

Reducing Tobacco Smoke Exposure: The Role of Quitlines

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...dedicated to eliminating children's exposure to tobacco and secondhand smoke

SHS Ingredients

- Nicotine – as addictive as heroine
- Arsenic – rat poison
- Benzene – fuel solvent
- Formaldehyde – embalming fluid
- Hydrogen Cyanide - insecticide
- Carbon Monoxide – car exhaust
- Ammonia - toilet cleaner

Learning Objectives

To understand:

- The harms of secondhand smoke (SHS) exposure
- The importance of a smoke free home
- How to frame this message while counseling callers

Many Children Are Exposed

- More than 30% of children live with at least one smoker
- Younger children spend most of their time with a parent; if that parent smokes, SHS exposure can be highly significant
- Exposures occur in the home, child care, car

SHS Impacts on Young Children

- Toddlers exposed 'in utero' exhibit higher levels of behavior problems
 - Aggressive behavior
 - Stubbornly refuse direction
 - Less likely to participate in playful social interactions with their mother
- Children are more vulnerable
 - Breathe in more air relative to body weight
 - Weaker immune system
 - Cannot complain
 - Cannot remove self from exposure

Tobacco-Free Homes are Protective

- Children and adolescents who live in tobacco-free homes are less likely to use tobacco
- Strict smoke free home rules encourage cessation among smoking members of household
- Home smoking bans reduce smoking rates and cigarette consumption among youth

Household Smoke Free Practices

According to the 2011 Social Climate Survey of Tobacco Control

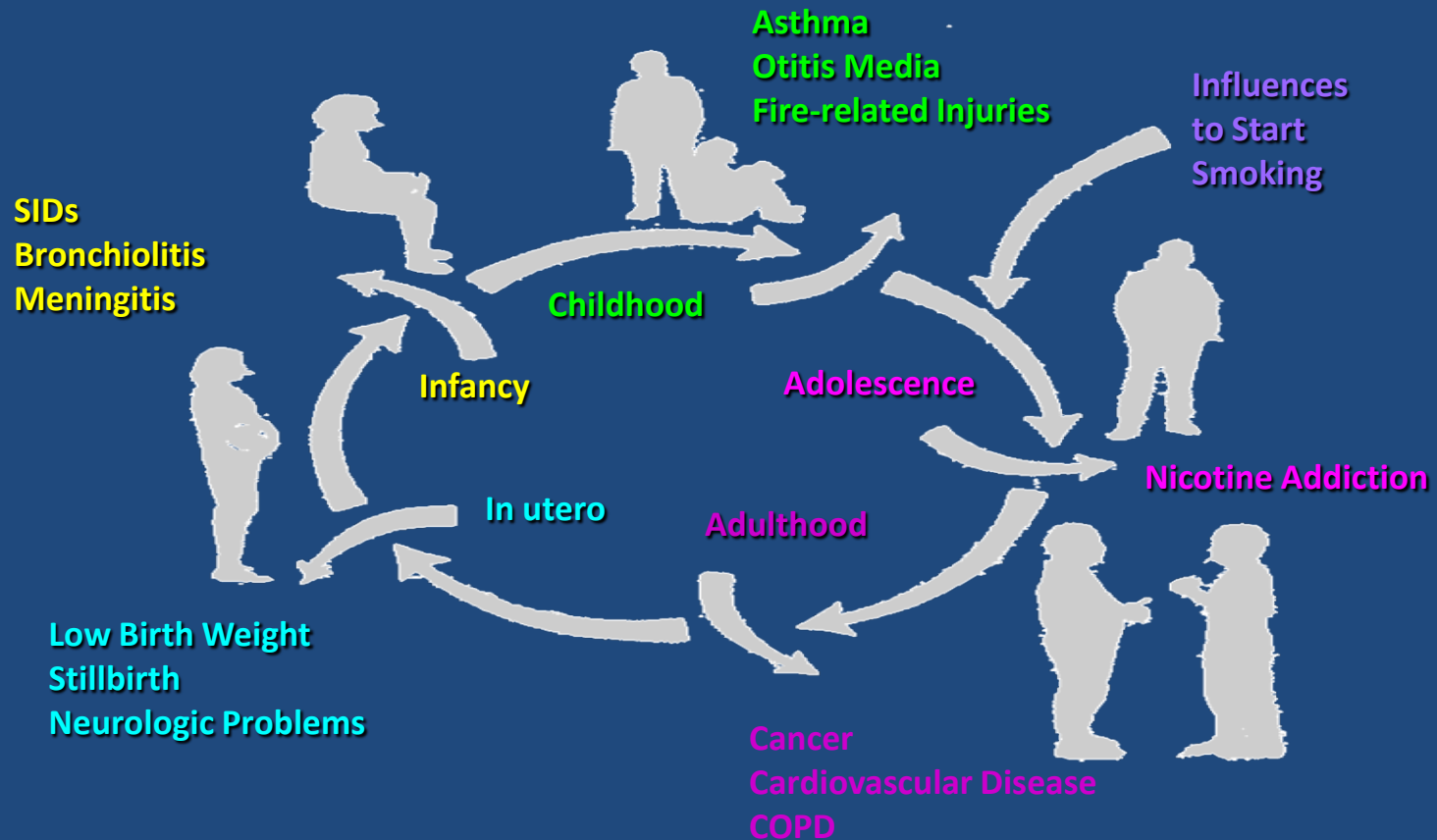
Only 32.8% of smokers live in a smoke free household

