



Facts about secondhand smoke

Fact 1) Breathing secondhand smoke for only 30 min. damages the heart like regular smoking. Source: *Journal of the American Medical Association*, (2001).

Fact 2) The air in smoky rooms is nearly 6 times dirtier than the air in a busy highway.

Fact 2a) Busy highways have cleaner air than smoky rooms. Source: *Centers for Disease Control and Prevention*, (1993).

Fact 3) Cigarettes have over 200 poisons. 40 cause cancer. Source: *Environmental Protection Agency*, (1989).

Fact 4) For every 8 smokers who die, one non-smoker will also die from secondhand smoke. Source: *Circulation*, (1991).

Fact5) 3,000 non-smokers will die this year from lung cancer caused by secondhand smoke. Source: *Environmental Protection Agency*, (1993).

Fact 6) Children and adults get sick or die from secondhand smoke. Source: *U.S. Surgeon General's Report*, (2006).

Fact 7) Smoke-free policies do not hurt the bottom line for restaurants or bars. Source: *U.S. Surgeon General's Report*, (2006).

Fact 8) Many Missourians with asthma breathe secondhand smoke at home and work. Source: *Preventive Medicine*, (2006).

Fact 9) Customer satisfaction actually increases in restaurants that go smoke-free. Source: *Journal of Drug Education*, (2006).

Fact 10) Smoke-free ordinances keep teenagers from smoking. Source: *Archives of Pediatric and Adolescent Medicine*, (2008)

Fact 11) Missouri ranks 38 out of 50 states for having non-smoking policies at work. Source: *Centers for Disease Control and Prevention*, 2006

Fact 12) Missouri ranks 38 out of 50 for states with the highest smoking rates. Source: *Centers for Disease Control and Prevention*, 2006

Fact 13) Missouri ranks 45 out of 50 states for death rates due to smoking. Source: *Centers for Disease Control and Prevention, 2006*

Fact 14) 10,000 Missourians will die this year from smoking. Source: *Centers for Disease Control and Prevention, 2006*

Fact 15) About 60% of children breathe secondhand smoke regularly. Source: *U.S. Surgeon General's Report, (2006).*

Fact 16) Smoke-free workplaces influence teenagers not to smoke. Source: *Journal of the American Medical Association, 2000*

Fact 17) Only 100% smoke-free policies get rid of secondhand smoke completely. Source: *U.S. Surgeon General's Report, (2006).*

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Campus-Community Alliances for Smoke-free Environments.

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