

Secondhand smoke (SHS) is the poisonous mixture of smoke that comes from a burning tobacco product, such as a cigarette, cigar, or pipe, and smoke exhaled by the smoker. It contains over 7,000 chemicals, and at least 250 have been shown to damage your health. Children and babies are especially vulnerable to its toxic effects. There is no safe level of SHS. It is dangerous to anyone who breathes it in.¹

Estimates from the 2015 Connecticut Youth Tobacco Survey

- 26.4% of middle and high school students live with someone who smokes a tobacco product, including cigarettes, cigars, hookahs (water pipes), pipes (other than water pipes), and bidis. (Figure 1)
- 67.2% of students in middle and high school believe that breathing the smoke from someone else's cigarettes or other tobacco products is very harmful to one's health.
- Among the 10.4% of middle and high school students who reported having an episode of asthma or an asthma attack in the past 12 months, 43.6% were living with a smoker or had been exposed to SHS at home or in a car during the seven days before the survey.
- 13.0% of middle and high school students live in a home where smoking is always allowed or allowed at some times or in some places.
- Among the 48.0% of middle and high school students who were exposed to SHS during the past seven days, 63.0% believe that SHS is very harmful to one's health.
- 17.3% of students report that smoking is always or sometimes allowed in the vehicles they or their family members who live with them own or lease.
- 13.6% of students who are non-tobacco users rode in a vehicle during the past seven days when someone was smoking a tobacco product.
- In high school, 25.2% of never tobacco users, who have a job and worked during the seven days before the survey, were recently exposed to SHS at work.

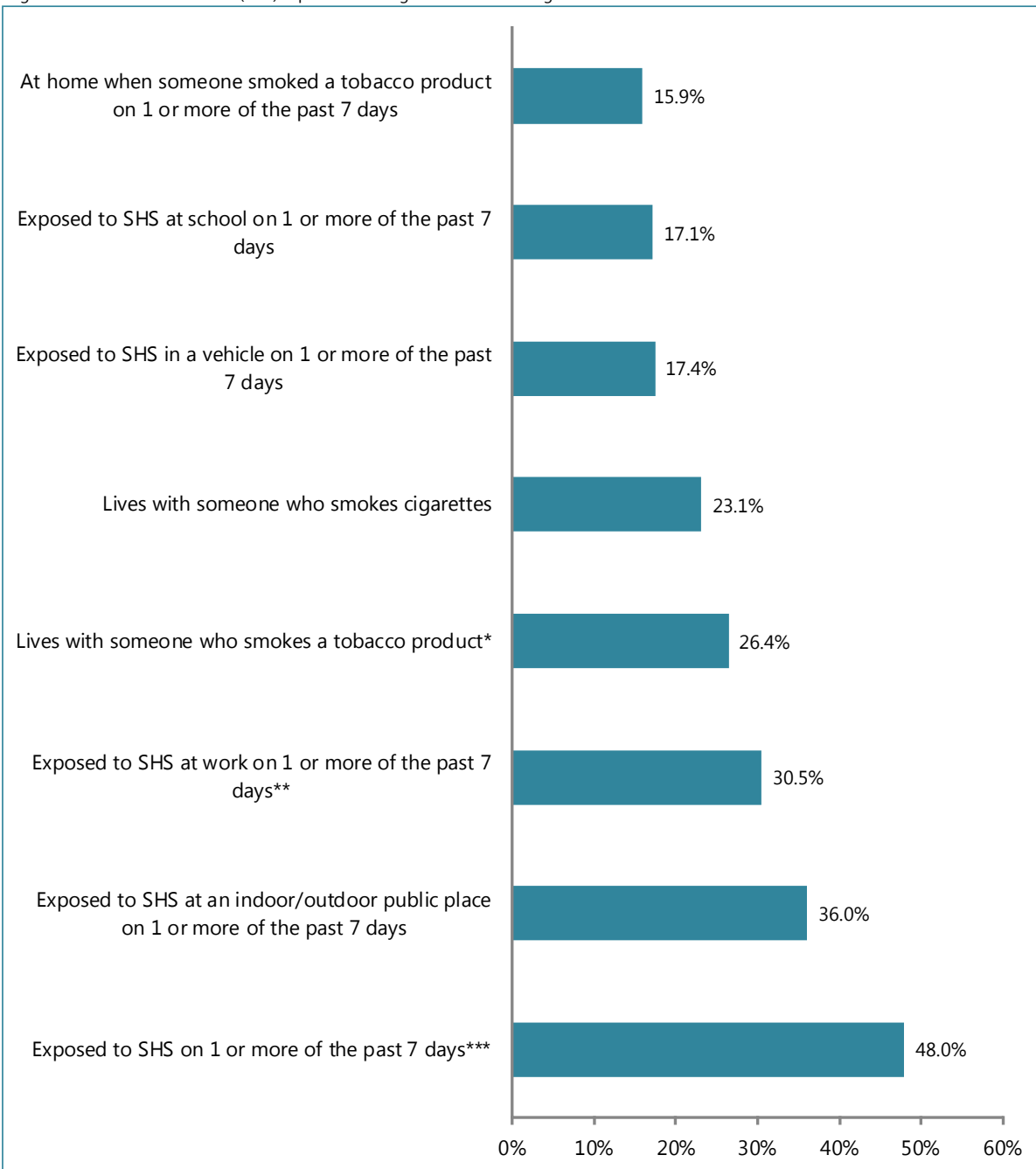
Key Points:

- More than 26% of students live with someone who smokes a tobacco product.
- More than two-thirds of students believe breathing SHS is very harmful to one's health.
- 48% of youth were recently exposed to SHS.
- Nearly 44% of students who had an asthma attack in the past year were living with a smoker or were exposed to SHS at home or in a car during the past week.



- It is estimated that in the past seven days, 15.9% middle and high school students were at home when someone smoked a tobacco product; 17.4% were in a vehicle with someone who was smoking; 17.1% breathed the smoke from someone who was smoking a tobacco product at their school; and 36.0% were exposed to SHS at an indoor or outdoor public place. (Figure 1)

Figure 1—Secondhand Smoke (SHS) Exposure Among CT Middle and High School Students



*including cigarettes, cigars, hookahs, pipes, and bidis

**among students who have a job and worked in the past 7 days

***Defined as having breathed the smoke from someone else's tobacco product at home, in a vehicle, at school, at an indoor or outdoor public place, or at work on 1 or more of the past 7 days.

For Further Information

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References

¹Tobacco Control Research Branch of the National Cancer Institute; <http://smokefree.gov>.