



**McHenry County  
Department of Health**

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**FOR IMMEDIATE RELEASE**  
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**Health Dept, students celebrate "Kick Butts Day"**

**WOODSTOCK IL** – In collaboration with the McHenry County Department of Health (MCDH) and Reality Illinois Teens Against Tobacco, students from six area high schools – Crystal Lake Central, Crystal Lake South, Johnsburg, Marian Central, Woodstock and Woodstock North – celebrated National Kick Butts Day on March 24. This year, each high school chose a different theme to represent the damaging effects of smoking such as:

- 1200 red cups for the tobacco-related deaths that occur each day
- breathing through a straw to simulate shortness of breath many smokers experience
- a display of household poisons that are found in cigarettes (arsenic, ammonia, formaldehyde)
- a model of a healthy lung versus a smoker's lung after 20 years of smoking

Students, faculty and staff were encouraged to turn in their cigarettes and sign smoking pledges as a first step toward healthy living. Each year, teachers, youth leaders, and advocates participate in Kick Butts Day activities as a national day of activism to empower youth to stand out, speak up and take action against Big Tobacco at more than 2,000 events from coast to coast.

Worldwide, tobacco use kills one person every 6.4 seconds. MCDH and the American Lung Association urge you to join the 45.7 million Americans who have quit (1-866-QUIT-YES). Reality Illinois is a project funded by the Illinois Department of Public Health. Visit [www.mcdh.info](http://www.mcdh.info) for information on smoking cessation classes or call 815-334-4510.

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*"Working to prevent disease and promote health and safety for all people of McHenry County since 1966."*