



SECOND-HAND SMOKE EXPOSURE IN SAN FRANCISCO



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SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

Smoking, Vaping and Cannabis Use in SF

San Francisco Adults (2018)


12.1% current smokers




20.8% ever tried an e-cigarette



?
currently smoke e-cigarettes


59.7% ever used cannabis



SFUSD High School Students (Fall 2018)

 no change
6.5% are current smokers

 Increased
31% ever tried an e-cigarette

 ~ 2x more than in 2017
16% currently smoke e-cigarettes

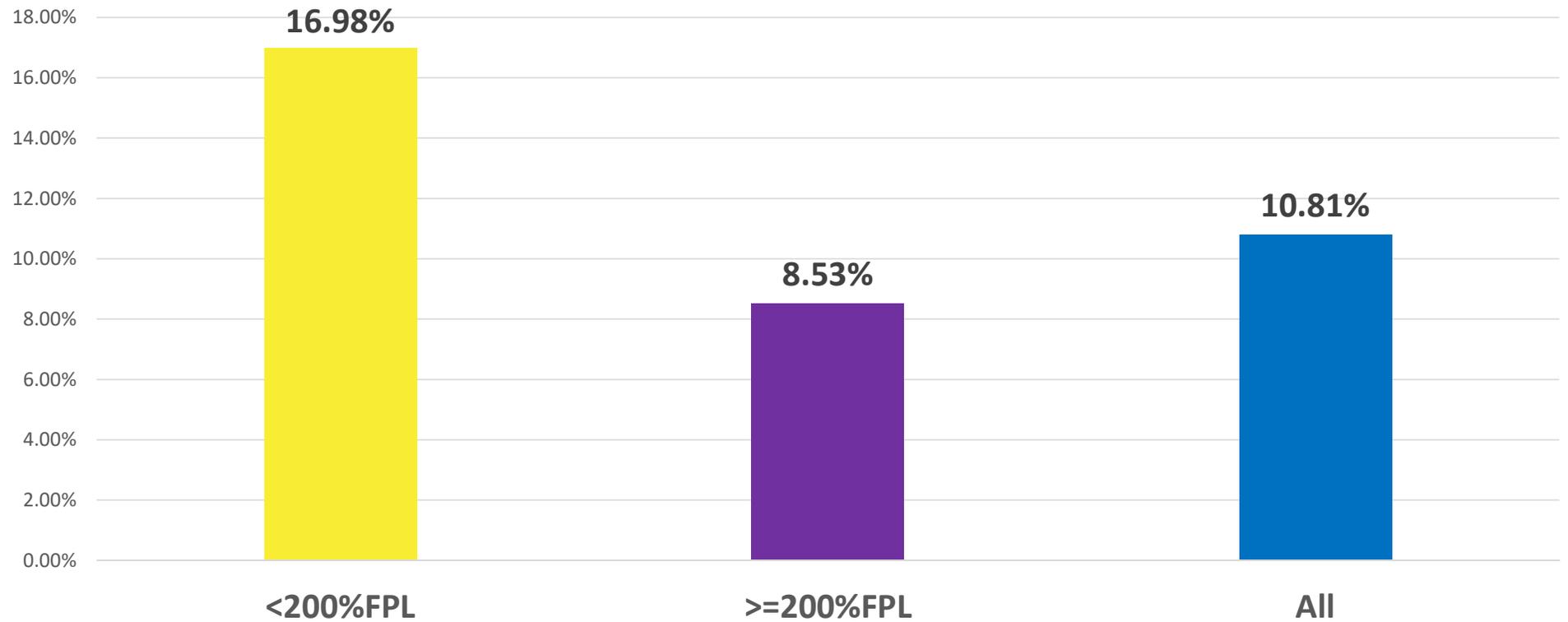

27.3% ever used cannabis



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Data Sources: CHIS- California Health Interview Survey (2018), and YRBS - Youth Risk Behavior Survey (2018)

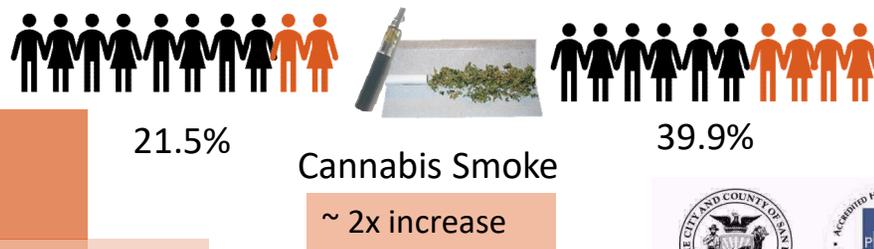
% of Adults Who Were Current Cigarette Users by Household Poverty Level in San Francisco, 2014-2016



