

The Truth About How Secondhand Smoke and Aerosol Exposure Harms Health



The term "smoke-free" in this fact sheet is used inclusively to refer to environments that are both smoke-free (free from combustible tobacco smoke, including cigarettes, cigars, and hookahs) and aerosol-free (free from aerosol emissions produced by e-cigarettes, vapes, heat-not-burn tobacco products, and other electronic smoking devices).

Smoke-free ordinances are laws that prohibit smoking in public places and shared environments, ensuring these spaces remain free from secondhand smoke and aerosol. We must close legal loopholes, prohibiting the smoking of all products in all public places, to attain 100% smoke-free public environments; it is the only effective way to protect Phoenicians from the harmful effects of exposure to secondhand smoke.

While e-cigarettes do not produce traditional tobacco smoke, they emit an aerosol, often mistaken for harmless water vapor, that contains fine particles. Many of these particles carry toxic chemicals linked to cardiovascular disease, respiratory diseases and cancer. Because there is no safe level of exposure to secondhand smoke and aerosol, the only proven way to universally protect people is to make sure the spaces we all share are completely smoke and aerosol free without exceptions.

SECONDHAND SMOKE AND AEROSOL EXPOSURE

Separating people who smoke from those who do not, cleaning the air and ventilating buildings **does not eliminate exposure to secondhand smoke and aerosol.**



Ventilation and air filtration systems can remove the smell of smoke, but not the toxins. In fact, they can worsen health hazards by further spreading the particles, toxins and gases to other parts of the building.



More than 1/3

of the US population is still exposed to secondhand smoke and aerosol in casinos, hotels, motels, outdoor patios, and other public spaces.



Benefits of Smoke-Free Laws:

- Studies show a **decrease** in:
- Cigarette consumption in people who currently smoke
 - Adult smoking prevalence



Result in **fewer respiratory symptoms** with strong evidence showing **decreased hospital admissions for heart attacks.**



Secondhand Smoke & Aerosol Exposure in the state of Arizona



More than **1,000** municipalities across the country have already adopted comprehensive smoke-free policies.

Cities in Arizona that have already updated their smoke-free ordinances:

- City of Scottsdale
- City of Mesa
- City of Goodyear
- City of Tempe
- City of Tucson
- City of Flagstaff



Smoke-Free Arizona Act of 2006

This act set a floor for cities to provide regulations prohibiting smoking in most enclosed public spaces. However, there were many compromises made in the legislation to promote “buy-in,” leading to the following exemptions:

- Hotels/Motels
- Veterans and Fraternal Clubs
- Retail Tobacco Stores
- Theatrical Performances

Updating Phoenix’s smoke-free ordinance to include e-cigarettes and heat-not-burn tobacco products **without exceptions** is a critical step toward protecting our community from the health harms of exposure to secondhand smoke.



CALL TO ACTION

Contact your city councilmember and urge them to support this change in Phoenix!
Call: 602-262-7029



Cigarette smoking remains the leading cause of preventable disease and death in Arizona, claiming approximately **8,300** lives each year.



Smoking increases the risk of heart disease and stroke, contributes to blood clots, reduces exercise capacity, and lowers levels of beneficial cholesterol.

