

Quarterly Newsletter

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Ten Facts About Secondhand Smoke

- 1.) **Cigarette secondhand smoke contains more than 7,000 , at least 70 of which are cancer-causing chemicals even brief exposure is dangerous (1)**
- 2.) **Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke (1)**
- 3.) **In 2006, the California Air Resources Board classified secondhand smoke as a "Toxic Air Contaminant" in the same category as asbestos, cyanide, and arsenic – all of which can lead to serious illness and death (1)**
- 4.) **Secondhand smoke exposure is higher among people with low incomes (2)**
- 5.) **Secondhand smoke exposure caused more than 7,300 lung cancer deaths each year during 2005–2009 among adult nonsmokers in the United States (3)**
- 6.) **Most exposure to secondhand smoke occurs in homes and workplaces (3)**
- 7.) **Secondhand smoke is a serious health hazard causing more than 41,000 deaths per year (4)**
- 8.) **Secondhand smoke can cause heart attacks; even relatively brief exposure can trigger a heart attack, according to a report by the Institute of Medicine (4)**
- 9.) **Secondhand smoke is responsible for between 150,000 and 300,000 lower respiratory tract infections in infants and children under 18 months of age, resulting in between 7,500 and 15,000 hospitalizations each year (4)**
- 10.) **Secondhand smoke causes 430 sudden infant death syndrome (SIDS) deaths in the U.S. annually (4)**

Legislative Updates

Two tobacco-related bills were signed into law:

AB 2020

(Quirk – D, Hayward)

Cannabis: local jurisdiction licenses:
temporary event license

SB 1408

(Pan – D, Sacramento)

Cigarettes: seizure

Three tobacco-related bills were vetoed.

AB 1097

(Levine – D, San Rafael)

State beaches and parks, smoking ban

SB 835

(Glazer – D, Orinda)

Parks: smoking ban

SB 836

(Glazer – D, Orinda)

State beaches: smoking ban



U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease, A Report of the Surgeon General. 2010

2. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm

3. <https://www.lung.org/stop-smoking/smoking-facts/health-effects-of-secondhand-smoke.html>

Legislative Updates gathered from American Lung Association's The Center for Tobacco Policy & Organizing

Community Corner

Merced County Department of Public Health Oral Health Program



In February 2018, the Merced County Department of Public Health began working in partnership with other agencies in the county to improve dental health in Merced County. The Oral Health Program is a five-year grant funded by tobacco tax revenues. Early steps taken in this program have been the formation of an Oral Health Advisory Committee and assessing the dental needs of our community. With help from Healthy House and UC Merced, the Oral Health Program staff collected 1,329 public surveys and 313 caregiver surveys, as well as, speaking with many focus groups and interviews with providers throughout the county. The results from these efforts will be published in a Community Health Improvement Plan (CHIP) and a Needs Assessment in early 2019.

The Oral Health Advisory Committee meets quarterly and has grown to include at least ten county agencies. These members have guided the Oral Health Program staff through the initial planning phases of the program and during the December meeting, these stakeholders suggested strategies to accomplish the robust work plan ahead. Future work will include facilitating K – 6 county students with dental screenings, dental sealants, and fluoride treatments. Other community efforts are education, a media awareness campaign, facilitating access to oral health care, enhancing the dental referral system, working with dental providers to educate clients on decreasing sugar consumption and eliminating tobacco use.

More members are needed to accomplish these important oral health goals.

If you are interested in joining the Oral Health Advisory Committee to improve Merced County's dental health please contact the program coordinator, Nancy Tapia at ntapia@co.merced.ca.us or (209) 381-1156.



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.



Protect Your Family From Toxic Secondhand Smoke

Do you want to protect your family from toxic secondhand smoke?
What can you do to reduce exposure to secondhand smoke in your home?

