

Facts About Secondhand Smoke

SECONDHAND SMOKE IS TOXIC AND DEADLY

The U.S. Surgeon General's report, *The Health Consequences of Involuntary Exposure to Tobacco Smoke*, summarizes three decades of research on the health effects of exposure to secondhand smoke, concluding that secondhand smoke causes premature death and disease in children and in adults who do not smoke.ⁱ

Every year in the U.S., secondhand smoke is responsible forⁱⁱ

- 3,000 lung cancer deaths
- 46,000 cardiovascular deaths
- 430 deaths due to Sudden Infant Death Syndrome
- 10,000 – 20,000 low birth weight infants
- 8,000 – 26,000 new asthma cases

In Minnesota, in 2005, secondhand smoke resulted inⁱⁱⁱ

- 112 lung cancer deaths
- 581 cardiovascular deaths
- 14 deaths due to SIDS
- 44 deaths due to low birth weight

Secondhand smoke is a complex mixture of 4,000 chemicals, 250 toxins and 11 known human carcinogens, including arsenic, benzene, formaldehyde and lead.^{iv}

MILLIONS OF NONSMOKERS ARE EXPOSED TO SECONDHAND SMOKE

Approximately 60% of nonsmokers have biological evidence of exposure to secondhand smoke.^v Most are exposed in their homes or at work. In fact, 26-36% of Minnesota workers are exposed to secondhand smoke in the workplace. Blue collar, service and hospitality industry workers have the highest rates of exposure.^{vi} Based on measurements of biological markers for cotinine and other cancer-causing agents, bar and restaurant employees have been shown to have 2 -6 times higher exposure to secondhand smoke than employees in other workplaces.^{vii}

SMOKE-FREE WORKPLACES REDUCE ILLNESS AND DEATH

Studies show that smoke-free workplaces lower rates of cardiovascular disease and improve lung function:

- A study of California bartenders showed improved pulmonary function and reduced symptoms in just three months after a smoke-free workplace law took effect.^{viii}
- After implementing a smoke-free policy in Helena, MT admissions for acute myocardial infarction dropped 40 percent.^{ix}
- A smoke-free workplace law in Pueblo, CO resulted in a 25 percent decrease in hospital admissions for myocardial infarction.^x

SMOKE-FREE WORKPLACES HELP SMOKERS QUIT

- Smoke-free workplaces are associated with higher rates of attempts to quit.^{xi}
- Smoke-free workplaces reduce cigarette consumption by employees by 30 percent.^{xii}
- Teens in smoke-free workplaces are 68 percent less likely to smoke than those in workplaces that permit smoking.^{xiii}

THERE IS OVERWHELMING SUPPORT FOR SMOKE-FREE BARS AND RESTAURANTS

According to a 2006 survey, 69 percent of Minnesotans (73 percent in the Metro area and 65 percent in Greater Minnesota) support a comprehensive statewide smoke-free law that includes bars and restaurants.^{xiv}

SMOKE-FREE LAWS DO NOT HURT PROFITS

According to the Surgeon General, “Evidence from peer-reviewed studies shows that smoke-free policies and regulations do not have an adverse economic impact on the hospitality industry.”^{xv} Further, a comprehensive analysis of the economic impact after smoke-free laws were enacted in three Minnesota counties and four Minnesota cities found that there was “no apparent economic impact on the local economies examined in this report, or on the State of Minnesota as a whole.”^{xvi}

THE COSTS OF NOT GOING SMOKE-FREE ARE HUGE

Secondhand smoke costs the U.S. economy nearly \$5 billion in direct medical costs.^{xvii}

Secondhand smoke cost Minnesota taxpayers, individuals and businesses more than \$215 million in direct health care expenditures in 2003.^{xviii}

GOING SMOKE-FREE IS A WORLDWIDE TREND

Minnesota has fallen behind. In addition to dozens of countries worldwide, twenty-one states and hundreds of cities and counties across the nation now have smoke-free workplace laws. Seven Minnesota counties and 11 Minnesota cities have already gone smoke-free. Find a current list of smoke-free communities as www.no-smoke.org.

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- ⁱ The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, U.S. Department of Health and Human Services, 2006.
- ⁱⁱ Proposed Identification of Environmental Tobacco Smoke as a Toxic Air Contaminant, California Environmental Protection Agency, 2005.
- ⁱⁱⁱ Health Care Costs and Secondhand Smoke: The Bottom Line, BlueCross Blue Shield of Minnesota, 2007.
- ^{iv} 11th Report on Carcinogens, National Toxicology Program, 2005.
- ^v The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, U.S. Department of Health and Human Services, 2006.
- ^{vi} Secondhand Smoke: Who's Exposed to It in the Workplace, Association for Nonsmokers' Rights Minnesota. www.ansrmn.org
- ^{vii} Siegel, M. Involuntary smoking in the restaurant workplace. A review of employee exposure and health effects. JAMA 1993; 270(4)
- ^{viii} Eisner, MD, et al. "Bartenders' respiratory health after establishment of smoke-free bars and taverns." JAMA, 1998; 280:1909-1914.
- ^{ix} Sargent, RP, et al. "Reduced incidence of admissions for myocardial infarction associated with public smoking ban: before and after study." British Medical Journal, 2004; 328:977-980.
- ^x Bartecchi, MD et al. "Reduction in the incidence of acute myocardial infarction associated with a citywide smoking ordinance." Circulation, 2006; 114:1490-1496.
- ^{xi} Farkas, AJ et al. "The effects of household and workplace smoking restrictions on quitting behaviors." Tobacco Control, 1999; 8:261-265.
- ^{xii} Fichtenberg, CM, Glantz, SA. "Effect of smoke-free workplaces on smoking behaviour: systematic review" British Medical Journal, 2002; 188-194.
- ^{xiii} Farkas, AJ et al. "Association between household and workplace smoking restrictions and adolescent smoking." JAMA, 2000; 284:717-722.
- ^{xiv} ClearWay Minnesota, 2006. Survey results at: <http://www.clearwaymn.org/vertical/Sites/%7BF1680E9A-EF78-41E7-8793-6913CF57DBAB%7D/uploads/%7B4BBB662D-EE73-4F39-BD64-82E2FBEDFA7B%7D.PDF>
- ^{xv} The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, U.S. Department of Health and Human Services, 2006.
- ^{xvi} A Research Study: The Measurable Economic Impact of Certain Smoke-Free Ordinances in Minnesota. Minnesota Institute for Public Health 2007.
- ^{xvii} Behan, DF et al "Economic Effects of Environmental Tobacco Smoke." Society of Actuaries, March 31, 2005.
- ^{xviii} Health Care Costs and Secondhand Smoke: The Bottom Line. BlueCross BlueShield of Minnesota, 2007. www.PreventionMinnesota.com