

SMOKE-FREE FORT WORTH

A SMOKE-FREE WORKPLACE LAW FOR FORT WORTH WOULD IMPROVE NONSMOKERS' HEALTH

Secondhand smoke (SHS) poses a serious health threat and causes heart disease, lung cancer, more severe asthma and other illnesses. Brief exposure to SHS can slow blood flow through coronary arteries and increase the risk for blood clots.

Secondhand smoke is DANGEROUS:

- SHS **kills more than 41,000 Americans each year.**
- SHS exposure during pregnancy **increases the risk for sudden infant death syndrome (SIDS) and low birth-weight births.**
- SHS exposure can **increase a nonsmoker's risk** for heart disease or lung cancer by up to **30 percent.**

Secondhand smoke causes:



STROKE



HEART DISEASE



LUNG CANCER

Cigarette smoke contains more than 7,000 chemicals - about 70 are known or suspected to cause cancer.

Smoke-free workplace laws IMPROVE HEALTH:

- Smoke-free policies in public places and workplaces are associated with a **reduction in heart attack hospitalizations**, particularly if enforced over several years.
- Smoke-free workplace laws **immediately and notably improved heart health** - including fewer heart attack hospitalizations - particularly nonsmokers, according to studies in Ohio, Indiana, Montana, Colorado, Ireland, Scotland and Italy.
- An analysis of studies conducted in different areas of the world revealed substantial evidence supporting **reduced acute coronary events** following comprehensive smoke-free legislation implementation, with the effect increasing over time.



All Fort Worth workers and residents
deserve to breathe clean indoor air!