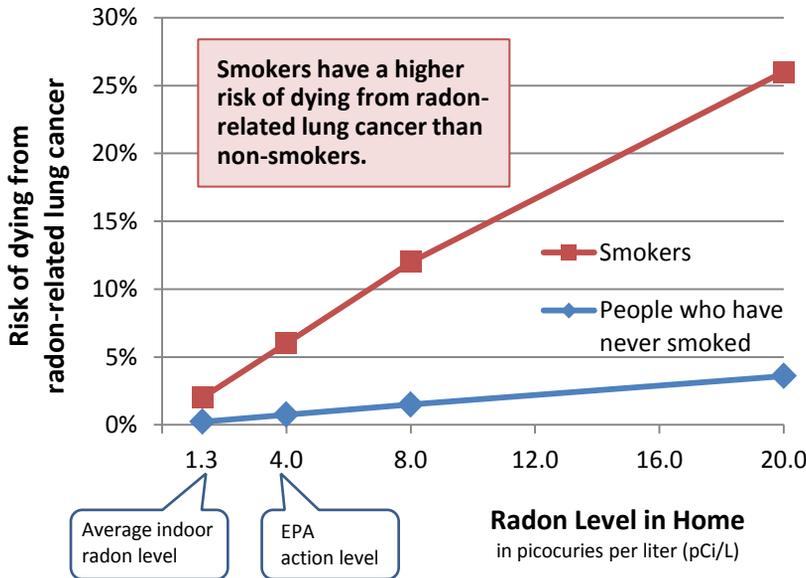


## Radon and Smoking: A Risky Combination

### 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.

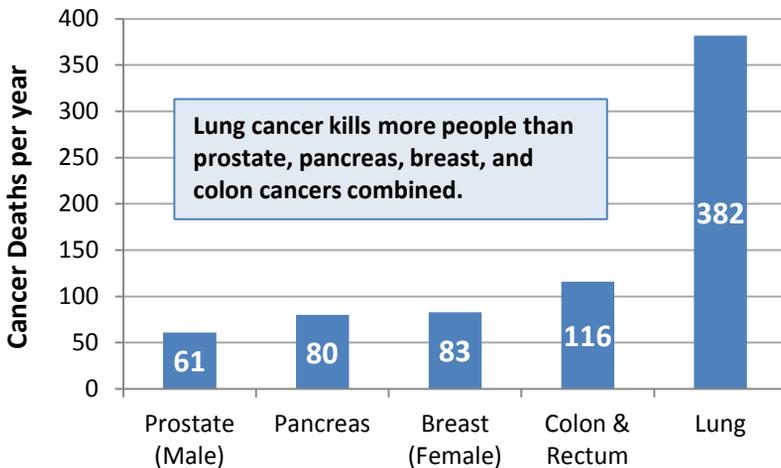
#### Resources

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

[healthvermont.gov/tracking/rslc.aspx](http://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<sup>†</sup>



<sup>†</sup>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.<sup>†</sup>

Nearly 90% of lung cancer cases are due to smoking.<sup>†</sup>

Radon-related lung cancer kills people five years sooner than lung cancer due to other causes.<sup>††</sup>

#### Resources

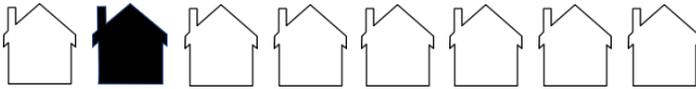
For more information:

- [healthvermont.gov/cancer](http://healthvermont.gov/cancer)
- Vermonters Taking Action Against Cancer: [vtaac.org](http://vtaac.org)

<sup>††</sup>Source: US EPA. *EPA Assessment of Risks From Radon in Homes*. 2003.

## Radon: A Silent Killer

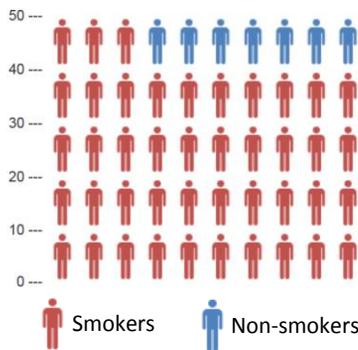
One in 8 Vermont homes has elevated levels of Radon



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

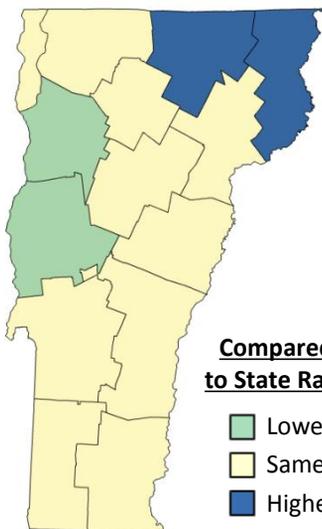
- Radon is the second leading cause of lung cancer.
- Homes with elevated radon levels are found throughout Vermont.
- Radon problems can be fixed by installing a radon mitigation system.
- Unless you test, there is no way to know if radon is present in your home.

### 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](mailto: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%
<b>Vermont State Rate</b>	<b>16%</b>

### 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](http://www.802Quits.org)  
 1 800-Quit-NOW (764-8669)



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