

# Clean Indoor Air

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**“Smoke-free laws make good business sense – they improve health, save lives, increase productivity, and reduce health care costs. Communities throughout the United States have made great strides in protecting workers and the public from secondhand smoke in the past decade, but too many Americans continue to be exposed to secondhand smoke on the job and in public places.”**

*-CDC Director Tom Frieden, M.D., M.P.H.*



## WHAT ARE CLEAN INDOOR AIR POLICIES?

Clean Indoor air policies are regulations that prohibit smoking in indoor spaces and designated public areas. These policies lower the consumption of tobacco and protect non-smokers from the harmful effects of smoke around them.

## HOW DO SMOKE-FREE LAWS IMPROVE THE LIVES OF BIG CITY RESIDENTS?

Smoke-free policies protect non-smokers from exposure to the harmful effects of tobacco and reduce smokers' consumption of tobacco at the same time. According to the [US Centers for Disease Control and Prevention](#) (CDC), tobacco use is the largest preventable cause of death, disease, and disability in the United States. [Secondhand smoke contains more than 7,000 chemicals](#), many of which are toxic, and is a proven cause of cancer, heart disease, lung disease and other serious illnesses.

Each year, [more than 480,000 people die prematurely from smoking](#) or secondhand smoke, and another 8.6 million live with a serious illness caused by smoking. The CDC finds that there is no risk-free level of secondhand smoke, and even brief exposure be harmful to health.<sup>1</sup>

According to a [comprehensive review](#) by the World Health Organization's International Agency for Research on Cancer, smoke-free policies do not harm businesses—and in some cases, may even improve revenues.

The economic consequences of tobacco use exact a significant toll—the [Centers for Disease Control and Prevention](#) find that Americans pay at least \$170 billion a year in direct medical costs and our economy loses more than \$156 billion in productivity.

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## HOW WELL DOES THE POLICY WORK?

The [Community Preventive Services Task Force](#) found strong evidence of effectiveness for smoke-free policies along with no negative economic consequences on businesses, such as bars and restaurants. The policies increased the number of tobacco users who quit, and reduced the following:

- Total amount of tobacco consumed
- Prevalence of tobacco use
- Initiation of tobacco use among young people
- Tobacco-related illness and death

## ISSUES FOR FUTURE POLICY IMPROVEMENT

Cities, states, and other governmental bodies have widely instituted smoke-free laws but coverage exceptions remain. One key issue is ensuring that gaming entities (such as casinos and betting parlors) are covered under smoke-free workplace regulations in cities. At this stage, most gaming regulations are predominately regulated under tribal and state jurisdictions.

In addition, there is a question of including E-cigarettes (battery-operated devices generally convert nicotine, flavor, and other chemicals into an inhalable vapor) in clean indoor air regulations. According to the CDC, e-cigarette aerosol is not harmless “water vapor” and is not as safe as clean air. E-cigarette aerosol contains nicotine, which is absorbed by users and bystanders. Studies have found other chemicals and toxins present in some e-cigarettes, although at levels lower than in cigarette smoke. Prohibiting use of e-cigarettes in areas where conventional smoking is not allowed could preserve clean indoor air standards, protect bystanders from exposure to secondhand aerosol and support tobacco-free norms. The U.S. Food and Drug Administration (FDA) and other health experts are also concerned about the safety of these products because E-cigarettes can increase nicotine addiction among young people and may lead kids to try other tobacco products, including conventional cigarettes, which are known to cause disease and lead to premature death.

## RESOURCES FOR CITIES ON IMPLEMENTING SMOKE FREE POLICIES

*(taken directly from RWJF Roadmap)*

[ANR-Going Smokefree](#) - Americans for Nonsmokers' Rights (ANR). Getting started.

[PFP-Smoke-free 2007](#) - Partnership for Prevention (PFP). Smoke-free policies: Establishing a smoke-free ordinance to reduce exposure to secondhand smoke in indoor worksites and public places - An action guide. Washington, DC: Partnership for Prevention (PFP); 2007.

[ChangeLab-Smokefree work, outdoors](#) - ChangeLab Solutions. Smokefree workplaces and outdoor areas. ChangeLab-Smokefree housing - ChangeLab Solutions. Smokefree housing.

[US HUD-Smoke-free](#) - US Department of Housing and Urban Development (HUD). Smoke-free multifamily housing.

[HealthPartners-CHA](#) - HealthPartners Institute for Education and Research. Community health advisor (CHA): Resource for information on the benefits of evidence-based policies and programs: Helping communities understand, analyze, and model costs.