Smoking parents, 35.2%

Only 25.9% of smokers drive in a smoke free vehicles

Smoking parents, 27.4%

The Health Effects of Tobacco Use



SHS Exposure Causes Death and Disease in Children

- ~6,200 children die each year in the U.S. as a result of SHS exposure
- ~5.4 million childhood illnesses are attributed to SHS exposure
- Annual costs attributable to SHS exposure: ~\$4.6 billion

Tobacco and Adolescents

- Each day, 3,450 US adolescents start using tobacco
- Experimentation (first step towards addiction) at earlier and earlier ages (10.7% by age 13)
- 26% of high school students are current tobacco users

Tobacco Use as an Infectious Disease

- Is tobacco use a disease transmitted by exposure?
 - Increased access to tobacco products for experimentation
 - Modeling of tobacco use behaviors?
 - Normalization of tobacco use?

Tobacco Use During Pregnancy

- Stillbirth, SIDS
- Premature delivery, low birth weight
- Placental abruption – the placenta tears away from the uterus
- Cancers
- Neurological, psychological, developmental effects

Immediate Effects of SHS Exposure

- Decreased lung function
- Respiratory infections
- Asthma
- Ear infections
- Meningitis, pneumonia
- Household fires

SHS Health Effects in Adults

- Cancers
- Respiratory
- Heart disease
 - Immediate increase in heart disease and stroke risk with one cigarette!
 - Institute of Medicine Report
- Increased infection
- Decreased fertility

Long-Term Health Effects of SHS Exposure

- Increased risk of cancers
 - Adult leukemia and lymphoma associated with exposure to maternal smoking before age 10
- Increased risk of lipid and cholesterol disorders?
- Metabolic syndrome? (a newly recognized syndrome associated with diabetes and cardiovascular disease)

SHS Exposure and Asthma

- SHS exposure increases frequency of episodes and severity of symptoms
- SHS exposure causes asthma symptoms in 200,000- 1 million kids

What Do You Say?

- **Clear:** “I advise you to quit smoking.”
- **Strong:** “Eliminating smoke exposure of your son is the most important thing you can do to protect the health of your child.”
- **Personalized:** Emphasize the impact on health, finances, the child, family, or patient.
 - “Smoking is bad for you (and your child/family). I can help you quit.”
 - “Tobacco smoke is bad for you and your family. You should make your home and car smoke free.”

Be Specific ...

- Having a smoke free home means no smoking ANYWHERE inside the home or car!
- It DOES NOT mean smoking:
 - Near a window or exhaust fan
 - In the car with the windows open
 - In the basement
 - Inside only when the weather's bad
 - Cigars, pipes, or hookahs
 - On the other side of the room

Advantages of Quitlines

- Accessibility
- Appeal to those who are uncomfortable in a group setting
- Tobacco users more likely to use a quitline than face-to-face program
- No cost to patient
- Easy intervention for healthcare professionals
 - Fax-back referral services

Need more information? The AAP Richmond Center

www.aap.org/richmondcenter

Audience-Specific Resources

State-Specific Resources

Cessation Information

Funding Opportunities

Reimbursement Information

Tobacco Control E-mail List

Pediatric Tobacco Control Guide

Questions?

*Minh-Tri 1st Place
winner, FAMRI/
AAP/Richmond
Center Art Contest
2010*

