

Tobacco Use and Society

Guide to Reading

● Building Vocabulary

As you read this lesson, write each new term and its definition in your notebook.

- secondhand smoke (p. 248)
- passive smokers (p. 248)
- mainstream smoke (p. 248)
- sidestream smoke (p. 248)

● Focusing on the Main Ideas

In this lesson, you will be able to

- **list** the effects of tobacco use on nonsmokers.
- **describe** the consequences of passive smoking
- **explain** the rights of nonsmokers.
- **access** reliable information about groups that help promote a tobacco-free lifestyle.

● Reading Strategy

Finding the Main Idea Take a look at the major headings in this lesson. For each heading, write one sentence that states the main idea.

Quick Write

How does tobacco smoke in the air harm nonsmokers? Write a few sentences that tell what you know about secondhand smoke.

Tobacco's Effects on Nonsmokers

Your environment affects your personal health. Even if you do not smoke, being around those who do can be harmful. When people smoke near you, you breathe their secondhand smoke. **Secondhand smoke** is air that has been contaminated by tobacco smoke. It is also called environmental tobacco smoke (ETS). When you are around secondhand smoke, you become a passive smoker. **Passive smokers** are nonsmokers who breathe in secondhand smoke.

Environmental Tobacco Smoke

Secondhand smoke comes in two forms. First is **mainstream smoke**, the smoke that is inhaled and then exhaled by a smoker. Second is **sidestream smoke**, smoke that comes from the burning end of a cigarette, pipe, or cigar. Sidestream smoke is especially dangerous. It contains twice as much tar and nicotine as does mainstream smoke.

Dangerous Contents of Secondhand Smoke

Secondhand smoke is filled with nicotine, carbon monoxide, and other harmful ingredients. The U.S. Environmental Protection Agency (EPA) has labeled secondhand smoke as a human carcinogen. This means it causes cancer.

Health Hazards to Adults, Children, and Unborn Babies

Imagine standing in a smoke-filled room for one hour. During that time, you would breathe in nicotine and carbon monoxide. In fact, it would be the same as smoking one cigarette.

Non-smoking adults who regularly breathe secondhand smoke can get sick from it. They risk getting the same illnesses that affect smokers. This includes heart and lung diseases and respiratory problems. Each year, an estimated 53,000 people in the United States die as a result of passive smoking.

Secondhand smoke is especially harmful to children. When children are exposed to secondhand smoke, they are more likely to have respiratory and other problems. These include allergies, asthma, ear infections, and heart problems.

Women who use tobacco while pregnant put their unborn children in serious danger. These women have more miscarriages and stillbirths, as well as babies with low birth weight. The lower a baby's birth weight, the higher the chances it will have health problems. Sudden Infant Death Syndrome is linked to babies who had mothers who smoked during or after pregnancy.

Reading Check

Identify Name two health problems that secondhand smoke can cause in children.

Rights of Nonsmokers

You have the right to breathe air that is free of tobacco smoke. There are more smoke-free places than ever before. There are also more laws against secondhand smoke. As a nonsmoker, you have the right to protect yourself from secondhand smoke. You can ask people not to smoke around you. If a smoker is a guest in your house, you can ask the person to smoke outside. Talk to your parents about asking house guests not to smoke in your house.

Smoke-Free Environments

Today, the number of smoke-free businesses and public spaces are on the rise. Most public places, including restaurants, do not allow people to smoke indoors. Some restaurants do not allow smoking indoors or out.



▼ Secondhand smoke is dangerous to everyone's health. **Why do you think smoke-free restaurants would be healthier for customers and restaurant workers?**

Health Skills Activity

Accessing Information

Promoting a Tobacco-Free Community

Many groups work to help people live a tobacco-free lifestyle. As you learn more about what these groups do, you can share what you know with others who want to stay tobacco free. This is a way to influence others to make the healthful choice not to smoke.

Do some research to find local organizations that promote being tobacco-free. Interview people from three or four of these organizations. Ask them about the programs they sponsor and how they let people know about them. Discuss how to become a member. Get the organization's history.

With a Group

After collecting your information, organize a Tobacco-Free Health Fair to share what you have learned. Invite the people you interviewed to speak about their group and its programs at your Tobacco-Free Health Fair.

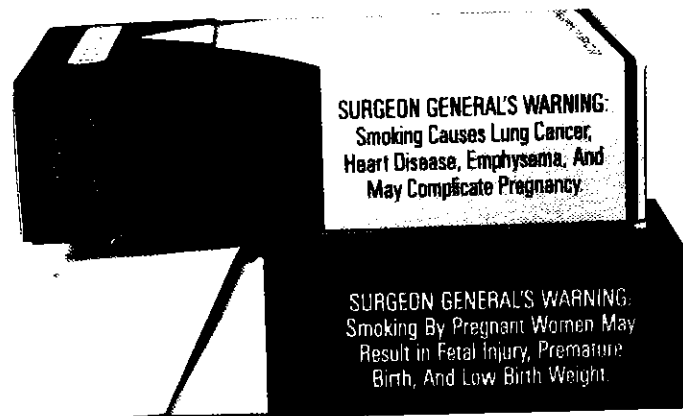
Legal Restrictions on Smoking

In the late 1980s, national laws went into effect to fight secondhand smoke. In 1989, smoking was outlawed on domestic airplane flights. Nearly all states also have laws that limit smoking. Employers have the legal right to ban smoking in their workplaces. Most employers now exercise this right.

Laws now control how tobacco companies package and sell cigarettes. Packages must have clear warning labels, or disclaimers. The disclaimers say that smoking is harmful. Cans of smokeless tobacco and tobacco ads must also have these disclaimers.

Reading Check

List Name some legal bans on tobacco advertising.



◀ The U.S. government requires tobacco companies to label packages with these disclaimers. **Name two ways that smoking can harm a person's health.**

Hidden Costs to Society

Tobacco products cost a lot of money. There are also hidden costs of tobacco use. Tobacco-related illnesses, such as lung cancer and emphysema, often require the person to be in the hospital. Hospital stays and treatment for these illnesses are very expensive. These preventable costs affect the health care system.

Tobacco Strains the Health Care System

People who use tobacco tend to need medical treatment more often than those who do not. If tobacco users have health insurance, it may help them pay some of the costs of their illnesses. However, because health insurance companies face more costs to cover tobacco users, they charge tobacco users higher rates for their health insurance. If a tobacco user has no health insurance, the government helps cover the costs. This means that every U.S. family pays, too, as part of their taxes. Today, tobacco-related illness costs most families over \$300 a year, whether or not they smoke.

Reading Check

Describe How can tobacco use affect how much people pay for health insurance?

Health Online

Visit health.glencoe.com and complete the Interactive Study Guide for Lesson 4.

Lesson 4 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

- Vocabulary** Define *sidestream smoke* and *mainstream smoke*.
- Explain** Describe the effects smoking can have on an unborn baby.
- Explain** Why do tobacco users pay more for health insurance?
- Identify** List some legal bans that the government places on tobacco.

Thinking Critically

- Analyze** How can laws to protect you from secondhand smoke help to protect your health?
- Apply** Imagine that you are sitting in the nonsmoking section of a restaurant. What would you do if the smoke from the smoking section bothered you?

Applying Health Skills

- Accessing Information** Research the latest restrictions on tobacco ads. Write a paragraph describing your findings.