

## PEA Committee

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**From:** Carissa Holley <Carissa.Holley@sharecare.com>  
**Sent:** Wednesday, January 03, 2018 12:56 PM  
**To:** PEA Committee  
**Subject:** Smoke-Free Cars for Keiki Testimony

Aloha,

I'm Carissa Holley speaking on behalf of the Blue Zones Project – Central Maui, and most importantly, on behalf of my own two young children. Growing up, I rode in cars filled with second hand smoke on a daily basis. I grew up in a household where my mother smoked all day and night, and relatives would come over and smoke indoors as well. I attribute many of my negative health-related instances to my exposure to tobacco. As a pre-teen, I found it quite easy to get my hands on tobacco products, hide and use them. Why not? This was my norm, I grew up in an environment where smoking was always around, relatives, family, friends all used tobacco. I then smoked throughout high school until in college, I decided to run a marathon. Part of my marathon training led to me quitting smoking and that empowered me to make more healthy changes in life.

Looking back, I wish I didn't have the type of exposure to tobacco that I did. Perhaps I would have been a better athlete, a better friend, a more honest child, more productive, and just a healthier person overall. These are things I wish for my own 5 and almost 3 year old. That they grow up in a community that protects them from an "unhealthy norm". I do not allow my children to ride in cars where people smoke, but that's an easy rule at their ages. As they get older, it's going to be harder for me to regulate as they ride with friends, have sleepovers, and become more independent.

My hope is that all keiki in Maui County have a healthy positive start in life. Passing smoke-free cars for keiki is essential and will give parents like myself peace of mind and faith in our community. Please pass the smoke-free cars for keiki bill in Maui County.

Mahalo,

**Carissa Holley**

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