



FOR MISSISSIPPIANS WITH DISABILITIES

- ▶ Secondhand Smoke
- ▶ Housing
- ▶ Great American Smokeout

November 2016

TCS News

Tobacco Cessation Information for All Mississippians, Including People with Disabilities

How to Protect Your Loved Ones from Secondhand Smoke?

Secondhand smoke contains more than 7,000 harmful chemicals that linger in the air hours after a smoker has finished a cigarette. Nonsmokers can best protect their families during the holidays by avoiding secondhand smoke.

- Set “smoke-free” rules for anyone in your home and car.
- Make sure people who care for your family members (babysitters, personal care attendants) do not smoke.
- Avoid indoor public places that allow smoking. More and more restaurants and communities are smoke-free. Avoid those places that allow indoor smoking.
- Teach your children to avoid secondhand smoke.

<https://smokefree.gov/secondhand-smoke>

From “Protect Your Loved Ones From Secondhand Smoke”



Prevent Secondhand Smoke, Participate in the Great American Smokeout on November 17

Remember your family’s Thanksgiving holiday last year. The turkey and dressing were exceptional; the desserts were even better. Then, your favorite uncle on your mother’s side of the family began smoking a cigarette at your grandmother’s Thanksgiving dinner table. Your uncle was spreading second hand smoke in a roomful of people that included seven children, four babies, three elderly relatives, and two family members with disabilities.

Secondhand smoke doesn’t have to be just another family tradition. Even now with smoking prohibited in many



public places, the Centers for Disease Control (CDC) states that more than 58 million non-smokers in the United States are still exposed to secondhand smoke. Breathing second hand smoke is particularly problematic for vulnerable populations, such as babies, the elderly, and people with disabilities and chronic illness. It is known to cause heart disease, cancer, sudden infant death syndrome, respiratory and ear infections, and asthma attacks.

This holiday season, be prepared. Tell Uncle Fred about the Great American Smokeout. Sponsored annually by the American Cancer Society on the Thursday before Thanksgiving, the Smokeout allows smokers to quit—even for one day—in a successfully planned way, with resources and supports.

In Mississippi, the Tobacco Quitline and the ACT Center for Tobacco, Treatment, Education and Research are available to help your family members stop smoking.

<http://quitlinems.com>
<http://act2quit.org>



Secondhand smoke can infiltrate into other units through hallways and stairwells.

Don't be shy when it comes to your health. Talk to your building manager about making your apartment smokefree.



CDC.gov

Secondhand Smoke, Public Housing and People with Disabilities

Secondhand smoke is sneaky. It can slip easily into the homes of non-smokers and wreck havoc with the health of people with disabilities and chronic illnesses, the elderly, children, babies, African-Americans and those living in multi-family dwellings. According to the CDC, secondhand smoke annually affects more than one in three nonsmokers who live in rental housing. In fact, about 41,000 nonsmoking adults die every year from smoke-related diseases.

While some states have passed laws restricting smoking in multi-family and public housing, other states have not. In recent years, the Department of Housing and Urban Development (HUD) has proposed a smoke-free housing rule for public housing authorities to implement smoke-free policies. This month, HUD will place *Tips* video and billboard ads near targeted public housing complexes to provide cessation support to residents.

"We have a responsibility to protect public housing residents from the harmful effects of secondhand smoke, especially the elderly and children who suffer from asthma and other respiratory diseases," said HUD Secretary Julian Castro.

Mississippi's 2015 public housing data, based on the 2010 census and provided by the HUD website, reports that there are 129,036 low-income people in Mississippi living in 53,951 housing units. Of this number, 52% are households with children, 47% are over age 62, and 16% are people with disabilities.

HUD has been encouraging public housing authorities across the nation to adopt smoke-free policies for their

facilities and common areas since 2009. Approximately 20% of the nation's 1.2 million units are already voluntarily smoke-free.

www.cdc.gov/features/smokefree-home

www.cdc.gov/vitalsigns/pdf/2015-02-vitalsigns.pdf

<http://portal.hud.gov/hudportal/documents/hud-doc?id=pdfresidents.pdf>

From CDC's "Everyone Deserves a Smokefree Home" and "Second Hand Smoke: Danger" website and "Vitalsigns," February 2015, and HUD/Census data

[Watch the Web](#)

The Great American Smokeout: Get Ready. . . Set. . . Quit!

With the Great American Smokeout set for November 17, the CDC has scheduled a series of Web-based activities beginning November 10. Look for this featured information on www.cdc.gov:

- *Get Ready. . . Set. . . Quit*, a CDC article with suggestions on how to celebrate the Great American Smokeout with others
- A video from the *Tips From Former Smokers™* campaign featuring Rebecca, a former smoker who dealt with her depression and quit smoking <https://www.youtube.com/watch?v=CoWaNa70FqQ>
- A link to the *VitalSigns* newsletter focusing on adult smokers with mental illness: <http://www.cdc.gov/vitalsigns/smokingandmentalillness/index.html>

Follow @CDCTobaccoFree on  and .

Smoking Cessation and Employers

Information, Resources and Programs in Mississippi
November 16, 8:30 a.m. to 12 Noon
McGowan Training Center, Holmes Community College, Ridgeland
To register, visit msbgh.org/events.

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<https://www.usm.edu/disability-studies/tobacco-control-strategies-mississippians-disabilities>