

Exposure to Secondhand Smoke in Maine

2010

0% There is no risk-free level of exposure to secondhand smoke¹

The State's tobacco control and prevention program works to prevent young people from starting to smoke, protects Maine's citizens from exposure to secondhand smoke, and helps those who want to quit.

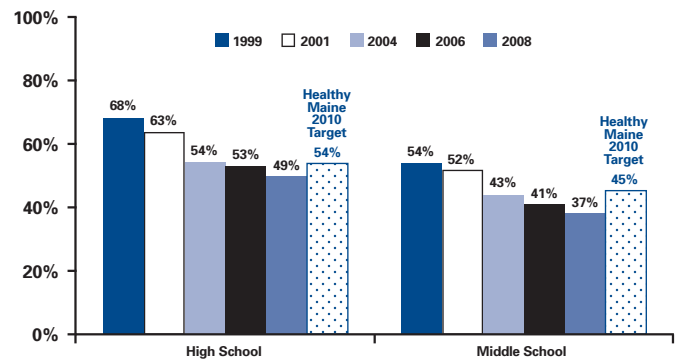
What are the facts?

- Scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke. Secondhand smoke causes immediate and long-term adverse health effects in nonsmoking adults and children, including heart disease and lung cancer. SHS exposure now occurs primarily in homes and workplaces.
- Smoking by parents causes respiratory symptoms and slows lung growth in their children, increasing children's risk for illnesses such as acute respiratory infections and severe asthma.²
- Youth who believe that secondhand smoke harms nonsmokers are more likely to quit smoking.²

How are we doing?

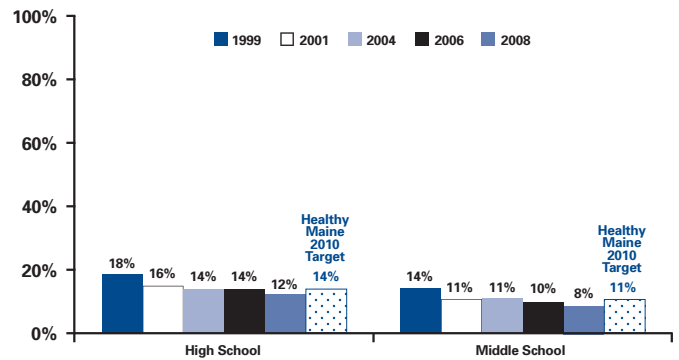
- In September 2008, a law was passed to protect children from exposure to secondhand smoke in vehicles by prohibiting smoking in vehicles when minors under the age of 16 years are present.³
- In 2008, only about two thirds of youth in grades 6-12 believe that smoking a pack of cigarettes per day is a serious health risk. Only one third consider exposure to other people's cigarette smoke a serious health risk.
- In 2008, 49% of high school youth and 37% of middle school youth were exposed to secondhand smoke at least once during the past week preceding the survey when they were in the same room with someone else who was smoking.⁴
- In 2008, 12% of high school youth and 8% of middle school youth were exposed to secondhand smoke in a car every day during the past week preceding the survey.⁴
- Maine has met state 2010 targets for reducing youth exposure to secondhand smoke. New targets will be set because youth are still exposed to unnecessary risk.

Proportion of Maine youth, grades 6-8 and grades 9-12, who were in the same room with someone who was smoking cigarettes, one or more days out of the previous week



Source: 2008 MYDAUS/Maine Youth Tobacco Survey

Proportion of Maine youth, grades 6-8 and grades 9-12, who rode in a car with someone who was smoking cigarettes 7 out of the past 7 days



Source: 1999 & 2001 Maine Youth Tobacco Survey, 2004, 2006 & 2008 MYDAUS/Maine Youth Tobacco Survey.

Prepared by the Maine Center for Public Health on behalf of the Partnership For A Tobacco-Free Maine, Maine Center for Disease Control, Department of Health and Human Services through an evaluation contract from the Healthy Maine Partnerships Initiative.

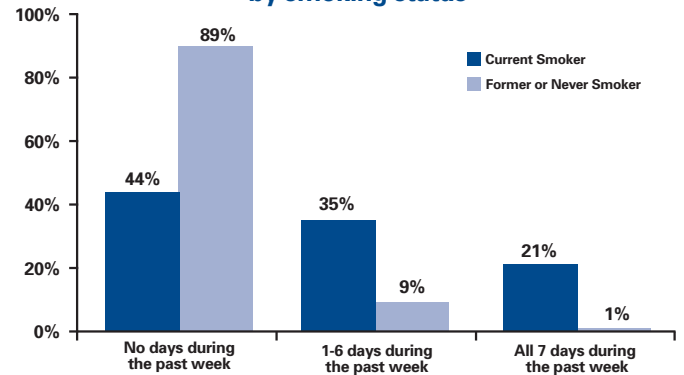


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What are the facts?

- Secondhand smoke causes premature death and disease in children and in adults who do not smoke.²
- There is a 25 to 30% increase in the risk of coronary heart disease from exposure to secondhand smoke.⁵
- Secondhand smoke can trigger a heart attack, even brief exposure.⁵
- Eliminating smoking in workplaces, restaurants, bars, and other public places is an effective way to protect Americans from the health effects of secondhand smoke, particularly on the cardiovascular system.⁵
- 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.²

Proportion of Maine adults who reported riding in the same car with someone who was smoking cigarettes, by smoking status

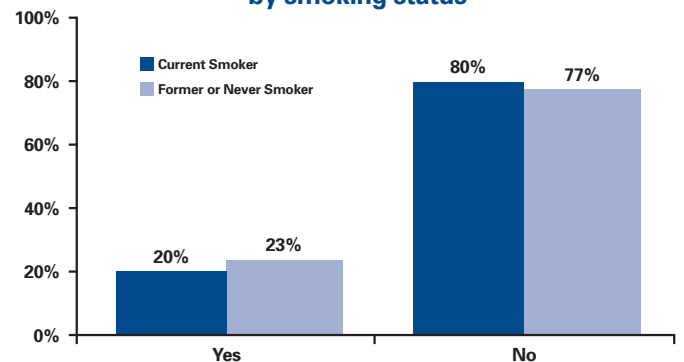


Source: 2007 Maine BRFSS

How are we doing?

- Maine has strong laws to protect workers from exposure to secondhand smoke, but 19% of workers continue to be exposed to secondhand smoke in the workplace.⁶
- Smokers are less likely to believe that people should be protected from secondhand smoke. In Maine, 78% of current smokers agreed that people should be protected from secondhand smoke, compared to 89% of former or never smokers who agreed that people should be protected.⁶
- In 2008, 83% of Maine adults did not allow any smoking in their homes. Seventy-six percent did not allow any smoking in their cars.⁶

Proportion of Maine adults who asked someone to not smoke near or around them in the past 12 months, by smoking status



Source: 2007 Maine BRFSS

¹ U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.

² Glantz, S. A., & Jamieson, P. 2000. Attitudes toward secondhand smoke, smoking, and quitting among young people. *Pediatrics* 106 (6), e82; DOI: 10.1542/peds.106.6.e82.

³ Partnership For A Tobacco-Free Maine http://tobaccofreemaine.org/breathe_easy/in_public_places.php

⁴ Maine Center for Disease Control and Prevention. 2008 MYDAUS/Maine Youth Tobacco Survey Results.

⁵ Maine Center for Disease Control and Prevention. 2008 Maine Behavioral Risk Factor Surveillance System Survey Results.

⁶ Institute of Medicine. *Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence*. Washington, D.C.: National Academies Press; 2009.