


# Tobacco Smoke, Smoke-free Policies, and Physician Counseling: Public Perceptions

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# Learning Objectives

To understand:

- The harms of secondhand smoke (SHS) exposure
- The importance of a smoke free home
- Public opinion on smoke-free policies and physician-counseling about tobacco
- The influential role *physicians* have when delivering the “You should quit” message
- Available resources to physicians, such as 1-800-QUIT-NOW & the ACT Center







# SHS exposure as a health disparity

## ● Who smokes?

- About 20% of US population, slightly lower rates among women
- Geographical diversity
  - (higher rates in Kentucky, West Virginia, lower in California, Connecticut)
- Smoking rates inversely related to education & income
- People who can least afford cigarettes & tobacco-related disease



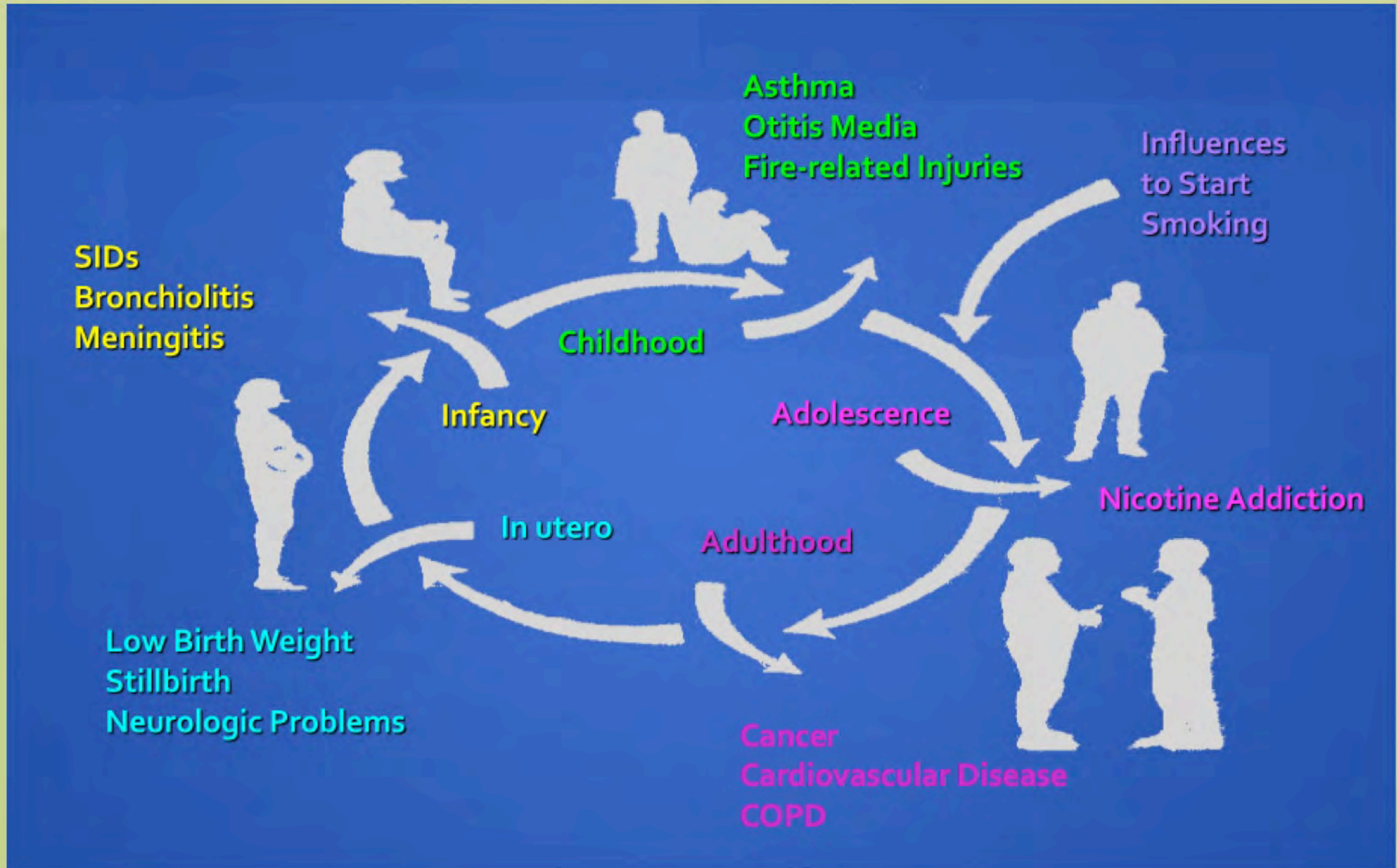
# SHS exposure as a health disparity

Who is exposed to SHS?

