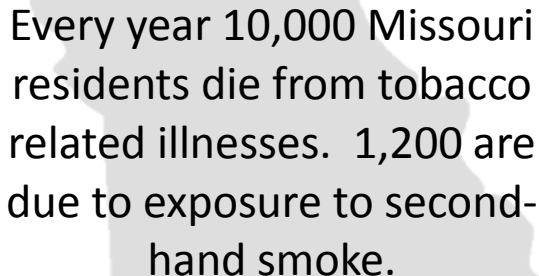


TOBACCO SMOKE HURTS ANYONE EXPOSED TO IT

According to the Surgeon General “there is no risk-free level of exposure to secondhand smoke”. It contains more than 7,000 chemicals and chemical compounds; including hundreds that are toxic and at least 69 known carcinogens (cancer causing agents). Every exposure to it can have immediate effects on your health. The more you are exposed, the more your body is damaged.

- It increases non-smokers risk of heart disease, stroke, and cancer; and causes over 35,000 heart disease and 3,000 lung cancer deaths.
- It has an immediate adverse impact on the cardiovascular system, damaging blood vessels, making blood more likely to clot and increase the risks for heart attack and stroke.
- Nonsmokers exposed to secondhand smoke at work are at increased risk for adverse health effects. Levels of secondhand smoke in restaurants and bars were found to be 2 to 5 times higher than in residences with smokers and 2 to 6 times higher than in office workplaces.
- Exposing children increases their risk of asthma, bronchitis and pneumonia as well as sudden infant death syndrome. Even while in the womb a baby’s health can be effected. Pregnant women exposed to secondhand smoke are more at risk for miscarriages, still-birth, and low birth weight infants.



Every year 10,000 Missouri residents die from tobacco related illnesses. 1,200 are due to exposure to second-hand smoke.

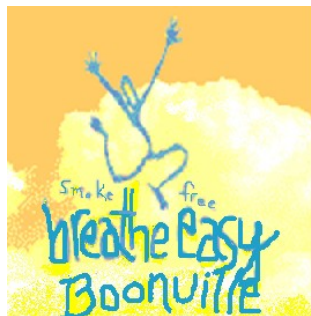
A LITTLE GOES A LONG WAY

Even a small amount of exposure can create damages to the circulatory system similar to that of an active pack-a-day smoker.

Within 5 minutes—aorta stiffens as much as smoking a cigarette; your heart has to work harder to pump

Within 20 minutes—blood platelets become sticky damaging your heart; can lead to blood clots

Within 30 minutes—ability to handle LDL (bad) cholesterol is decreased



Become a supporter of smoke-free air for everyone in Boonville

THERE ARE MORE THAN 7,000 CHEMICALS AND CHEMICAL COMPOUNDS IN CIGARETTES

- Ammonia
- Arsenic
- Butane
- Carbon Monoxide
- Chromium
- Hydrogen Cyanide
- Lead

and many more...

