



Working to reduce tobacco's impact on Idaho's health



## **Second-hand Smoke Causes Significant Health Hazards**

### **Secondhand smoke is a health hazard.**

- Secondhand smoke contains more than 4,000 chemicals, 69 of which cause cancer including formaldehyde, arsenic, cyanide, and carbon monoxide<sup>1 2</sup>.
- Secondhand smoke causes 35,000 to 40,000 deaths from heart disease every year<sup>3</sup>.
- Secondhand smoke is responsible for 3,000 lung cancer deaths annually in otherwise healthy nonsmokers.
- Secondhand smoke can cause or aggravate a wide range of adverse health effects, including cancer, respiratory infections, and asthma.

### **No one should have to choose between a job and good health.**

- Nonsmokers exposed to high levels of tobacco smoke on the job double their risk of getting lung cancer.<sup>4</sup>
- Food service workers have a 50% greater risk of dying from lung cancer than the general population, in part, because of secondhand smoke exposure in the workplace.<sup>5 6</sup>
- Smoke-free policies decrease absenteeism among non-smoking employees and increases productivity.<sup>7</sup>

### **The toll of tobacco use in Idaho.**

- 220 Idahoans die each year from exposure to second-hand smoke.
- The annual health care costs in Idaho directly caused by smoking are \$319 million.

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<sup>1</sup> National Cancer Institute. *Risks Associated with Smoking Cigarettes with Low machine-Measured Yields of Tar and Nicotine*. Smoking and Tobacco Control Monograph No. 13. Bethesda, MD. U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute, NIH Pub. No. 02-5074, October 2001. [http://dcccps.nci.nih.gov/tcrb/monographs/13/m13\\_5.pdf](http://dcccps.nci.nih.gov/tcrb/monographs/13/m13_5.pdf); personal communication, dated October 28, 2003, from Dietrich Hoffmann, Ph.D., Associate Director, Institute for Cancer Prevention, co-author of Chapter 5 of NCI Monograph 13, clarifying Table 5.4 of the Monograph (that lists 69 carcinogens) is missing a carcinogen, namely MeAaC (2-amino-3-methyl-9-*H*-pyrido[2,3-*b*]indole, and it should be inserted under "under" miscellaneous Organic Compounds".

<sup>2</sup> National Cancer Institute. *Risks Associated with Smoking Cigarettes with Low Machine-Measured Yields of Tar and Nicotine*. Smoking and Tobacco Control Monograph No. 13. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute, NIH Pub. No. 02-5074, October 2001. [http://dcccps.nci.nih.gov/tcrb/monographs/13/m13\\_5.pdf](http://dcccps.nci.nih.gov/tcrb/monographs/13/m13_5.pdf).

<sup>3</sup> National Cancer Institute. *Health Effects of Exposure to Environmental Tobacco Smoke: The Report of the California Environmental Protection Agency*. Smoking and Tobacco Control Monograph no. 10. Bethesda, MD. U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute, NIH Pub. No. 99-4645, 1999, [http://cancercontrol.cancer.gov/tcrb/nci\\_monographs/MONO10/MONO10.HTM](http://cancercontrol.cancer.gov/tcrb/nci_monographs/MONO10/MONO10.HTM).

<sup>4</sup> Stayner, L., et al. (2007) Lung Cancer Risk and Workplace Exposure to Environmental Tobacco Smoke. *American Journal of Public Health*, 10.2105/AJPH.2004.061275.

<sup>5</sup> Shopland, D.R.; Anderson, C.M.; Burns, D.M.; Gerlach, K.K., "Disparities in smoke-free workplace policies among food service workers," *Journal of Occupational and Environmental Medicine*, 46(4): 347-356, April 2004.

<sup>6</sup> Siegel, M. "Involuntary Smoking in Restaurant Workplace: A Review of Employee Exposure and Health Effects." *JAMA*, 270:490-493, 1993. Available at: [http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=8320789&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8320789&dopt=Abstract).

<sup>7</sup> Scollo, Michelle and Anita Lal (2004). Summary of Studies Assessing the Economic Impact of Smoke-free Policies in the Hospitality Industry. Melbourne: VicHealth Centre for Tobacco Control. <http://www.vctc.org.au/tc-res/Hospitalitysummary.pdf>.



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- Tobacco use costs every taxpaying household in Idaho \$546 a year.<sup>8</sup>

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<sup>8</sup> The Toll of Tobacco. <http://www.tobaccofreekids.org/reports/settlements/toll.php?StateID=ID>.