

Secondhand Smoke

DESCRIPTION

Smoke from a cigarette, pipe, cigar, or exhaled by smokers creates secondhand smoke. Even brief exposure to secondhand smoke puts children and adults at risk because of the thousands of chemicals released into the air, including 70 that cause cancer.¹ It increases the risk for heart attacks, heart disease, stroke, lung cancer, and can aggravate asthma and other breathing problems including pneumonia and bronchitis. There is no safe level of secondhand smoke exposure.² Electronic cigarettes, or e-cigarettes, are considered a tobacco product. While e-cigarettes do not contain smoke, they do expose others to secondhand emissions (including carcinogens and other toxins), resulting in the American Lung Association and the U.S. Surgeon General expressing concern about their impact on health.³

HOW WE ARE DOING

Reported exposure to secondhand smoke among Minnesota adults has declined since 2003. In 2014, exposure varied greatly by setting, with adults reporting more exposure to secondhand smoke in the community at large (31.7 percent) than in a car (6.9 percent) or at home (3.2 percent). The most commonly reported location for community exposure is a building entrance (20percent) followed by “somewhere outdoors” (16.5 percent) and the outdoor patio of a restaurant or bar (12.7 percent). There was a significant decline in “past seven-day” exposure to secondhand smoke in vehicles, as well as a slight decline in home settings.⁴

While smoke-free laws in workplaces and public buildings have greatly reduced exposure to secondhand smoke, nearly half of nonsmoking students in MN are exposed to secondhand smoke (47 percent in 2013 and 46 percent in 2016), with repeated exposure (defined as 3 or more days out of the last 7) being most likely in the home.²

In Ramsey County, the percent of 5th graders reporting being in the same room or in the car with someone smoking cigarettes has remained about the same between 2013 and 2016. During that time, however, the exposure for white students has decreased while the exposure for students of color has increased.⁵

BENCHMARK INDICATOR

Healthy People 2020⁶:

1) Reduce the proportion of adults (18+ years) exposed to secondhand smoke.

U.S. Target: 33.8 percent.

2) Reduce the proportion of children (ages 3 to 11 years) exposed to secondhand smoke.

U.S. Target: 47 percent.

3) Reduce the proportion of children (ages 12 to 17 years) exposed to secondhand smoke.

U.S. Target: 41 percent.

Information to note

- Nonsmoking Minnesota adults are significantly more likely to be exposed to secondhand smoke in the community at large than in a car or at home.
- Ramsey County 5th grade students of color are more likely to be exposed to secondhand smoke than white students.

Community voice

“Smoking, second hand smoke.”

- Karen Male, age 20-24

Although few respondents stated secondhand smoke; when discussing air quality and smoking habits many respondents indirectly stated that they were being exposed to secondhand smoke.

¹ Secondhand Smoke Facts. Centers for Disease Control and Prevention. https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/index.htm. Accessed July 2, 2018.

² Tobacco Data. Minnesota Department of Health. http://www.health.state.mn.us/divs/hpcd/tpc/docs/tobacco_data.pdf. Accessed May 16, 2018.

³ E-cigarettes and Lung Health. American Lung Association. <http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>. Accessed June 24, 2018.

⁴ Tobacco Use in Minnesota: 2014 Update. Minneapolis, MN: ClearWay Minnesota. 2014. http://clearwaymn.dreamhosters.com/wp-content/uploads/2015/01/MATS_2014_Technical_Report.pdf. Published January 2015. Accessed May 18, 2018.

⁵ Minnesota Student Survey, Saint Paul- Ramsey County Public Health data set.

⁶ Tobacco Use. Healthy People 2020. <https://www.healthypeople.gov/2020/topics-objectives/topic/tobacco-use/objectives>. Accessed June 29, 2018.

DISPARITIES

Duration of exposure to secondhand smoke varies by age, gender, education and income.⁷ Adults aged 45 – 64 and males reported shorter exposure than all other age groups and females. People with college degrees reported significantly shorter exposure times than other education levels. Adults making \$75,000 or more per year also reported significantly less secondhand smoke exposure than those making less than \$50,000.

