

Living smoke-free in the summer



Summertime . . . and the living is easy.
Why not also make it smoke-free?

Summer is ideal for healthy living. It's a great time to get outside and be more physically active, to eat fresh healthy foods and to take some extra time to slow down a bit and reduce your stress.

The summer is also the perfect time to make sure that your world is free from second-hand smoke. Living smoke-free in the summer means making a firm commitment to avoiding second hand smoke at home, in your car and even when you are outdoors.

As you get outside and enjoy the great summer weather, think about how you can make your world smoke-free. This fact sheet provides the facts you need to know about second-hand smoke and will help you come up with ideas for smoke-free living.

Note: For more about quitting smoking, check out the fact sheets: **Summer Quit Tips** and **Helping Someone Quit Smoking**.

A few facts about second-hand smoke

Approximately 10% of lung cancers are caused by second-hand smoke.¹ The only way to reduce your risk is to completely avoid exposure.²

Children suffer more than adults from the toxic effects of second-hand smoke.³ In Canada, over 350,000 children under 12⁴ and over 600,000 children between 12 and 19 years⁵ are exposed to second-hand smoke in their homes.

If you live in a multi-unit dwelling, second-hand smoke from your neighbours can drift through openings designed for electrical wiring, plumbing and ductwork for heating and air conditioning.⁶

Many people don't know that outdoor second-hand smoke is also a health hazard. If you are next to a person smoking outdoors, you can breathe in smoke that is much more concentrated than normal air pollution levels.⁷

How to live smoke-free in the summer

The best way to protect yourself and your family from second-hand smoke is not to allow the smoking of cigarettes, cigars or pipes in your residence and in your car. You will also need to be aware of your exposure to second-hand smoke when you are outdoors in parks, beaches, recreational areas and campgrounds. Many people believe that outdoor exposure to second-hand smoke is less harmful; however, outdoor second-hand smoke is now seen as an important health hazard.⁸

Once you have made the decision to live smoke-free, you will need to make a firm step-by-step plan and stick to it. Here are some tips that will help you make your summer totally smoke-free.

Make a list of your own personal reasons for making your life smoke-free. For example, you want to reduce your risk of lung cancer. Or, you want to protect your children and/or your pets from the harmful effects of second-hand smoke.

Talk to your friends and family about your decision to live smoke-free. Make sure they understand that means that you will no longer tolerate second-hand smoke indoors and outdoors.



Be prepared for challenges! Summer is a time when many of us spend extra time with friends and relatives. If you are camping or sharing a cottage with friends or family who smoke, you will need to be honest with them that you do not want to breathe in their second-hand smoke, indoors or out.

If you live in a multi-unit dwelling you may experience drifting second-hand smoke from your neighbours when you are on your balcony or patio. If this is a problem, check with your local municipality to see if there are municipal bylaws and then speak to your landlord about making your building smoke-free.

Tossing butts: A major summer litter problem and fire hazard.

Every day in Canada, 26,807 smokers smoke an average of 15.3 cigarettes.⁹ That means that in one year almost 150 million cigarettes are smoked in Canada. During the summer, many of these butts are tossed on the ground outdoors. It is estimated that cigarette butts are the single most common form of litter.¹⁰

Tossed cigarette butts are also a major cause of house fires and forest fires, especially in the summer. Fires related to smoking are the leading known cause of fire-related death in Canada, on average killing more than 90 people per year.¹¹

¹ U.S. Dept. of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Rockville, MD: 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. Accessed February 18, 2008 from <http://www.surgeongeneral.gov/library/secondhandsmoke/report/chapter7.pdf>

² U.S. Dept. of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Fact Sheet: There is no risk free level of exposure*. Rockville, MD: 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. Accessed February 18, 2008 from <http://www.surgeongeneral.gov/library/secondhandsmoke/factsheets/factsheet7.html>

³ U.S. Dept. of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Rockville, MD: 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. Accessed March 7, 2008 from <http://www.surgeongeneral.gov/library/secondhandsmoke/report/chapter7.pdf>

⁴ Health Canada Website, Canadian Tobacco Use Monitoring Survey Supplementary Tables. Table 9. *Exposure of Children at home to Environmental Tobacco Smoke (ETS) by province and age group, Canada 2006*. Accessed February 21, 2008 from http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/research-recherche/stat/_ctums-esutc_2006/ann-table9_e.html

⁵ Statistics Canada, Canadian Community Health Survey (CCHS 3.1), 2005. *Exposure to second-hand smoke at home, by age group and sex, household population aged 12 and over, Canada, 2005*. Accessed February 21, 2008 from <http://www.statcan.ca/english/freepub/82-221-XIE/2006001/tables/t005b.pdf>

⁶ Beck P, Tilson M. *When Neighbours Smoke: Exposure to Drifting Second-hand Smoke in Multi Unit Dwellings*. Background Document: Non-smokers' Rights Association, November 2006. Accessed February 19, 2008 from: http://www.nsr-adnf.ca/cms/file/pdf/NSRA_DriftingSHS_Jan2007update.pdf

⁷ Klepeis NE, Ott W, Switzer P. Real-time measurement of outdoor tobacco smoke. *Journal of the Air and Waste Management Association*. 2007 May;57(5):522-34. Accessed February 19, 2008 from <http://secure.awma.org/journal/pdfs/2007/5/10.3155-1047-3289.57.5.522.pdf>

See also: <http://news-service.stanford.edu/news/2007/may9/smoking-050907.html>

⁸ Klepeis NE, Ott W, Switzer P. Real-time measurement of outdoor tobacco smoke. *Journal of the Air and Waste Management Association* 2007 May;57(5):522-34. Accessed February 21, 2008 from <http://secure.awma.org/journal/pdfs/2007/5/10.3155-1047-3289.57.5.522.pdf>

See also: <http://news-service.stanford.edu/news/2007/may9/smoking-050907.html>

⁹ Health Canada Website, Canadian Tobacco Use Monitoring Survey (CTUMS) 2007. *Table 1. Smoking status and average number of cigarettes smoked per day, by age group and sex, age 15+ years, Canada, Wave1, 2007*. Accessed February 19, 2008 from http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/research-recherche/stat/_ctums-esutc_2007/wave-phase-1_table1_e.html

¹⁰ Chapman S. Editorial: Butt clean-up campaigns: wolves in sheep's clothing? *Tobacco Control* 2006;15:273. Accessed February 19, 2008 from <http://tobaccocontrol.bmj.com/cgi/content/full/15/4/273?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=butts&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT#R1>

¹¹ Council of Canadian Fire Marshalls and Fire Commissioners. *Annual Report 2002*. Table 5: Fire Losses by Source of Ignition. Accessed February 19, 2008 from http://www.ccfmfc.ca/stats/en/report_e_02.pdf

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