



The Health Consequences of Secondhand Smoke Exposure:



What It Means To You

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National Association of County and City Health Officials webcast
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2006 Surgeon General's Report

The Health Consequences of Involuntary Exposure to Tobacco Smoke

A Report of the Surgeon General



Department of Health and Human Services



- “I am grateful to be here today and to be able to say unequivocally that the debate is over. The science is clear: secondhand smoke is not a mere annoyance, but a serious health hazard that causes premature death and disease in children and nonsmoking adults.”

Surgeon General Richard Carmona

June 27, 2006



Surgeon General Report Process

- 29th Surgeon General's Report on Smoking and Health
- Systematic review of published scientific evidence
- Conclusions based upon standardized criteria of causality



Surgeon General Report Scientific Review

- Senior Scientific Editor: Dr. Jonathan Samet
- 22 National experts served as primary chapter authors
- 40 International experts served as chapter peer reviewers
- 30 Senior Scientific Reviewers with diverse perspectives



Major Conclusions

Health Effects

- Secondhand smoke causes premature death and disease in children and in nonsmoking adults
- Children
 - SIDS, acute respiratory infections, ear problems, more severe asthma
 - Respiratory symptoms and slowed lung growth
- Adults
 - Coronary heart disease and lung cancer



Major Conclusions

Health Effects

- The scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke



Major Conclusions

Exposure

- Millions of Americans still exposed to secondhand smoke at home and work
- Smoke-free indoor spaces fully protect nonsmokers from secondhand smoke exposure
- Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposure



Secondhand Smoke Exposure

- More than 126 million Americans exposed at home and work
- Over half of all children exposed
- Prevalence varies based on age, gender, ethnicity, income, occupation, and location

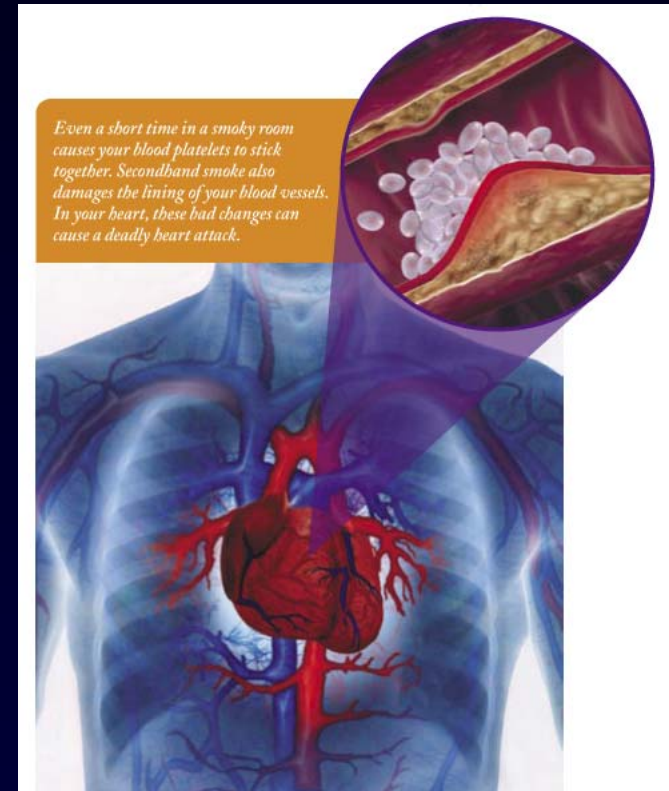




Secondhand Smoke

Cardiovascular Effects

- Interferes with normal functioning of the heart, blood, and vascular systems in ways that increase the risk of a cardiac event
- Brief exposure can cause blood platelets to become stickier
- Damages the lining of blood vessels
- Exposures at home or at work increase risk of heart disease by 25% to 30% in nonsmokers.





Secondhand Smoke

Lung Cancer

- Secondhand smoke increases lung cancer among non-smokers
- Secondhand smoke contains more than 50 carcinogens
- Exposures at home or at work increase risk of lung cancer by 20% to 30% in nonsmokers





There is no risk-free level exposure

- Surgeon General concluded that breathing even a little secondhand smoke can be dangerous
- Inhaling even a small amount can damage your cells and set the cancer process in motion
- Brief exposures can have immediate effects on the cardiovascular system that are almost as large as those observed in active smokers
- Secondhand smoke contains many chemicals that can quickly irritate and damage the lining of your throat and lungs



Health Effects on Children

- Sudden Infant Death Syndrome (SIDS)
- Acute respiratory infections
- Middle ear disease
- More severe asthma
- Respiratory symptoms
- Slowed lung growth





Eliminating Exposure

- Smoke-free policies fully protect nonsmokers
- Cleaning the air or ventilating buildings cannot eliminate exposure
- No such thing as a no-smoking section

There's no such thing as a

NO SMOKING


section

No Amount of secondhand smoke is safe!

Here are some unexpected ways you may breathe secondhand smoke every day:

- Sitting in the "no smoking" section, even if it doesn't smell smoky
- Riding in a car while someone else is smoking, even if a window is open
- Being in a house where people are smoking, even if you're in another room
- Working in any restaurant, warehouse, or building that allows smoking inside, even if there is a filter or ventilation system

Secondhand smoke
It hurts you. It doesn't take much. It doesn't take long.





Secondhand Smoke in the Home

- Children who live in homes where smoking is allowed have higher levels of exposure
- Almost one in four American children aged 3 to 19 live in a household with at least one smoker





Secondhand Smoke in the Workplace

- The workplace is a major source of exposure for adults
- Nonsmoker exposure in the workplace linked to increased lung cancer and heart disease risk
- Blue collar and service workers less likely to be protected by smoke-free workplace policies
- Restaurant and bar workers far less likely to be protected by smoke-free workplace policies





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The findings and conclusions in this presentation are those of the author and do not necessarily represent the views of the Centers for Disease Control and Prevention

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