HERE ARE SOME TIPS ON HOW TO PROTECT YOUR FAMILY FROM TOXIC SECONDHAND SMOKE

PUBLIC OUTDOOR SMOKE-FREE AREAS

- Eat at smoke-free restaurants
- Avoid indoor public places that allow smoking
- Teach your children to stay away from secondhand smoke.
- When attending public events make sure they are smoke-free

MULTI-UNIT HOUSING

Many Californians have made the choice to not allow smoking inside their homes, many living in apartments and condominiums are still exposed to drifting toxic secondhand smoke

Tobacco smoke is also absorbed into walls, floors, furniture, clothes, toys and other household surfaces within minutes to hours after it is exhaled. Chemicals in the smoke can then be recycled into the air for hours, days and even months

Smoke from a neighboring apartment or condo can enter through:

Ventilation systems Cracks in the walls Floorboard Light fixtures Drains

PROTECTING YOUR HEALTH IS YOUR RIGHT!

Contact Merced County Tobacco Control Program to get more information on how you can protect your family and loved ones from secondhand smoke exposure



Quit Smoking Today

Dignity Health Mercy Medical Center -
Mercy UC Davis Cancer Center is offering a **FREE 4 week program that meets one-hour each week**

Location of Classes:

Dignity Health Mercy Medical Center -
Mercy UC Davis Cancer Center
Conference Room
3850 G Street
Merced, CA 95340

Class Dates/Time

January 1 | 10:30 am
January 15 | 10:30 am
January 22 | 10:30 am
January 29 | 10:30 am

For more information **contact:**
(209) 564-3669



Merced ACTION Youth Advisory Board



Merced Chapter - ACTION Youth Advocates



The ACTION Youth Advisory Board members collaborated with API PACT Project to provide an educational presentation to Livingston City Council. They discussed their concerns with flavored tobacco products being marketed toward youth and access to these products around youth sensitive areas.

ACTION Youth Advocates also had the opportunity to provide an educational presentation to Atwater California Highway Patrol (CHP) and shared information about the trending electronic cigarettes that are frequently used by youth.

ACTION Youth Advocates always look for creative ways to share messages about tobacco with their peers. They are in the process of collaborating with youth organizations during National Kick Butts Day. More information will be distributed soon!

The ACTION Youth Advisory Board is living up to their name and taking ACTION in our community to promote healthier communities in Merced County!



Los Banos Chapter - ACTION Youth Advocates

On the westside of Merced County, a new spark has arrived in the city of Los Banos. The ACTION Youth Advisory Board is expanding and working directly with high school youth to address concerns regarding tobacco use and tobacco litter in their community.

The ACTION Los Banos Chapter is excited to start the new year with a bang and continue their recruitment efforts. The youth are preparing to meet with their elected officials to discuss their concerns regarding tobacco in the community.

The opportunities are endless for ACTION Youth Advocates:

- Community Service Hours**
- Professional Development**
- Develop Public Speaking Skills**
- Leadership Activities**
- Creative Projects and Campaigns**
- Statewide and Local Events**



If you would like to recommend a youth to be part of the ACTION Youth Advisory Board please contact Patrik at pwhite@healthcollaborative.org



Top picture (Left to right): Morelia Marines (Oversees Merced and Mariposa County) & Jennifer Acidera (Program Coordinator)
Bottom Picture (Left to right): Valeria Pedroza (Oversees Fresno and Madera County) and Dulce Velasquez (Oversees Kern, Tulare and Kings County)

We are excited to announce that the Unidos Por Salud is in full swing as of May 1, 2018!

The California Health Collaborative - Unidos Por Salud Project is a regional tobacco prevention program that is tasked with reducing tobacco-related health disparities and improving health equity among the Hispanic/ Latino community in the following seven counties in the Central Valley: Merced, Mariposa, Fresno, Tulare, Kings, and Kern County. The program's work plan includes working with the community to address flavored and mentholated tobacco products, multi-unit housing, and youth engagement.

