

# Tobacco Training for Early Care and Education Providers

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# Meet the Presenters



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How do you feel/what do you know about tobacco and e-cigarettes?



E-cigarettes are safe.



Smoke and vape residue does not linger long after someone smokes/vapes.

It is safe for a child to be around someone vaping, especially if it smells good, like cotton candy or bubble gum.

Preschool is too early to talk to  
children about tobacco.



It is safe to smoke/vape in a Car  
with a child, as long as the  
window is open.



Secondhand smoke/vape is the residue that lingers after someone smokes/vapes.

# Background Information



# Traditional Tobacco Products

- Tobacco is a plant grown around the world
  - Contains highly addictive chemical nicotine
  - Smoke contains lead, benzene, carbon monoxide & about 70 other cancer causing chemicals
- Smoking Tobacco: Cigarettes, Cigars, Pipe



Image from <http://pipesmagazine.com/blog/tobacco-policies-legislation/pipe-smokers-should-be-concerned-about-new-cigarette-laws/>

- Smokeless Tobacco: Snuff, Dip, Chew



Image from <https://www.fda.gov/tobacco-products/products-ingredients-components/smokeless-tobacco-products-including-dip-snuff-snus-and-chewing-tobacco>

# Electronic Cigarettes

- AKA e-cigarettes, e-Cigs, mods, vapes, vape pens, e-hookah, hookah pens, electronic nicotine delivery systems (ENDS)
- A device that heats and produces an aerosol mixture
  - Usually contain nicotine – the highly addictive chemical from tobacco
  - May contain other harmful substances

