



A Newsletter for Idaho Tobacco Retailers Sponsored by Idaho Department of Health & Welfare

Contact us: 208-334-6542
ID Tobacco Project Website: healthandwelfare.idaho.gov
Select the "medical" menu and then "Idaho Tobacco Permits"

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Facts and Stats

"B" average for October

According to Idaho Code 39-5701, the Idaho Department of Health and Welfare must inspect each business that sells tobacco to ensure that it does not sell tobacco to minors. In October 2013:

- 170 Vendors were inspected.*
- 26 Vendors sold to the inspecting minor.
- The compliance rate for the month was 84.71%

*Inspections where purchase attempts were made.

Prevent the Sale Website

preventthesale.com/Idaho

- Learn about the law
- Take the tobacco quiz
- See what the IDs look like
- Play the Game "Would You Sell to This Person"

Written by Cheryl Reed



Compromising Health: The Risks of Using Tobacco

Mouth Cancer and Macular Degeneration

Did you know that smoking is the leading cause of mouth cancer? If you did, you're a minority. The majority of people polled didn't know that smoking is the leading cause of mouth cancer, nor the fact that e-cigarettes and shisha pipes are NOT a safe alternative to smoking. Furthermore, about 48 percent of those polled believed that smokeless tobacco is a safe substitute for smoking. Really?

Using tobacco can cause a variety of oral health problems, including tooth staining, dental plaque, bad breath, tooth loss and gum disease. On average, smokers lose about 16 years of their life because of smoking. Not only that, new research also suggests that the link between cigarettes and age-related macular degeneration could be as great as the link between smoking and lung cancer. Those are big risks, and now that you're one of the educated, you can pass on your knowledge to others.

Smoking Defined

Wikipedia: "Smoking is the practice in which a substance, most commonly tobacco, is burned and the smoke is tasted or inhaled. This is primarily practiced as a route of administration for recreation drug use, as combustion releases the active substances in drugs such as nicotine and makes them available through the lungs."

Slang for smoking: "Rockin a grit," "Huffin a cancer," "Shootin a gunstick," "Poundin the coffin nail," "Sucking a smokestack," "Puffin a chimney," "Having a snout."

The Addiction Defined

Blame nicotine for your addiction (so are e-cigarettes *really* safe?). Nicotine acts like cocaine. Your brain quickly adapts to nicotine and develops a tolerance for it, making you crave more. Chemicals from the cigarette release chemicals in the brain called norepinephrine and dopamine. This triggers the brain to also release anti-nicotine chemicals to keep norepinephrine and dopamine in balance. Over time, the brain learns to predict when you're going to smoke, and releases the anti-nicotine chemicals that make you feel depressed and tired, making you think "I need a cigarette!"

Quitting Smoking Defined

Within hours of stopping cigarettes ("Rockin a grit"), the body starts to recover from the effects of nicotine and additives. Blood pressure, heart rate, and body temperatures—all which are elevated because of nicotine—return to healthier levels. Isn't that amazing? The lung capacity increases and the bronchial tubes relax, making breathing easier. Poison carbon monoxide in your blood decreases, allowing the blood to carry more oxygen. But then those anti-nicotine chemicals kick in ...

E-Cigarettes Take Yet another Twist

Electronic cigarettes have been touted as a safe alternative to traditional tobacco cigarettes, and their health effects are still unknown. In addition to loading e-cigarettes with liquid nicotine, users are now finding that the device can also be loaded with other substances, such as cannabis and a liquid called “Blue Blossom.” Available at most smoke shops, the synthetic liquid creates psychological effects similar to marijuana, Spice/K2 and ecstasy.

C-cigarettes comprise a nearly billion-dollar industry, claiming to be a safe alternative to smoking. “Vaping” delivers pure nicotine without all the added chemicals found in cigarettes. Unfortunately, the abuse of these additional substances like Blue Blossom is becoming prevalent among young adults. Blue Blossom can cause a distorted sense of time, bursts of euphoria, lowered awareness, and elevated heart rate.

Because of this, some are seeking to outlaw the use of e-cigarettes in public places where traditional smoking is already disallowed.

Affordable Care Act Penalizes Smokers

Smokers could face a bit of a shock when shopping for individual or small-group health insurance in the new health insurance marketplace, due to a clause in the Affordable Care Act that allows insurers to penalize smokers by charging them higher rates.

“Smoking and tobacco use are the only pre-existing conditions that the Affordable Care Act still allows insurers to discriminate against,” says Erik Sward, the vice president of national advocacy at the American Lung Association.

According to the Kaiser Family Foundation, the scenario could go like this: A 50-year-old, low-income smoker would be quoted an annual premium of \$8,100, including a nearly \$2,700 tobacco surcharge. The federal low-income subsidy would bring the premium down to \$3,000. But if she didn’t smoke, her premium would be just \$300.

Good-Bye, Daylight Savings

Blame it on Benjamin Franklin, who in 1784 during his stay in Paris wrote an essay about the cost of light. Or maybe George Vernon Huston in 1895, when he presented a paper at the Wellington Philosophical Society about a two-hour shift of the clocks in October and March. But most likely you can blame it on William Willet, who in 1905 came up with the idea of moving clocks ahead and back to take advantage of the daylight in the mornings and the lighter evenings. Or perhaps WWI, when it was adopted to reduce artificial lighting and save fuel. Whatever—daylight savings has caused mass confusion at times. But as the short days and long nights set in, we do have something to look forward to next March. In the meantime, take up a hobby (not smoking) to fill those dark hours.



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