



Working for Healthy Communities

# Central Utah Public Health Department

## "The Tobacco Factor"

centralutahpublichealth.com

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### Update from our Health Officer



The 2013 legislature is over, and we have some changes in public health. One of the major changes will be made to our Food Handler Permit Program. Due to legislature we will now have to charge for the training portion of the food handler program as well as a charge for the food handler card itself. The fee for both the training and the food handler card will have to be determined by the Central Utah Board of Health. The legislature also passed a bill that makes it illegal for anyone to smoke in a car with a child less than 16 years old. Our Environmental Health Scientist Act was also saved... we had to work very hard to keep this act on the books.

I would also like to remind everyone that the National Association of Local Board of Health conference will be held in Salt Lake City on August 15, 16 and 17. This is the first time that this conference has been held in Salt Lake, and it may be years before the conference returns to Salt Lake City, so I would like to encourage everyone to attend this conference.



### E-Cigarettes

Although not currently under FDA regulation. The FDA has issued an alert on e-cigarettes due to their analysis that detected diethylene glycol, a chemical used in antifreeze that is toxic to humans and carcinogens including nitrosamines.

### Alternative Tobacco Products & Poisoning



Tobacco Pieces

Orbs

Tobacco Sticks & Strips

Snus

The new generation of alternative smokeless tobacco products look like tic tacs or breath freshening strips and could be life-threatening for children who mistake them for candy. Greg. N. Connolly, DMD director of the Tobacco Control Research group at Harvard University and his associates reviewed data from 61 poison control centers and identified 13,705 cases of tobacco ingestion between 2006 and 2008, the vast majority were in infants. This new candy form of tobacco can only mean more poisoning incidents. Just three stonewall tablets with 4 mg of nicotine per tablet could be fatal to a one year old.

## The Tiniest Victims of Nicotine Addiction

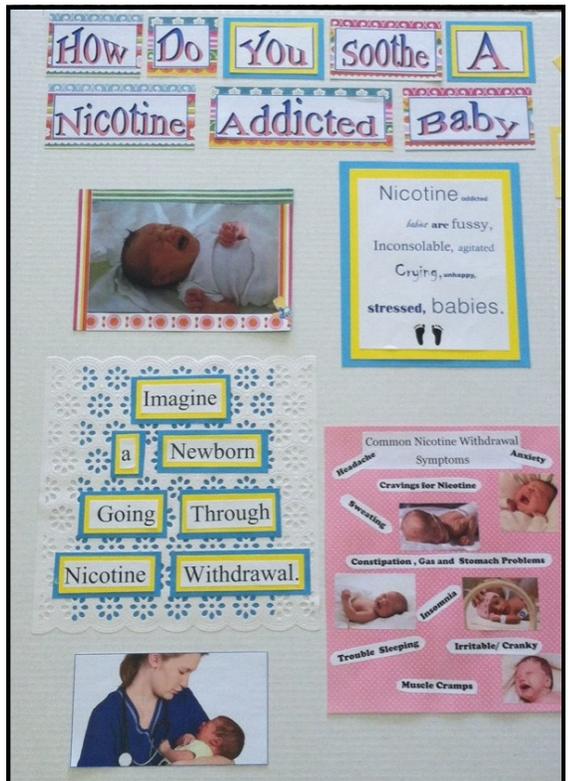
Infants born to mothers who smoke are perhaps the most tragic victims of nicotine addiction. A study conducted by the Brown Medical School in 2003 indicates babies born to women who smoke just 6–7 cigarettes a day during their pregnancy are more jittery, excitable, stiffer and difficult to console. According to this study, nicotine exposure in the womb produces behavioral changes in babies similar to those found in newborns of women who use crack, cocaine or heroin while pregnant.

When pregnant women smoke, they inhale poisons such as nicotine, lead, arsenic and carbon monoxide into their body which then gets to the baby through the placenta. These poisons prevent the baby from getting the proper supply of nutrients and oxygen they need to grow and increase their risk for being born premature, having heart defects, SIDS and abnormalities such as cleft lip and cleft palate.

Concern for these tiny infants has prompted health education staff, nurses and technicians at Central Utah Public



Health Department to increase education efforts on the dangers of smoking during pregnancy. The WIC program is actually designed to encourage and assist mothers with cessation efforts.



Prevention efforts included displays and presentations to local high schools on the dangers of smoking during pregnancy. Students then collected pledges from students be advocates for these infants.

