



## SECONDHAND SMOKE: THE HEALTH RISKS -- FACT SHEET #1

Secondhand smoke is the third leading cause of preventable death in America. It contains more than 4,000 chemicals and more than 69 carcinogens and causes cancer, stroke, heart disease, sudden infant death syndrome, respiratory ailments and even inner ear infections in children. Many workers still have no choice over their working conditions when it comes to secondhand smoke, and they are paying a heavy toll with their health.

### Consider These Facts

- Restaurant workers are exposed to more secondhand smoke than other workers are. (*Journal of Occupational and Environmental Medicine*, June 2002).
- Secondhand smoke kills an estimated 65,000 people annually. (National Cancer Institute *Monograph No 10*, Preface)
- People who are exposed to secondhand smoke have 25 to 35 percent higher coronary death rates. Non-smoking workers in a smoking facility have a 16-19 percent increased risk of developing lung cancer. (*Tobacco Smoke and Involuntary Smoking*; International Agency for Research on Cancer; Vol. 83, Sections 5.4 and 5.2; June 2002)
- Children exposed to secondhand smoke have higher rates of respiratory infections and irritations, and exposure to secondhand smoke increases the number and severity of asthma attacks in children and adults with asthma. (Environmental Protection Agency)
- Smoke-filled areas can have up to six times the air pollution as a busy highway in America. (Centers for Disease Control and Prevention, *It's Time to Stop Being a Passive Victim*, 1993)
- It's estimated that one non-smoker dies from exposure to secondhand smoke for every eight smokers who die from their tobacco use. (Glantz, S. & Parmley, W. *AHA Circulation*, 1991; 83: 1-12)

### The Ventilation System Myth

- Ventilation systems cannot remove all secondhand smoke and its toxins from the air, no matter how good they are. Scientific information proves this point. (Regents of the University of California)
- There are no safe levels of exposure to secondhand smoke. Even if the smoke is removed, the toxins remain. (American Society of Heating, Refrigerating and Air-Conditioning Engineers, Inc., "ASHRAE 62-1999: Ventilation for Acceptable Indoor Air Quality," see Addendum 62e)
- Smoke knows no boundaries; smoky air just gets re-circulated, and non-smoking sections do not eliminate non-smokers' exposure to secondhand smoke. (*The Health Consequences of Involuntary Smoking: A Report of the U.S. Surgeon General*, 1986)



Working to protect the health of workers and patrons through a smoke-free workplace ordinance in Illinois.

**Secondhand Smoke Kills. Everyone Deserves Smoke-Free Indoor Air.**

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## SECONDHAND SMOKE: ECONOMICS -- FACT SHEET #2

Clean indoor air ordinances have been proven to reduce medical costs and lost work time due to secondhand smoke-related illnesses. And despite the tobacco industry's claims, smoking bans do not negatively impact businesses as has been demonstrated in California, Colorado and several large municipalities around the country. Several businesses, in fact, have shown positive gains.

### The Cost of Smoking to Employers

- Secondhand smoke has very real costs to businesses. One study indicated that businesses face additional costs of \$1,300 per year for each employee who smokes due to higher health insurance claims and costs, plus maintenance and cleaning costs for furniture, drapery and carpeting. (*Making Your Workplace Smokefree – A Decision Maker's Guide, U.S. Department of Health and Human Services; p 5*)
- Facilities that allow smoking drive some patrons away. A study in California conducted in 2000 found that 75% of bar patrons rated a smoke-free environment as "important," or "very important." The same study showed that 91% of bar patrons either go to bars and nightclubs more often or have not changed their habits following the enactment of the smoke-free ordinance. (*Field Research Corporation, California, October 16, 2000*)
- Since 94 percent of Americans favor work place smoking restrictions, morale at the office or workplace is boosted when companies go smoke free. Employers that create smoke-free workplaces send the clear message that they care about the health and safety of their employees. . (*Making Your Workplace Smokefree – A Decision Maker's Guide, U.S. Department of Health and Human Services; p 12*)
- In 1987, secondhand smoke accounted for \$661 million in annual medical expenditures. (*American Journal of Public Health, 1997, 87: 205-209*)

