

# SMOKEFREE POLICIES



## **Our Goal:**

The goal of the Coalition for a Tobacco Free Alabama is to establish a fully tobacco free society. Tobacco is a highly addictive substance and the single most preventable cause of disease, disability, and death in the United States. The Coalition for a Tobacco Free Alabama supports measures to eliminate exposure to secondhand smoke, eliminate tobacco use by youth, promote cessation treatment, and deter tobacco use in the general population.

## **Why Support Smokefree Environments?**

According to the U.S. Surgeon General, the evidence is clear. There is no safe level of exposure to secondhand tobacco smoke. Smoking not only claims the lives of those who use tobacco, but also those who are exposed to secondhand smoke. Consider the following:

- Seventy-eight percent of Alabamians, as well as a majority (82%) of other Americans, do not smoke.
- Inhaling the dangerous chemicals found in tobacco smoke can be harmful to your health, causing cancer, cardiovascular and pulmonary diseases.
- For every eight smokers killed from using tobacco products, one non-smoker is killed from secondhand smoke.
- Being in an enclosed environment around cigarette smoke for as little as 30 minutes is the equivalent of smoking one cigarette. Therefore an eight-hour shift in a smoke-filled workplace would be the equivalent of smoking 16 cigarettes.

## **Our Position:**

The Coalition for a Tobacco Free Alabama believes that everyone, including people that work in bars and restaurants, has the right to breathe smokefree air. Adopting strong smokefree policies are the only effective way to completely eliminate the health threat of exposure to secondhand smoke. Additionally, smokefree policies help people quit tobacco. We support comprehensive smokefree policies that cover all workplaces -- including restaurants and bars -- and allow for no exemptions.



For more information, visit  
[tobaccofreealabama.org](http://tobaccofreealabama.org)