

What is Secondhand Smoke?

“Secondhand smoke” is the smoke you breathe when you are around any kind of smoker.

- It's the smoke that comes from the burning end of any tobacco product; cigarette, cigar or pipe.
- It's also the smoke that the smoker breathes out.

Smoke-Free
24/7!



Secondhand Smoke is Harmful for Everyone

There are 60 known and other probable cancer-causing substances in tobacco. It also contains more than 4,000 chemicals, including pesticides and many poisons.

- Secondhand smoke can cause many health risks. For instance, smoke can harm the heart. Anyone who lives with a smoker is at risk for developing lung cancer or even having a heart attack.
- Inhaling secondhand smoke is especially dangerous for babies and young children. Their lungs are delicate and still developing. The smoke makes their lungs less able to completely fill with air.
- In some places, it is now illegal to smoke in a car with a baby or children. Secondhand smoke is ten times more concentrated inside a car than in a house.

Protecting Little Ones from Secondhand Smoke

Children exposed to smoke are more likely to get sick. They may:

- get more colds
- get ear infections from fluid build-up in their middle ears
- develop pneumonia, asthma, bronchitis and other lung infections
- have allergies
- If a child has asthma, the asthma may get worse.

What Can I Do?

Protect children from tobacco smoke!

Pregnancy and the newborn

- You should not smoke while you are pregnant. If you smoke, the baby smokes too.
- Ask your partner not to smoke around you while you are pregnant.

Women who smoke or are exposed to smoke are more likely to have a miscarriage.

Before the baby is born, the secondhand smoke:

- elevates risks for infant health problems
- risks early birth or having the baby weigh too little at birth



If you quit smoking during pregnancy, don't start again! Secondhand smoke is especially harmful to a newborn.

- Smoking makes it hard for the baby to breathe.
- Babies' airways get smaller when they breathe air with smoke in it.
- Any smoking in the home increases the risk of SIDS, Sudden Infant Death Syndrome.
- Nicotine and other chemicals in cigarettes get into breastmilk of mothers who smoke or who breathe in secondhand smoke. But don't stop breastfeeding just because you smoke. The nutrition in breastmilk is far superior to formula, even if you do smoke.

Give Your DayCare Children the Best Chance for a Healthy Life

You operate a quality childcare home - the best reason to be smoke-free, 24/7.

- Share this information with anyone around you who smokes.
- Ask your employees or other family members to quit with you or go outside to smoke.
- If you smoke, have them support your efforts to quit.
- Talk to a doctor about stop-smoking aides. You can also take classes or join a support group.
- If you can't quit right away, smoke outside and away from babies and other children in your child care home.
- For more information, contact the Grand Rapids Urban League.

Grand Rapids Urban League Questionnaire and Survey Declare Me Smoke-Free

24/7



GRAND RAPIDS URBAN LEAGUE, INC.
745 EASTERN AVE SE
GRAND RAPIDS, MI 49503
800-842-1118

Are YOU Smoke-Free?

This quick survey and questionnaire will help the Grand Rapids Urban League continue to provide you with service and education to help you be and stay Smoke-Free 24/7! Please take a moment to complete this form. This information is confidential.

Are you:

Current smoker Former smoker Never smoked

Please check all that apply.

- My childcare home is currently Smoke-Free 24/7.
 I am interested in my home becoming Smoke-Free 24/7.
 I am not interested in becoming a Smoke-Free 24/7 Home.
 I am willing to commit to my home being Smoke-Free during childcare operations.

Section 1: Smoke-Free Questionnaire

Please indicate below, which item best describes you and your child care home:

- I am not a smoker and my child care home is smoke-free 24/7. (Please proceed to Section 2 and 3)
 I am currently a smoker, or reside with family members who smoke. (Please complete Sections 1,2,3)
 I am currently a smoker (or reside with family members who smoke) in my home and I am willing to commit to my home being smoke-free during child care operations. (Please complete Sections 1, 2, 3)
- Average number of cigarettes smoked per day _____.
 - Average number of years smoking cigarettes _____.
 - Do you smoke inside your home?
 Yes No
 - Do you smoke inside your car?
 Yes No
 - Do you smoke inside the homecare center?
 Yes No
 - Have you tried to quit?
 Yes No
 - Number of attempts to quit? _____.
 - Would you like assistance in quitting again?
 Yes No



- Do you have family members who smoke inside your home or car?
 Yes No
- Do you think smoking is harmful to your health?
 Yes No
- Do you think secondhand smoke is harmful to your health?
 Yes No
- Do you think secondhand smoke causes cancer?
 Yes No
- Do you think smoking around children is harmful to their health?
 Yes No
- Will you commit to not smoking when children are in your care?
 Yes No
- Do you need help in preparing your home to be smoke-free 24/7?
 Yes No

Section 2: About You & Your Child Care Home

- Name of the city where your childcare home or center is located _____.
- Type of the childcare home:
 Family Group Relative Care
- Gender: female male
- In what year were you born? 19_____
- Education:
 Some High School
 High School/GED graduate
 Some college/graduate
- Marital status:
 Single or widowed
 Married
 Divorced or separated
- Annual household income:
 Less than \$20,000
 From \$20,000-\$49,000
 \$50,000 and above
- Number of people in your household _____.
- Race/ethnicity:
 White Black Hispanic Other
- Would you say that in general, your health is:
 Good Poor Don't know

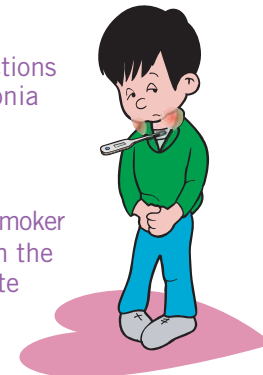


Section 3:

Secondhand Smoke Self-Test

Please Circle Any/All That Apply

- How many chemicals are found in secondhand smoke – some of them known to cause cancer?
A. More than 4000 B. 25 C. 900 D. 500
- Children exposed to secondhand smoke are more likely to have which of the following illnesses?
A. Ear Infections
B. Asthma
C. Upper Respiratory Infections
D. Bronchitis and pneumonia
E. All Listed
- Secondhand smoke is:
A. Smoke breathed out by smoker
B. Smoke that comes from the tip of a burning cigarette
C. Pollution from smoke stacks and car exhaust



- Children breathe two or three times more pollutants for every pound of body weight than adults do.
A. True B. False
- Which of the following methods are effective in talking to parents about smoking in the home?
A. Refer smokers to their own doctors
B. Tell smokers they are bad people because they are exposing their children to secondhand smoke
C. Tell smoking parents their child will get sick

Answers: 1:A, 2:E, 3:A&B, 4:A, 5:C

I want to publicly declare my child care home Smoke-Free 24/7. Contact me with information about receiving credit for training my day care children on the dangers of secondhand smoke.

Name _____