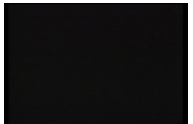


# **The Burden of Tobacco Use in Nevada: Understanding Electronic Cigarettes and Other Emerging Tobacco Products**

**Maria Azzarelli  
Office of Chronic Disease  
Prevention and Health Promotion  
Southern Nevada Health District  
Tobacco Control Program**



TV AD “I smoke when I’m Coloring”



# Topics to be Covered

- The toll of tobacco in the U.S.
- Emerging tobacco products
  - ❖ Cigars, Little Cigars, Cigarillos
  - ❖ Snus
  - ❖ Dissolvable Tobacco Products (Orbs, Strips, Sticks, Lozenges)
  - ❖ Chewing Tobacco, Snuff
  - ❖ Hookah
  - ❖ **Electronic Cigarettes/ E-cigarettes**
- How you can help
- Brief Tobacco Use Intervention
- Local resources

# Current Climate

- Adult smoking prevalence in Clark County has decreased to 17.1%.
- **Some** diverse community smoking rates have declined.
- High school cigarette smoking prevalence in Clark Co. has declined from 30.7% (1999) to 5.9%.
- 90% of Clark County adults (2008) surveyed believe people should be protected from secondhand smoke.
- State law passed in 2006 to offer more protection from exposure to secondhand smoke (Nevada Clean Indoor Air Act – NCIAA).

# The Toll of Tobacco

- Smoking is the leading cause of preventable death and kills 480,000 people each year in the U.S. than alcohol, AIDS, motor vehicle crashes, illegal drugs, murders, and suicides **combined**.\*
- Tobacco use kills 1,200 people every day in the U.S.\*\*
- Secondhand smoke is the third leading cause of preventable death in the U.S., killing an estimated 53,000 nonsmokers each year.\*\*

*\*Campaign for Tobacco-free Kids*

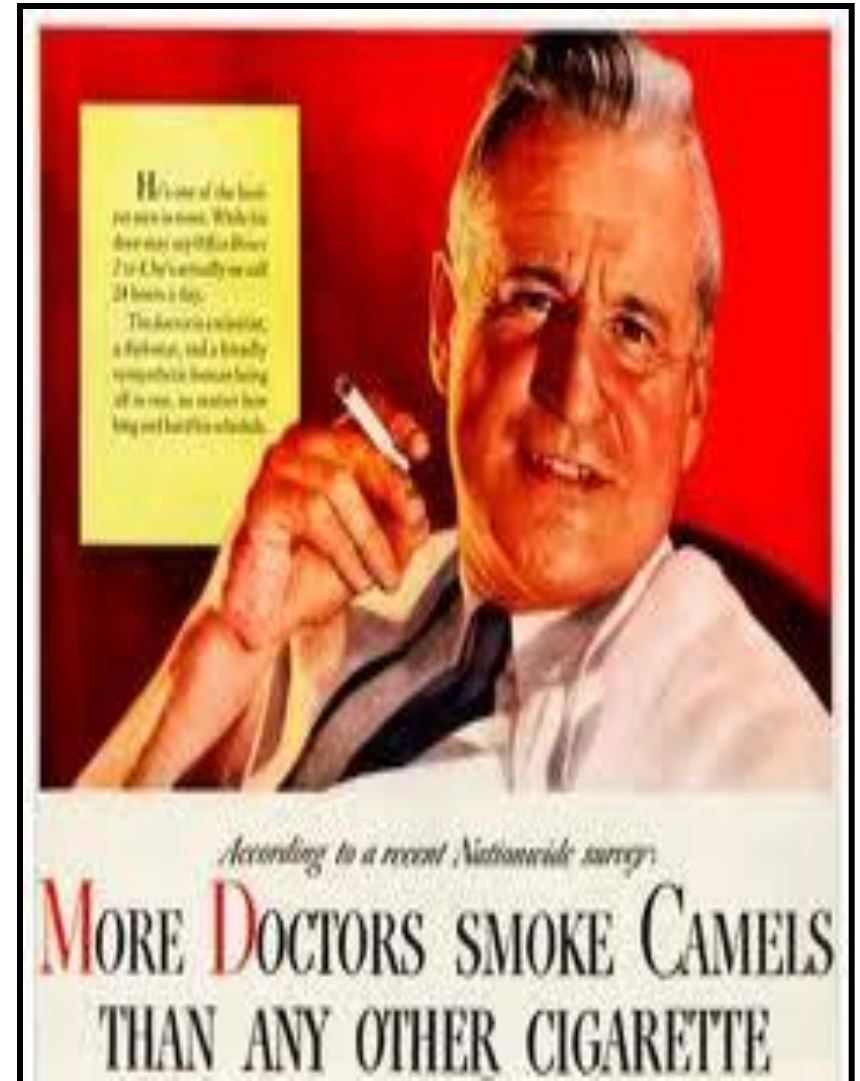
*\*\*U.S. Centers for Disease Control and Prevention*

