

Secondhand Smoke



What are the dangers of secondhand smoke (SHS)?

- There is no risk-free level of secondhand smoke exposure. Even brief exposure can be dangerous.
- Over **4,000 chemicals** are found in a single puff of smoke, including more than 50 carcinogens.¹
- 430 American newborns die each year from Sudden Infant Death Syndrome (SIDS) caused by SHS.²
- About 10% of all SIDS cases are attributable to postnatal exposure to secondhand smoke.
- 3,000 Americans die each year from **lung cancer** caused by SHS.
- **Secondhand smoke can cause lung cancer in healthy nonsmokers.** A nonsmoker who lives with a smoker has a 20-30% greater associated risk of developing lung cancer.
- About 46,000 Americans die each year from **heart disease** caused by SHS.
- Exposure to secondhand smoke increases the risk of heart disease among non-smokers by about 25-30 percent.
- SHS causes ear problems, acute respiratory infections, and wheeze illnesses in children, slows their lung growth, and makes asthma more severe.
- Secondhand smoke exposure is responsible for an estimated 150,000–300,000 new cases of bronchitis and pneumonia in children aged less than 18 months, resulting in 7,500–15,000 hospitalizations.³
- SHS can affect nonsmokers by causing **eye irritation, headaches, nausea, and dizziness.**^{4, 5}
- SHS is linked to 10,000 cases of **Low Birth Weight** every year in the U.S.
- SHS causes middle ear disease in children.

How can a smoker protect their child from secondhand smoke?

- **Smoke outside**, at least 25 feet from the house.
- **Do not smoke in the car** with children or other passengers.
- **Quit smoking** when you are pregnant (see “Smoking and Pregnancy” fact sheet).
- Ask adults who care for your child, or who visit your home, **not to smoke near your child.** Encourage them to take it outside for your child’s sake.
- Make a rule that smoking is not allowed inside your home.

Secondhand Smoke in Utah

- 25,800 Utah children age 17 or under (3.34%), live in a home where somebody smokes inside the home.⁶
- 59% of Utah youth are exposed to secondhand smoke in outdoor settings every week.⁷

For help quitting, call the Utah Tobacco Quit Line at 1.888.567.TRUTH or visit utahquitnet.com

¹ National Toxicology Program. *9th Report on Carcinogens*, 2000. Research Triangle Park, NC: U.S. Department of Health and Human Sciences, National Institute of Environmental Health Sciences, 2000. <http://ntp.niehs.nih.gov/ntp/roc/eleventh/profiles/s176toba.pdf>. Accessed August 2006

² [The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General](#), 2006

³ United States Environmental Protection Agency (EPA). *Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders*. Office of Research and Development, EPA/600/6-90/006F, Washington, D.C., December 1992. 8-13. <http://cfpub2.epa.gov/ncea/cfm/recordisplay.cfm?deid=2835>. Accessed August 2006. Also published as National Institutes of Health. National Cancer Institute. *Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders: The Report of the U.S. Environmental Protection Agency*. Smoking and Tobacco Control Monograph Number 4. NIH Publication No. 93-3605, Washington, D.C., August 1993. http://cancercontrol.cancer.gov/tcrb/nci_monographs/MONO10/MONO10.HTM.

⁴ EPA, Secondhand Smoke: “What You Can Do About Secondhand Smoke As Parents, Decision-Makers, and Building Occupants,” July 1993; “Health Effects of Exposure to Environment Tobacco Smoke,” California EPA report, 1997, http://www.oehha.org/air/environmental_tobacco/finalets.html

⁵ Canadian Cancer Society, http://www.cancer.ca/ccs/internet/standard/0,3182,3172_13127_langld-en,00.html Accessed August 2006

⁶ Utah Health Status Survey, 2004

⁷ TPCP Youth Media Survey, 2005

The TRUTH