

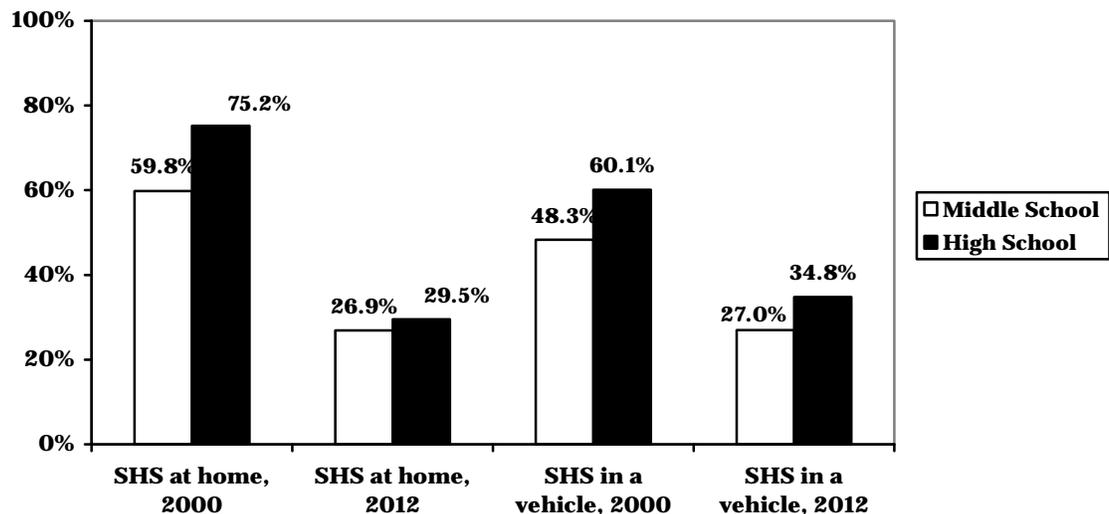
Secondhand Smoke: Youth Exposure and Rules about Smoking in the Home

Each year in the United States, 50,000 deaths are attributable to secondhand smoke. Approximately 1,240 of those deaths are to Hoosiers adults from exposure to secondhand smoke. Secondhand smoke has been classified by the U.S. Environmental Protection Agency as a cancer causing substance. In children, secondhand smoke contributes to acute and chronic respiratory illness, asthma, middle ear illnesses, and Sudden Infant Death Syndrome (SIDS).

Youth Exposure to Secondhand Smoke in Indiana

- The proportion of Indiana youth exposed to secondhand smoke in the home has been declining since 2000. There was a significant decline between 2010-2012, from 46.3% high school students who were not exposed in 2010 to 70.5% who were not exposed in 2012. Among Indiana middle school students, there was a significant decline from 54.9% not exposed in 2010 to 73.1% not exposed to secondhand smoke in their home in 2012.
- Nearly 30% of high school students and 27% of middle school students reported being exposed to secondhand smoke in their home on at least one day in the past week.
- Approximately 35% of high school students and 27% of middle school students who live with smokers reported being exposed to secondhand smoke *in a vehicle* on at least one day in the past week.

**Youth exposed to Secondhand Smoke at home and in a vehicle,
2000 & 2012**



Tobacco Prevention and Cessation Commission ~ www.in.gov/isdh/tpc ~ 317.234.1787
www.QuitNowIndiana.com ~ www.indianaquitline.net

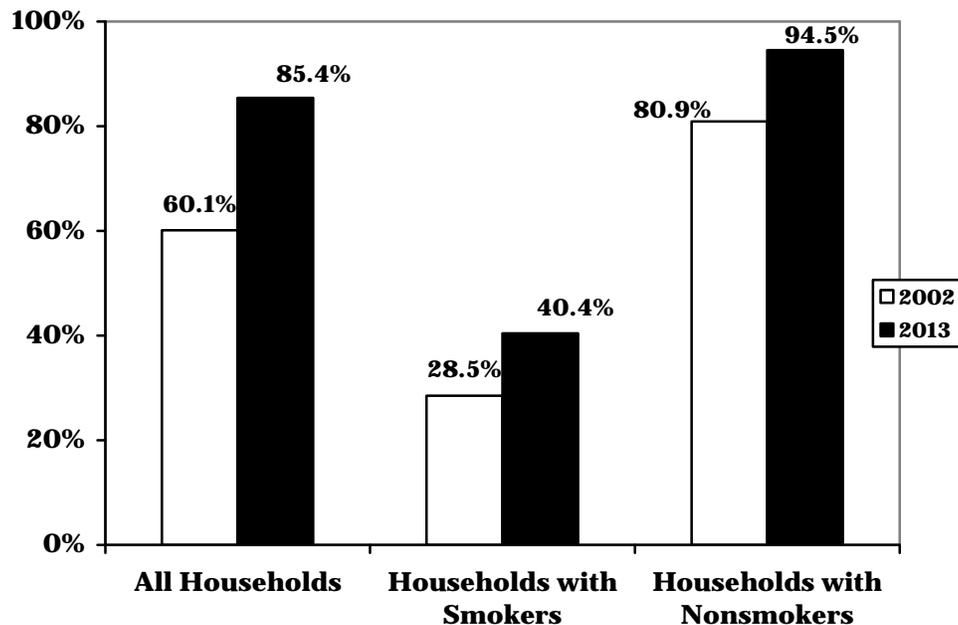


1-800-QUIT NOW
Indiana's Tobacco Quitline

Household Rules

- Among households with smokers, the prevalence of smoke-free homes increased from 29% in 2002 to 40% in 2013.
- Among households with nonsmokers, the prevalence of smoke-free homes increased from 81% in 2002 to 95% in 2013.
- Overall approximately 63% of adults in Indiana believe it is very harmful to breathe Secondhand Smoke.
- Hoosier nonsmokers are more likely to agree that secondhand smoke is a serious health hazard (69%) compared with Hoosiers who are current smokers (36%).

Prevalence of Smoke-free Homes, 2002 & 2013 Indiana Adult Tobacco Survey



What Can You Do?

- Institute and enforce strict no-smoking rules for your home and car.
- Encourage your children to ask others not to smoke around them.
- If you smoke, quitting will benefit not only your health but the health of your children. Call 1-800-QUIT-NOW or visit www.QuitNowIndiana.com for help.

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