# The Toll of Tobacco in Nevada

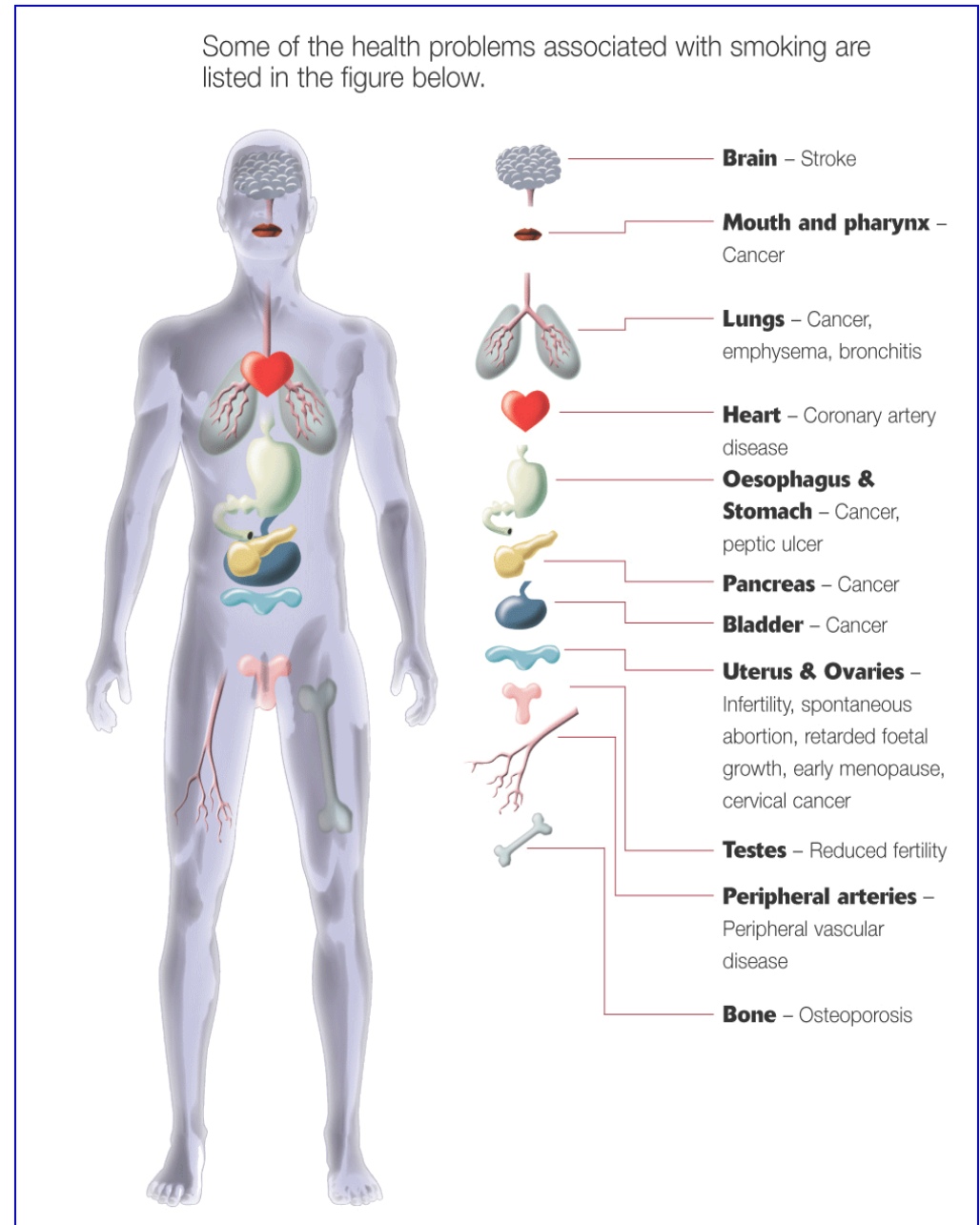
- The tobacco industry spends over **\$78.7 million** each year to market their products in Nevada.
- In Nevada, the combined monetary toll of tobacco use **per each smoker's** lifetime is calculated at **\$1,413,733**.
- In Nevada, **\$1.08 billion** is spent in annual health care costs directly caused by smoking.

\*Campaign for Tobacco Free Kids as of 2/6/15

<https://wallethub.com/edu/the-financial-cost-of-smoking-by-state/9520/> lifetime cost



Smoking  
damages  
ALL  
OF  
THE BODY:  
healthcare  
providers know  
this, the general  
public is not  
completely  
aware.



# Secondhand Smoke

Contains over 4,000 chemicals, 60 of which are known to cause cancer.

Nicotine	One of the most addictive substances known to man	As addictive as heroine
Arsenic	Rat poison	Insecticide and weed killer
Benzene	Formed from coal and petroleum- Known carcinogen	Used as a solvent in fuel Associated with Leukemia
Formaldehyde	Highly poisonous liquid used to preserve bodies	Also found in cigarette smoke
Hydrogen Cyanide	Gas chamber poison	Metal cleaner and insecticide
Carbon Monoxide	Car exhaust fumes. Forms when cigarette is lit.	Rapidly fatal in large amounts
Ammonia	Found in dry cleaning fluids	Toilet cleaner



# Secondhand Smoke and Children



**If you smoke around children, they smoke too.**

Every year, thousands of children have to go to hospital because of breathing other people's cigarette smoke.

For more information call 0800 169 0169 or visit [www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)

# Secondhand Smoke and Children

- Children are more at risk for the toxic effects of secondhand smoke because their lungs and immune system are less developed.
- They breathe in more air relative to body weight (and for the same exposure, will absorb more tobacco toxins).
- Their exposure is involuntary.
- Most children of smokers are exposed in the **home or car**.
- Exposure rates increase in children who live in poverty and households with low educational levels.



# Effects of Secondhand Smoke on Child Health

- Early Childhood Harm
  - Association between tobacco use during infancy and early childhood and...
    - increased ear infections;
    - new and more severe cases of asthma;
    - bronchitis and pneumonia; and
    - wheezing and lower respiratory illness.



# Health Impact of Secondhand Smoke Exposure

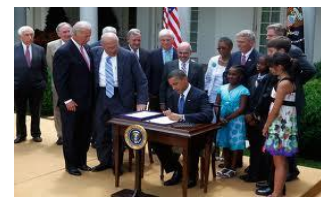
- There is no risk free level of exposure to secondhand smoke
- Secondhand smoke causes heart disease
  - Breathing SHS has immediate adverse effects on your blood and blood vessels;
  - **Nonsmokers who are exposed at home or at work increase their risk of developing heart disease by 25–30%;**
  - People who already have heart disease are at especially high risk of suffering adverse effects from breathing secondhand smoke and should take special precautions to avoid even brief exposures.
- Secondhand smoke causes lung cancer
  - SHS causes lung cancer in adults who themselves have never smoked;
  - **Nonsmokers who are exposed at home or at work increase their risk of developing lung cancer by 20–30%; and**
  - Even brief secondhand smoke exposure can damage cells in ways that set the cancer process in motion.

