



## ***Fountain/Warren Tobacco Prevention & Cessation Program Newsletter January/February 2012***

### ***Statewide Smokefree Air Bill***

The House Public Health Committee passed the Smokefree Air bill (House Bill 1149) out of committee. It will now go to the full House of Representatives for a vote. House Bill 1149 would make workplaces in Indiana, including bars and restaurants, smokefree. The bill does contain a few exemptions, one for tobacco specialty shops and one for the gaming floors of casinos. There is also a provision dealing with private clubs. Private clubs can decide for themselves whether or not to allow smoking. If the club votes to allow smoking, then people under the age of 18 will be prevented from entering. You can make a difference by contacting your Legislator today to express your support for a statewide smokefree air law. Email addresses for State Legislators serving Fountain and Warren counties are as follows:

- Representative Dale Grubb (Fountain and Warren) [h42@in.gov](mailto:h42@in.gov)
- Representative Randy Truitt (Warren) [h26@in.gov](mailto:h26@in.gov)
- Senator Phil Boots (Fountain and Warren) [s23@in.gov.in](mailto:s23@in.gov.in)
- Senator Tim Skinner (Warren) [s38@iga.in.gov](mailto:s38@iga.in.gov)

### ***Seatbelts to Secondhand Smoke***

In the 1960's, seatbelts began appearing in passenger cars. Vehicles of the day, had no padded dashboards, shoulder belts, or airbags; just a lap belt. The Indiana Highway Death Toll at that time averaged about 1,500 per year. In 1964 the Surgeon General's Report represented a scientific consensus that smoking causes disease, specifically lung cancer. In the 1970's, shoulder belts and padded dashboards were installed in passenger cars and the Indiana Highway Death Toll dropped to an average of about 1,300 per year. During this time period, the medical community began using terms like "Passive Tobacco Smoke" and "Environmental Tobacco Smoke". As time passed, highways were made safer, air bags became mandated; so that by the mid 1990's, the Indiana Highway Death Toll had dropped below 1,000 per year. During this same time period, the Surgeon General released its first report on "The Effects of Involuntary Smoking" and the U.S. Environmental Protection Agency identified secondhand smoke as a "Group A Carcinogen". By the early part of the 21<sup>st</sup> century, an Indiana Seatbelt Law was passed and as a result the Indiana Highway Death Toll dropped to around 900. During that same period, communities such as Bloomington began passing smokefree air laws. In July of 2007, a mandatory seatbelt law was enacted and the Indiana Highway Death Toll dropped to an average of 800. On December 30, 2009, the Governor's Office issued a press release praising the 2009 Traffic Death Toll as being below 700 for the first time since 1925. The CDC states that the annual Indiana Death Toll from Secondhand Smoke is approximately 1,200. There is currently not a statewide law protecting people from secondhand smoke, the third leading cause of preventable death.

### ***Increasingly, Smoking Indoors Forbidden in Public Housing***

A recent New York Times article draws attention to the rising number of public housing authorities that are passing policies to prohibit smoking indoors and protect residents from secondhand smoke. For example, as of January 1, Maine will become the first state in the U.S. with 100% smokefree public housing, and in September 2012, Boston will become the largest city to require all of its public housing to be smokefree. While officials believe smokefree housing policies are an effective way to promote healthier living, they acknowledge specialized challenges to compliance and enforcement in this area. To help housing authorities address those challenges and encourage other housing authorities to enact similar policies, the U.S. Department of Housing and Urban Development (HUD) will collect information on best and promising practices from housing authorities that have implemented smokefree policies.

## ***Electronic Cigarettes***

The results of analysis of some electronic cigarettes found that the "e-cigarette" cartridges contain carcinogens, including nitrosamines, and toxic chemicals such as diethylene glycol. The FDA Commissioner of Food and Drugs stated, "The FDA is concerned about the safety of these products and how they are marketed to the public. There is also concern that since e-cigarettes have not been submitted to the FDA for evaluation or approval, the agency has no way of knowing, except for the limited testing it has performed, the levels of nicotine or the amounts or kinds of other chemicals that the various brands of these products deliver to the user, nor is any information known about the risks of inhaling secondhand vapor." Americans for Nonsmokers' Rights (ANR) is concerned that the manufacturers of electronic cigarettes (or e-cigarettes) are marketing them as something that smokers can use in workplaces and public places where the smoking of tobacco products is prohibited. Absent any proof that e-cigarettes are harmless to people exposed to the vapors they emit, their use in workplaces and public places would be a great disservice to public health. ANR believes that public health officials should make it clear that e-cigarettes are not an acceptable substitute for tobacco products in places that the law requires to be smokefree. E-cigarettes are devices designed to mimic cigarettes. They come in a variety of flavors, nicotine levels, and new varieties, claiming to be a less dangerous alternative to smoking cigarettes. The metal tubes designed to look like real cigarettes contain a cartridge filled with a nicotine-laced liquid that is vaporized by a battery-powered heating element. The nicotine vapor is inhaled by smokers when they draw on the device, as they would a regular cigarette. Health concerns exist about the safety of the e-cigarette to nonsmokers. A study published in February 2010 found that nicotine causes the formation of carcinogens when it reacts with nitrous acid - a common component of indoor air. Most e-cigarettes contain nicotine, which is exhaled by the user in a vapor cloud. Nicotine is a sticky substance that remains on surfaces for days and weeks, so the hazardous carcinogens continue to be created over time, which are then inhaled, absorbed or ingested. Manufacturers are not required to declare the ingredients in e-cigarettes, nor in the substances inhaled and exhaled by the "smoker." This information is critical, not only to evaluate the health risks for the "smokers," but also to determine the risks for the people around them. Some manufacturers claim e-cigarettes can help smokers to quit or cut down on smoking but there is no evidence to suggest these devices will help people to quit smoking. Even more troubling, the e-cigarettes come in a variety of flavors including chocolate and strawberry, likely to hook kids and other first-time users into trying the product. The lack of available research on e-cigarettes and the potential health risks posed by the use of this product, both to the user and to the people around them, is of concern. The burden to prove their products are safe rests on the manufacturers of e-cigarettes. At this time, Americans for Nonsmokers' Rights recommends that e-cigarettes not be used in areas where people will be exposed to the vapors they emit.

