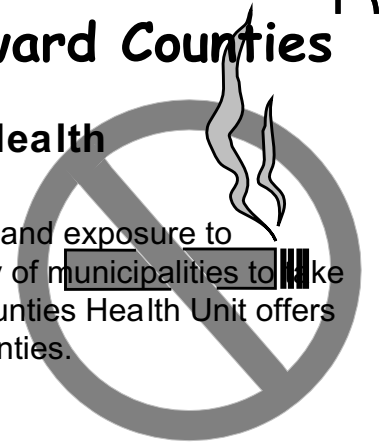


100% Smoke-Free Hastings & Prince Edward Counties

Advice to Municipalities from the Medical Officer of Health

Given the resounding evidence regarding the health impact of tobacco use and exposure to second-hand smoke, as well as the legal mandate and ethical responsibility of municipalities to take action, the Medical Officer of Health of the Hastings and Prince Edward Counties Health Unit offers the following advice to all municipalities in Hastings and Prince Edward counties.



Municipalities should fulfill their responsibilities to ensure a safe and healthy environment and protect the health of residents and visitors to their community by passing a uniform bylaw prohibiting smoking in all public places throughout all municipalities in Hastings and Prince Edward counties.

The Medical Officer of Health advises that a 100% smoke-free, uniform bylaw be passed by councils in Belleville, Quinte West, Municipality of Prince Edward County and all other municipalities in Hastings and Prince Edward counties by December 31, 2002 for implementation on May 31, 2003 in recognition of World No-Tobacco Day.

Public places is defined as all establishments that members of the public frequent and all workplaces.

A template for such a bylaw is provided in this package.



Protecting the Health of the Public from Environmental Tobacco Smoke

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Smoking and Its Impact

Smoking in Hastings and Prince Edward Counties



71% of Hastings and Prince Edward counties residents 18 years and older are non-smokers, 22% are daily smokers, and 8% are occasional smokers.

The largest percentage of smokers in Hastings and Prince Edward counties (35%) fall into the 18 - 24 year age group.

More than 90% of smokers and former smokers say they started smoking in their teenage years.

47% of all smokers in Hastings and Prince Edward counties reported trying to quit in the last 12 months.

32% of smokers reported they will try to quit in the next 30 days.

All of the above statistics were taken from a survey of Hastings and Prince Edward counties residents conducted by Smaller World Communications in January 2001 for the Health Unit and Heart Health Hastings Prince Edward.

Impact on Smokers

Cigarette smoking is the major cause of preventable death in Canada.

Smoking causes four times as many deaths as motor vehicle accidents, suicides, homicides, and AIDS combined.

Tobacco use kills 12,000 Ontarians annually.

16,000 Canadians die each year from tobacco-related heart diseases. Heart disease is the leading cause of death in Ontario and Canada for both men and women.

Hastings and Prince Edward Counties have been declared a heart disease hot spot because the incidence of heart disease in this area is significantly higher than the provincial average.

Tobacco use is responsible for about 30% of all cancer deaths.

Hastings and Prince Edward counties residents have a significantly higher rate of death due to lung cancer than other Ontario residents.

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Why We Need Bylaws

The Municipal Act was amended in 1994 giving municipalities a legal mandate to take action to protect residents and visitors from second-hand smoke, a preventable cause of disease and death.

Despite the fact that smoke-free bylaws are effective in protecting the health of the public, none of Hastings and Prince Edward counties 17 municipalities have taken the initiative to implement a 100% smoke-free bylaw.

Hastings and Prince Edward counties lag far behind other areas in protecting residents from the hazards posed by tobacco smoke.

More than 50% of residents in Ontario now live in a community protected by smoke-free bylaws. Bylaws have been passed in Toronto, York, Peel and Waterloo regions, London, Brantford, Sudbury, Peterborough, Guelph, Windsor, Ottawa, and are under development in many other cities and municipalities (for example, Cornwall).

Newfoundland and British Columbia have passed province-wide smoking bans which come into effect on January 1, 2003.

Many tourists visiting Hastings and Prince Edward counties come from areas where smoke-free bylaws are in effect and expect to be protected from second-hand smoke here as well.

Local support for 100% smoke-free public places is as follows:

Sports and Recreation Centres	76%
Workplaces	68%
Bowling Centres	64%
Restaurants	64%
Bingo Halls	56%

Of those who do not support 100% smoke-free public places, the majority feel that 50-75% of space in public spaces should be non-smoking.

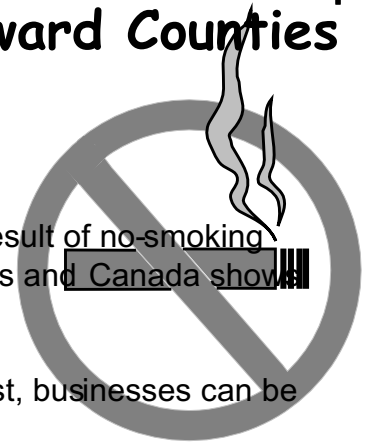
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Economic Impact

Concern is often expressed about the economic impact on business as a result of no-smoking bylaws. Research dating back as far as the early 1990s in the United States and Canada shows there is no long-term impact on business.

By adopting a uniform 100% smoke-free bylaw in Belleville and Quinte West, businesses can be assured of a level playing field when the bylaw is implemented.



What the Research Says

A Conference Board of Canada 1996 study of restaurants found that 80% of the businesses experienced successful conversion to a smoke-free environment, as well as increasing customer and employee satisfaction, and attracting new customers.

