

SECONDHAND SMOKE

Who Is At Risk?

Learner Objectives

Define Secondhand Smoke (SHS).

Describe the potential dangers of SHS on all stages of life.

Identify some of the toxic chemicals found in tobacco smoke.

Identify ways to decrease exposure to SHS.

What is Secondhand Smoke?

Secondhand smoke is the combination of two forms of smoke from burning tobacco products.

Side-stream smoke is smoke that is emitted between puffs of a burning cigarette, pipe or cigar.

Main-stream smoke is smoke that is exhaled by the smoker.

A Report of the Surgeon General

According to a 2006 Surgeon General's Report:

Secondhand smoke exposure causes heart disease and lung cancer in adults and sudden infant death syndrome and respiratory problems in children.

There is no safe level of exposure.

Only smoke-free environments effectively protect nonsmokers from exposure in indoors areas.

Finally, while great strides have been made in recent years, millions of Americans continue to be exposed to secondhand smoke in their homes and workplaces.

Facts About Secondhand Smoke

- SHS is the third leading cause of preventable death in the United States. Approximately 50,000 people die each year as a result of being exposed.
- SHS contains over 4,000 chemicals. More than 60 of these chemicals are known or suspected to cause cancer.

Toxic Chemicals & Common Uses

Acetone

Nail polish remover

Arsenic

Rat poison

Butane

Lighter fluid

DDT

Insecticide

Formaldehyde

Preservation for dead bodies

Lead

Fishing sinkers

Nicotine

Addictive Drug in tobacco

Zinc

Metal in pennies

Cigarette Equivalency

- Riding in a **Car** with a smoker for **1 hour** is =



- Living in a home with a **Pack-a-day** smoker is =



Who is at risk?

The Fetus

- When a woman smokes during pregnancy, the nicotine may cause constrictions in the blood vessels of the umbilical cord, thereby decreasing the amount of oxygen available to the fetus. This increases the risk of complications such as:
 - Miscarriage
 - Premature birth
 - Stillbirth
 - Spontaneous abortion

Who is at risk?

Newborns

- Babies born to mothers who smoke during pregnancy have an increase risk of:
 - Sudden Infant Death Syndrome (SIDS)
 - Lower birth weight
 - Mental retardation
 - Brain dysfunction
 - Respiratory infections

Who is at risk?

Children & Teens

The Surgeon General and the Environmental Protection Agency (EPA) strongly urge that smoking in the presence of children and teens be avoided.

Why?

- Children suffer from bronchitis, pneumonia, hyperactivity, middle ear infections, upper respiratory infections, and are frequently hospitalized.
- Teens are more likely to become smokers themselves. As a result, they will suffer greater long-term health effects such as cancer, heart disease and progressive lung disease like emphysema.

Who is at risk?

People With Asthma

- During an asthma attack, the air passages constrict & block the free flow of air in and out of the lungs. This happens when people are exposed to smoke.
- Characteristics of an asthma attack include:
 - Tightness in the chest and shortness of breath,
 - Wheezing and unexplained coughing,
 - Trouble talking,
 - Bluish lips & fingers due to lack of oxygen, and
 - Suction of the skin around the ribs.

Florida Youth Tobacco Survey (FYTS)

- The majority of students exposed to SHS in middle and high school were exposed to SHS in their own home or someone else's home.
- Middle school students were more likely than high school students to encounter SHS in their homes or in their parent's cars.
- High school students were more likely than middle school students to encounter SHS in someone else's home or car.

The Clear Goal

Based upon the FYTS, the clear goal is to reduce exposure in the home because -

- Of the amount to time spent in the home,

- It is an area that has not received much attention,

- It is the place where children are more likely to be stricken by the effects of secondhand smoke.

Promote Clean Air Through Policy

According to the CDC, policies that restrict smoking are proven to lower the incidence of tobacco use and tobacco related disease.

The Florida Clean Indoor Act prohibits smoking in an enclosed indoor workplace. The statute requires a policy regarding the smoking prohibition.

Effects of the Prohibition

Policies that prohibit smoking in public places –

- Protects children from the harmful effects of SHS,
- Promote tobacco free lifestyles,
- Sends a clear message that smoking is not cool, and
- Results in fewer adults modeling smoking behavior.

Decrease Exposure to SHS

The following are recommended interventions to support policies that reduce exposure to secondhand smoke:

- Implement media campaigns to raise community awareness.
- Promote smoke-free homes and cars.
- Empower partners to create smoke-free areas outdoors (parks, beaches, entryways, & recreational facilities).

Interventions continued.....

- Encourage bars and night clubs to develop voluntary smoke-free policies.
- Work with local pharmacies to provide secondhand smoke and cessation information.
- Provide signs to inform park goers to refrain from smoking in the presence of children.

References:

The Centers for Disease Control & Prevention (CDC)
The Health Consequences of Smoking. A Surgeon
General Report 2004 & 2006

www.cdc.gov/tobacco

The American Lung Association

www.lungusa.org

The American Cancer Society

www.cancer.org

Action on Smoking and Health (ASH)

<http://no-smoke.org/>

Contact Information

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