



Association for Nonsmokers - Minnesota

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Smoke-free cars for kids

The air quality in a car where someone is smoking can reach nearly 10 times over the hazardous levels set by the United States Environmental Protection Agency.

W. Ott, N. Klepeis, and P. Switzer, Air Change Rates of Motor Vehicles and In-Vehicle Pollutant Concentrations from Secondhand Smoke, Journal of Exposure Analysis and Environmental Epidemiology, 2007

Smoke-free cars for kids will become law if a bill moving through the Minnesota legislature passes this year. Minnesota would become the fifth state to enact such a bill, behind Arkansas, Louisiana, Maine and California.

The bill, SF 359 and HF 379 would make smoking in a car with a minor present a 'secondary offense'. That means police could not stop a driver just because he/she is smoking. However, if the driver is stopped for a moving violation AND they are smoking with a minor present, they could be ticketed for smoking as well as the primary violation.

The science supporting this regulation is very strong. The US Environmental Protection Agency (EPA) has established an air quality index for fine particulates. Smoking a single cigarette in a car, even if the windows are open, can cause the particulate level to be ten times the EPA standard.

Children are more vulnerable to the harmful effects of secondhand smoke than are adults because their lungs are still developing. Young children also breathe more rapidly so they inhale more air pound for pound than adults do. The U.S. Surgeon General determined that, in children, secondhand smoke causes: Sudden Infant Death Syndrome (SIDS); bronchitis; pneumonia; ear infections; and triggers asthma attacks. It causes respiratory symptoms including cough, phlegm, wheezing and breathlessness. It can also lead to the development of heart disease, cancer and respiratory diseases in adulthood.

Supporters of the bill in addition to ANSR are: the American Lung Association of Minnesota; La Creche Early Childhood Centers, Inc., the Arrowhead Parish Nurse Peer Group of North East Minnesota, Ramsey Tobacco Coalition and the Northeast Regional Asthma Coalition and Stair Step, a child care and advocacy group.

The Chief House Author is Nora Slawik of Maplewood. Co-authors are Representatives Erin Murphy, Diane Loeffler, Frank Hornstein, Tim Kelly, Karen Clark, Alice Hausman, Mindy Greiling, Michael Paymar, Jeff Hayden, Tina Liebling, Maria Rudd and Bobby Joe Champion. The Chief Senate Author is Sandy Pappas of Saint Paul. Co-authors are Yvonne Prettnner Solon, John Marty and Linda Higgins.

If you would like more information about the Smoke-Free Cars for Kids bill or you would like to get involved, contact Jeanne at 651-646-3005.

RTC research yields surprising results

The Ramsey Tobacco Coalition (RTC), an ANSR program, completed a comprehensive survey of advertising in stores that sell tobacco and the results are now being analyzed. This survey is the most comprehensive evaluation done anywhere in the country. Because of the amount of data to be analyzed, findings will be coming in steadily during the coming year.

Interesting Facts:

Stores in neighborhoods with a large proportion of children are more likely to have exterior tobacco advertising but are no more likely to have interior tobacco advertising.

No candy tobacco/look-a-like products were observed by the adult data collectors. But young people working with the RTC reported that they found candy cigarettes, as well as bubble gum and beef jerky that looked like chewing tobacco in containers in many neighborhood stores. They also found products such as lighters that looked like toys. Clearly these look-a-like/toy tobacco products are targeted towards youth, which would explain why the youth and not the adults were able to spot them in the stores.

ANSR staff member Betsy Brock will present some of the study findings at the National Tobacco Conference in Phoenix, AZ this spring.

Survey shows support for tobacco-free fairgrounds

Tobacco-Free Youth Recreation (TFYR), an ANSR program, partnered with three other Tobacco-Free Communities projects to conduct a survey of county fairgoers last summer at eight county fairgrounds throughout Minnesota. The survey asked fairgoers their opinions on whether specific outdoor venues at the fair should be tobacco free. The results were excellent and exceeded even our best expectations. A few key results from the survey:

- 75% of fairgoers believe the *entire fairgrounds* should have a tobacco-free policy.
- 90% of fairgoers support tobacco-free livestock and grandstand areas.
- 90% of fairgoers would *visit the fair more* or the same amount with a tobacco-free fairgrounds policy.

With such a positive result, TFYR and coalition partners took their data to the Minnesota Federation of County Fairs (MFCF) annual conference in January.

