

Secondhand Smoke Causes Significant Health Hazards

Secondhand smoke is a health hazard.

- Secondhand smoke contains more than 7,000 chemicals and compounds, 69 of which cause cancer including formaldehyde, arsenic, cyanide, and carbon monoxide^{i ii}.
- Secondhand smoke causes 46,000 deaths from heart disease among non-smokers every yearⁱⁱⁱ.
- Secondhand smoke is responsible for 3,400 lung cancer deaths annually in otherwise healthy nonsmokers.
- Secondhand smoke can cause or aggravate a wide range of adverse health effects, including cancer, respiratory infections, and asthma.

Smokefree laws provide public health benefits.

- Smokefree laws reduce the number of heart attacks and save lives. There is conclusive scientific evidence that secondhand smoke causes heart disease.^{iv}
- Studies of at least 10 communities published in peer-reviewed journals have proven a decrease in heart attack incidence after the implementation of smokefree laws.
- Helena, MT enjoyed a 40% decrease in heart attacks among Helena residents while smokefree laws were in place.
- Heart attack hospitalizations fell by 41% in Pueblo, CO after a comprehensive smokefree law was enacted. This decrease was sustained over a three-year period.

No one should have to choose between a job and good health.

- Nonsmokers exposed to high levels of tobacco smoke on the job double their risk of getting lung cancer.^v
- Service industry workers have a 50% greater risk of dying from lung cancer than the general population, in part, because of secondhand smoke exposure in the workplace.^{vi}
vii
- Smoke-free policies decrease absenteeism among non-smoking employees and increases productivity.^{viii}

The toll of tobacco use in Idaho.

- The annual health care costs in Idaho directly caused by smoking are \$319 million.
- Tobacco use costs every taxpaying household in Idaho \$530 a year.^{ix}

ⁱ National Cancer Institute. *Risks Associated with Smoking Cigarettes with Low machine-Measured Yields of Tar and Nicotine*. Smoking and Tobacco Control Monograph No. 13. Bethesda, MD. U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute, NIH Pub. No. 02-5074, October 2001. http://dccps.nci.nih.gov/tcrb/monographs/13/m13_5.pdf; personal communication, dated October 28, 2003, from Dietrich Hoffmann, Ph.D., Associate Director, Institute for Cancer



Smokefree Idaho

Everyone has the right to breathe clean air

Prevention, co-author of Chapter 5 of NCI Monograph 13, clarifying Table 5.4 of the Monograph (that lists 69 carcinogens) is missing a carcinogen, namely MeAaC (2-amino-3-methyl-9-*H*-pyrido[2,3-*b*]indole, and it should be inserted under “under” miscellaneous Organic Compounds”.

ⁱⁱ National Cancer Institute. *Risks Associated with Smoking Cigarettes with Low Machine-Measured Yields of Tar and Nicotine*. Smoking and Tobacco Control Monograph No. 13. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute, NIH Pub. No. 02-5074, October 2001.
http://dcccps.nci.nih.gov/tcrb/monographs/13/m13_5.pdf.

ⁱⁱⁱ Centers for Disease Control and Prevention. *Smoking and Tobacco Use; Health Effects of Secondhand Smoke*. 2012. Available at: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm

^{iv} Institute of Medicine (IOM); *Secondhand Smoke Exposure and Cardiovascular Effects: Making sense of the Evidence*, Washington D.C.: The National Academies Press, 2009, <http://iom.edu/Reports/2009/Secondhand-Smoke-Exposure-and-Cardiovascular-Effects-Making-Sense-of-the-Evidence.aspx>.

^v Stayner, L., et al. (2007) Lung Cancer Risk and Workplace Exposure to Environmental Tobacco Smoke. *American Journal of Public Health*, 10.2105/AJPH.2004.061275.

^{vi} Shopland, D.R.; Anderson, C.M.; Burns, D.M.; Gerlach, K.K., “Disparities in smoke-free workplace policies among food service workers,” *Journal of Occupational and Environmental Medicine*, 46(4): 347-356, April 2004.

^{vii} Siegel, M. “Involuntary Smoking in Restaurant Workplace: A Review of Employee Exposure and Health Effects.” *JAMA*, 270:490-493, 1993. Available at: http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8320789&dopt=Abstract.

^{viii} Scollo, Michelle and Anita Lal (2004). Summary of Studies Assessing the Economic Impact of Smoke-free Policies in the Hospitality Industry. Melbourne: VicHealth Centre for Tobacco Control. <http://www.vctc.org.au/tc-res/Hospitalitysummary.pdf>.

^{ix} The Toll of Tobacco. <http://www.tobaccofreekids.org/reports/settlements/toll.php?StateID=ID>.



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