

Your neighbors are killing you



Who is this impacting?

The following percentages are the amount of multi-unit housing residents that reported tobacco smoke entering their living space in 2017: (WTN)

- **King County - 28.2%**
- **Pierce County - 37.4%**
- **Snohomish County - 37.8%**
- **Spokane County - 26.9%**
- **Stevens County - 68.1%**

This data suggests that over 25% of people living in multi-unit housing across Washington State are being subjected to significant health risks through no fault of their own.

What can I do to stay healthy?

Sadly, the answer to this is **not much**. You can use air filters and keep your windows open, but the only way to stay completely safe from secondhand smoke is to stay away from it. Obviously, this isn't an easy or even possible solution for most people, but consider checking if your next living space has a smokefree policy.

Secondhand Smoke

In Multi-Unit Housing

While you are likely aware of the devastating health risks from smoking cigarettes, you may be less aware that you are not immune from these effects just because you aren't the one smoking. If you live in a multi-unit housing building, smoke could be entering your unit via hallways, stairways, and ventilation units. These statistics from the CDC show the significance of this secondhand smoke:

- **34,000 people die from heart disease a year due to secondhand smoke**
- **7,300 people die from lung cancer a year due to secondhand smoke**
- **8,000 people die from strokes a year due to secondhand smoke**

Combined, these numbers add up to 49,300 non-smoking people dying because somebody else near them was smoking. To put this into perspective, the CDC reported that 37,595 people died from motor vehicle traffic deaths in 2019.

References

- [Spencer, Merianne Rose, et al. "Products - Data Briefs - Number 400 - March 2021." Wwww.cdc.gov, 30 Apr. 2021, www.cdc.gov/nchs/products/databriefs/db400.htm#fig1. Accessed 31 Mar. 2022.](https://www.cdc.gov/nchs/products/databriefs/db400.htm#fig1)
- [Centers for Disease Control and Prevention. "CDC - Fact Sheet - Secondhand Smoke Facts - Smoking & Tobacco Use." Smoking and Tobacco Use, 2019, www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm.](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm)
- ["Washington Tracking Network \(WTN\) | Washington State Department of Health." Doh.wa.gov, doh.wa.gov/data-statistical-reports/washington-tracking-network-wtn. Accessed 31 Mar. 2022.](https://doh.wa.gov/data-statistical-reports/washington-tracking-network-wtn)