

Benefits of Smokefree and Vapefree Air Fact Sheet

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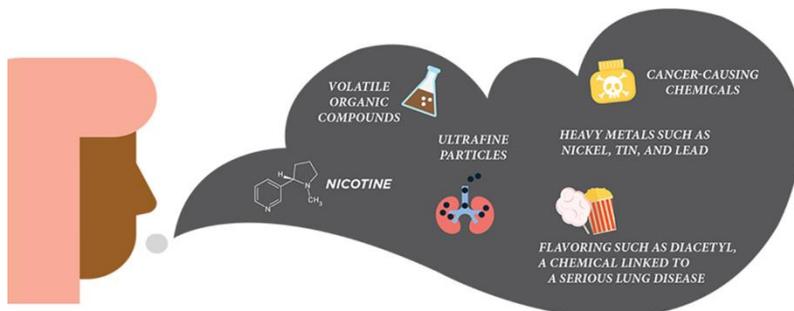
Secondhand Smoke Causes Disease and Death ¹

- Secondhand smoke is the smoke from burning tobacco products such as cigarettes, cigars and pipes and is also the smoke that has been exhaled by the person smoking
- Tobacco smoke contains over 7,000 chemicals, including hundreds that are toxic and at least 70 that are known to cause cancer¹
- The US Surgeon General has determined there is no safe level of exposure to secondhand smoke. Even brief exposure can be harmful to the health of nonsmokers¹
- Electronic Nicotine Delivery Systems (ENDS*) produce an aerosol when someone is vaping, which travels much the same way as secondhand smoke
- ENDS aerosol is **NOT** harmless—it can contain harmful and potentially harmful chemicals including carcinogens such as formaldehyde and acrolein and toxic heavy metals including lead and cadmium as well as nicotine^{3,4}

Smoke- and Vape Free Policies ²:

- Reduce exposure to secondhand smoke and aerosol for both nonsmokers and tobacco users
- Prevent youth from starting to use tobacco
- Help smokers quit
- Reduce tobacco-related disease and death, reducing health care costs that are currently \$2.03 billion in Connecticut each year, of which \$520.8 million is Medicaid

- Marijuana smoke is **NOT** harmless—smoking marijuana creates harmful secondhand smoke, and it contains significantly higher levels of toxic compounds than tobacco smoke, including ammonia and hydrogen cyanide⁵



Graphic Courtesy of the Centers for Disease Control and Prevention



Smoke- and vapefree policies can be adopted by any owner, landlord, employer or property manager to protect everyone on their property from exposure to secondhand smoke and aerosol

Smoke- and vapefree policies prohibit smoking and vaping in indoor spaces and designated areas

Smokefree policies should include all combustible tobacco products, END/e-cigarettes, and marijuana

The American Society of Heating, Refrigerating and Air Conditioning Engineers (ASHRAE), the international standard-setting organization for indoor air quality and ventilation, recently updated its standards to include marijuana smoke and e-cigarette aerosol in its definition of environmental tobacco smoke.

Banning all smoking activity is the only way to effectively eliminate the health risks associated with indoor exposure¹¹



Nonsmokers who breathe secondhand smoke are exposed to many of the same toxins and carcinogens as smokers

Health effects in children include⁶:

- More frequent and severe asthma attacks
- Respiratory infections, including bronchitis and pneumonia
- Ear Infections
- Greater risk for sudden infant death syndrome (SIDS)



Health effects in adults include⁶:

- Heart disease, stroke and lung cancer
- Increased risk of heart attack, especially in people with pre-existing heart disease⁷
- Death from heart disease and lung cancer—over 41,000 adult nonsmokers die in the US each year from these diseases caused by secondhand tobacco smoke exposure⁸

Other Facts:

- Most Connecticut residents do not smoke, vape or use tobacco, however many are exposed to secondhand smoke or aerosol at work, school and in other public places
- Almost half (48%) of nonsmoking Connecticut middle and high school students report breathing in secondhand smoke on at least one day during the past week, including 36% in public places, 30% at work, and 17% at school⁹
- 30% of nonsmoking adults in Connecticut report being exposed to secondhand smoke in public places¹⁰
- Youth are less likely to start using tobacco in a smokefree environment; the less often youth see tobacco use the less likely they are to use it

100% Smokefree and Vapefree Places Are the Most Effective Way to Fully Prevent Anyone from Exposure to Secondhand Smoke and Aerosol⁷

*ENDS is an electronic device that may be used to simulate smoking in the delivery of nicotine or other substances to a person inhaling from the device, and includes, but is not limited to, an electronic or e-cigarette, electronic cigar, electronic cigarillo, electronic pipe, electronic hookah, etc.

References

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- ² The Community Preventive Services Task Force. *Reducing Tobacco Use and Secondhand Smoke Exposure: Smoke-Free Policies*. 2013. <https://www.thecommunityguide.org/findings/tobacco-use-and-secondhand-smoke-exposure-smoke-free-policies>
- ³ National Academies of Sciences, Engineering, and Medicine. 2018. *Public Health Consequences of E-Cigarettes*. Washington, DC: The National Academies Press. doi: 10.17226/24952.
- ⁴ U.S. Department of Health and Human Services. Centers for Disease Control and Prevention. *E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General*. 2016
- ⁵ Moir, D, Rickert, WS, Levasseur, G, Larose, Y, Maertens, R, White, P, and Desjardins, S (2008). A comparison of mainstream and sidestream marijuana and tobacco cigarette smoke produced under two machine smoking conditions. *Chem Res Toxicol* 21: 494-50
- ⁶ U.S. Department of Health and Human Services. Centers for Disease Control and Prevention. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report to the Surgeon General*. 2006.
- ⁷ Institute of Medicine. *Secondhand Smoke Exposure and Cardiovascular Events: Making Sense of the Evidence*. Washington DC. The National Academies Press. 2009
- ⁸ U.S. Department of Health and Human Services. Centers for Disease Control and Prevention. *STATE System Smoke Free Indoor Air Fact Sheet*. September 30, 2016
- ⁹ CT Department of Public Health. Connecticut Youth Tobacco Survey, 2015 results
- ¹⁰ CT Department of Public Health. Connecticut Behavioral Risk Factor Surveillance System, 2010 results
- ¹¹ American Society of Heating, Refrigeration and Air Conditioning Engineers, Inc. *ASHRAE Position Document on Environmental Tobacco Smoke*. 2010. Reaffirmed June 29, 2016.