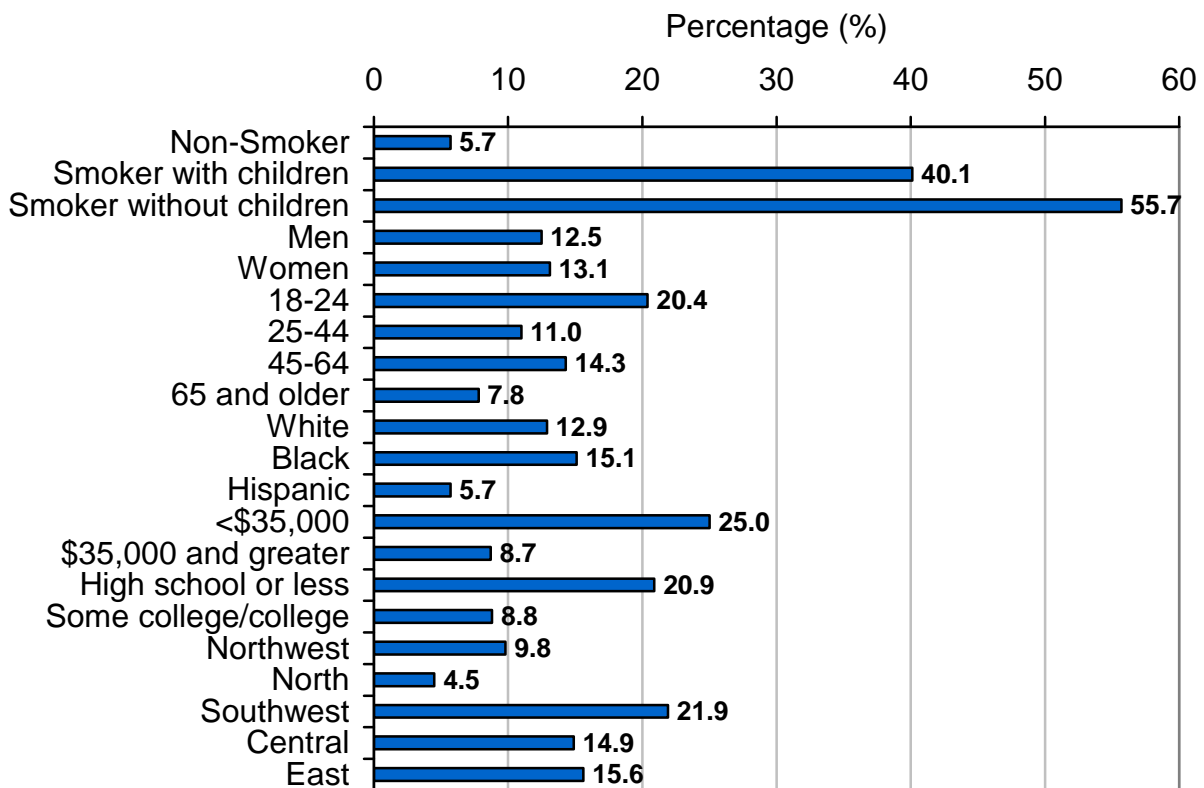


## Secondhand Smoke in the Home in Virginia

1. Both adults and children in the United States who are non-smokers show physical evidence of being exposed to secondhand smoke.
  - An estimated 126 million adults and children in the U.S. have been exposed to secondhand smoke either in the home or workplace based on detectable levels of cotinine, a biomarker of tobacco smoke, in the bloodstream.<sup>1</sup>
  - Similarly, 60 percent of children aged 3-11 years (~ 22 million) have been exposed to secondhand smoke.<sup>2</sup>
  - State estimates indicate that 336,000 children in Virginia have been exposed to secondhand smoke.<sup>3</sup>
2. Many Virginia adults are exposed to secondhand smoke in the home.
  - More than 741,000 adults in Virginia, or 13% of the population, report recently being exposed to secondhand smoke in the home.<sup>4</sup>
  - Smokers are eight times more likely than non-smokers to be exposed to secondhand smoke (49% vs. 6%).
3. Children in Virginia are exposed to secondhand smoke.
  - According to a national parent survey, one-in-four children under the age of 18 (26%; or 468,000) live with a smoker; 9% (or 155,000) live with someone who actually smokes inside the home (the remaining 17% live with a smoker who doesn't use tobacco in the home).<sup>5</sup>
  - Children in Virginia who live in households with incomes below poverty level (39%), who live in single-parent (mother only) households (39.9%), and who are either uninsured (46%) or in a public health insurance plan (e.g., Medicaid, SCHIP)(39%) are more likely to live with someone who smokes.<sup>5</sup> Similar results were obtained when looking at group differences in percentages of youth living with smokers who use tobacco in the home.
  - 46% of Virginia youth (41% of middle school students, 50% of high school students) reported being exposed to secondhand smoke indoors in the previous seven days, and 36% of youth (38% of middle school students, 34% of high school students) reported living with someone who currently smokes.<sup>6</sup>
4. The following demographic groups reported higher rates of secondhand smoke exposure at home: 18-24 year olds, adults with a high school degree or less, low-income earners, residents of southwest Virginia, and smokers (esp. those not living with children). Hispanics had the lowest rate of home exposure to secondhand smoke (Figure 1).<sup>7</sup>

*Secondhand Smoke in the Home in Virginia*

Figure 1 - Percentage of Adults Who Report Recent Home Exposure to Secondhand Smoke, Virginia, 2008



Source: Virginia Behavioral Risk Factor Surveillance System, 2008. Percentages are weighted.

<sup>1</sup> Pirkle JL, Bernert JT, Caudill SP, Sosnoff CS, Pechacek TF. [Trends in the exposure of non-smokers in the U.S. population to secondhand smoke: 1988-2002.](#) *Environmental Health Perspectives* 2006; 114(6): 853-58.

<sup>2</sup> Pechacek TF, Babb S. How acute and reversible are the cardiovascular risks of secondhand smoke? *BMJ* 2004; 328: 980-983.

<sup>3</sup> CDC, ["State-Specific Prevalence of Cigarette Smoking Among Adults & Children's and Adolescents' Exposure to Environmental Tobacco Smoke—United States, 1996."](#) *MMWR* 46(44):1038-43, November 7, 1997.

<sup>4</sup> CDC, ["State-specific secondhand smoke exposure and current cigarette smoking among adults - United States, 2008"](#), *MMWR* 58(44): 1232-1235. Respondents who said that someone smoked in their home on >1 day in the past seven days while they were there. Rates and weighted population estimates based on analyses of 2008 Virginia Behavioral Risk Factor Surveillance data.

<sup>5</sup> Child and Adolescent Health Measurement Initiative. National Survey of Children's Health, 2007. Data Resource Center on Child and Adolescent Health. Retrieved on 1/22/2010 from <http://nschdata.org/Content/Default.aspx>.

<sup>6</sup> Virginia Youth Tobacco Survey, 2008. Percentages are weighted. For more information, go to the Virginia Foundation for Healthy Youth website (<http://www.healthyyouthva.org/vtsf/data/youth-tobacco-survey.asp>).

<sup>7</sup> Virginia Behavioral Risk Factor Surveillance System, 2008. See Footnote #4 for question wording.