

## The Problem:

**Secondhand smoke kills.** Every year 800

Oregonians die from illnesses caused by secondhand smoke.<sup>1</sup> Secondhand smoke is particularly dangerous to children, causing asthma attacks, Sudden Infant Death Syndrome, chronic ear infections, bronchitis, pneumonia and meningococcal meningitis.<sup>2</sup>

## The Solution:

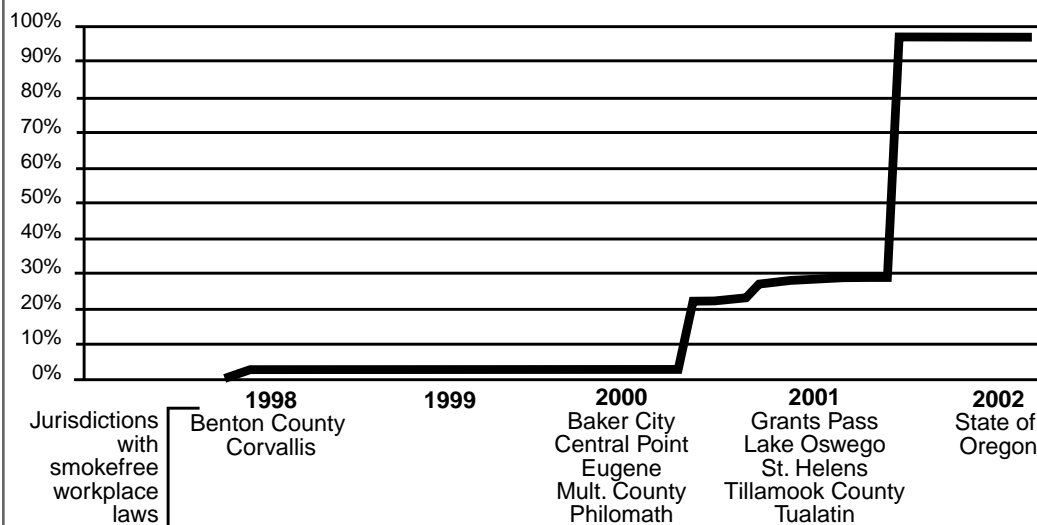
The Oregon Tobacco Prevention and Education Program has successfully reduced Oregonians' exposure to secondhand smoke. Because of local programs, education and smokefree policies:

- 89% of Oregonians believe that people should be protected from secondhand smoke.<sup>3</sup>
- The number of homes that allow smoking has decreased 41% in the past seven years.<sup>4</sup>
- Over 95% of Oregon workers are protected from secondhand smoke at work.<sup>5</sup>

# Tobacco Prevention and Education Program Report

# Secondhand Smoke Hurts Oregon

**Percentage of Oregon's Workforce Protected by Indoor Smokefree Workplace Laws**



### Continuing our Critical Mission

There is still much work to be done to decrease illnesses caused by secondhand smoke:

- 35,000 Oregonians still work in places not covered by Oregon's Indoor Clean Air Act. These workers, mostly employed in bars and bar areas of restaurants, are still exposed to dangerous levels of secondhand smoke at their workplaces.<sup>5</sup>
- 125,000 children are still exposed to secondhand smoke at home.<sup>3</sup>
- 41% of non-smoking adults with asthma are exposed to secondhand smoke in a typical week.<sup>3</sup> This exposure greatly increases their risk of asthma attacks.<sup>2</sup>

## Widespread Involvement and Support Leads to Positive Outcomes

Because secondhand smoke is such a serious health concern, many community groups and local health departments work hard to reduce this risk. The American Cancer Society, the American Heart Association, the American Lung Association and the Tobacco-Free Coalition of Oregon lead efforts to increase legal protections from secondhand smoke at work. County health departments focus on education and the promotion of voluntary smokefree policies.

These efforts result in decreased cigarette smoking. Research proves that smokers are more likely to quit when they live or work in smoke-free environments.<sup>7</sup> In fact, creating smokefree environments is one of the best things we can do to reduce overall smoking in Oregon.

**What is secondhand smoke?** Secondhand smoke is a mixture of side stream smoke (which is emitted from the end of a lit cigarette) and exhaled mainstream smoke. Secondhand smoke contains 50 known carcinogens as well as chemicals that damage DNA including arsenic, cyanide, carbon monoxide and formaldehyde.<sup>8,9</sup> These airborne chemicals create a toxic environment for anyone in proximity to the smoker. Secondhand smoke has been classified a Group A carcinogen by the U.S. Environmental Protection Agency because it has been proven to cause cancer in children.<sup>2</sup>

*“The American Cancer Society works tirelessly to protect all Oregonians from cancer. Reducing workers' exposure to secondhand smoke helps us further our mission. Breathing cancer-causing toxins should not be a condition of work whether a person works in a bar, a restaurant or in the halls of government.”*

Courtnei Dresser, Government Relations Director,  
American Cancer Society, Great West Division, Inc.

## States with 100% smokefree workplaces, including bars and restaurants:<sup>6</sup>

California  
Connecticut  
Delaware  
Maine  
Massachusetts  
New York  
Rhode Island

## Countries with 100% smoke-free workplaces, including bars and restaurants:<sup>6</sup>

Bhutan  
Ireland  
India  
Italy  
Norway  
New Zealand  
Sweden  
Uganda



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2. Environmental Protection Agency. *Indoor Air-Smokefree Homes, Health Effects*. <http://www.epa.gov/smokefree/healthrisks.html>
3. Oregon Behavioral Risk Factor Surveillance System, Oregon Dept of Human Services, 2003.
4. Oregon Behavioral Risk Factor Surveillance System, Oregon Dept of Human Services, 1997-2003.
5. Oregon Department of Human Services and Oregon Employment Department.
6. Americans for Nonsmokers' Rights. *Learn More*. <http://www.no-smoke.org/learnmore.php?dp=d14|d35>
7. Longo DR, Johnson JC, Kruse RL, Brownson RC, Hewett JE. (2001). A Prospective Investigation of the Impact of Smoking Bans on Tobacco Cessation and Relapse. *Tobacco Control*, 10(3), 267-272.
8. Center for Disease Control. *Secondhand Smoke Fact Sheet*. [http://www.cdc.gov/tobacco/factsheets/secondhand\\_smoke\\_factsheet.htm](http://www.cdc.gov/tobacco/factsheets/secondhand_smoke_factsheet.htm)
9. National Institute of Environmental Health Sciences/National Institutes of Health. <http://www.niehs.nih.gov/oc/news/nycnewb.htm>