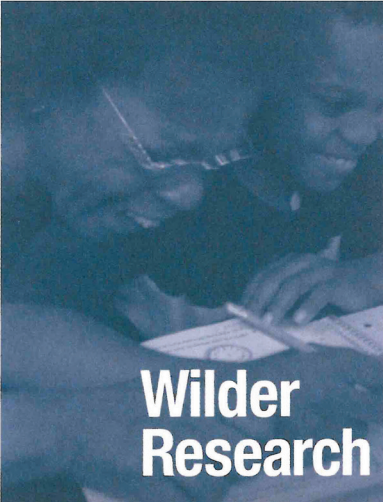


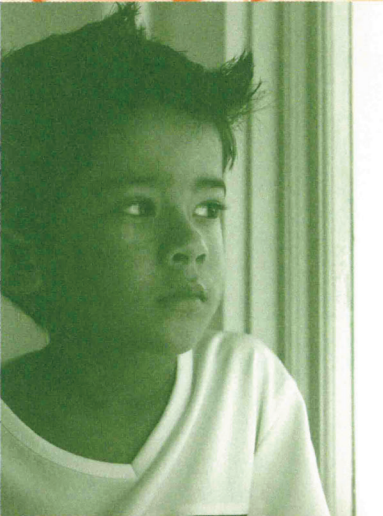


**Wilder
Research**



Impact of Smoke-Free Policies/Ordinances on Day Care and Foster Care Providers

Prepared for Start Noticing



A P R I L 2 0 1 3



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Introduction

Start Noticing is a coalition working to eliminate the harmful effects of tobacco use and exposure, especially among vulnerable youth, through community engagement, education, and policy implementation. In Fall 2011, Start Noticing contracted with Wilder to study issues and attitudes related to tobacco use practices and policies/ordinances within income-based multi-unit housing and day care and foster care environments. Key informant interviews and surveys were conducted with income-based multi-unit housing owners/managers and with day care and foster care providers. Surveys were also conducted with residents of income-based housing. Start Noticing used study results to inform its work engaging and educating its communities to promote smoke-free policies/ordinances.

By working collaboratively with the community a smoke-free day care and foster care policy was implemented in Cottonwood County on January 1, 2013 and a smoke-free ordinance was implemented in Redwood County on November 1, 2012. In Fall 2012, Start Noticing contracted with Wilder Research to learn more about what impact smoke-free policies/ordinances have had on day care and foster care providers since policies/ordinances were passed. Jackson County Department of Human Services passed a smoke-free day care and foster care policy on February 12, 2013 with an implementation date of April 1, 2013. This occurred after the interview process with providers.

This report provides results of semi-structured key informant interviews conducted in January 2013 with day care and foster care providers. All day care and foster care providers are licensed by Cottonwood County Family Service Agency and Redwood County Department of Human Services (name changed January 2013 to Southwest Health and Human Services). Results will inform Start Noticing's ongoing efforts to engage and educate its communities to promote smoke-free policies/ordinances.

Methods

Wilder Research developed key informant interview protocols in collaboration with Start Noticing staff. Wilder Research staff piloted the interviews in January 2013 with day care providers, and foster care providers in Cottonwood and Redwood Counties. All day care and foster care providers are licensed by Cottonwood County Family Service Agency and Redwood County Department of Human Services (name changed January 2013 to Southwest Health and Human Services).

Wilder Research staff conducted phone interviews with a total of 32 providers in Cottonwood and Redwood Counties in January 2013. Of these, 20 were day care providers and 12 were foster care providers. All day care and foster care providers were called three or more times. Along with key informant interview protocol development and data collection, Wilder Research entered, analyzed, and reported the data. Please refer to the Appendix for the key informant interview protocols.