# Thirdhand Smoke Exposure

- May remain inside even when smoking took place earlier
- Residue includes heavy metals, carcinogens and even radioactive materials that young children can get on their hands and ingest, especially if they're crawling or playing on the floor.
- Substances in thirdhand smoke include
  - hydrogen cyanide, used in chemical weapons;
  - butane, used in lighter fluid;
  - toluene, found in paint thinners;
  - arsenic;
  - lead;
  - carbon monoxide; and even
  - polonium-210,
- Eleven of the substances are highly cancer-causing.

<http://www.nytimes.com/2009/01/03/health/research/03smoke.html>

**Family Smoking Prevention and Tobacco Control Act: Gives the Food and Drug Administration (FDA) the authority to regulate the manufacture, distribution, and marketing of tobacco products to protect public health.**



Restricts **tobacco product** advertising and marketing to youth by directing FDA to issue regulations which, among other things:

- Require proof of age to purchase these tobacco products – the federal minimum age to purchase is 18.
- **Bans cigarettes with characterizing flavors** (except menthol and tobacco).
- Require face-to-face sales, with certain exemptions for vending machines and self-service displays in adult-only facilities.
- **Ban the sale of packages of fewer than 20 cigarettes.**
- **Limit color and design of packaging and advertisements**, including audio-visual advertisements (However, implementation of this provision is uncertain due to pending litigation. See *Discount Tobacco City & Lottery v. USA*, formerly *Commonwealth Brands v. FDA*.)
- Ban tobacco product sponsorship of sporting or entertainment events under the brand name of cigarettes or smokeless tobacco.
- Ban free samples of cigarettes and brand-name non-tobacco promotional items.
- **Prohibits “reduced harm” claims including “light,” “low,” or “mild,” without an FDA order to allow.**
- Requires industry to submit marketing research documents.

# Other Tobacco Products

- ❖ Cigars, Little Cigars, Cigarillos
- ❖ Snus
- ❖ Dissolvable Tobacco Products (Orbs, Strips, Sticks, Lozenges)
- ❖ Chewing Tobacco, Snuff
- ❖ Hookah
- ❖ Electronic Cigarettes/ E-cigarettes

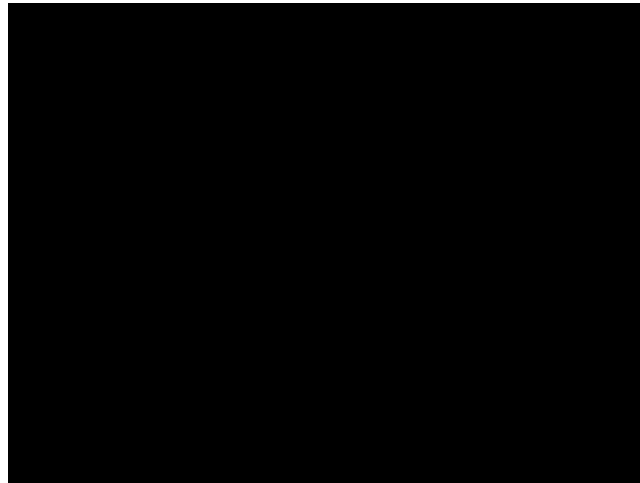
# Other Tobacco Products (OTP's)/Emerging Tobacco Products

Other Tobacco Products, or OTPs, commonly refer to any tobacco product that is not a cigarette.





# Other Tobacco Products California Ad



# Cigars, Little Cigars, Cigarillos



CIGARETTE



LITTLE CIGAR



CIGAR



CIGARILLO (TIPPED)



CIGARILLO

- Little cigars or cigarillos resemble cigarettes.
- Little cigars and cigarillos were intended to replace cigarettes as cigarette advertising became increasingly restricted, and taxes on cigarettes, but not cigars, continued to increase, according to tobacco industry documents.
- Come in flavored varieties, including cherry, chocolate, vanilla, peach rum, raspberry, **Menthol** and sour apple.
- Flavorings may appeal to youth and young people.
- Flavorings in cigars are not regulated by the federal government (FDA).
- Preferred by African American and Hispanic youth.



# Not Your Grandfather's Cigar

*A New Generation of Cheap and Sweet Cigars  
Threatens a New Generation of Kids*

**Slideshow**

# Snus



- A moist powder smokeless tobacco product.
- Placed between the cheek and gum.
- Used like smokeless tobacco, but more desirable because it doesn't require the user to spit.
- Also different because it is heated using steam and not fire, which means it contains a lower amount of nitrosamines, a known cancer-causing agent.
- Contains more nicotine than cigarettes.
- Negative health effects are similar to smokeless tobacco use and include developing lesions in the mouth, gum recession and cancer of the mouth or tongue.



# Dissolvable Tobacco Products



- Camel Orbs: mint-sized; dissolve in about 10- 15 minutes; contains about 1 milligram of nicotine, almost as much as one cigarette.
- Camel Strips: resemble Listerine breath strips; dissolve in about 2-3 minutes; contains about 0.6 mg of nicotine.
- Camel Sticks: resemble toothpicks; dissolves in about 20-30 minutes; contains about 3.1 mg per stick, similar to the nicotine content in about two cigarettes.

