

Secondhand Smoke





Tobacco, when used correctly, kills more than 440,000 Americans each year, including nearly 8,000 Kentuckians.

2006 US Surgeon General's Report

- Secondhand smoke causes premature death and disease in children and adults who do not smoke.



Secondhand Smoke

- Also known as environmental tobacco smoke (ETS)
- Is a mixture of the smoke given off by the burning of tobacco products (sidestream smoke) and smoke exhaled by smokers (mainstream smoke)

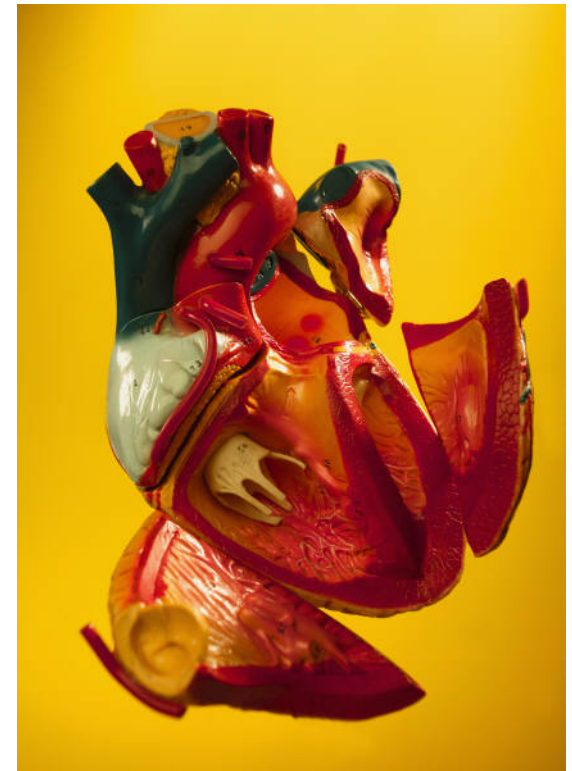


Health Consequences of Secondhand Smoke

- Lung cancer
- Heart disease
- Sudden Infant Death Syndrome (SIDS)
- Low birth weight in babies
- Asthma
- Otitis Media (ear infections) in children
- Bronchitis and pneumonia
- Breast cancer in pre-menopausal women.
- Increased risk of cervical cancer.
- Cognitive deficits among children even at extremely low levels of exposure

Short-Term Heart Effects of Secondhand Smoke Exposure

- 5 minutes of exposure stiffens the aorta as much as smoking a cigarette.
- 20 minutes of exposure causes excess blood clotting, increasing the risk of heart attack and stroke.
- 30 minutes of exposure increases the build up of fat deposits in blood vessels, increasing the risk of heart attack and stroke.
- 2-hours of exposure increases the chance of irregular heart beat that can be fatal or trigger a heart attack.



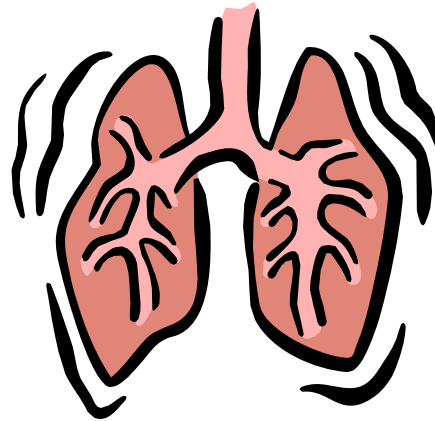
In April 2004, the Centers for Disease Control and Prevention issued a warning that all patients with heart disease should avoid exposure to secondhand smoke.

Second Hand Smoke is not easy to avoid!