Providers' characteristics

1. Providers by County (n=32)

	Cottonwood County	Redwood County
Day care provider	9	11
Foster care provider	6	6

2. Smoking status – day care provider (n=20)

	Cottonwood	Redwood
Nonsmoker (never smoked)	6	9
Former smoker	3	0
Current smoker	0	2

3. Smoking status – foster care provider (n=12)

	Cottonwood	Redwood
Nonsmoker (never smoked)	4	5
Former smoker	1	1
Current smoker	1	0

Findings

Overall results show implementation of policies/ordinances have encouraged and supported providers in enforcing smoke-free environments, or provided reinforcement for many providers who were already smoke-free, and helped some individuals quit smoking. The following sections illustrate providers' experiences prior to implementation of smoke-free policies/ordinances, the impact of smoke-free policies/ordinances after implementation in providers' respective Counties, challenges experienced enforcing smoke-free policies/ordinances, knowledge of thirdhand smoke, providers' suggestions for how Start Noticing may improve their education, outreach, and policy efforts.

Prior to implementation of smoke-free policies/ordinances

Prior to implementation, the majority of providers report no concerns with how smoke-free policies/ordinances could impact them. About one in five providers interviewed express concerns with how the policies/ordinances could impact them. No foster care providers who were interviewed express concerns with smoke-free policies/ordinances. Day care providers who express concerns with smoke-free policies/ordinances most often mention concerns about government involvement over the issue of smoking in their home. Day care providers also mention concerns around enforcement of the policies/ordinances and lack of clarity about whether they need to enforce policies/ordinances after hours:

One concern is that if we have company on the weekends and some of them are smokers, they'll smoke in the garage if it's cold. Concerned about attached garage and cigarette butts. I guess I get concerned any time the government gets involved in my own home. How picky will they be? Who will check on that? I'm concerned about how this policy affects attached garages when there is no day care, like on the weekends, if any smoking is done in that particular area. We do have some people that come over, but that's as far as they go. They are outside or they are in the garage. It's in a separate space, but it's still attached to the house, and that is brought up in the actual policy through attached garages. Granted, I know about thirdhand smoke, but most of the smokers are gone by Monday. But I don't want to be... I don't want to be fined if I'm not complying, which I've always thought I've complied with anyway. But now it's officially official and there are some different points on there that I could possibly, without my knowing, be violating. – day care provider, nonsmoker, Redwood County

The only thing that bothers me is them telling me that I'm not allowed to smoke in my vehicle or house if I choose to afterhours. If I choose to smoke in my vehicle or day care after hours, that should be my choice. I don't smoke in my house and I really can't see the husband agreeing to not smoke in the vehicle, so we probably won't be going on field trips. I just want to know why it's become

an issue. If the parents have a problem with it, they can say they don't want children in the vehicle. It should be the parents' choice... not the state telling us that we can't, or the state should give us money to buy a new vehicle.
– day care provider, current smoker, Redwood County

Complaints to day care and foster care providers from parents or other guests about secondhand smoke prior to implementation of smoke-free policies/ordinances do not appear to be common, as illustrated in Table 4. A couple of day care providers received complaints and no foster care providers received complaints. Day care providers relayed the complaints they received from parents or other guests below:

Not in the house, but outside. Could smell it on two of my day care moms. Definitely in the garage, but not anymore since the law passed. I'd tell the moms to stop smoking.
– day care provider, nonsmoker, Cottonwood County

Mom would smoke. People would say that it stinks. The smoke lingers. When you smoke, you seem like you're not doing anything.
– day care provider, nonsmoker, Redwood County

4. Complaints about secondhand smoke before policies/ordinances passed (n=32)

	Day care provider	Foster care provider
Received complaints about secondhand smoke	2	0
Did not receive complaints about secondhand smoke	18	12

Impact since implementation of smoke-free policies/ordinances

Since smoke-free policies/ordinances were passed by the Counties, no providers have received complaints about secondhand smoke. Because a majority of day care and foster care providers are nonsmokers, they mention that their home was already smoke-free, prior to implementation of smoke-free policies/ordinances in their respective Counties. One in five day care and foster care providers interviewed mention the policy has helped because they follow mandated policy or ordinance, they were influenced to become smoke-free because of the policy, or because the policy has helped them better enforce the rule with parents, since they are now backed by the policy or ordinance:

Yes, it's mandated, so you just don't do it.
– foster care provider, nonsmoker, Cottonwood County

We just bought a new house and we kind of said ‘no smoking’. The policy influenced that. – day care provider, nonsmoker, Redwood County

We don’t get many foster kids. But when we do get a child, we won’t smoke. [We] understand the county’s policy. [We] still step outside even when we don’t have a foster child. – foster care provider, current smoker, Cottonwood County

People come over... and day care moms – 99% [of them] smoke. I tell them no. Not on my property. And now it’s the law, so I just call the cops. Makes it easier to enforce. – day care provider, nonsmoker, Cottonwood County

It’s nice the policy is there so guests or visitors aren’t arguing with me. We have a license, so it makes the county the bad guy.
– foster care provider, former smoker, Redwood County

When asked more specifically about how smoking enforcement has changed for providers in their homes, garages, or cars since the smoke-free policies/ordinances passed, day care providers report changes in all three areas. Many did not allow smoking in any of these areas prior to the smoke-free policies/ordinances, but those that did allow smoking report enforcement changes. These results are similar with foster care providers. A few day care and foster care providers still allow smoking in their garages or cars more often than in their home. Please see Tables 5-6 for more information.

5. Smoking changes for day care providers (n=20)

	PRIOR		SINCE	
	Do not allow smoking	Allow smoking	Do not allow smoking	Allow smoking
Home	19	1	20	0
Garage	13	7	17	3
Car	17	3	19	1

6. Smoking changes for foster care providers (n=12)

	PRIOR		SINCE	
	Do not allow smoking	Allow smoking	Do not allow smoking	Allow smoking
Garage	8	4	10	2
Car	10	2	10	2

Challenges enforcing smoke-free policies/ordinances

Nearly all day care and foster care providers report no difficulty enforcing a smoke-free policy. A few foster care parents mention smoke-free policies/ordinances may be difficult to enforce with foster care children, particularly teenagers:

It would be [difficult] for older kids who already smoke. Foster children who need cigarettes. I believe they should be allowed to smoke. At least outside. I feel people with ‘issues’ should be allowed to smoke. – foster care provider, former smoker, Cottonwood County

Some foster kids try to sneak it in, but disciplinary action is taken. Both legal through their probation officer and at home through grounding.
– foster care provider, nonsmoker, Cottonwood County

All foster care providers and the majority of day care providers also report that people who visit their home have been supportive of the smoke-free policies/ordinances. A few day care providers report some issues with smokers and unintended consequences with educational materials:

Supportive from those who don’t smoke. Not supportive from those who do smoke. Sometimes I even took cigarettes from people. Day care moms have stopped. – day care provider, nonsmoker, Cottonwood County

Supportive to a point. [We] got the packet of literature, the coloring book for children, and they didn’t know what smoking was. Some parents were annoyed that introduction to smoking happened. The nonsmokers didn’t like it. The kids thought it was campfires [in the coloring book] and said, ‘Oh yeah, we smoke in our backyard.’ – day care provider, nonsmoker, Redwood County

I explain that I am a day care and children are affected by secondhand smoke and what’s on people’s clothing... some of the day care parents smoke and I’ve handed out materials. Some people don’t realize and I try to let them know some of the things I have learned. Some have been receptive.
– day care provider, nonsmoker, Redwood County

Knowledge of thirdhand smoke

In assessing day care and foster care providers' knowledge of thirdhand smoke, providers were read a definition of thirdhand smoke, as follows: "Thirdhand smoke is a residual tobacco smoke contamination, the chemical particles and toxins that linger on clothes, hair, upholstery, drapes, carpets, etc., long after the smoke has been cleared from the air."

