

A Minute of Health with CDC

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[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

[Matthew Reynolds] How many times in a smoky restaurant or at work have you worried about the effects of secondhand smoke? It is a health danger. Children who breathe secondhand smoke have more frequent respiratory infections. Exposed adults have a higher risk of heart disease and lung cancer.

How safe is your home or workplace? To answer this question, CDC researchers surveyed adults about rules restricting smoking in their homes and workplaces.

About twenty percent of adults reported smoking in each state surveyed. In the majority of states surveyed, over seventy percent of individuals reported not allowing smoking in their homes. A similar percentage reported their employer had policies which kept their workplace smoke-free.

The only way to protect yourself and your family from secondhand smoke is to eliminate smoking indoors. To do your part, ensure that smokers in your home smoke outside and bring up concerns at work to your employer.

Be sure to join us next week on A Minute of Health with CDC.

[Announcer] To access the most accurate and relevant health information that affects you, your family, and your community, please visit www.cdc.gov.