In 2001 researchers at the University of Quebec examined actual and perceived costs of workplace and restaurant smoke-free bylaws and concluded that although firms and restaurants perceived high costs associated with strict bylaws, actual direct and indirect costs were minimal.

A 1994 study comparing sales from 15 cities with and without smoke-free bylaws concluded that 100% smoke-free bylaws had no effect on restaurant sales in California and Colorado.

A Massachusetts study in 1997 reported that two thirds of the population would visit bars and restaurants the same amount after a no-smoking bylaw was enacted. Of those predicting a change in their restaurant patronage, the proportion predicting increased visits was almost four times greater than the proportion predicting decreased patronage. In terms of bar patronage, the proportion predicting increased visits was almost twice as large as the proportion predicting decreased patronage.

A 1999 California study reported that international tourism in 6 U.S. states was either unaffected or increased following implementation of the smoke-free bylaw by comparing hotel revenues and tourism rates.

A study conducted in California in 2000 reported support for smoke-free bars had increased by 24% since the statewide ban on smoking in bars and restaurants was enacted. Seventy-three percent of bar patrons reported approval for the legislation.

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Exposure to Second-hand Smoke (ETS)

There is no safe level of exposure to second-hand smoke which is also known as environmental tobacco smoke (ETS).

The list of ingredients in tobacco smoke includes more than 4000 different chemical compounds. More than 50 of these substances are known carcinogens.

Thousands of Hastings and Prince Edward Counties residents are exposed to second-hand smoke in public places daily.

The effect on adults includes lung, nasal sinus, breast and cervical cancer; heart disease; stroke; asthma; bronchitis; and pneumonia.

96% of Hastings and Prince Edward counties residents agree that ETS is a serious health hazard.

86% of area residents agree that ETS is as harmful as smoking.

The American Society of Heating, Refrigeration and Air-Conditioning Engineers (ASHRAE), the world's leading ventilation standard-setting organization, has concluded that no ventilation technology currently exists to effectively reduce tobacco smoke to levels that would provide adequate public health protection.

Impact on Children

Children who are forced to breathe second-hand smoke have higher rates of asthma, ear infections, respiratory problems, sudden infant death syndrome (SIDS), and decreased lung function.

Pregnant women who smoke put their fetus at risk for low birth weight and pre-term birth, chronic pulmonary disease, long-term growth and development, and cognitive and behavioural problems.

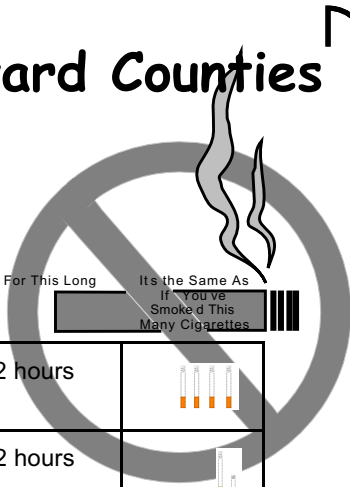
90% of area residents agree that others should not smoke when children are present.

In the Workplace

The Occupational Health and Safety Act lists 15 substances that have no safe level of exposure six of these are found in tobacco smoke.

Restaurant and bar staff who are non-smokers are three times more likely to develop lung cancer than other non-smokers.

68% of Hastings and Prince Edward counties residents are in favour of making workplaces smoke-free.



If You're In This Location & (Exposed to second-hand smoke)	For This Long	It's the Same As If You've Smoked This Many Cigarettes
Bar	2 hours	3 cigarettes
Restaurant	2 hours	3 cigarettes
Office	8 hours	12 cigarettes
Smoker's Home	24 hours	3 cigarettes
Car	1 hour	3 cigarettes

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Current Efforts to Fight Tobacco

A three-pronged approach is used to promote smoke-free living.

Prevention

Provide educational materials and displays about dangers of smoking in schools, workplaces and at community events.

Grade four resource binder developed to assist teachers in educating youth about tobacco in order to prevent use.

Carry out education campaigns to raise awareness that it is against the law for anyone to buy or give cigarettes to youth under 19.

Educate tobacco retailers and monitor their compliance with the Tobacco Control Act that prohibits the sale or supply of tobacco to anyone under 19. Since 1995, 155 charges have been laid in Hastings and Prince Edward counties.

Cessation

Participate in National Non-Smoking Week and World No-Tobacco Day activities.

Provide self-help materials and support for teen and adult smokers who want to quit through schools, workplaces, community events, the Tobacco Talk Line and Smoker's Helpline.

Introducing smoking cessation classes in 2002.

Participate in the province-wide Quit Smoking incentive contest that in 2001 yielded a quit rate of 31% after one year.

Protection

Participate in province-wide Breathing Space campaign to promote smoke-free homes.

Carried out a media campaign in 2001 to educate the public about the dangers of second-hand smoke.

Consultation with workplaces who want to become smoke-free.

In the past, the Health Unit has formally approached several municipalities to develop no-smoking bylaws. As of December 2001, no municipality has passed a 100% smoke-free bylaw.

The Medical Officer of Health would like all municipalities to know that they have a legal mandate and ethical responsibility to protect the health and safety of their residents and visitors by passing a 100% smoke-free bylaw for all public places.

The Health Unit will help municipalities to develop smoke-free bylaws by providing information and consultation. They will also assist municipalities with education and awareness after a 100% smoke-free bylaw is enacted.