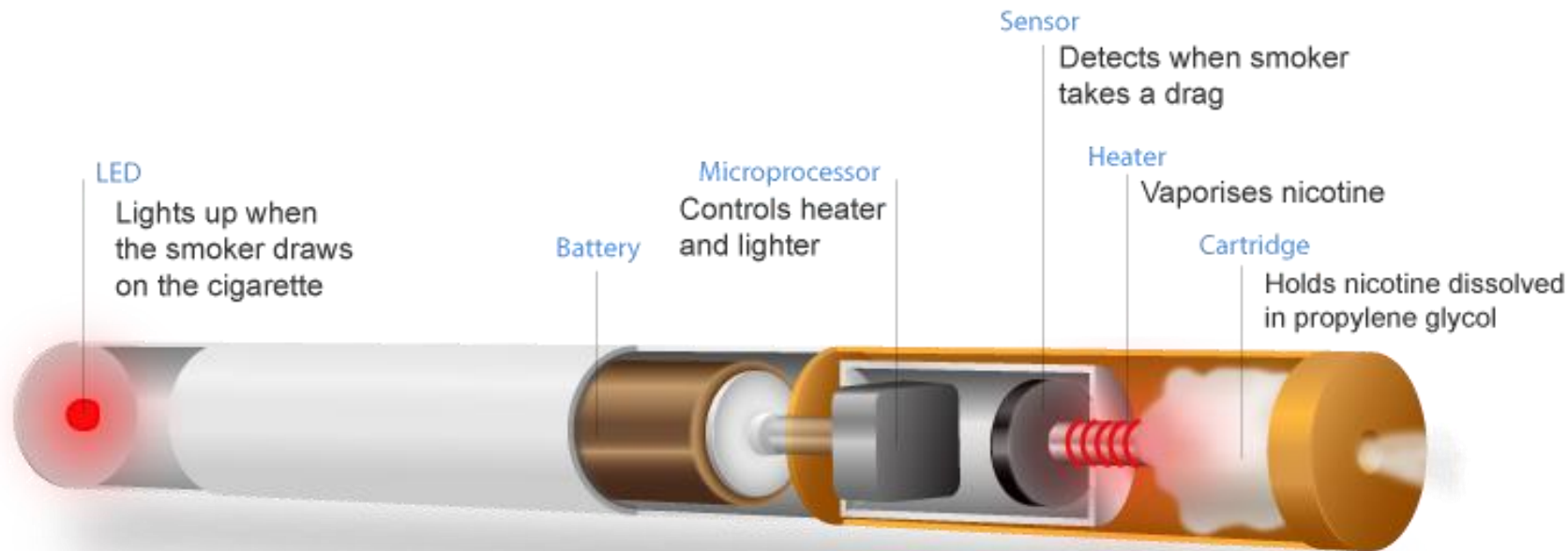


Image from  
<https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>

# Electronic Cigarettes

- Come in many different varieties, shapes, and sizes

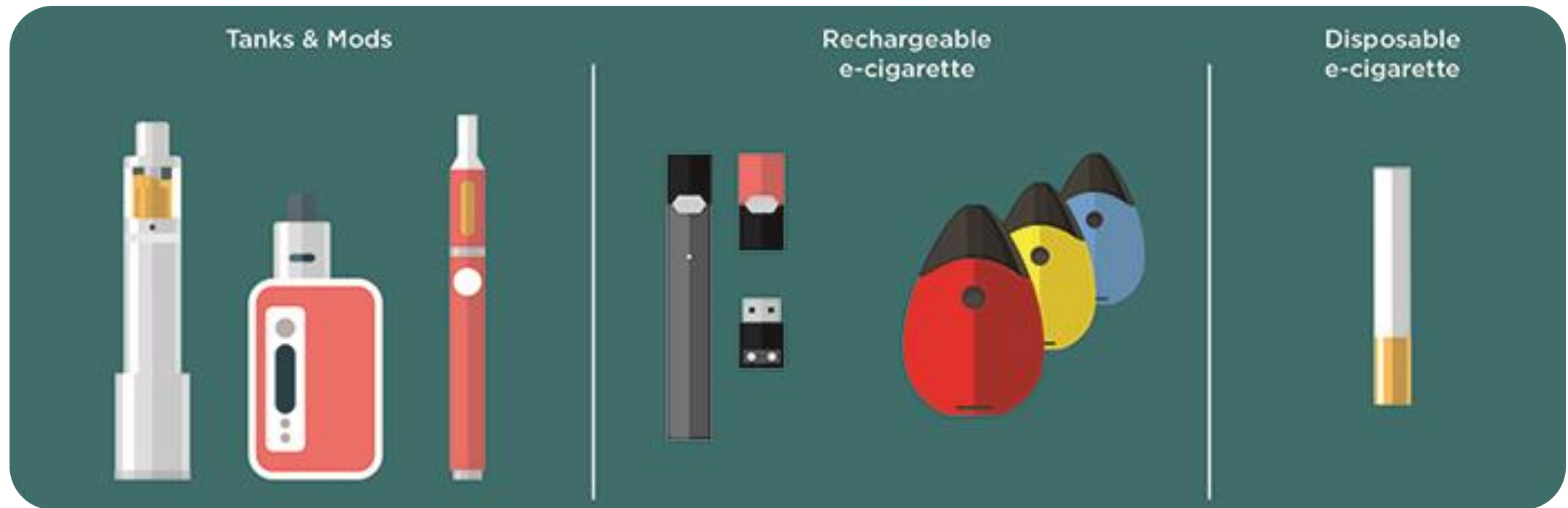


Image from [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

# JUUL and other Popular Devices

- Hard to identify because they look like common items
- JUULs are especially popular among school-aged children and teens
  - One JUUL pod contains as much nicotine as 20 regular cigarettes



Image from <https://43xomh2apgzav5gh32k8zb4j-wpengine.netdna-ssl.com/wp-content/uploads/2019/04/flavorshookkids-share-v25.pdf>

# HOLY SMOKE!

The effects of first-, second-, and third-hand smoke

## THIRD-HAND SMOKE

Toxic tobacco residue from smoking that clings to furniture, walls, car interiors, clothing, skin and hair.



Skin and Hair



Clothing



Car Interiors



Furnishings, Carpets and Walls

Most people know that smoking — known as first-hand smoke — is the leading preventable cause of death. The danger of second-hand smoke is why smoking was banned in public buildings. Now, research shows that third-hand smoke might be just as dangerous.

Learn more at [evms.edu/digitalmagazine](http://evms.edu/digitalmagazine).  
For information on how to quit smoking, call 1.800.QUIT.NOW.

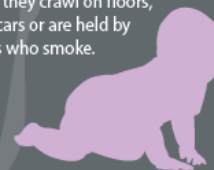
## SECOND-HAND SMOKE

Smoke that's either exhaled by a smoker or released from the end of a burning cigarette.



