

Smoking and Health: Information and Resources to Quit

Smoking and Your Child's Health

Many smokers know smoking is dangerous to their own health, but smoking is also dangerous to the health of children *who live in the home of a smoker*.

Second-hand smoke: When you smoke, the people around you breathe in the harmful chemicals in the smoke that you breathe out. Smoke can stay in the air for several hours after smoking. Anyone who breathes in the smoke and chemicals is at a higher risk for serious illnesses like cancer or respiratory illnesses, especially children.

Health Effects in Children:

- Ear infections
- More frequent and severe asthma attacks
- Respiratory symptoms and infections (for example: coughing, sneezing, being short of breath, bronchitis, and pneumonia.
- A greater risk for sudden infant death syndrome (SIDS) and Meningitis as an infant

There is no risk-free level of secondhand smoke exposure, even brief exposure can be harmful.

Third-hand smoke: Whenever you smoke, harmful chemicals from the cigarette build up on the surfaces around you, such as your hair, clothes, car seats, and household items such as furniture and carpet. Anyone who touches those surfaces is touching those harmful chemicals. This is called third hand smoke.

Second-hand smoke always leads to third-hand smoke, which can get worse over time. Homes that are contaminated (think the leftover smell of cigarettes) may have to be completely refurbished to avoid exposure to third hand smoke. Even if family members smoke outside, there is third hand smoke that stays on the clothes, skin, or hair and is dangerous to children.

How Can I Help?

Exposure to second-hand and third-hand smoke could cause children to become smokers. You can help by limiting this exposure, and creating a smoke-free car or a smoke-free house.

The CDC also recommends:

- Don't let anyone to smoke in or near your home
- Don't let anyone to smoke in your car, even with the windows down
- Make sure your children's day care center and schools are tobacco-free
- Teach your children to stay away from secondhand smoke
- Be a good role model by not smoking or using any other type of tobacco, especially around children.
- Electronic cigarettes or E-cigarettes contain chemicals in the vapor that may be harmful to children. Do not assume that E-cigarettes are safe to use around your child.

Resources to Help Quit Smoking

Call a Quitline

Quitlines are phone-based services that help tobacco users quit. The Colorado Quitline Includes:

- Coaching and counseling
- Free medicine like Nicotine Replacement Therapy (NRT) including patches, gum, and lozenges for 6 to 8 weeks twice a year. The Quitline will send it directly to you.
- Services are offered in both English and Spanish, with many other languages available!

Contact the Colorado Quitline:

Phone: 1-800-QUIT-NOW (1-800-784-8669)

Web: COquitline.org

Hours: 6am - 11PM, 7 days a week

Don't live in Colorado?

There is a Quitline in every state. Use the World Quitline Map to find your state's Quitline contact information and learn how they can help.

Web: map.naquitline.org

Use an App

LIVESTRONG MyQuit Coach

A virtual coach to develop your personalized plan for quitting. You can set reminders, goals, and motivations. The app has also been reviewed by doctors. Free for iPhone and Android.

ThisIsQuitting

An online community that uses Twitter, blogs, and forums to provide support for the ups and downs. You get a 24/7 coaching crew, training packs, and punching bags. Free for iPhone and Android

Web: thisisquitting.com

Check out a Website

Smokefree.gov

Livechat with a coach for info and advice and read articles about preparing to quit, staying quit, and NRT. You can also learn how to manage withdrawal and fight cravings and slips.

Quit by Texting

SmokefreeTXT

A 6 to 8 week text based program to help you overcome challenges. Get texts that provide tips, advice, and encouragement and test out the "practice quit" option. There are specific programs for new moms, teens, veterans, and Spanish speaking families.

Anschutz Medical Campus 13123 East 16th Ave. Aurora, CO 80045 | 800-624-6553 | childrencolorado.org

Author: Respiratory | Approved by Patient Education Committee | Valid through 2021

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Nicotine Replacement Therapy

Nicotine Replacement Therapy, or NRT, helps reduce withdrawal feelings and cigarette cravings. NRT includes nicotine patches, gum, lozenges, inhalers, and nasal sprays. These methods can double your chances of quitting for good. There are also medicines that can help someone stop smoking, including Varenicline (Chantix) and Bupropion (Wellbutrin).

Talk to your doctor about any NRT or medicine that you are interested in. All medicines have side effects. Be sure to read the instructions and talk about any concerns you may have.

NRT and medicines are proven to be more successful when combined with counseling or quit smoking Apps.

Know Your Insurance

Insurance can cost more each month if you smoke tobacco. The good news is many insurance companies have to cover programs that help you stop smoking. Call your insurance company to see what kind of financial benefits they offer if you quit smoking. Check out the American Lung Association to see what is covered in your state.

Web: lungusa2.org/cessation2

Medicaid

Medicaid allows you to get a prescription for any FDA approved medicine that may help you quit for 90-days, twice a year, free of charge. You can also get common NRT such as nicotine patches, nicotine gum and go to a program that can help you quit.

Web: Colorado.gov/hcpf/tobacco-cessation **Phone:** 1-800-424-5725

Denver Health

Denver Health offers a clinic for smokers who want to quit within the next month. Clinic visits are free with Medicaid, Medicare, and Denver Health Insurance plans. Locations available throughout the Denver Metro Area.

Web: denverhealth.org/public-health-and-wellness/tobacco-cessation-clinic

Limit and reduce smoke exposure

The only way to completely protect your child against smoke exposure is to quit. The following tips are ways to help reduce smoke exposure, but have NOT been directly shown to improve the health of your child:

- Never smoke inside the house or inside the car.
- Wash your hands after smoking and keep kid's hands clean
- Wear a separate smoking jacket or shirt
- Use indoor air filters

Stats and Facts

Your child's health

Approximately 6200 children **die** each year as a result of second hand smoke exposure. Long term, there is an increased risk of *cancer* and *heart disease* if a child grows up in a home with smokers.

How much smoking costs

Annually, if you smoke one pack of cigarettes per day, it will cost you \$1500 or more per year. When you add health care costs and potential for having to miss work, it will cost you an average of \$4,260 per year.

Quitting

- Nearly 7 out of every 10 adult cigarette smokers report wanting to quit completely in 2015.
- More than 5 out of 10 of all daily adult cigarette smokers stopped smoking for more than 1 day because they were trying to quit.
- The average smoker needs 7 or more attempts at quitting before they are successful and only 7% of smokers quit without treatment such as Nicotine Replacement Therapy (gum, patches, or lozenges).
- Up to 30% of smokers quit when Nicotine Replacement Therapy is used in combination with a referral to the Quitline
- Quitting smoking may be the best thing you can do to help keep your child healthy.

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