

# TOBACCO: YOUTH EXPOSED TO SECONDHAND SMOKE

## ISSUE

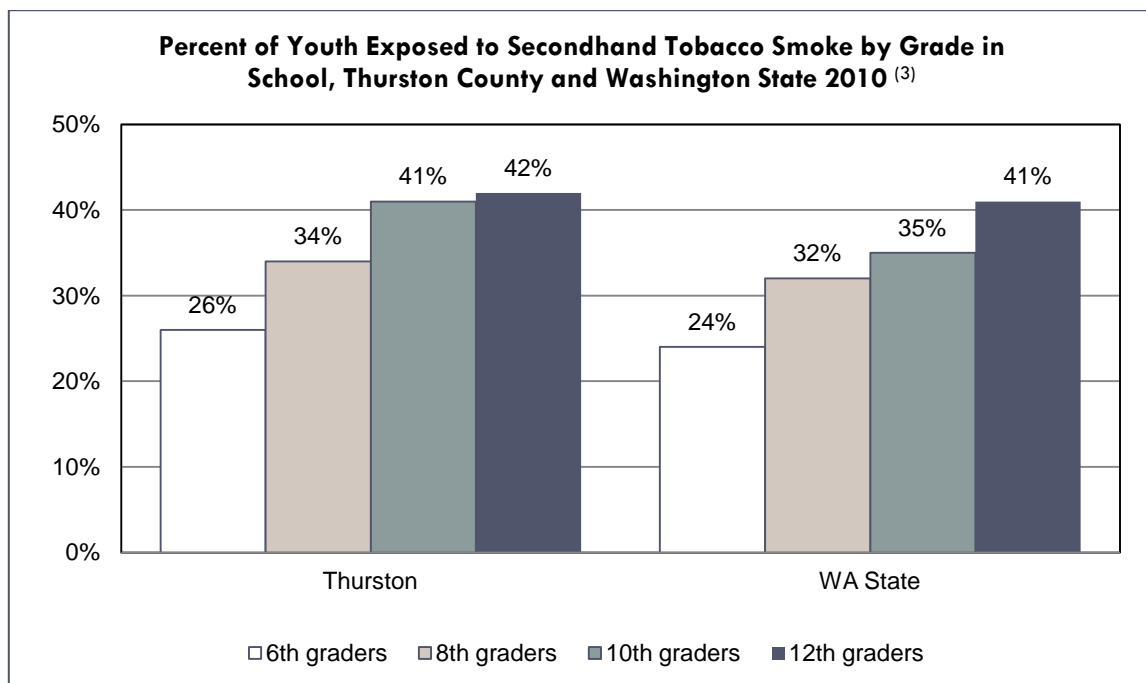
The effects of secondhand tobacco smoke include: <sup>(1-2)</sup>

