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Let's Clear The Air About Secondhand Smoke



Article written by:
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The recent Surgeon General's report from June of 2006 concluded that exposure to secondhand tobacco smoke causes lung cancer, coronary heart disease, and premature death. Over the last three decades, the list of adverse health effects associated with involuntary smoking has resulted in a mountain of scientific evidence that supports this position. The far-reaching adverse effects of secondhand smoke result not only from the numerous group A carcinogens, but also the over 4,000 chemical toxins that are found in secondhand smoke. Eleven US states, nine Canadian provinces, five European nations, New Zealand, regions of Australia, and other locations around the world have taken the initiative to prohibit smoking in the workplace. There are many documented benefits of removing secondhand smoke from the workplace. The respi-

ratory health of workers in bars and taverns showed documented improvement in studies dating back to 1998. The October 11, 2006 Journal of the American Medical Association (JAMA) article showed that respiratory symptoms, pulmonary functions, and markers of inflammation were significantly improved in the study of non-asthmatic, non-smoking bar workers two months after the country went smoke-free. An observational study from Montana showed that there were fewer heart attacks in a community when bars and restaurants were smoke-free over a six-month interval.

In addition to the direct medical benefits of eliminating exposure of the public to all the toxins in secondhand smoke, there is the important issue that the rate of smoking decreases among active smokers when they are in a smoke-free environment. Those who continue to smoke reduce their daily cigarette consumption and in some reports, up to 20% of employees will find that they can completely stop smoking.

Lastly, a very important effect of eliminating secondhand smoke in all public places is to de-normalize the use of tobacco products. Children would grow up without the impression that smoking is somehow a normal behavior that in-

dividuals can choose to do around nonsmokers without any concern. As these children grow up, the tobacco industry will have a harder time convincing them that smoking is an acceptable behavior and of little consequence to them or the people around them.

From an economic standpoint, the states that have passed smoke-free workplace legislation have had increased revenue documented by tax receipts for bars and restaurants. In summary, there are no negative effects of a clean air ordinance that removes tobacco smoke from all public places, bars and restaurants.

Ohio is at a crossroads from public health standpoint, as the tobacco industry's smokeless Ohio Issue 4 tries to reverse the tougher tobacco control regulations in 21 Ohio locations and mandate by constitutional amendment that smoking can be permitted in restaurants, bars, bowling alleys, pool halls, etc. Issue 5, which simply eliminates smoking in all workplaces, would save the lives of many Ohioans, as well as reduce disease exacerbations triggered by secondhand smoke. There is no expense associated with going smoke-free. There are very few other public health initiatives that could possibly make this big of a difference in the long run.

Tobacco & Its Effects on Body and Mind

The World Health Organization (WHO) estimates there are 1 billion smokers worldwide and they smoke 6 trillion cigarettes a year. WHO also estimates that more than 3 million people die due to smoking every year. Annually nearly 19,000 Ohioans or 52 people per day die from tobacco-related illnesses.

Smoking kills more people than alcohol, AIDS, accidents, illegal drugs, suicides and homicides combined. Second-hand smoke (others smoking) is the third leading cause of death behind active smoking and alcohol abuse.

Smoking slows lung growth, decreases lung function, and causes lung cancer and other cancers in the body e.g., bladder, prostate, etc. Smoking affects the cardiovascular system, increases blood pressure, heart attacks and strokes. Smoking also causes bronchitis, emphysema, Chronic Obstructive Pulmonary Disease (COPD) and asthma.

Why is it so important to know why people with mental illness smoke? What does nicotine smoking do to them? Nicotine is a highly addictive drug just like cocaine, heroin, marijuana and alcohol. Twenty-two percent of people never diagnosed with mental illness smoke. Forty-one percent of people who have been diagnosed with a mental illness smoke.

People with mental illness smoke because smoking manages moods and symptoms of mental illness. Smoking also reduces the side effects from the medications. Approximately 50% of all psychiatric outpatients, 70% of all Bipolar I Disorder and 90% of all outpatient Schizophrenics smoke. Data indicates that patients with Depressive or Anxiety Disorder are less successful to quit smoking than other people. Mentally ill inhale deeper and hold the smoke for longer periods so it is very hard for them to quit.

Tobacco is one control the mentally ill have in their life and as a

result they don't want to quit and so they smoke.

The psychoactive component of tobacco is nicotine. After a smoke, 15% of the nicotine reaches the blood stream through which it reaches the brain in 15 seconds. Nicotine stimulates the dopaminergic reward system and activates people. So it's addicting through the reward system and also it causes an increase in the consequence of hormones that give a stimulating effect of nicotine on the central nervous system. The toxins in tobacco also causes physical and mental health problems.

So the take home message is:

- a. If you have not started smoking stay away.
- b. If you are already smoking - try your best to quit.
- c. If you can't do it by yourself - there are smoking cessation programs available.

Article written by:

Basanti Basu, M.D., Medical Director at Century Health

Local CIT Committee Goes National

The Alliance for the Mentally Ill- Ohio has contracted with staff from the Hancock County ADAMHS Board to assist other counties in developing their local Crisis Intervention Teams (CIT). This contract provides state grant funds to the Board, which in turn goes right back into strengthening our local CIT program.

Thanks to these grant funds, our local system was able to participate in the Second Annual Crisis Intervention Teams conference in Orlando, Florida called: Community Collaborations Making a Difference for People with Mental Illness.

Four Hancock County representatives (Two from the Hancock County Sheriff's Office, one from Century Health, and one from the ADAMHS Board) received discounts because they were selected to present at two different break-out sessions at this conference. One session was presented on the *Core Elements of CIT* and the other session was *Strengthening your CIT program: Using the Engagement, Assessment Resolution Model*.

