

SMOKE★FREE TEXAS

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A SMOKE-FREE WORKPLACE LAW FOR TEXAS WOULD IMPROVE NONSMOKERS' HEALTH

Secondhand smoke (SHS) poses a serious health threat and causes heart disease, lung cancer, increased asthma and other illnesses. In fact, it is the third leading cause of preventable death in the U.S.¹ Just 30 minutes of exposure to SHS can slow blood flow through coronary arteries and increase the risk for blood clots.²

Secondhand Smoke is DANGEROUS:

- SHS is the third leading cause of preventable death in the U.S.¹, killing more than 42,000 Americans each year.⁵
- SHS is a known cause of lung cancer, heart disease, chronic lung ailments (such as bronchitis and asthma) and other health problems.⁴
- Cigarette smoke contains more than 7,000 chemicals – more than 70 are known or suspected to cause cancer.³
- SHS exposure during pregnancy increases the risk for premature birth, sudden infant death syndrome (SIDS) and low birth-weight births.^{6,7}
- SHS exposure can increase a nonsmoker's risk for heart disease or lung cancer by up to 30 percent.⁸

Smoke-Free Workplace Laws IMPROVE HEALTH:

- Smoke-free policies in public places and workplaces are associated with a reduction in heart disease, particularly if enforced over several years.⁹
- Smoke-free workplace laws immediately and notably improved heart health - including fewer heart attack hospitalizations - particularly in nonsmokers, according to studies in Colorado, Indiana, Montana, New York, Ohio, Ireland, Italy and Scotland.¹⁰
- An analysis of studies conducted in different areas of the world revealed substantial evidence supporting reduced acute coronary events following comprehensive smoke-free legislation implementation, with the effect increasing over time.¹¹
- Arizona's statewide smoke-free law significantly decreased hospital admissions for
- heart attack, stroke, asthma, and angina.¹²

All Texans deserve to breathe clean indoor air!

1. Glantz, S.A. & Parmley, W., "[Passive Smoking and Heart Disease: Epidemiology, Physiology, and Biochemistry](#)," *Circulation*, 1991; 83(1): 1-12. 2. Otsuka, R., et al. "Acute Effects of Passive Smoking on the Coronary Circulation in Healthy Young Adults," *Journal of the American Medical Association*, 286: 436-441, 2001. Available at: http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11466122&dopt=Abstract. 3. U.S. Department of Health and Human Services., Centers for Disease Control and Prevention. *The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General* (2010). 4. [U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General.](#) (2006). 5. Wendy Max, H.-Y. S. (2012). Deaths From Secondhand Smoke Exposure in the United States: Economic Implications. *American Journal of Public Health*, 2173-2180. 6. [U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General.](#) (2006). 7. Dejmeek, J.; Solansky, I.; Podrazilova, K.; Sram, R., "The exposure of nonsmoking and smoking mothers to environmental tobacco smoke during different gestational phases and fetal growth," *Environmental Health Perspectives* 110(6): 601-606, June 2002. 8. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General – Executive Summary.* (2006). 9. David G. Meyers, John S. Neuberger, and Jianghua He. (2009). Cardiovascular Effect of Bans on Smoking in Public Places. *J Am Coll Cardiol*, 2009; 54:1249-1255, doi:10.1016/j.jacc.2009.07.022. 10. Summaries, Americans for Nonsmokers' Rights, <http://www.no-smoke.org/getthefacts.php?id=25>. 11. Mackay DF, Irfan MO, Haw S, Pell JP. *Heart*. 2010 Oct;96(19):1525-30. Epub 2010 Aug 23. [Meta-analysis of the effect of comprehensive smoke-free legislation on acute coronary events](#); *Public Health*, University of Glasgow, Glasgow, UK. 12. [Hospital admissions for acute myocardial infarction, angina, stroke, and asthma after implementation of Arizona's comprehensive statewide smoking ban](#). Source: Evaluation, Research and Development Unit, Department of Psychology, University of Arizona, Tucson, AZ 85721-0462, USA.