

SMOKEFREE HOMES AND CARS FOR HEAD START FAMILIES



GASP

***Sponsored by the Acelero Learning
Monmouth/Middlesex County, Inc.
Health Service Advisory Meeting
August 3, 2011***

Specific Topics to be Addressed:

- **NJ data on smoking rates and secondhand smoke exposure.**
- **Second-and third-hand smoke: 101**
- **Smokefree homes and cars for Head Start families.**
- **Health concerns with other tobacco products, hookah and electronic cigarettes.**

Key messages today:

- **Talk with Head Start families about creating smokefree home and car policies.**
- **Share resources to help Head Start family members quit smoking.**
- **To help Head Start family children not to start smoking, and not to start using any form of tobacco.**

NJ Data on Smoking – It's Serious!

of NJ Deaths related to smoking:

- **11,200 NJ adults die each year from own smoking.**
- **1,010 adult nonsmokers die each year from exposure to secondhand smoke (SHS)!**
 - SHS is smoke exhaled by smoker, and sidestream smoke (off the tip).
- **168,000 NJ minors will die prematurely from smoking!**

Source: Campaign for Tobacco Free Kids (tobaccofreekids.org)

NJ Data on Smoking – It's Increasing!

- > In 2008, 14.8% of NJ adults smoked.
- In 2009, 15.8% of NJ adults smoked - it's INCREASING! 1st time since 2003.
- Of 15.8% adults in NJ who smoke (approx. 1 million persons), **70% want to quit – GOOD NEWS.**

NJ Data on Smoking – It's Costly!

- **Smoking-caused monetary costs in NJ:**
 - **\$3.17 billion** in annual health care costs directly caused by smoking.
 - **\$967 million** = portion covered by NJ's medicaid program.
 - **\$2.6 billion** in smoking-caused productivity losses.

Stats on NJ Smoking and SHS Exposure

- **400,000 children** affected by SHS in **NJ** homes per year!
- **9,000 NJ minors** become new daily smokers each year.
- **15.8% of NJ high school students smoke** (74,600).
- **9% of NJ high school students use smokeless** or spit tobacco (cheaper than cigarettes).
- **17.1 million packs of cigarettes** bought or smoked by NJ minors each year.

Second-hand Smoke Health Concerns

- Smoking and SHS exposure are **#1 cause of preventable disease/death in world.**
- There is **no known safe level of exposure to SHS** (2006 U.S. Surgeon General's Report).
- SHS is a **known Class A human carcinogen.** Same class as asbestos and benzene (U.S. Environmental Protection Agency).

Second-hand Smoke Health Concerns

- **Chronic exposure to secondhand smoke is almost as deleterious to one's health (80%), as being a pack-a-day smoker** (2005 University of California, San Francisco, study published in the peer-reviewed Journal, *Circulation*).
- **SHS aggravates and increases the risk of chronic diseases** such as asthma, allergies, heart disease, lung cancer, pneumonia, emphysema, chronic bronchitis and diabetes (U.S. Centers for Disease Control).

U.S. Surgeon General's 2006 Report

- **Health effects of SHS on children:**
 - sudden infant death syndrome
 - preterm delivery
 - low birth weight
 - childhood cancer risks
(Ch. 5, pp. 242-243)

U.S. Surgeon General's 2010 Report

- **December 2010 Surgeon General's Report reiterates secondhand smoke concerns.**
- **Peer-reviewed studies show that SHS can lead to:**
 - An increase in fetal mutation
 - Increased risk of miscarriage

New 2010 Study: SHS Exposure Increases A Child's Risk of Heart Disease

- Children exposed to SHS between ages 8 to 13 are more likely to show thickening of blood vessel walls, a precursor to hardening and clogging of arteries.
- Children exposed to the most SHS had higher levels of apolipoprotein B, which contributes to "bad" cholesterol, another heart disease risk factor.

New 2010 Study: SHS Exposure Increases A Child's Risk of Heart Disease

- Findings: **Children should not be exposed to SHS at any level;** even small amounts of shs exposure may be harmful for blood vessels.
- Researchers concluded: **Children need to be provided with a smokefree environment,** according to a recent 2010 study published in the journal, *Circulation: Cardiovascular Quality and Outcomes*.

Smoking/Secondhand Smoke and Diabetes

- If a person is NOT diabetic, **secondhand smoke can increase your risk of developing diabetes.**
- If a person is diabetic, smoking raises your risk for diabetes complications:
 - Smoking decreases oxygen in the tissues, which **can lead to a heart attack or stroke.**
 - Smoking increases bad (LDL) cholesterol and blood pressure, which **raises your risk of heart attack.**

What is Third-hand Smoke?

- **Third-hand smoke (THS) is SHS that lingers beyond the extinguishing of a cigarette, cigar, etc.**
- Embeds as residue on any surface: walls, in carpeting, furniture, on clothing, in hair, toys, etc.
- Carcinogens and toxins in third-hand smoke may **affect brain development in babies and young children.**
- **Young children crawl on carpeting** and suck on clothing, upholstery, skin, etc. that has third-hand smoke residue.

Higher nicotine levels in babies, even if parent only smokes outside

- **Recent study finding: although all smoking was outdoors, children had nicotine in their hair and urine.**
- Mothers who smoked away from their children were found to have nearly as much **nicotine on their hands** as smokers who made no special effort.

Higher nicotine levels in babies, even if parent only smokes outside

- **Even if a parent who smokes outside the home, still subject their children to nicotine exposure:**
 - These children have up to eight times more nicotine in their bodies than the offspring of non-smokers.
 - Higher nicotine levels in babies who have family that smoke outside the home, vs. babies live with only non-smokers.
- **THIRD-HAND SMOKE IS DANGEROUS!**

Why talk to Head Start families about creating a 100% smokefree home/car?

- Smokefree homes **protect** children, pregnant women, nonsmoking adults, esp. with health conditions, and pets from SHS and THS.
- Sets a **good example** for kids not to start smoking.
- Helps people to **quit smoking**.
- **Reduces fires in the home:**
 - Smoking is lead cause of residential fires.
 - Smoking near portable oxygen equipment has resulted in explosions and fires.

“If you smoke, put it out. All the way. Every time.”

- U.S. Fire Administration’s campaign to prevent home fires from smoking.
- **Consumer Fact Sheets in English and Spanish:**
 - <http://www.usfa.dhs.gov/downloads/pdf/smoking/ConsumerFactSheet.pdf>
 - <http://www.usfa.dhs.gov/downloads/pdf/smoking/ConsumerFactSheetSpanish.pdf>
- USFA Campaign messages:
 - Smoking is the #1 cause of home fire deaths in the United States.
 - **Never smoke in a home where portable oxygen is used, even if the oxygen is turned off.**
 - Most home fires are caused by smoking materials start inside the homes.
 - **If one smokes, to do so only outside and not in the home.**

USFA is a division of the Federal Emergency Management Agency (FEMA) and is part of the U.S. Department of Homeland Security.

U.S. Surgeon General's 2006 Report on Smokefree Homes and Cars

- The home remains the most serious venue for secondhand smoke exposure, more so than workplaces. In the U.S.:
 - Almost 60% of children ages 3-11 (approx. 22 million children) are exposed to SHS.
 - 25% of children ages 3-11 live with at least one smoker.

Key points emphasize about a 100% smokefree housing/car policy

- Only the behavior of smoking is restricted; not banning the person who smokes.
- There is no constitutional right to smoke.
- Protects disabled family members since SHS exposure can exacerbate their disability (heart, lung disease, etc.). Important for complying with the federal Fair Housing Act.

Helping Head Start Families: Recommendations

- **Eliminate SHS and THS exposure at home and in cars**, at workplaces and outdoors, especially around children.
- **Quit tobacco use (smoked and smokeless)**
 - May help lower one's risk for heart attack, stroke, nerve, kidney and vascular diseases.
 - May improve cholesterol and blood pressure levels and blood circulation when you quit smoking.
- **Resources for Head Start families**
 - Diabetes and smoking/shs at <http://njgasp.org/diabetes.htm>
 - Quit tobacco at http://njgasp.org/quit_tobacco.htm

Get More Facts, Resources

- GASP brochure, ***Smokefree Housing Initiatives***. Available to you and tenants, property managers in hard copy, and online in English and Spanish. <http://njgasp.org/housing.htm>
- GASP webpage, ***Protecting Children from Tobacco*** at http://njgasp.org/pc_main.htm
- **How is *Head Start* involved in smokefree homes and cars initiatives? Collaborative federal effort started in 2007....**

Federal Programs - Smokefree Housing

- **EPA/HHS** Smokefree Homes and Cars Program for *Head Start Families*, 2007.
- **U.S. Surgeon General**, *We Sabemos*, 2007.
- **HUD Healthy Homes program**, supported by U.S. Surgeon General, 2009.
- **HUD “strongly encourages”** housing authorities to create smokefree policies for private units and common areas. U.S. Department of Housing and Urban Development (HUD), July 2009 Notice; reiterated and clarified in 2nd HUD Notice issued September 2010.

EPA Smokefree Homes Program for Head Start Families

- 2002-2005 Head Start Program Information Report (PIR): **asthma as the most frequently reported chronic health condition by Head Start programs nationwide. Led to.....**
- **February 2007 Memorandum of Understanding (MOU)** between U.S. Environmental Protection Agency and U.S. Department of Health and Human Services (HHS).
- http://www.epa.gov/iaq/headstart/headstart_mou.html

2007 EPA Smokefree Homes Program for Head Start Families

- **Educate staff, parents of Head Start, Early Head Start** programs on importance of **reducing children's exposure to environmental asthma triggers and the harmful effects of secondhand smoke.**
- **Promote and distribute EPA's Asthma and Smoke-Free Homes Program** messages and educational materials to Head Start and Early Head Start programs.
- <http://www.epa.gov/iaq/headstart/index.html>
- <http://www.epa.gov/smokefree/index.html>

2007 U.S. EPA Campaign: Smoke-free Homes and Cars Program

- **Outreach to 1 million Head Start families:**
 - Community events
 - Brochures, placemats, decals
 - Smokefree homes action kit CD-Rom
 - Pledge posters
 - Booklets on local programs promoting smokefree homes
- Local health depts can outreach to local Head Start agencies; put in touch with GASP.

