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A Closer Look

STTAC



**SOUTHERN TIER TOBACCO
AWARENESS COALITION**

Chemung, Schuyler, and Steuben Counties

**REALITY CHECK**

*The Southern Tier Tobacco Awareness Coalition (STTAC) seeks to build
healthier communities through tobacco-free living in
Chemung, Schuyler, & Steuben, NY.*

Governor Cuomo Announces Tobacco Control-Related Legislative Priorities

On January 12, Governor Cuomo announced a comprehensive suite of tobacco control-related legislative priorities for 2019 that addresses the ongoing use of combustible tobacco and the burgeoning use by youth of electronic cigarettes. The Governor has made the following proposals as part of the Executive budget for SFY 2019-20:

- Raise the minimum sales age for tobacco and electronic cigarette products from 18 to 21.
- End the sale of tobacco and electronic cigarette products in pharmacies.
- Clarifies that the Department of Health has the authority to prohibit the sale of flavored e-cigarette liquids.
- Require that e-cigarettes be sold only through retailers registered with the Department of Tax and Finance.
- Tax the sale of e-cigarette liquids to dis-incentivize youth use of these products.
- Restrict available discounts provided by tobacco and electronic cigarette manufacturers and retailers.
- Restrict tobacco and electronic cigarette product display.

These proposals are driven, in part, by concerns about the epidemic of electronic cigarette use by youth. The use of electronic cigarettes or “vaping” among youth is a nationally recognized public health concern. The U.S. Surgeon General’s report on E-Cigarette Use Among Youth and Young Adults states:

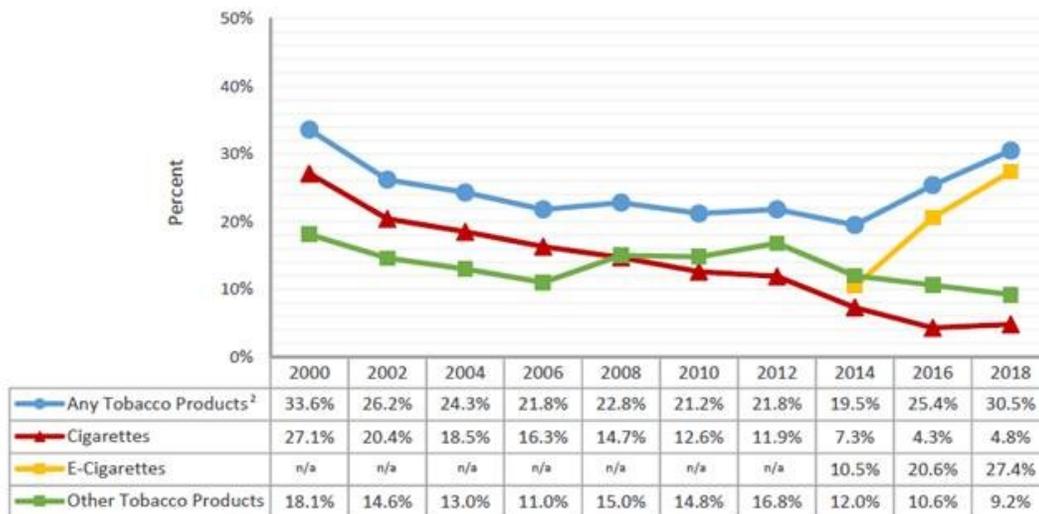
- Nicotine exposure during adolescence can cause addiction and can harm the developing adolescent brain.
- Adolescents and young adults who use e-cigarettes are at increased risk for starting smoking and continuing to smoke.
- With or without nicotine, the aerosol produced by vaping is unsafe.