- Overall, about 25% of US children
- Children in low-income homes – as high as 79%
- At least 50% of African American children
- More than 1/3 of children in low SES homes
- Low estimate (self report data only)



# The Life Cycle of Smoking





# 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 Exposure and Asthma

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



# SHS Health Effects in Adults

- Cancers
- Respiratory
- Heart disease
  - Increase in heart disease and stroke risk
- Increased infection
- Decreased fertility

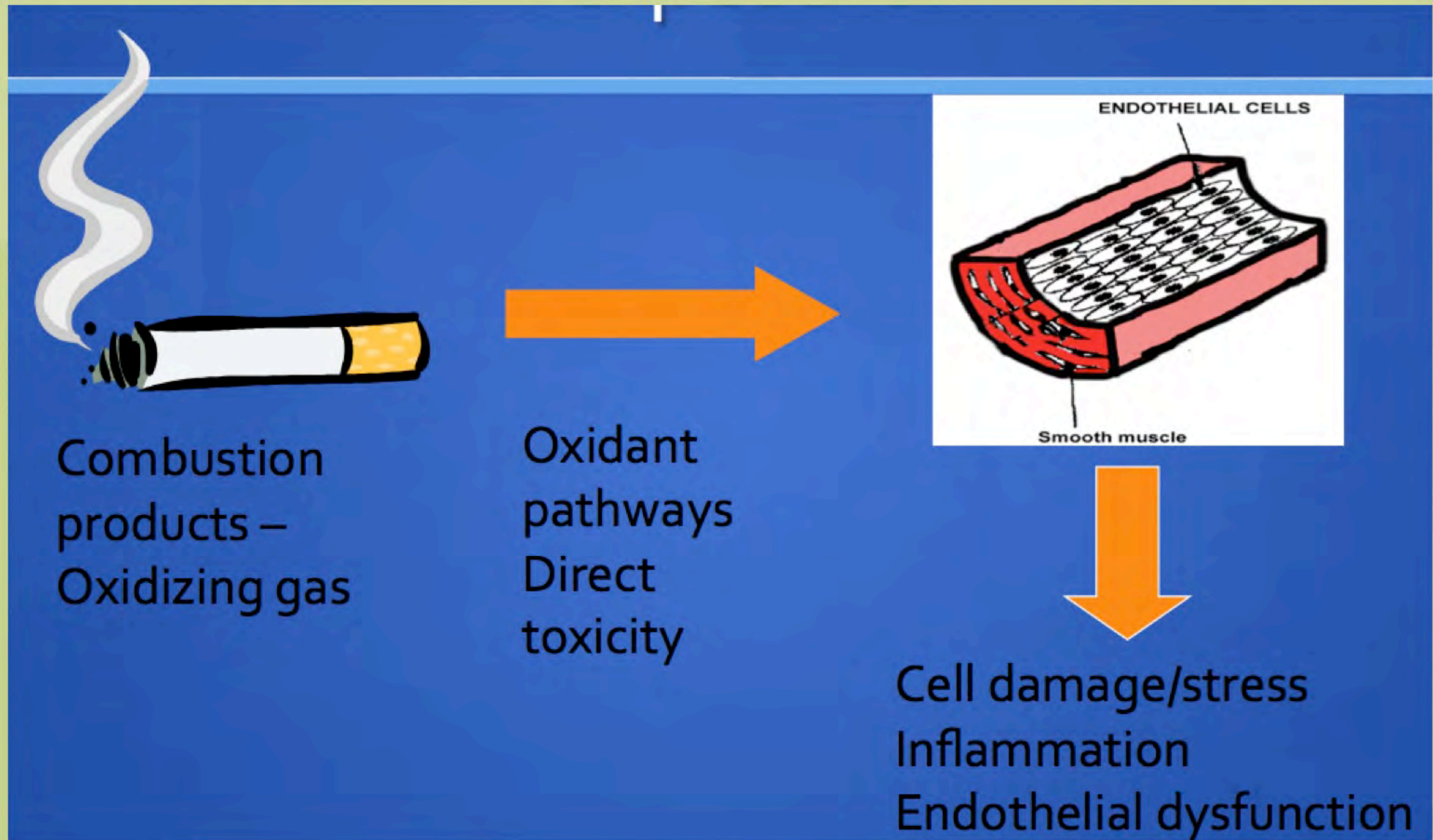


