



WE SUPPORT SMOKE-FREE ALASKA WORKPLACES

EVERYONE HAS THE RIGHT TO BREATHE SMOKE-FREE AIR.



All Alaskans have the right to breathe smoke-free air. But right now, less than half of Alaska's residents are protected from the harmful effects of secondhand smoke through smoke-free laws. Because many boroughs lack the authority necessary to pass a law on their own, the only way to achieve that protection is through a STATEWIDE smoke-free law.

A statewide law will allow all Alaskans to breathe smoke-free and aerosol-free air at work and in public places. The proposed legislation simply asks those who choose to smoke to take it outside.

Over 1,000 Alaska businesses and organizations have signed resolutions in support of a law in Alaska to make all workplaces 100% smoke-free. They want to protect the health and safety of all workers and visitors from the dangers of secondhand smoke.

What Alaskans Think¹

- 88% of Alaskans agree "All Alaskan workers should be protected from secondhand smoke in the workplace."
- 69% of Alaskans support a statewide smoke-free workplace law (60% strongly support it).
- 72% of Alaskans support including e-cigarettes.
- 79% of Alaskans support including marijuana.
- 51% of *smokers* support a statewide smoke-free law.

Alaskans Can't Afford to Wait for a Statewide Smoke-free Workplace Law



E-Cigarettes are devices that heat a liquid into an aerosol that the user inhales. The liquid usually has nicotine and flavoring in it, and other additives. Besides nicotine, e-cigarettes can contain harmful and potentially harmful ingredients, including:

- Ultrafine particles that can be inhaled deep into the lungs;
- Flavorants such as diacetyl, a chemical linked to serious lung disease;
- Volatile organic compounds; and
- Heavy metals, such as nickel, tin, and lead .³

Secondhand smoke exposure is known to cause cancer, heart disease, lung disease and other health issues. Breathing secondhand smoke interferes with the normal functioning of the heart, blood, and vascular systems in ways that increase the risk of having a heart attack. Even brief exposure to secondhand smoke can damage the lining of blood vessels and cause your blood platelets to become stickier. These changes can cause a deadly heart attack.⁵

Here's the good news ... Smoke-free laws work! They are the only proven way to protect workers and patrons from secondhand smoke. In addition, they also help smokers who want to quit and prevent kids from starting to smoke.

New York state saw an 8% reduction in hospital admissions for acute myocardial infarction in 2004, the year after the state smoke-free law took effect, accounting for 3,813 fewer admission and \$56 million in savings on hospital costs.⁴ Similar results have been shown in studies conducted in dozens of other communities which had enacted strong smoke-free laws. **These laws not only save money, they save lives.**

Sources:

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2. Institute of Medicine (IOM), **Secondhand Smoke Exposure and Cardiovascular Effects: Making Sense of the Evidence**. Washington, DC: The National Academies Press, 2009
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4. Centers for Disease Control. **Smokefree Policies Improve Health**. Retrieved February 18, 2017 from https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/protection/improve_health/.
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