Day care and foster care providers were then asked if they knew about thirdhand smoke, prior to the interview. The majority did know, as illustrated below in Table 7:

7. Knowledge of thirdhand smoke (n=32)

	Day care provider	Foster care provider
Yes	17	9
No	3	3

Day care and foster care providers most often report knowing about thirdhand smoke through County trainings, through literature or the media, or through Start Noticing:

In one of our trainings that we took, someone was speaking about smoke-free environments. It's available to day care and foster care providers. Anyone that wants to attend through the day care/foster care provider association.

– day care provider, nonsmoker, Cottonwood County

It's common knowledge. It's in the papers, the TV, the media. We have trainings.

– day care provider, former smoker, Cottonwood County

From Start Noticing classes.

– day care provider, nonsmoker, Cottonwood County

Other common ways of knowing about thirdhand smoke include learning about thirdhand smoke through work/other professional responsibilities and from childhood. Some respondents mentioned they knew about the concept of thirdhand smoke, but not the term:

I also run a consignment store, so I can't have smoke on clothes. I enforce a no-smoking policy there as well.

– day care provider, former smoker, Cottonwood County

It's been shoved down my throat since grade school. Everyone knows that smoking is bad. – day care provider, nonsmoker, Cottonwood County

My parents smoked. I hated it. I tried it because everyone else was doing it, but I didn't like it, so I quit. – day care provider, former smoker, Cottonwood County

Providers' suggestions for Start Noticing

The most common suggestions from day care and foster care providers who do have suggestions relate to creation of additional materials, working directly with families, and giving resources to struggling providers:

Create materials

Sending out signs to all foster/day care providers describing the law, so that they can hang them by their licenses.

– day care provider, nonsmoker, Cottonwood County

Education. Knowledge. In schools and the folders were good to give to parents.

–day care provider, nonsmoker, Cottonwood County

Actually, I just got something in the mail a couple weeks ago. It was like a sticker for the kids. They loved that you can order free t-shirts and stuff. One of my day care kids has a mom who smokes and the child tells the mom to quit all the time. That really worked. – day care provider, nonsmoker, Redwood County

I am pleased with the handouts received a couple weeks ago. The support is good. More of a reason to tell my parents.

– day care provider, nonsmoker, Redwood County

Flier about the policy. Making information postable. Coloring books didn't go over well. Packet is neat. Good thing to do.

– day care provider, nonsmoker, Redwood County

Further education

Maybe the kids can talk to their parents when they see this. That's what they do in schools, in essence. It's kind of a rolling snowball and maybe some changes can occur. – day care provider, nonsmoker, Redwood County

Get to know the families on a personal level.

– foster care provider, nonsmoker, Redwood County

Educate the youth. I don't have suggestions on how to do this.

– foster care provider, nonsmoker, Redwood County

Give resources to struggling providers

Strive for improvement, not perfection. Foster care parents should smoke outside. Create a smoking cessation program to foster children or foster parents. Life has to be stable in order to quit. No external stressors. Some situations need to be more lenient. Offer a quit plan, nicotine patches, education opportunities.
– foster care provider, former smoker, Cottonwood County

About half of day care and foster care providers had no suggestions regarding useful actions Start Noticing could take; the majority stating they do not need help with enforcement of smoke-free policies/ordinances:

Well, I don't need any assistance. I am just so against smoking. You just can't do it. It's pretty simple. I don't know. I don't have any problems.
– day care provider, former smoker, Cottonwood County

I guess everybody is used to smoking outside now. Minnesota has been smoke-free for so long that nobody expects to smoke there. Don't need help.
– day care provider, nonsmoker, Redwood County

Not sure. I guess I take it for granted that people understand that my business is smoke-free and I'm never questioned. The only time I have a problem is with other people, and they literally go across the street to smoke, and that's out of respect. – day care provider, former smoker, Cottonwood County