Data from the New York State Department of Health’s Youth Tobacco Survey indicate that in New York State the use of e-cigarettes among high school youth continues to rise. Between 2014 and 2018, the rate increased fully 160%, from 10.5% to 27.4%. E-

cigarettes remain the most commonly used tobacco product among youth surpassing cigarettes, cigars, smokeless tobacco, and hookah. The full StatShot is available for viewing/download here:

- [Electronic Cigarette Use by Youth Increased 160% Between 2014 and 2018](#)

Trends in Any Tobacco Product Use among High School Students³ in NYS, 2000-2018



Sources:

¹ C.Ortega-Peluso, NYS DOH https://www.health.ny.gov/prevention/tobacco_control/reports.htm

² <https://www.governor.ny.gov/news/governor-cuomo-announces-proposal-raise-tobacco-and-e-cigarette-sales-age-18-21-be-included>

Village of Dolgeville Protects Health with Comprehensive Tobacco Licensing System

The Village of Dolgeville in central New York State, prioritized health when they recently passed a law for a comprehensive tobacco licensing system. The Dolgeville Village Board of Trustees adopted a new local law on January 21 that aims to curb tobacco advertisement and sales inside the village limits.

The law was adopted following the efforts of Dolgeville Reality Check, a group of middle

and high school students who strive to engage and educate youth about the dangers of tobacco use.

Mayor Mary Puznowski said that all present board members voted in favor of the law, with one board member absent. She said one member of the public had a question about the law during the public hearing.

The law prohibits the sale of tobacco products without a valid tobacco retail license to Dolgeville consumers, which includes tobacco and nicotine-based products, along with JuuL and vaping products.

Puznowski said three retailers who currently sell tobacco in the village have state licenses to do so. The law states, however, no more than three licenses shall be issued in the village and that applicants for licenses may only be from the same location at which they possess a valid certificate of registration as a tobacco retail dealer in the state.

“We have a very active Reality Check [group] at the school,” said Puznowski, about why the village moved forward with the law. “The young people came and made a presentation about the [tobacco] products and we were very interested in their undertaking.”

“We’re working to make Dolgeville a more healthy community,” she added.

Rachel Johnson, youth action specialist for Reality Check, said the group brought their concerns regarding vaping and other issues to a village board meeting in April 2018. She said over the summer, the group was contacted by the village about a tobacco retail licensing law that it was considering.

Johnson noted part of the law includes not having any advertisements for tobacco products near the school district building, which is on Slawson Street. She said this also includes not marketing any tobacco promotions or coupons.

“This is a huge, huge step,” she said. “[It will be] nowhere within walking distance of the school.”

With the youth epidemic in e-cigarettes and Herkimer County adult smoking rates amongst the highest in the state at 29% (the statewide average is 14.2%,) this law is a huge step towards a healthier community. This announcement comes around the same

time Governor Cuomo is proposing a set of tobacco control laws to go in effect statewide, including raising the age to purchase tobacco products to 21 years of age, and prohibiting the sale of tobacco in pharmacies. The combination of local municipalities and statewide efforts will make a significant impact for the health and wellness of our local communities and state overall. There is still a tremendous amount of work to be done to further protect youth from tobacco and tobacco marketing and to reach those who continue to struggle with a tobacco addiction. Many more communities could benefit from similar action.

If you are interested in learning more about how communities in the Southern Tier can make health a priority, contact the Southern Tier Tobacco Awareness Coalition at (607)737-2858 or email mlarimore@chemungcountyny.gov.

Source: <https://www.timestelegram.com/news/20190122/tobacco-licensing-law-passes-in-dolgeville>

Smoke-Free Housing Might Make Quitting Easier



Effective July 2018, the Department of Housing and Urban Development (HUD) now prohibits the use of cigarettes, cigars and pipes in all public housing units and common areas, as well as any outdoor areas up to 25 feet from public housing and administrative office buildings. The ban does not apply to e-cigarettes, snuff and chewing tobacco,

although there may be restrictions on those in some areas.

The U.S. ban on smoking in public housing may make it easier for low-income smokers to quit, a new study suggests. While the primary goal of the ban is to improve indoor air quality and reduce residents' exposure to secondhand smoke, it may also help low-income smokers be more successful at quitting, researchers note in the publication "PLOS One".

The researchers analyzed data from a nationwide survey asking participants about their smoking habits, whether smoking was allowed in their homes, and whether they had tried or succeeded in quitting over a 10-year period from 2002 to 2011. They also looked at other factors that can impact cessation like income and education.

Affluent smokers were almost twice as likely to succeed at quitting for at least 30 days as low-income smokers, the study found.