<http://www.epa.gov/smokefree/>

<http://www.epa.gov/iaq/headstart/index.html>

<http://www.epa.gov/smokefree/publications.html>

EPA's Smoke-Free Homes for Head-Start Families



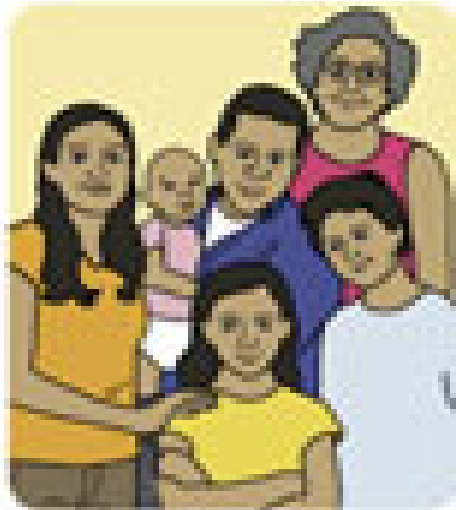
2007 U.S. Surgeon General's campaign for smokefree homes and cars

- **U.S. Surgeon General's campaign** - September 18, 2007.
- Goal: reduce SHS exposure to children younger than 7 years old, to 6% by 2010.
- Partner with parents and community groups.
- Pediatricians to screen children for parents who smoke, distribute cessation materials.
- **Sabemos “We Know” toolkit for Hispanic community, on protecting children from SHS.**

http://www.cdc.gov/tobacco/secondhand_smoke/sabemos/

EPA bilingual smokefree home brochures

Secondhand Tobacco Smoke and the Health of Your Family



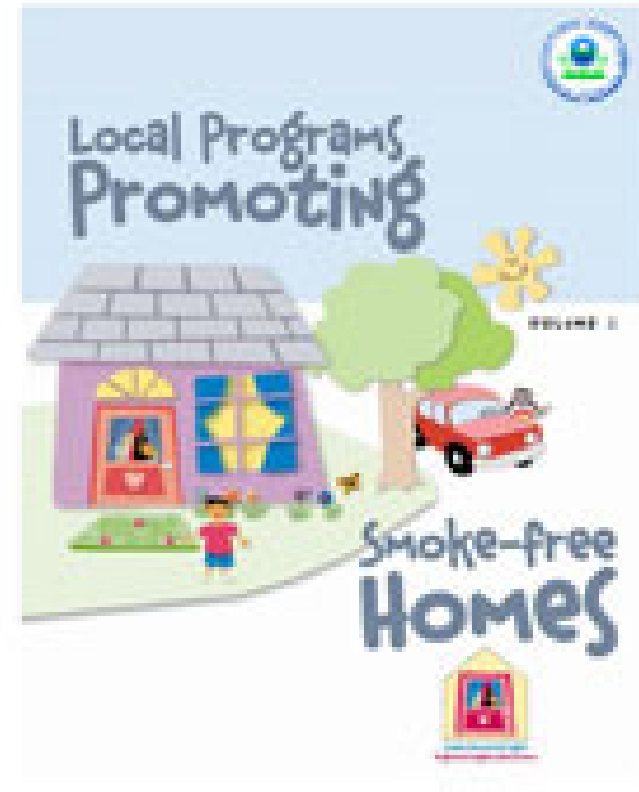
Make your home smoke-free. Secondhand smoke is the smoke that comes from a cigarette or other tobacco that someone else has just lit and inhaled.

El humo de tabaco en el medio ambiente y la salud de su familia



Mantenga su hogar libre del humo de tabaco. El humo de tabaco es el medio ambiente en el que se encuentra un cigarrillo o de un tabaco que está quemando otra persona.

EPA bilingual smokefree home brochures



<http://www.epa.gov/smokefree/publications.html>

In May 2008, HUD publishes *Seven Healthy Homes Principles*

5th principal addresses SHS....

- “Keep your home Contaminant-Free: **Chemical exposures include** lead, radon, pesticides, volatile organic compounds, and **environmental tobacco smoke.**
- **Exposures to** asbestos particles, radon gas, carbon monoxide, and **second-hand tobacco smoke are far higher indoors than outside.”**
- http://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/healthyhomes

HUD Healthy Homes Program

- The fifth of HUD's *Seven Healthy Homes Principles* addresses secondhand smoke:

"Keep your home Contaminant-Free: Chemical exposures include lead, radon, pesticides, volatile organic compounds, and **environmental tobacco smoke**. **Exposures to** asbestos particles, radon gas, carbon monoxide, **and second-hand tobacco smoke are far higher indoors than outside."**