Data Source: California Health Interview Survey (CHIS), UCLA Center for Health Policy Research

Second Hand Exposure in California 2016-18

California Adults (18-64 years old)



- More than half of CA adults exposed to second-hand tobacco smoke
- Exposure to Second-hand cannabis smoke and e-cigarette aerosol **increased** between 2016-2018 for adults
- 1 in 3 California high school students report exposure to second-hand smoke, e-cigarette aerosol, and cannabis smoke (2017-2018)

ZSFGH inpatient pediatric patients exposure to Second-Hand Smoke (2019)

- 22% exposed to second hand smoke
- 9% exposed to cannabis smoke

Harms of Second-Hand Cigarette/ Cigar Smoke

- There is **no risk-free level** of second hand smoke exposure
- 7,000+ chemicals, including 70 known carcinogens
- Exposed non-smokers increase risk of stroke, heart disease and lung cancer by 20-30%
- Risk of SIDS and asthma attacks in babies and children increased
- Higher risks for children, elderly, and those with health issues



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Harms of Second-Hand E-Cigarette Aerosol

- NOT harmless water vapor
- Aerosol nanoparticles: nicotine, 10+ on Prop 65 list of toxins, more easily and deeply breathed in
- Propylene glycol base solution can result in *development* of asthma
- Damaging to lung tissue, and blood vessels



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Harms of Second-Hand Cannabis Smoke

- Contains carcinogens like cadmium, chromium, benzene
- 33+ on Prop 65 list of toxins
- May have harmful effects on cardiovascular system
- Exposed children have detectable levels of THC; Exposure also associated with breathing issues, ear infections, asthma and eczema



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Third-Hand Smoke

- Tobacco smoke and e-cigarette aerosol particles leftover on surfaces after smoking has stopped
- Contains nicotine and carcinogenic materials that add up over time
- Exposure through re-inhalation, ingestion, or skin contact
- Especially dangerous to newly-mobile infants/toddlers

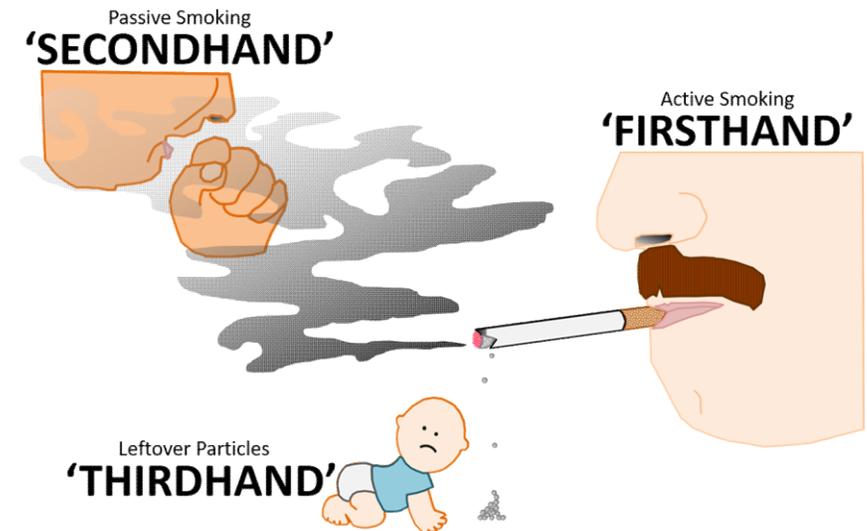


Image Source: Thirdhand Smoke Resource Center, thirdhandsmoke.org



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Second-Hand Smoke Disparities

Locally

- 22% of all children admitted for care at ZSFG (4/2019 - 7/2019) were exposed to secondhand tobacco smoke, and 9% to secondhand cannabis smoke
- In 2013, more than half (52%) of Latinx San Franciscans reported drifting secondhand smoke in their homes

Nationally

- 7 out of 10 Black/African American children are exposed to secondhand smoke vs. 4/10 of all children (CDC)



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Multi-Unit Housing

People of color, young adults, low-income residents, and smokers are more likely to live in Multi-Unit Housing

53 % San Franciscans live in multi-unit housing (MUH) with 2+ more units (CHIS, 2013-18)

3.5 X San Francisco residents who live in buildings with five (5) or more units are 3.5 times more likely to report drifting smoke exposure (Chambers, 2014)

48 % Districts 3 and 6 residents reported being exposed to drifting second hand smoke in 2013 (SF Healthy Neighborhoods Survey, 2013)



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Second-Hand Smoke & Vape in Multi-Unit Housing

- Second-hand exposure through windows, vents, pipes, tiny cracks in home from a smoking neighbor or someone outside
- Windows, air ventilation, air conditioning and fans **cannot completely eliminate exposure** to second-hand smoke/vape



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Thank You

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