



# ELIMINATING TOBACCO IN SOUTH CAROLINA

We Can Be Better

## WHAT WE KNOW:

Cigarette smoking remains the leading cause of preventable death and disability in the United States, despite a significant decline in the number of people who smoke. Over 16 million Americans have at least one disease caused by smoking.

## FAST FACTS:

- There is no safe level of exposure to secondhand smoke. People who do not smoke and are exposed to secondhand smoke, even briefly, can suffer harmful health effects.
- In adults who do not smoke, secondhand smoke exposure can cause coronary heart disease, stroke, lung cancer, and other diseases and may even result in death.
- Secondhand smoke can cause adverse reproductive health effects in women, including low birth weight.
- Secondhand smoke exposure can cause respiratory infections, ear infections, and asthma attacks in children and can even cause sudden infant death syndrome (SIDS) in babies.
- Since 1964, about 2,500,000 people who did not smoke have died from health problems caused by secondhand smoke exposure.
- The effects of secondhand smoke exposure on the body are immediate and can produce harmful inflammatory and respiratory effects within 60 minutes of exposure, lasting at least three hours after exposure.

In 2019, 27.5% of South Carolina (SC) high school youth reported using tobacco, including e-cigarettes.

In 2019, among South Carolina high school youth, 5.9% reported they currently smoke cigarettes.

In 2019, 17.6% of adults smoked cigarettes, and 7,200 adults die from smoking-related illnesses each year.



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## WHAT YOU CAN DO:

In South Carolina, 25 colleges and universities prohibit tobacco use in buildings and on campus grounds.

South Carolina has a tradition of engaging communities in adopting comprehensive local smoke-free policies throughout the state. As more communities (businesses, colleges, universities, multiunit housing, public and private organizations, and residential homes and vehicles) adopt smoke-free laws (policies), the state can protect residents from secondhand smoke.

In South Carolina, 78% of the public school districts have adopted comprehensive tobacco-free policies.

### So, what can you do?

- Make your environment smoke and tobacco-free.
- Ask people not to smoke around you and your children.
- Advocate for a Tobacco Free Model Policy in places where you work, worship, play, eat, and drink (restaurants and bars).
- Promote the SC Quitline (1-800-QUIT-NOW) to help persons to quit or go to [quitnowsc.org](http://quitnowsc.org).
- Promote and support the Clean Air Is Fair campaign. Learn more at [www.hotlifeline.org/clean-air-is-fair](http://www.hotlifeline.org/clean-air-is-fair).

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QUITNOW.NET/SOUTHCAROLINA 1-800-QUIT-NOW



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# CLEAN AIR IS FAIR

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**Hold Out the Lifeline: A Mission To Families**  
*Each One Can Reach One*

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