RISK FACTORS

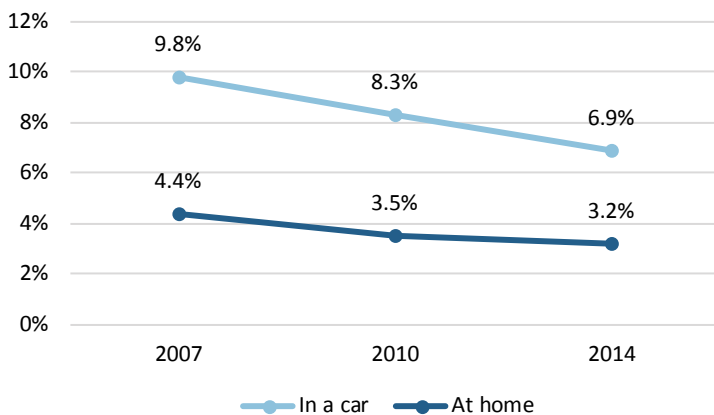
Children are particularly vulnerable to the risks of secondhand smoke because they are still developing and are less able to control their surroundings. They may be at increased risk for secondhand smoke-related disease and illness, and infants are at a greater risk for sudden infant death syndrome (SIDS).⁸

WHAT RAMSEY COUNTY IS DOING

To help prevent adverse health effects of cigarettes and e-cigarettes in public spaces, the Ramsey County Clean Indoor Air Ordinance was passed in November 2015. It prohibits the use of electronic cigarettes (or e-cigarettes) in public spaces where cigarette smoking is currently prohibited under the Minnesota Clean Indoor Act, as well as prohibiting vaping or smoking within 25 feet of public building entrances.

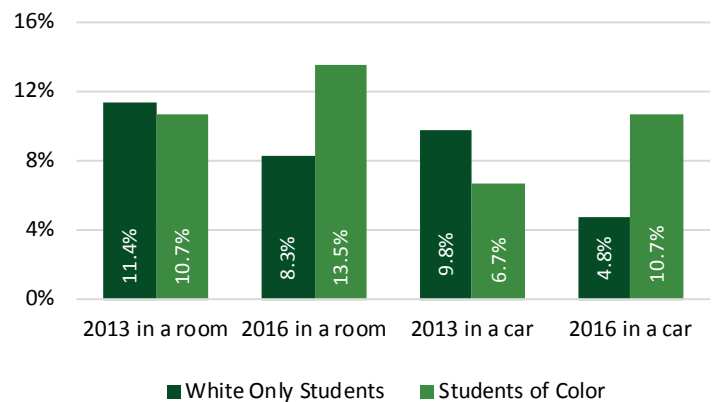
Saint Paul – Ramsey County Public Health responds to violations of the Minnesota Clean Indoor Air Act in licensed establishments in the county. In addition, public health’s Tobacco-Free Living Initiative partners with the American Lung Association to educate managers and owners of multi-unit housing on the dangers of smoking and secondhand smoke, and how to create smoke-free environments in their buildings.

Non-smoking Adults Exposed to Secondhand Smoke, Minnesota



Source: ClearWay Minnesota & Minnesota Department of Health.⁹

5th Graders Exposed to Secondhand Smoke, Ramsey County



Source: Minnesota Student Survey. Ramsey County data set.

⁷ Tobacco Use in Minnesota: 2014 Update. Minneapolis, MN: ClearWay Minnesota and Minnesota Department of Health; January 2015. http://www.mntobacco.nonprofitoffice.com/vertical/Sites/%7B988CF811-1678-459A-A9CE-34BD4COD8B40%7D/uploads/MATS_2014_Technical_Report_Final_2015-01-21.pdf. Accessed May 18, 2018.

⁸ Tobacco Data. Minnesota Department of Health. http://www.health.state.mn.us/divs/hpcd/tpc/docs/tobacco_data.pdf. Accessed May 16, 2018.

⁹ The Minnesota Adult Tobacco Survey https://mntobacco.nonprofitoffice.com/index.asp?Type=B_BASIC&SEC={ECE0A1FF-DC5A-4C9C-AA08-8E9A97B14D07}. Accessed May 18, 2018.