In 2016, it became illegal in Virginia for a person to smoke in a motor vehicle with a child under age 8.

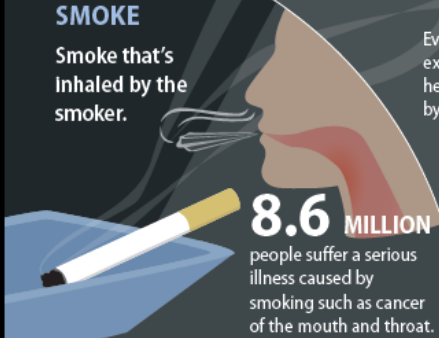
Babies and children can be harmed because they breathe in toxic chemicals when they crawl on floors, sit in cars or are held by adults who smoke.



8% of children age 3–11 and 17% of children age 12–19 live in a home where someone smokes inside.

## FIRST-HAND SMOKE

Smoke that's inhaled by the smoker.



**8.6 MILLION** people suffer a serious illness caused by smoking such as cancer of the mouth and throat.

Even relatively brief exposure can trigger a heart attack, says a report by the Institute of Medicine.



**40,000** deaths are caused by second-hand smoke each year.



Pets are at risk because the chemicals from smoke stay in their fur or feathers.



**250+** chemicals are contained in third-hand smoke.



# Firsthand Smoke/Vape Exposure

- Smoke/vape inhaled by the smoker
- There are many harmful substances found in both tobacco smoke and vape

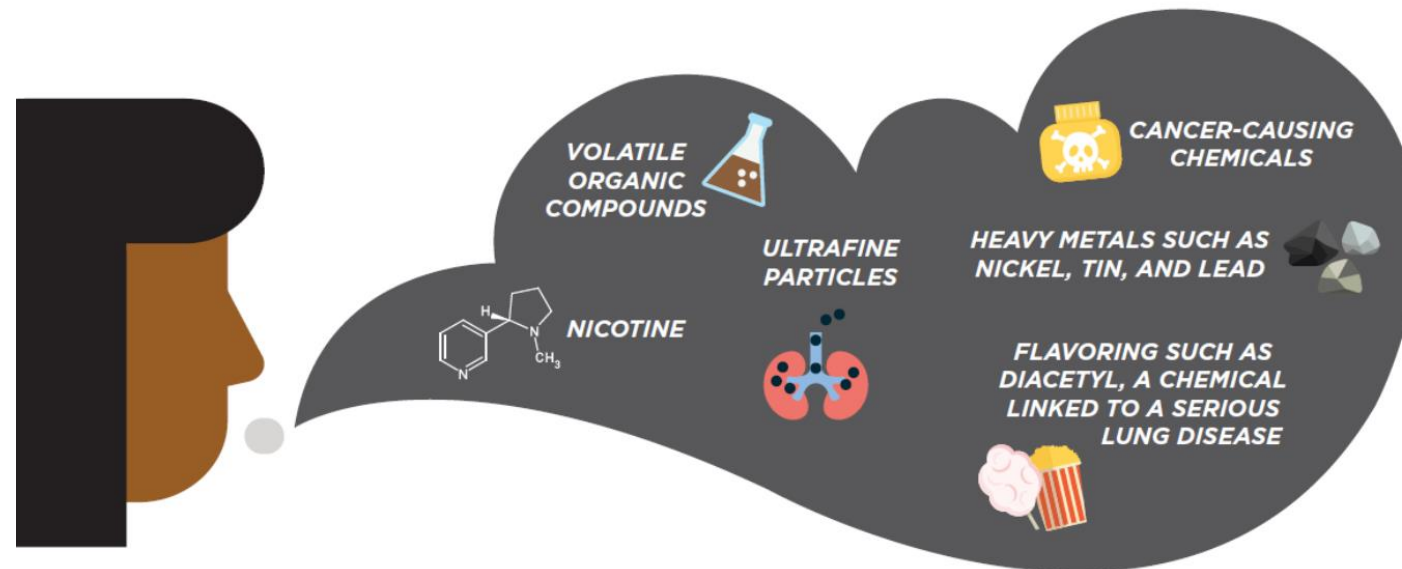




# Firsthand Smoke/Vape Exposure

- Aerosol from vape is not the same as “water vapor”
  - Contains Nicotine, ultrafine particles, flavorings linked to lung diseases, volatile organic compounds, cancer-causing chemicals, and heavy metals.
  - Even products that say they contain 0% nicotine have been found to actually contain the substance

