

Smoke-Free Colusa County Monthly

Colusa County Tobacco
Prevention Coalition

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Secondhand and Thirdhand Smoke

Secondhand smoke was identified as a "Toxic Air Contaminant" by the California Air Resources Board (ARB) in 2006. This means that secondhand smoke was formally identified as an airborne toxic substance that can cause and/or contribute to death or serious illness. ¹ Since then, numerous studies have demonstrated the negative health effects caused by secondhand smoke. Tobacco smoke contains more than 7,000 chemicals including 70 that are known to cause cancer. ² Secondhand

In This Issue:

- Secondhand and Thirdhand Smoke
- Local Opinions
- Upcoming Events

smokers. There is no risk-free level of secondhand smoke exposure and even brief exposure can be harmful. ²

New research is now demonstrating the dangers of **thirdhand smoke**. This

Children are especially at risk for thirdhand smoke exposure

smoke can lead to ear infections, asthma attacks, and respiratory infections in children. It can also cause heart disease, lung cancer, and strokes in adult non-

new term refers to the residual contamination from tobacco smoke that remains in the room and on clothes long after the cigarette has been put out. ³ Thirdhand

Colusa County
Tobacco
Prevention
Coalition



The Tobacco Prevention Coalition aims to improve the health of Colusa County residents through education and promotion of a tobacco-free lifestyle.

*Smoke-Free
Air
Everywhere*



smoke contains tobacco residue which can stick on the walls, floors, and furniture. These residual chemicals mix with other compounds in the environment to create new chemicals which contain

several toxins and carcinogens.⁴ Children are especially at risk for thirdhand smoke exposure, which can take place by them putting their hands and mouths on contaminated

surfaces.³ You can protect yourself and your family from secondhand and thirdhand smoke by making your homes and vehicles smoke-free.²

Local Opinions and Smoking in Apartments

A public opinion poll was distributed to 102 Colusa County residents in spring of 2017 to gauge local opinions on secondhand smoke

The Colusa County Tobacco Education Program conducted a survey of Colusa County residents in spring of

home. Lastly, 91% believed that apartment complexes should offer nonsmoking units. These survey results

systems, cracks in walls, entryways, and even electronic outlets. Thirdhand smoke can also be a danger for those that rent their home because tobacco residue can persist in place for months after the previous tenant has moved out. If you live in a multi-unit housing complex and are impacted by secondhand smoke, talk to your landlord about making your building smoke-free. Contact the Colusa County Tobacco Education Program for more information.

Ninety-five percent agreed that secondhand smoke is harmful and 32% reported that a medical condition worsened because of drifting secondhand smoke in their home

2017 to gauge opinions on secondhand smoke and smoking in multi-unit housing complexes. Ninety-five percent of all respondents agreed that secondhand smoke is harmful to their health. In addition, 32% of respondents reported that a medical condition worsened because of drifting secondhand smoke in their

demonstrate high public awareness around the dangers of secondhand smoke and reveal that a noteworthy percentage of Colusa County residents are negatively impacted by exposure to secondhand smoke in the home. Secondhand smoke can be especially dangerous in multi-unit housing because it can seep through ventilation

1. Martin, Jerry, and Gennet Paauwe. "California Identifies Secondhand Smoke as a 'Toxic Air Contaminant.'" California Air Resources Board, 26 Jan. 2006, www.arb.ca.gov/newsrel/nr012606.htm.

2. "Secondhand Smoke (SHS) Facts." Secondhand Smoke (SHS) Facts, Centers for Disease Control and Prevention, 21 Feb. 2017, www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/index.htm.

3. "Thirdhand Smoke." Thirdhand Smoke, Americans for Nonsmokers' Rights, www.no-smoke.org/learnmore.php?id=671.

4. Suzaynn Schick, Ph.D., University of California San Francisco - "Secondhand and Thirdhand Exposure to Smoke and Vapor"

Upcoming Events

- **September 18th & 25th; 3:30 p.m. – 5:00 p.m.:** **Colusa County Advocates Against Tobacco youth coalition meeting** – Invite students you know from Colusa High School to advocate for a healthier Colusa County! These 2 meetings will involve recruitment preparations and activity planning for the 2017-2018 school year. Last year's activities included attending leadership conferences and youth summits, presenting on live television and to Colusa City Council, and having a ton of fun! Snacks and water provided.
- **September 29th; 12:00 p.m. – 1:00 p.m.:** Colusa County Tobacco Prevention Coalition meeting – Join Colusa County community members aiming to improve the health of Colusa County residents through education and promotion of a tobacco-free lifestyle. Lunch provided.

For more information or to R.S.V.P to any of the above events, please contact the Colusa County Tobacco Education Program at TEP@ColusaDHHS.org or 530-458-0380.

Resources

Interested in a meeting or community presentation to learn more about secondhand smoke, thirdhand smoke, tobacco marketing towards youth, or the Colusa County Tobacco Education Program? Contact us directly to schedule an appointment:

[Colusa County Tobacco Education Program](#)

Contact: Amanda Pitts, Project Director

Phone: (530) 458-0380

<http://www.countyofcolusa.org/tobaccoeducation>

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Interested in quitting smoking?