HUD's *Help Yourself to a Healthy Home*

- In January 2009, HUD publishes *Help Yourself to a Healthy Home, a 58-page guide addressing the* impact of tobacco smoke on indoor air quality.
- Living with a smoker causes/adds to breathing problems and heart disease. (pp. 2, 26)
- Cigarette smoke makes indoor air quality unhealthful (p.4)
- "Tobacco smoking causes cancer and other major health problems. **It's unsafe for children to be around smokers.**
- Second-hand or environmental tobacco smoke can raise children's risk of ear infections and breathing problems. It can trigger asthma attacks, too." (pp. 9, 14)

HUD's *Help Yourself to a Healthy Home*

- **Action Steps for Living in a Healthy Home: "Do not smoke** in your home or car. Never smoke near your children." (pgs. 11)
- "Cigarette, cigar, or pipe smoke causes health problems, especially for people with asthma. It is best to quit smoking. Otherwise, smoke outside and away from children. Don't light up in your car, because smoke will linger there and affect children." (page 17)
- Tobacco smoke is a source of carbon monoxide. (page 25)
- http://www.hud.gov/offices/lead/library/hhi/HYHH_Booklet.pdf

2009 HUD's *Healthy Homes Strategic Plan*

- In June 2009, HUD unveils its ***Healthy Homes Strategic Plan*** to support the U.S. Surgeon General's 2009 Call to Action to Promote Healthy Homes.
- Part of a larger CDC Healthy Homes Initiative.
- Partners: National Center for Healthy Housing, Alliance for Healthy Homes, Coalition to End Childhood Lead Poisoning.
 - http://www.hud.gov/offices/lead/library/hhi/hh_strategic_plan.pdf
 - <http://www.hhs.gov/news/press/2009pres/06/20090609a.html>
 - <http://www.surgeongeneral.gov/topics/healthyhomes/transcript.html>
 - <http://www.hud.gov/offices/lead/hhi/index.cfm>
 - <http://www.hud.gov/offices/lead/healthyhomes/index.cfm>

HUD Healthy Homes Program

- **Tobacco smoke is listed on HUD's website as a trigger for allergies and asthma.**

<http://www.hud.gov/offices/lead/healthyhomes/allergens.cfm>

<http://www.hud.gov/offices/lead/healthyhomes/asthma.cfm>

July 17, 2009 HUD Notice PIH-2009-21 (HA)

- “***PHAs are permitted and strongly encouraged*** to implement a non-smoking policy at their discretion”
- “... in some or all of their public housing units”
- “... this notice will enhance the effectiveness of the Department’s efforts to ***provide increased public health protection for residents of public housing.***”
- “***Smoking is also an important source of fires*** and fire-related deaths and injuries.”(emphasis added)

Sept. 2010 HUD Notice H 2010-21

- **Clarifies July 2009 HUD Notice, new requirements:**
- “Encouraged to establish smoke-free policies that pertain specifically to their building and grounds including any common areas, entry ways, openings to the building (e.g. windows), and/or playground areas.”
- Grandfathering current tenants is optional.
- See more requirements @ <http://njgasp.org/1021hsgn.pdf>

NEW! CDC's Healthy Homes Manual, Smoke-free Policies in Multi-Unit Housing

Released May 2011

- For state and local Healthy Homes programs working to reduce secondhand smoke exposure in multi-unit housing.
- Provides field-tested strategies, recommendations, best practices and tools.
- Content from peer-reviewed research, practitioner interviews.
- Manual intended to frame issues, provide guidance for programs.

http://www.cdc.gov/healthyhomes/Healthy_Homes_Manual_WEB.pdf

Head Start Families living in Public Housing

- **Head Start family residents can educate their PHAs on 2009/2010 HUD Notices that encourage smokefree policies:**
 - PHAs can create a 100% smokefree “**house rule**” or **model lease policy**:
 - GASP can provide models/samples
 - **See GASP’s Smokefree Multi-unit housing brochure** for step-by-step process at <http://njgasp.org/HousingBrochure2009.pdf>
 - **Contact GASP to provide technical assistance to PHAs** about implementing a smokefree policy.

Smokefree Public Housing Initiative

- Recently, Public Housing Authorities (PHAs), and private affordable and market rate housing property management across the nation are instituting smokefree housing policies.
- As of 2011, 230 PHAs in 27 States have a smokefree policy for some or all units in their buildings.
- In Middlesex County, Woodbridge Public Housing Authority has a smokefree housing policy for its residential buildings. Highlands and Middletown in Monmouth County have similar policies.

High Market Demand for Smokefree Units

- **Woodbridge PHA report approximately 90% of their units were nonsmoking by choice, prior to their smokefree policy** (grandfathered smoking current tenants).
- **80+% of New Jerseyans are nonsmokers; 70% of smokers want to quit.**
- **Management benefits:** fewer units vacated in a smokefree building and no smoke seepage problems that cause tenants to move, resulting in lower turnover costs. Unit rehab costs lower since less damage because no smoking in unit.

