

Secondhand Smoke: There is no safe level of tobacco smoke exposure for anyone, anywhere...

Secondhand smoke kills more than 50,000 people a year...

- Tobacco smoke contains more than 7,000 chemicals and hundreds of those are toxic and may cause cancer. Any exposure to tobacco smoke, even briefly, is harmful.
- Inhaling secondhand smoke (SHS) causes lung cancer and coronary heart disease in non-smoking adults. Even spending time in a smoky room could trigger a heart attack.
- SHS increases the risk of serious respiratory problems in children, leading to unnecessary bronchitis, pneumonia, and worsened asthma.
- The poisons in SHS pose an immediate danger and may cause cellular-level damage in the body, leading to cancer itself and weakening the immune cells that fight cancer. Just 20 minutes exposure to SHS can cause changes in blood chemistry, which increases the risk of blood clots and heart attacks.
- SHS exposure is a health risk even for those who smoke. Studies indicate that people who smoke and are exposed to excess SHS have increased acute respiratory symptoms as well as increased lung cancer death risk.

Surgeon General's Reports, 2006, 2010

Picardo et al. Environmental Health 2010, 9:5; Siegel, et al. Tobacco Control 1995; 4: 22 – 29

Nearly 40% of UJC residents report frequent exposure to SHS when entering or leaving businesses...



- 94% of Unincorporated Jefferson County (UJC) residents believe any SHS exposure to children is a health concern. 89% believe any SHS exposure to adults is a health concern. SHS exposure is hazardous to everyone, regardless of age.
- Despite Colorado's smokefree law, workers in UJC are still exposed to SHS at work, with 19% of UJC residents reporting workplace exposure.
- When smoking is allowed in an outdoor seating area of a restaurant or bar, 56% of UJC residents frequently choose to sit indoors, where no smoking is allowed.
- 23% report frequent exposure to SHS while sitting/dining outdoors at a bar or restaurant.
- 54% of UJC residents say they frequently visit a playground, park or youth community sports field. 91% of residents believe SHS exposure in an outdoor area is a health concern for children.

National Research Center survey - Jefferson County, 2010

Get Involved: Make Your Community Healthier for Everyone...

Communities that pass strong smokefree laws improve air quality, reduce health care costs, and elevate the health of workers and the public.

If you live, work, learn or play in UJC and want more information or if you want to be involved in community efforts working towards tobacco-free public places contact:

Healthy Unincorporated Jeffco

Coalition Website – <http://bit.ly/healthyunincorpjeffco>

Facebook: <http://on.fb.me/hLE5E8>



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