

***Enjoy the remaining days
of Summer 2012!***



Maryland's Tobacco Resource Center - Linking Professionals to Best Practices



Fewer butts on the beach ?

Following the widespread success in recent years of smoke-free bans for indoor public spaces in the U.S., attention has turned to banning or restricting smoking in outdoor public spaces, like beaches and parks. Fueling this movement are concerns with the effects of second-hand smoke, the dangers and risks to small children, the susceptibility of youth to model the smoking behavior of adults, and the potential for harm to marine life and the environment.

Currently, Maine is the only state in the U.S. with a state-wide ban on smoking at state beaches, but a number of other states have municipalities with smoke-free ordinances for their beaches (see complete list at <http://www.no-smoke.org/pdf/SmokefreeBeaches.pdf>). Thus far,



Community Transformation Grant -- Promoting a Healthier Maryland

In an effort to promote healthier lifestyles, reduce health disparities, and control health care spending, MDQuit has joined alongside collaborative partners across Maryland to drive the implementation of a Community Transformation Grant (CTG). This public health initiative involves state-wide and community-level efforts to reduce chronic diseases such as heart disease, cancer, stroke, and diabetes, especially among population groups experiencing the greatest burden of disease. MDQuit, in conjunction with experts from other academic institutions, will play a lead role to support state-wide efforts to promote policy implementation; systems and environmental efforts for tobacco-free living, active living, and

there are no bans on Maryland beaches, but a pilot program has been underway that placed cigarette butt cans and signage along Ocean City's beach and Boardwalk, and 69,000 butts were collected in the last year. As a result, the Mayor and City Council of Ocean City have recently announced that they are hoping to designate certain areas of the beach as smoke-free by next summer.

Before implementing a smoking ban on beaches or other public spaces, there are a number of issues to consider:

- Specific details to be included in the ordinance
- How to garner support for the ordinance and promote its passage
- How the ordinance should be enforced
- How to evaluate the success of the ordinance

Below are several helpful recommendations from states that have successfully passed smoke-free beach laws and ordinances:

- Conduct a public opinion survey of visitors to beaches and parks and share results with the local governing body
- Collaborate with other community groups to educate the public and foster concern for the cause
- Collect evidence of the problem (i.e., cigarette butts) to present to the local governing body
- Create clear, comprehensive signage for designated smoking areas to assist those who wish to smoke as well as those responsible

healthy eating; and clinical and community preventative services for residents in 17 counties in Maryland.

MDQuit will work with academic partners to:

- Assist in cessation and prevention support efforts specifically targeting smoke-free affordable/low income multi-unit housing.
- Assist in cessation and prevention support efforts specifically targeting smoke/tobacco-free outdoor areas (e.g., college campuses, parks/beaches under state/local authority).
- Utilize current and build new evidence-based strategies to reduce the exposure to tobacco smoke and tobacco use for 17 Maryland counties.
- Provide evidence-based resources and deliver targeted training and technical assistance to Maryland communities.
- Increase the number of rural and non-rural jurisdictions educating youth and adults about the dangers of cigar use.

The Community Transformation Grant was awarded in March 2012 to the Maryland Department of Health and Mental Hygiene (DHMH) by the Centers for Disease Control and Prevention (CDC). This grant has made possible a partnership between the Maryland DHMH and the University of Maryland, Baltimore (UMB) to establish the *Institute for a Healthiest Maryland*; to learn more about the *Institute for a*

- for enforcement
- Involve local youth groups in the collection of evidence in support of smoke-free bans--have them present their own concerns to the local governing body
- Make certain that clear outcome measures are in place to ensure proper evaluation of the ordinance after it is implemented

Ultimately, communities must work together to raise concern for smoking in public outdoor spaces, and to persuade policy-makers to act responsibly to protect the health of citizens, wildlife who inhabit these areas, and the environment itself.

