
Secondhand Smoke and Young Children



What is secondhand smoke?

Secondhand smoke is a mixture of smoke from the burning of a cigarette, pipe, or cigar and smoke exhaled from the lungs of a smoker. It stays in the air for hours after smoking and is inhaled by non-smokers. Secondhand smoke can also collect on furniture, toys, and clothing. It can be harmful to young children who are exposed to environments where adults smoke.

Why are young children especially vulnerable to secondhand smoke?

- ✓ Children breathe MORE AIR in relation to their body weight than adults.
- ✓ The irritants and toxins in secondhand smoke can do more damage since children's lungs and immune systems are still developing.
- ✓ Children depend on adults for care and supervision. They are not in control and are not able to remove themselves from the environment of the smoker.

What are the risks to children exposed to secondhand smoke?

- * Children who breathe secondhand smoke are more likely to develop asthma.
- * Respiratory infections like pneumonia and bronchitis are more common in infants and young children who are exposed to secondhand smoke.
- * Ear infections occur more often and last longer in children exposed to secondhand smoke.
- * The risk of Sudden Infant Death Syndrome (SIDS) is higher in infants exposed to secondhand smoke.



How to protect children from secondhand smoke.

- Ⓞ If you smoke, don't smoke around children.
- Ⓞ Ask other people not to smoke around children.
- Ⓞ Do not allow smoking in cars used for transporting children.
- Ⓞ Encourage smokers to seek help from their health care provider, if needed. There are many new products to help people quit smoking.



***This article was adapted from the Child Care Health Connections Publication.

Resources:

Environmental Protection Agency
www.epa.gov/smokefree/publications

American Lung Association, Secondhand Smoke and Children Fact Sheet
www.lungusa.org

Welcome to Our Clinic!

UCSF Valencia Health Services provides comprehensive care for infants, children, and teenagers.

- Well-Baby and Well-Child Exams
- Bilingual Staff (English/Spanish)
- Check-Ups and Sports Physicals
- Confidential Services for Teens
- Immunizations
- Family Planning
- Tuberculosis and Anemia Screening
- Health Education
- Sick Visits
- Nutrition Counseling
- Mental Health Counseling
- Referrals to Specialists
- Case Management for Clients with Chronic Conditions

BE(ACTIVE)

Your Move. Your Choice.

BE ACTIVE! Or at least that's what we like to think at Valencia Health Services. Children are now less physically active than ever before. No free play time at school, unsafe neighborhoods, and increasing media use (TV, computers, etc.) all contribute to our children being less active.

At Valencia Health Services, your child's nutrition and participation in physical activity are very important to us; for this reason we have developed the **BE ACTIVE** program.

At your next visit, ask your health care provider about meeting with our **Physical Activity Counselor**. Our counselor will design a physical activity plan that suits your child's interests and your family.



Meet our new Physical Activity Counselor

My name is Giancarlo Scalise and I am the new Physical Activity Counselor at Valencia Health Services. I am a pediatric physical therapist and I have been practicing for over 7 years. I've worked with kids of all ages with all types of physical and mental abilities. I have a personal commitment to educating children and their families about proper nutrition and physical activity. I feel most rewarded when a child that I work with makes the personal choice to incorporate healthy habits into his/her life. I enjoy being healthy! I strive to make healthy choices when I eat and I attempt to do some form of physical activity everyday.

My interest in health promotion and wellness stem from my success in overcoming obesity as a child-I was 250 pounds at the age of 16. An imbalance in nutrition and physical activity placed me at risk for heart disease and other medical problems. My doctor stressed the importance of proper nutrition and physical activity. It was at that point that I made the commitment to make a life change to live healthy. Seventeen years later and 80 pounds lighter, I am now in the position to share my journey with others and to assist them in leading healthy lives!

I am happy to join the VHS Team and I look forward to meeting you soon! Please ask about participating in our **12-week fitness challenge** and ways to win **great prizes!**

Giancarlo's Tip of the Week

Start researching winter sports for you child now. Registration for most sports will begin in November.



Medical Director: Larry Granader, MD

Clinical Director: Helen Martin, FNP

Business Manager: Sandra Aguilar, BS

Administration/Front Desk:

Ericka Valladares

Administrative Biller: Teri Leary

Project Assistant: Holly Nishimura

PROVIDERS:

Justine Barnard, PNP

Angel Chen, PNP

Barbara Hollinger, FNP

Rita Perez, LCSW

Joanna Ruthenberg, MD

Naomi Schapiro, PNP

Kristen Sligar, FNP

Bonnie Taft, PNP

PHYSICAL ACTIVITY COUNSELOR

Giancarlo Scalise

MEDICAL ASSISTANTS:

Supervisor: Silvia Gutierrez

Johanna Rodriguez

Reminders

- ◆ **PARKING:** If you park in the parking lot, you must park only in a VHS Parking Spot. Once in the clinic, please write the make, model, and color of your car next to your child's name when you sign in so that your car will not be towed.
- ◆ **PARENTS:** If you cannot accompany your child to an appointment, you must send (with a responsible adult) written permission for us to see and treat your child—and include a contact number.
- ◆ **URGENT CARE:** If your child is sick and it is not an emergency, please call us for advice or an appointment during business hours. We can often fit your child in with a clinician the same day.