

Secondhand Smoke Factsheet



There is no risk-free level of exposure to secondhand smoke. Secondhand smoke kills 41,000 people in the US each year

Secondhand smoke...

- ◆ Mixture of smoke given off by the burning end of a commercial tobacco product and the smoke exhaled by smokers.
- ◆ Contains more than 7,000 chemicals, over 70 are cancer-causing.
- ◆ When exposed in the workplace and in public venues such as bars, casinos and restaurants smoke levels were found to be 2-5 times higher than in homes of smokers.
- ◆ The 3rd leading cause of preventable death in the U.S. For every 8 smokers the tobacco industry kills, it takes 1 non-smoker with them.
- ◆ Is a definitive cause of stroke, the exposure causes more than 8,000 deaths from stroke annually.
- ◆ Can cause heart attacks; even brief exposure can trigger a heart attack.
- ◆ Is associated with an increased risk for lung cancer and coronary heart disease in nonsmoking adults.
- ◆ Approximately 7,330 deaths from lung cancer and 33,950 deaths from heart disease each year.

Did you know?

Tobacco kills more Americans than AIDS, drugs, homicides, fires and auto accidents combined.

40% of all American Indian/Alaskan Native Deaths are attributed to commercial tobacco .

Kids parents who smoke indoors inhale the equivalent of 21.5 packs of cigarettes per year.

Within 8 hours of quitting carbon monoxide levels return to normal

Within 24 hours of quitting chances of heart attack decrease

2-3 weeks after quitting, lung function increases up to 30%

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Nonsmokers exposed to secondhand smoke at home or work increase their risk of developing lung cancer by 20–30%

Secondhand smoke and Children

- ◆ An estimated 88 million nonsmoking Americans, including 54% of children aged 3-11 years, are exposed to secondhand smoke.
- ◆ For children with asthma, breathing secondhand smoke can trigger an attack.
- ◆ Secondhand smoke is responsible for between 150,000 and 300,000 lower respiratory tract infections in infants and children under 18 months of age, resulting in between 7,500 and 15,000 hospitalizations each year.
- ◆ In the US 430 infants die annually who breathe secondhand smoke and are more likely to die unexpectedly from sudden infant death syndrome (SIDS), also called crib death.
- ◆ American Indian infants are twice as likely to die from SIDS than other races.
- ◆ Infants and children who breathe secondhand smoke are more susceptible to bronchitis, pneumonia, asthma and ear infections.

Third Hand Smoke

- ◆ Lingering commercial tobacco smoke that settles and stays after a cigarette has been extinguished.
- ◆ Particles cling to clothing, furniture, curtains, hair, carpets, and other surfaces long after smoke has cleared the air.

