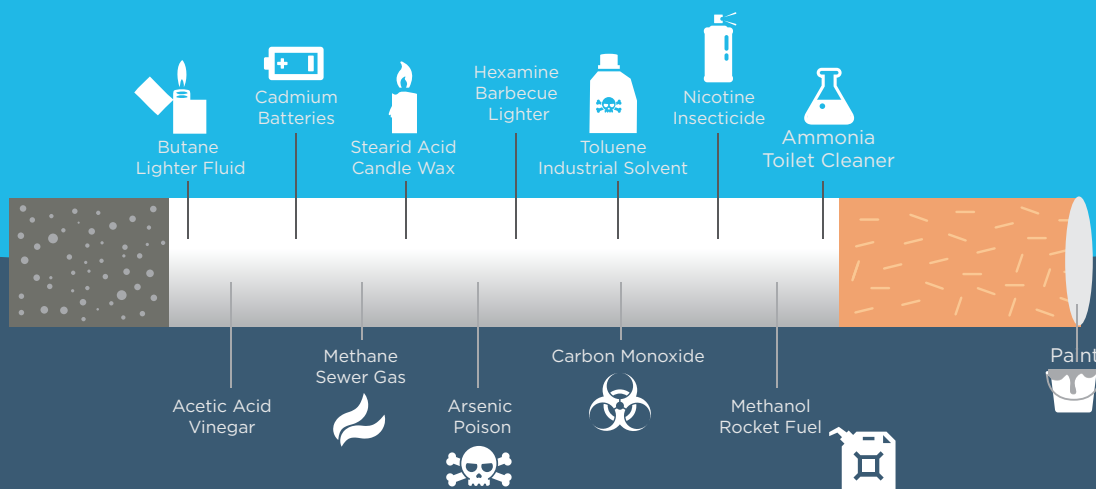


# Secondhand Smoke, You and Your Family



## Your Health and Secondhand Smoke

- Secondhand smoke is a mixture of smoke from the lighted end of the cigarette and smoke exhaled by the smoker. It contains more than 4,000 chemicals, of which 250 are known to be harmful, and more than 50 that can cause cancer.<sup>1</sup>
- Each year in the U.S. secondhand smoke causes nearly 50,000 deaths from heart disease, lung cancer, and sudden infant death syndrome (SIDS). Secondhand smoke exposure can also cause strokes in nonsmokers.<sup>2</sup>
- Nonsmokers who are exposed to secondhand smoke at home increase their risk of developing heart disease by 25 – 30 percent and their risk of developing lung cancer by 20 – 30 percent.
- Many cancer-causing chemicals are actually higher in secondhand smoke than in the smoke inhaled by smokers.
- Breathing secondhand smoke, even briefly, can negatively affect the cardiovascular system and interfere with the normal functioning of the heart, blood and vascular system.<sup>3</sup>

## Your Family's Health and Secondhand Smoke

- Because children breathe faster than adults, and are still developing, they are especially vulnerable to the dangers of secondhand smoke.
- Secondhand smoke can trigger an asthma attack and cause children who already have asthma to experience more attacks.
- One study found that children living in nonsmoking households in apartment communities had a 45 percent increase in cotinine levels (a metabolite caused by exposure to tobacco smoke) compared with children living in detached homes.
- Even at very low levels, tobacco smoke exposure is associated with decreased reading and math scores and higher rates of behavioral problems in children.<sup>4</sup>

1 Centers for Disease Control and Prevention. "Healthy Homes Manual." 2011. [www.cdc.gov/healthyhomes](http://www.cdc.gov/healthyhomes).

2 GASP Colorado. Colorado Guides to Establishing No-Smoking Policies in Multiunit Housing. 2014.

[www.gaspforair.org/breath/action/pdf/GASPBrochure2014.pdf](http://www.gaspforair.org/breath/action/pdf/GASPBrochure2014.pdf).

3 Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention. "The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General." 2006. [www.surgeongeneral.gov/library/secondhandsmoke](http://www.surgeongeneral.gov/library/secondhandsmoke).

4 American Lung Association. "Smokefree Multi-unit Housing: Bringing Healthy Air Home."

<http://www.lung.org/assets/documents/healthy-air/smoking-in-multiunit-housing.pdf>



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