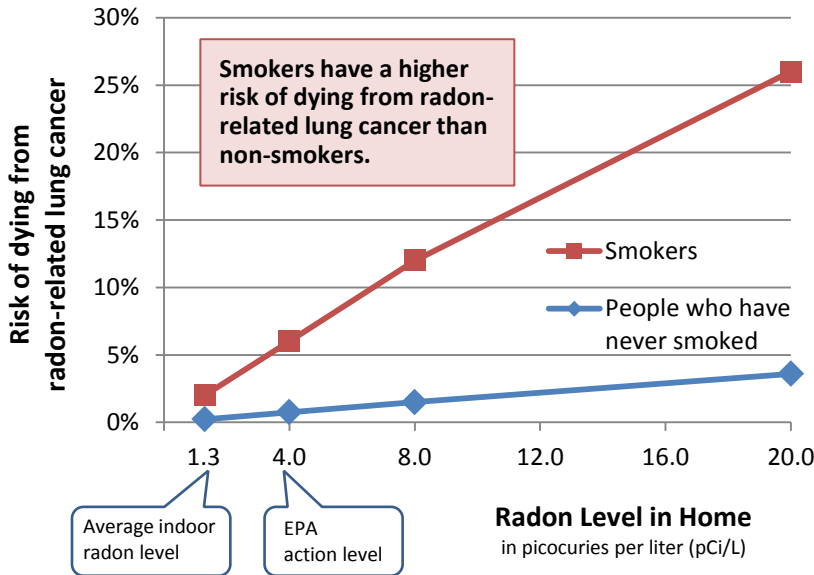


Radon and Smoking: A Risky Combination

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.

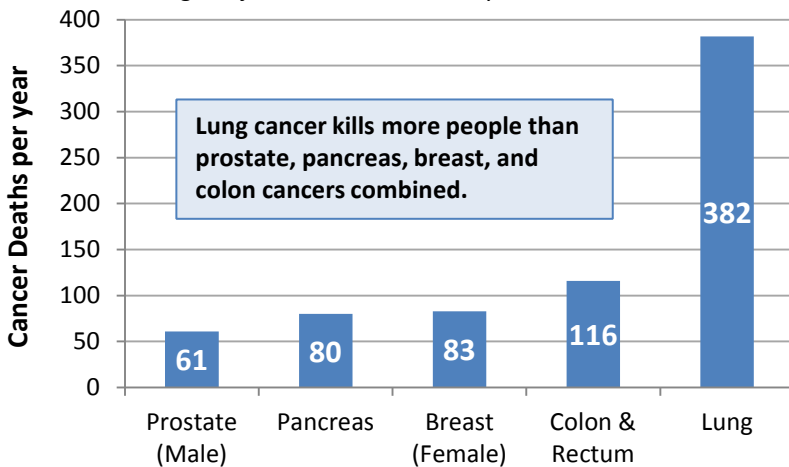
Resources

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

healthvermont.gov/tracking/rslc.aspx

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

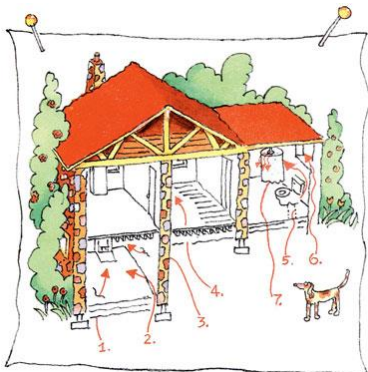
^{††}Source: US EPA. *EPA Assessment of Risks From Radon in Homes*. 2003.

Radon: A Silent Killer

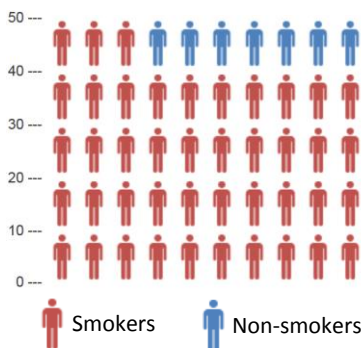
One in 8 Vermont homes has elevated levels of Radon



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.

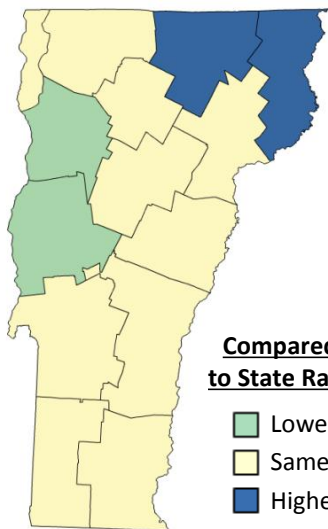
Resources

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@state.vt.us

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](#)