People with smoke-free homes were 60 percent more likely to quit smoking for at least 30 days than people without this prohibition, the study also found. However, the prevalence of smoke-free homes was 33 percent lower among low-income people than among more affluent individuals.

"Reducing consumption is a predictor of successful quitting," said lead study author Dr. Maya Vijayaraghavan of the University of California, San Francisco.

"The gap in cessation outcomes between lower and higher income individuals could be reduced by up to 36 percent if more lower income individuals adopted smoke-free homes," Vijayaraghavan said by email. "This is substantial reduction in the cessation gap at the population level."

Smoke-free homes might aid cessation by making it harder for smokers to light up whenever they like, Vijayaraghavan said. Smokers might also cut back on smoking because it's less convenient, and then cutting back might in turn make it easier to quit.

Over the study period, as more people across the country began to live in smoke-free homes, more people quit smoking for more than a month, an early indicator of successful quitting. The smokers who didn't successfully quit consumed fewer cigarettes.

The researchers found no difference over the study period in how often U.S. smokers tried to quit, suggesting that other factors, such as living in smoke-free homes or stricter state tobacco control policies, explained the increase in smoking cessation.

The study wasn't a controlled experiment designed to prove whether or how smoke-free homes might directly cause more people to stop smoking.

Even so, the results add to a large body of evidence suggesting that smoke-free housing can make it easier for people to quit, said Judith Prochaska, a researcher at Stanford University in California who wasn't involved in the study.

"Smoke-free housing makes it easier for people to quit because it removes cues that trigger cravings to use the drug (e.g., seeing and smelling a cigarette, seeing lighters, ashtrays, cigarette packs), and it removes exposure to second and thirdhand smoke," Prochaska said by email. Both inhaled secondhand smoke and thirdhand smoke left on surfaces like carpets and drapes both contain nicotine as well as carcinogens, Prochaska noted.

"Seeing people smoking on the streets or in parks also can be cues that trigger cravings, but they are more easily avoided than smoking in one's residence," Prochaska said. "No amount of ventilation and filtration has been found to effectively remove smoke exposure in interior environments."

Locally, the Southern Tier Tobacco Awareness Coalition (STTAC) can assist multi-unit housing property owners with implementing smoke-free policies and provide free signage once a policy is adopted.

Contact STTAC at (607)737-2858 or mlarimore@chemungcountyny.gov to learn more.

Sources:

¹ <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0201467>

² <http://www.smokefreehousingny.org/2018/08/06/smoking-ban-in-public-housing-might-make-quitting-easier/>

***Reality Check Members
Prepare for Upcoming Events!***



Reality Check youth are kicking it into high gear for the new year! Local teens are preparing for their annual smoke-free movie night by playing "Who Wants to be a Millionaire." This helped the youth brush up on their smoke-free media knowledge. Plus, it's always fun to get a little competitive with friends!

Along with the movie night, youth are preparing for Legislative Education Day in Albany on February 4th. The youth have been practicing their advocacy, leadership, and education skills in meetings, but they will have the opportunity to show-case them while working with peers and legislators in Albany.

Three local teens applied for the Youth Advocate of the Year Award and will be

recognized at Legislative Education Day for their outstanding commitment, leadership, and advocacy skills through Reality Check. A total of 23 youth across the state applied for this prestigious recognition. There will be one state-wide winner and 4 regional winners.

WHAT'S HAPPENING THIS MONTH:

February 4th - NYS Tobacco Control Program's Legislative Education Day in Albany

February 19th at 5:30pm - "The Greatest Showman" Annual Smoke-Free Movie Night at the Corning Palace Theatre



Free Popcorn and Water | Door Prizes
STTAC and Reality Check Present:
FREE MOVIE NIGHT!
February 19th 2019 5:30pm | Corning Palace Theatre

Join us for a **FREE SHOWING** of:
THE GREATEST SHOWMAN

SEATS WILL BE FILLED ON A FIRST-COME, FIRST SERVED BASIS! (FIRST 70)
QUESTIONS? Contact Samantha White 607-737-2858



Here in New York State, tobacco companies spend more than a half a million dollars every day to place promotions in stores where kids can see them. And the more they see, the more likely they are to start smoking.

TAKE ACTION: CLICK HERE TO SIGN THE PETITION

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