

People's Health

Outcomes • Planning • Evaluation



Know the Facts: Environmental Tobacco Smoke

DID YOU KNOW?

- Secondhand smoke is a mixture of gases and fine particles that includes more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer with no safe level of exposure.
- It is estimated that secondhand smoke exposure caused nearly 34,000 heart disease deaths, more than 7,300 lung cancer deaths, and more than 8,000 deaths due to stroke annually among adult nonsmokers in the United States.
- Children who breathe secondhand smoke are more likely to get colds, allergies, asthma, and ear and respiratory infections.
- Secondhand smoke is responsible for between 150,000 and 300,000 lower respiratory tract infections in infants and children under 18 months of age, resulting in between 7,500 and 15,000 hospitalizations each year, and is associated with 430 Sudden Infant Death Syndrome deaths in the U.S. annually.
- Secondhand smoke costs our economy \$5.6 billion per year due to lost productivity.

HEALTHY PEOPLE 2020 GOAL:

None.

SHASTA COUNTY BASELINE:

Among children age 0-17 years, 4.6% in 2010.

WHERE WE ARE AIMING (HEALTHY PEOPLE 2020 GOAL):

Not established.

DEFINITION:

Percentage of Shasta County households with children 0-17 years old in which someone smokes in the home.

Percentage of households with children ages 0-17 years old in which someone smoked in the home		
Year	Shasta County	California
1999	16.9	N/A
2002	12.1	23.0
2004	11.5	18.3
2007	11.3	N/A
2010	4.6	13.3

KEY POINTS:

- An estimated 58 million nonsmokers in the United States were exposed to secondhand smoke in 2011–2012.
- During 2011–2012 about 40.6% of young children (aged 3-11 years) were exposed to secondhand smoke nationwide, and in 2016, 15.4% lived with someone who smoked inside their home.
- In Shasta County in 2010, 3.2% of non-smoking adults were exposed to second-hand smoke at home and 10.7% of adults (smokers and non-smokers combined) were exposed to second-hand smoke in their motor vehicles.
- In 1993, Shasta County implemented an ordinance banning indoor smoking in public places, which the CDC recognized as the first comprehensive local law in the United States.
- In 1995, the California Smoke-Free Workplace Law banned smoking in most indoor workplaces. Another law went into effect on January 1, 1998, prohibiting smoking in bars in California.
- In 2004, a California law prohibited smoking within 20 feet of main entrances, exits, and operable windows of all public buildings. Four years later, another California law prohibited smoking in a moving or parked vehicle with any youth under 18 years of age.
- In 2014, a law went into effect in California prohibiting smoking within 25 feet of the common commerce area of certified farmers' markets.
- In 2016, a California law prohibiting the use of tobacco products within 250 feet of a youth sports event went into effect. A new law also defined e-cigarettes and other electronic nicotine delivery devices as tobacco, so they are subject to the same laws.

PRIMARY PREVENTION ACTIVITIES:

- Encourage adoption of smoke-free practices in homes and cars.
- Encourage adoption of outdoor smoke-free policies, especially at children's events.
- Promote tobacco cessation programs for pregnant women and parents of very young children.
- Teach children how to respectfully ask others not to smoke around them (build refusal skills).

From the Desk of **Andrew Deckert, MD, MPH** *Shasta County Public Health Officer*



Secondhand (passive) exposure to tobacco smoke is as dangerous as active smoking in making people prone to serious diseases such as cancer, stroke and heart and respiratory diseases. This is especially important in children who may become more susceptible to many acute infectious diseases, in addition to being affected by the long term effects of tobacco smoke. Adherence to national and state laws in prohibiting smoking in public places, workplace and inside the vehicles and in any area where children are present should be encouraged, including e-cigarettes.

To your health!