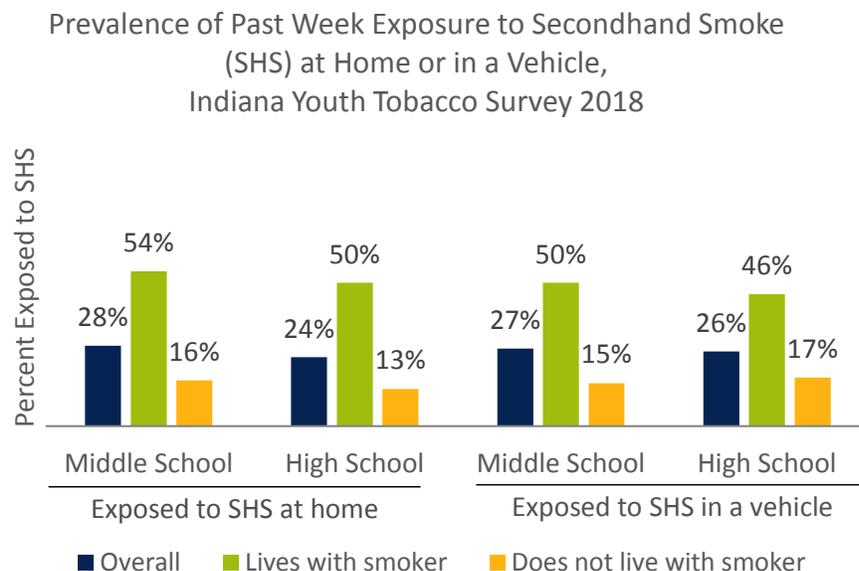


Youth Exposure to Secondhand Smoke

Secondhand smoke has been classified by the U.S. Environmental Protection Agency as a cancer causing substance.¹ In children, secondhand smoke contributes to respiratory illness, asthma, middle ear illnesses, and Sudden Infant Death Syndrome (SIDS).² Although exposure to secondhand smoke has declined, many Hoosier youth are still exposed to secondhand smoke at home and in other places.³

Youth Exposure to Secondhand Smoke in Indiana, 2018³

- In 2018, 28% of middle school students and 24% of high school students in Indiana were exposed to secondhand smoke at home during the past week.
- Youth who lived with a smoker were commonly exposed to secondhand smoke at home. About 54% of middle school students and 49% of high school students who lived with a smoker were exposed to secondhand smoke at home.
- Youth who were exposed to secondhand smoke at home tended to report frequent exposure. Among students who reported past-week exposure to secondhand smoke at home, 53% of middle school students and 58% of high school students were exposed daily.
- Approximately 27% of middle school students and 26% of high school students reported past-week exposure to secondhand smoke in a vehicle. A far higher proportion of middle school (50%) and high school (46%) students who lived with smokers, however, were exposed to secondhand smoke in vehicle.



Fast Facts

- About **1 in 4** Hoosier youth are exposed to secondhand smoke at home.
- More than **1 in 4** Hoosier youth are exposed to secondhand smoke in vehicles.
- More than **50%** of Hoosier youth who live with a smoker are exposed to secondhand smoke at home.
- The majority of youth who are exposed to secondhand smoke at home are exposed daily.
- Just over **80%** of Hoosier youth overall report living in a smoke-free home, but only **62%** of youth who live with a smoker live in a smoke-free home.
- Secondhand smoke can cause:²
 - Lung cancer
 - Heart disease
 - Stroke
 - Respiratory illnesses
 - Sudden Infant Death Syndrome (SIDS)

Youth Exposure to Secondhand Smoke

Household Rules about Smoking³

The proportion of students who report living in a household where smoking is never allowed inside the home has increased significantly in recent years.

- Between 2004 and 2018, the proportion of students who live in a smoke-free home increased from 58% to 80% among middle school students and from 62% to 82% among high school students.
- A smaller proportion of students who live with smokers report smoke-free homes than students who do not live with smokers.

Youth Secondhand Smoke Exposure in Public Places³

In addition to being exposed to secondhand smoke at home, youth may be exposed to secondhand smoke in public places.

- Schools:** In 2018, 17% of middle school students and 20% of high school students reported past-week exposure to secondhand smoke indoors or outdoors at school.
- Workplaces:** In 2018, 40% of middle school students and 35% of high school students who worked in the past week reported exposure to secondhand smoke indoors or outdoors at work.
- Public places:** In 2018, 31% of middle school students and 34% of high school students reported past-week secondhand smoke exposure in an indoor or outdoor public place.

Exposure to Secondhand Aerosol

In recent years, use of electronic cigarettes (e-cigarettes) has dramatically increased.⁴ The Centers for Disease Control and Prevention (CDC) has stated that e-cigarette aerosol is not harmless “water vapor” and may contain harmful chemicals.⁴ In 2015, nearly 1 in 4 (24.2%) youth nationwide reported being exposed to secondhand e-cigarette aerosol.⁵

What can you do?

Reducing youth exposure to secondhand smoke requires not only changing smoking behaviors in private homes and vehicles, but also implementing and enforcing policies that protect youth from secondhand smoke exposure in other places, such as schools, public places, and multi-unit housing. You can help protect youth from secondhand smoke in the following ways:

- If you smoke, quitting will benefit not only your health but also the health of your children. Hoosiers who want to quit can call 1-800-QUIT-NOW or visit www.QuitNowIndiana.com for free evidence-based support.
- Institute and enforce strict no-smoking rules for your home and car.
- Educate community members, businesses, and community leaders about the benefits of tobacco-free environments including workplaces, public places, schools, and multi-unit housing.

1 U.S. Environmental Protection Agency. Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders. Washington, D.C.: U.S. Environmental Protection Agency, Office of Research and Development, Office of Health and Environmental Assessment, 1992.

2 Centers for Disease Control and Prevention (CDC). Health Effects of Secondhand Smoke. Accessed March 21, 2017 from https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/.

3 Indiana Youth Tobacco Survey, 2018.

4 U.S. Department of Health and Human Services. E-Cigarette Use among Youth and Young Adults: A Report of the Surgeon General – Executive Summary. Atlanta, GA: 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, 2016.

5 Wang TW, Marynak KL, Agaku IT, King BA. Secondhand exposure to electronic cigarette aerosol among US youths. *JAMA Pediatrics* 2017; doi: 10.1001/jamapediatrics.2016.4973.

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