

Smoking cessation time-line – the health benefits over time

In 20 minutes, your blood pressure and pulse rate decrease, and the body temperature of your hands and feet increase.

At 8 hours, the carbon monoxide level in your blood decreases. With the decrease in carbon monoxide, your blood oxygen level increases.

At 24 hours, your risk of having a heart attack decreases.

At 48 hours, nerve endings start to regrow and the ability to smell and taste is enhanced.

Between 2 weeks and 3 months, your circulation improves, walking becomes easier and you don't cough or wheeze as often. Phlegm production decreases.

In 1 to 9 months, coughs, sinus congestion, fatigue and shortness of breath decrease as you continue to see significant improvement in lung function.

In 1 year, risk of coronary heart disease and heart attack is reduced to half that of a smoker.

Between 5 and 15 years after quitting, your risk of having a stroke returns to that of a non-smoker.

In 10 years, your risk of lung cancer drops. Additionally, your risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease. Even after a decade of not smoking however, your risk of lung cancer remains higher than in people who have never smoked. Your risk of ulcer also decreases.

In 15 years, your risk of heart disease and heart attack is similar to that of people who have never smoked. The risk of death returns to nearly the level of a non-smoker.

Tobacco Free News

The official newsletter of

Tobacco-Free For A Healthy New Jersey



New Jersey's Shore to Please

By Donna Drummond, LPC, CTTS

The revitalization of Asbury Park has sparked awe and wonder among locals and visitors alike. Recent visitors can barely believe their eyes when they frequent the downtown area. New restaurants, clubs, and shops line the streets as visitors find something for everyone. Mayor Ed Johnson feels strongly about bringing Asbury Park back to its former glory. His vision is to restore Asbury Park to its "rightful place as the Jewel of the Jersey Shore." We couldn't agree more.

In addition to the physical restoration, a town should appeal to individuals, couples and families by making their health and safety a priority. Since his election in 2009, Mayor Ed Johnson has taken a leadership role in promoting a healthy Asbury Park. He was quoted as saying that the path forward must include "quality of life issues." We applaud his vision and feel that smoke-free air is one such issue that will increase everyone's quality of life. The Surgeon General's report states

that there is no safe level of environmental tobacco smoke (often called "second hand smoke"), whether indoors or outdoors. The boardwalk, beaches, parks and other outdoor recreation areas are designed for leisure play and enjoyment of the environment. Cigarette smoke is inconsistent with these activities.

At the Tobacco Free for a Healthy New Jersey Central Region, we are excited about the prospect of working with Monmouth County partners in a collaborative effort to reach out to Asbury Park with our expertise on the health benefits of clean air. We hope to show that smoke-free air is an

integral part of the quality of life concerns that will contribute to a shiny image for this "jewel" of a city. If you would like to join us in these efforts, please

phone Ms. Donna Drummond at 732-235-8230, or email her at TobaccoFreeNJCentral@gmail.com



This newsletter was created by the Tobacco Free for a Healthy New Jersey with funding from the New Jersey Department of Health and Senior Services and the Center for Disease Control.

The State of Tobacco Control in New Jersey

By Marc L. Steinberg, Ph.D.

The American Lung Association's annual *State of Tobacco Control* report was recently released, and if this was your child's report card, you would not be happy. In addition to the personal devastation caused by tobacco use in New Jersey with over 11,000 NJ citizens suffering a tobacco related death each year, tobacco use caused almost \$5.6 billion worth of economic devastation, including health care costs and lost worker productivity. The 2012 budget does not allocate any funds directly to tobacco control. The 2002 bill securitizing the Master Settlement Agreement payments requires that \$40 million in cigarette tax revenue be spent on tobacco control programs, though despite the fact that this represents less than 6% of the monies generated by cigarette taxes, this mandate has not been followed. Luckily, the NJ Department of Health and Senior Services supplied \$600,000 for tobacco control efforts. New Jersey therefore earned – and deserved - an “F” in Tobacco Control Spending.

