

Success Story Worksheet



Date Submitted:

6/23/2017

County/Area/Tribe:

Panhandle

Goal Area:

- ☒ Cessation
- ☐ Disparate Populations
- ☒ Secondhand Smoke Exposure
- ☐ Youth Prevention

Individuals/Target Audience:
(who this happened to)

Panhandle families served by Health Families America

Setting:
(Where and when this took place)

Box Butte, Morrill, Scotts Bluff County 2016-2017

Conflict:
(obstacle, barrier or problem)

There is no risk-free level of exposure to secondhand smoke. Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS). Low income and minorities have higher smoking rates. Of the 309 families served by HFA, 81% have an income of \$20,000 or less and half are minority. The Panhandle Prevention Coalition partnered with HFA to promote smoke-free homes and cars. We found that it was not being promoted consistently and that all clients were not receiving the same education.

Action:
(what happened)

Healthy Families America (HFA), adopted a policy to educate clients annually of the dangers of smoking while pregnant, as well as the dangers of secondhand and thirdhand smoke exposure, promote adoption of a smoke-free homes and cars policy, and promote the Nebraska Tobacco Quitline to 100% of clients that use tobacco or have family members in the home that use tobacco. HFA assists parents in managing the stress of pregnancy, birth, and infant care and establishing the strong parent-child bonds and solid family foundations so critical to the growth and development of their child.

Outcome(s):
(measurable or concrete evidence of change)

In 2016, we worked with the HFA Supervisor/Manager to develop a policy and system that would allow for equal and consistent education to all families. We stepped up the education and referral piece, and created quit kits to promote the Nebraska Tobacco Quitline, it was incorporated in to their system and 100% of their families served have received the information.

“We introduce safe smoking when we talk to parents about safe sleep habits. I find that the parents are putting the stickers in the windows immediately and many are asking for more information. I have had two clients quit smoking based on our conversations and the education. I am not there to tell them to quit. I am there to tell them what secondhand smoke is and how thirdhand smoke affects the baby. - HFA Parenting Coach

Relevance:
(how this story helps us demonstrate need or measure success)

Smoking is the leading preventable cause of premature death and illness in the United States. The negative impact of tobacco use and secondhand smoke on health is well documented. This policy is in place and will continue to serve as a process for education and awareness as new people come and go to the program.