

Protecting Foster Youth from secondhand smoke exposure

Missouri Resource Provider Required Training



Protecting Foster Youth from Secondhand Smoke Exposure

Review the information on each slide, including any video content.

IMPORTANT: The final slide of this presentation includes your certificate of completion. Print a copy of your certificate (or save as a PDF) and present to your resource development worker to verify completion of this training module.

RSMo 210.109 (5)

Missouri law tasks the Children's Division with placing youth, who are in the division's care and custody, in homes that:

- Safeguard and promote their present – and continuing – good health
- Will not commit any act – or engage in any conduct – that would be injurious to the child's health



Missouri Group Against Smoking Pollution (MoGASP)



The Missouri Group Against Smoking Pollution (MoGASP) strives to attain:

- Smoke-free air for nonsmokers
- Smoke-free air for children

Visit the [MoGASP](#) website to read more about their efforts.

Children Exposed to Secondhand Smoke American Medical Association (AMA)

The following [video](#), created by the Medical Association, describes the dangerous effects secondhand smoke has on children.



The Dangerous Effects of Secondhand Smoke

Exposure to secondhand smoke has been linked to the following health conditions for children:

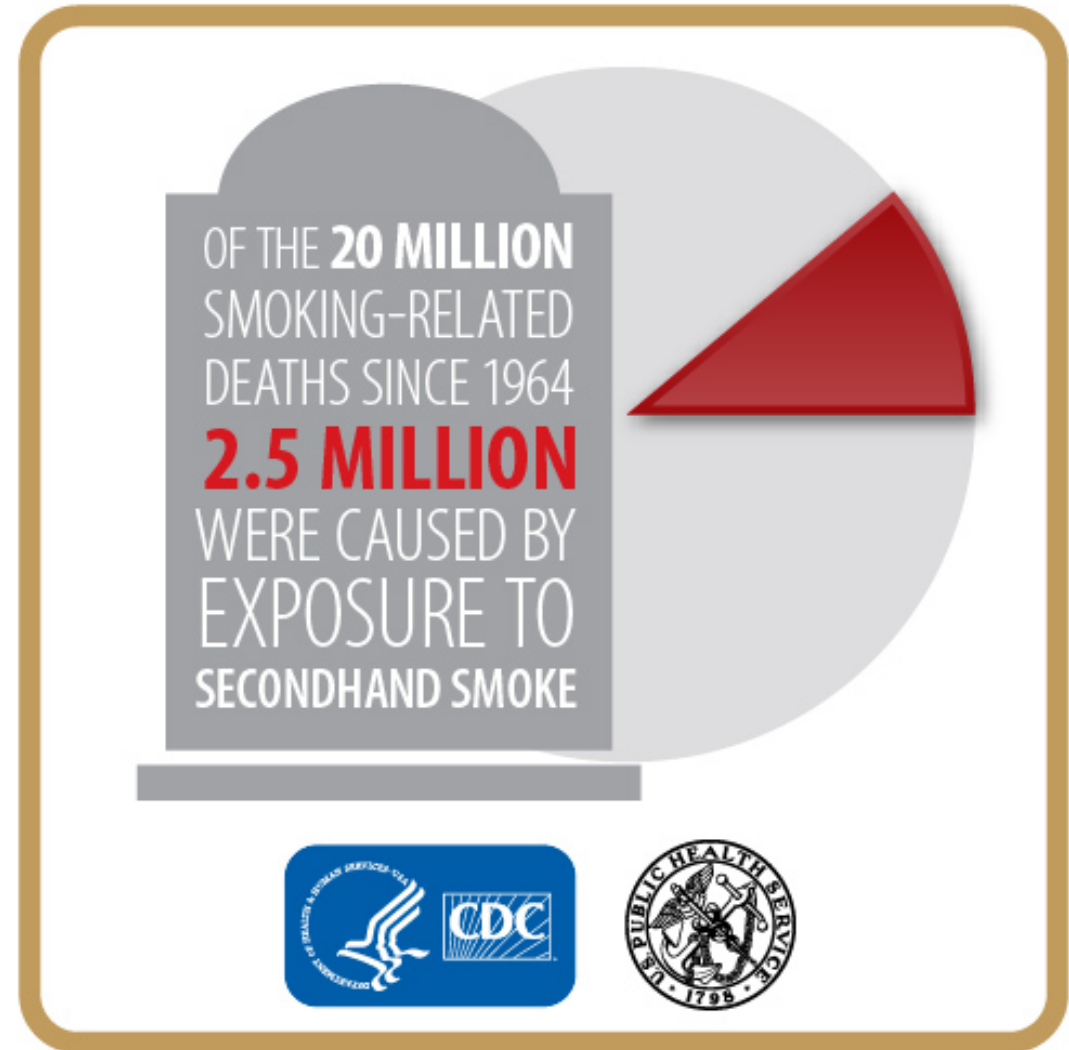
- Sudden Infant Death Syndrome (SIDS)
- Respiratory Infections, such as bronchitis and pneumonia
- Ear infections
- Chronic cough
- Tooth decay

