

Tobacco and Asthma

Asthma is a chronic disease of the lungs. People with asthma have airways that overreact to environmental “triggers” such as pollen, mold, colds, and irritants such as cigarette smoke and pollution. During an asthma attack/episode, the lungs are filled with mucus, the lining of the airways swell and the muscles around the airways tighten, leading to wheezing, coughing and difficulty in breathing.¹

In 2004, it was estimated that 20.5 million Americans currently have asthma.² Asthma is the most common chronic illness in children³, affecting approximately 8.5% of children aged 17 and younger. About 9% of Utah’s suffer with asthma.

Impact of Tobacco on Asthma

- Tobacco smoke triggers asthma attacks in nearly 80% of people with asthma.⁴
- Smoking or exposure to cigarette smoke can increase asthma symptoms.
- Exposure to tobacco smoke in the workplace increases risk of developing asthma.⁵
- One hour of exposure to cigarette smoke causes 20% deterioration in short-term lung function.⁶

Smokers vs. Nonsmokers

- Smokers have more severe asthma attacks.
- The asthma death rate among smokers is more than double that of nonsmokers.⁷

Effects on Children

- Children whose mothers smoke during pregnancy have a higher risk of developing asthma.⁸
- Smoking more than 10 cigarettes a day while pregnant is associated with higher rates of asthma.⁴
- An estimated 400,000 to one million children with asthma have their condition worsened by exposure to secondhand smoke.³

For More Information:



Utah Asthma Program
801-538-6141
www.health.utah.gov/asthma



Utah Tobacco Prevention
and Control Program
1-877-220-3466
www.tobaccofreeutah.org

Helping Tobacco Users Quit

Free, statewide services to help tobacco users quit include:

Utah Tobacco Quit Line

The Utah Tobacco Quit Line is a free, telephone-based service designed to help people quit tobacco. Be connected with a specially trained Quit Coach who will help you develop a personalized quit plan, and guide you through the quitting process. Call:

English: 1.888.567.TRUTH (8788)

Spanish: 1.877.629.1585

TTY Hearing, Speech Impaired: 1.877.777.6534

For more information about the Utah Tobacco Quit Line, visit

www.tobaccofreeutah.org/quitline.htm

Utah QuitNet

Utah QuitNet is a free, internet-based service designed to help individual tobacco users through the quitting process. As a member you'll have access to the world's largest online community of smokers and ex-smokers helping each other to quit and stay quit. For more information visit www.utahquitnet.com.

The TRUTH™

-
- 1 Utah Asthma Program. "What is Asthma?" Utah Department of Health. 2 October 2007. <<http://www.health.utah.gov/asthma/whatisasthma.html>>
 - 2 American Lung Association. "Asthma and Adults Fact sheet." 2007. 2 October 2007. <<http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=22596>>
 - 3 American Lung Association. "Asthma and Children Fact Sheet." 2007. 2 October 2007. <<http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=44352>>
 - 4 The Impact of Asthma Survey, (1996). The National Asthma Campaign and Allen and Hanburys Ltd.
 - 5 Jaakkola, M. S., et al. (2001, September) Environmental tobacco smoke and adult-onset asthma: a population-based incident case-control study. Paper presented at a meeting of the European Respiratory Society in Berlin.
 - 6 Dahms, T. E., Bohlin, J. F., & Salvin, R. G., Passive smoking effects on bronchial asthma, 1981:80. [In No Smoke Without Asthma? National Asthma Campaign, February 1998]
 - 7 Doll, R., Peto, R., Wheatley, K., Gray, R., & Sutherland, I. (1994) Papers: mortality in relation to smoking: 40 years' observations on male British doctors. British Medical Journal, 309, 901-911.
 - 8 UniSci. "Smoking In Pregnancy Causes Many Child Asthma Cases." 15 February 2001. Daily University Science News. 28 August 2007. <<http://www.unisci.com/stories/20011/0215014.htm>>