# SHS exposure & cardiovascular disease in adults

- 30,000 – 60,000 cardiovascular disease (CVD) related deaths/year -- SHS exposure in non-smokers
- “causal relationship between SHS exposure & increased risk for coronary heart disease morbidity & mortality among men and women” (2006 Surgeon General report)



# How does this happen with SHS exposure?





# Smoke-free Policies & Laws

- Improve health of nonsmokers
- Reduce cigarette consumption
- Widespread public support among both Republicans and Democrats



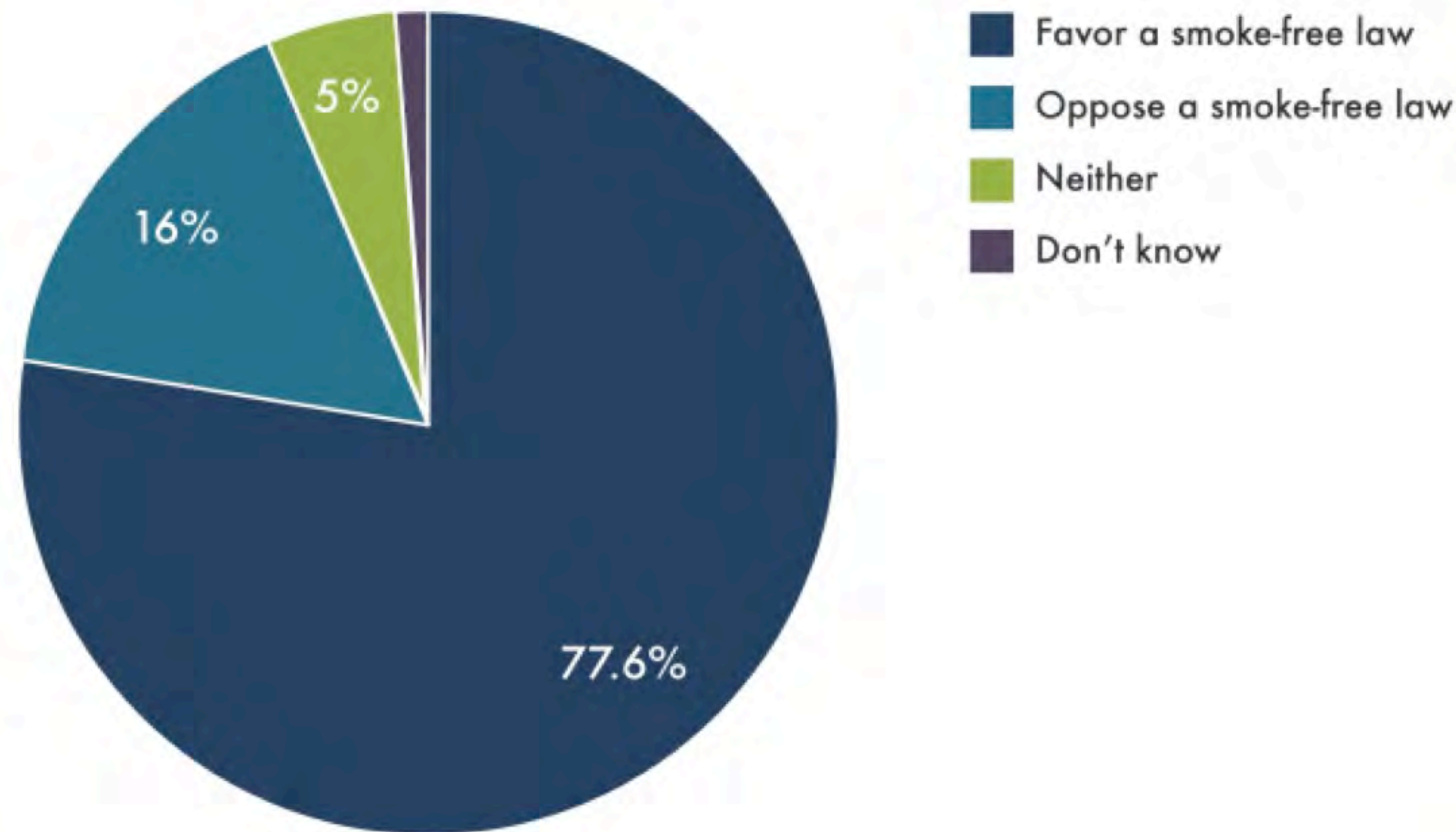
# Economic Impact?