# Chewing Tobacco and Snuff

- Snuff is moist, finely chopped tobacco that is placed between the cheek and gum and doesn't require chewing. Some snuff is packaged in individual serving bags, so people can use it without spitting.
- Chewing tobacco, another form of spit tobacco, comes in three types: loose leaf, plugs, and twists. Loose leaf is shredded tobacco leaves made into strips; plugs are pressed into small, soft blocks flavored with licorice and sugar and then dried; and twists are dried and twisted into hard spirals.
- In 2013, 3.2% of Nevada's surveyed reported using smokeless tobacco.



# Hookah



- Hookahs are also known as water pipes.
- Commonly used by youth and young adults and believed to be safe.
- Using water as a filter does not change the level of nicotine in the smoke compared to pipes without a water filtration process.
- Lounges popping up near schools and universities.
- Hookah smoke contains 36 times more tar than cigarette smoke.
- Smoking hookah fills your body with 8 times more Carbon Monoxide.

# Hookah Continued



- During an average hookah session you take 5 times the number of puffs.
- Each hookah session equals 100 more times the smoke volume compared to a single cigarette.
- A typical hookah session involves more frequent puffs, deeper inhalation, over a longer period of time than cigarettes.
- CDC estimates 1.6 million young people used hookahs in 2014, the large pipes used to smoke flavored tobacco. The agency said those numbers have tripled since 2011.



# Hookah Steam Stones

- A new product, called steam stones is being introduced as a tobacco alternative for use in hookahs.

- These heat-treated porous materials are soaked in fluid— usually glycerin— and heated in hookahs, where the tobacco would normally be placed, to create a smoke-like vapor.

- Steam stones are marketed as a replacement of the tobacco leaf medium with a 100% natural, extremely pure, raw mineral with no solids and no fine dust are generated but only fine liquid particles as steam, and claim to contain no nicotine.

- Virtually nothing is known about potential health risks of inhaling vapor from use of steam stones in a hookah.

- Vendors appear to be aligning their marketing strategies with those of electronic cigarette vendors. One company explicitly markets their steam stones as being based on the same concept as electronic cigarettes.



# Electronic Cigarettes Background



- Nicotine delivery device first developed in China in 2004.
- When the user puffs on the inhaler, the battery causes the tip of the e-cigarette to glow and the heat created by the battery turns the liquid nicotine into an aerosol of liquid, flavorings and nicotine.
- Include a battery component, a vaporizer, a cartridge filled with liquid nicotine and an inhaler.
- Commonly known as e-cigarette, e-cig, vape pen, or vapor.
- Available in numerous flavors.
- Using an e-cigarette is commonly referred to as vaping.

# E-Cigs Refillable and Disposable

- The e-cigarette can be sold as a metal tube that requires **refillable** containers or tanks of nicotine and flavorings, often called **juice**, and the cartridge can contain up to 20mg of nicotine or more. These devices can be **plugged into a computer to be recharged**.
- Hundreds of e-juice flavors such as coffee, tobacco, apple, strawberry, banana and bubble gum.
- Numerous inexpensive e-cigarettes available that are **disposable** and don't require refilling the cartridge. These products can be discarded once the user depletes the liquid nicotine. These products can look like a marker or pen.



# E-juice

A traditional single cigarette yields about 1mg of absorbed nicotine. **A 15 ml bottle of e-juice can be the equivalent of 4 packs of cigarettes**, but this varies since some e-cigarettes can be shut on and off.