Appendix

Key informant interview protocol – Day care and foster care providers

2012-2013 Cottonwood, Jackson, Redwood County Tobacco Free Policies/ordinances Impact – 71595 Key Informant Interviews with Day care/Foster Care Providers

Hi, my name is _____ with Wilder Research. Start Noticing, a coalition working in Cottonwood, Jackson, and Redwood counties to educate the community about the effects of tobacco and to address tobacco issues in the community, contracted with Wilder to learn more about what impact smoke-free policies/ordinances have had since policies/ordinances were passed by either county level authorities or adopted by individual day care or foster care providers. We are interested in hearing about your experiences with this topic and your feelings about it. All your answers are completely confidential. The interview should take about 10-15 minutes, depending on how much you have to say. The results will be used by Start Noticing to plan ongoing efforts to work with you and others in the community. Is now a good time to do the interview?

IF NO – When would be a better time to complete the interview? (**AS NEEDED:** We're wrapping up the interviewing for this study by the end of January, so we'd like to set up a time before then.)

IF YES – Great! As I mentioned earlier, everything you tell me in this interview is confidential. The results of your interview will be compiled and used by Wilder Research and Start Noticing to make recommendations in a report, which will be completed later this winter.

Message Script

Hello, my name is ____ and I am calling from Wilder Research in Saint Paul. You have been identified as someone who can help us learn more about how smoke free policies/ordinances have impacted your community. We would like to interview you as part of a study we are conducting for Start Noticing, a coalition working in Cottonwood, Jackson, and Redwood counties to educate the community about the effects of tobacco and to address tobacco issues in the community. Please call ____ at ____ to schedule an appointment to do the interview. We really appreciate your help.
Thank you!

1. Which best describes you:

- ☐¹ Former smoker
☐² Current smoker
☐³ Nonsmoker (never)

2. Has a county-wide smoke-free day care/foster care policy helped you make your home smoke-free? (**Probe:** Why or why not?)

3. What were your concerns, if any, about going smoke-free? (**Probe:** Anything else?)

4. Has it been difficult for you to enforce a smoke-free policy? If so, why? (**Probe:** Is it challenging to let friends, family, or other guests know they cannot smoke in your home?)

5. Have people who have visited your home been supportive or resistant of smoke-free policies/ordinances passed by the county? (**Probe:** Why or why not?)

6. Since smoke-free policies/ordinances were passed by the county (**Cottonwood: Jan 1, 2013; Redwood: Nov 1, 2012**) have you enforced smoke-free policies/ordinances in your home, garage, or car?:

- ☐¹ Home
☐² Garage
☐³ Car

7. Before smoke-free policies/ordinances officially passed did you ever allow anyone to smoke in your home, garage or car?

- ☐¹ Home
☐² Garage
☐³ Car

8. Before smoke-free policies/ordinances officially passed, did you ever receive complaints about secondhand tobacco smoke in your home?

☐¹ Yes → → 5b. What were the complaints? _____

5c. How did you respond to concerns? _____

☐² No

9. Since smoke-free policies/ordinances officially passed, have you received complaints about secondhand smoke?

☐¹ Yes → → 5b. What were the complaints? _____

5c. How did you respond to concerns? _____

☐² No

10. "Thirdhand smoke" is residual tobacco smoke contamination, the chemical particles and toxins that linger on clothes, hair, upholstery, drapes, carpets, etc., long after the smoke has been cleared from the air. Prior to this interview, did you know about "thirdhand smoke"?

☐¹ Yes → → 10b. How did you know about "thirdhand smoke"? _____

☐² No

11. What are the most useful actions Start Noticing can take in helping you enforce smoke-free policies/ordinances? (Probe: Anything else?)

Well, those are all my questions. Thank you so much for taking the time to chat with us today! We really appreciate your help!