

RESOLUTION TO SUPPORT SMOKE-FREE WORKPLACE ORDINANCES IN PARIS AND BOURBON COUNTY, KENTUCKY

WHEREAS, secondhand smoke is the third leading cause of preventable death in the United States, with an estimated 3,000 nonsmokers dying from lung cancer and over 46,000 nonsmokers from heart disease annually;¹ and

WHEREAS, secondhand smoke contains hundreds of toxic and cancer-causing chemicals¹; and

WHEREAS, The Surgeon General concludes that the following health effects are causally associated with SHS exposure¹:

- Sudden Infant Death Syndrome and Low Birth Weight
- Middle ear problems, respiratory symptoms (cough, phlegm, wheeze, & breathlessness), and asthma in children
- Lung cancer (20-30 % increased risk)
- Heart disease (25-30 % increased risk) and heart-related deaths

WHEREAS, Breathing secondhand smoke can have immediate adverse effects on your blood and blood vessels, potentially increasing the risk of a heart attack; specifically

- Five minutes of exposure to secondhand smoke constricts the aorta as much as smoking one cigarette, making it more difficult for the heart to pump blood^{1,2}
- Even a short time in a smoky room can cause blood platelets to become stickier, making them more likely to form a blood clot^{1,2}
- Adults who breathe 5 hours of secondhand smoke daily have higher levels of the “bad” cholesterol that can clog the arteries of the heart^{1,2}

WHEREAS, Multiple studies have linked comprehensive smoke-free workplace and public places legislation to significant declines in hospitalizations for heart attacks in the general population, ranging from 40% in Helena, Montana,⁴ to 27% in Pueblo, Colorado,⁵ to 8% in New York State.⁶

WHEREAS, Studies show levels of toxic secondhand smoke in restaurants and bars are 1.6 to 6 times higher than in office workplaces, and waiters and waitresses have an increased risk of developing lung cancer and heart disease compared to other occupations;^{1, 3} and

WHEREAS, Secondhand smoke exposure cannot be eliminated by ventilation, air cleaning, or simply separating smokers from nonsmokers;¹ and

WHEREAS, Bourbon County and Paris workers and patrons currently are exposed to secondhand smoke at restaurants, bars, entertainment establishments, and workplaces; therefore, be it

RESOLVED, that _____, endorse initiatives establishing smoke-free workplace policies in Paris and Bourbon County to prevent exposure in such places.

(President/Chair)

Date

References

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: Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease and Prevention and Promotion, Office of Smoking and Health; 2006.
2. Otsuka R, Watanabe H, Hirata K, et al. Acute effects of passive smoking on the coronary circulation in healthy young adults. *JAMA*. 2001;286(4):436-441.
3. Siegel M, Skeer M. Exposure to secondhand smoke and excess lung cancer mortality risk among workers in the "5 B's": bars, bowling alleys, billiard halls, betting establishments, and bingo parlours. *Tobacco Control*. 2003;12:333-338.
4. Sargent R, Shepard R, Glantz S. Reduced incidence of admissions for myocardial infarction associated with public smoking ban: Before and after study. *BMJ*. 2004;328(7446):977-980.
5. Bartecchi C., Alsever R.N., Nevin-Woods C., et al. Reduction in the incidence of acute myocardial infarction associated with a citywide smoking ordinance. *Circulation*. 2006;114:1490-1496.
6. Juster HR, Loomis BR, Hinman TM. Declines in hospital admissions for acute myocardial infarction in New York State after implementation of a comprehensive smoking ban. *American Journal of Public Health*. 2007;97:2035-2039.