Secondhand Smoke Is No Joke

- Deaths due to heart disease caused by secondhand smoke rival number of deaths from traffic accidents
- Third leading cause of preventable death



Second Hand Smoke contains

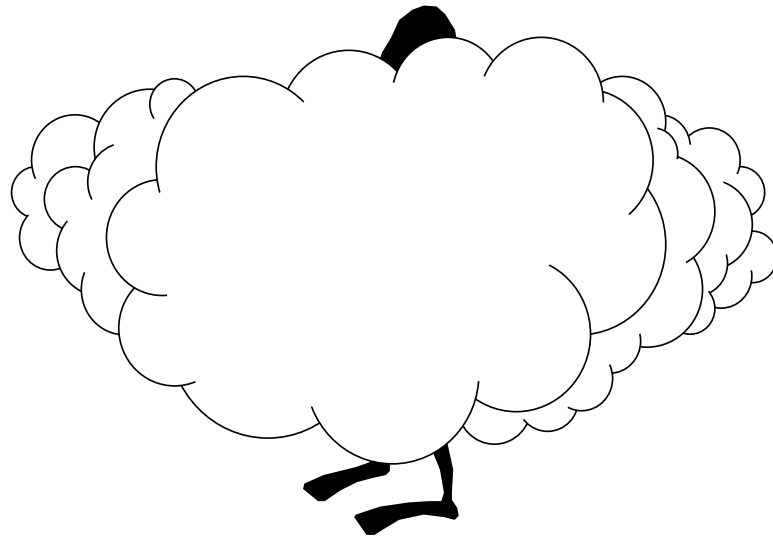
Nicotine	One of the most addictive substances known to man	As addictive as heroine
Arsenic	Rat poison	Insecticide and weed killer
Benzene	Formed from coal and petroleum- Known carcinogen	Used as a solvent in fuel Associated with Leukemia
Formaldehyde	Highly poisonous liquid used to preserve bodies	Also found in cigarette smoke
Hydrogen Cyanide	Gas chamber poison	Metal cleaner and insecticide
Carbon Monoxide	Car exhaust fumes. Forms when cigarette is lit.	Rapidly fatal in large amounts
Ammonia	Found in dry cleaning fluids	Toilet cleaner

Who Is Hurt by Secondhand Smoke?

- Those with impaired health
- Those who work where smoking is allowed
- Pregnant women
- Children
- Everyone who breathes! If you can smell it, YOU are Breathing it!!



Secondhand Smoke stays in the air for at least four (4) hours. It then gradually settles into clothing, furniture and carpeting.



Having a no-smoking section in a restaurant is like having a no peeing section in a swimming pool.

