

Facts

Secondhand smoke exposure causes disease and premature death in children and adults who do not smoke. ¹

A typical cigarette lasts about 10 minutes. If you're within two to six feet downwind of a smoker, you may be exposed to pollutant concentrations 14 times above the acceptable standard of exposure. The closer you are to smoke, the higher your risk of exposure. ²



Children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma. ¹

African Americans in California smoke at higher rates than the general population, and are more exposed to secondhand smoke. While the rate of adults currently smoking is 17.1%, the rate for African Americans is 22%. African Americans also suffer from tobacco-related diseases at disproportionate rates, and have less access or are least likely to access cessation services. ^{8,9}

Of the African American men who smoke and contract lung cancer, 81% will eventually die from the disease, compared to 54% of their white counterparts. ⁶

Pregnant African American women, who smoke, have lower birth-weight babies, more stillbirths, pre-term deliveries, and higher rates of infant death. ⁷

Tobacco kills over 45,000 African American men and women on a yearly basis. ¹⁰

Exposure of adults to secondhand smoke has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer. ¹

Food service workers have a significantly greater risk of dying from lung cancer than the general population, in part, because of secondhand smoke exposure in the workplace. ³

The scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke. ¹

The 2005 Zagat Restaurant National Survey reported that customers would eat out significantly more often as a result of smoke-free restaurants. ⁴

In a survey of Sacramento and San Joaquin County African American residents⁵:

- 70% have dined at restaurants or bars/clubs that have outdoor dining.
- 83% believe secondhand smoke is dangerous in outdoor dining areas.
- 61% are bothered when someone smokes in outdoor dining areas and would be more likely to go to dine at establishments that did not allow smoking in patios.



References

- ¹ U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.
- ² Stanford Report, 5/2/07; Exposure to secondhand tobacco smoke in outdoor settings a risk, study shows. Mark Schwartz.
- ³ 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.
- ⁴ California Department of Health Services, Tobacco Control Section. 2006. California tobacco control update 2006. Sacramento, CA: CDHS/TCS.
- ⁵ Saving Our Legacy, a project of The URSA Institute. (2008). *Restaurant and bar/club patron survey*. Sacramento, California.
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