### How Clean Indoor Air Laws Influence the Bottom Line

- In California, which banned smoking in bars in 1998, 91 percent of patrons either go to bars more often or have not changed their habits two years after the ban took effect. (*Field Research Corporation, California, October 16, 2000*)
- Asked last week what he thought of the now two-year-old ban. Mr. McBratney sounded changed. "I'll have to admit," he said sheepishly, "I've seen no falloff in business in either establishment." The President of the Staten Island Restaurant and Tavern Association went on to describe what he once considered unimaginable: customers actually seem to like it, and so does he. City officials point to data from the first year of the ban showing that restaurant and bar tax receipts were up 8.7percent over the previous year's. (*New York Times, "As Air Clears, Even Smokers Are Converted", February 6, 2005, Rutenberg & Koppel.*)
- An article examining the impact of clean indoor air ordinances in the tobacco-friendly state of North Carolina found that the strict ETS regulations in the five counties with the strongest ordinances had no economic impact on restaurant sales in these counties. (*Goldstein A, Sobel R. Environmental Tobacco Smoke Regulations Have Not Hurt Restaurant Sales in North Carolina: North Carolina Medical Journal, 1998; 59: 284-287*)
- Hotel revenues increased in Los Angeles, San Francisco and New York after restaurant smoking bans went into effect, according to a study by Stanton A. Glanz, Ph.D., and Annemarie Charlesworth, MA. Their study, covering three states and six different cities found that these ordinances had no significant effect on tourist revenues as a fraction of total retail sales or compared with the rate of change in the United States as a whole. (*Glanz S, Charlesworth A. Tourism and Hotel Revenues Before and After Passage of Smoke Free Restaurant Ordinances. JAMA. 1999; 281: 1911-1918.*)

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## SECONDHAND SMOKE: TOBACCO INDUSTRY MYTHS & FACTS -- FACT SHEET #3

The tobacco industry and its allies have formulated a series of tactics and attacks to counter the nation-wide movement to protect the health of all workers. However, none of these arguments effectively or even truthfully counters the need to make *all* workplaces smoke-free. Following are some of the more common tobacco industry arguments and tactics heard and the counter-arguments that debunk these myths.

*MYTH: The tobacco industry consistently claims that forcing restaurants and other hospitality facilities to go smoke-free will negatively impact their revenues.*

**FACT:** This is simply not true. Several studies and the examples of California, Colorado, Ft. Wayne, IN, Austin, TX, Mesa, AZ and a number of municipalities around the country show no adverse effects, and even some economic gains, for businesses following the enactment of smoke-free ordinances.

*MYTH: The tobacco industry claims that the decision to go smoke-free should be left up to the establishment based on the choices of their customers and employees.*

**FACT:** The majority of people – including many smokers -- favor smoke-free establishments. Secondhand smoke is a health hazard to all exposed to it. All workers – and patrons – have the right to a safe, smoke-free environment. Businesses should be able to set business practice until it affects public health, and then regulations are needed.

*MYTH: The tobacco industry claims that diners and prospective employees can choose where they dine and work so that no one is forced into an establishment that allows smoking.*

**FACT:** Everyone has a right to breathe clean, smoke-free indoor air, the same as eating safe food and drinking clean water. Knowing the severe health effects of secondhand smoke, there is no reason for allowing smoking in restaurants and all other places of employment.

*MYTH: "How far will the government go? Soon they'll be after fast food and salt."*

**FACT:** Sure, fast food causes severe health problems, as does salt, dairy products and alcohol, if not used in moderation and as part of a well-balanced diet. **BUT ONE PERSON'S DIET DOESN'T ENDANGER OTHERS; ONE PERSON'S SMOKE AFFECTS EVERYONE ELSE.** There is no safe level of exposure to secondhand smoke! Even trace amounts are harmful and can be especially harmful to people with heart conditions and respiratory ailments.

*MYTH: The tobacco industry likes to claim that smoke-free ordinances adversely affect tourism.*

**FACT:** Quite the contrary. Studies have shown that smoke-free ordinances often coincide with increases in tourist revenues. International tourists are even more accepting of smoke-free restaurants than Americans are, according to data from a 1989 Philip Morris study.



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