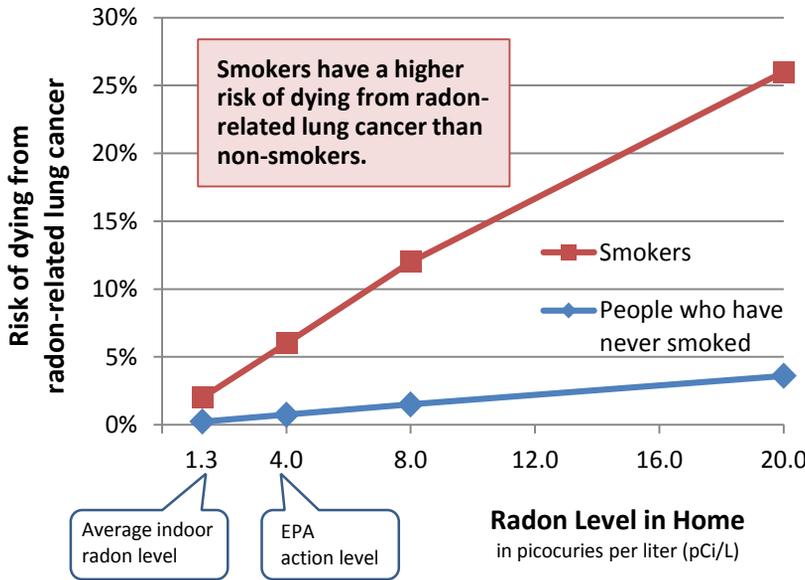


Radon and Smoking: A Risky Combination

Radon & Smoking Risks Don't Add Up... They Multiply

Risk of Dying from Radon-related Lung Cancer
for Smokers vs. People Who Have Never Smoked*



Risk estimate assumes 30 years of residential exposure, spending 70% of time in the home.

*Source: US Environmental Protection Agency (EPA), *A Citizen's Guide to Radon*, 2009.

Key Messages

If you smoke and your home has high levels of radon, your risk of getting lung cancer is especially high.*

The EPA estimates that 86% of radon-related lung-cancer deaths occur among current or former smokers.*

This problem could affect you:

- 13% of Vermont homes exceed the EPA action level
- 4% of Vermont homes exceed twice the EPA action level.

Lung cancer due to smoking and radon *can* be prevented.

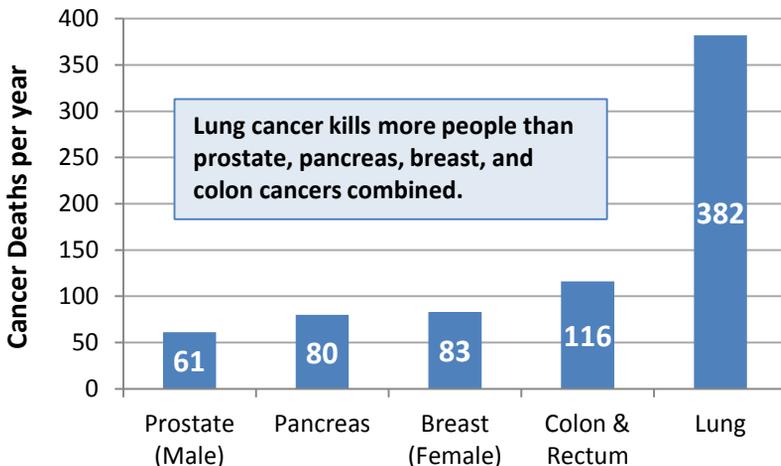
Resources

For more about the risks of radon and smoking, go to:

healthvermont.gov/tracking/radon-smoking-and-lung-cancer

Lung Cancer: The #1 Cause of Cancer Death

Vermont Cancer Deaths (per year)
Age Adjusted Cancer Mortality Rates, 2006 – 2010[†]



[†]Source: Vermont Cancer Registry

Key Messages

Cancer is the leading cause of death in Vermont, and lung cancer kills more Vermonters than any other kind of cancer.[†]

Nearly 90% of lung cancer cases are due to smoking.[†]

Radon-related lung cancer kills people five years sooner than lung cancer due to other causes.^{††}

Resources

For more information:

- healthvermont.gov/cancer
- Vermonters Taking Action Against Cancer: vtaac.org

^{††}Source: US EPA. *EPA Assessment of Risks From Radon in Homes*. 2003.

Radon: A Silent Killer

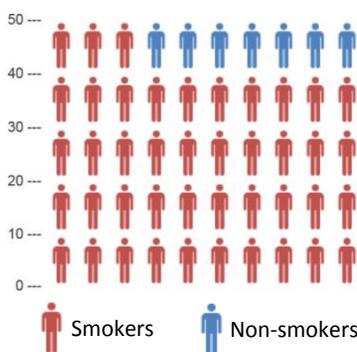
One in 8 Vermont homes has elevated levels of Radon



Radon moves from the soil and into your home through cracks and openings in the foundation.



An estimated 50 Vermonters die from radon-related lung cancer each year. Most of the deaths occur among smokers and former smokers.



Source: Vermont Department of Health Indoor Radon Program

What is radon?

Radon is a naturally occurring, cancer-causing radioactive gas with no color, odor or taste.

Key Messages

Radon is the second leading cause of lung cancer.

Homes with elevated radon levels are found throughout Vermont.

Radon problems can be fixed by installing a radon mitigation system.

Unless you test, there is no way to know if radon is present in your home.

Resources

You can test your home for radon by ordering a **FREE** test kit from the Vermont Department of Health.

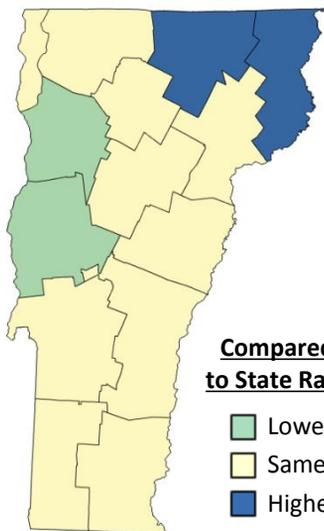
call: **1-800-439-8550**

email: radon@vermont.gov

Smoking: The Leading Cause of Preventable Death

Smoking Rates by County, 2008 – 2010

Compared to State Smoking Rate, 2010



County	% of people who smoke
Chittenden	12%
Addison	13%
Washington	17%
Windsor	17%
Windham	18%
Grand Isle	18%
Franklin	19%
Caledonia	19%
Lamoille	20%
Rutland	20%
Orange	20%
Bennington	21%
Orleans	22%
Essex	29%
Vermont State Rate	16%

Key Message

Quitting smoking is the best way to reduce your risk of lung cancer.

Resources

Vermont's Quitline and Quit Partners Program offer free services to help you quit, including **FREE** nicotine replacement - gum, patches or lozenges - shipped right to your door.

www.802Quits.org

1 800-Quit-NOW (764-8669)



Source: Behavioral Risk Factor Surveillance System (BRFSS), [Healthy Vermonters 2020](#)