

More and more towns and municipalities are going smoke-free!

What does that mean?

You and your children are protected from harmful environmental tobacco smoke in places like parks, beaches, and other designated smoke-free zones in towns and municipalities passing smoke-free outdoor air ordinances.

What's environmental tobacco smoke?

Environmental tobacco smoke is also called "second hand smoke," "passive smoke," or involuntary smoke. It's the smoke that streams out of a burning tobacco product and the smoke exhaled by a smoker.

But how can the smoke hurt if it's outdoors?

It's a carcinogen no matter where it is. It has been found that environmental tobacco smoke can be as toxic outdoors as it is indoors, depending on the proximity and wind speed. It can trigger an asthma attack in some people.

Where will people smoke?

Smokers will still be able to smoke, just not in designated smoke-free zones (e.g., public parks, beaches, recreational areas and municipal properties).

Don't smokers have a right to smoke?

Smokers can smoke when they are not in non-smoking areas. This is not a personal rights issue; it is a public health issue. People deserve the opportunity to breathe clean air, and smoke-free air laws provide people with this opportunity.

Is there some way that I could get involved to help my town pass a smoke-free law?

We'd be glad to speak to you! Check us out online at <http://tobaccofreecentralnj.com/>



Tobacco Free News

The official newsletter of

Tobacco-Free For A Healthy New Jersey



Tobacco Control Efforts in New Jersey

By Marc L. Steinberg, PhD

Welcome to the Fall 2013 edition of Tobacco-Free News! In this edition, we describe some of the efforts in New Jersey to create a healthier state.

As you will read in the following pages, New Jersey's townships have been rapidly recognizing the importance of smoke-free outdoor air. These ordinances recognize the risks associated with environmental tobacco smoke and seek to protect New Jersey's citizens. These efforts have primarily been spearheaded by Tobacco Free for A Healthy New Jersey Northern, Southern, and Central Regions along with their partners, the American Cancer Society, Mom's Quit Connection and NJ GASP.

Because electronic cigarettes have

been growing in popularity in New Jersey and across the country, we also present a Frequently Asked Questions (FAQ) section by Rachel Lendner from the American Cancer Society. We know many people are confused and are concerned about the safety of these devices and there is great information in this FAQ.

The most recent change to tobacco control efforts in New Jersey is in the installment of a successor to Dr. Fred Jacobs as Chair of New Jersey Breathes. New Jersey Breathes is a coalition of organizations from public, private, government, and non-profit sectors interested in addressing tobacco use and dependence in New Jersey. We are grateful to Dr. Jacobs for his many years of service

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and also happy to welcome Dr. Jill Williams to the position.

Dr. Williams is Professor and Director of Addiction Psychiatry at Rutgers Robert Wood Johnson Medical School. Dr. Williams is an accomplished researcher, tobacco control advocate, and

teacher. As an academic researcher, she keeps up on the latest in tobacco use and dependence issues and plans to look to the data to guide her priorities for New Jersey Breathes. Her tobacco control interests include working with disparity groups such as smokers with behavioral health

comorbidity and those living in poverty. Dr. Williams also hopes to work on reinstating funding for the New Jersey Office of Tobacco Control. We know that Dr. Williams will use her insight and enthusiasm to keep New Jersey moving forward in our efforts to address tobacco among our citizens.

TFHNJ Northern Region Update

By Cindy Meakem

The Tobacco Free for a Healthy New Jersey (TFHNJ) Northern Region is on fire! With sixteen ordinances passed already this year, the northern region is working hard to educate the remaining towns that express interest that legislating smoke-free outdoor air in local parks, recreation areas and municipal properties is the responsible thing to do. Besides, it's the *trend!*

Jersey City apparently agrees. They just passed a 100 percent smoke-free ordinance throughout this large, diverse city. Ribbon-cutting ceremony will be conducted at City Hall, there is much to be thankful for this year!

Tenafly followed suit and one-upped Jersey City: they passed a 100 percent mandate and banned e-cigarettes as well.

Madison passed their smoke-free ordinance on second reading November 12th. Another victory!

Tobacco Free for a Healthy New Jersey Northern Region is busy conducting tobacco trainings and making presentations to municipal alliances, boards of health, and even the Girl Scouts! In fact, the Girl Scouts in Parsippany plan to do a cigarette butt cleanup in one of the parks and present the collected butts at an upcoming town council meeting. Who says today's youth is not concerned about environmental and social issues?!