Long term effects including:

- Poor lung development (meaning their lungs never develop to their full potential)
- Lung cancer
- Heart disease
- Cataracts

Health Effects of Secondhand Smoke

Approximately one half of American children between the ages of 3 and 18 are victims of secondhand smoke. Please read the information found in the [Health Effects of Secondhand Smoke](#), produced by the Centers for Disease Control and Prevention (CDC).



The Dangers of Secondhand Smoke



Secondhand smoke exposure is especially harmful to children, as their lungs are still developing.

Read more about the dangers of secondhand smoke exposure at [healthychildren.org](https://www.healthychildren.org).

The Surgeon General's Report

According to the Surgeon General's report, more than 2.5 million deaths in the last 50 years were victims of secondhand smoke.

Read more about the benefits of quitting in the [Smoking Cessation](#) report.

A REPORT OF THE SURGEON GENERAL

50 YEARS OF TOBACCO CONTROL

- Tobacco control efforts have prevented **8 million early deaths** since the first report in 1964.
- But nearly **half a million Americans** are still killed by smoking each year.
- **5.6 million kids** alive today will die prematurely from smoking if current rates continue.



Extinguishing the Tobacco Epidemic in Missouri

“There is no safe level of exposure to second hand smoke.”

Read the CDC fact sheet: [Extinguishing the Tobacco Epidemic in Missouri](#)



CDC, State Fact Sheet – Missouri, 2020

The Dangers of Secondhand Smoke

“Kids are especially at risk for health problems, because their bodies are growing and they breathe at a faster rate than adults.”

Watch this short [WebMD video](#) to learn about the dangers of secondhand smoke.



Secondhand Smoke in our Homes and Vehicles

Secondhand smoke isn't just the cigarette smoke in the air. Watch this [video](#) about how smoke is absorbed in furniture, walls, and clothing.



The Importance of Smoke-Free Homes and Cars



Secondhand smoke is not the only concern for children. Smoke residue from tobacco products lingers in homes and cars, long after someone smokes. Simply opening a window or running a fan cannot eliminate exposure. Smoke that remains in the air and settles on surfaces is ingested by children, and causes:

- Ear infections
- Bronchitis
- Pneumonia
- Sudden Infant Death Syndrome

Third-Hand Smoke

According to KidsHealth.org, “Cigarette smoke can get absorbed into upholstery, clothing, and carpeting, leaving carcinogens that can't be washed away with soap and water. Kids who touch, mouth, play on, or breathe near contaminated surfaces may develop breathing problems from this kind of 'third-hand' smoke.”

Watch this [video](#) to learn more about third-hand smoke.