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



# Health Risks of Smoking for Users

- Smoking is leading preventable cause of death and disease in the U.S.
  - Kills more Americans than alcohol, car accidents, HIV, guns, and illegal drugs combined
- Smoking increases the risk of:
  - Stroke
  - High blood pressure
  - Heart & Lung disease
  - Respiratory disease
  - Cataracts
  - Diabetes
  - Cancer

**TOBACCO AND CANCER**

**1 OUT OF 3 CANCER DEATHS COULD BE PREVENTED**

**TOBACCO CAUSES CANCER**

**— IN THE —**

LUNGS • TRACHEA  
BRONCHUS • ESOPHAGUS  
ORAL CAVITY • LIP  
NASOPHARYNX  
NASAL CAVITY • LARYNX  
STOMACH • BLADDER  
PANCREAS • KIDNEY  
LIVER • UTERINE CERVIX  
COLON AND RECTUM  
ALSO CAUSES LEUKEMIA

Tobacco can cause cancer almost anywhere in the body.

1-800-QUIT-NOW 1-800-784-8669

**Quit Now**  
Virginia  
Tobacco User Quitline

VIRGINIA TOBACCO CONTROL PROGRAM

**VDH** VIRGINIA DEPARTMENT OF HEALTH

VDHLiveWell.com/tobacco-free-living



# Health Risks of Vape for Users

- Vaping is known to harm the developing adolescent brain
- Contains many cancer causing chemicals
- Causes ear, eye, and throat irritation
- Believed to be harmful to lungs and heart over time
- Scientists are still trying to definitively show the long-term dangers of vaping, but they are definitely **NOT HARMLESS**

# Secondhand Smoke/Vape Exposure

- Smoke/vape inhaled by others from burning tobacco/vape products
- There is no risk-free level of secondhand smoke exposure
- Smoke/vape aerosol contains nicotine, ultrafine particles and toxins
- Causes numerous health problems in infants and children
- Results in more frequent and severe asthma attacks and respiratory distress
- Estimated that 40,000 non-smokers die per year due to secondhand smoke exposure

# Thirdhand Smoke/Vape Exposure

- Residue that remains on surfaces including walls, door, drapery, carpets, clothes, furniture, flooring material, and acoustic tiles in ceiling after someone has smoked or vaped
  - Pets and items in cars included!
- Can be inhaled or ingested
- May contain cancer-causing chemicals and have damaging effects on DNA
- Not removed by traditional household cleaning methods

# Health Risks of Tobacco/Vape for Children

- Vaping can slow brain development in adolescents
- Exposure to secondhand and thirdhand smoke can have long-lasting effects
- Secondhand smoke is believed to be a cause of Sudden Infant Death Syndrome (SIDS) in infants
- Children have been poisoned by ingestion, absorption, or breathing in the liquid used in e-cigarettes
- Babies, toddlers, and children are at highest risk for thirdhand smoke
  - Inhale 40 times more than adults
  - Greater hand/object/mouth contacts so they absorb more through ingestion
  - Spend more time low to the ground where house dust accumulates in carpeted floors and furniture



# Tobacco Free Policy at Early Care and Education Centers



# Why you should have a tobacco free policy

- Encourages a healthy learning environment
- Positive role modeling by employees, parents, and visitors
- Reduce exposure to secondhand and thirdhand smoke for children
- Laws:
  - Smoking is prohibited in public schools and childcare facilities (excludes home-based child care providers)
  - Any workplace or agency may be smoke-free. **There is no legal requirement to provide a smoking area.**



# Local Support of a Tobacco Free Policy

- 22% of parents in Hampton Roads have at least 1 child with asthma
  - Secondhand and thirdhand smoke can trigger or worsen asthma attacks
- Local studies have shown a strong preference for smoke free childcare centers from parents
  - 95.8% parents support smoke-free indoor and outdoor policies
  - 69.4% parents support smoke free staff policy

