



Smoke-Free Colusa County Newsletter

The Smoke-Free Colusa County Subcommittee, part of the Colusa County Partners for Health, aims to improve the health of Colusa County residents through education and promotion of a tobacco-free lifestyle.

[Visit our website!](#)

Decrease your life span with secondhand smoke.



According to the American Lung Association, serious smoke-related health complications don't just happen to those who actively smoke. Being around someone who actively smokes can cause you as much harm as the person who is lighting up the cigarette.

What are the states within America doing to protect us?

Smoke free laws have been created and implemented by many states to protect their citizens from secondhand smoke. These laws prohibit smoking in public places and workplaces such as restaurants and bars. Although most states are taking initiative in attempting to keep their citizen's safe from secondhand smoke, there are still 22 states who have no strict smokefree laws.

Secondhand smoke causes these 9 deadly diseases.

1. Lung cancer: #1 cancer killer in the United States. Exposures to secondhand smoke causes approximately 7,330 lung cancer deaths among nonsmokers every year.
2. Heart disease: Breathing in smoke-filled air harms more than your lungs. Your ticker takes a hit, too. Secondhand smoke is responsible for close to 34,000 heart disease deaths in the United States annually.
3. Sudden infant death syndrome (SIDS): Secondhand smoke increases the risk of SIDS, which is the unexplained and unexpected death of an infant. It is the leading cause of death in otherwise healthy babies under age one. It is estimated that secondhand smoke causes 430 SIDS deaths in the U.S. annually.
4. Stroke: Being exposed to secondhand smoke is estimated to increase your risk of death and disability from stroke by 20% to 30%.
5. Asthma attacks: Chronic, common and life-threatening- asthma is a serious disease, only made worse from exposure to secondhand smoke. Over 26 million Americans are living with asthma and the breathing difficulties that come with it.
6. Middle ear disease in kids: Secondhand smoke sends 790,000 kids to the doctor every year for those miserable middle ear infections.
7. Lower respiratory illnesses in infants and toddlers: Each year, secondhand smoke causes between 150,000 and 300,000 infants and toddlers to develop lower respiratory tract illnesses-e.g., bronchitis.
8. Low-birth-weight babies: Secondhand smoke can impact a person before they take their first breath. Mothers who are exposed to secondhand smoke are at a greater risk of having low-birth-weight babies. Little ones born too small may have health complications such as birth defects and infections.
9. Developing lungs in kids: Your lungs begin developing inside the womb and continue to develop in childhood. Exposure to secondhand smoke stunts that growth and keeps them from reaching their full potential.

- For more information regarding diseases caused by secondhand smoke visit: [9 of the Worst Diseases You Can Get from Secondhand Smoke | State of Tobacco Control | American Lung Association](#)
- For more information regarding tobacco education, prevention or awareness, please contact Colusa County's Tobacco Education program at (530) 458-0391.

Colusa County Partners for Health Meeting

The next Colusa County Partners for Health meeting will be announced to those subscribed to the e-mail list. Please e-mail mariza.manson@countyofcolusa.com to receive updates on meetings and coalition activities.

Resources

Interested in a meeting or community presentation to learn more about secondhand smoke, thirdhand smoke, tobacco marketing towards youth, or the Colusa County Tobacco Education Program?

Contact us directly to schedule an appointment:

Colusa County Tobacco Education Program Contact:

Mariza Manson

Phone: (530) 458-0391

<http://www.countyofcolusa.org/tobaccoeducation>



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