

Health Effects of Secondhand Smoke

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Secondhand smoke, or environmental tobacco smoke (ETS), is a mixture of sidestream smoke and exhaled smoke in the air. Exposure to secondhand smoke is one of the leading causes of preventable death.

Each year in the United States, an estimated 53,000 deaths are attributable to secondhand smoke breathed by nonsmokers. Of these deaths, 3,000 are due to lung cancer each year with an estimated 800 from exposure at home and 2,200 from exposure in work or social settings. Each year 950-1,690 Hoosiers die from others' smoking (Secondhand smoke exposure or smoking during pregnancy.)

Secondhand smoke is classified as a Group A carcinogen (cancer causing agent) under the Environmental Protection Agency's (EPA) carcinogen assessment guidelines. It contains over 4,000 compounds, more than 50 carcinogens and other irritants and toxins.

Secondhand smoke has been shown to cause heart disease, cancer, respiratory problems and eye and nasal irritation. Exposure to secondhand smoke takes place in the home, public places, worksites and vehicles.

Some Toxins Found in Secondhand Smoke

- Ammonia
- Formaldehyde**
- Carbon monoxide
- Nicotine
- Toluene
- Hydrogen cyanide
- Arsenic**
- Benzene**
- DDT/Dieldrin
- Vinyl chloride
- Methane**
- Cadmium
- Polonium-210

Major Health Effects of Secondhand Smoke Exposure in Children

Sudden Infant Death Syndrome	Secondhand smoke causes irritation of the airways; maternal smoking is a risk factor for SIDS and lower birth weight.
Acute and Chronic Respiratory Illnesses	Secondhand smoke particles get into the airways and alveoli; can increase severity with irritation of the lungs; greatest impact occurs during first year of life.
Asthma	Smoking during pregnancy may affect lung growth; secondhand smoke increases risk of lower respiratory infection.
Middle ear disease	Secondhand smoke exposure strongly linked with ear infections.

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Effects of Secondhand Smoke on Children

- 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.
- Hundreds of thousands of lung and bronchial infections are caused by secondhand smoke each year.
- Children and infants exposed to secondhand smoke in the home have dramatically higher levels of respiratory symptoms, respiratory tract infections, and slower lung development.
- Secondhand smoke exposure increases the number of new asthma cases and worsens asthmatic symptoms.
- Every day more than 15 million children in the U.S. are exposed to secondhand smoke in the home. Millions of doctor visits and thousands of hospitalizations occur due to children's exposure to secondhand smoke.
- Seventy-two percent of Indiana youth (grades 6-12) reported being in the same room or car as someone who was smoking cigarettes in the past 7 days. Thirty percent on Hoosier youth are exposed to secondhand smoke daily.

Protecting Hoosiers from Secondhand Smoke

Smoke free environments are the most effective method to fighting exposure to secondhand smoke. Healthy People 2010 objectives address this issue by seeking protection for nonsmokers through policies requiring smoke free schools, worksites and public places.

Smoke free air policies are limited in Indiana. However, many communities are working to educate the public of the dangers of secondhand smoke and the need for smoke free air policy. For more information about smoke free air polices see ITPC Fact Sheet, *Protecting Hoosiers from Secondhand Smoke*.