

Fairfield County Fact Sheet

Secondhand Smoke in Infants/Children



Public Health
Prevent. Promote. Protect.

Fairfield Department of Health

Did you know...

- Smoking is the leading cause of preventable death and disability in the U.S.
- Your child's lungs are still developing and growing, even through childhood.
- Even if parents smoke outside, infants and children are still exposed to the chemicals in secondhand smoke.
- In Fairfield County, 19.3% of females smoke and 23.8% of males smoke.

The Facts...

- 2 out of 5 children in the United States are exposed to secondhand smoke.
- Children who grow up around smoking are more likely to smoke when they get older.
- In 2015, 31.4% of high school youth in the U.S. reported using any tobacco product and 10.8% reported smoking cigarettes.
- Every day, more than 3,800 youth under 18 smoke their first cigarette.

The Problems it Causes...

- Smoking while pregnant can cause miscarriage, premature birth, lower birth weight, sudden infant death syndrome (SIDS), cleft lip and/or palate, and learning problems and attention-deficit/hyperactivity disorder (ADHD).
- Secondhand smoke causes many health problems in infants and children including: asthma attacks, respiratory infections, ear infections, tooth decay, pneumonia, and sudden infant death syndrome (SIDS).
- Later in life, those exposed to secondhand smoke are more likely to develop heart disease, stroke, and lung cancer.

The Good News!

- The best way to eliminate infants/children exposure to secondhand smoke is to quit.
- Quitting any time during pregnancy helps, but the sooner the better.
- Since 2006, Ohio has a smoke-free law that prohibits smoking in indoor public places such as workplaces, restaurants, and other areas. This has decreased exposure to second hand smoke.

Tips

- Set an example—if you smoke, quit. Get help if you need it.
- Choose a babysitter who does not smoke.
- Make your car smoke free.
- Remove children from areas where smoking is allowed, even if no one is smoking while you are there.
- If someone smokes outside, have them change their clothes before being around infants/children.

SECONDHAND
SMOKE
KILLS!