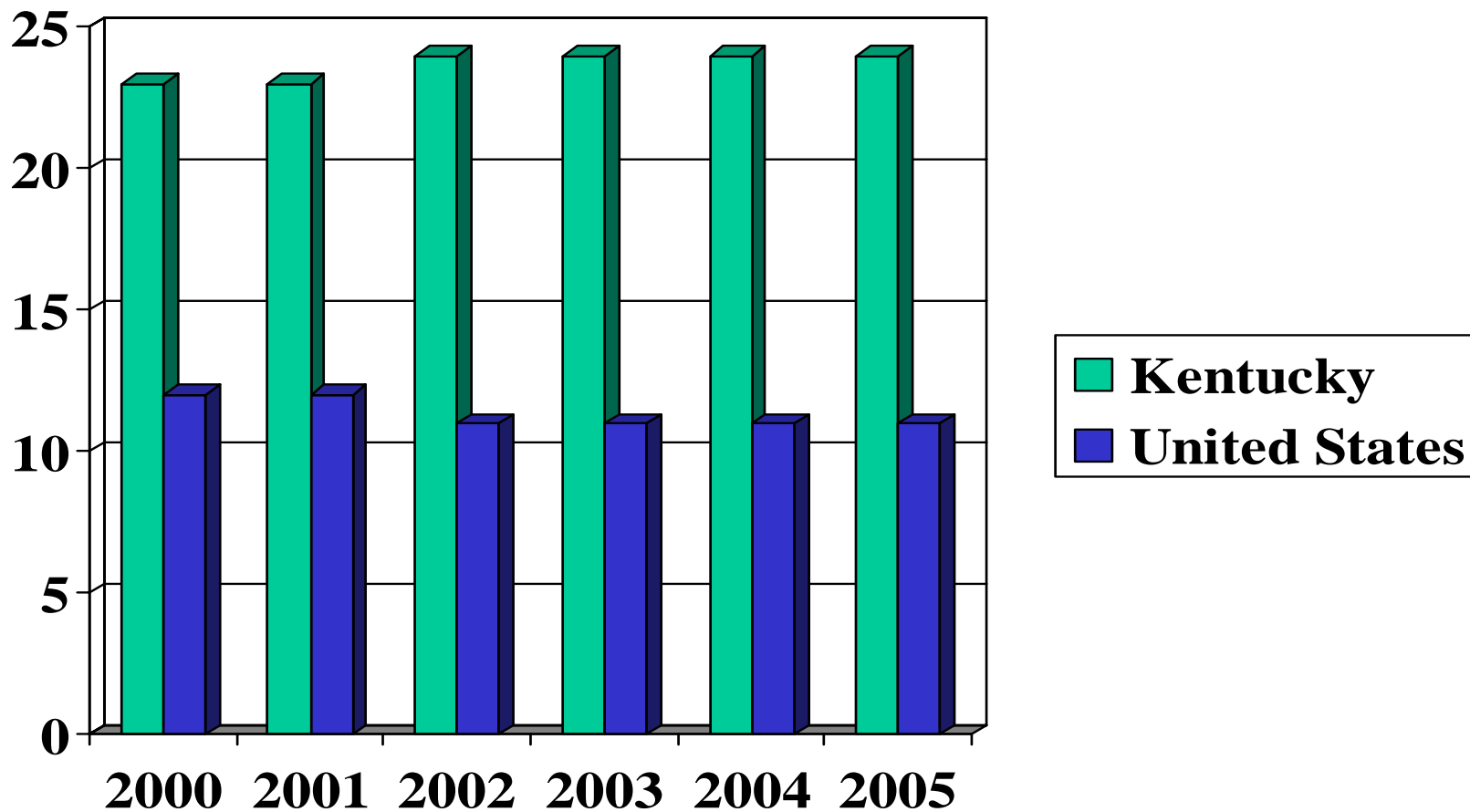
George Carlin





Prenatal Tobacco Use

Prenatal Tobacco Use



Behavior Issues



- Researchers found that toddlers exposed to cigarette smoke in utero exhibited higher levels of behavior problems from 12 to 24 months.
- Exposed toddlers were significantly more likely to exhibit aggressive behavior and to stubbornly refuse to follow directions.
- They were also less likely to seek out and participate in playful social interactions with their mothers.

