

Youth and tobacco information sheet

What kids and teenagers should know about tobacco

Tobacco and sports

- Cigars and spit tobacco are also not safe
- Don't get trapped – Tobacco is easy to get hooked on
- Nicotine narrows blood vessels and puts more stress on the heart
- Smoking can damage lungs and reduce oxygen to muscles
- Smokers get short of breath more easily
- Smokers run slower and can't run as far

Tobacco and your looks

- Chewing tobacco can crack lips, cause sores, and bleeding in mouth
- Don't waste money on tobacco, as it is an expensive habit and not as rewarding as spending money on other things you like (e.g., music, movies, etc.)
- Get involved – Teach others and help prevent tobacco use
- Mouth cancer surgery can lead to serious changes in the face
- Know the truth – Most teens, adults, and athletes don't use tobacco
- Smoke makes hair and clothes stink
- Smoking turns teeth yellow and causes bad breath

What parents should know about tobacco use

Parents can have the biggest impact in their kids' lives. Keep the following tips in mind to help your kids stay tobacco-free:

Help keep your kids tobacco-free

Kids who use tobacco may:

- Be more likely to use alcohol and other drugs
- Cough, have asthma attacks, and get breathing problems more often

Humana Healthy Horizons® in Louisiana

- Get hooked on tobacco and find quitting very hard
- Have serious health problems, such as heart issues, cancer, and stroke

Take a stand at home

- Don't offer tobacco and don't leave it where they can take it
- If you smoke or chew, you still can help – Until you quit, don't use tobacco when kids are near
- Know if your kids' friends use tobacco and talk about how to say “no”
- Talk to kids about risks – and if friends or family died due to smoking, tell your kids
- Talk to your kids about tobacco starting at age 5 or 6 and into high school, since many kids start by age 11 and are hooked by 14

Make a difference in your community

- Go to smoke-free places
- Make sure your schools and events are tobacco-free
- Support places that don't sell tobacco to kids

What coaches should know about tobacco use

Coaches can help keep kids from using all types of tobacco products. Keep in mind the following:

- Create tobacco-free policy for players, other coaches, and referees
- Don't smoke or chew near players
- Make practice and games smoke free
- Nicotine is addictive like harder drugs
- Smoking hurts lungs and reduces oxygen to muscles
- Talk to your players about how tobacco affects athletic performance
- Tell and post tobacco-free messages at games
- People who don't use tobacco by age 18 are less likely to start

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **1-800-448-3810 (TTY: 711)**. We are available Monday through Friday, from 7 a.m. to 7 p.m. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618.
If you need help filing a grievance, call **1-800-448-3810** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019**, **1-800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **1-800-448-3810 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Humana Healthy Horizons in Louisiana is a Medicaid Product of Humana Benefit Plan of Louisiana, Inc.

Language assistance services, free of charge, are available to you. **1-800-448-3810 (TTY: 711)**

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

ພາສາລາວ (Lao): ໂທຫາເບີໂທລະສັບຂ້າງເທິງ ເພື່ອຮັບບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາຝຣັ່ງ.

日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

اُردُو (Urdu): مفت لسانی اعانت کی خدمات موصول کرنے کے لیے درج بالا نمبر پر کال کریں۔

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

فارسی (Farsi): برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

ภาษาไทย (Thai): โทรไปที่หมายเลขด้านบนเพื่อรับบริการช่วยเหลือด้านภาษาฟรี