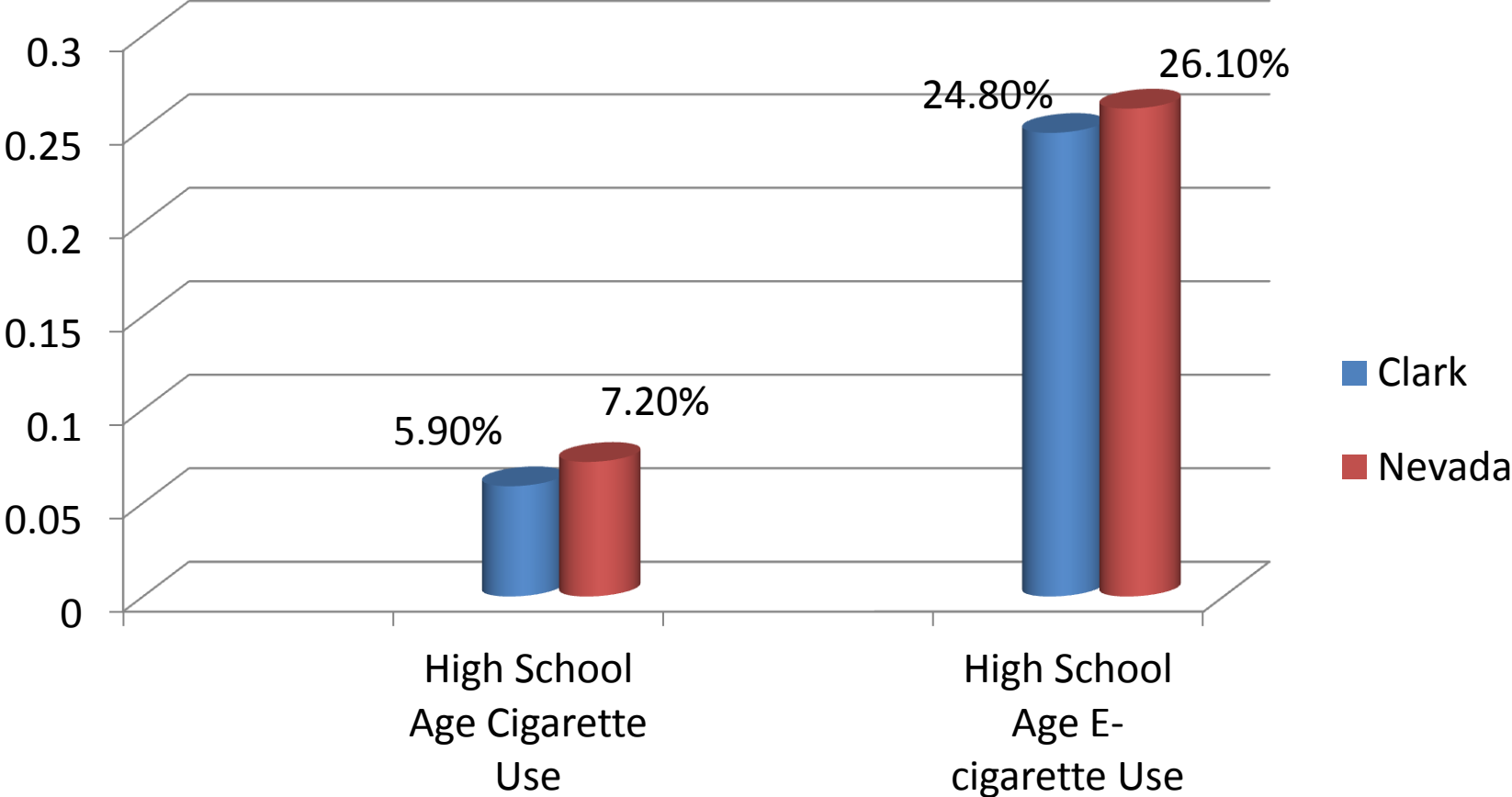
# E-cigarette Prevalence

- In 2014, **12.6%** of adults had ever tried an e-cigarette even one time,
- More than **70.0%** of smokers believe that e-cigarettes are less harmful than regular cigarettes.
- The most commonly cited reasons for use by e-cigarette users include: **the perception that they are healthier/less toxic than traditional cigarettes, aid in tobacco craving/withdrawal symptoms, smoking cessation facilitator, and relapse avoidance.**
- In 2014, an estimated **4.6 million youth**, including **3.7 million high school** and **900,000 middle school** students, reported current use (use on one or more days in the past 30 days) of **any tobacco product.**
- The 2012 NYTS found that **76.3%** of middle and high school students who used e-cigarettes within the past 30 days **also smoked conventional cigarettes.** This raises concerns that e-cigarettes may be an entry point to conventional tobacco products.

11 yr olds Instagram Vape post



# Clark County High School E-cigarette Prevalence



# DIY Flavor Shack Top 50 E-Liquids

						
Café Napoleon	Holy Holy Grail Ry4	Holy Vanilla	Thin Mints	Sweet Tarts	French Vanilla	Fire & Ice
						
Peanut Butter Cuppy	Blue Smurf Berries	Bubble Gum	Banana Cream	Caramel Popcorn Balls	Berries Jubilee	Hot Lava Flow
						
Lava Flow	Tigers Blood	Magic Puff	Grapple	Mangolicious	Juicy Peach	Red Hots
						
Pomegranate Surprise	Banana Split	Raspberry Lemonade	Jingle Bell Cookie	Irish Cream	Shacks of the Caribbean	Ultimate Chocolate Cake
						
Red Bully Girl	Cotton Candy	Jamaica-Mon	Coconut Pound Cake	Hawaii 5 O	Strawberry Champagne	Strawberry Bubble Gum
						
Shacks Menthol	Shacky Tobaccy	Boo Berry Pound Cake	English Toffee	Banana Nut Muffin	Mint Chocolate Banana Float	Root Beer
						
House Blend 555	Cowgirl Silver	Hawaiian Punch	Li Hing Mui	Café Latte	Mint Explosion	Peachy Menthol
						Clearly Grape

# E-cigarette Safety and Quality

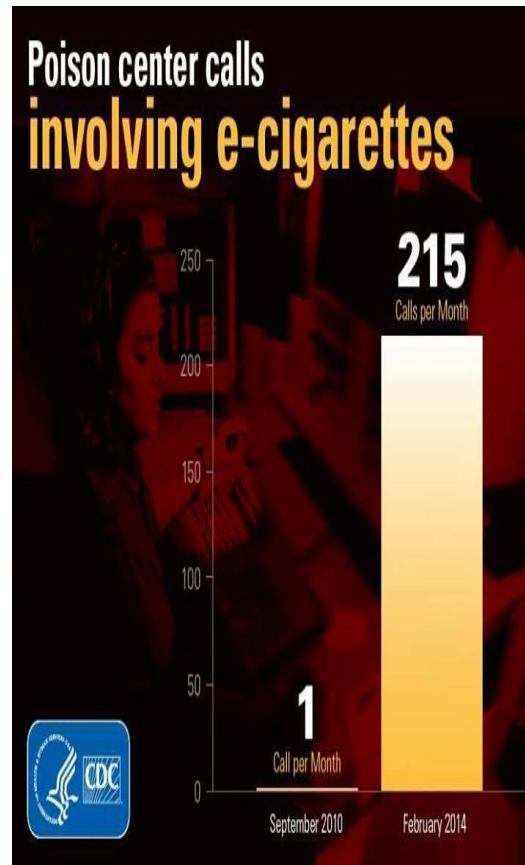
- 2009 FDA studied 2 brands of e-cig and found:
  - Carcinogens and heavy metals found in juice and aerosol
  - Quality control was inconsistent or non-existent
  - Nicotine free e-cigs contained nicotine
  - Nicotine levels varied, sometimes twice as high as FDA approved devices
  - Not recognized as quit smoking devices
- **Nicotine** is highly addictive and is a vasoconstrictor meaning it instantly **narrows** blood vessels:
  - Increases heart rate by 10-20 beats per minute.
  - Considered a neurological-toxin and is used as an insecticide.
- The liquid used in e-cigarettes, when ingested or absorbed through the skin, can cause vomiting, seizures or death.