<http://www.drugabuse.gov/newsroom/06/NR7-13.html>

Children are more vulnerable to SHS in the home because

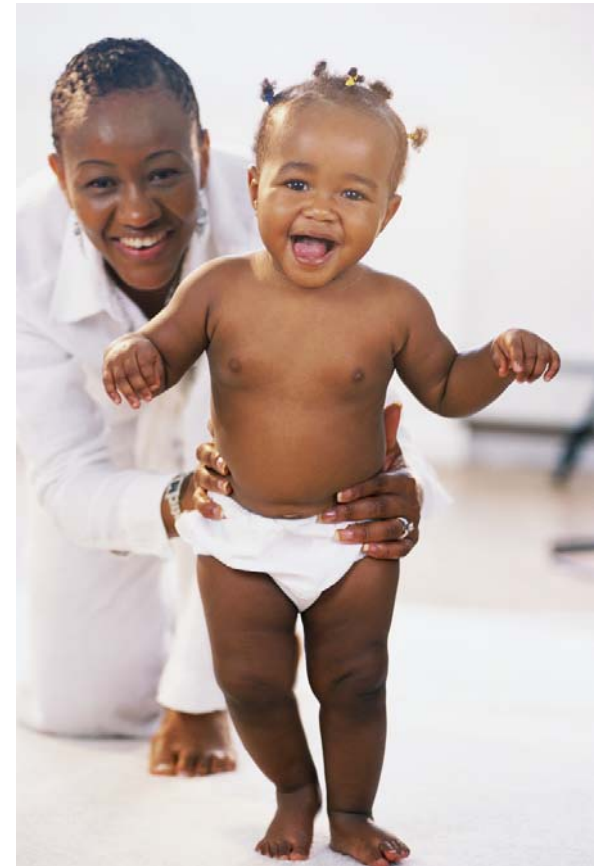


- They breathe in more air relative to body weight (and for the same exposure, will absorb more tobacco toxins).
- Their immune system is less protective.
- They are less able to complain (either because their complaints are ignored or they are too young).
- They are less able to remove themselves from exposure (too young to walk or crawl away).



Parents try to keep their kids safe by:

- Using child car safety seats
- “Stay away from strangers”
- “Don’t touch the stove”
- Locking cabinets
- Dressing them for the weather
- Feeding them healthy foods
- Locking doors at night



Keep Your Kids Safe

- Be sure babysitters and daycare workers don't smoke around your child or baby.
- Don't let people smoke in your home, especially in your child's room.
- Eat in nonsmoking restaurants.
- Ask others not to smoke around your children.
- Don't allow anyone to smoke in the car or any other enclosed space.



How would you like to spend your “off days”?



In a doctor’s office or hospital because your child is sick?

Or enjoying your children?



Effects on the Health of Workers

- Levels of secondhand tobacco smoke in restaurants and bars is 1.6 to 6 times higher than in office workplaces.
- Servers have the greatest risk of developing lung cancer and heart disease compared to other occupations.
- In an 8-hour shift, a bartender inhales more cancer-causing chemicals from secondhand smoke than smoking half a pack of cigarettes.



Employer's Cost

- Estimated cost \$1280 per smoking employee each year.
- Includes sick days, medical costs, loss of productivity, and secondhand smoke exposure.

Big Tobacco HATES Quitters

As new smokers die or quit – the tobacco industry must replace the consumers.

THEY TARGET CHILDREN!

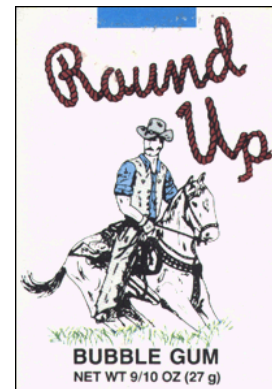
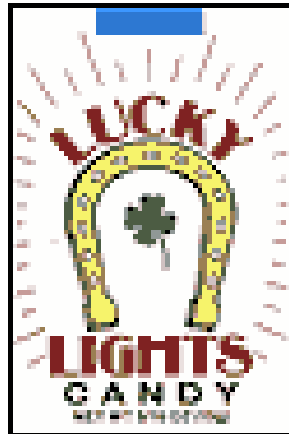


Factors Related to Smoking Addiction



- Tobacco companies target youth between the ages of 10-22 years of age (in the past ads with featured baseball players made smoking appealing)
- Candy cigarettes, Big League chewing gum, and Bubble Tape gum target children through their packaging; which is very similar to the appearance of tobacco chew pouches, snuff, and cigarettes

They call this candy?



*How do I find out about Stop
Smoking Programs?*

574-STOP  **P**

YOU *Really* **Can Stop Smoking**

Call

574-STOP



 **Louisville** Jefferson County Smoke Free Coalition 

Tobacco Prevention and Cessation Program

Louisville Metro Health Department

Hampton House

2422 West Chestnut Street

Louisville, KY 40202-1754

Phone: 502-574-5313

Fax: 502-574-1430

Email: stopsmoking@louisvilleky.gov

