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FOR IMMEDIATE RELEASE

Idaho Youth Lobby Legislators to Support Safe Routes to School and Tobacco 21 Policies

Idaho Walk Bike Alliance teams up with American Heart Association for Idaho Youth Lobby Day

Students from across the state will be talking to legislators at the Idaho Statehouse on Thursday, February 1st to discuss legislation that will foster healthier lifestyles and reduce the risks of heart disease, stroke, and other chronic diseases during Idaho Youth Lobby Day.

Youth advocates will be volunteering their time to help improve awareness and education to make walking and biking to school easier and safer for all students through the Safe Routes to School program. Safe Routes to School helps communities build sidewalks and install lights for crosswalks so Idaho students have an opportunity to get a portion of the recommended 60 minutes of physical activity per day. This also promotes walking and biking throughout the community and encourages the healthy habit of using active transportation whenever and wherever possible.

Students, along with volunteers and community representatives, will also focus on reducing the access kids have to tobacco products by moving the legal sales age of tobacco from 18 to 21 years of age. Ninety-five percent of tobacco users become addicted before they turn 21. If they reach 21 without becoming a regular smoker they will likely never use tobacco. That is why keeping access to tobacco away from children and young adults is critical. Moving the legal purchase age of all tobacco products to 21 will reduce access and the likelihood of addiction, helping our next generation be tobacco free.

Kids who grow up with healthy behaviors like walking, biking and being active and who avoid products like cigarettes that increase risks for heart disease, stroke, cancer and other diseases, make healthier adults. This results in a healthier and more productive population. That's good for our kids and all of Idaho.

Coverage Details: American Heart Association Youth Lobby Day, Thursday, February 1st, 7:30AM- 1:00PM, Idaho Statehouse.

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