

Surgeon General Report: The Dangers of Secondhand Smoke

On Dec. 9, the U.S. Department of Health and Human Services (HHS) and the Office of the Surgeon General released the 30th report in a series of reports on tobacco use, titled *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease*. The report focuses on the impact of cigarettes on a smoker's body and organs, both when they first begin to smoke and throughout their lifetime. The report reiterates that there is no safe cigarette and no safe amount of secondhand smoke.



Two key findings of the report concluded that:

- The evidence on the mechanisms by which smoking causes disease indicates that there is no risk-free level of exposure to tobacco smoke; and
- Low levels of exposure to tobacco smoke, including exposures to secondhand tobacco smoke, lead to a rapid and sharp increase in endothelial dysfunction and inflammation, which are implicated in acute cardiovascular events and thrombosis.

This report reinforces the need for a smokefree air law in Indiana. Every year, over 1200 people die from the effects of second hand smoke. The effects of second handsmoke in Indiana are irrefutable and the Indiana Campaign for Smokefree Air is committed to creating a healthy work environment for all Hoosiers.

