

## Tobacco Facts

Secondhand smoke exposure is associated with 150,000-300,000 cases of bronchitis and pneumonia in children under 18 months.

Secondhand smoke contains chemicals proven to cause cancer in humans, according to the National Toxicology Program.

The federal Centers for Disease Control and Prevention reports that 65 percent of nonsmokers age 4 and above show signs of exposure to secondhand smoke.

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## Secondhand Smoke

March 2008

### Secondhand smoke affects everyone

Smoking is not just an issue of personal health for smokers; it is a public health issue that concerns everyone. People exposed to secondhand smoke greatly increase their risk of developing lung cancer, heart disease, asthma, bronchitis, ear infections, pneumonia, croup, and sore throats. Every year, about 3,000 adult nonsmokers die from lung cancer and 35,000 from heart disease nationwide.

Children are particularly susceptible to secondhand smoke. Exposing infants to secondhand smoke increases their chances of getting respiratory diseases, ear infections, asthma, and Sudden Infant Death Syndrome (SIDS). Between 7,500 and 15,000 infants in the United States are hospitalized each year as a result of such diseases.

### Washington Clean Indoor Air Act

The Washington Clean Indoor Air Act of 1985 (RCW 70.160) was revised in December 2005 after voters approved Initiative 901. The new, comprehensive law prohibits smoking in *all* indoor public places, including restaurants, bars, taverns, bowling alleys, skating rinks, non-tribal casinos, and in all places of employment (any place employees must pass through during the course of employment). In addition, it prohibits smoking within 25 feet of entrances, exits, windows that open, and ventilation intakes that serve indoor public places or places of employment.

### Tobacco Program tackles secondhand smoke

The Tobacco Prevention and Control Program (Tobacco Program) assists local health jurisdictions, Educational Service Districts, federally recognized tribes, higher-risk population groups and others across Washington in addressing secondhand smoke issues, enforcing the revised state law, and developing local tobacco policies. In addition, the Tobacco Program collaborates with statewide partners and national organizations working toward similar goals.

### Helping people quit

The Tobacco Program provides free, individualized counseling and assistance to people who want to quit using tobacco through the Washington Tobacco Quit Line. Residents can call the quit line toll-free at 1-800-QUIT-NOW or visit [www.quitline.com](http://www.quitline.com) for more information.

Find out more about  
secondhand smoke:  
[SmokeFreeWashington.com](http://SmokeFreeWashington.com)

### Public awareness

The Tobacco Program has conducted statewide media campaigns featuring ads to discourage people from smoking around others, particularly around children ([www.doh.wa.gov/tobacco/media/secondhandcampaign.htm](http://www.doh.wa.gov/tobacco/media/secondhandcampaign.htm)). Current outreach efforts include targeted approaches to reaching specific groups with educational messages about the dangers of secondhand smoke exposure, and working with property managers and housing associations to develop no-smoking rental policies.

Find out more about the  
Tobacco Quit Line at:  
[www.QuitLine.com](http://www.QuitLine.com)

Visit our youth Web site at:  
[www.NoStankYou.com](http://www.NoStankYou.com)

### Evaluation

Through surveys and analysis of data from multiple sources, the Tobacco Program evaluates the impact of revised state clean indoor air laws on the health of Washington residents, and identifies the risk of exposure to secondhand smoke from sources not covered by state law, such as homes and vehicles.

For more information on  
tobacco prevention:  
[www.doh.wa.gov/tobacco](http://www.doh.wa.gov/tobacco)

## A comprehensive approach to fighting tobacco use

Research shows that tobacco prevention programs must conduct a comprehensive set of strategies to be effective. The Washington State Tobacco Prevention and Control Program provides services to help people quit, conducts public awareness and media campaigns, supports local programs in communities and schools, supports enforcement of policies to keep kids from accessing tobacco products, and evaluates the effectiveness of program activities.