



TOWN OF BROOKLINE

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Exposure to secondhand smoke in your apartment: A summary of reports compiled by the Brookline Department of Public Health

Secondhand smoke:

- According to the U.S. Surgeon General, there is no safe level of exposure to secondhand smoke (SHS).¹
- SHS consists of a complex mix of particles and gases and includes smoke from burning cigarettes, cigars, pipe tobacco.²
- Tobacco smoke can seep through walls, ductwork, windows, and ventilation systems of multiunit housing and potentially affect residents in other apartments far removed from the smoking area.³

Impact on your health:

- SHS is a cancer causing agent in humans and contains more than 50 chemicals that can cause cancer.⁴
- Exposure to secondhand smoke can increase risk of developing heart disease by 25-30% and lung cancer by 20-30%.⁵
- Tobacco smoke exposure can cause illness in children, such as asthma and respiratory infections, and has been associated with sudden infant death syndrome, metabolic syndrome (i.e. heart disease, stroke, type 2 diabetes), and ear infection.⁶

Benefits of a smoke-free rule in your home:

- A smoke-free policy will give smoking residents a reason to consider quitting smoking.⁷
- A comprehensive smoke-free policy in multiunit housing is commonly associated with greater attempts to quit smoking and decreased cigarette consumption.⁸
- Rates of indoor smoking will decrease.⁹
- Rates of non-smokers' exposure to indoor SHS will decrease.¹⁰
- There will be fewer disputes between tenants.¹¹

¹ US Department of Health and Human Services. (2006). *The Health Consequences of Involuntary Exposure to Tobacco Smoke: a Report of the Surgeon General*. Atlanta, GA.

² National Academy of Sciences, (2009). *Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence*. Washington, DC.

³ Wilson, K.M., Klein, J.D., Blumkin, A.K., K., Gottlieb, M, & Winickoff, J.P. (2011). Tobacco-Smoke Exposure in Children Who Live in Multiunit Housing. *Pediatrics*, 127(1), p.85-92.

⁴ US Department of Health and Human Services. (2006).

⁵ National Academy of Sciences, (2009).

⁶ Wilson, et al. (2011).

⁷ Pizacani, B.A., Maher, J.E., Rohde, K., Drach, L., & Stark, M.J. (2012). Implementation of a Smoke-free Policy in Subsidized Multiunit Housing: Effects on Smoking Cessation and Secondhand Smoke Exposure. *Nicotine & Tobacco Research*, p.1-8.

⁸ Pizacani, et al. (2012).

⁹ Pizacani, et al. (2012).

¹⁰ Pizacani, et al. (2012).

¹¹ Pizacani, et al. (2012).