- 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. <sup>(1-2)</sup>

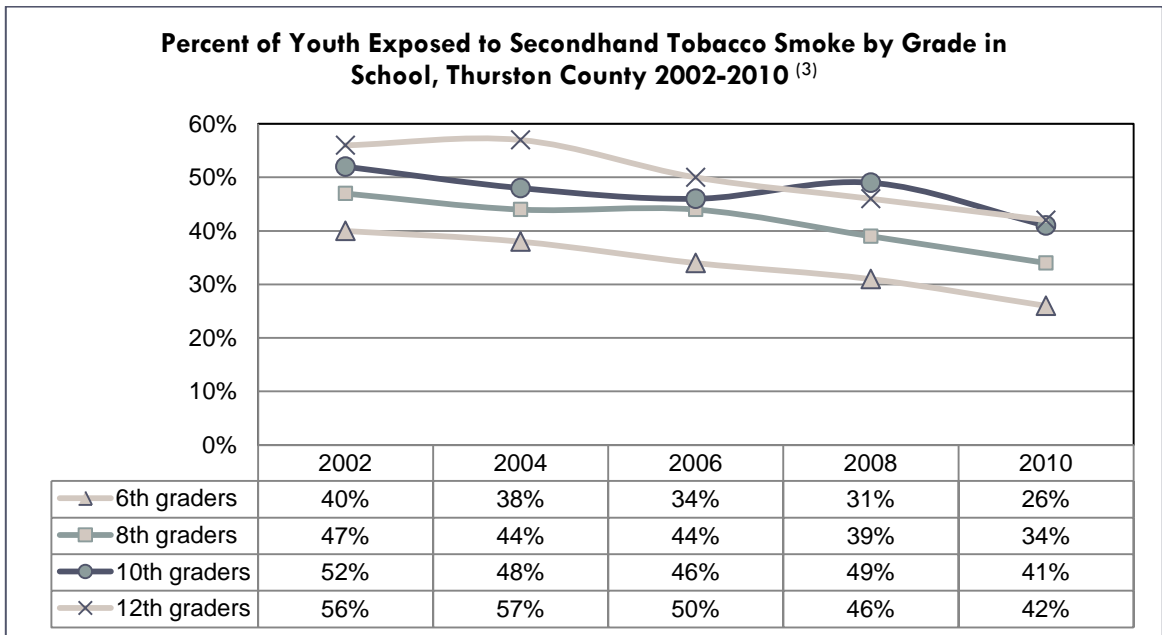
## FINDINGS

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

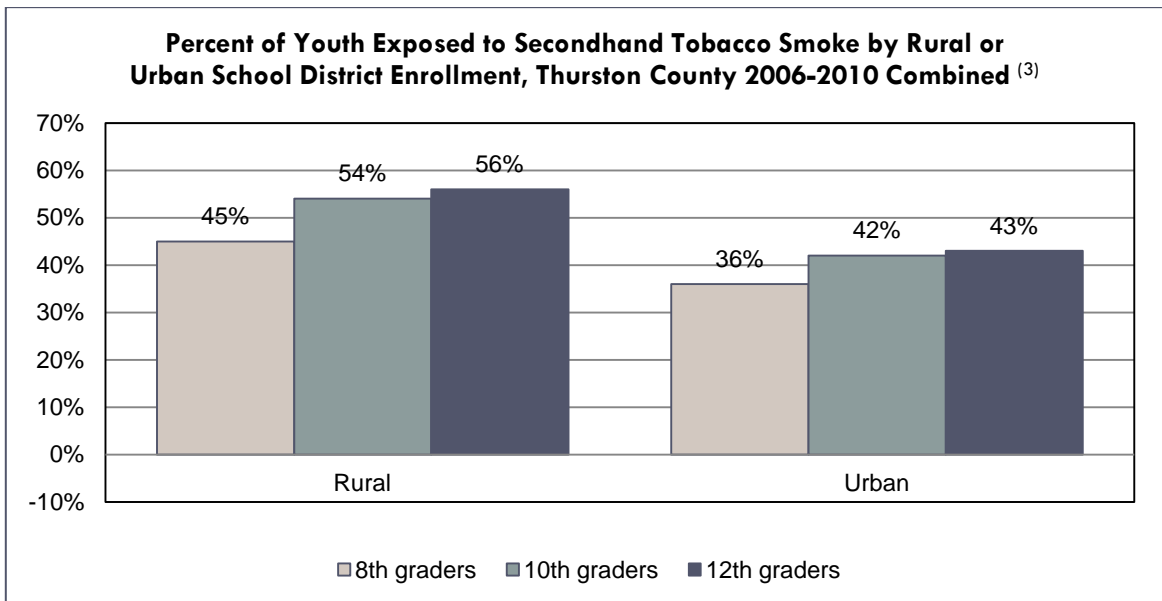


## DETAILED DATA

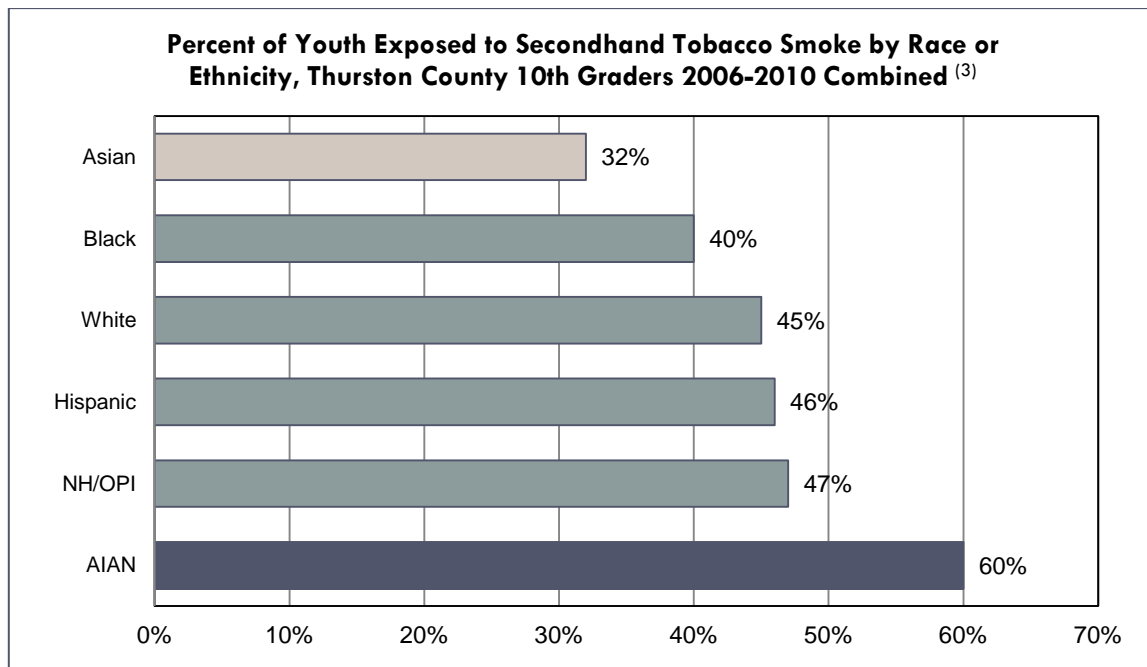
- During the past decade exposure to secondhand smoke has declined for Thurston County youth.



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



- Among Thurston County 10<sup>th</sup> graders, being exposed to secondhand smoke varies by race and ethnicity.



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

## CITATIONS

- (1) Health Effects of Secondhand Smoke. 2012. U.S. Department of Health & Human Services, Centers for Disease Control & Prevention.  
[www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/health\\_effects/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm)
- (2) Children and Secondhand Smoke Exposure: Excerpts from the Health Consequences of Involuntary Exposure to Tobacco Smoke – A Report of the Surgeon General. 2007. U.S. Department of Health & Human Services, Office of the Surgeon General.  
[www.surgeongeneral.gov/library/reports/index.html](http://www.surgeongeneral.gov/library/reports/index.html)
- (3) Healthy Youth Survey (HYS) Data. 2002-2010. Washington State Department of Health. Prepared by Thurston County Public Health & Social Services Department.

## 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?”
- 6<sup>th</sup> graders are usually age 11-12, 8<sup>th</sup> graders age 13-14, 10<sup>th</sup> graders age 15-16 and 12<sup>th</sup> graders age 17-18.
- Rural school district = Griffin, Rainier, Rochester, Tenino and Yelm. Urban school district = North Thurston, Olympia and Tumwater.

## MORE INFORMATION

- Mary Ann O’Garro, Epidemiologist, 360-867-2525, [ogarrom@co.thurston.wa.us](mailto:ogarrom@co.thurston.wa.us), [www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)