



## Speak Out To Make It Happen

### Second-hand Smoke . . . What's the Problem?

If second-hand smoke is present in a room, there are over 50 cancer-causing chemicals present too.

Second-hand smoke can cause lung, nasal, sinus, breast and cervical cancer, heart disease, stroke, asthma, bronchitis and pneumonia in adults.

Bar and restaurant staff who are non-smokers have three times greater risk of developing lung cancer than other non-smokers. Children are at increased risk because they have smaller lungs, breathe faster and are often not able to leave a smoky place.

### Will a 100% smoke-free bylaw affect local business?

There is no factual evidence to show that a smoke-free bylaw has a negative economic impact. Cities all over North America that have passed smoke-free bylaws report the same, or increased, business in restaurants, bars and tourism.

### What's the situation in our communities?

Right now, Belleville has a bylaw that only regulates smoking in some public places, and still allows restaurants to have 60% of their seating for smoking.

The rest of the cities and municipalities in Hastings and Prince Edward counties do not have a bylaw regulating smoking in public places. Thousands of Hastings and Prince Edward counties residents are exposed to secondhand smoke in public places daily.

There is a lot more we can do!

### What do people in our communities think?

Last year, Heart Health Hastings Prince Edward and the Hastings & Prince Edward Counties Health Unit surveyed area residents. This is what the public said about 100% smoke-free public places:

- 76% support smoke-free sports and recreation centres
- 68% support smoke-free workplaces
- 64% support smoke-free bowling centres
- 64% support smoke-free restaurants
- 56% support smoke-free bingo halls

Clearly there is support for 100% smoke-free places in Hastings and Prince Edward counties!

### What help is available for smokers?

"One Step at a Time" free self-help booklets from the Hastings and Prince Edward Counties Health Unit or Canadian Cancer Society Advice and materials from the "Tobacco Talk" Line 966-5513 ext. 600

Information, advice and support through the Canadian Cancer Society's Smokers Helpline toll free 1-877-513-5333

Smoking Cessation classes through Hastings & Prince Edward Counties Health Unit 966-5500 ext. 301



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### What can I do to help?

- Make a presentation at an upcoming public or City council meeting;
- Write, fax or email a letter to your councillor or the Mayor;
- Pick up the phone and call the Mayor and/or your councillor;
- Write a letter to the Editor of one of the local papers;
- Attend one of the public meetings (watch for dates and times in your local paper).