

FACTS ABOUT SECONDHAND SMOKE

WHAT IS IN SECONDHAND SMOKE

- Secondhand smoke contains more than 7,000 chemicals, including cyanide, lead, arsenic, mercury, formaldehyde, benzene, and acetone. Seventy of these chemicals are known to cause cancer.⁹
- Secondhand smoke contains high levels of carbon monoxide, which is toxic and decreases oxygen in the blood.⁹

TOBACCO KILLS

- 50,000 Preventable U.S deaths occur each year due to secondhand smoke.¹⁰
- For every person who dies because of tobacco, another 20 are living with a serious and costly disease or medical condition.⁹

SECONDHAND SMOKE IS DANGEROUS.

- In Indiana each year, approximately 1,200 adult nonsmokers die from exposure to secondhand smoke.²
- There is no risk-free level of exposure to secondhand smoke. Exposure can increase the risk of heart attacks, heart disease, lung disease, cancer, and strokes.¹⁹
- Secondhand smoke costs Indiana approximately \$1.3 billion in excess medical expenses and premature loss of life, or about \$201 per person each year.²
- A person sitting within six feet of a smoker outdoors can be exposed to levels of secondhand smoke similar to those indoors.⁸



“The debate is over. The science is clear; secondhand smoke is not a mere annoyance, but a serious health hazard.”

— Dr. Richard Carmona, 17th US Surgeon General, 2006

YOU HAVE A RIGHT TO BREATH CLEAN AIR

- More than 79 percent of the United States population lives in a community that is covered by a smoke free air law. ¹¹
- Children are affected more by secondhand smoke than adults because their bodies are still developing and secondhand smoke can hinder the growth and function of their lungs. ²
- Smoke harms pets too. Not only do pets breathe in toxic secondhand smoke, but they are also directly exposed to the chemicals that settle into the carpet, furniture, their toys, and their fur. ¹²

TAKE ACTION

- If someone is smoking around you or your family, respectfully let that person know it bothers you. Most people will understand and move away.
- Encourage those who are interested in quitting to take advantage of all the FREE local resources in our community, as listed on our website.
- Whether it's a worksite, housing complex, or campus, encourage the owners to make it a 100% tobacco-free property. Use the fact sheets on our website to help make the case.

Need more information? Email us at: info@smokefreeindy.com

References

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