



The Dangers of Secondhand Smoke

Are we making our children sick?

What is Secondhand Smoke (SHS)?

- Smoke from the burning end of cigarettes, pipes, or cigars (sidestream smoke)
- Smoke exhaled from smokers (mainstream smoke)

Secondhand Smoke is also known as

- Environmental Tobacco Smoke (ETS)
- Passive smoking
- Involuntary smoking
- Tobacco smoke pollution

Other facts about Secondhand Smoke

- SHS contains more than 4,000 chemicals, of which at least 50 of these are human carcinogens.
- Exposure to SHS occurs in homes, the workplace, and in public venues such as restaurants, bars, and bowling alleys.
- SHS is associated with an increased risk of lung cancer and coronary heart disease in nonsmoking adults. SHS is a known human carcinogen (cancer-causing agent).
- 3,000 deaths from lung cancer and 35,000 deaths from coronary heart disease occur annually among adult nonsmokers in the United States as a result of exposure to SHS.

Health effects of Secondhand Smoke on children

- 150,000 to 300,000 cases of bronchitis and pneumonia annually
- Up to 2,000,000 ear infections each year
- Nearly 530,000 doctor visits for asthma
- Up to 436,000 episodes of bronchitis in children under five
- Up to 190,000 cases of pneumonia in children under five
- Exposure to SHS increases the number of episodes and severity of one million asthmatic children
- Childhood asthma is a leading cause of missed school days
- Childhood asthma is a leading cause of over 100,000 hospitalizations

SHS exposure also increases the risk of

- Sudden Infant Death Syndrome (SIDS)
- Spontaneous abortion
- Behavioral and cognitive problems in children
- Decreased pulmonary function