In contrast, New Jersey did an excellent job in creating smoke free air legislation, and the American Lung Association (ALA) continues to credit the state with a grade of “A” for smoke free air. This legislation is important, and has saved many from being exposed to dangerous environmental tobacco smoke. It has also likely encouraged many

smokers to try to quit because smoking is now less convenient in their workplaces. The tax rate in New Jersey is also likely to encourage smokers to quit, because New Jersey has taxed cigarettes at a rate of \$2.70/pack. New Jersey earned a “B” from the ALA for its cigarette tax and would probably have earned a higher grade if other tobacco products were not taxed at a substantially lower rate. New Jersey should tax cigars and other tobacco products at the same rate at which we tax cigarettes.

Finally, New Jersey earned an “F” in one of the most important categories: Cessation. Ultimately, in addition to protection from environmental tobacco smoke, the major public health benefit from tobacco control comes from helping smokers to quit. Our state QuitLine (1-866-NJ-STOPS) is not funded at a high enough level to serve all New Jersey smokers, and therefore is limited to uninsured smokers and those with Medicaid. There are no longer any state-funded face-to-face smoking cessation services and there is no Medicaid coverage for smoking cessation counseling. When New Jersey was a leader in tobacco control, we had 19 state funded smoking cessation clinics with free nicotine patches and a QuitLine available to all NJ citizens. Overall, this gives the state of New Jersey a 1.75 Grade Point Average with two failing grades. It looks like our report card won't make the refrigerator again this year.

On a more positive note, New Jersey has many dedicated

professionals fighting for tobacco control including *Tobacco Free for a Healthy New Jersey* with coordinators in the Southern, Central, and Northern Regions, *Global Advisors for Smokefree Policy* (GASP), *American Cancer Society*, *Mom's Quit Connection* and *City of Vineland Dept. of Health*. We hope you'll consider working with one of these organizations to keep tobacco control on the local and state-wide agenda. You can attend meetings with these organizations or write letters to the editor of your local newspapers. Contact information for these organizations are included in this newsletter. We hope to hear from you soon!

REPORT CARD				
GRADING PERIOD	1	2	3	4
READING	A			
WRITTEN COMMUNICATION	A			
MATHEMATICS	C			
SCIENCE/HEALTH	B			
SOCIAL STUDIES	B			
ART	A			
MUSIC	A			
PHYSICAL EDUCATION	C			
Grade Average: B				
Attendance	Present	100%		
	Absent	0%		
	tardy	0%		
A = Excellent B = Good C = Satisfactory N = Needs Improvement I = Inadequate F = Failing				
Teacher	Grade	Year		

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Tobacco Free for a Healthy New Jersey Northern Region Update

By Cindy Meakem, CHES

Growing up in the 60's right across the river from Paterson, New Jersey, my family would take weekly bus trips to the many parks and shopping areas that Paterson has to offer. Smoking in Paterson's parks and open areas in which children spend time models unhealthy behavior to our youth and exposes citizens of all ages to environmental tobacco smoke (often called "secondhand smoke").

Tobacco Free for a Healthy New Jersey Northern Region and New Jersey GASP (Global Advisor on Smoke-free Policy) are working diligently to protect Paterson's citizens' health. Even outdoor smoking can create a health hazard. Environmental tobacco smoke harms nonsmokers and discarded cigarette butts harm the environment. Local governments throughout the country are enacting smoke-free air legislation in parks, playgrounds, school grounds, and beaches. We think Paterson should do the same.

Our organization has been meeting on a bi-weekly basis at the Paterson Public Library on 250 Broadway. There are many agencies collaborating with us at

these meetings including The Boys and Girls Club of Paterson, Men Amongst Men, Passaic County Cancer Coalition, Straight and Narrow, The American Cancer Society, Paterson Coalition Against Drug Abuse, the Paterson Health Department. New agencies continue to join.

Our common goal is to protect the health of Paterson's citizens and visitors. Tobacco Free for a Healthy New Jersey plans to take our concerns before the mayor and town council on March 20th. We hope they will consider creating a smoke-free parks and recreation area.

