



The 2006 Surgeon General's Report:

The Health Consequences of Involuntary Exposure to Tobacco Smoke

“The scientific evidence is now indisputable: secondhand smoke is not a mere annoyance. It is a serious health hazard that can lead to disease and premature death in children and nonsmoking adults.”

- U.S. Surgeon General, Vice Admiral Richard H. Carmona, M.D., M.P.H., FACS.

- ❖ There is No Risk-Free Level of Exposure to Secondhand Smoke
- ❖ The *scientific evidence* that secondhand smoke causes serious diseases, including lung cancer, heart disease, and respiratory illnesses such as bronchitis and asthma, is *massive and conclusive*. There is no longer a scientific controversy or any scientific debate.
- ❖ Breathing even a little secondhand smoke poses a risk to your health.
- ❖ Exposure to secondhand smoke has substantial and immediate adverse effects on the cardiovascular system.
- ❖ Secondhand smoke can cause sudden infant death syndrome and other health consequences in infants and children.
- ❖ Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate secondhand smoke exposure.
- ❖ Smoke free workplace policies are effective in reducing secondhand smoke exposure.
- ❖ Smoke free policies and regulations do not have an adverse economic impact on the hospitality industry.
- ❖ Many millions of Americans, both children and adults, are still exposed to secondhand smoke in their homes and workplaces despite substantial progress in tobacco control.

Source

U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.