Head Start Families in Private Affordable Housing, Market Rate Housing (section 8)

- **Head Start family residents can educate their property managers/owners on:**
 - creating a smokefree property policy via lease.
 - 2009/2010 HUD Notices that encourage smokefree policies.
- **GASP can provide models/samples:**
 - **See GASP's Smokefree Multi-unit housing brochure** for step-by-step process at <http://njgasp.org/HousingBrochure2009.pdf>
 - **Contact GASP to provide technical assistance to PHAs** about implementing a smokefree policy.

NJ Law Requires 100% Smokefree Homes/Cars For Resource Family Children

Do you work with Head Start families that have resource family children?

- N.J.A.C. 10:122C-7.2(a)(3) Defines resource family homes as foster homes, adoptive homes, family friend homes and relative care homes. **NJ law requires to be smokefree:**
 - Resource family **homes**
 - **Vehicles** transporting the resource family child
 - **Outdoors** when resource family child is present

Protect workers who enter a home to work

Do you work with Head Start families who work in someone's home? 2006 NJSFAA may protect workers enter a home:

- Workers work in common areas of multi-unit housing, e.g. **superintendent, contractors.**
- Workers work within units where smoking takes place, e.g. **social workers, contractors.**

What if SHS comes into a tenant's unit or common areas of apartment building?

- **Do you work with Head Start families who are complaining about SHS wafting into their apartment from inside the building or outdoors?**
 - Call GASP to provide technical assistance.
 - State laws protect tenants and visitors.
 - 2006 NJ Smokefree Air Act requires no outdoor smoke migrate into a common area of an apartment building. Landlords required to make smokefree zones outside by doors, windows into common areas of building.

Head Start families can create their own smokefree cars policy

- Health/Ethical/Moral – Obligation to ensure a child is in a safe and healthy environments, including private settings like cars.
- Small children cannot communicate, or fearful to talk.
- Consistent with what children are taught in school, that SHS is harmful, which may prevent a child from starting to smoke.
- Children exposed to SHS may have increased medical and healthcare costs covered by state or federal government.

2005 study shows high SHS exposure in cars with kids

A 2005 study of 1,770 parents and guardians in NJ and NY:

- **children were exposed to SHS in more than 50% of family cars and 40% of homes**
- despite health warnings about the hazards of SHS.

(see Families, Systems & Health, Spring 2005, published by American Psychological Association).

Air testing results show high SHS levels inside cars

- Ontario Medical Association concluded that **SHS exposure in cars may be 23 times greater than in a home** (2004).
- New Zealand study found that being in a car with a smoker was the **equivalent to sitting in a smoky bar, even with the car window fully down** (2006).
- Australian study found that **exposing 14-year old asthmatics to SHS in cars doubled their risk of wheezing** (2006).

Medical and public health community support for smokefree cars

- U.S. Surgeon General's Report; EPA
- CDC Recommendations
- World Health Organization
- Canadian Medical Association, 2007 meeting: recommend nationwide ban on smoking in cars

Public support for smokefree cars for children

Smokers and Nonsmokers support:

- Arkansas survey: 73% support (2008)
- Canadian Cancer Society survey: support of 82% nonsmokers, 69% of smokers (2008)
- Ontario survey: support of 81% nonsmokers, 66% of smokers (2007)
- Western Australia: support of 87% of nonsmokers, 80% smokers
- Queensland, Australia: 89% support (2008)

Smokefree cars for kids

NJ towns ban smoking in cars when children are present:

- **Keyport, NJ; under age 18, 2007**
- **West Long Branch, NJ; under age 18, 2007**

Health Impact on Pets: Smokefree homes and cars

- Cats exposed to SHS were twice as likely to develop the feline lymphoma.
- Risk tripled with 5 years of SHS exposure.
- Two smokers in house, 4 times more likely.

2002 American Journal of Epidemiology

<http://news.bbc.co.uk/2/hi/health/2165722.stm>

www.livescience.com/animals/070831_pets_smoking.html

Smokefree homes and cars for pets

- Pets can develop respiratory infections, lung inflammation or asthma when breathing in SHS.
- Tobacco, cigarette butts, chew and other tobacco products are attractive to pets. If eaten, these items could be also be toxic to pets.

www.fluffyquits.com, Erie-Niagara Tobacco-Free Coalition, New York



I love you...



...but the smoke is *killing* me!

Remember, when you smoke
so does your pet!



WNY
Veterinary
Medical
Association



Erie-Niagara
Tobacco-Free
Coalition



For help call
1.800.QUIT.NOW

SMOKEFREE and SO FREAKIN' HAPPY



Fluffy  **Quits**
FluffyQuits.com

Children need 100% Smokefree Outdoors

Why attention for smokefree outdoor areas?

- Concentrated levels of SHS outdoors can equal levels inside smoking-permitted venue.
- Scientific studies conclude the need to be at least 23 feet from SHS, when outdoors.
- Normalize smokefree environments.
- Small children and pets ingest tobacco butts.
- Environmental concerns about tobacco litter.

Where Smokefree Outdoors?

- Outside of apartment buildings and homes: playground equipment, benches, near entrances, windows, intake air ducts.
- In parks athletic fields, beaches where children play, people exercise and relax in healthful environment.

