



MONTANA'S

Clean *Indoor Air Act*

**Healthier Communities...
Healthier Families**

Improved Quality of Life for ALL Montanans.

Montana's Clean Indoor Air Act provides citizens with protection from exposure to secondhand tobacco smoke in the workplace, and in public places such as restaurants, shopping areas, schools, bowling alleys, and some bars. The result? Healthier communities and healthier families in Montana.



⊘ Montana's Law Offers Protection from Secondhand Tobacco Smoke – A Known Public Health Threat.

- Secondhand smoke is a mixture of the smoke given off by the burning end of a cigarette or other tobacco product *and* the smoke exhaled by smokers.^{1,2}
- Secondhand smoke is hazardous and contains a mixture of more than 4,000 chemicals, at least 50 of which are known or probable human carcinogens. Breathing it causes CANCER.^{3,4}
- The U.S. Surgeon General has concluded that exposure to secondhand smoke is a common public health hazard that is *completely preventable*. Exposure can be dramatically reduced by eliminating smoking in all enclosed public places and workplaces.^{5,6,7,8}

⊘ Montana's Law Helps to Reduce Needless Death and Disease.

- Each year, an estimated 175 Montanans who never themselves smoked, die from breathing someone else's tobacco smoke in the workplace or home.⁹
- Each year in the U.S., secondhand smoke is associated with up to 62,000 heart disease deaths and 3,000 lung cancer deaths.¹

⊘ Montana's Law Improves the Health of Citizens.

- Breathing secondhand smoke is associated with an increased risk for sudden infant death syndrome (SIDS), asthma, bronchitis, and pneumonia in children.^{1,10}
- Each year, secondhand smoke is associated with 8,000 – 26,000 new asthma cases in children and an estimated 150,000 – 300,000 new cases of bronchitis and pneumonia in children less than 18 months old (7,500 – 15,000 of which require hospitalization).^{4,11,12}
- Recent studies in Helena, Montana and Pueblo, Colorado observed significant and immediate decreases in hospital admissions for heart attacks after 100% smokefree laws were enacted - approximately a 30% reduction in Pueblo, CO; and a 40% reduction in heart attacks in Helena, MT.^{13,14}
- Regular exposure to secondhand smoke, such as in restaurants and bars, increases one's chance of stroke by as much as 50 percent.¹⁵

- Not only does Montana's law reduce exposure to secondhand smoke among workers and the public, it helps smokers quit and/or reduce the number of cigarettes they smoke and provides a stronger positive behavioral influence for children.¹⁶

⊘ Montana's Law Allows Citizens to Participate More Actively in Their Communities.

- The short-term effects of breathing secondhand smoke such as wheezing, asthma attacks, shortness of breath, and excessive coughing – last for hours, and sometimes days after exposure.¹⁷
- As little as 30 minutes of exposure to secondhand smoke puts certain individuals at greater risk of heart attack. The Centers for Disease Control (CDC) warns that people with known heart disease should avoid all indoor environments that permit smoking.¹⁷

⊘ Montana's Law Extends Important Protection to Workers Who Traditionally Have Been Exposed to High Levels of Secondhand Smoke.

- Secondhand smoke in bars and casinos is 3 to 6 times more concentrated than in other smoke-filled workplaces. Secondhand smoke levels in restaurants are nearly TWICE those found in smoke-filled offices.¹⁸
- Food service workers have a 50% greater risk of dying from lung cancer than the general population, in part, because of secondhand smoke exposure in the workplace.^{19, 20}
- Breathing the air for just two hours in a smoky bar produces similar health effects as smoking FOUR cigarettes.²¹
- Studies have shown marked improvement in bar workers' health within the first few months of implementing a smokefree policy.²²

⊘ Montana Communities & Citizens Strongly Support the Statewide Smokefree Law.

- 71% (nearly three-fourths) of Montanans polled support the statewide smokefree public places law.²³

Need More Information on Montana's Clean *Indoor Air Act*?

For more information and/or the name of a local specialist who can help answer your questions, please contact:

Montana Tobacco Use Prevention Program

PO Box 202951

Helena, MT 59620-2951

Toll-Free Information Line: 866-787-5AIR (866-787-5247)

Website: www.tobaccofree.mt.gov

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