

TOBACCO AND OUR KIDS---FLORIDA ASSOCIATION OF SCHOOL NURSES-

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- **Objectives**

- 1) The impact of tobacco.
 - 2) Tobacco: a KIDS disease.
 - 3) Factors associated with tobacco use.
 - 4) E.T.S: Second and third hand smoke
 - 5) The addiction
 - 6) Solutions
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- **Tobacco Myths**

- **STATS-**

When is it Addiction?-- Three or more of the following:

- Preoccupation with getting tobacco
- Compulsive use
- Difficulty with controlling intake
- Persistent, even with health problems
- Relapse
- Tolerance
- Withdrawal

Factors Associated with Tobacco Use among Youth

ENVIRONMENTAL TOBACCO SMOKE

- “(E.T.S.)”
- Children exposed to ETS
- **SECONDHAND SMOKE & KIDS**
- THIRD HAND SMOKE

Adolescent Nicotine Effects

Nicotine’s Effects on the Brain

When is it Addiction?

Stages of initiation

SMOKELESS TOBACCO

- Hookahs:
- Bidis (pronounced "bee-dees")
- **Is a Bidi a safe alternative to cigarette?**
- SNUS
- Electronic Cigarette
- **Tobacco ‘ORBs’**

SOLUTIONS:

- **The 3 D's of Tobacco Prevention**
- AN OPPORTUNITY
- Strong evidence for: PHARMACOTHERAPY--NICOTINE REPLACEMENT

The Hooked on Nicotine Checklist (HONC)

1. Have you ever tried to quit, but couldn't?
2. Do you smoke now because it is really hard to quit?
3. Have you ever felt like you were addicted to tobacco?
4. Do you ever have strong cravings to smoke?
5. Have you ever felt like you really needed a cigarette?
6. Is it hard to keep from smoking in places where you are not supposed to, like school?

The Hooked on Nicotine Checklist (HONC)

When you have tried to stop smoking, or when you haven't used tobacco for a while

7. Did you find it hard to concentrate because you couldn't smoke?
 8. Do you smoke now because it is really hard to quit?
 9. Did you feel more irritable because you couldn't smoke?
 10. Do you feel a strong need or urge to smoke?
 11. Did you feel nervous, restless, or anxious because you couldn't smoke?
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SUMMARY

- This as an ***addiction*** and needs to be treated as such.
- Family support/peer support is important.
- Promote professional interventions
- Price/taxes/non smoking campuses
- Counseling
- Pharmacotherapy
- Any Questions?

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