

State Smoke-Free Indoor Air Fact Sheet

There is no safe level of secondhand smoke exposure

According to the U.S. Surgeon General, no amount of exposure to secondhand smoke is safe.¹ Secondhand smoke exposure causes heart disease and lung cancer in nonsmoking adults.¹ Secondhand smoke also causes sudden infant death syndrome (SIDS), acute respiratory infections, middle ear disease, and more frequent and severe asthma attacks in children.¹

Approximately 88 million nonsmoking Americans continue to be exposed to secondhand smoking in homes, vehicles, workplaces, and public places.¹² More than 50% of American children 3 to 11 years of age (19 million children) are exposed to secondhand smoke.¹² Nonsmokers who are exposed to secondhand smoke at home or at work have a 25% to 30% greater risk for heart disease and a 20% to 30% greater risk for lung cancer.¹ Even a brief exposure to secondhand smoke could trigger a heart attack.¹⁰ Employees and patrons of businesses in

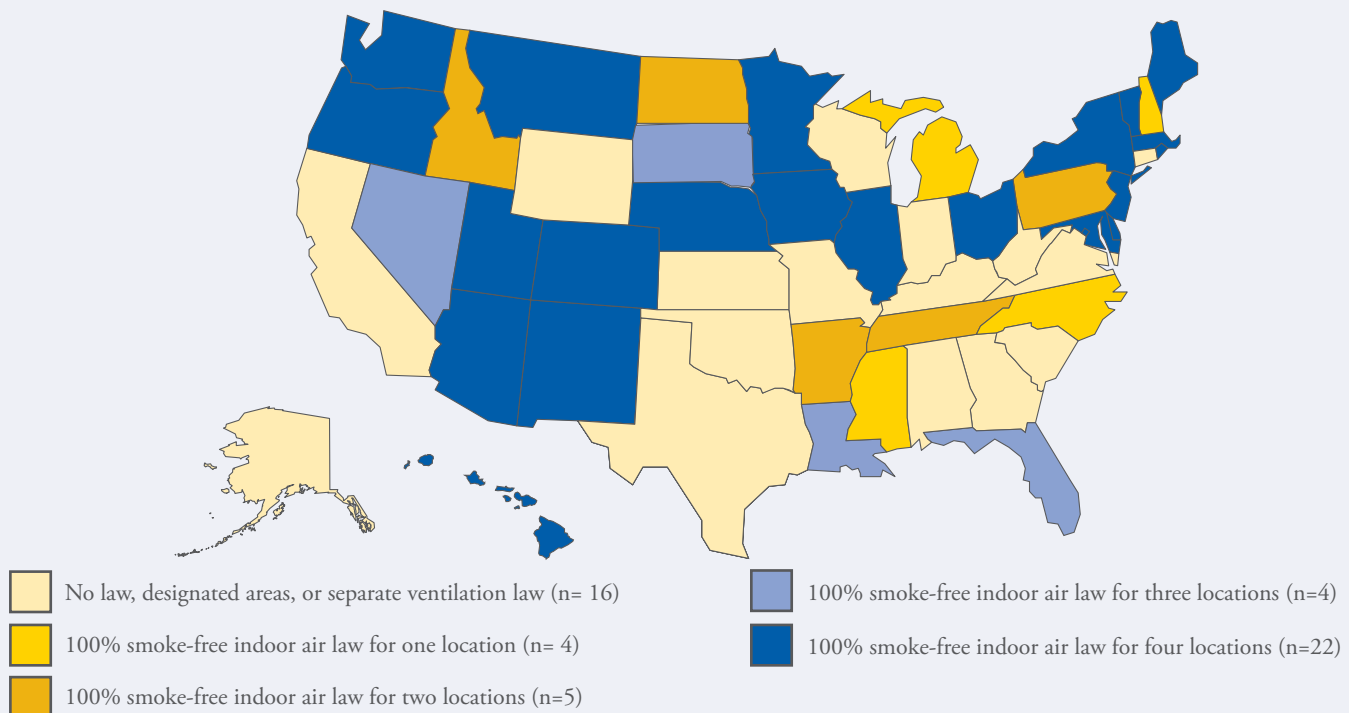
separately enclosed or ventilated smoking areas are exposed to especially high levels of secondhand smoke.^{1,2}

Eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from exposure to secondhand smoke.^{1,10} Separating smokers from nonsmokers, cleaning the air, and ventilating buildings are not effective protections against secondhand smoke.^{1,2}

In addition to protecting people from secondhand smoke, smoke-free laws also help decrease smoking rates.^{3,10} Limits on workplace smoking can also lead to a decrease in total cigarette consumption rates, and adolescents who work in smoke-free workplaces are less likely to smoke than those who work where smoking is permitted.^{4,5} Communities that enact comprehensive smoke-free laws see a 17% reduction in hospital heart attack admissions.¹¹ Smoke-free laws and policies have a high level of public support and compliance, and studies have shown they do not negatively affect sales or employment in the hospitality industry.^{6,7}

States with 100% Smoke-Free Indoor Air Laws for Bars, Restaurants, Government Worksites, and Private Worksites

(n=51; Laws in effect as of December 31, 2009)



¹ U.S. Department of Health and Human Services. The health consequences of involuntary exposure to tobacco smoke: a report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2006.

² American Society of Heating, Refrigerating, and Air Conditioning Engineers, Inc (ASHRAE). Position paper: environmental tobacco smoke. Atlanta, GA: ASHRA; 2005.

³ Moskowitz JM, Lin Z, Hudes ES. The impact of workplace smoking ordinances in California on smoking cessation. American Journal of Public Health 2000;90(5):757-61.

⁴ Farkas AJ, Gilpin EA, White MM, Pierce JP. Association between household and workplace smoking restrictions and adolescent smoking. Journal of the American Medical Association 2000;284(6):717-22.

⁵ Fichtenberg CM, Glantz SA. Effect of smoke-free workplaces on smoking behavior: Systematic review. BMJ 2002;325:188.

⁶ Fong GT, Hyland A, Borland R, Hammond D, Hastings G, McNeill A, Anderson S, et al. Reductions in tobacco smoke pollution and increases in support for smoke-free public places following the implementation of comprehensive smoke-free workplace legislation in the Republic of Ireland: Findings from the ITC Ireland/UK Survey. Tobacco Control 2006;15:iii51-8.

⁷ Eriksen M, Chaloupka F. The economic impact of clean indoor air laws. CA: A Cancer Journal for Clinicians 2007;57:367-78.

¹² Centers for Disease Control and Prevention. Vital Signs: Nonsmokers' Exposure to Secondhand Smoke - United States, 1999-2008. Morbidity and Mortality Weekly Report 2010;59(35).

State Smoke-Free Indoor Air Laws

in effect as of December 31, 2009

State	Bars	Restaurants	Government Worksites	Private Worksites
Alabama			S	D
Alaska		D	D	
Arizona	B	B	B	B
Arkansas		D	B	B
California	S	S	S	S
Colorado	B	B	B	B
Connecticut	S	S	S	S
Delaware	B	B	B	B
District of Columbia	B	B	B	B
Florida		B	B	B
Georgia	D	D	S	D
Hawaii	B	B	B	B
Idaho		B	B	D
Illinois	B	B	B	B
Indiana			D	
Iowa	B	B	B	B
Kansas		D	D	
Kentucky				
Louisiana		B	B	B
Maine	B	B	B	B
Maryland	B	B	B	B
Massachusetts	B	B	B	B
Michigan		D	B	
Minnesota	B	B	B	B
Mississippi			B	
Missouri	D	D	D	D
Montana	B	B	B	B
Nebraska	B	B	B	B
Nevada		B	B	B
New Hampshire		B	D	D
New Jersey	B	B	B	B
New Mexico	B	B	B	B
New York	B	B	B	B
North Carolina			B	
North Dakota		D	B	B
Ohio	B	B	B	B
Oklahoma		S	D	D
Oregon	B	B	B	B
Pennsylvania		S	B	B
Rhode Island	B	B	B	B
South Carolina			D	
South Dakota		B	B	B
Tennessee		D	B	B
Texas				
Utah	B	B	B	B
Vermont	B	B	B	B
Virginia	S	S	D	
Washington	B	B	B	B
West Virginia				
Wisconsin		D	D	D
Wyoming			S	

