

SECONDHAND SMOKE

**What You Should Know**



## ACKNOWLEDGEMENT

Many thanks to all of the **takeitoutside.org** website visitors who shared their tips for avoiding or minimizing secondhand smoke.

Without your ideas this booklet would not have been possible.

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Children under 2 years of age are  
at high risk from secondhand smoke.

Children who live with family members  
who smoke may also face the early loss of their  
loved ones to smoking-related illness.



***Parents' smoking accounts for almost 90 percent  
of a child's exposure to secondhand smoke.***

## A Kentucky health problem

Most people know that smoking tobacco is very risky for the smoker. But did you know that tobacco smoke is dangerous for **nonsmokers**, too?

Secondhand smoke comes from the burning end of a cigarette, pipe or cigar. It also comes from smoke exhaled by a smoker. Each year secondhand smoke causes about **46,000 deaths** to nonsmokers from heart disease and **3,000 deaths** from lung cancer.

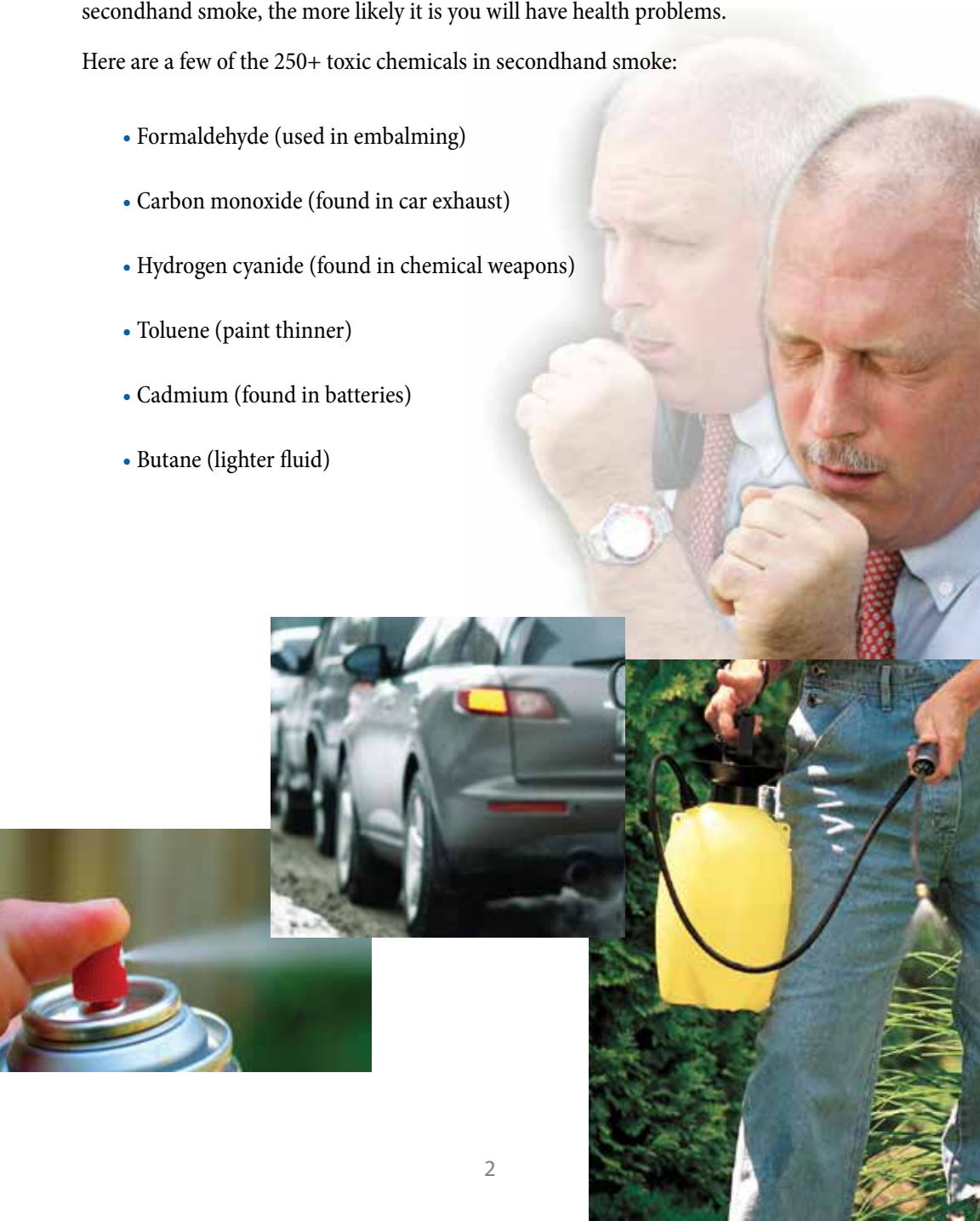
Children living in households where adults smoke are at high risk of exposure to secondhand smoke. Parents who smoke provide almost **90 percent** of a child's exposure to secondhand smoke. Children exposed to secondhand smoke are more likely to die from sudden infant death syndrome (SIDS). They also have **more health problems** such as pneumonia, bronchitis, asthma and ear infections. Children living in households where adults smoke are hospitalized more than children living in smoke-free homes.

