

Health Effects of Secondhand Smoke

- 53,000 people die each year from diseases related to secondhand smoke, 500 of them are Iowans.
- The U.S. Centers for Disease Control (CDC) warns that all people at increased risk of coronary heart disease or with known coronary artery disease should avoid all indoor environments that permit smoking.
- Secondhand smoke is the 3rd leading cause of preventable death in the U.S.
- Secondhand smoke contains up to 43 known carcinogens defined by the EPA
- Food- service workers have a 20% higher risk of dying of lung cancer than the general population.
- Every year, between 150,000 and 300,000 children 18 months or younger suffer from lower respiratory infections from breathing secondhand smoke.



Secondhand Smoke & Tobacco Control

The most effective ways to reduce tobacco use are to raise the cigarette excise tax rate and establish policies protecting the public from secondhand smoke.



C.A.F.E. Iowa CAN

*For information on C.A.F.E. Iowa CAN or
how to join visit:*

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C.A.F.E. Iowa Citizen Action Network

Our mission is to
restore local control
over clean air to
Iowa's communities.



Questions and Answers

Who is C.A.F.E. Iowa CAN?

C.A.F.E. Iowa CAN is an organization of concerned citizens and volunteers from across the state who have organized coalitions in their communities with the purpose of bringing clean air back to our communities. These local coalitions are working together to protect the health of all Iowans.

C.A.F.E. Iowa CAN supports restoring local tobacco control to Iowa communities to protect the health of Iowans by passing and enforcing tobacco free environment policies. The statewide organization provides training and technical assistance to local coalitions and their members.

What is Secondhand Smoke?

Secondhand smoke is exhaled by a smoker or produced by a burning tobacco product such as a cigarette, cigar or pipe.

It contains more than 4,000 chemical compounds, including 43 carcinogens and 200 known poisons. **The Environmental Protection Agency (EPA) has classified secondhand smoke as a Class A carcinogen, to which there is no safe level of exposure.**

Clean indoor air is a public health priority because secondhand smoke has harmful health effects and because clean indoor air policies help change social norms about smoking.

What Does Local Control Legislation Do?

- Allows a city, county or local board of health to adopt an ordinance or rule to regulate smoking in public places within their jurisdiction.

Why Local Control?

- Local smoke-free campaigns engage the whole community in a discussion of public health. Policies aren't adopted unless a majority of the community supports them.
- Local control works because it allows a community to have a discussion about the risks of secondhand smoke and develop a solution that fits the area.
- Local policies are easier to enforce because they are enforced by a community-based agency such as a city health department or police department.
- Compliance with local policies is higher due to greater public knowledge and self enforcement.
- During this process, the community gains an increased understanding of the health risks associated with secondhand smoke, resulting in strong community support for a law protecting nonsmokers.
- Locally elected officials should have the right to protect their citizens, especially children, from the detrimental health effects of secondhand smoke.

- Local governments in 34 states have the ability to protect their citizens from the dangers of secondhand smoke. Communities in Iowa should be able to protect their residents as well.
- 88 percent of Iowans agree that people should be protected from secondhand smoke.

Why Protect Workers' Health?

- Exposure to secondhand smoke in the workplace causes more death and disease than all other regulated occupational substances combined.
- Smokefree workplace policies can enhance productivity by reducing the effects of secondhand smoke on nonsmokers and reducing excess absenteeism among workers.
- Smokers employed at workplaces with a smokefree policy are 38% more likely to quit smoking and could save employers an estimated \$960 per worker in excess illness cost each year.
- There are laws protecting workers from many other toxic chemicals such as asbestos, pesticides, and radon.
- Smokefree workplace policies have been proven to improve worker morale and health.
- Nonsmokers exposed to secondhand smoke for just 30 minutes experience hardening of the arteries.
- Restaurant and bar workers have 3-6 times more exposure to secondhand smoke than other workers.