



## The Accidental Smoker

Convinced you're free from the cancer-causing chemicals in smoke because you don't smoke yourself and choose nonsmoking sections in restaurants and other public places? Unfortunately, unless the place you're visiting is 100 percent smoke-free, there's a good chance that you will become an accidental smoker during your stay.

A study done at the University of California, Berkeley, explored the amount of smoke a nonsmoker inhales in a variety of situations. The results are astonishing:

- Sitting in the nonsmoking section of a restaurant for two hours is essentially equivalent to smoking one and three-fourths cigarettes.
- Riding in a car with the windows closed for one hour while someone is smoking is equivalent to smoking four cigarettes.
- Sitting behind a smoker in an open-air stadium for three hours is like smoking one cigarette.
- Sitting next to a smoker in a smoky bar for two hours is equivalent to smoking four cigarettes.
- Working for eight hours in an office that allows smoking is like smoking six cigarettes.
- Spending 24 hours in the home of a pack-a-day smoker is equivalent to smoking three cigarettes.

## Quiz

1. What is the single largest preventable cause of disease and premature death in the United States?

- Obesity
- Tobacco use
- Physical inactivity
- All of the above

**Answer:** b – Tobacco use

2. What percentage of lung cancer deaths are caused by smoking?

- About 57 percent
- About 67 percent
- About 77 percent
- About 87 percent

**Answer:** d – 87 percent.

3. Cigarettes, cigars, and smokeless and pipe tobacco consist of dried tobacco leaves, as well as ingredients added for flavor and other properties. More than 4,000 individual compounds have been identified in tobacco and tobacco smoke. Among these 4,000 individual ingredients, more than \_\_\_\_\_ compounds are known carcinogens (cancer-causing agents).

- a. 60
- b. 90
- c. 120
- d. 400

**Answer:** a – 60

4. This is the leading cause of death among both men and women, and is one of the most difficult cancers to treat.

- a. stomach
- b. lung
- c. pancreatic
- d. throat

**Answer:** b – lung

5. According to the Centers for Disease Control and Prevention (CDC), approximately \_\_\_\_ million adults currently smoke in the United States.

- a. 45 million
- b. 46 million
- c. 48 million
- d. 51 million

**Answer:** a – 45 million

6. As of 2006, how many states have implemented statewide smoking bans that prohibit smoking in workplaces and/or restaurants and/or bars?

- a. 12
- b. 13
- c. 14
- d. 15

**Answer:** d – 15 states

7. What percentage of the US population is covered by a 100 percent smoke-free provision in the workplace and/or restaurants and/or bars?

- a. 14.4 percent
- b. 29.4 percent
- c. 39.4 percent
- d. 44.9 percent

**Answer:** b – 29.4 percent

8. Smokers who quit can expect to live approximately \_\_\_\_ years longer than those who continue to smoke.

- a. 5
- b. 10
- c. 15
- d. 20

**Answer:** b – 10 years

9. The risk of coronary heart disease (i.e., heart attack, blood pressure) is that of a nonsmoker's after \_\_\_\_ years of quitting tobacco.

- a. 5
- b. 10
- c. 15
- d. 20

**Answer:** c – 15 years

10. The lung cancer death rate is about half that of a continuing smoker's after \_\_\_\_ years of quitting tobacco and the risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

- a. 5
- b. 10
- c. 15
- d. 20

**Answer:** b – 10 years

For additional resources to help you with your quit attempt, call 1-800-ACS-2345 or log onto [www.cancer.org/greatamericans](http://www.cancer.org/greatamericans).

# EOC Supports the Great American Smokeout

The Smokeout is always the third Thursday of November, one week before  
Thanksgiving.

This year, the Smokeout is **November 15, 2007**. FREE quit kits will be given away by  
EOC's Tobacco Prevention Program in the 1900 Courtyard on November 15<sup>th</sup>.