Local Laws Restricting Outdoor Smoking

- More than 100 NJ municipalities ban smoking outdoors, in parks, playgrounds, beaches, etc. **Laws mostly self-enforced by public.**
- **Local outdoor sf ordinances in Middlesex County:**
 - 4 smokefree parks/ other recreational areas – East Brunswick, Highland Park, Sayreville, South Brunswick.
- **Local outdoor sf ordinances in Monmouth County:**
 - 6 smokefree parks/other recreational areas - Eatontown, Holmdel, Manalapan, Millstone, Rumson, Shrewsbury
- **If your Head Start families want smokefree parks in their town/county, GASP can provide technical assistance.**

Concerns with Other Tobacco Products (OTPs)

- **Little cigars, cigarillos, chew, snus, sticks, orbs.**
- Why are OTPs popular? **Cheaper than cigarettes.**
OTPs taxed much less than cigarettes:
 - July 1, 2009, state tax on cigarettes increased to \$2.70 per pack (3rd highest in nation).
 - Cigars, little cigars, Chew, smoking tobacco: only 30% wholesale.
 - Snuff: 75 cents/oz.
 - **Sell little cigars, cigarillos can be sold loose or in small two-packs – appeal to kids, lower socio-economic adults.**

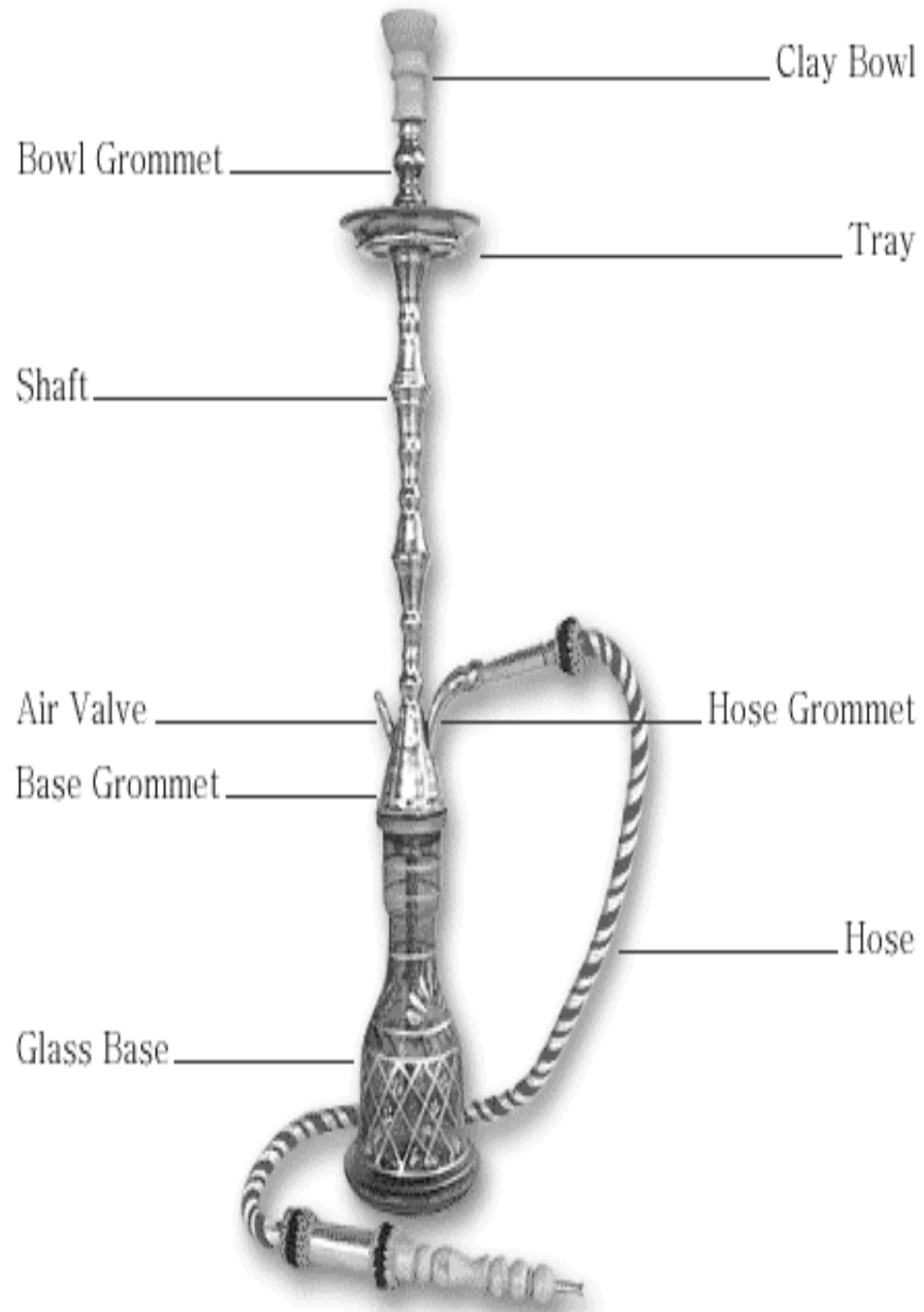
Water pipe/Hookah smoking 101

- Many health concerns: **infectious disease**, smoking causes cancer, chronic diseases.
- Since 1990's, hookah smoking popular in U.S. and Europe, especially among teens and young adults.
- Also known as:
 - *Hookah* – India
 - *Shisha or Goza* – Egypt, North Africa
 - *Narghile* – Turkey, Syria, East Mediterranean
 - Waterpipe tobacco also called *maassel*.

