



AMA Medical Students EPA Head Start

Partnering to Support Parents and
Protect Children from Secondhand
Smoke





Health Risks Associated with Secondhand Smoke: Advice for Families

**Medical Students Reaching Out to
Head Start Parents**

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Project Objectives

- Eliminate childhood exposure to secondhand smoke
- Educate Head Start parents clinicians about secondhand exposure and its health outcomes
- Review smoking cessation tools and resources



Program Components

- Background
- Slide Deck
- Script
- Invitation Letter
- CD
- Parent Materials
- Evaluation Form



Exposure of Children Under 6

- Race & Ethnicity

Asian/PI:
23%

African/Am:
28%

White:
27%

Hispanic:
20%

- Family Income

- Poor:
38%

- Near poor:
33%

- Middle/high:
19%



Secondhand Smoke and Childhood Asthma

- **Children ages 0 to 5 who are exposed to maternal smoking are 2.1 times more likely to develop asthma (Weitzman, Pediatrics 1990)**
- **Risk of asthma 2.5 times higher if child exposed to maternal smoking mother has < 12 years education (Martinez, Pediatrics 1992)**
- **Risk is greatest in those with the lowest SES**



SHS and Respiratory infections in Children

- **Wright and co-workers: infants who mothers smoke 1 pack/day had 2.8 times increased risk of lower respiratory infection**
- **Children hospitalized for acute lower respiratory infections before age 2 are 1.8 times as likely to live with a smoker**
- **Infants with bronchiolitis were 2.4 times more likely to have been exposed to maternal smoking**



SHS and Absenteeism

- Prospective cohort study
- Involved 1,932 4th grade children
- SHS associated respiratory-illness-related school absences (RR=1.27)
- Risk is higher if:
 - Child has asthma (RR=2.35)
 - 2+ smokers in household (RR=1.44)
 - Asthma and 2+ smokers (RR=4.45)



Middle Ear Disease: Background

- **Eustachian tube dysfunction is central to development of middle ear disease**
- **Secondhand smoke may contribute to eustachian tube dysfunction through:**
 - decreased mucociliary clearance
 - adenoidal hyperplasia
 - mucosal swelling
 - increased frequency of upper respiratory tract infections



SHS Damages Lungs in Healthy Adolescents

- 29 teen males (non-smokers), from homes with smokers, and 30 controls
- Urinary cotinine levels to document exposure
- Passive smokers had higher residual volume and mid-expiratory flow rates

- Sergi et al: Chest 2004; 125(4) ISSN: 0012-3692



Relationship to Behavioral/Cognitive Disorders

Maternal Smoking During Pregnancy:

- Toddler negativity
- Aggressive Behavior
- Poor Achievement in School
- ADD-like Behavior

Brook JS. Arch Ped Adol Med 2000; 154: 381-5



Additional Dangers

- Fires
- Adult Smoking Behavior
- Captive



Protective U.S. Legislation

- Smoking prohibited
 - Facilities providing kindergarten, elementary & secondary education, library services, or healthcare for children
(US Pro-Children Act, 1994)
- Foster Care or Custody



Clinical opportunities lost

- Among 33,823 child/adolescent visits for ambulatory care, 520 visits reported tobacco counseling (1.5%)
- Only 4.4% of visits of children for asthma included tobacco counseling



Tanski, S, Pediatrics, 2003; V111N2:162-167



Smoking Cessation and Secondhand Smoke Websites

- Treating Tobacco Use and Dependence, AHRQ
<http://www.ahrq.gov/path/tobacco.htm>
- CDC – Health Topic: Tobacco;
www.cdc.gov/health/tobacco.htm
- CDC – Tobacco Information and Prevention Source (TIPS) – Best Practices;
www.cdc.gov/tobacco/bestprac.htm
- U.S. Environmental Protection Agency – Become a Child’s Hero Today!;
www.epa.gov/smokefree/index.html
- U.S. Environmental Protection Agency –What You Can Do About Secondhand Smoke as Parents, Decision-makers, and Building Occupants;
www.epa.gov/iaq/pubs/etsbro/html



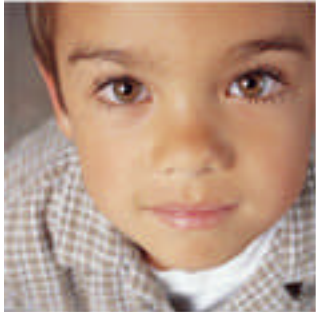
Smoking Cessation and Secondhand Smoke Websites

