***PROMOTING A SMOKE-FREE ENVIRONMENT***

***Chapter 20, Section 3***

***GLENCOE HEALTH (2011)***

**BIG IDEA:**

Secondhand smoke is harmful, but there are ways to exposure.

**NEW VOCAB:**

* environmental tobacco smoke (ETS)
* mainstream smoke
* sidestream smoke
* Healthy People

**Health Risks of Tobacco Smoke**

Tobacco smoke can harm

Nonsmokers who breathe air tobacco smoke are also at risk for health problems.

Environmental tobacco smoke (ETS) is also called .

Air that has been contaminated by tobacco smoke

Environmental tobacco smoke is composed of

* + mainstream smoke and
  + sidestream smoke.

Because mainstream smoke has been exhaled by a smoker, it contains lower of carcinogens, nicotine, and tar.

The smoke exhaled from the lungs of a smoker

Sidestream smoke is more dangerous than smoke.

The smoke from the burning end of a cigarette, pipe, or cigar

ETS from cigarettes, cigars, and pipes contains more than chemical compounds.

 More than 50 of those chemicals are *cancer-causing* carcinogens.

**Health Risks to Nonsmokers**

ETS causes eye irritation, headaches, ear infections, and .

 It worsens asthma and other respiratory problems, and it the risk of lung cancer and coronary heart disease.

Smoking during pregnancy reduces blood oxygen levels, the risk of

1. impaired fetal growth
2. spontaneous miscarriage and prenatal death
3. premature delivery
4. low birth weight
5. deformities
6. stillbirths

**Health Risks to Unborn Children and Infants**

Infants exposed to ETS after birth are twice as likely to die of

  They may have severe attacks, ear infections, or respiratory tract infections.

**Health Risks to Young Children**

The children of smokers are more than as likely to smoke themselves.

They also have a higher incidence of

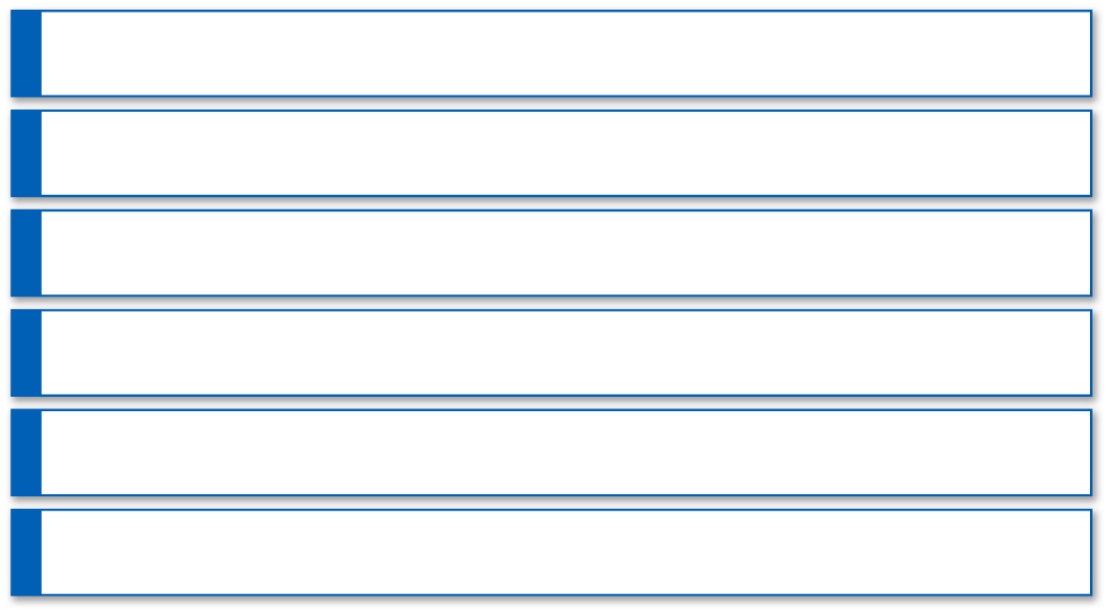
* + sore throats
  + ear infections
  + upper respiratory problems

Parents protect the health and of their children by staying tobacco-free.

**Reducing Your Risks**

You can take to reduce the effects of ETS.

Express your wherever you can for a smoke-free environment.



When visiting a home in which someone smokes:

1. Stay outside or in a different room as much as possible.
2. Ask to open the windows to provide fresh air.
3. Suggest meeting elsewhere, such as in your home or at a library.

**Creating a Smoke-Free Society**

In most states, it is to sell tobacco to teens under the age of 18, and it is illegal to smoke in public places.

In the United States, efforts to create a smoke-free society continue to

Smoking is in many restaurants, and some restaurants are required to have a nonsmoking section.

**Supporting National Health Goals**

One of the goals of *Healthy People 2010* is to reduce use and the number of tobacco-related deaths.

States and local communities are also supporting the efforts to create a smoke-free

.

Laws restrict where people may smoke, as well as who can buy tobacco .

* Laws prohibiting the sale of tobacco to minors have been enacted.
* Some states have successfully sued tobacco companies to recover the costs of treating tobacco-related illnesses.
* Community activities that promote a healthy lifestyle provide everyone with the opportunity to practice healthful behaviors.