## ***Smoking Cessation Support for Teens***

A new effort to help teens quit smoking will use one of today's teen's most constant companions, the mobile phone. Developed by smoking cessation experts, SmokefreeTXT is a free text message cessation service that provides 24/7 encouragement, advice, and tips to teens trying to quit smoking. The initiative is led by the National Cancer Institute (NCI), part of the National Institutes of Health. Once they sign up, teens receive text messages timed according to their selected quit date. Following their quit date, they will continue receiving texts for up to six weeks, a critical piece of the SmokefreeTXT service, as research shows that cessation support continues to be important beyond the first few weeks of quitting. Teens can sign up online at [teen.smokefree.gov](http://teen.smokefree.gov) or text QUIT to iQUIT (47848). Nearly 20 percent of teens are current smokers, and most will continue smoking into adulthood unless efforts are made to help them quit now. Many teens want to quit, but few use evidence-based cessation resources to support their quit attempts. By connecting with teen smokers on their mobile phones, NCI hopes to more effectively engage young people in quitting with proven cessation tools and strategies. Along with SmokefreeTXT, Smokefree Teen offers several social media pages to connect teens with cessation tools. In January 2012, Smokefree Teen will launch a free smart phone application, QuitSTART — an interactive quit guide for teens that delivers cessation and mood management tips, tracks cravings, and monitors quit attempts. To learn more about Smokefree Teen and SmokefreeTXT, visit <http://teen.smokefree.gov>.

## ***Now 'Best' Time To Quit Smoking Or Chewing***

The Fountain/Warren Health Department has implemented a tobacco cessation program. This program helps participants develop a personalized quit plan through the use of a group or single support meetings, education, and the possible dispensing of Nicotine Replacement Therapy (NRT). The program consists of at least three sessions over an 8-10 week period of time as follows:

- 1) Orientation & Education
- 2) Plan Creation & Activation
- 3) Maintenance & Follow-up

In order to receive subsidized NRT, participants must make a commitment to attend all three steps in the process, and enroll in the Indiana Tobacco Quitline program. The Indiana Tobacco Quitline, (1-800-QUIT-NOW or 1-800-784-8669) is available 7 days a week for anyone over the age of 18 that is interested in quitting tobacco. Trained quit coaches are ready and available to provide free counseling and advice intended to help people treat their addiction to nicotine. Participants will then be able to pick up their NRT at the local health department office every two weeks. This program was created to help reduce the use of tobacco products in Fountain and Warren counties and is available to residents 18 years of age and older. Contact the Fountain/Warren Health Department at 765-762-3035, Ext. 2 for more information.

The Fountain/Warren Co. Tobacco Prevention & Cessation Program and the Fountain/Warren Health Department would like to remind you that the 'best' time to quit is right now. Break free from tobacco this year! Quitting tobacco is hard. Many people try several times before they are successful. Don't give up. Each quit attempt moves you closer to success. Quitting tobacco use is one of the best things you can do for your health and the health of those around you.

## ***Economic Effect of Smokefree Laws in Rural and Urban Communities***

A study was published in 2011 which looked at the Economic Effects of Smokefree Laws on Rural and Urban Counties in Kentucky and Ohio. The study looked at the possibility that there may be differences in rural areas relative to urban areas due to differing rates of smoking prevalence and access to prevention and treatment programs. The study also looked at local ordinances relative to statewide laws. The study examined these issues using 21 local laws in Kentucky and the Ohio statewide smokefree law. The number of employees, total wages paid, and number of reporting establishments in all hospitality and accommodation services in Kentucky and Ohio counties were documented, beginning the first quarter 2001 and ending the last quarter of 2009. The study found no evidence that the economies in Kentucky counties were affected in any way from the implementation of local smokefree laws. There was also no evidence that total employment or the number of establishments was influenced by the statewide law in Ohio. It was noted that wages increased following the implementation of the law. The study concluded that there is no evidence that either rural or urban counties experienced a loss of economic activity following smokefree legislation. The study finds no evidence that local or state smokefree legislation negatively influences local economies in either rural or urban communities.



**Join the efforts of the Fountain/Warren Co. Tobacco Prevention & Cessation Program**

***Meetings are held on the second Wednesday of every other month at***

***Community Action Program, 418 Washington Street, Covington, IN 47932***

***Contact Kathy Walker, 793-4881 or email at [kwalker@capwi.org](mailto:kwalker@capwi.org)***