Pure Michigan: Making Our Beaches and Parks Smoke Free

Speakers:

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The Need for Smoke-Free Beaches and Parks

<u>Secondhand Smoke- Health Impact</u>

- 2006 Surgeon General Report
  - Respiratory Effects- Asthma
  - Cardiovascular Effects
  - Cancer Effects
  - Developmental Effects

The Need for Smoke-Free Beaches and Parks

Secondhand Smoke- Health Impact In Outdoor Environments

- California Air Resources Board Report: http://www.arb.ca.gov/regact/ets2006/app3exe.pdf
- Repace Measurements 2005: http://www.repace.com/pdf/outdoorair.pdf
- Klepeis, Neil. "Real-Time Measurement of Outdoor Tobacco Smoke Particles." 2007 http://tobaccosmoke.exposurescience.org/real-time-measurement-of-outdoor-tobacco-smoke-particles

The Need for Smoke-Free Beaches and Parks

<u>Cigarette Litter- Environmental and Health Impact</u>

- #1 Cause of outdoor pollution
- **Cigarette litter is dangerous.** Discarded cigarettes pollute the land and water and may be ingested by toddlers, pets, birds, or fish due to the high level of toxins http://www.cawrecycles.org/issues/cigarettes

Benefits of Smoke-Free Parks and Beaches

- Protects children from cigarette and tobacco waste
- Protects residents and visitors from secondhand smoke
- Models a healthy lifestyle for youth
- Provides a healthy environment for recreation use

Sault Ste. Marie City Resolution

Background:

- Collaborative effort between multiple agencies and coalitions
- TF parks and beaches compliments school policies
- Signage already existed in some areas

Sault Ste. Marie City Resolution

Process for Passage of resolution:

- Coalition agreement on the need for the policy
- Educate community groups and city staff to gain support
- Media
- Survey public in a variety of settings
- Met with city staff on policy language
- More education and media
- Presented policy to city
- Resolution approved

15 Reasons Parks & Playgrounds Should be Tobacco-Free

1. Tobacco use is the leading cause of preventable death in the U.S.
2. There is no safe level of exposure to secondhand smoke.
3. Secondhand smoke leads to many serious illnesses including asthma, respiratory infections and cardiovascular disease.
4. When children see adults using tobacco in family-friendly places such as parks and playgrounds, they see the behavior as acceptable and are more likely to mimic the behavior.
5. A critical component in addressing youth tobacco use is to create an environment in which tobacco use is not considered the norm in adult society.
6. Parks are about clean air, natural beauty, and engaging in healthy activities.
7. Kids should be able to play without being directly exposed to the harmful effects of secondhand smoke.
8. Cigarette butts are the most common form of litter.
9. Cigarette butts are hazardous to children, animals and the environment; discarded cigarette butts put children at risk for toxic poisoning, choking or burning themselves.
10. Cleaning up cigarette butts is costly to taxpayers.
11. In Chippewa County, 70% of adults do not smoke.
12. Every year in Michigan, over 1,740 non-smokers die as a result of exposure to secondhand smoke.
13. In Michigan, 16,000 kids under the age of 18 become daily smokers each year.
14. Nearly 90% of adult smokers began smoking at or before the age of 18.
15. It is common sense to protect children where they play and socialize.

Sources:
1. Capital District Tobacco-Free Coalition. Retrieved May 20, 2010 from http://www.smokefreecapital.org/Files_HY/15reasons.cfm.
2. Campaign for Tobacco-free Kids. "The Toll of Tobacco in Michigan". Retrieved May 20, 2010 from http://www.tobaccofreekids.org/reports/settlements/toll.php?StateID=MI.
3. Michigan Department of Community Health, Division for Vital Records and Health Statistics and Centers for Disease Control and Prevention; Smoking Attributable Morbidity, Mortality, and Economic Costs (SAMMEC).

Keep it Clean!