During the Great American Smokeout on November 21st, the TFHNJ Northern Region provided educational materials and

carbon monoxide readings at the Horizon Blue Cross/Blue Shield in Newark. Not only is it a good opportunity for smokers to quit, but it is the right time for concerned citizens to let their legislators know that they would like changes to laws that allow smoking anywhere and everywhere in their community. Don't they say, "The *trend* is your friend?"

**THE GREAT AMERICAN
SMOKEOUT**



Central Region Update

By Donna Drummond

To say that smoke-free outdoor air is an idea whose time has come might be an understatement. New Jersey's cities, townships and boroughs are choosing to create smoke-free environments in their parks, recreation areas, and publicly owned properties. The decision is based on common sense and on scientific evidence. Environmental tobacco smoke is harmful, even in small amounts, and even outdoors.

The result of lots of hard work by

many people came to fruition this summer. Over the course of three days this summer, Harvey Cedars, Plainfield, Scotch Plains, Spotswood, Manville and South Amboy all passed ordinances for smoke-free air in their towns! Quite a trend!

Here are some of the towns that have taken a definitive step towards improved public health in the Central Region this year by passing smoke-free outdoor air ordinances.



CENTRAL N.J. ORDINANCES - 2013

*Perth Amboy	February 27, 2013	*Spotswood	July 15, 2013
*Neptune Township	April 8, 2013	*Manville	July 16, 2013
*Neptune City	April 10, 2013	*Scotch Plains	July 16, 2013
*Princeton	March 19, 2013	*Harvey Cedars	July 16, 2013
*East Brunswick	April 7, 2013	*Plainfield	July 15, 2013
*Helmetta	April 16, 2013	*South Amboy	July 17, 2013
*Ship Bottom	May 28, 2013	*Fair Haven	October 15, 2013
*South River	June 10, 2013	*Watchung	October 10, 2013
*Bound Brook	July 9, 2013		

A total of 19 decrees passed in the Central Region this year including two county wide ordinances.

Southern Region Update

By Kim Burns

Last week the Great American Smokeout was celebrated with events at several locations in the Southern Region of New Jersey. The main event took place in Ocean City to congratulate them for their bold move in passing an ordinance for smoke-free parks and recreation areas. The students from the Smoking Coalition Against Tobacco (SCAT), along with Intermediate students placed 1200 pinwheels in front of the Ocean City Intermediate School. The Pinwheels were in memory of the 1200 people that die every year as a result of smoking related illnesses. The SCAT students also taught lessons to several classes about the dangers of tobacco. The ordinance and event was a collaborative effort between Tobacco Free for a Healthy New Jersey, The Mayor's Advisory Council on Physical Fitness and Health, the SCAT Coalition from Ocean City and the Ocean City Intermediate School.

Kim Burns, the Southern Regional Coordinator for

Tobacco Free for a Healthy New Jersey, and Atlantic Prevention Resources' Executive Director, Bob Zlontick, were interviewed live on the radio by the well-known Harry Hurley, "The Voice of South Jersey" on WPG's Hurley in the Morning Show. The focus of the radio show was the continued exemption of the Casinos from the Smoke Free Air Act and the issue of second hand smoke.

The Southern Region also passed a significant smoking ordinance: Cape May Point became the first municipality in the county to mandate smoke-free beaches. This is particularly important because the smoking rate in Atlantic County is among the highest in the state at 20.1%. Other news is that two large county-wide park systems went smoke-free this quarter. Both the Atlantic County and Burlington County park systems now prohibit smoking in their parks. This is clearly a win for residents who wish to walk the trails in a friendly environment and see their children play in smoke-free surroundings! ☺ ☺ ☺

E-Cigs FAQs

By Rachel Lendner
American Cancer Society

Every day we see another news story or advertisement about electronic cigarettes. We see them in drug stores and convenience stores. Our friends are talking and asking about them. But what are they? Are they safe? Do they help people quit smoking? Can you really smoke them anywhere?

Let's take a minute to review some Frequently Asked Question:

What are electronic cigarettes (e-cigs)?

