

**SMOKE
FREE
KENTUCKY**

SECONDHAND SMOKE CAUSES LUNG DISEASE



KENTUCKY LEADS THE NATION IN LUNG CANCER A SMOKE-FREE WORKPLACE LAW CAN HELP CHANGE THAT

SECONDHAND SMOKE CAUSES LUNG CANCER, RESPIRATORY INFECTIONS AND ASTHMA ATTACKS

- The chemicals and toxins in tobacco smoke damage DNA, which can lead to lung cancer.¹
- Higher exposure to secondhand smoke at work likely puts restaurant and bar workers at a greater risk of developing lung cancer compared with the general population.^{1,3}
- Children exposed to secondhand smoke are at an increased risk for acute respiratory infections and more severe asthma. Secondhand smoke causes respiratory symptoms and slows lung growth in children.¹
- Tobacco smoke triggers asthma attacks.²

SMOKE-FREE LAWS REDUCE LUNG DISEASE

- Smoke-free laws decrease emergency department visits for asthma. There was a 22% decline in emergency department visits for asthma in the 32 months after Lexington's smoke-free law was enacted. The decline was greater for adults than children (24% vs. 18%).⁴
- Restaurant and bar workers were less likely to report breathing problems after the Lexington law took effect, whether or not they smoked.⁵

**IT'S TIME TO
ENACT A LAW
THAT WILL
REDUCE LUNG
DISEASE IN
KENTUCKY**



- ¹ U.S. Department of Health and Human Services, The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. 2006, Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office on Smoking and Health: Atlanta, GA.
- ² U.S. Department of Health and Human Services, How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. 2010 Consumer Brochure, 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: Atlanta, GA.
- ³ Shopland, D., Anderson, C., Burns, D., Gerlach, K. Disparities in smoke-free workplace policies smoke food service worker. *JOEM*. 2004; 46(4): 347-356.
- ⁴ Rayens, M.K., Burkhardt, P.V., Zhang, M., Lee, S., Moser, D.K., Mannino, D., Hahn, E.J. Reduction in asthma-related emergency department visits after implementation of a smoke-free law. *Journal of Allergy and Clinical Immunology*, 2008;doi 10.1016/j.jaci.2008.06.029.
- ⁵ Hahn, E., Rayens, M., York, N., Okoli, C., Zhang, M., Al-Delaimy, W. Effects of a smoke-free law on hair nicotine and respiratory symptoms in restaurant and bar workers. *Journal of Occupational and Environmental Medicine*, 2006; 48(9):906-913.