If you are interested in joining our meetings, or just finding out more information, please contact Cindy Meakem, CHES at 973-383-4737. You can also e-mail her at cindy@centerforprevention.org

Tobacco Free for a Healthy New Jersey Southern Region Update

By Kim Burns, MA

The Atlantic City Integrated Municipal Advisory Council (IMAC) met at City Hall in early January. The goals of this group are to implement Smoke-Free Outdoor Ordinances in Atlantic City, and educate residents about the issue of environmental tobacco smoke (also called "second hand smoke"). The

IMAC meetings have brought together agencies that are working in Atlantic City, agencies that have similar goals to Tobacco Free for a Healthy New Jersey, and residents that are interested in the cause. In February, Cathy Butler from Mom's Quit Connection provided "Tobacco 101" training. At the March IMAC meeting, Karen Blumenfeld from New Jersey GASP will provide advocacy training.

The Atlantic City IMAC will be sponsoring a poster contest in the local elementary schools. The theme of the poster contest is "Smoke Free in AC". Posters will be judged and gift cards will be awarded to the winning posters. The posters will be displayed on the first floor at City Hall.

We will begin creating Integrated Municipal Advisory Councils in additional towns starting in April.

Residents of southern New Jersey who are interested in becoming involved should contact Kim Burns, Coordinator, Tobacco Free for a Healthy New Jersey South at (609)272-0964 Ext. 18 or kburns@atlprev.org.



Protecting Children from Secondhand Smoke

By Merle Weitz, Director Mom's Quit Connection

Currently, over 500,000 adults and over 200,000 children are estimated to have asthma in New Jersey. In 2009, according to the State Department of Health and Senior Services, a total of 52,753 asthma emergency department visits occurred among New Jersey residents, with children under five years representing the greatest percentage of these visits. Exposure to environmental tobacco smoke (often called "secondhand smoke"), one of the many environmental triggers for asthma, often plays a major role in children with asthma requiring hospitalization. Even after the child is medically stable, returning to a smoke filled environment continues to pose a serious threat that may result in readmission.

The Centers for Disease Control has undisputedly stated that there is no risk free level of exposure to second-hand smoke. Even brief exposure can have harmful



effects. Environmental tobacco smoke is especially harmful to children who have asthma, bronchitis, allergies and other types of respiratory illnesses. Most exposure to this

smoke occurs in homes and workplaces; however, these children are also affected by exposure in private vehicles, outdoor dining venues, parks, playgrounds, beaches and other recreational facilities that families frequent. Particulates of outdoor environmental tobacco smoke can be as high as indoor concentrations, depending on where the smoking is taking place and the amount of smoke present.

On a positive note, there are currently over 100 municipal ordinances across the state that prohibit smoking near government buildings, parks, playgrounds, and beaches - and that number continues to grow. For more information on

pursuing a smoke-free ordinance in your area, contact your regional Tobacco-free for a Healthy New Jersey representative or visit NJ GASP at <http://www.njgasp.org/outdoors.htm>

Pregnant women and families with young children who are seeking help to quit smoking can contact Mom's Quit Connection at 1-888-545-5191 to receive free, personalized cessation counseling. Mom's Quit Connection also provides free, onsite professional training to assist providers interested in helping their clients quit.

The New Jersey QuitLine is currently available to NJ residents, 18 or older, who have Medicaid or no insurance by calling 1-866-NJSTOPS.

For more information about additional tobacco control services and resources, visit www.njquitline.org.