Free cessation resources in Utah include the Utah Quitline (**1.800.QUITNOW**) and the [utahquitnet.com](http://utahquitnet.com)

## Prevention through Family Planning Programs

Another opportunity to decrease smoking during pregnancy is to provide education through our family planning program. Family planning is a voluntary program that allows for planning and timing of pregnancies to ensure mothers and babies have the best chance of being healthy. Central Utah Public Health's Family Planning Program provides education and free contraceptives to clients that are uninsured and meet the income guidelines. One of the greatest benefits of these services is that our nurses can educate women on the dangers of smoking during pregnancy before they become

**If smoking during pregnancy was eliminated, infant mortality could be reduced by 10 percent and low birth weight by 25 percent.**

## Secondhand Smoke & Asthma

Asthma is the most common chronic childhood disease affecting 1 in 13 school age children. Exposure to secondhand smoke can cause new cases of asthma and trigger severe asthma attacks in children who have asthma. When a person with asthma inhales secondhand smoke, irritating substances settle in the moist lining of the airways. Secondhand smoke also damages the tiny hair-like structures in the airways called cilia. Normally cilia sweep dust and mucus out of the airways. Tobacco smoke damages cilia so they are unable to work, allowing dust and mucus to accumulate in the airways. Tobacco smoke also causes the lungs to make more mucus than normal which can trigger asthma attacks.



Kids with asthma who live in households with smokers have more severe and frequent flare-ups, take more medicine and are more likely to go to the emergency room with severe flare-ups.

<p>The World Health Organization estimates 4 to 18 percent of childhood asthma cases are caused by exposure to second-hand smoke.</p>	<p>The estimated annual cost for treating asthma in children younger than 18 I in the United States is \$3.2 billion.</p>
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## HB 13 Smoking in Cars with Children

As of May 14th, smoking in cars is prohibited with anyone 15 years old and younger. Violating the smoking prohibition is an infraction that carries a \$45.00 fine. Until July 2014 officers can only issue a warning for this violation. After after that fines can also be suspended by the court for a first time offender if they can prove they are enrolled in a smoking cessation class. Enforcement of the prohibition can only be a secondary action when the vehicle was first detained by an officer for a different suspected violation.

## When 1% of Smokers Quit in Utah

Tobacco use is the leading cause of preventable death in the United States and costs the nation \$96 billion annually in health care costs. Just a 1% decline in adult and youth smoking rates in Utah translates to:

- 18,900 fewer current adult smokers
- 1,800 fewer current high school smokers
- 4,400 Today’s adults saved from dying prematurely from smoking
- 3,100 Utah kids alive today who will not die prematurely from smoking
- 540 fewer smoking-affected births
- \$0.9 million in savings from smoking-affected birth reductions.

## Secondhand Smoke & Asthma

In an effort to assist owners of businesses and housing developments with enforcement of the Utah Indoor Clean Air Act, environmental, scientists and health education staff offer stickers and window clings to remind citizens of the 25 foot rule. Currently, we also have a limited number of permanent, metal signage available to business and other organizations. Since the Utah Indoor Clean Air Act was enacted in 1995, the following amendments have been added:

As of May 8, 2012 the Utah Indoor Clean Air Act was amended to change the definition of smoking to include e-cigarettes and hookah. These products now follow the same guidelines as cigarettes which are prohibited in all indoor places of public access and within 25 feet of entrance-ways, exits, open windows and air intakes of buildings. Previous amendments in 2006 banned smoking in bars, taverns, private clubs, day cares, private schools and religious organizations.

### **Utah Indoor Clean Air Act statues related to apartments and condominiums:**

Give authority to condominium associations to restrict smoking in units, common areas, and yard space.

Give authority for apartment rental contracts to include prohibitions on smoking in units, on the smoking in units, on the premises or both.

Provide that residents of condominiums, apartment, or private homes may seek injunctive relief and/ or damages if exposed to nuisance tobacco smoke.

Exempt rental units, such as for vacations, or available for only 30 days or less at a time, from the nuisance tobacco provisions. These units are not exempt from restrictions.

## Special Health Care Services and Early Intervention

Secondhand smoke exposure not only increases children's risk of lower respiratory track and middle ear infections, studies now show it also affects the cardiovascular system of young children as well. A study conducted by researchers at the Nationwide Children's Hospital and Research Institute indicates that children ages 2–5 absorbed six times more nicotine than children ages 9–14 from the same levels of parental smoking. Toddlers not only had higher levels of nicotine, they also had higher levels of markers for cardiovascular disease in their blood. Unlike older children who are able to move in and out of the house, toddlers are like fish in a fishbowl. They have constant exposure.

To serve children with various types of special health care needs, Central Utah Public Health Department provides services tailored to meet their particular health issues. One of these programs is our *Early Intervention* program that provides ongoing home-based assistance, assessments, and developmental services for children from birth to age three. Another program, *Services for Children with Special Health Care Needs* serves families with children with healthcare needs by providing family-centered, coordinated care and facilitating the development of community based care. This program offers clinical services with providers from other areas making it easier for community members to access services. Pediatric clinics are held in the Richfield office three times a year and orthopedic clinics are held twice a year.