The coalition held two breakout sessions and hosted a booth to provide materials on tobacco-free fairgrounds and survey data. Over 80 county fair board members and staff attended the session to learn about survey results and what they need to do to comply with the new requirements of the Freedom to Breathe Act.

TFYR hopes to expand this movement within the Twin Cities Metro Area during the 2009 County Fair season. If you would like work towards tobacco-free fairgrounds in your county, please contact Derek Larsen at dkl@ansrmn.org



CHARTER MEMBER



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For an on-line version of the newsletter, go to ANSR's web site at www.ansrmn.org

Steven Scott offers more smoke-free buildings

Twin Cities renters can find more options for smoke-free living thanks to Steven Scott Management. This spring, Steven Scott will open a newly constructed building that is completely smoke free. The Pointe at River Crossing in Saint Paul made a commitment to protecting the health of residents from the dangers of secondhand smoke exposure. The luxury property was built with sustainable living and green initiatives in mind.

The Pointe is the third smoke-free building for Steven Scott Management. Bierman Place is located in Minneapolis near the University of Minnesota and offers a completely smoke-free building for university students. Creekside Apartments in Plymouth is partially smoke free and is in the process of adopting a smoke-free policy for the entire building. Waterstone Place is a Steven Scott building that will be implementing a smoke-free policy April 1st. Two other Steven Scott communities will be working to become partially smoke free in 2009.

If you know of an apartment building that is smoke free, please let ANSR's Live Smoke-Free program know! Contact Carissa Duke at (651) 646-3005 or crd@ansrmn.org or visit our smoke-free housing directory at www.mnsmokefreehousing.org

Lawyers learn about smoke-free housing

For the second year in a row, Live Smoke Free staff, along with Tobacco Law Center attorney Warren Ortland, presented information about smoke-free multi-housing to members of the Volunteer Lawyers Network. The Volunteer Lawyers Network matches low-income clients in Hennepin County with volunteer attorneys for free civil legal services.

Live Smoke Free spoke to 25 Network attorneys about the benefits of smoke-free housing and how they might provide legal assistance to landlords and tenants on the smoke-free housing issue.

To assist landlords and tenants needing legal advice, Live Smoke Free maintains a list of metro area attorneys interested in smoke-free housing. Please contact Carissa at (651) 646-3005 if you would like to learn more. Live Smoke Free is an ANSR program.

Scouts advocate for tobacco-free park policy

Youth are often the strongest advocates for tobacco-free park policies and spokespeople against tobacco use. A Mahtomedi Girl Scout Troop is a good example.

A troop of 10 year olds performed "Pinocchio Don't Smoke That Cigarette" for a troop of younger scouts. They are also busy practicing to make a presentation in support of tobacco free parks. To see these young advocates in action, check out this video.

<http://www.youshare.com/crduke/a34535/DisplaySimple>

GLBT organizations reject tobacco money

Five organizations providing services to the gay, lesbian, bisexual and transgender communities recently announced they will not accept tobacco industry contributions, even if that money would advance their work. It was a bold leadership step for organizations that struggle to make ends meet, particularly during tough economic times.

The organizations, Rare Productions, PFLAG, Prepone Consulting LLC, Quorum and Rainbow Health Initiative all promote health and well-being in the GLBT community, although in different ways.

The tobacco industry has a history of providing funding in the GLBT community for festivals as well as for AIDS prevention and treatment programs. "The GLBT community is often highlighted for engaging in unhealthy behaviors. Tobacco companies takes advantage of this stereotype by using charitable contributions to create an appearance of corporate responsibility and sincere concern for the health and safety of the community. Unfortunately, the outcome of these contributions is free advertising for the tobacco industry that is designed to increase tobacco use and silence any opposition to their deadly products," said Bernadette Chlebeck as she presented each organization with a certificate of recognition at a January ceremony in their honor.

The Jovenes de Salud, Hispanic/Latino youth lay health workers, are also working to reduce tobacco influences in the community. They have scheduled meetings with community organizations to encourage them to adopt tobacco-free funding policies.

If you belong to an organization that would like to adopt a tobacco-free funding policy, please contact Bernadette Chlebeck at 651-646-3005.

Live Smoke Free produces new brochures for renters

Live Smoke Free, an ANSR program, receives many phone calls from renters experiencing secondhand smoke drifting into their unit. We work with the renter to brainstorm solutions for the problem. However, we know that there are many renters with secondhand smoke drift problems who do not reach out to LSF. Often, renters are unaware that there are solutions to their problems, or that Live Smoke Free is available to help them for no charge.

