Emerging Issues in Tobacco Prevention

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For help quitting, contact the Oregon Tobacco Quit Line at 1-800-QUITNOW or QuitNow.net/Oregon

The U.S. Surgeon General’s 50th Anniversary Report
March 8, 2014

5.6 MILLION
CHILDREN ALIVE TODAY
WILL ULTIMATELY
DIE EARLY FROM SMOKING
IF WE DO NOT DO MORE
TO REDUCE CURRENT
SMOKING RATES

THAT’S EQUAL TO
1 CHILD
OUT OF
EVERY 13
ALIVE IN THE U.S. TODAY

OR

2 OF THE 27
CHILDREN IN THE AVERAGE
3RD GRADE CLASSROOM

CDC

Washington County
Department of Health and Human Services
Public Health Division

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According to the U.S. Surgeon General:

- 2.5 million nonsmokers have died from SHS exposure (since 1964)
- 34,000/year—heart disease deaths of adult nonsmokers in the U.S.
- Stroke
- Increased risk of cardio vascular disease
Secondhand Smoke

According to the Oregon Health Authority:

- 800 deaths each year in Oregon
- E-cigarette vapor: “preliminary testing of e-cigarette vapor identified chemicals known to cause cancer and birth defects in both first and secondhand e-cigarette vapor”

What are Electronic Cigarettes?

- Not regulated by the FDA
- Legal to advertise and sell to minors
- Challenges with enforcing ICAA
- Nicotine poisoning
Electronic cigarette smoking among youth, Oregon 2011 & 2013

What’s Out There: Smokeless Tobacco

Snuff:

Chewing tobacco:

Snus:
What’s Out There: Dissolvable Tobacco

Sticks:

Strips:

Orbs:

Steven C. Fiala, MPH, Oregon Health Authority 2013.

What’s Out There: Combustible Tobacco

Roll-your-own:

Pipe:

Steven C. Fiala, MPH, Oregon Health Authority 2013.
What’s Out There:
Combustible Tobacco

According to the National Cancer Institute, “cigars produce even more secondhand smoke than cigarettes and can contain higher levels of some toxins than cigarettes.”

Cigars:

Little cigars/cigarillos:

Hookah:

- World Health Organization, 2005

Hookah Tobacco

“A typical one-hour hookah smoking session is the equivalent to inhaling smoke of 100-200 cigarettes.”
What’s Out There: Cigarillos/Little Cigars

“More than 40% of middle and high schoolers who smoke use flavored little cigars or flavored cigarettes”
-CDC, 2013

- Smaller packs and “loosies”
- Flavors

“Candy or Tobacco?”

Steven C. Fiala, MPH, Oregon Health Authority 2013
Youth Smoking Rates are Rising

Approximately 90% of all current smokers began smoking by age 18

In counties with hookah lounges, youth hookah use rates are rising

Oregon Health Authority, Public Health Division 2010
- Cigarette, smokeless tobacco and hookah use rates rose among 8th graders in 1 year
- Hookah use among 11th graders is rising at a significant rate, approx. 8% to 11% in 1 year

Electronic Cigarette rates are doubling CDC 2013
- Youth rates of ever using an e-cigarette doubled in one year
- The number of high school students who use both cigarettes and e-cigarettes have also doubled in that same timeframe
- CDC estimates 1.78 million youth nationwide have tried e-cigarettes and risk nicotine addiction

Oregon leads the nation in retail outlets illegally selling tobacco to minors
  Substance Abuse and Mental Health Services Administration (SAMHSA) 2013
- Oregon has led the country three out of the last five years in selling tobacco to minors
- Violation rates had increased to 22.5%
  • At 23%, the federal government can withdraw 40% of its substance abuse treatment funding (~$7 million)

Approximately 90% of all current smokers began smoking by age 18

SMOKEFREE CAMPUS
Effective October 1st

WASHINGTON COUNTY
OREGON
Why Tobacco-Free and Smokefree Environments?

Smokefree laws eliminate exposure to secondhand smoke, help smokers quit and prevent children and adolescents from ever starting.

Smokefree Laws:
1. Prompt more smokers to try to quit;
2. Increase the number of successful quit attempts;
3. Reduce the number of cigarettes consumed; and
4. Discourage kids from ever starting.


Why Smokefree and Tobacco-Free Environments?

❖ Livability and quality of life
   - Doesn’t fit culture of wellness and healthy lifestyles
   - Non-smoking preference
   - Can detract from active and passive forms of recreation
   - Protecting disparate populations

❖ Fire risk¹:
   - 1 in 10 fires in Oregon start from cigarettes
   - Smoking is leading cause of fire death (83% of adults don’t smoke)

❖ Litter:
   - Cigarette butt litter
   - Chewing tobacco
   - Expensive to clean up throughout facilities

¹Oregon Office of State Fire Marshal, Oregon Cigarette Fires in Single- & Multi-Family Housing, January 2011
What You Can Do

The CDC recommends developing strategies to prevent use and safe-guard youth, some options may include:

√ Adopt and support policies for comprehensive tobacco-free and smokefree environments
  - City properties and parks
  - Outdoor dining areas
  - Multi-unit housing properties

√ Amend current policies to include electronic smoking devices (e-cigarettes) into current smokefree and tobacco-free policies, including the minimum-required Oregon Indoor Clean Air Act

√ Support policies to prohibit the sale, distribution, and use of electronic smoking devices and nicotine products to minors

√ Consider restrictions to prohibit the sale of flavored tobacco

√ Support state-wide efforts to increase tobacco tax, an evidence-based best practice strategy to reducing tobacco use

√ Continue to ensure compliance with tobacco laws related to youth access

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