



Campus-Community Alliances for Smoke-Free Environments

"The scientific data is clear: Secondhand smoke causes significant health problems. Anyone who works indoors: teachers, dishwashers, nurses, clerks, waiters/waitresses, should not have to choose between making a living and breathing a cancer-causing substance. Numerous studies now show that there are short- and long-term health benefits to working in a smoke-free environment. Smoke-free workplace policies are easy to follow and improve quality of life."

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Did you know?

In Columbia ...

- **The 2007 Restaurant Growth Index ranked Columbia in the top 10 percent (38th) of metro areas nationwide which are the best places to open a restaurant.** For comparison, in 2004 the same index ranked Columbia in the top 15 percent (52nd).
- Fifty new restaurants have opened in Columbia in the past two years.
- The owners of the closed Bull Pen Café have opened a new business, The Cadillac Ranch inside the city limits.
- Shiloh Bar & Grill will move into the location of the former Coliseum Bistro at Fourth Street and Broadway.
- A new Billiards on Broadway establishment is opening at 514 E. Broadway and The Rome Restaurant is moving into the location of the former Columbia Billiards.

Across the nation ...

- Nineteen states now have smoke-free laws covering workplaces, restaurants or bars, including Illinois, which enacted its law on Jan. 1 (*Americans for Nonsmokers' Rights*).
- More than half of Americans live in a city or state with smoke-free laws covering workplaces, restaurants or bars (*Americans for Nonsmokers' Rights*).

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- Exposure to secondhand smoke at work increases the risk of lung cancer (*American Journal of Public Health*, January 2007).
- Restaurant and bar workers show a significant decline in respiratory problems after smoke-free ordinances (*Journal of Occupational and Environmental Medicine*, September 2006).
- Smoke-free laws reduce hospital admissions for heart attacks among non-smokers (*Journal of Drug Education*, December 2007).
- 100% smoke-free laws are the only effective way to eliminate secondhand smoke exposure in the workplace (*Surgeon General Report*, 2006).
- Smoking bans do not have a negative economic impact on the hospitality industry (*U.S. Department of Health and Human Services*, 2006).
- All of the studies concluding a negative economic impact of smoke-free policies were supported by the tobacco industry (*Tobacco Control*, 2003).
- The studies with negative outcomes were 20 times more likely to have not gone through a peer review process (which assures the quality of the work) and four times more likely to use subjective measures than studies concluding no negative impact (*Tobacco Control*, 2003).
- Smoke-filled rooms can have up to 6 times the air pollution of a busy highway (*CDC*, 1993).
- Smoke from the burning end of a cigarette contains over 4,000 chemicals and 40 carcinogens including: formaldehyde, cyanide, arsenic, carbon monoxide, methane, & benzene. Not only the smoker, but anyone else nearby, inhales these chemicals. (*Environmental Protection Agency*, 1989).