# E-cigarette Safety and Quality

## National Poison Control Center

- Poison centers reported **2,405** e-cigarette calls from Sept. 2010 to Feb. 2014. The total number of poisoning cases is likely higher than reflected in this study, because not all exposures might have been reported to poison centers.
- Calls to poison centers involving e-cigarette liquids containing nicotine rose from **one** per month in Sept. 2010 to **215** per month in Feb. 2014.
- According to the CDC, more than half (**51.1 percent**) of the calls to poison centers due to e-cigarettes involved **young children 5 years and under**, and about 42 percent of the poison calls involved people age 20 and older.

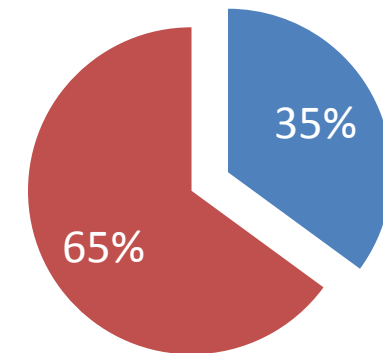


## Nevada Poison Center E-juice

### Nevada Liquid Nicotine Poisonings

97 total calls from 2013-2015

■ Over 5 yrs ■ under 5 yrs.



# Secondhand Aerosol

- John Hopkins Bloomberg School of Public Health researchers demonstrated that e-cigarettes lower immunity for flu viruses and Strep bacteria. The study also concluded that free radicals in the **vapor are damaging enough that vaping may be harmful even if nicotine isn't in the vapor.**
- *The aerosol particles emitted from vaping are so tiny they can actually seep through paint on walls — the pores in the paint would look like Swiss cheese in comparison to the particle size.* **The takeaway: E-cigarette emissions — whether you yourself are vaping or if you're standing next to someone who is — have an immediate effect on your acute lung function.** Stanton Glantz, Ph.D., professor of medicine at University of California, San Francisco and director of the UCSF Center for Tobacco Control Research and Education, says the aerosol particles emitted are so tiny they can actually seep through the paint on painted walls.
- The Center for Environmental Health (CEH) says its tests found that nearly 90% of the companies had at least one brand that produced high levels of one or both of the cancer-causing chemicals formaldehyde and acetaldehyde.

# Secondhand Aerosol

- E-cigarettes do not just emit “harmless water vapor.” **Secondhand e-cigarette aerosol (incorrectly called vapor by the industry) contains nicotine, ultrafine particles and low levels of toxins that are known to cause cancer.**
- Exposure to fine and ultrafine particles may exacerbate respiratory ailments like asthma, and constrict arteries which could trigger a heart attack.
- At least 10 chemicals identified in e-cigarette aerosol are classified as carcinogens and reproductive toxins. The compounds that have already been identified in mainstream (MS) or secondhand (SS) e-cigarette aerosol include: **Acetaldehyde (MS), Benzene (SS), Cadmium (MS), Formaldehyde (MS,SS), Isoprene (SS), Lead (MS), Nickel (MS), Nicotine (MS, SS), N-Nitrosornicotine (MS, SS), Toluene (MS, SS).**
- **E-cigarettes contain and emit propylene glycol (PG), a chemical that is used as a base in e-cigarette solution and is one of the primary components in the aerosol emitted by e-cigarettes.**
  - Short term exposure causes eye, throat, and airway irritation.
  - Little known about long-term exposure PG.
  - Material Safety Data Sheet from Dow Chemical states “inhalation exposure to PG mist should be avoided.”
- **Even though propylene glycol is FDA approved for use in some products, the inhalation of propylene glycol is not.** Some studies show that heating propylene glycol changes its chemical composition, producing small amounts of propylene oxide, a known carcinogen.



# ASHRAE-American Society for Heating, Refrigeration, and Air Conditioning Engineering Journal, June 2014

- Study concluded e-cigarette aerosol consists of: ...*condensed submicron liquid droplets. Which **contain many chemicals including some that are carcinogenic**, such as formaldehyde, metals (cadmium, lead, nitrosamines).*
- ***We conclude that e-cigarettes emit harmful chemicals into the air and need to be regulated in the same manner as tobacco smoking.*** There is evidence that nitrosamines, a group of carcinogens found specifically in tobacco, are carried over into the e-cigarette fluid from the nicotine extraction process. There is also evidence that the glycol carriers can be oxidized by the heating elements used in e-cigarettes to vaporize the liquids, creating aldehydes such as formaldehyde. Consumers should be warned that, while the health risks associated with the usage of e-cigarettes are less than those associated with tobacco smoking, there remain substantial health risks associated with the use of e-cigarettes.

# Popcorn Lung

- Popcorn lung is a serious lung disease. Medically, popcorn lung is actually known as bronchiolitis obliterans. It is connected to the artificial butter flavoring, diacetyl.
- The main concern for people who use e-cigarettes is the fact that diacetyl is used by some e-liquid vendors as flavoring.
- The main symptoms are a dry cough, wheezing and shortness of breath. Often, air actually gets trapped in the lung because of the obstruction of scar tissue that is formed or inflammation so the lungs are full. The overinflation limits the ability to breathe in fresh, oxygenated air.



