Sentara Health Plans

MyLife MyPlan

Effects of secondhand smoke

Secondhand smoke is the result of burning a tobacco product or the smoke exhaled from the lungs of smokers. It lingers in the air for hours.

In the United States, about 21 million kids live in houses where people smoke regularly. Breathing in secondhand smoke can make people sick, causing problems like cancer, infections in the lungs, and worse asthma in both adults and kids.

Every year, around 15,000 people end up in the hospital because of secondhand smoke. It's a serious problem that affects many people's health.

Quitting smoking is one of the best decisions you can make for your health and for the health of those around you.

For more information, visit:
sentarahealthplans.com/quitsmoking

You can also scan this code with your smartphone camera or **QR code** reader app.

Sources: *Centers for Disease Control and Prevention, 2024,* **cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm;** *Medline Plus, 2025.* **medlineplus.gov/ency/article/007439.htm**

Sentara Health Plans is the trade name of Sentara Health Plans, Sentara Health Insurance Company, Sentara Health Administration, Inc., and Sentara Behavioral Health Services, Inc.

Staying Healthy programs

Eating for Life
Develop healthy eating and exercise habits

Stay Smokeless for Life
Quit tobacco to improve your health

Guided meditation
Experience a retreat from everyday stressors

Healthy Habits Healthy You
Develop habits to prevent diabetes and heart disease

Tai Chi
Learn to mentally and physically relax

MoveAbout
Learn about staying physically active every day

Yoga
Stretching and strengthening exercises

Sleep Better
Learn about the importance of sleep

Stress Less
Learn to prevent and manage stress in your daily life

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