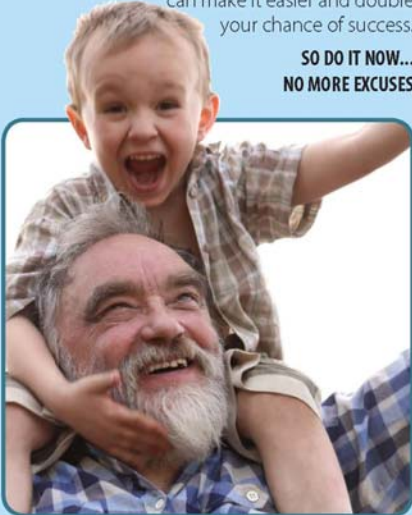
Mom's Quit Connection is a program that offers no charge support services for pregnant women and new moms to aid in smoking cessation and in staying smoke-free. Smoking during pregnancy is a significant risk for both the mother and her unborn baby. Prenatal smoking cessation can help both mom and baby stay safe and healthy. This program also offers support services for new mothers to reduce dangerous second-hand smoke exposure around young children. They provide face-to-face and telephone counseling offered in the seven Southern New Jersey counties (Atlantic, Burlington, Cape May, Camden, Cumberland, Gloucester, and Salem), telephone counseling is offered statewide.

For more information please call 1-888-545-5191 or visit their website at <http://www.snjpc.org>

NEW JERSEY QUITLINESM

Quitting is hard, no matter when you do it. Support from the NJ Quitline can make it easier and double your chance of success.

**SO DO IT NOW...
NO MORE EXCUSES**



1-866-NJ-STOPS
1-866-657-8677

The NJ Quitline is available only to the uninsured and those on Medicaid.

Free. Confidential. And it works.


To learn more visit njquitline.org

NJ Quitline is funded by the NJ Department of Health and Senior Services, Office of Tobacco Control.

NEW JERSEY QUITLINESM

Dejarlo es difícil, cuando quiera que se haga. Con el apoyo gratis de la NJ Quitline podría ser menos difícil y duplicarse sus probabilidades de lograrlo.

**ASÍ ES QUE AHORA ES CUANDO ES...
NO MÁS PRETEXTOS**



1-866-NJ-STOPS
1-866-657-8677

La NJ Quitline está disponible sólo para las personas que no tienen seguro médico y que reciben Medicaid.

Gratis. Confidencial. Yeficaz.

Para mayor información, visite njquitline.org

La Oficina de Control del Tabaquismo del Departamento de Salud y Servicios a Empleados de NJ administrará la NJ Quitline (Línea de NJ para dejar el tabaquismo).

Join A Coalition! Tobacco Free for a Healthy New Jersey

Simply put, a coalition is a group of people who come together to accomplish a purpose that is too complex for individuals or organizations to achieve alone. Tobacco Free for a Healthy New Jersey (TFHNJ) builds coalitions focusing on creating healthier communities through clean outdoor air. We feel that environmental tobacco smoke (often called “second-hand smoke”) has no place in public spaces. Parks, beaches, boardwalks and other outdoor venues should be enjoyed without pollutants such as environmental tobacco smoke. Smoke-free laws are based on the premise that smoking is optional. Breathing is not.

We hope to attract a broad and diverse representation of participants with diverse backgrounds and experiences. While civic leaders, religious leaders, politicians, and other community opinion leaders tend to be able to

exert the highest levels of influence, we are interested in working with anyone who cares about clean air. Concerned citizens who may not even have any direct expertise or official leadership positions are invaluable to coalitions as measures of community sentiments. They may be able to relay information back to the community to explain the work of the coalition and give it a greater visibility.

We are looking to build coalitions throughout the 21 counties of New Jersey. If you believe that municipalities should protect its citizens with smoke-free air regulations, consider joining one of the coalitions, called IMACs, (Integrated Municipal Advisory Councils) in the North, Central or Southern regions.

For more information about our Integrated Municipal Advisory Councils please contact one of the regional coordinators listed on the back page.



ROBERT WOOD JOHNSON
MEDICAL SCHOOL
University of Medicine & Dentistry of New Jersey



This newsletter represents a collaboration between the Tobacco Free for a Healthy New Jersey regional coordinators and is edited by Marc L. Steinberg, PhD.

Tobacco-Free for a Healthy New Jersey is an organization that is dedicated to promoting community health through education and outreach. Members of the partnerships are concerned citizens, community organization, schools and other municipal programs throughout New Jersey. We are organized into three regions: North, Central and South.

Tobacco-Free for a Healthy New Jersey is funded through the New Jersey Department of Health and Senior Services

Contact information for the regional coordinators:

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