



ANDERSON COUNTY
HEALTH DEPARTMENT

SMOKEFREE

Dining Guide

**Welcome to Anderson County's Smoke-Free Dining Guide!
We are so happy you have chosen to explore smoke-free dining.**



Why is it important to be 100% smoke-free?

Secondhand smoke isn't just smelly or irritating, it poses real health risks to all of us. People who are especially vulnerable to its damaging effects include anyone with asthma or heart disease, pregnant women, and children.

Let restaurants know how you feel about their smoking policies. If you appreciate a 100% smoke-free environment, take time to thank them. If you want policies changed, your encouragement can make a difference!

We hope you enjoy your 100% smoke-free dining experience in Anderson County!

There's No Such Thing as a Non-Smoking Section

Secondhand smoke travels throughout the entire restaurant and the health risks for diners and wait staff are alarming. Over 4,000 chemicals are found in tobacco smoke. Breathing it can cause cancer, heart disease, and other illnesses in people who don't smoke. And the truth is most people prefer smoke-free dining.



Café on Main 116 S. Main St. 839-8390	Dairy Queen 606 W. Broadway 839-9972	Foliage Chinese Westpark Shopping Center 839-8370
Huddle House 1014 Bypass South 859-0880	It's A Pizza Willowdale Plaza – Broadway 839-7272	Kavanaugh Tea Room 241 E. Woodford St. 839-9880
King's Wok 1252 Anderson Crossing Dr. 839-1868	La Isla Mexican 751 W. Broadway 839-9550	Little Caesars Pizza 1004 Bypass South 839-5555
McDonald's 1013 Commerce Way 859-3843	McDonald's Westpark Shopping Center 839-5326	Papa John's Pizza 501 Humston Dr. 839-1616
Subway Westpark Shopping Center 839-9850	Subway Wal-Mart Location 859-2123	Taco Bell 1008 Bypass South 839-8933
Talk of the Town 408 W. Broadway 859-1185	Wendy's 1220 Anderson Crossing Dr. 859-0228	

SMOKE-FREE DINING IN ANDERSON COUNTY

This directory has been created to assist diners in finding restaurants providing 100% smoke-free environments. Each of these dining locations is not only committed to offering fine food and service, but also to protecting the health of their patrons and employees.

Please thank these restaurants for being smoke-free and encourage other businesses in our community to be smoke-free for the health of our community.

Every effort has been made to ensure that the information in this listing. However, over time and as ownership changes, some restaurants may change their smoke-free policy. We sincerely apologize in advance for any inaccuracies, omissions or errors in this publication.

So...search, find and enjoy a delicious meal! Also, please feel free to share any new smoke-free restaurants you've discovered and we'll happily update our listing and our web site.

For further information about the dangers of smoking and secondhand smoke, and the benefits of smoke-free policy, contact the Anderson County Health Department.

April Thomas at april.thomas@ky.gov or 502-839-4551 ext. 1110

"The debate is over. The science is clear; secondhand smoke is not a mere annoyance, but a serious health hazard that causes premature death and disease in children and nonsmoking adults." US Surgeon General, 2006.

Secondhand smoke is a serious health hazard to everyone. Those with risk factors for heart disease are especially vulnerable, as short-term exposure to SHS could trigger a heart attack. Infants and young children also increase their risk of developing asthma, upper respiratory infections and ear infections with exposure to SHS. An unborn baby whose mother is exposed to SHS while pregnant has a greater risk of low birth weight, more health problems and sudden infant death syndrome (SIDS).

Even a little bit harms your heart, 5 minutes of exposure stiffens the aorta making it harder for the heart to pump blood. In April 2004 the Centers for Disease Control issued a warning that all patients with heart disease should avoid exposure to secondhand smoke.

Secondhand smoke (SHS) contains more than 4,000 chemicals. At least 60 of these chemicals are known to cause cancer.

The Environmental Protection Agency has classified secondhand smoke as a group A carcinogen. This means it is known to cause cancer. Other group A carcinogens include arsenic, asbestos, benzene and DDT.

There is no such thing as a non-smoking section. *"No feasible ventilation system can reduce secondhand smoke exposure to safe levels."* American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE).

Restaurant employees' health risks: Waitresses die from higher rates of lung and heart disease than any other female occupational group, according to a study published by the *Journal of the American Medical Association*. They have four times the expected lung cancer mortality and 2 1/2 times the expected heart disease mortality rate.

**SECONDHAND SMOKE - IT HURTS YOU.
IT DOESN'T TAKE MUCH. IT DOESN'T TAKE LONG.**

**100%, 24/7, 365 SMOKE-FREE
GOOD FOR HEALTH – GOOD FOR BUSINESS**