

Chapter 28

Smoking and the Dangers of Second-Hand Smoke



Smoking and Health Risks

- Although fewer teens smoke today than they did 20 years ago, smoking remains a significant health risk among teenagers.
- Each day nearly 5,000 adolescents ages 11 to 17 smoke their first cigarette.
- Twenty-eight percent (28%) of high school students describe themselves as current smokers.
- Thirty-three percent (33%) of adolescent smokers will eventually die of smoking-related illnesses.
- White teens smoke more than Black teens with Hispanic teens somewhere in the middle.

Goal: *To increase teens' awareness of the dangers of smoking to them and their children.*

- Teens who perform poorly in school are more likely to be smokers.
- Depression seems to be a risk factor for smoking.



- Health risks of smoking include:
 - Increased risk of heart disease
 - Stroke
 - Cancer
 - Emphysema
 - Smoking can worsen lung function, leaving smokers vulnerable to coughing, wheezing and shortness of breath.
- Women who smoke generally have earlier menopause.
- Pregnant women who smoke run an increased risk of having stillborn or premature infants or infants with low birth weight.

- Children of women who smoke while pregnant have an increased risk of developing conduct disorders.

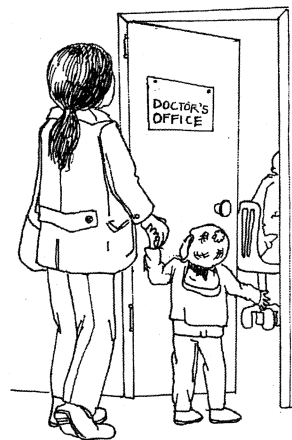


Effects of Second-Hand Smoke on the Health of Unborn Children

- Miscarriage
- Stillbirth
- Reduced lung function
- Complications during pregnancy
- Premature birth

Effects of Second-Hand Smoke on Babies and Children

- Secondhand smoke is a major cause in children's illnesses.



- It has 40 toxic substances, which cause cancer.
- It is linked to lower respiratory tract infections (croup and pneumonia).
- It is linked to increased fluid in the middle ear (ear infections).

- It is linked to reduced lung function.
- It is linked to additional episodes of asthma.
- It is associated with cancers and leukemia in childhood.
- When a pregnant mother smokes, she deprives the fetus of needed oxygen and other nutrients. This may result in:

- Intellectual and behavioral defects
- Low birth weight



Positive Vs. Negative Role Model

To be a role model as a parent means to set an example for your children to follow. Positive and negative has to do with the behaviors that are being modeled. A parent smoking is a negative role model because of the health consequences associated with it.



Family Home Practice Assignment

1. Discuss the dangers of smoking and secondhand smoke with members of your family.
2. If you smoke, identify the steps you need to take to stop.
3. Spend a minimum of 30 minutes each day playing and reading to your child(ren). See the appropriate chapters in **The Nurturing Book for Babies and Children** for activities related to your child's developmental age.

Notes & Comments: