

Smoke-Free Indoor Air:

Good for Health. Good for Business.

Secondhand Smoke Facts

From the 2006 U.S. Surgeon General's report on secondhand smoke:

The U.S. Surgeon General has stated there is **no risk-free level of secondhand smoke** exposure. Even brief exposure can be dangerous.

Secondhand smoke is a complex mixture of gases and particles that includes smoke from the burning cigarette, cigar, or pipe tip (sidestream smoke) and exhaled mainstream smoke.

Secondhand smoke contains at least **250 chemicals known to be toxic**, including more than 50 that can cause cancer.

Secondhand smoke exposure causes **heart disease and lung cancer** in nonsmoking adults.

Breathing secondhand smoke has immediate harmful effects on the cardiovascular system that can **increase the risk of heart attack**. People who already have heart disease are at especially high risk.

Secondhand smoke exposure causes **respiratory symptoms in children** and slows their lung growth.

Secondhand smoke causes **sudden infant death syndrome (SIDS)**, acute respiratory infections, ear problems, and more frequent and severe asthma attacks in children.

Separating smokers from nonsmokers, air cleaning technologies, and **ventilating buildings cannot eliminate** secondhand smoke exposure. ([Surgeon General Report, 2006](#))

The United States Centers for Disease Control and Prevention (CDC) reports that **only 30-minutes of exposure to secondhand smoke can increase the risk of heart attack**.

Regular exposure to secondhand smoke, such as in restaurants, **increases one's chance of stroke by 50 percent**.

Smoke-free policies are the simplest and most cost effective way to improve a community's health- results include: reduced exposure to secondhand smoke among workers & the public, reduced cigarette consumption rates, increased successful quit attempts and reinforce efforts to reduce tobacco use among children.

Secondhand Smoke & Worker Health

Food service workers have a **50% greater risk of dying from lung cancer** than does the general population, in part because of secondhand smoke exposure in the workplace.

The toxins in secondhand smoke cause respiratory problems, such as wheezing, asthma attacks, shortness of breath, and excessive coughing long after exposure.

Hair nicotine levels in both smoking and nonsmoking restaurant and bar workers dropped by 56% after Lexington, Kentucky's smokefree law went into effect.