# Health Benefits of a Tobacco Free Policy

- Eliminates secondhand smoke exposure to kids and other staff
- Decreased irritation and allergy effects
- Increased cessation among employees
- Less smoking means fewer heart attacks and cancers among all employees
  - Each exposure increases risk of many diseases and death, even for non-smokers
- Reduces healthcare costs

# Details of a Tobacco Free Policy

- Tobacco and nicotine vapor products in all forms included
- Covers entire property and off-site events
- Includes employees, parents, and visitors
- Reduces secondhand and thirdhand smoke exposure
- In effect 24/7

# Sample Policy Overview

Tobacco, in its many forms, is known to pose a serious threat to the health of children. Therefore, possession and use of any tobacco product and nicotine vapor product, in all forms, will be prohibited in all areas of the early care and education center property and premises, under the following guidelines.

## Definition:

- No person is permitted to use or distribute any tobacco product at any time on center property including:
  - in any building, or structure, including surrounding properties such as athletic grounds, parking lots, and playgrounds
  - in any vehicle on center property
  - in any center-owned vehicle both on- and off-center property
- There will be no tobacco use by employees, parents, or volunteers at off-site center-sponsored activities
- Upon arrival to the center, employees may not smell like smoke or vape
- All employees will be trained and are expected to cooperate in the enforcement of this policy
- Consequences for employees who violate the tobacco policy will be in accordance with personnel policies
- Referrals to resources to help employees, parents, or visitors overcome tobacco addictions shall be provided to those who are found to be in violation of this policy
- Tobacco Free signage will be posted to notify all employees, parents, and visitors of the policy

# Implementation

- Communicate the new policy
  - Use flyers, emails, or staff/parent meetings to share the new policy with families and employees
  - Provide a rationale for the policy, including health benefits for children
  - Be clear about disciplinary actions regarding enforcement
  - Send reminders throughout the year
- Use signage as a visual reminder



# Tips for Visitors

- As a staff, practice verbally communicating the policy with visitors who may not be aware of the policy
- Provide a rationale for the policy
- If applicable, make announcements at the beginning of center-led events that visitors may be attending
- Signs should be visible to reinforce the policy

# Enforcement

- Create a means of enforcement specific to your center, in line with other disciplinary actions
  - Outline guidelines for staff, parents, and visitors
  - Consider progressive enforcement:
    - First offense: Verbal warning with policy rationale
    - Second offense: Reminder of policy and suggest they leave property if they want to continue smoking
    - Third offense: Notify director to escort person off the campus
- Staff trained on their role to enforce the policy
- Have cessation resources available for referral to parents, visitors, and staff as necessary

# Cessation Resources



- Virginia QuitNow & Text2Quit
  - Free 24/7 individualized service to all callers
  - English & Spanish-speaking Quit Coaches (translation for 140 languages available)
  - Brochures currently available at most Year 1 HALO centers
- Smokefree.gov
  - Create an individualized plan to quit smoking that can be printed or imported to your phone/computer calendar
- Get off Your Butt: Stay Smokeless for Life
  - Downloadable booklet and audio to walk through smoking cessation
- American Lung Association
  - Freedom from Smoking classes
  - Many additional resources available online





# FAQs and Challenging Questions

- Why should this policy include all areas of the property?
- Why are parents and visitors included?
- Why after-hours and off-site events?
- How will we get people to comply with the policy?
- Why does the policy include all electronic cigarettes regardless of what they contain?
- Why does the policy require referral to cessation resources?

What can YOU do?