## Why is secondhand smoke so toxic?

People exposed to secondhand smoke breathe the same toxic chemicals that smokers do. These chemicals come not only from the tobacco itself, but from the soil, paper and ingredients added to make the tobacco taste better. Studies clearly show that the more exposure you have to secondhand smoke, the more likely it is you will have health problems.

Here are a few of the 250+ toxic chemicals in secondhand smoke:

- Formaldehyde (used in embalming)
- Carbon monoxide (found in car exhaust)
- Hydrogen cyanide (found in chemical weapons)
- Toluene (paint thinner)
- Cadmium (found in batteries)
- Butane (lighter fluid)



## Protecting yourself and others

Protect yourself and your loved ones from the hazards of secondhand smoke:

- Don't smoke.
- If you do smoke, quit if you can. Getting support can help you succeed. (See **Tobacco Cessation Resources** on page 8.)
- If you must smoke, go outside away from entrances, windows and building vents.
- Don't smoke in your home or car around nonsmokers, especially children.
- Don't allow smoking in your home or car. If someone must smoke on the road, stop at a rest area for a smoke break outside the car.

## Protecting children

If you are a parent who smokes, the best thing you can do for yourself and your children is to quit. However, if you are unable to quit smoking, you can lessen your children's exposure:

- Smoke outside the home, even when the kids aren't there. This keeps toxic chemicals out of the home. To avoid bringing smoke inside the house, wear a designated smoking jacket over your clothes and leave it at the door.
- Cut back on your smoking. Going from a pack to half a pack a day will not get rid of the smoke, but it will lessen it.
- Delay your first smoke of the day until the kids have left for school, and it's best to take it outside.





## Talk with others

If you have friends, relatives or caregivers who smoke, tell them *before* they visit that your home is smoke free. Explain that secondhand smoke makes children ill, and a smoke-free home is important to you.

Other ways to keep your home smoke free include:

- Removing all ashtrays
- Posting “no smoking” signs





## Use your power of choice

- Choose smoke-free restaurants, hotels and other businesses.
- Choose smoke-free child care facilities.
- Choose smoke-free adult care facilities.
- Stay in smoke-free hotel rooms.
- If you have friends or family members who smoke in their homes, choose to visit with them elsewhere.
- Teach your children to remove themselves from smoking areas.
- If your work area is not smoke free, talk with your employer about a smoke-free policy.



## Kentucky secondhand smoke facts



- Kentucky has the third highest adult smoking rate in the U.S.
- Kentucky is #1 in adult deaths from smoking-related illnesses.
- More than 360,000 Kentucky children are exposed to tobacco smoke every day. This figure is based on the number of children in Kentucky and the percentage of adults who smoke.
- In Kentucky, 27 percent of pregnant women smoke during pregnancy compared to 13 percent nationally. Babies whose mothers smoke while pregnant are more likely to have a low birth weight and develop asthma.



## Facts from the 2009 UK HealthCare Kentucky Survey\*

- 18 percent of homes with children have an adult who smokes.
- 20 percent of homes with children have allowed smoking inside the home in the past 30 days.
- In 46 percent of homes with children, at least one adult does not believe secondhand smoke is a serious health concern.

\* 213 interviews



## Secondhand smoke and pets

Secondhand smoke increases the risk of cancer in cats, dogs and birds.

A 2009 study showed that 28 percent of pet owners who smoked would be motivated to quit smoking based on the dangers of secondhand smoke to their pets. Nine percent said they would ask others in their household to quit smoking and 14 percent said they would ask visitors to smoke outside.



