

## Clean Indoor Air Measures in Workplaces and Public Accommodations Save Lives and Improve Health.

The American Legacy Foundation® supports clean indoor air measures in workplaces and public accommodations, including bars and restaurants, in order to provide protections against the serious dangers of secondhand smoke.<sup>1</sup>

- **Secondhand smoke leads to adverse health consequences and economic costs.** Secondhand smoke, also called environmental tobacco smoke or ETS, is a proven public health hazard, causing about 50,000 deaths per year in the United States.<sup>2</sup> Classified as a Group A carcinogen by the U.S. Environmental Protection Agency, ETS causes about 3,000 lung cancer deaths each year among nonsmokers.<sup>3</sup> It has immediate adverse effects on the cardiovascular system and causes coronary heart disease.<sup>2</sup> Secondhand smoke is particularly harmful to children, causing acute respiratory infections, ear problems, and more severe asthma.<sup>2,3</sup> Maternal smoking during pregnancy and exposure to ETS in infancy heightens the risk of Sudden Infant Death Syndrome.<sup>2,4</sup> Secondhand smoke is also a drain on the economy. Estimates put the cost to the U.S. at \$5 billion a year in direct medical costs and \$4.68 billion a year in lost productivity costs.<sup>5</sup>
- **Completely eliminating second hand smoke from indoor spaces is the only way to assure full protection.** Secondhand smoke is a combination of sidestream smoke (the smoke released from the burning end of a cigarette) and exhaled mainstream smoke (the smoke exhaled by the smoker).<sup>2</sup> Even though it is well-established that there is no risk-free level of exposure to ETS,<sup>2</sup> millions of Americans are still exposed to its dangers.<sup>2</sup> The Surgeon General has found that completely eliminating smoking in indoor spaces is the only way to fully protect nonsmokers from exposure to secondhand smoke.<sup>2</sup> All smoking must be eliminated; separating smokers from non-smokers, cleaning the air, mechanical air exchange and ventilating buildings does not provide protections from secondhand smoke exposure.<sup>2</sup>

- **Clean indoor air laws decrease smoking, increase cessation, and reinforce a nonsmoking social norm.** The number of clean indoor air laws across the United States has dramatically increased over the last decade. Currently, 29 states, the District of Columbia, and Puerto Rico all have laws in effect that require 100% smoke-free workplaces, restaurants, or bars, or all three.<sup>6</sup> A number of municipalities also have clean indoor air requirements.<sup>6</sup> Sixty-five percent of the U.S. population is covered by a local or state law that prohibits smoking in workplaces, restaurants and/or bars, but only 35% of the population enjoys all three types of protection.<sup>7</sup> The increased enactment of clean indoor laws in recent years has been associated with a reduction in cigarette consumption and increased cessation among smokers.<sup>8</sup> Clean indoor air laws are also broadly supported by the public. For example, less than a year after New York's Clean Indoor Air Act took effect, 79% of adults in New York State reported support for it.<sup>9</sup> Finally, research has shown that smoke-free laws have the additional benefit of discouraging smoking among youth, providing further evidence that such laws are contributing to a changing social climate surrounding smoking.<sup>10</sup>
- **Clean indoor air requirements are not bad for business.** Despite loud claims to the contrary from opponents of clean indoor air laws, there is no evidence that they negatively impact businesses. A systematic review of studies on the economic impact of smoke-free policies in the hospitality industry revealed such laws have no negative impact when findings are based on objective measures.<sup>11</sup> Additionally, the few studies that do find a negative economic impact are predominantly funded by the tobacco industry and almost none are found in peer-reviewed journals.<sup>11</sup> The New York City Department of Health found that New York's Clean Indoor Air Act (CIAA) had little effect on the patronage of bars.<sup>12</sup> Additional studies conducted over 81 localities in six states consistently demonstrated that anti-smoking regulations in restaurants had no negative effect on revenues.<sup>13</sup>

## SOURCES

<sup>1</sup> Legacy does not lobby and does not take positions on specific clean indoor air or other legislative proposals. We will address clean indoor air requirements in homes, cars, institutions and other locations in forthcoming policy statements.

<sup>2</sup> 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.

<sup>3</sup> U.S. Environmental Protection Agency. Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders. Pub No. EPA/600/006/F. Washington, DC: EPA, Office of Research and Development, Office of Air and Radiation. Smoke-Free Homes and Cars Program, 2008. Accessed on 24 September 2008 from: <http://www.epa.gov/smokefree/pubs/strsfs.html>

<sup>4</sup> Anderson HR, Cook DG. Health Effects of Passive Smoking-2: Passive Smoking and Sudden Infant Death Syndrome: Review of the Epidemiological Evidence. *Thorax*, 1997; 52: 1003-1009.

<sup>5</sup> IOM (Institute of Medicine). 2007. Ending the Tobacco Problem: a Blueprint for the Nation. Washington, DC: The National Academies Press

<sup>6</sup> American Nonsmokers' Rights Foundation. States, Commonwealths, and Municipalities with 100% Smokefree Laws in Workplaces, Restaurants, or Bars, 2008. Accessed on 23 September 2008 from: <http://www.no-smoke.org/pdf/100ordlist.pdf>.

<sup>7</sup> American Nonsmokers' Rights Foundation. Summary of 100% Smokefree State Laws and Population Protected by 100% U.S. Smokefree Laws (as of September 2008). Accessed on 24 September 2008 from: <http://www.no-smoke.org/pdf/SummaryUSPopList.pdf>

<sup>8</sup> Eriksen MP, Cerak RL. The Diffusion and Impact of Clean Indoor Air Laws. *The Annual Review of Public Health*, 2008; 29:171-185.

<sup>9</sup> RTI International. Second Annual Independent Evaluation of New York's Tobacco Control Program: Final Report, 2005; RTI Project Number 08800.003.002. Research Triangle Park, NC.

<sup>10</sup> Siegel M, Albers AB, Cheng DM, Biener L, Rigotti NA. Effect of local restaurant smoking regulations on progression to established smoking among youths. *Tobacco Control*, 2005; 14: 300-306.

<sup>11</sup> Scollo M, Lal A. Summary of studies assessing the economic impact of smoke-free policies in the hospitality industry-includes studies produced to 31 January 2008. Melbourne: VicHealth Centre for Tobacco Control, 2008; Accessed on 24 September 2008 from: <http://www.vctc.org.au/tc-res/Hospitalitysummary.pdf>.

<sup>12</sup> RTI International. First Annual Independent Evaluation of New York's Tobacco Control Program: Final Report, 2004; RTI Project Number 088000.002.002. Research Triangle Park, NC.

<sup>13</sup> Glantz SA. Smoke-Free Restaurant Ordinances Do Not Affect Restaurant Business. *Period. Journal of Public Health Management and Practice*, 1999; 5(1): vi-ix.