton.

According to event organizers, all junior high and high school students from Davis County are invited to participate. The activity includes roller-skating, laser-tag, and rock wall climbing as well as prizes to be given away.

The tobacco free activity recognizes Kick Butts Day (observed March 25) which is the Campaign for Tobacco Free Kids nationwide initiative giving youth the opportunity to educate their peers on the unhealthy effects of tobacco and how the tobacco industry targets them.

“Youth-sponsored events and messages should not be underestimated because they play a powerful role in reducing tobacco use,” said Lewis Garrett, director of the county’s health department.

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According to statistics from the Campaign for Tobacco Free Kids, tobacco use is the number one preventable cause of death in the United States, killing more than 400,000 people every year and 1,200 people per day. Ninety percent of smokers start before the age of 19.

Every day more than 5,000 kids try their first cigarettes while another 2,000 kids become addicted smokers. One-third of those smokers eventually die prematurely as a result. The current smoking rate among Utah students in grades 9-12 is 7.9%.

DCYC is a community-based, peer-leader program that meets each month during the school year. The members plan one big event and a few smaller activities each year.

Throughout the evening members of DCYC will be hosting multiple booths and activities that will serve to educate their fellow peers on the dangers of using tobacco.

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