To make renters more aware of their rights and of the services offered by Live Smoke Free, we have created new brochures to educate renters:

* **Secondhand Smoke in Your Apartment:** A first look at strategies and resources for solving a secondhand smoke problem. This brochure (available in English or Spanish) is designed for renters who have not yet spoken to LSF.

* **What to Know Before You Rent:** Information about the benefits of smoke-free multi-housing. For first-time renters or people who are re-entering multi-housing after living in a single-family home.

If you would like to receive either (or both) of these brochures, please contact us at 651-646-3005.

Thirdhand smoke, the "new" hazard

Thirdhand smoke, you say, "What Next?????" Well, actually you already know about thirdhand smoke, but you many not have heard the name before. Third hand smoke is that stuff you smell when you get into the car of a long time smoker and find the smell overwhelming. It is what bars that went smoke-free smelled like for months after no one lit up a cigarette. Guess what! Just because it isn't fresh smoke, doesn't mean it isn't bad for you.

This is the way it works. Someone lights a cigarette. The smoker inhales some of the smoke, then exhales it. Some of the smoke comes off the burning end of the cigarette. Both types of smoke are released into a room where several things happen. Some of the smoke is likely blown out of the room and diluted. Some of it absorbs on to surfaces, that is it sticks to surfaces such as the walls, ceiling, window, and your clothing. Over time it desorbs, the opposite of absorb. The smoke is released back into the air. Some of the chemicals that absorb and then desorb are Isoprenem, Acrolein, Benzenem Touluene, Xylene, TMBenzene, Pyridine, Naphtalene, and Phenol. This chemical cocktail is enough to make you sick. Really sick.

Best advice? Trust your nose. If you can smell it, it is there and it is not good for you whether it is mainstream smoke, side stream, secondhand or thirdhand smoke.

ANSR Membership Form

Already a member? Not your renewal date? Pass this form along to someone you think might be interested. Share your newsletter.

I want to help in ANSR's work for

- nonsmokers' rights as a:**
- Guarantor ___\$100 ___\$200 ___Other
- Sustaining Member ___\$50 ___\$75
- Contributing Member ___\$30 ___\$40
- Regular Member ___\$25
- Associate Member ___\$5 ___\$10 ___\$15

ANSR is a 501(c)(3) nonprofit organization. Contributions are tax deductible

Name

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Please call me about volunteer work:

- Telephoning on action hotline phone tree
- Talking with or writing to legislators
- Recruiting members in my community
- Writing letters to editor of local paper
- Working on garage sale
- Fundraising
- Other telephoning
- Other

H () _____ W () _____
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Please mail this form with your check to:
Association for Nonsmokers—Minnesota
2395 University Ave. W Suite 310
St. Paul, MN 55114-1512

Supporters needed for Minneapolis Tobacco-Free Parks Campaign

Think Garage Sale

Tobacco-Free Youth Recreation, an ANSR program, is working with several youth groups from all corners of Minneapolis on a campaign to make the Minneapolis park system tobacco free.

Minneapolis has a massive park system. City residents take pride in keeping their park system healthy, beautiful, and green for all its citizens. They take so much pride in their park system that the Parks and Recreation Commission is an independently elected board.

To demonstrate the problem of tobacco use in Minneapolis parks, youth groups conducted litter cleanups last fall and have begun gathering community support and crafting policy.

We are looking for Minneapolis citizens or those who use Minneapolis' parks to join our efforts by lending a hand in writing letters or e-mails, and finding others to join the campaign. Also, do you know youth who'd like to get involved in this project? Is your organization supportive of tobacco-free parks in Minneapolis? You can help! Contact Derek Larsen, TFYR community outreach coordinator, at (651) 646-3005 or dkl@ansrmn.org to find out how you can get involved!

It may feel like the dead of winter, but spring and the ANSR Garage Sale are not far away, May 14,15. Please start setting things aside for us. Big sellers: housewares, decorator, lawn and garden, tools, books, in season sports goods, antiques and collector items, jewelry, toys, anything a student could use in their dorm room. We are not able to sell: clothing, TVs, computers, furniture with springs, large exercise equipment, child car seats, large furniture, Christmas trees. If you have a furniture item or other item you would like to donate but are unsure of, please call Jeanne or Dave at 651-646-3005.

Volunteers needed: volunteers are always needed to help set up the garage sale on May 12, 13 and assist with sales on May 14, 15. Call if you wish to volunteer. Another way you can help is to ask your friends and neighbors if they will set aside good saleable things for a good cause.

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