

SHS Facts:

- In children aged 18 months or younger, secondhand smoke exposure is responsible for an estimated 150,000-300,000 new cases of bronchitis and pneumonia each year and 7,500-15,000 hospitalizations annually in the US.¹
- Outdoor exposure to SHS can be greater than that caused by being in a smoky indoor area. Sitting in an outdoor area for an hour with someone who smokes 2 cigarettes over the hour, could result in exposure to a level of smoke particulate greater than that caused by being in a smoky indoor area for an hour.²
- Eliminating smoking in indoor spaces protects nonsmokers from exposure to secondhand smoke. Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposures of nonsmokers to secondhand smoke.³
- Smoke-free laws protect non-smokers and smokers, alike. **Secondhand smoke exposure is a health risk even for those who smoke.** Studies indicate that people who smoke and are exposed to excess secondhand smoke have increased acute respiratory symptoms as well as increased lung cancer death risk.

Sources:

1. Klepeis N.E., Ott W.R., and Switzer P. (2007) "Real-Time Measurement of Outdoor Tobacco Smoke Particles," *Journal of the Air and Waste Management Association*, 57:522-534.
2. US Environmental Protection Agency. *Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders*. Washington: US Environmental Protection
3. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. 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, 2006.
4. Piccardo et al. *Environmental Health* 2010, 9:5; Siegel, et al. *Tobacco Control* 1995; 4: 22 – 29.

Take Action

There are easy things that you individually can do to get involved.

Learn more:

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Additional Resources

- Issues with smoking in public places, such as a bar or restaurant?
Please call (303) 275-7555
- Jefferson County Public Health's Tobacco Prevention Initiative can provide information over the phone about local resources to help you or someone you know quit smoking. Please call (303) 275-7555.
- The Colorado QuitLine provides free phone coaching over multiple sessions to help you quit with a trained cessation specialist. It also includes help to get nicotine patches.
Call 1-(800) QUIT NOW
- Jefferson Center for Mental Health has a number of options for those who wish to quit.
Call (303) 423-2302

Tobacco Free Jefferson County Communities Initiative

Working to end tobacco's harm in Jefferson County,, Colorado



A community project of Jefferson County Public Health funded through the Colorado Department of Public Health and Environment with Amendment 35 Funds.



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Positive Economic Impacts of Strengthening Smoke-Free Laws



Save business owners money.

Businesses pay an average of \$2,189 in workers' compensation costs for smokers, compared with \$176 for nonsmokers.

Musch S, Napier D, Edington D. The association of health risks with workers' compensation costs. JOEM. 2001;43(6):534-541.

No Negative Effect on Revenue

Studies of sales tax data from Aspen, Arvada, Pueblo, Snowmass and Telluride have demonstrated that smoke-free ordinances in restaurants had no negative effect on revenues.

Glantz S. "Smoke-free Restaurant Ordinances Do Not Affect Restaurant Business. Period." Journal of Public Health Management and Practice.

Smoke-free laws do not have adverse economic consequences for restaurants and bars; rather, evidence shows that smoke-free laws have a positive effect on the bottom line of businesses.

Americans for Nonsmokers' Rights. The Economic Impact of 100% Smokefree Ordinances. Berkeley, California: ANR, 2003.

Jefferson County Data

The 2006 Colorado Clean Indoor Air Act makes most indoor areas of workplaces and public places smoke-free. However, this law does not cover certain small businesses, tobacco businesses, hookah and cigar bars, outdoor seating areas at restaurants or bars, other outdoor work areas, or outdoor public areas such as playgrounds and youth recreation areas. These exemptions contribute to a significant level of exposure to secondhand smoke.

A 2010 Community Tobacco Survey implemented in four Jefferson County Communities indicates that:

- ✓ More than 80% of respondents believe that any exposure of children to secondhand smoke is a major health concern and more than 70% believe that children's exposure while outdoors is also a major concern;
- ✓ Though smoking is currently allowed at outdoor youth recreation area; about 50% of respondents believe that it is illegal to smoke at outdoor youth recreation areas, such as playgrounds or sports fields; and
- ✓ Over half of respondents prefer to sit indoors instead of outdoors when smoking is allowed in outdoor dining areas of restaurants or bars.

Data from: Jefferson County Public Health Resident Survey on Tobacco Exposure conducted by the National Research Center, 2010

The Surgeon General's Report & Other Key Data:

- There is no safe level of exposure to tobacco smoke.
- Any exposure to tobacco smoke – even an occasional cigarette or exposure to secondhand smoke – is harmful.

<http://www.surgeongeneral.gov/library/tobaccosmoke/factsheet.html>

Studies show that concentrations of second-hand smoke (SHS) in many outdoor areas are as high as, or higher than, some indoor areas and pose significant risk to people involuntarily exposed.

Being exposed outdoors for an hour to several cigarettes at close range (within 20 feet) could result in an exposure comparable to being present in a smoky tavern for an hour.

Klepeis N.E., Ott W.R., and Switzer P. (2007) "Real-Time Measurement of Outdoor Tobacco Smoke Particles," Journal of the Air and Waste Management Association, 57:522-534.

The Solution:

Strong smoke-free laws really do help:

- Studies show that laws prohibiting smoking in public places improve air quality and the health of workers. (U.S. Department of Health. *A report of the Surgeon General, Atlanta.*)
- Creating community environments which support tobacco-free choices significantly reduce tobacco use, secondhand smoke and related diseases and premature deaths (*Campaign for Tobacco-Free Kids*)

www.tobaccofreekids.org/research/factsheets/pdf/0045.pdf