

HEALTH EFFECTS OF SECONDHAND SMOKE ON CHILDREN

Children are significantly affected by secondhand smoke. Children's bodies are still developing, and exposure to the poisons in secondhand smoke puts them at risk of severe respiratory diseases and can hinder the growth of their lungs. Secondhand smoke is a known cause of low birth weight, Sudden Infant Death Syndrome (SIDS), asthma, bronchitis, pneumonia, middle ear infection, and other diseases. The health effects of secondhand smoke exposure from conception through childhood can last a lifetime.

Low Birth Weight Secondhand smoke is a known preventable cause of low birth weight, which contributes to infant mortality and health complications into adulthood. Secondhand smoke exposure reduces the birth weight of infants of nonsmoking mothers and contributes to additional reductions in birth weight among babies of smoking mothers.¹

Sudden Infant Death Syndrome (SIDS) Maternal smoking is the strongest risk factor leading to SIDS.²

Secondhand smoke is a risk factor contributing to SIDS. Infants who die from SIDS tend to have higher concentrations of nicotine in their lungs than do control children, regardless of whether smoking is reported.³

Cognitive Impairments Secondhand smoke exposure impairs a child's ability to learn. It is neurotoxic even at extremely low levels. More than 21.9 million children are estimated to be at risk of reading deficits because of secondhand smoke. Higher levels of exposure to secondhand smoke are also associated with greater deficits in math and visuospatial reasoning.⁴

Maternal prenatal smoking contributes to the development of antisocial behavior and attention-deficit hyperactive disorder symptoms in the mother's offspring.⁵

Respiratory Problems The U.S. Environmental Protection Agency (EPA) has reported that secondhand smoke exposure increases the risk of lower respiratory tract infections such as bronchitis and pneumonia. The EPA estimates that between 150,000 and 300,000 annual cases of lower respiratory tract infections in infants and young children up to 18 months of age are attributable to secondhand smoke exposure. Of these cases, between 7,500 and 15,000 result in hospitalization.⁶

Infants with mothers who smoke are 50 percent more likely to be hospitalized with a respiratory infection during their first year when compared to infants with nonsmoking mothers. Infants whose mothers smoke in the same room have a 56 percent higher risk of being hospitalized compared to infants whose mothers smoke in a separate room. There is a 73 percent higher risk if mothers smoke while holding their infants and a 95 percent higher risk if mothers smoke while feeding their infants.⁷

Asthma Asthma attacks are perhaps the most well-known health effect of secondhand smoke exposure among children. Secondhand smoke exposure increases the frequency of episodes and the severity of symptoms in asthmatic children. The EPA estimates that 200,000 to 1,000,000 asthmatic children have their condition worsened by exposure to secondhand smoke.⁸

Exposure to secondhand smoke is associated with increased asthma severity and worsened lung function in children with asthma.⁹

Secondhand smoke exposure is associated with increased respiratory-related school absenteeism among children, especially those with asthma.¹⁰

Maternal and grandmaternal smoking may increase the risk of childhood asthma. Relative to children of never-smokers, children whose mothers smoked throughout the pregnancy have an elevated risk of asthma in the first five years of life. Children whose mothers quit smoking prior to the pregnancy show no increased risk.¹¹

Repercussions on Adult Health Not only does in utero and childhood secondhand smoke exposure cause decreased lung function and asthma in children, but such exposure is also responsible for poor lung function and respiratory disease in adults. Men who report postnatal secondhand smoke exposure and women who report prenatal exposure are more likely to have respiratory problems as adults.^{12,13}

Secondhand tobacco smoke exposure raises adolescents' risk of metabolic syndrome - a disorder associated with excessive belly fat that increases one's chances of heart disease, stroke, and type II diabetes.¹⁴

The level of secondhand smoke a child is exposed to is directly proportional to the likelihood of the child becoming a smoker as an adolescent or an adult.¹⁵

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(information from the Americans for Non-Smokers' Rights website collected in October of 2005)