

# Economic and Health Impacts of Smoke-free Air Policies

Secondhand smoke is a mixture of smoke from burning cigarettes or other combustible products and exhaled smoke in the air. The U.S. Surgeon General has concluded that secondhand smoke causes death and disease among non-smokers and that there is no risk-free level of exposure to secondhand smoke.<sup>1</sup>

## Economic and Health Burden of Secondhand Smoke

- Secondhand smoke causes death and disease among non-smokers.<sup>1</sup>
- Secondhand smoke exposure increases the risk of lung cancer, heart disease, and stroke.<sup>1,2</sup>
- In Indiana, secondhand smoke is estimated to cause over 1,300 deaths annually.<sup>3</sup>
- Secondhand smoke costs Hoosiers an estimated \$2.1 billion in healthcare costs and premature loss of life.<sup>3</sup>

## Economic Benefits of Smoke-free Air Policies

- According to the 2006 U.S. Surgeon General's report, peer-reviewed studies have shown that smoke-free policies do *not* harm the hospitality industry.<sup>1</sup>
- Studies across multiple states have found that smoke-free policies do *not* reduce bar sales or employment.<sup>4,5</sup>
- Employers who implement smoke-free workplace policies may save money through:
  - Reduced fire risk
  - Reduced damage to property and furnishings
  - Reduced cleaning and maintenance costs
  - Reduced workers' compensation and insurance costs.<sup>5</sup>

## Health Benefits of Smoke-free Air Policies

Smoke-free indoor air policies are the only way to completely eliminate exposure to secondhand smoke.<sup>1</sup> Methods such as separating smokers and non-smokers and ventilation do not completely eliminate secondhand smoke exposure.<sup>1</sup> Smoke-free policies have several health benefits, including:

- Reduced exposure to secondhand smoke<sup>1</sup>
- Improved indoor air quality<sup>6,7</sup>
- Improved respiratory health<sup>7,8</sup>
- Reduced exposure to cancer-causing chemicals<sup>7,9</sup>
- Reduced hospitalizations due to heart disease, stroke, and respiratory diseases<sup>7,10</sup>
- Increased quit attempts and reduced smoking among smokers.<sup>1,7</sup>

## Quick Facts

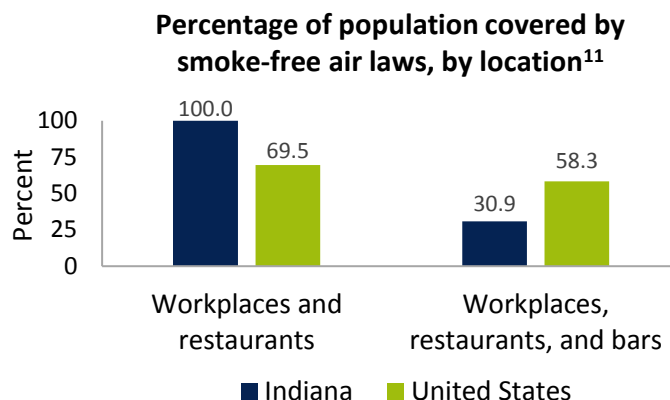
- The U.S. Surgeon General has concluded that there is no risk-free level of exposure to secondhand smoke.<sup>1</sup>
- Secondhand smoke causes over 1,300 deaths among Hoosiers annually.<sup>3</sup>
- Secondhand smoke costs Hoosiers an estimated \$2.1 billion annually in healthcare costs and premature death.<sup>3</sup>
- Some workers, particularly hospitality industry workers, are less likely to be protected from secondhand smoke.<sup>1,2,11</sup>
- Smoke-free air policies reduce secondhand smoke exposure and improve health.<sup>1,7-10</sup>
- Research has shown that smoke-free air policies do *not* harm the hospitality industry.<sup>1</sup>
- Smoke-free air policies are the only way to completely eliminate exposure to secondhand smoke.<sup>1</sup>



# Economic and Health Impacts of Smoke-free Air Policies

## Workplace Secondhand Smoke Exposure

- All Hoosiers are currently protected by a statewide smoke-free air law that covers most workplaces and restaurants.
- Twenty-one Indiana communities currently have comprehensive smoke-free air laws that include workplaces, restaurants, and bars.
- Nearly 31% of Hoosiers are protected by a comprehensive smoke-free air law.
- While the majority of workers in the U.S. are covered by smoke-free air policies, some workers are less likely to be protected from secondhand smoke.<sup>1,2,11</sup>
- Workplace secondhand smoke exposure tends to be higher among service workers, particularly those in the entertainment and hospitality industries.<sup>1,2</sup>



## Resources for Businesses

Workplace smoke-free policies are the most effective way to protect workers from the harmful effects of secondhand smoke and may also encourage employees who do smoke to quit. The Indiana Tobacco Quitline (1-800-QUIT-NOW) can provide employees who smoke with evidence-based support and resources to quit smoking. Employers may also join the [Quit Now Preferred Employer network](#) for additional resources and assistance with connecting employees to Quitline services.

<sup>1</sup> U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.

<sup>2</sup> U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

<sup>3</sup> Lewis CK, Zollinger T. Estimating the Economic Impact of Secondhand Smoke in Indiana in 2014. Cynthia K. Lewis & Associates, LLC. 2016.

<sup>4</sup> Loomis BR, Shafer PR, van Hasselt M. The economic impact of smoke-free laws on restaurants and bars in 9 states. *Prev Chronic Dis* 2013; 10:E128. doi:10.5888/pcd10.120327.

<sup>5</sup> American Cancer Society, Cancer Action Network. (2014, November 3). Smoke-Free Policies: Good for Business. Retrieved December 30, 2016, from <https://www.acscan.org/sites/default/files/smokefree-worker-health.pdf>

<sup>6</sup> Indiana State Department of Health, Tobacco Prevention and Cessation Commission. (2011). Air Quality Studies Show Immediate Impact of Smoke-free Workplace Policies. Retrieved January 3, 2017, from [http://www.in.gov/isdh/tpc/files/factsheet\\_AMstudies\\_7\\_6\\_2011.pdf](http://www.in.gov/isdh/tpc/files/factsheet_AMstudies_7_6_2011.pdf)

<sup>7</sup> American Cancer Society, Cancer Action Network. (2014, November 4). The Effects of Secondhand Smoke on Worker Health. Retrieved December 30, 2016, from <https://www.acscan.org/sites/default/files/smokefree-worker-health.pdf>

<sup>8</sup> Palmersheim K A, Pfister KP, Glysch RL. The Impact of Wisconsin's Statewide Smoke-free Law on Bartender Health and Attitudes. University of Wisconsin: Milwaukee, Center for Urban Initiatives and Research. 2010.

<sup>9</sup> Stark MJ, Rohde K, Maher JE, et al. The impact of clean indoor air exemptions and preemption policies on the prevalence of a tobacco-specific lung carcinogen among nonsmoking bar and restaurant workers. *Am J Public Health* 2007; 97(8): 1457-1463.

<sup>10</sup> Tan CE, Glantz SA. Association between smoke-free legislation and hospitalizations for cardiac, cerebrovascular, and respiratory diseases: a meta-analysis. *Circulation* 2012; 126(18): 2177-2183.

<sup>11</sup> American Nonsmokers' Rights Foundation. Summary of 100% Smokefree State Laws and Population Protected by 100% U.S. Smokefree Laws. October 2, 2017. Accessed October 16, 2017 from <http://www.no-smoke.org/goingsmokefree.php?id=519>.

Updated 10/16/2017

