



## SECONDHAND SMOKE (OUTDOORS) – FACT SHEET

### ABOUT SECONDHAND SMOKE

- Secondhand smoke is smoke from burning tobacco products, or smoke that has been exhaled or breathed out by the person smoking.<sup>1,2</sup>
- There is no risk-free level of exposure to secondhand smoke. Breathing even small amounts of secondhand smoke can be harmful to health.<sup>3</sup>
- Among the more than 7,000 chemicals that have been identified in secondhand smoke, at least 250 are toxic and about 70 can cause cancer.<sup>4</sup>
- Secondhand smoke significantly increases the risk of lung cancer, Florida's number-one cancer killer.<sup>5</sup>
- According to the World Health Organization (WHO), exposure to secondhand smoke kills an estimated 600,000 people a year worldwide, about one in 100 deaths.<sup>6</sup>
  - 379,000 deaths from heart disease
  - 165,000 from lower respiratory infections
  - 36,900 from asthma
  - 21,400 from lung cancer
- Secondhand smoke causes nearly 34,000 premature deaths from heart disease among non-smokers each year in the United States.<sup>7</sup>

### THE ISSUE

- Secondhand smoke exposure outdoors can be dangerous, particularly to bystanders who have sensitivities to tobacco smoke or a chronic health condition such as asthma.<sup>8</sup>
- Outdoor secondhand smoke exposure occurs in many public areas such as sidewalks, outdoor dining patios, recreational areas (like parks and beaches), and at sporting events.
- Forty-eight percent of adults in Florida reported being exposed to secondhand smoke, and thirty-six percent said they were exposed in public places.<sup>9</sup>



- Although fewer Americans are smoking and more communities have smoke-free laws, 58 million non-smokers in the United States are still being exposed to secondhand smoke.<sup>10</sup>
- About half of all children in the United States who are between the ages of 3 and 18 are still exposed to secondhand smoke in places that still allow smoking.<sup>11</sup>
- For people suffering from heart conditions, exposure to secondhand smoke – even walking through smoke to get into a building – can trigger a heart attack.<sup>12</sup>
- In 2003, under the Florida Clean Indoor Air Act (FCIAA), Florida's workplaces went smoke-free. This Act was a major step toward preventing the serious health conditions and preventable deaths that can result from exposure to secondhand smoke.
  - The 2003 amendment also included indoor areas in restaurants. However, outdoor dining areas that are not predominantly or totally bounded on all sides and above by physical barriers are not protected by the FCIAA.
- Many other states have adopted smoke-free entryway laws to keep secondhand smoke from drifting indoors and to protect people from walking through clouds of smoke. These laws prohibit smoking within a certain distance (usually 15-25 feet) of doorways, operable windows and air intake vents of smoke-free buildings.<sup>13,14</sup>

## THE TOBACCO INDUSTRY'S ROLE

- Tobacco companies have known their products are dangerous for years. A confidential Phillip Morris document dated 1999 reads, "Many scientists and regulators have concluded that ETS\* poses a health risk to nonsmokers."<sup>15</sup>



- Despite credible scientific evidence, these companies continue to sell deadly products that they acknowledge are harmful – especially to children. A confidential Phillip Morris document dated 1999 reads, “A number of studies have reported increased relative risks for children – especially young ones – living in smoking households... Moreover, some studies suggest that ETS\* exposure could be one of many agents that can make episodes in asthmatic children more severe. There are also studies that report an association between parental smoking and Sudden Infant Death’s Syndrome.”<sup>16</sup>

\*ETS – Environmental Tobacco Smoke

<sup>1</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 [accessed 2015 Aug 20].

<sup>2</sup> Institute of Medicine. Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence [PDF–707.47 KB]. Washington: National Academy of Sciences, Institute of Medicine, 2009 [accessed 2015 Aug 20].

<sup>3</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.

<sup>4</sup> "Secondhand Smoke and Cancer." *National Cancer Institute*. N.p., n.d. Web. 29 June 2015.

<sup>5</sup> American Cancer Society, Source: Cancer Facts & Figures 2012.

<sup>6</sup> Mattias Öberg PhD, Prof Maritta S Jaakkola PhD, Prof Alistair Woodward PhD, Armando Peruga DrPH, Dr Annette Prüss-Ustün PhD. Worldwide burden of disease from exposure to second-hand smoke: a retrospective analysis of data from 192 countries. *The Lancet*. 8 January 2011 ( Vol. 377, Issue 9760, Pages 139-146 ) DOI: 10.1016/S0140-6736(10)61388-8.

<sup>7</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 [accessed 2014 Mar 5].

<sup>8</sup> Centers for Disease Control and Prevention. Asthma: Common Asthma Triggers [last updated 2012 Aug 20; accessed 2014 May 5]. <http://www.cdc.gov/tobacco/campaign/tips/diseases/secondhand-smoke-asthma.html#three>.

<sup>9</sup> "State Highlights." *Centers for Disease Control and Prevention*. Centers for Disease Control and Prevention, 1 May 2013. Web. 30 June 2015.

<sup>10</sup> Centers for Disease Control and Prevention (CDC). Vital Signs: disparities in nonsmokers' exposure to secondhand smoke - United States, 1999-2012, Brian A. King, et al., *MMWR*, published online 3 February 2015.

<sup>11</sup> U.S. Department of Health and Human Services. Let's Make the Next Generation Tobacco-Free: Your Guide to the 50th Anniversary Surgeon General's Report on Smoking and Health. [PDF–795 KB] Atlanta: U.S.

<sup>12</sup> U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. 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, 2010.

<sup>13</sup> Bal, Dileep G. "State of California Department of Health Services Memorandum." State of California Department of Health Services Memorandum 9.66 (2003): n. pag. 21 Nov. 2003. Web. 10 June 2016. <<http://www.lapublichealth.org/tob/pdf/ab846mailout03nov17.pdf>>.

<sup>14</sup> "Smokefree Outdoor Air - Entryways." No-smoke.org. American Nonsmokers' Rights Foundation, n.d. Web. 10 June 2016. <<http://no-smoke.org/learnmore.php?id=669>>.

<sup>15</sup> Unknown. MANAGING SECONDHAND SMOKE OUR COMMITMENTS AND ACTIONS TO REDUCE UNWANTED ETS; N880. 1999 August 12. Philip Morris. <https://www.industrydocumentslibrary.ucsf.edu/tobacco/docs/qmcy0082>.

<sup>16</sup> Unknown. MANAGING SECONDHAND SMOKE OUR COMMITMENTS AND ACTIONS TO REDUCE UNWANTED ETS; N880. 1999 August 12. Philip Morris. <https://www.industrydocumentslibrary.ucsf.edu/tobacco/docs/qmcy0082>.