The conference hosted over 800 attendees from forty of the United States with representatives from Canada and Australia while offering more than 100 workshops which brought together advocates, law enforcement, judges, mental health professionals, consumers and family members for three days to network, learn and advance their community's jail diversion programs. In addition to our four presenters, two officers from the Findlay Police Department and a consumer and family member also attended. The Conference gave us an opportunity to hear two keynote speakers, Major Sam Cochran, founder of CIT, and Pete Earley, author of *Crazy: a Father's Search through America's Mental Health Madness*.

CIT is thriving in Hancock County as the Planning Committee turns next to specialized training for corrections officers. CIT allows us to work towards one common goal: the end the criminalization of mental illness through community education and partnership.



Don't Be Fooled By the Smokescreen

Vote **NO** on Issue 4 and **YES** on Issue 5 for a SmokeFreeOhio

Do you think the tobacco industry cares about your health? That's what they're claiming by funding a campaign for what they refer to as a "smoking ban." In reality, Issue 4, their pro-smoking constitutional amendment, would keep the clouds of smoke in restaurants and many other public places. Issue 5 for a SmokeFreeOhio is the real smoke-free public places law.

Be certain you know what you're voting for this November. Don't be fooled into voting for both issues. Vote against Issue 4 which is a constitutional amendment that would trump Issue 5.

As the U.S. Surgeon General said in a report released this June, the discussion is over: Secondhand smoke is a serious health hazard that causes heart disease, lung disease, and cancer in non-smokers. Issue 5 protects children, seniors, and people with health problems from dangerous secondhand smoke by making all public places and workplaces in the state of Ohio smoke-free.

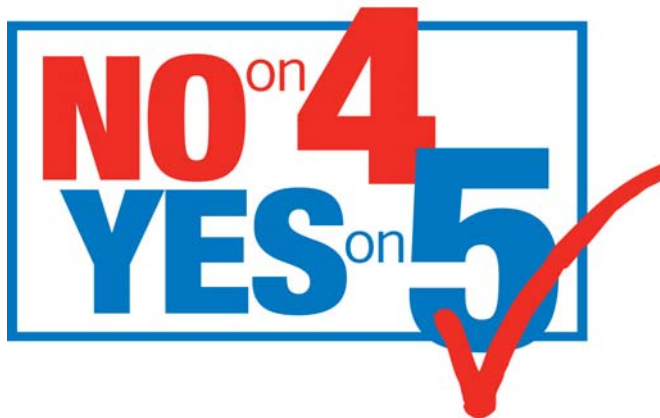
Issue 5 is based on the belief that all workers and citizens have the right to breathe smoke free air in public places and at work. Everyone, including smokers, will still be able to enjoy all public places. Smokers will simply be asked to step outside to smoke so everyone's

health is protected.

SmokeFreeOhio is a campaign of the American Cancer Society, American Lung Association, American Heart Association, and more than 500 other businesses and organizations.

Issue 5 simply becomes a state law just like any law passed by the state legislature and does not amend the constitution.

Let's clear the air.



While most Ohioans support Issue 5, a handful of groups funded by the tobacco industry oppose SmokeFreeOhio. This industry coalition chose a confusingly-similar name: Smoke Less Ohio.

Issue 4 primarily is funded by R.J. Reynolds Tobacco, the second largest cigarette manufacturer in the United States. They have promised millions of dollars to fight Issue 5, while trying to trick Ohioans into believing that they are passing Issue 4 as a public health policy.

Their purpose has always been to prevent SmokeFreeOhio from passing and to keep clouds of smoke in most public places. Issue 4 would keep smoking in restaurants, bowling alleys, bingo halls, and bars. Also, any place that declares itself off limits to children can allow smoking throughout the building.

Issue 4 would make it unconstitutional to protect the health of the more than 500,000 hospitality workers or their customers. The only way to change the Smoke Less Ohio law would be to pass another constitutional amendment, a long and expensive process.

Issue 4 would overturn the strong smoke-free laws in 21 Ohio cities and prevent anyone from ever again passing a smoke-free law to protect their citizens.

We hope you join us in support of a SmokeFreeOhio. Visit online at www.SmokeFreeOhio.org or call 1-888-ACS-OHIO.

Article submitted by:
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Member of the Coalition For A
Smoke Free Findlay-Hancock
County and
the Hancock
County
ADAMHS Board



The Hancock County ADAMHS Board unanimously endorsed State Issue 5 at their September 21, 2006 Board meeting.

Century Health Goes Tobacco Free

On October 26, 2005, Century Health, Inc., held a kick off to celebrate the receipt of a tobacco dependence grant through the Ohio Tobacco Prevention Foundation, the Ohio Department of Mental Health and the Ohio Department of Alcohol and Drug Addiction Services. Throughout the past year, many new and exciting things have happened. Staff have received education and training about tobacco use, strategies for quitting, the health impact in the mental health/substance use population and causes/ consequences of tobacco use. Intensive training was provided to one staff through the Mayo Clinic and they now have the designation of tobacco specialist. A tobacco cessation group has been added in the Community Psychiatric Supportive Treatment program, led by the tobacco specialist. Tobacco curriculum is being included in healthy living groups. A monitor (called COPPM) that measures the carbon monoxide in the lungs has been purchased and Nicotine Replacement Therapy (NRT) is being prescribed for both consumers and staff who desire it. To date, as a result of the grant, 8 clients have stopped smoking and 5 clients and 2 staff members are attempting to do so. In support and commitment to improving the health of the persons served and those employed at Century Health, Century Health is proud to add "tobacco free" as a descriptor of the Agency.



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