B=Banned, S=Separately Ventilated Areas, D=Designated Areas

What states are doing to reduce secondhand smoke

States have enacted laws to eliminate smoking in a number of locations, including bars, restaurants, government worksites, and private worksites. As of December 31, 2009, 34 states have 100% smoke-free indoor air laws for government worksites. Thirty states prohibit smoking in all areas of private worksites. Twenty-eight states prohibit smoking in restaurants and 22 states prohibit smoking in bars.

Some states allow some locations to provide separate spaces for smokers and nonsmokers, such as tobacco manufacturing facilities, retail tobacco stores, outdoor seating areas of bars and restaurants, rooms in a hotel designated as “smoking rooms,” facilities owned by fraternal groups or other private membership clubs, casinos and racetracks, and private homes. However, we now know that only 100% smoke-free indoor air laws can effectively protect the public’s health.⁸

As of December 31, 2009, 22 states (Arizona, Colorado, Delaware, the District of Columbia, Hawaii, Illinois, Iowa, Maine, Maryland, Massachusetts, Minnesota, Montana, Nebraska, New Jersey, New Mexico, New York, Ohio, Oregon, Rhode Island, Utah, Vermont, and Washington) had 100% smoke-free indoor air laws for bars, restaurants, government worksites and private worksites.

Several states have enacted smoke-free indoor air laws that take effect in 2010: for example, Michigan and Wisconsin will be smoke-free in all four locations bringing the total of states with 100% smoke-free air workplace laws to 24 states. A North Carolina law will prohibit smoking in restaurants and bars, but not private workplaces.

Opportunities for greater protection from secondhand smoke

Approximately 88 million nonsmoking Americans continue to be exposed to secondhand smoke in homes, vehicles, workplaces, and public places.¹² Although the number of 100% smoke-free air laws has increased among states over time, there are still opportunities for greater protection from secondhand smoke.⁹ States can work toward adopting laws making all public places and workplaces smoke-free. Twenty-nine states do not yet have 100% smoke-free indoor air laws in all restaurants, bars, government worksites, or private worksites. To protect their health, people can also make their homes and vehicles smoke-free.

The STATE System contains data synthesized from state-level statutory laws. It does not contain state-level regulations; measures implemented by counties, cities, or other localities; opinions of Attorneys General; or relevant case law decisions for tobacco control topics other than preemption; all of which may vary significantly from the laws reported in the database, fact sheets, and publications.

State Tobacco Activities Tracking and Evaluation (STATE) System

<http://www.cdc.gov/tobacco/statesystem>

Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion

⁸ U.S. Department of Health and Human Services. The health consequences of involuntary exposure to tobacco smoke: a report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2006.

⁹ Centers for Disease Control and Prevention. State smoking restrictions for private-sector worksites, restaurants, and bars – United States, 2004 and 2007. *MMWR* 2008;57(20):549-52.

¹⁰ National Academy of Sciences: Institutes of Medicine: Committee on Secondhand Smoke Exposure and Acute Coronary Events. Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence. Pre-publication copy available at <http://www.nap.edu/catalog/12649.html>, 2009

¹¹ Lightwood, J.M, Glantz, S.A., Declines in acute myocardial infarction after smoke-free laws and individual risk attributable to secondhand smoke. *Circulation* 2009; Published online before print September 21, 2009,doi:10.1161/CIRCULATIONAHA.109.870691

¹² Centers for Disease Control and Prevention. Vital Signs: Nonsmokers’ Exposure to Secondhand Smoke - United States, 1999-2008. *Morbidity and Mortality Weekly Report* 2010;59(35).