- No peer-review article has found that smoke-free laws have a negative economic impact
- Best studies look at objective data sources - sales tax, employment, and number of liquor licenses
- Optional Local Tourism and Economic Development Tax



# Public Support for Smoke-free Laws

Would you favor or oppose a law in Mississippi prohibiting smoking in most public places, including workplaces, offices, restaurants, and bars?





# Physician Counseling



# Why the family physician?

- 24,500 excess cases of LBW
- 430 excess cases of SIDS
- 22,000 excess hospitalizations for RSV
- 3.4 million excess cases of AOM
- 110,000 excess tympanostomies
- 1.8 million excess visits for asthma
- 590 excess hospitalizations for burns



# Why the Family Physician?

- Parents of young children tend to be young and otherwise healthy and may visit the pediatrician more than any other doctor
- Income cutoffs for public insurance are less strict for children than for adults, i.e. publicly insured children frequently have uninsured parents



# Why the Family Physician

- Low SES and low parental educational levels correlate with increasing SHS exposure
- You have access to smokers that do not otherwise interact with healthcare.



# 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



# Parental Smoking

- Children are proportionally most affected by tobacco – Smoking related excess deaths are 50% of all deaths under 15 Y/O
- Children cannot voluntarily remove themselves from the exposure



# Practitioner Effectiveness

- 7-10% of smokers spontaneously quit with success
- 13% of smokers quit after an appropriately designed brief message from a healthcare provider
- Up to 30% of smokers quit using guideline recommended treatment



# Are Parents Open to Counseling?

- Parents do not object to smoking cessation messages from pediatricians and may even welcome the access to medical advice
- Some interventions in pediatric settings have been as successful as interventions in other medical settings



# Public Perceptions

- 30.7% of adult smokers report that their Primary Care Provider advised them to stop smoking
- 24.0% of adults reported that their PCP asked if they were exposed to SHS
- 30.4% of adults reported that their PCP asked if any household members were smokers
- 27.1% of adults reported that their PCP advised them to keep their home smoke-free
- 23.2% of adults reported that their PCP advised them to keep their car smoke-free



# Public Perceptions among Smokers

- 61.8% of parents who smoke think that it is appropriate for their child's doctor to encourage them to quit smoking



# Public Perceptions among Smokers: If their child's doctor suggested it to them

- 21.0% of parents who smoke would use the Quitline
- 34.5% of parents who smoke would use the nicotine patch
- 26.3% of parents who smoke would use a medication such as Wellbutrin or Chantix
- 35.4% of parents who smoke would use an individual cessation counseling program



# Public Perceptions among Parents

## Counseling by Child's Physician

- 56.3% were asked if anyone in the household smokes
- 38.5% were asked if smoking is allowed inside of the home
- 28.9% were asked if smoking is allowed in the family vehicle
- 37.2% were asked if their child is exposed the SHS
- 31.1% were advised to enforce a strict rule about no one smoking inside of the home
- 28.0% were advised to enforce a strict rule about no one smoking in the family vehicle
- 41.6% of smokers were advised to quit smoking



# Resources

- 1-800-quitnow – [www.quitlinems.com](http://www.quitlinems.com)
- The ACT Center for Tobacco Treatment – [act2quit.org](http://act2quit.org)
- CEASE – Clinical Effort Against Secondhand Smoke Exposure – [www2.massgeneral.org/ceasetobacco](http://www2.massgeneral.org/ceasetobacco)