Why talk about hookah smoking?

Educate Head Start families about:

- Dangers of hookah smoking.
- Dangers of SHS exposure in the home, from hookah smoking.
- How hookah can appeal to kids and teens, and can be a gateway to smoking other forms of tobacco.



How a Water Pipe Works

- When breathe in through its mouthpiece, suction formed and vacuum draws outside air into the top of the head, then over lit charcoal and through tobacco, creating smoke.
- Smoke goes thru the body, causing the water to bubble in the bowl.
- The water cools the smoke, and the smoke rises from the water, and through the hose, into mouthpiece, and inhaled by smoker.
- Smoker then exhales, releasing secondhand smoke into air.

SHS Levels in Hookah Lounges

- **SHS levels in hookah lounges were more than twice the SHS levels in smoky bars.**
 - Researchers measured air quality for 30 minutes, in 5 hookah lounges and 12 smoky bars located near colleges in North Carolina.
 - Conducted by Wake Forest University's School of Medicine, Roswell Park Cancer Institute.
 - Study to be presented at the American Public Health Association's Annual Meeting, November 2011.
- **What if smoking hookah in a home where children live?**

WHO: Hookah SHS Hazards

- "Using a water pipe to smoke tobacco **poses a serious potential health risk to smokers and others exposed to the smoke emitted**.... [T]he **sweet smell and taste** of the smoke may explain why some people, particularly **young people** who would not otherwise use tobacco, **begin to use waterpipes.**"

http://www.who.int/tobacco/global_interaction/tobreg/Waterpipe%20recommendation_Final.pdf

2008 NJ Youth Tobacco Survey Results

- **NJ teen hookah smoking is at an *alarming* rate:**
 - **In 2008, almost 1 out of 10 (9.7%) of NJ high school students** reported smoking tobacco or flavored tobacco hookah. **This % is expected to be much higher in the 2010 NJ Youth Tobacco Survey results.**
 - **4.1% of NJ middle school students** reported smoking tobacco or flavored tobacco hookah.
- **Is a hookah lounge in your Head Start neighborhood serving persons under age 19?**

Appeal to Youth, College-age

- Fruit/candy flavorings mask tobacco flavor.
- Water cools smoke, creating false impression that smoke is safe.
- Some may not contain tobacco, so false impression that is safe to use.
- **Trend: hookah lounges/cafes opening in college towns** (unless prohibited smokefree air law).

2007 American Legacy Foundation survey

- Surveyed 18-24 year olds:
 - **40%** of participants said that they had **smoked from a hookah**.
 - **42% said** that hookah smoking is **less dangerous** than cigarette smoking.
 - **32% said** that smoking from a hookah is **less addictive** than smoking cigarettes.

Hookah Smoking is Hazardous for Chronic Disease, etc.

WHO's 2005 Advisory Note:

- Waterpipe smoke contains numerous toxicants known to **cause lung cancer, heart disease and other diseases**, adverse effects on pregnancy.
- **Same secondhand smoke disease risks caused by cigarette smoking.**

Public Health Hazard: Infectious Disease

U.S. Centers for Disease Control, 2007:

- "Over recent years, there has been a resurgence of use around the world, most notably among youth.... ***Sharing a hookah may increase the risk of transmission of tuberculosis, viruses such as herpes or hepatitis, and other illnesses.***"

U.S. Centers for Disease Control: Fact sheet on hookahs, updated April 2007.

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs.htm

Public Health Hazards

- In one waterpipe smoking session, **waterpipe smoker may inhale up to equivalent of 100 cigarettes:**
 - Waterpipe session lasts 20-80 minutes, 50-200 puffs with each puff inhaling vs.
 - Cigarette smoker takes 8-12 puffs over 5-7 minutes.

New Hookah Lounges do NOT satisfy Smoking Waiver Requirements

Do hookah lounges in neighborhood meet State requirements under 2006 NJSFAA?

- **No new hookah lounges to open after 12/31/04, as per NJSFAA exemption for a cigar bar/lounge** (needed to exist as of 12/31/04 plus other requirements).
- **Hookah lounges do not meet the requirements of the smoking exemption for a tobacco retail establishment:** The intent of hookah lounge is not a 'cash and carry' business. The intent of the hookah lounge is to: (a) smoke the product on-premise in a session, rather than off-premise.

Selling tobacco paraphernalia to minors

- Does the town where your Head Start families reside sell tobacco paraphernalia to minors?
- NJ does not have a law that forbids the sale of paraphernalia to minors, used for tobacco smoking (other than banning the sale of tobacco to minors).
- North Brunswick bans sale of *tobacco paraphernalia* to minors.
- Share these concerns with parents of Head Start families.

