

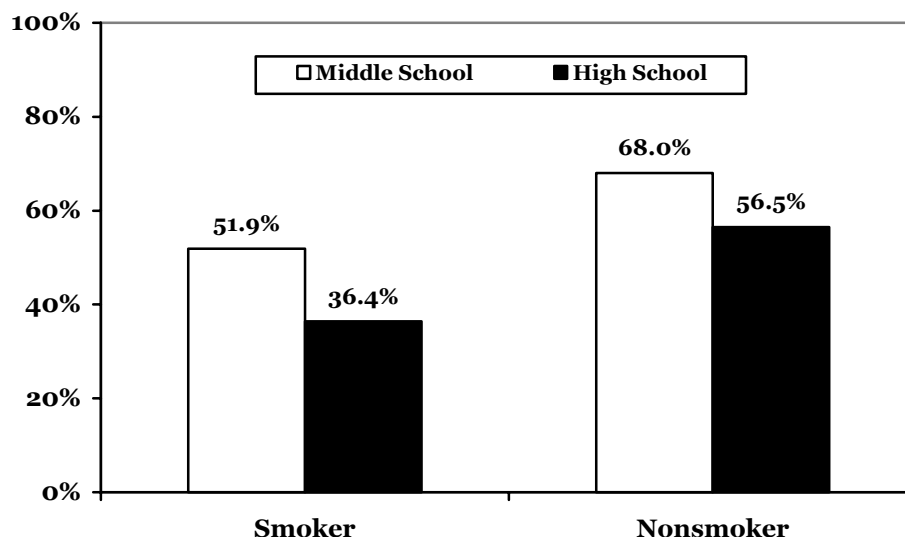
Secondhand Smoke: Youth Exposure and Rules about Smoking in the Home

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

- Secondhand smoke exposure among Indiana youth has been declining since 2000, but the downward trend has recently slowed down.
- Nearly 80% of high school students and 77% of middle school students who live a smoker reported being exposed to secondhand smoke *in a room* on at least 1 day in the past week
- Approximately 71% of high school students and 71% of middle school students who live with smokers reported being exposed to secondhand smoke *in a car* on at least 1 day in the past week.

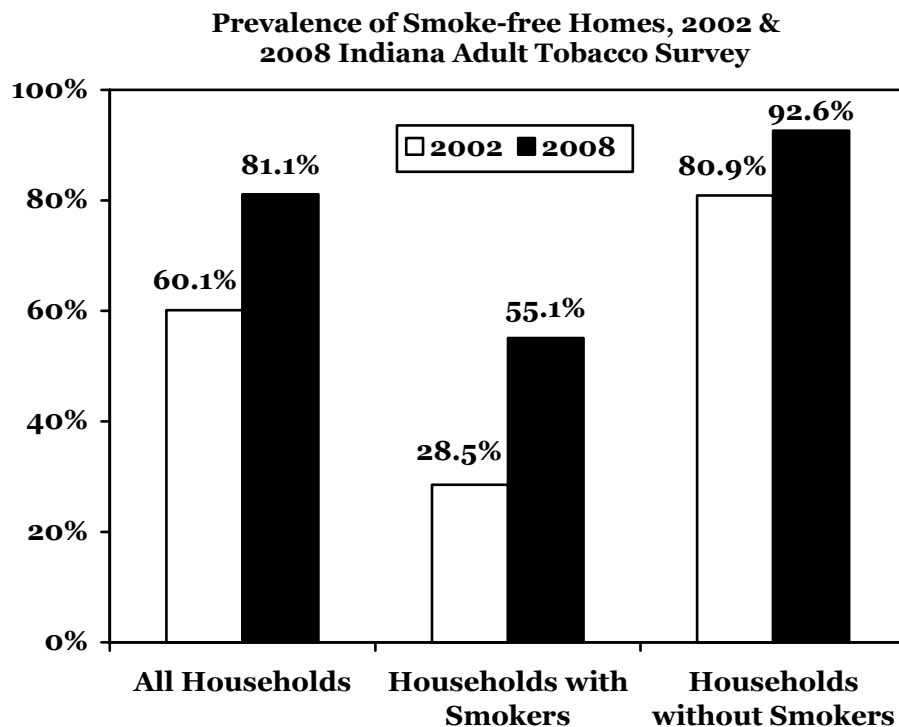
Youth in Smok-free Workplace Environments by Smoking Status, 2010 IN Youth Tobacco Survey



Tobacco Prevention and Cessation Commission ~ www.in.gov/isdh/tpc ~ 317.234.1787
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Household Rules

- Among households with smokers, the prevalence of smoke-free homes increased nearly 90% (from 29% in 2002 to 55% in 2010).
- Among households with nonsmokers, the prevalence of smoke-free homes increased from 81% in 2002 to 93% in 2008.
- Approximately 57% of adults in Indiana believe that secondhand smoke is a serious health hazard.
- Hoosier nonsmokers are more likely to agree that secondhand smoke is a serious health hazard (63%) compared with Hoosiers who smoke (30%).



What Can You Do?

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

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