- Cigarette butts are the #1 source of litter in the world, with an estimated several trillion littered annually.[1]
- Cigarette butts are NOT biodegradable – they are made of plastic fibers and may take years to break down.[2, 4]
- Littered cigarette filters contain toxic chemicals which may be released into the environment.[1]
- Cigarette butts may be harmful to children or animals who mistakenly ingest them.[3,4]

Please dispose of cigarette butts responsibly!

For more information, call the Chippewa County Tobacco-Free Living Coalition at (906) 635-3636 or Sault Tribe Community Health at (906) 632-5210.

Sources:

1. Cigarettelitter.org. Retreived July 17, 2009 from: www.cigarettelitter.org.
2. Novotny T. E., Lum K., Smith E., Wang V., Barnes R. (2009). Cigarettes Butts and the Case for an Environmental Policy on Hazardous Cigarette Waste. *International Journal of Environmental Research and Public Health*. 6(5):1691-1705.
3. Centers for Disease Control and Prevention. (1997). Ingestion of Cigarettes and Cigarette Butts by Children -- Rhode Island, January 1994-July 1996 . *Morbidity and Mortality Weekly Report (MMWR)*. February 14, 1997/46(6);125-128.
4. Berkley, California Division of Public Health, Tobacco Prevention Program. Retrieved July 21, 2009 from: http://www.ci.berkeley.ca.us/publichealth/tobacco/environ.html.

Sault Ste. Marie City Resolution

Successful aspects of policy:

- All tobacco products are covered
- Posted no tobacco use signs
- Covers all playgrounds and ball fields
- Developed strong relationships with city legislators and staff

Sault Ste. Marie City Resolution

Why was the resolution successful?

- Public health benefits compelling
- Positive role modeling for tobacco free you
- Litter
- Youth groups support
- Public support demonstrated
- Education before introducing policy

Sault Ste. Marie City Resolution

Lessons Learned:

- Understanding the political process
- Timing presentation of the policy
- Champion city commissioner
- Collaborate with youth and community groups.

Components of an Effective Smoke-Free Outdoor Policy

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Immature Red billed gull trying out a cigarette butt as food (fortunately it didn't swallow it as the filter is basically indigestible).
Petone beach, Wellington, New Zealand. Image by Tony Wills.

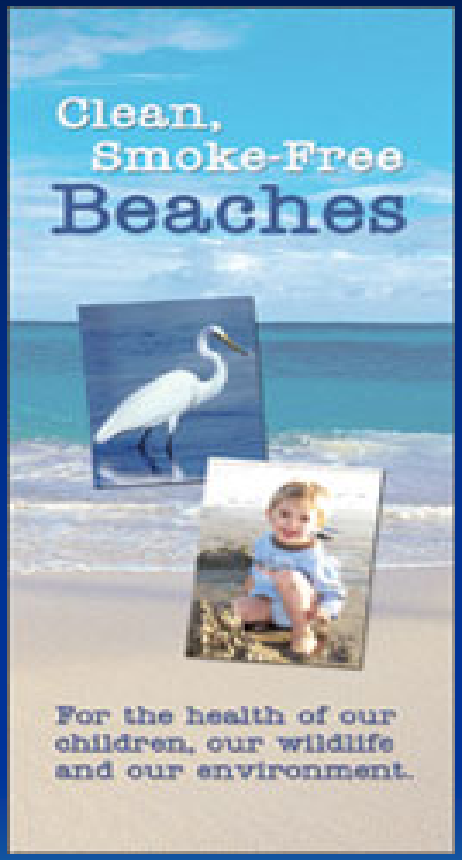
Components of a Comprehensive, Enforceable Policy

- Findings and intent
- Definitions
- Posting of signs
- Removal of ashtrays
- Civil enforcement, incl. removal from premises, graduated fine and suspension/revocation of permit/license
- Public education program

California smoke-free beach sign

http://www.tobaccofreecatalog.org/productdetails.aspx?id=91&itemno=J724

California smoke-free beach sign



http://www.tobaccofreecatalog.org/ProductDetails.aspx?id=2&itemno=J831&affiliate=0E-022-A-11-04-02

