

Documented Risks of Secondhand Smoke

- 1 Because of the way tobacco burns, secondhand smoke contains twice as much tar and nicotine per unit volume, three times as much of a cancer-causing compound called benzpyrene and five times as much carbon monoxide as does smoke inhaled from a cigarette. *Source: Fact Sheet on Secondhand Smoke, Foundation for Medical Education and Research*
- 2 Inhaling other people's cigarette smoke makes non-smokers 82 percent more likely to suffer a stroke. *Source: Dr. Rodney Jackson, University of Auckland in New Zealand*
- 3 Smoke-filled rooms can have up to six times the air pollution as a busy highway. *Source: U.S. Centers for Disease Control, 1993*
- 4 It takes approximately two weeks for nicotine to clear from the air in a room where people have been smoking. *Source: Repace/Lowrey, Environmental Journal, 1986*
- 5 There is an excess lung cancer risk of approximately 50 percent among food service workers compared to the general population and much of that excess is linked to exposure to environmental tobacco smoke. *Source: Dr. Michael Siegel, Journal of the American Medical Association, 1993*
- 6 Non-smokers who work in a smoking environment show physical evidence of the cancer-causing substance NNK in their urine. NNK is the only known lung carcinogen found solely in tobacco smoke and is formed from nicotine. *Source: Dr. Stephen Hecht, University of Minnesota Cancer Center*
- 7 Employees who breathe smoke from their co-workers' cigarettes miss twice as many days of work as employees in smoke-free offices because substances in secondhand smoke increase the incidence of chest colds, eye irritation, and respiratory illnesses in nonsmokers. *Source: University of California at San Diego, CHEST, July 1991*
- 8 In an office setting, a non-smoker's exposure to secondhand smoke eight hours a day is the equivalent of smoking six cigarettes, while in a smoky bar, a non-smokers exposure to secondhand smoke for just two hours is the equivalent of smoking four cigarettes. *Source: Dr. Katherine Hammond, University of California, Berkeley*

Compiled by The Onyx Group for the Uptown Coalition for Tobacco Control & Public Health, Philadelphia, PA, an affiliate of the National Association of African Americans for Positive Imagery (NAAAPI)
