

Module 4:

Secondhand Smoke Exposure

& the Benefits of being Smoke Free



Looking for more information? Visit us online at <http://www.alaskaquitline.com>

Types of Tobacco Exposure

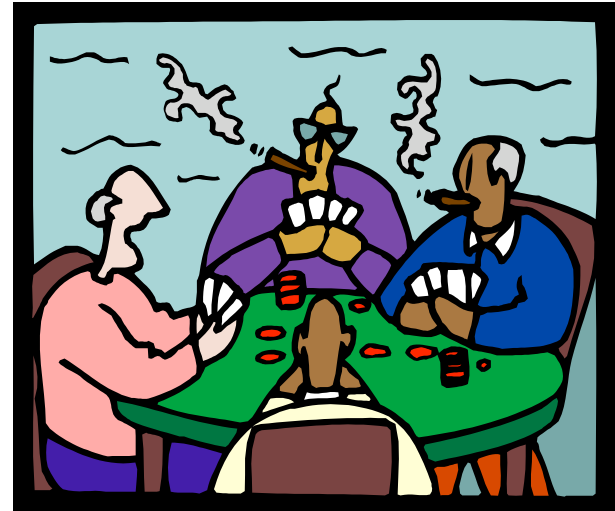
- **Direct**
 - Consuming tobacco in your body directly, such as smoking and chewing.
- **Secondhand**
 - Secondhand smoke is the combination of smoke given off by the burning end of a tobacco product and the smoke exhaled by the smoker^{13,14}
- **Thirdhand**
 - Residual of tobacco smoke contamination that settles into the environment and stays there even after a cigarette has been extinguished

Secondhand Smoke

* *Secondhand smoke is the third leading preventable cause of death in the United States today, behind active smoking and alcohol, accounting for the deaths of about **53,000 nonsmokers** from heart disease each year.⁷*

* **Of the 4000 chemicals identified in secondhand smoke, more than 50 have been found to cause cancer^{13,14}**

* **An estimated 120 Alaskans die each year from lung cancer and heart disease caused by exposure to secondhand smoke.⁷**



* **Every year, about 3,000 U.S. nonsmokers die from lung cancer due to secondhand smoke**

BOTTOM LINE:

There is no safe level of exposure to secondhand smoke.¹⁴

Secondhand Smoke Directly Relates To...

...Heart Disease

...Cancer

-lung, bladder, cervical, esophageal, kidney, laryngeal, leukemia, oral, pancreatic, and stomach

...Respiratory Disease

-Chronic Obstructive Pulmonary disease, Respiratory infection

...Reproduction and Pregnancy Complications^{14, 19}

-Reduced fertility, increased risk of miscarriage, premature delivery, low birth weight, stillbirth, impaired lung function and development.

Children and secondhand smoke^{20,14}

...2x likely to have cavities as children not exposed smoking

...Sudden infant death syndrome (SIDS)

...Weakened immune system, harder for the body to fight bacteria

...Dry mouth caused by smoke

...Ear infections

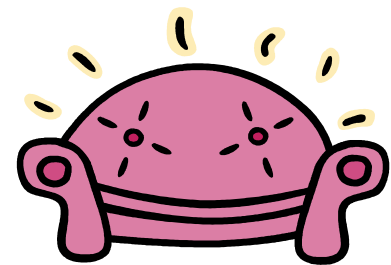
...Asthma Attacks

...Potential deformed mouth or lip

***PETS and ANIMALS** suffer from secondhand smoke and its toxic chemicals too

Thirdhand Smoke^{27, 28}

- The term given to the residual of tobacco smoke contamination that settles into the environment and stays there for **days, weeks, and even months** after a cigarette has been extinguished.
- The chemical particles resulting from the burning of tobacco, including tar and nicotine, linger on clothes, hair, walls, floors, upholstery, drapes, skin, etc.
- Chemical Particles are formed from more than **200 poisonous gases**, many of which are cancer causing, such as cyanide, ammonia, arsenic, and polonium-210 (which is radioactive)
 - These chemicals are deposited on surface areas and over time can be released back into the air



Thirdhand Smoke²⁷

- Thirdhand smoke's toxins remain in the environment long after the smoking period is over
 - Children seem to be at greatest risk of being affected as they inhale more rapidly these particles from contact areas
 - Pets and animals are also affected by the harmful effects of thirdhand smoke
- The burning of tobacco releases nicotine vapor that absorbs strongly onto walls, floors, carpeting, drapes, furniture, hair, skin, and clothes.
 - The vapor reacts with nitrous acid already present in the air and produces carcinogenic (cancer-causing) compounds
 - The main source of nitrous acid are unvented gas appliances.
 - Motor vehicle engines emit nitrous acid that infiltrate the passenger compartments and surfaces, producing carcinogenic compounds

Smoke Free Municipalities in Alaska (as of January 2010)



	100% Smokefree Workplaces	100% Smokefree Restaurants	100% Smokefree Freestanding bars
Anchorage	Yes <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/>
Barrow		Yes <input checked="" type="checkbox"/>	
Dillingham		Yes <input checked="" type="checkbox"/>	
Fairbanks	Yes <input checked="" type="checkbox"/>		
Haines County	Yes <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/>
Juneau		Yes <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/>
Klawock	Yes <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/>
Sitka	Yes <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/>	
Unalaska		Yes <input checked="" type="checkbox"/>	Yes <input checked="" type="checkbox"/>

Benefits of a smoke free Workplace³²

- **For the employees**

- A smoke-free environment helps create a safer, healthier workplace.
- Smokers who want to quit may have more of a reason to do so.
- Smokers may appreciate a clear company policy about smoking at work.
- There is a clearly defined process for dealing with smoking in the workplace.

- **For the employer**

- A smoke-free environment helps create a safer, healthier workplace.
- Direct health care costs to the company may be reduced.
- Employees may be less likely to miss work due to smoking-related illnesses.
- Maintenance costs go down when smoke, matches, and cigarette butts are taken out of work facilities.
- Office equipment, carpets, and furniture last longer.
- The risk of fires decreases.
- It may be possible to get lower health, life, and disability insurance coverage as fewer employees smoke.

**To initiate smoke free change in a city or municipality,
contact the Alaska Tobacco Control Alliance (ATCA)**

<http://www.alaskatca.org>