

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.<sup>1</sup>



### Estimates from the 2011-2015 Connecticut Youth Tobacco Surveys (Figure 1)

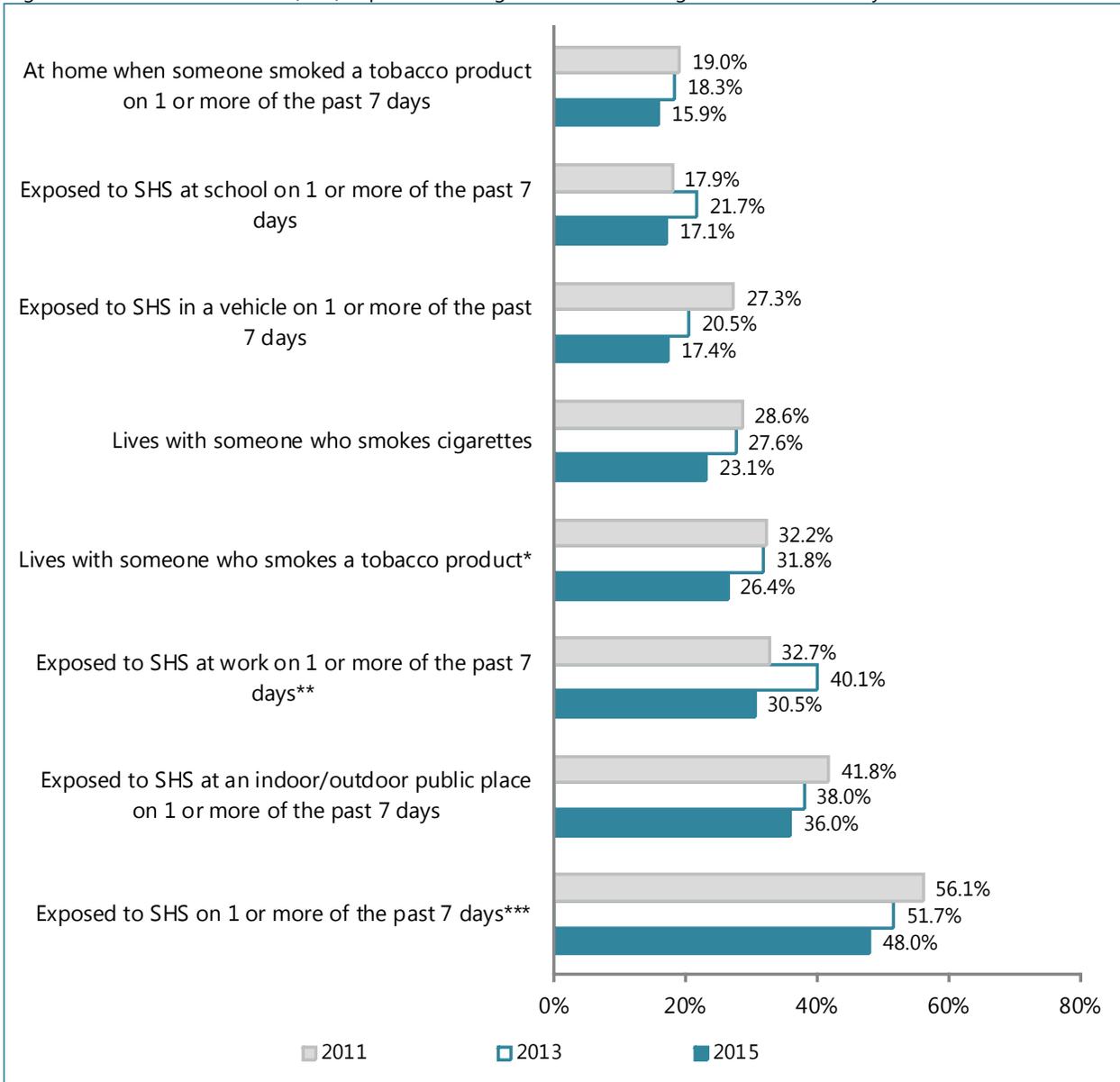
- During 2011-2015, a significant decrease (56.1% to 48.0%) occurred in the percentage of students in middle and high school who had been exposed to SHS on one or more days in the previous seven days (i.e., recent exposure).
- The percentage of middle and high school students who were recently exposed to SHS at an indoor or outdoor public place decreased significantly between 2011 and 2015 (41.8% to 36.0%).



- A significant decrease occurred in the percentage of students who live with someone who smokes a tobacco product (32.2% to 26.4%).
- The percentage of middle and high school students who had been exposed to SHS in a vehicle during the seven days prior to the survey decreased significantly between 2011 and 2015 (27.3% to 17.4%). A reduction of approximately 36%.

- During 2011-2015, a significant decrease occurred in the percentage of middle and high school students who believe that breathing the smoke from someone else's cigarettes or other tobacco products is very harmful to one's health (73.0% to 67.2%).
- The percentage of middle and high school students who live in a home where smoking is always allowed or allowed at some times or in some places decreased significantly between 2011 and 2015 (18.2% to 13.0%).

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



\*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

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