

Appendix 1: AFRESH Second-hand Smoke Factsheet

WHAT YOU NEED TO KNOW ABOUT SECOND-HAND SMOKE

What is second-hand smoke?

- Second-hand smoke is all the particles and vapours that go into the air when a tobacco product is burned. That means both smoke coming off the lit end of a cigarette, as well as smoke breathed out after taking a drag.
- More than 85% of tobacco smoke is invisible and has no smell.¹

Why is second-hand smoke dangerous?

- More than fifty chemicals in second-hand smoke are thought to cause cancer.²
- Exposure to second-hand smoke causes an increased risk of a range of smoking-related diseases in adults, increasing the risk of lung cancer in those who don't smoke by 20-30% and coronary heart disease by 25-35%.³
- Children exposed to second-hand smoke are at increased risk of many respiratory conditions including asthma, lower respiratory tract infection, croup and bronchiolitis.⁴
- In a home, second-hand smoke can remain at dangerous levels for more than five hours.¹ Levels can still be high everywhere in the home even if you open the windows or you only smoke in one room.
- There is no safe level of second-hand smoke in the home.²

Why are children particularly vulnerable to second-hand smoke?

- Children have small, growing lungs, and breathe more deeply and more quickly than adults. Because of this, they can suffer more from the effects of second-hand smoke. For that reason, it's important to keep children safe from second-hand smoke by never smoking inside the home or car.
- Children who live in smoke-free homes are less likely to start smoking when they get older, compared with children whose parents/carers smoke in the home.⁵

Is smoking in the home something that lots of other parents/carers do?

- Approximately 90% of children living in Scotland under the age of 16 live in smoke-free households.

1. Semple, S and Latif, N. (2014) How long does second-hand smoke remain in household air: Analysis of PM2.5 data from smokers' homes. *Nicotine and Tobacco Research*, 16 (10):1365-1370. 2. US Department of Health and Human Services. The health consequences of involuntary exposure to tobacco smoke: a report of the Surgeon General. US Department of Health and Human Services, 2006. 3. Tobacco smoke and involuntary smoking. IARC Monographs on the evaluation of carcinogenic risks to humans. Vol 83. Lyon, France. 2004. 4. Carreras G et al. Burden of disease attributable to second-hand smoke exposure: A systematic review. *Prev Med*. 2019, Dec, 129:105833. 5. Parks MJ et al. Household Implementation of Smoke-Free Rules in Homes and Cars: A Focus on Adolescent Smoking Behavior and Secondhand Smoke Exposure. *Am J Health Promot*. 2019, Jan, 33(1):70-78.

Supporting individuals to use Nicotine Replacement Therapy (NRT) to create a smoke free home