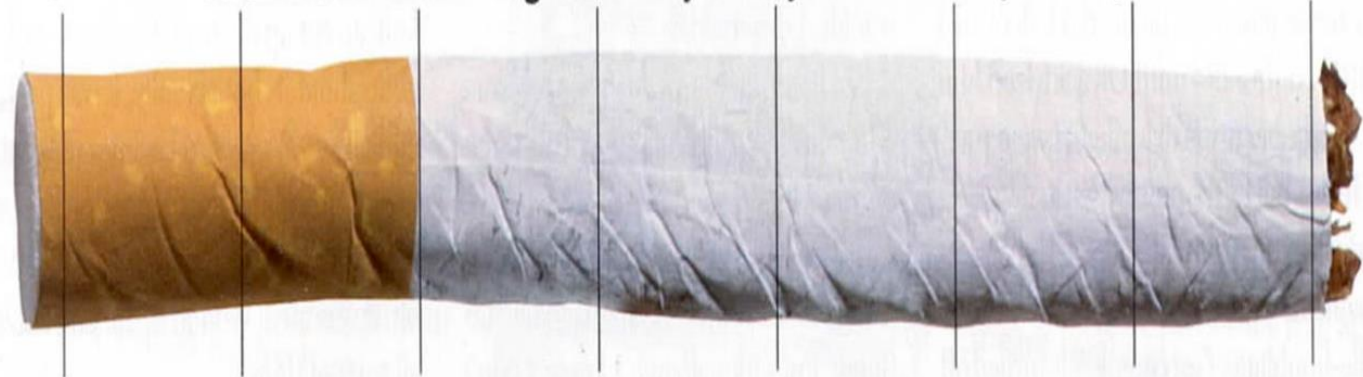
# How to Talk to Parents about Smoking

- Be kind and considerate in your conversations
- As a childcare center, you can provide educational materials for parents about the health effects of smoking
- Provide information about cessation resources
- Encourage parents to sign Smoke Free Ride Pledges
- Let them know it's never too late to quit tobacco

# It is Never TOO Late to Stop!

## The Healing Time Line

A realistic look at how long it takes for your body to recover after your last puff



● Twenty minutes after quitting, your blood pressure decreases.

● Eight hours: The amount of carbon monoxide in your blood drops back to normal while oxygen increases to normal.

● Forty-eight hours: Your nerve endings start to regenerate, and you can smell and taste things better.

● One to nine months: Coughing, sinus congestion, fatigue, and shortness of breath decrease.

● One year: The added risk of heart disease declines to half of that of a smoker.

● Five years: Your stroke risk may be reduced to that of someone who never smoked.

● Ten years: Your risk of all smoking-related cancers such as lung, mouth, and throat decreases by up to 50 percent.

● Fifteen years: Your risk of heart disease and smoking-related death is now similar to that of someone who never smoked.

# How to Talk to Children about Smoking

- Preschool is the perfect time to learn about positive life skills
- Establish a good foundation of communication with your kids
- Healthy Alternatives for Little Ones (HALO)
  - Focuses on being Healthy: Bigger, Stronger, and Better Able to Think!
  - Educate children about dangers of smoking at an early age
  - Teach children on how smoking affects their body organs



# How to Talk to Children about Smoking

- Ask what kids find appealing or unappealing about smoking/vaping
- Be a patient listener
- Encourage children to get involved in activities that promote healthy lifestyles
- Show that you value their opinions and ideas
- Build children's self-confidence; this will be their best protection against peer pressure

# Next Steps

- Help enforce tobacco free policy at your center
- Encourage parents to quit smoking, vaping, or using tobacco
- Seek help to quit tobacco use
- Cover your hair while smoking/vaping
- Change clothes after smoking/vaping before going into work and playing with children

# Smoke-Free Ride Pledge

***Smoking & vaping in cars  
with kids hurts young lungs.***

**I am a**

---

**& kids ride with me smoke & vapor free!**

## ***MY FAMILY SMOKE-FREE CAR POLICY***

We commit to riding in smoke & vapor free cars only. We will not allow our children to ride in a car that has been smoked or vaped in, at ANY time, even this is dangerous. This includes lit tobacco & vaping devices, both harmful to children.

### **I PLEDGE TO PROTECT YOUNG LUNGS OF MY COMMUNITY BY:**

- ✓ Only allowing children to ride in a car where no one ever smokes or vapes.
- ✓ Making sure no one ever smokes or vapes in my car.
- ✓ Sharing the #757SmokeFreeRide message.



**EVMS**



For more information & resources:  
[www.cinchcoalition.org](http://www.cinchcoalition.org)



**#757SmokeFreeRide**

**Tobacco User Quitline  
1-800-QUIT-NOW**



**#757SmokeFreeRide**

**Tobacco User Quitline  
1-800-QUIT-NOW**





Thank you!  
Any questions?



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