- Environmental Health Center of the National Safety Council – The ABCs of Secondhand Smoke: A Training Module for Child Care Providers; www.nsc.org/ehc/indoor/smokemod.htm
- Campaign for Tobacco-free Kids – Special Reports; www.tobaccofreekids.org/reports/
- U.S. Department of Health and Human Services Public Health Service National Institutes of Health How to Quit Smoking...And Quit for Keeps; www.hoptechno.com/book3.htm
- <http://www.kidslivesmokefree.org>
- <http://www.massgeneral.org/ceasetobacco>



Parent Presentation



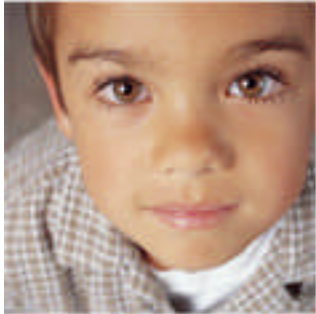


SECONDHAND SMOKE: KNOW THE DANGERS

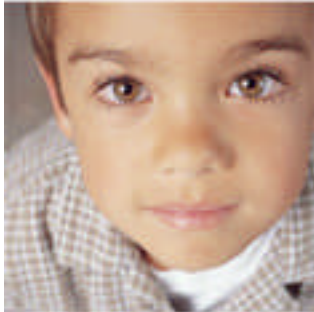


Common Myths

- Open a Window
- Smoke in Another Room
- Smoke When No One Home
- Use Filter and Fans



So What Can You Do?



GETTING STARTED

- Declare Home and Car Smokefree
- Display Stickers
- Establish Outdoor Area
- Remove Ashtrays
- Protect Children Outside the Home
- Talk to Your Children About Secondhand Smoke

Protecting Your Family from Secondhand Smoke

Thank you for attending today's meeting. Your thoughts will help us make sure that we are talking about the most important areas involving secondhand smoke and children.

Check one that best describes who you are: Parent-mother Parent-father
Guardian Grandparent
 Other _____

Smoking status: Never smoked Smoker Former smoker

If you are a current smoker, please check the number of times you have tried to quit:
Never 1-2 times 3-4 times 5 or more times

Does anyone else in your household smoke? Yes No If yes, who?

Is your child exposed to secondhand smoke? Yes No If yes, by whom?

Do you have a "no smoking" rule in your home and/or car (do not allow anyone to smoke in home or car ever)?

HOME: Yes No CAR: Yes No Don't have a car

Because of today's AMA Head Start Program:

I will make a 'no smoking' rule in my home. Yes No

I am thinking about making a "no smoking" rule in my home. Yes No

I will make a 'no smoking' rule in my car. Yes No Don't have a car

I am thinking about making a "no smoking" rule in my car. Yes No Don't have a car

Has anyone smoked in your house in the past seven days? Yes No

Has anyone smoked in your car in the past seven days? Yes No Don't have a car

Knowledge	Yes	No	Not Sure
Secondhand smoke hurts my child's lungs.			
Smoking in another room, away from my child, is OK.			
Secondhand smoke does not affect older children; just babies and toddlers are affected.			
Secondhand smoke stays in my clothes and on the carpet.			
Secondhand smoke only bothers children with asthma.			
Secondhand smoke causes breathing problems.			
Behavior	Yes	No	Not Sure
I always smoke outside.			
I never smoke in the same room that my child(ren) is/are in.			
I only smoke once my child(ren) has/have gone to bed.			

Welcome to my Smoke-free Home



This is a Smoke-free Car



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Secondhand smoke: Know the dangers

- Secondhand smoke contains more than 4,000 chemicals, many of which cause cancer. There is no safe amount to breathe.
- Tobacco smoke stays in the car or inside your home long after the cigarette is out.
- Children who live in homes where people smoke get sick more often—with coughs, ear infections and breathing problems such as asthma. Smoking in another room or with the window open does not keep secondhand smoke away from your children.

Keep your loved ones safe.
Make your car and home smoke-free.

If you smoke, smoke only outside—that includes family, friends and visitors.



Talk to your doctor about ways to protect you and your family from secondhand smoke.



For More Information:

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