**TOBACCO: YOUTH EXPOSED TO SECONDHAND SMOKE**

**ISSUE**

The effects of secondhand tobacco smoke include: (1-2)

- Making the symptoms of asthma worse for both children and adults. Secondhand smoke can trigger asthma attacks.
- Making children sick more often with illnesses like ear infections, bronchitis and pneumonia.

Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 are known to cause cancer. There is no risk-free level of secondhand smoke exposure. (1-2)

**FINDINGS**

- In 2010 an estimated: (3)
  - 1 in 4 (26%) of Thurston County 6th graders were exposed to secondhand smoke.
  - 1 in 3 (34%) of Thurston County 8th graders were exposed to secondhand smoke.
  - 2 in 5 (41%) of Thurston County 10th graders were exposed to secondhand smoke.
  - 2 in 5 (42%) of Thurston County 12th graders were exposed to secondhand smoke.
DETAILED DATA

- During the past decade exposure to secondhand smoke has declined for Thurston County youth.

![Graph showing the percent of youth exposed to secondhand tobacco smoke by grade in school, Thurston County 2002-2010.](image)

- Youth in rural school districts are more likely to be exposed to secondhand smoke than those in urban Thurston County school districts.

![Graph showing the percent of youth exposed to secondhand tobacco smoke by rural or urban school district enrollment, Thurston County 2006-2010 Combined.](image)
Among Thurston County 10th graders, being exposed to secondhand smoke varies by race and ethnicity.

### Percent of Youth Exposed to Secondhand Tobacco Smoke by Race or Ethnicity, Thurston County 10th Graders 2006-2010 Combined

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percentage Exposed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
<td>32%</td>
</tr>
<tr>
<td>Black</td>
<td>40%</td>
</tr>
<tr>
<td>White</td>
<td>45%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>46%</td>
</tr>
<tr>
<td>NH/OPI</td>
<td>47%</td>
</tr>
<tr>
<td>AIAN</td>
<td>60%</td>
</tr>
</tbody>
</table>

NH/OPI = Native Hawaiian and Other Pacific Islander  
AIAN = American Indian and Alaska Native

### CITATIONS

   www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm
   www.surgeongeneral.gov/library/reports/index.html

### NOTES

- Secondhand smoke exposure = an answer of 1 or more days to the survey question “During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?”
- 6th graders are usually age 11-12, 8th graders age 13-14, 10th graders age 15-16 and 12th graders age 17-18.
- Rural school district = Griffin, Rainier, Rochester, Tenino and Yelm. Urban school district = North Thurston, Olympia and Tumwater.

### MORE INFORMATION

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