In Merced County, Unidos Por Salud works specifically on flavored and mentholated tobacco products in the city of Dos Palos.

Unidos Por Salud currently has a Youth Coalition at Dos Palos High School. Pictured to the top-left are students working on recruitment posters for their youth coalition and sharing information about the harms of tobacco and electronic cigarettes

If you or anybody you know lives in Dos Palos and would like to get involved with the program contact Unidos Por Salud

Morelia Marines
Community Engagement Coordinator
mmarines@healthcollaborative.org
(209) 725-8240

Unidos Por Salud Project is a program of the California Health Collaborative, with funding from the California Department of Public Health, Tobacco Control Program

We are excited to announce that the API PACT is in full swing as of May 1, 2018!

The California Health Collaborative - API PACT is a regional tobacco prevention program that is tasked to decrease tobacco-related health disparities and improving health equity among the Asian Pacific Islanders (API) communities in the Central Valley : Merced, Mariposa, Fresno, Tulare, Kings, and Kern County! API PACT mobilizes community residents, leaders, and youth to advance tobacco control efforts in their communities.

In Merced County, API PACT works specifically on flavored and mentholated tobacco products around youth sensitive areas in the city of Livingston as well as creating tobacco-free API events.

For the latest updates on program activities and tobacco control education, please contact:

Sue Emanivong
Community Engagement Coordinator
semanivong@healthcollaborative.org or (209) 725-8240



Sue Emanivong - Community Engagement Coordinator



Upcoming ACCT Coalition Events

Merced County ACCT Coalition Quarterly Meeting

March 12, 2019

11 am - 1 pm

Location TBD

Merced County ACCT Coalition Subcommittees

Community Outreach Subcommittee

Meets 1st Friday of the month

12-1 pm | Location TBD

Media Subcommittee

Meets 3rd Friday of the month

12-1 pm | Location TBD

ACCT of Kindness Mixer

Details will be distributed to Coalition members



The previous meeting took place on December 11, 2018, at The Vault Works in Merced

ACCT Coalition Updates

- Merced County ACCT Coalition members selected goals they will be working on during 2019-2020 in Merced County
- **New Subcommittees have been created to assist with the goals action plans**
- Merced County ACCT Coalition is expanding and reaching out to other cities throughout the county, a new chapter is being organized in the City of Los Banos
- **Merced County ACCT Coalition - Community Outreach Subcommittee has started attending community events**



Virginia & Sue sharing information at Merced College during the Great American Smoke Out (GASO) event to provide current smokers with the appropriate resources to help them during their journey to quit smoking!

Contact Us

For more information about Merced County ACCT Coalition please contact:

Tashelle Wright
Coalition Chair

Jazmine Kenny
Coalition Co-Chair

mercedcountyacctcoalition@gmail.com

Stay Connected - Social Media -



@MercedCountyACCTCoalition



Merced County Tobacco Control Program

The program has been providing several resources to communities with efforts to reduce tobacco-use among youth and residents of Merced County.

MCTCP has provided several educational presentations to community organizations, parents and youth groups across Merced County

MCTCP along with community partners completed a "Community Dialogue" strategy session in the city of Los Banos to identify goals that will assist with creating tobacco-free outdoor areas and reduce tobacco litter.

We are always looking for opportunities to collaborate and partner with organizations who are interested in creating healthier and tobacco-free communities. If you are interested in more information about our program please contact us directly at (209) 725-8240

The California Health Collaborate wishes you Happy Holidays!



Contact Us

For more information about the California Health Collaborative or the Merced County Tobacco Control Program please contact:

Virginia Vega

Community Engagement Coordinator
VVega@healthcollaborative.org

Patrik White

Youth Coordinator
PWhite@healthcollaborative.org

Stephanie Gonzalez

Program Manger
SGonzalez@healthcollaborative.org

Stay Connected - Social Media -

@ Merced County Tobacco
Control Program



@ MCTCP209