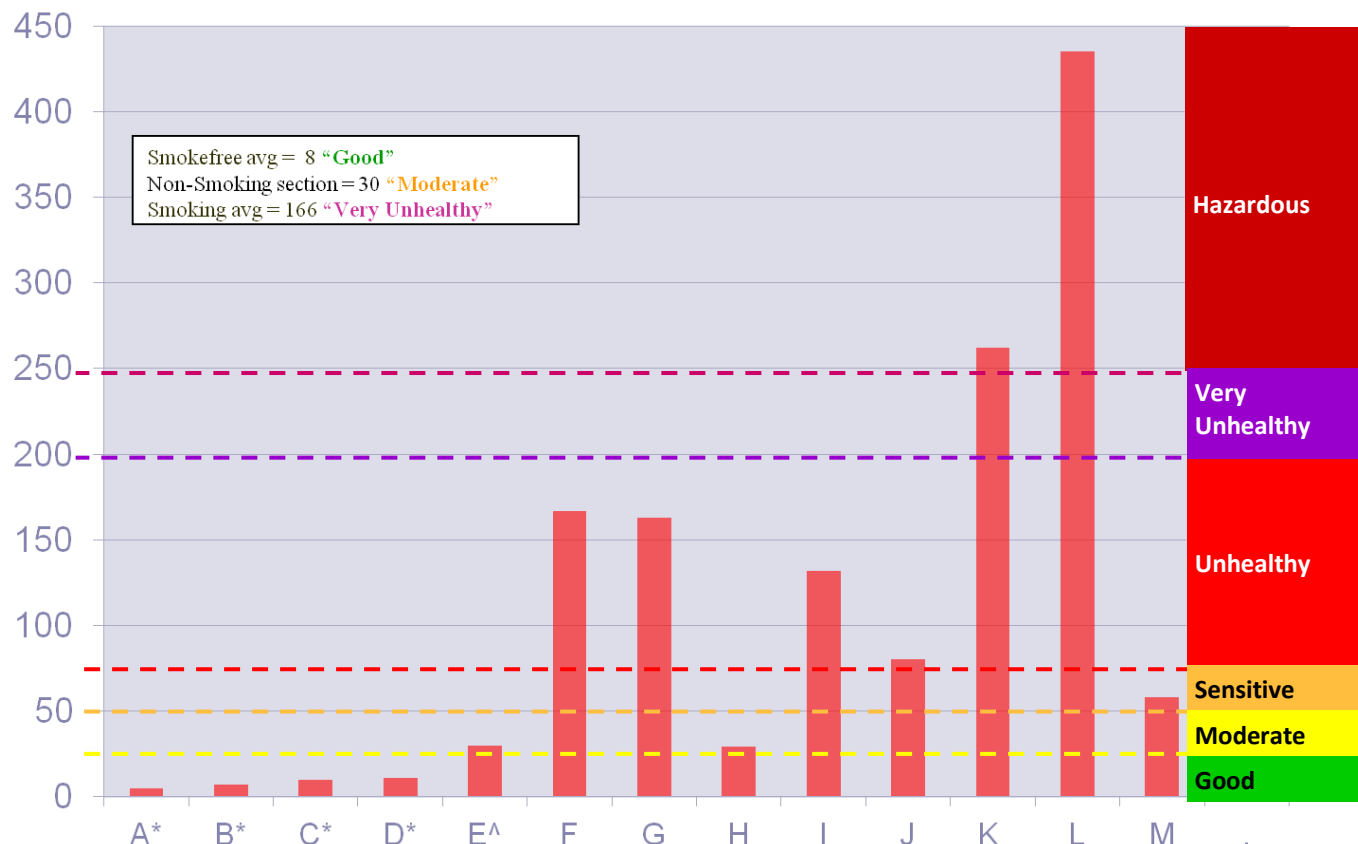
- 200 are toxic

- 69 are known carcinogens

NON-SMOKING SECTIONS AND FILTRATION SYSTEMS DO NOT WORK.

No feasible ventilation system can reduce secondhand smoke exposure to safe levels. At best, these specialized air filtration systems can only remove the irritants and odors caused by secondhand smoke. The only known ways of protecting people from secondhand smoke are to either contain smoking in a separate facility with a separate ventilation system or to have the facility be completely smoke free.

Boonville Air Quality Measure: November 2011



Letter A-M represent businesses within Boonville City limits

* Smoke-free ^ Non-smoking but open to smoking area businesses but open to smoking area

US EPA Air Quality Index: Health Advisory

Hazardous: People with heart or lung disease, older adults, or children should keep activity levels low. Everyone else should avoid all physical activity.

Very Unhealthy: People with heart or lung disease, older adults, or children should avoid all physical activity. Everyone else should avoid prolonged or heavy exertion.

Unhealthy: People with heart or lung disease, older adults, or children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.

Sensitive: People with heart or lung disease, older adults, or children should reduce prolonged or heavy exertion.

Moderate: Unusually sensitive people should consider reducing prolonged or heavy exertion.

Good: Within the healthy air quality range.

AIR QUALITY STUDY INDICATIONS

- The average particulate matter (PM) level for public **places that allowed smoking was 20 times greater** at 166 micrograms per cubic meter and considered “very unhealthy” by EPA standards.
- **A full-time employee** in one of these public places that allowed smoking **would be exposed to 250 % the EPA’s average annual daily limit** for PM air pollution.
- On average, it **only took about 4 cigarettes** in a place to create air pollution to the degree of being “very unhealthy” or 1/3 of a cigarette burning in a 100m³ area.
- According to the data collected during the study, **only 7% of people were observed to be smoking at any given time**, despite common misperception that a high percent of people smoke in restaurants, bars and other public places. This is less than 1/3rd the adult smoking prevalence for Cooper County (which is 24.5%).



Pollution was 95% lower in smoke-free places