# E-cig Industry Using Big Tobacco's Playbook

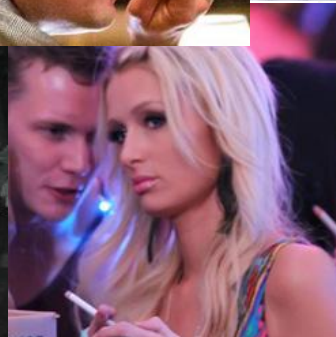
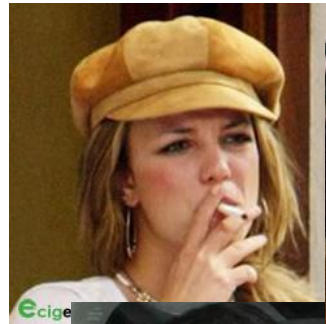
- Celebrity spokespeople
- Print ads feature rugged men and glamorous women
- Sex sells
- Sponsor sports and music festivals
- Products available in sweet flavors
- Use cartoons
- Their ads say "Switch, Don't quit"



# Celebrity Use/Endorsements of E-cigs/Glamorization

- Other celebrities that have been known to smoke electronic cigarettes, but haven't been caught on a camera yet include Mel Gibson, Miley Cyrus, Kate Moss, Ryan Seacrest, Ashley Greene, Nikki Reed, Harrison Ford, Jeremy Piven, and Kate Middleton

Leonardo DiCaprio  
Robert Pattinson  
Katherine Heigl  
Lindsay Lohan  
Johnny Depp  
Jenny McCarthy  
Dennis Quaid  
Charlie Sheen  
Courtney Love  
Stephen Dorff  
Brittany Spears  
Paris Hilton  
Catherine Zeta Jones  
Zayn Malik  
Michelle Rodriguez  
Carrie Fisher  
Tom Petty



# E-hookah = E-cigarettes





**Mods:** refers to Modification: Mods can refer to both the actual e-cigarette, also known as a personal vaporizer, or PV. There can also be mods for other parts of e-cigarette hardware, such as an atomizer tank mod.



# E-cigs for Marijuana Smoking

- Orange County, California reporting increasing number of teens filling e-cigs with THC (psychoactive substance in marijuana) oil, Hemp oil, hash wax (dabs, honey) which can deliver a more potent high than using marijuana via traditional smoking methods.
- Dabs 70-90% of THC
- Numerous videos on YouTube demonstrating how to use e-cigarettes to smoke marijuana derivatives.
- Some web forum discussions around smoking meth using e-cigs.



# E-cigarettes in Nevada

- As of 2015 legislative session some age restriction for purchase not for use.
- **NOT** covered under Nevada Clean Indoor Air Act.
- **NO** restrictions on advertising.
- **NOT** taxed as tobacco products.
- **NO** tobacco retailer license required to sell e-cigs in Nevada.
- **NO** local control.
- Sept. 2013: 41 Attorneys General including NV AG Mastro asked FDA to regulate. AG's office will work on limiting youth e-cig access in legislative session.
- **Numerous NV businesses and organizations have voluntarily implemented restrictions on the use of e-cigs indoors and outdoors.**
- Added e-cig use question to Nevada's 2013 BRFSS, YRBS, BABY BEARS survey.
- 2015 YRBS to determine youth and e-cig prevalence.



# E-cigarette Public Health Concerns

- Re-normalizes the image of smoking
  - Allowed in places where smoking is not allowed
  - Unrestricted advertising
  - Mimics the smoking behavior
- May increase “dual” use
- May be a gateway to cigarettes and other tobacco products.
- Long term health effects are unknown







- The Nevada Tobacco Quitline offers FREE telephone-based service to Nevada residents 13 years or older.
- Hours of Operation: Every day 4 am – 10 pm (PST).
- **Free 8 week supply** of Nicotine Replacement Therapy (NRT)- provided to Medicaid and uninsured clients, supply **mailed to clients home**, counseling and support provided while people are becoming non-tobacco users.
- **Free 2 week supply** of Nicotine Replacement Therapy (NRT)- provided to privately insured clients, supply **mailed to clients home**, counseling and support provided while people are becoming non-tobacco users.
- **Fast, Free telephonic** access to trained tobacco cessation experts that can assist with quitting the use of all tobacco products including e-cigarettes.

**Advise clients to call from a 702 area code phone:**

- 1-800-QUIT-NOW (1-800-784-8669)
- Services available in Spanish and other languages
- 1-855-DEJELO-YA (1-855-335-3569)

# Free Materials

**Quit cards:** Distribute quit cards to each client (double sided Spanish/English)

**Posters:** Place posters in waiting areas (available English/Spanish)

If you require additional quit cards or posters, please email:

Regional contacts:

[azzarelli@snhdmail.org](mailto:azzarelli@snhdmail.org) Southern Nevada  
[kseals@washoecounty.us](mailto:kseals@washoecounty.us) Washoe County  
[Swartgow@carson.org](mailto:Swartgow@carson.org) all other areas of Nevada

Calling could double your chance of successfully quitting tobacco

## 1-800-QUIT-NOW

(1-800-784-8669)  
or enroll online at [www.nevadatobaccoquitline.com](http://www.nevadatobaccoquitline.com)

Get fast, **FREE** access to trained tobacco cessation experts.



NEVADA  
WELLNESS  
1-800-QUIT-NOW  
Nevada Tobacco Quitline

Call 1-800 QUIT NOW  
for FREE assistance quitting

## WHEN SMOKERS QUIT

**Health Benefits of Quitting Smoking:**

- 20 MINUTES AFTER QUITTING**  
Your blood pressure drops. The temperature of your hands and feet increases to normal.
- 8 HOURS AFTER QUITTING**  
The carbon monoxide level in your blood drops to normal.
- 24 HOURS AFTER QUITTING**  
Your chance of a heart attack decreases.
- 3 TO 3 MONTHS AFTER QUITTING**  
Your circulation improves and your lung function increases up to 30%.
- 1 TO 9 MONTHS AFTER QUITTING**  
Coughing, sinus congestion, fatigue and shortness of breath decrease.
- 1 YEAR AFTER QUITTING**  
The risk of heart disease is half that of a smoker's.
- 5 YEARS AFTER QUITTING**  
Your stroke risk is reduced to that of a nonsmoker.
- 10 YEARS AFTER QUITTING**  
The lung cancer death rate is about half that of a smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.
- 15 YEARS AFTER QUITTING**  
The risk of heart disease is that of a nonsmoker's.