Electronic Cigarette Health Concerns

- Educate Head Start family members who want to quit smoking/tobacco to use FDA (U.S. Food & Drug Administration) approved tobacco cessation products and resources.
- Electronic cigarettes are not FDA approved to quit tobacco.
- Not FDA tested for any purposes.
- Glamorized by celebrities, free giveaways.

Electronic Cigarettes – Health Concerns

- E-cigarettes are battery-powered devices that contain a liquid solution.
- Solution in different concentrations of nicotine and in flavors, including mint, strawberry and chocolate (appeal to teens).
- When a user inhales, a sensor detects the air movement and triggers a heating element, which activates a chemical that vaporizes the liquid, delivering it to the user's lungs.
- The user exhales a vapor that looks like smoke, which contains substances that may be harmful.

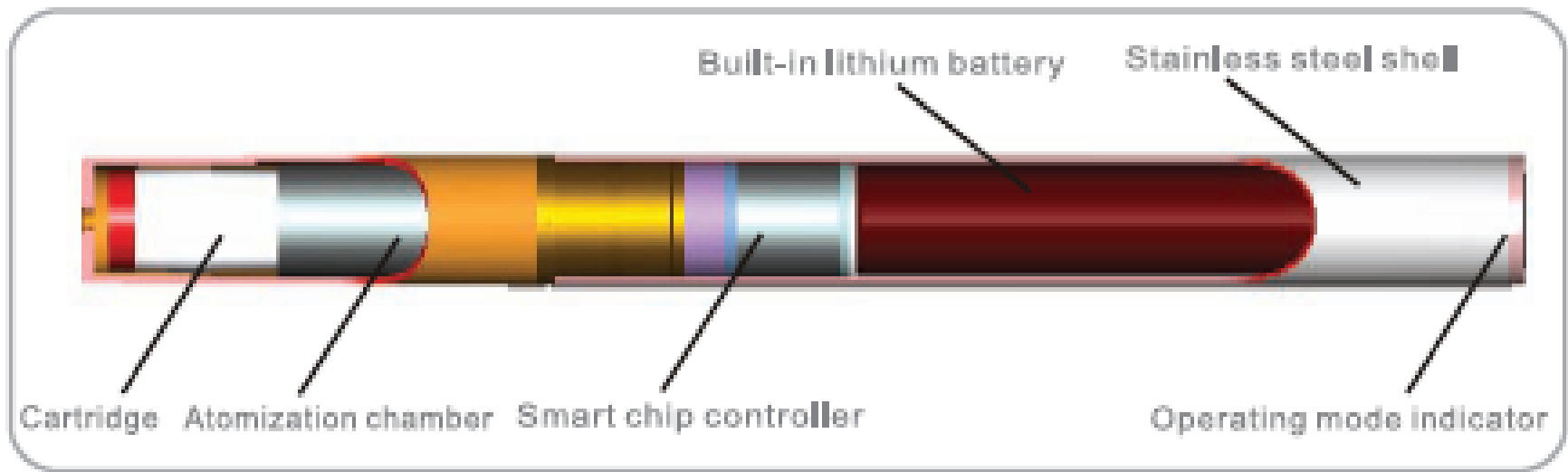
Electronic Cigarette Health Concerns

(from FDA Analysis, May 4, 2009)

Nicotine and/or other flavorants are housed in the white cartridge shown at the left:

Cigarette body

The cigarette body is an integrated structure consisting of stainless steel shell, lithium ion battery assembly, smart chip and program controlled circuits, atomization chamber and cartridge and so on. In the front of it, there exists an operating mode indicator.



Electronic Cigarettes (e-cigarettes)

EFFECTIVE MARCH 13, 2010:

- USE OF E-CIGS BANNED IN PUBLIC PLACES AND WORKPLACES COVERED BY THE 2006 NJ SMOKEFREE AIR ACT.
- SALE OF E-CIGS BANNED TO PERSONS UNDER AGE 19.

First state law of its kind, in nation!

January 2010, NJ Legislature voted unanimously in favor of this bill, Governor Corzine signed bill into law.

July 2009 FDA analysis of e-cigarettes

- **Health effects** of using electronic cigarettes or inhaling their vapors second-hand are not known
- FDA analysis of 18 cartridges found **toxic chemicals and carcinogens**, including diethylene glycol, an ingredient found in **antifreeze**.
- **See GASP white paper** for more information at <http://njgasp.org/E-Cigs%20White%20Paper.pdf>

Free Quitline Information

- State has brochures on free quitline services to help people quit tobacco. 1-800-QUIT-NOW.
- Distribute to employees, human resources, members of public who visit your office, at local health fairs.
- QuitCenters in NJ offer quit services, some at reduced or no-cost based on income. Go to http://njgasp.org/quit_tobacco.htm
- Federal law that provide free quit services to persons on medicaid – watch for announcement from NJ Department of Health this month.

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For downloadable information on smokefree casinos, go to www.njgasp.org and click on *Smokefree Gaming*.

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