Model Ordinance Language

- ANR Model Ordinance Prohibiting Smoking in Outdoor Places of Employment and Public Places
- “Recreational Area” = “any public or private area open to the public for recreational purposes, whether or not any fee for admission is charged, including but not limited to, amusement parks, athletic fields, beaches, fairgrounds, gardens, golf courses, parks, plazas, skate parks, swimming pools, trails, and zoos”
- “Playground” = “any park or recreational area designed in part to be used by children that has play or sports equipment installed or that has been designated or landscaped for play or sports activities, or any similar facility located on public or private school grounds or on [City *or* County] grounds”

http://www.no-smoke.org/pdf/modelordinance_outdoors.pdf

Model Ordinance Language

- New York Model Ordinance to Prohibit Tobacco Use and Smoking in Specified Outdoor Areas
- Findings: “Exposure to secondhand smoke anywhere has negative health impacts, and exposure to secondhand smoke occurs at significant levels outdoors, as evidenced by the following:
    - Irritation from secondhand smoke begins at levels as low as 4 micrograms per cubic meter, and in some outdoor situations this level can be found as far away as 13 feet from a burning cigarette;
    - To be completely free from exposure to secondhand smoke in outdoor places, a person may have to move nearly 25 feet away from the source of the smoke, about the width of a two lane road; [etc.]”

http://www.no-smoke.org/pdf/modelordinance_outdoors.pdf

Example of Ordinance Coverage

- The City Council of Calabasas, California, passed an ordinance that took effect January 1, 2007, “prohibit[ing] smoking in all public places, indoor or outdoor, where anyone might be exposed to secondhand smoke.” The measure “includes outdoor cafes, bus stops, soccer fields, condominium pool decks, parks and sidewalks.” “Smoking in one’s car is allowed, unless the windows are open and someone nearby might be affected.”

Resources

- Americans for Nonsmokers' Rights
  - http://www.no-smoke.org
- Technical Assistance Legal Center
  - http://www.phlpnet.org/tobacco-control/products/smokefree-beaches-ordinance
- Smoke-Free Environments Law Project
  - http://www.tcsg.org/sfelp/home.htm

Resources (cont'd)

- Cigarette Litter.org
  - http://www.cigarettelitter.org
- Cigarette Butt Litter (Clean Virginia Waterways)
  - http://www.longwood.edu/cleanva/cigarettelitterhome.html
- Surfrider Foundation
  - http://www.surfridersd.org/hotyb.php

Resources (cont'd)

- Center for Public Health and Tobacco Policy
  - http://www.tobaccopolicycenter.org
- LitterButt
  - http://www.litterbutt.com/Home/Stop-Roadway-Litter.aspx
- Beachapedia (Cigarette Butt Litter)
  - http://www.beachapedia.org/Cigarette_Butt_Litter

Resources (cont'd)

- Benefits of Smoke-Free Regulations in Outdoor Settings: Beaches, Golf Courses, Parks, Patios, and in Motor Vehicles
  - http://www.repace.com/pdf/Repace_Ch_15_Outdoor_Smoke.pdf
- Outdoor Air Pollution From Secondhand Smoke (fact sheet)
  - http://www.repace.com/pdf/OTS_FACT_SHEET.pdf

Building Healthy Communities and Tobacco

Collaboration

BHC and Tobacco Collaboration

- Coalition representation
- Share resources, materials, tools
- Collaborate on media efforts
- Consistent communication on the issue to policy makers and the public
- Seek community grants together (i.e. community foundation funding for an ad, etc.)

BHC and Tobacco Collaboration

- Overlapping Work Plan Priorities
  - BHC: Policy and environmental changes in the areas of nutrition, physical activity, and tobacco use
    - SF Outdoor areas is part of current and future work plans
    - Supported by CDC and other sections in MDCH
  - Tobacco: Policy and environmental changes in the area of tobacco use
    - SF Outdoor areas was a part of prior work plans and will be a part of future work plans

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