## UK HealthCare

### UK Kentucky Center for Smoke-free Policy

#### UK Markey Cancer Center Network Affiliates

##### Commonwealth Cancer Center

(Danville, Frankfort, Somerset, Corbin, London, Russell Springs, Harrodsburg, Columbia)

##### Frankfort Regional Medical Center

##### Georgetown Community Hospital

##### Harrison Memorial Hospital

##### Hazard ARH Regional Medical Center

##### Our Lady of Bellefonte Hospital

##### Rockcastle Regional Hospital and Respiratory Care Center

##### St. Claire Regional Medical Center

#### Community Partners

American Academy of Pediatrics – Kentucky Chapter

Cumulus Radio

Kentucky Department for Public Health

LM Communications Radio

**UK HealthCare Stroke Affiliates**

**UK Gill Heart Institute**

**Appalachian Regional Healthcare**

Harlan ARH

Hazard ARH Regional Medical Center

Mary Breckinridge ARH

McDowell ARH

Middlesboro ARH

Morgan County ARH

Whitesburg ARH

Williamson ARH

**Norton Healthcare**

Norton Audubon Hospital

Norton Brownsboro

Norton Hospital

Norton Suburban

## **Tobacco-Cessation Resources**

Tobacco use is more than a habit, it's an addiction. Quitting is tough, but you don't have to go it alone. The following resources can provide assistance:

### **Kentucky's Tobacco QuitLine**

Free one-on-one counseling in English, Spanish and other languages  
8 a.m.–1 a.m. EST, 7 days a week  
Toll free 1-800-Quit Now (**1-800-784-8669**)

### **[www.BecomeAnEx.org](http://www.BecomeAnEx.org)**

At the site, smokers will be able to create a personalized quit plan to help them “re-learn” their lives without cigarettes.

### **UK HealthCare Tobacco Treatment Service**

Tobacco treatment specialist for UK HealthCare  
**859-323-4222**

### **Your local pharmacy**

Counseling, nicotine replacement therapies,  
educational materials

### **Your local health department**

Adult and youth tobacco cessation programs are available.  
Check your telephone book or go to:  
**<http://chfs.ky.gov/dph/default.htm>**

### **Kentucky Cancer Program**

Cooper/Clayton Method to Stop Smoking  
Available in 120 Kentucky counties  
Toll free **1-866-495-9888**  
**[www.kcp.uky.edu/cc\\_classesnew.html](http://www.kcp.uky.edu/cc_classesnew.html)**

### **MedlinePlus®**

Smoking cessation references  
**[www.nlm.nih.gov/medlineplus/smokingcessation.html](http://www.nlm.nih.gov/medlineplus/smokingcessation.html)**





## Additional Reading

The Centers for Disease Control and Prevention (CDC) Smoking and Tobacco Use Web site provides evidence-based information on tobacco use, smoking, quitting and secondhand smoke: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco).

The Centers for Disease Control and Prevention (CDC) also offers a short podcast, “Quit for Your Family’s Sake” (from the Cup of Health series):  
[www2a.cdc.gov/podcasts/player.asp?f=10294](http://www2a.cdc.gov/podcasts/player.asp?f=10294)

The National Cancer Institute (NCI) provides extensive cancer information in a variety of formats through its Cancer Information Service:  
**1-800-4-CANCER (1-800-422-6237)** (toll free) available in English or Spanish  
TTY: **1-800-332-8615** (toll free)  
Livehelp online chat: <https://cissecure.nci.nih.gov/livehelp/welcome.asp>

A secondhand smoke fact sheet is available from the NCI:  
[www.cancer.gov/cancertopics/factsheet/Tobacco/ETS](http://www.cancer.gov/cancertopics/factsheet/Tobacco/ETS)

NCI, in partnership with other health-related organizations, provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking: [www.smokefree.gov](http://www.smokefree.gov).

The Surgeon General’s report on secondhand smoke: “The Health Consequences of Involuntary Exposure to Tobacco Smoke,” is a comprehensive source of information:  
[www.surgeongeneral.gov/library/secondhandsmoke](http://www.surgeongeneral.gov/library/secondhandsmoke).

The American Legacy Foundation ([www.americanlegacy.org](http://www.americanlegacy.org)) provides information related to tobacco use, smoking and uncovering the truth behind tobacco industry advertising tactics. The “EX” campaign is aimed at helping smokers quit:  
[www.becomeanex.org](http://www.becomeanex.org).

The American Academy of Pediatrics offers information aimed at improving child health by eliminating children’s tobacco and secondhand smoke exposure:  
[www.aap.org/richmondcenter](http://www.aap.org/richmondcenter).

40 percent of all  
preventable deaths are  
due to tobacco use.



## Help reduce secondhand smoke!

Have you successfully reduced secondhand smoke? Let us know how!

Call **859-257-1000** and give us your tip over the phone. Or, go to **takeitoutside.org** and leave your tip in our online comment box. Your helpful tip could be used in a future publication.

Review the UK HealthCare tobacco-free policy at:  
**[ukhealthcare.uky.edu/about/tobacco-free](http://ukhealthcare.uky.edu/about/tobacco-free)**

For more information,  
call **859-257-1000** or toll free  
**1-800-333-8874** or write to us at:

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