An electronic cigarette is an electronic inhaler that utilizes a heating element to vaporize a liquid solution. The solution generally contains nicotine, and often a flavored vapor.

Are they safe?

This is unclear. When major brands were analyzed by FDA scientists, varying amounts of chemicals and carcinogens were found.

It is quite possible that they are safer than traditional tobacco

Continued on next page

E-Cigarettes (continued)

products, but these products are too new for anyone to know the long-term effects on human health.

Can they help smokers quit?

Perhaps, but it is not clear if this replacement is itself a safe product.

Tobacco-treatment providers recommend that smokers trying to quit utilize some combination of the seven FDA-approved medications (including nicotine replacement, varenicline, and bupropion). These medicines are most effective when used in conjunction with smoking-cessation counseling.

New Jersey smokers can receive free smoking-cessation counseling by calling **the NJ QuitLine at 1-866-NJSTOPS**.

The ads say that you can smoke these in places where regular cigarettes are prohibited. Is this true?

Not in New Jersey. In 2010, New Jersey became the first state to incorporate e-cigs into its indoor-smoking law. This includes public indoor spaces and workplaces.

Additionally, there are more

than 200 NJ municipalities that have passed outdoor smoking bans, which prohibit smoking on municipally-owned outdoor property, including parks and recreation areas. Many of these ordinances include a clause banning e-cigs along with their tobacco counterparts, so it's a good idea to check the local law before assuming that "vaping" is permitted.

Are there other public health risks associated with e-cigarettes?

Yes – particularly pertaining to children. According to the Centers for Disease Control and Prevention, the proportion of kids who have ever, and who are currently using electronic cigarettes significantly increased in both middle school and high school aged kids over the past year. Teenagers perceive these products to be safe, and are more likely to experiment with them. The lack of regulation regarding the sale of flavored vapors makes it easier for manufacturers to make these products appealing to young people. These products get kids addicted to nicotine, and therefore have the potential to serve as a gateway to traditional tobacco products.

What's worse is that anecdotal evidence suggests that young people are using the heating elements to vaporize other drugs, such as marijuana and heroin.

The Bottom Line

These products might, in the long run, be safer than, and reduce much of the harm created by tobacco products, but it's too early to draw that conclusion.

More research must be done to determine their potential benefit to public health, and to ascertain the dangers of some of the toxins we know to be present.

In the meantime, it is best for smokers to quit using FDA-approved methods, and for regulations to be put in place to keep e-cigarettes out of the hands of children.





TRAINING OPPORTUNITY

A Statewide Implementation of the Treating Tobacco Dependence in Mental Health Settings



Conference Dates:

December 9, 10 & 11, 2013

March 10, 17 & 24, 2014

Conference Location:

NJHA Conference & Event Center

760 Alexander Road

Princeton, NJ

REGISTRATION FEE \$25.00

The fee includes tuition, daily parking, continuing credits,
daily continental breakfast and handout materials.

Target Audience:

Mental Health and Addictions Professionals who work in
New Jersey.

We're pleased to announce our innovative new 3-day Continuing Medical Education program entitled "**A Statewide Implementation of the Treating Tobacco Dependence in Mental Health Settings.**" This activity has been specifically designed to provide psychiatrists, nurses, social workers, counselors & other mental health professionals with the knowledge and skills necessary to assess and treat tobacco dependence in smokers with mental illness & addiction.

ONLINE REGISTRATION: <http://ccoe.rbhs.rutgers.edu/catalog/courses/14mr01.htm>

Professional Contact Hours Provided:

Physicians: 17.25 AMA PRA Category 1 Credits™

Certified Counselors: 17 clock hours

Nurses: 16.9 contact hours

Psychologists: 17 CE credits

Certified Addiction and Drug Counselors (CADC): 7 hours of training

Social Workers: 17 continuing education clock hours

Certified Tobacco Treatment Specialists: 17 recertification credits

Questions: Please call Nancy Szkodny at 732-235-4053

This email was sent by: Rutgers-Robert Wood Johnson Medical School, Department of Psychiatry,
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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 Envejecientes
de NJ subvenciona la NJ Quitline (Línea de NJ) para dejar el tabaquismo.

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.



Robert Wood Johnson
Medical School



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 organizations, schools and other municipal programs throughout New Jersey. We are organized into three regions: North, Central and South.

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