Tips for a Smoke-Free Home

- Never smoke inside your home, even when it is cold outside
Smoking indoors one time is enough to contaminate the rest of the house, even if you're in a room with the doors closed
- Create a comfortable place to smoke outside
- Keep an umbrella near the door to reinforce going outside to smoke, even when the weather is bad
- Let guests know that your house is smoke-free and show them the outdoor smoking area
- Consider posting a sign to remind visitors that there is no smoking in your house



Tips for a Smoke-Free Car

- Never smoke in a car that transports children (even if the windows are open, smoking in your car once, can fill the seats and other materials with toxins)
- Remind passengers not to smoke in your car
- Try to time your smoking to coincide with times when you know you will be outside of the car
- Fill your car's ashtray with change, so you aren't tempted to use it for ash
- Leave a cellphone charger plugged into the car's adapter outlet, so you aren't tempted to use it as a lighter
- Keep a jacket/umbrella in the car to use in case you need to stop and smoke when the weather is bad
- Store your cigarettes in an out-of-reach area while you drive



EPA, Indoor Air Quality

The EPA offers more information about Indoor Air Quality and the importance of smoke-free homes and vehicles.

Read more about keeping a smoke-free home at [epa.gov/indoor-air-quality](https://www.epa.gov/indoor-air-quality).



Tobacco Use Prevention and Control

According to the Missouri Department of Health and Senior Services, almost 11,000 Missourians die from “tobacco-related diseases” each year. Visit the [Tobacco Use Prevention and Control webpage](#) to read more.

Visit [Smokefree.gov](#) to find dozens of tools and tricks that are designed to support smokers quit and stay smoke-free.

Resources

American Academy of Pediatrics. *The Dangers of Secondhand Smoke*. 10 May 2017.

www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Dangers-of-Secondhand-Smoke.aspx

American Medical Association. "Children Exposed to Secondhand Smoke." *YouTube*, uploaded by AMA, 14 October 2010, www.youtube.com/watch?v=raYlnhksw5I

Centers for Disease Control and Prevention. *Health Effects of Secondhand Smoke*. 27 February 2020, www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm

Centers for Disease Control and Prevention. *Smoking Cessation: A Report of the Surgeon General*. 10 December 2020. www.cdc.gov/tobacco/data_statistics/sgr/2020-smoking-cessation/index.html

Centers for Disease Control and Prevention. *Extinguishing the Tobacco Epidemic in Missouri*. 21 April 2020. www.cdc.gov/tobacco/about/osh/state-fact-sheets/missouri/

Resources

Family Health Network. “Secondhand Smoke.” *YouTube*, uploaded by Family Health Network 5 August 2019.
www.youtube.com/watch?v=8GdunZYw74s

Kids Health. “Thirdhand Smoke.” *YouTube*, uploaded by Nemours KidsHealth 2 March 2015.
www.youtube.com/watch?v=eAXpYhGeRFE

Missouri Department of Health and Senior Services. *Tobacco Use Prevention and Control*.
<https://health.mo.gov/living/wellness/tobacco/smokingandtobacco/tobaccocontrol.php>

Missouri Government, Missouri Revisor of Statutes. Statute 210.109. *Title XII Public Health and Welfare*, 28 August 2020. *Revisor of Missouri*, <https://revisor.mo.gov/main/OneSection.aspx?section=210.109>

Missouri Group Against Smoking Pollution. *About MoGASP*. 2017. <https://mogasp.wordpress.com/about/>

Kids Health. “Thirdhand Smoke.” *YouTube*, uploaded by Nemours KidsHealth 2 March 2015.
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Resources

United States Environmental Protection Agency. “Secondhand Smoke and Smoke-free Homes.” *Indoor Air Quality*. 25 September 2020. www.epa.gov/indoor-air-quality-iaq/

United States Department of Health and Human Services. *SmokeFree.gov*. National Institute of Health. <https://smokefree.gov/>

WebMD. “The Risks of Secondhand Smoke.” *Lung and Respiratory Health*. 22 January 2019. www.webmd.com/lung/video/video-secondhand-smoke

Protecting Foster Youth from Secondhand Smoke Exposure

I read all the document links and watched all the video links.
I understand the dangers of exposure to secondhand smoke.

signature

date