Sources:

Satterlund, T., Cassady, D., Treiber, J., & Lemp, C. (2011). Barriers to Adopting and Implementing Local-Level Tobacco Control Policies. *Journal Of Community Health*, 36(4), 616-623.
doi:10.1007/s10900-010-9350-6
http://www.globalsmokefreepartnership.org/resources/ficheiros/SF_Outdoors.pdf
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http://sites.nationalacademies.org/Tobacco/smokescreen/Tobacco_043064
<http://www.mdcoastdispatch.com/articles/2012/07/06/Top-Stories/Smoke-Free-Beach-Streets-Pitched-For-Ocean-City>

Healthiest Maryland, please visit their [website](#).

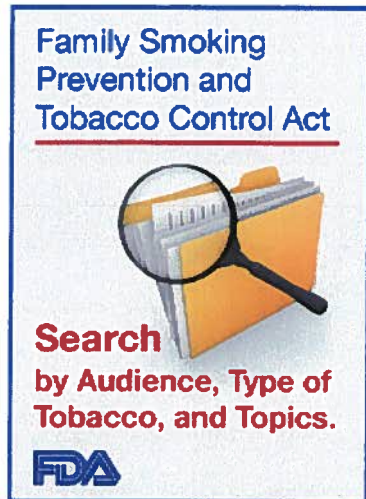


National Trend: Nicotine Screening in the Workplace

A number of health care organizations across the U.S. are now considering policies that exclude the hiring of nicotine users. Such policies typically involve nicotine screening as a component of the drug screening process for new employees. In general, these screenings are not required of current employees who use tobacco products, but those employees may be urged to quit or required to pay a surcharge if they are covered under the organization's health care plan.

How Does Nicotine Screening Work?

Nicotine ingested via use of traditional tobacco products (cigarettes, cigars, chewing tobacco, snus, etc.), e-cigarettes, or Nicotine Replacement Therapy (patches, gum, etc.) can be detected in the user's urine, blood,



FDA's Searchable Tobacco Control Act Website

How nice -- simplification from a federal agency!

The U.S. Food and Drug Administration has performed a great public service by simplifying the 68 page Family Smoking Prevention and Tobacco Control Act and creating a searchable website that makes it easy to understand:

<http://www.accessdata.fda.gov/scripts/tobaccocontrol/>



MDQuit.org updates

saliva, or hair. Screening tools work by detecting the presence of nicotine or cotinine (a byproduct of nicotine) in these bodily samples.

Screening Options

Urine- and saliva-based testing can be conducted entirely on-site at the workplace, and these screening methods are inexpensive and non-invasive.

Urine-based tools are able to detect cotinine for up to 4 days after nicotine usage, while saliva-based tools can detect nicotine and cotinine for up to 10 days after use.

Blood- and hair-based screenings can also be carried out at the workplace, but lab tests are necessary to obtain screening results -- making these tests more expensive to conduct. However, these tools are much more sensitive to nicotine use: blood-based tools are able to detect cotinine for up to 3 weeks after nicotine use, and hair-based tools can detect nicotine for up to 90 days after use.

Sources:

<http://media.baylorhealth.com/pages/baylor-smoke-free-policy-2012>

<http://www.drugfree.org/join-together/prevention/major-texas-medical-center-announces-it-will-not-hire-nicotine-users-2>

continue!

In an effort to stay current, we at MDQuit regularly review and update information on our website. Be sure to visit these recently revamped pages the next time you visit us online!

- [Substance Abuse Providers Page](#)
- [Medical Diagnoses](#)
- [Elements of CRAFT for Friends and Family](#)

And don't forget our newsfeed at the bottom of our homepage -- it continually captures tobacco-related articles from a variety of internet news sources!



Report from the CDC Suggests Tobacco Control Is Having an Impact on U.S. Youth

Data from the 2011 National Youth Tobacco Survey (NYTS) show that there have been significant declines in current tobacco use among middle and high school students in the U.S. from 2000-2011. The full report of these results is available in the CDC's Morbidity and Mortality Weekly Report (MMWR) dated August 10, 2012, at [Current Tobacco Use Among Middle and High School Students -- United States, 2011](#).



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