

# Fastfacts

## Second-hand smoke is harmful to others

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### The health effects of second-hand smoke

- other people's smoke is more than a nuisance - it's known to cause cancer
  - living with a smoker increases a non-smoker's chances of developing lung cancer by 20 - 30%
  - second-hand smoke immediately affects the heart, blood vessels, and blood circulation in a harmful way and over time can cause heart disease, strokes, and heart attacks
  - those with chest and heart conditions are especially vulnerable to the effects of second-hand smoke
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### Exposing children to second-hand smoke

- children are more vulnerable to the effects of second-hand smoke
  - in 2017, 10% of children in Scotland lived in households where adults regularly smoke indoors
  - it is estimated that second-hand smoke exposure in UK children each year cause over 20,000 cases of lower respiratory tract infection, 120,000 cases of middle ear disease, at least 22,000 new cases of wheeze and asthma, 200 cases of bacterial meningitis, and 40 sudden infant deaths - one in five of all cot deaths
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### After Scotland banned smoking in public places there was:

- a reduction in the rate of child asthma admissions of 18% per year compared to an increase of 5% per year in the years preceding it
- a 17% reduction in heart attack admissions to nine Scottish hospitals. This compares with an annual reduction in Scottish admissions for heart attack of 3 per cent per year in the decade before the ban
- a 39% reduction in second-hand smoke exposure in 11-year-olds and in adult non smokers an 86 per cent reduction in second-hand smoke in bars
- an increase in the proportion of homes with smoking restrictions, and smoking behaviour was not displaced from enclosed public spaces into homes, as critics had claimed would happen.