# Get Healthy Clark County .org

[home] [community calendar] [about us] [FAQs] [A-Z] Search  GO

## get healthy clark county

get moving | eat better | be safe | live tobacco-free | know your risks

### In the Spotlight

- Free meals for kids!**  
The Summer Food Service Program makes sure kids can get the nutritious meals they need during the summer. [Learn More...](#)
- NEON to NATURE**  
Neon to Nature is a great online tool to find trails in Southern Nevada so you can get out and explore.
- Walk Around Nevada**  
Track your daily physical activities using this online program.
- Nutrition Challenge**  
This 8-week online program helps you eat more fruits & vegetables.
- Interested in quitting smoking?**  
We have resources that can help you...
- E-Cigarettes**  
Learn more about electronic cigarettes.
- Soda Free Summer**  
The Southern Nevada Health District is kicking off its 2nd annual Soda Free Summer Challenge. Join today!

### Social Media

[Twitter](#) [Facebook](#) [YouTube](#) [Blogger](#)

### Featured Video

Healthy Communities

### Secrets to Success

"My motivation is with my dog. She is annoying until we get "our" daily walk. I love keeping track of my steps, watching my progress across NV..." [more](#)



## get healthy clark county

get moving | be safe | eat better | live tobacco-free | know your risks

### Live Tobacco-Free

Cigarette smoking is the leading cause of preventable death in the United States and is responsible for more than 480,000 deaths each year.

Adopting a tobacco-free lifestyle helps prevent chronic disease, improves lung function, reduces the risk of illness associated with secondhand smoke, and saves money.

#### Section Spotlight

- Smoke-Free Workplaces**  
Learn more about implementing a voluntary smoke-free policy in your workplace.
- VIVA Saludable**  
Viva Saludable works to prevent the development of diseases in the Latino Community.
- "No Smoking" Signs**  
Download free 'No Smoking' signs for your business and home.
- Interested in quitting smoking?**  
We have resources that can help you...
- Smoke-Free Housing Directory**  
Learn more about the availability and health benefits of smoke-free living.

#### Stay Connected

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# VivaSaludable .org



**En el punto de mira**

- Caminando Alrededor de Nevada**  
Registre su actividad física diaria usando este programa en línea.  
1-800-784-8669
- ¿Le interesa dejar de fumar?**  
Tenemos recursos disponibles que le pueden ayudar...
- BLOG**
- Letreros de No Fumar**  
Descargue letreros gratis que dicen "No Fumar" para su hogar o negocio.
- El Reto de Nutrición**  
Registre su consumo diario de frutas y vegetales usando este programa en línea.
- El Reto de Un Verano Libre de Soda**  
Anímese a tomar el reto marcando cada día que no tome soda.

**Medios de Comunicación**

**Viva Libre de Tabaco**

El fumar cigarrillos es la causa principal de muerte prevenibles en los Estados Unidos y es responsable de más de 480,000 muertes cada año.

Adoptar una vida libre de tabaco ayuda a prevenir las enfermedades crónicas, mejora el funcionamiento de los pulmones, reduce el riesgo de enfermedades asociadas con el humo de segunda mano y también ahorra dinero.

**En La Mira**

- Letreros de No Fumar**  
Baje los Letreros de "No Fumar" para su negocio y hogar.
- Formulario de Queja**  
Llene el formulario de queja en línea para reportar una violación de la ley NCAAA.
- ¿Le interesa dejar de fumar?**  
Tenemos recursos disponibles que le pueden ayudar...

**Permanezca Conectado**

- Contáctenos
- Enviar página por correo electrónico
- Imprimir página
- Blog

**En el punto de mira**

- Campaña Publicitaria
- Ley del Aire Limpio de Nevada
- Deje de fumar
- Humo de Segunda Mano
- Hogares y Autos Libres de Humo
- Directorio de Viviendas Libres de Humo
- Lugares Públicos Libres de Humo
- Otros Productos de Tabaco
- Poblaciones Especiales
- El Tabaco en las Noticias

**Logos:** SNHD Southern Nevada Health District, www.gethealthyclarkcounty.org, Viva Saludable



# Smoke-free Apartment Directory

## Apartment Insight Magazine Ad



### SMOKING COSTS MORE THAN JUST THE SMOKER.

Secondhand smoke covers walls and other exposed surfaces with a dirty yellow residue. The estimated cost to clean and refurbish a smoking unit can run \$4,000-\$15,000; while a non-smoking unit is usually less than \$1,000. As a manager or owner of an apartment complex, you can save thousands of dollars in maintenance costs by implementing a smoke-free policy. Other benefits of smoke-free policies include:

- Attraction and retention of tenants
- Decreased smoking-related complaints
- Possible insurance rate decrease
- Reduced cigarette butt litter
- Reduced fire danger

If you own, manage or know about other smoke-free apartments in Clark County, call 702-759-1270 or email [TobaccoProgram@snhdmail.org](mailto:TobaccoProgram@snhdmail.org). You can also call for FREE signage.

[GETHEALTHYCLARKCOUNTY.ORG](http://GETHEALTHYCLARKCOUNTY.ORG)



# Smoke-free public and private multi-unit housing



# Smoke-free/tobacco-free indoor and outdoor environments





# Thanks Questions?

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Southern Nevada Health District  
Office of Chronic Disease Prevention and Health Promotion  
Tobacco Prevention and Control Program Coordinator  
[azzarelli@snhdmail.org](mailto:azzarelli@snhdmail.org)

(702) 759-1270



# Acknowledgments and Resources

• Many of the slides in this presentation were developed from content contained in fact sheets, websites, and other materials developed by the American Legacy Foundation, American Academy of Pediatrics, Campaign for Tobacco Free Kids, Americans for Non Smoker’s Rights, Centers for Disease Control and Prevention and Public Health Law Policy Center.

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[www.aap.org/richmondcenter](http://www.aap.org/richmondcenter)



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