



Deputation Presentation to: City of London, City Council
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Deputation Presentation by: Stephanie Dorman

My name is Stephanie Dorman and I am a volunteer with the Elgin Middlesex Unit of the Canadian Cancer Society, I am also working towards my PhD at Western University doing cancer research funded through the Canadian Institutes of Health Research and the London Regional Cancer Program. I would like to thank you for the opportunity to speak to you today about why the Canadian Cancer Society fully supports the Middlesex London Public Health Unit's recommendation for the creation of outdoor smoke-free spaces including parks and building entranceways.

Canadian Cancer Society volunteers and staff are proud to be leading the charge in the fight against cancer. Our fight is a big one. Cancer is a powerful enemy. In fact, every 3 minutes, another Canadian is faced with fighting cancer.

Cancer takes the lives of more people in Canada than heart disease, strokes, respiratory diseases, pneumonia, diabetes, liver disease and HIV/AIDS combined. According to the 2012 *Canadian Cancer Statistics*, it is estimated that in 2012, 27,900 Ontarians will die from cancer, and another 72,300 Ontarians will be diagnosed with the disease.¹

In the last 30 years cancer rates have more than doubled. Within the next decade, Ontario will see an unprecedented rise of 40 per cent in the number of people living with cancer. To put the increase into perspective, in 2007, 172 people were diagnosed with cancer each day. Today in 2012, that number has risen to 198 people per day. By 2017, that number is expected to jump to 228 per day (83,220 per year), unless there are significant changes made related to cancer prevention.² Therefore, it is important that all levels of government play a role in creating healthy public policy.

Today I am here to emphasize the need for the creation of outdoor smoke-free spaces in London. Creating smoke-free spaces will further protect the health of our community by increasing protection against second hand smoke, encouraging smokers to quit or cut back and decreasing negative role modeling for children.

Tobacco use is directly responsible for 30 per cent of all cancer deaths and 85 per cent of lung cancer deaths. The need for increased tobacco control is still great. Today over two million Ontarians smoke, thousands start every day, and every year approximately 13,000 Ontarians will die from tobacco use.

Second hand smoke is toxic, and there is no safe level of exposure. It contains over 4,000 chemicals including at least 50 known cancer-causing substances. Each year, more than 1,000 non-smoking Canadians die from second hand smoke.

¹ Canadian Cancer Society/National Cancer Institute of Canada: *Canadian Cancer Statistics 2012*, Toronto, Canada, 2012.

² Cancer Care Ontario. (2008). *Ontario Cancer Plan: 2008-2011 Background*. Available at: http://www.cancercare.on.ca/documents/Backgrounder_OCP.pdf.



Even outdoors second hand smoke is dangerous. Studies conducted at Stanford University concluded that smoke levels within half a meter of a single cigarette, depending on air conditions, are comparable to indoor smoke levels measured in previous studies of smoky bars³.

These findings are particularly important when we consider recreation spaces for children at parks and on playgrounds. Children, especially infants and toddlers, are not able to choose to relocate themselves when faced with smoking. Even if they are able to move, it is unfair to expect children to choose between physical activity on the playground and a smoke-free space.

Smoking bans have positive effects on smokers. Research has shown that smoking restrictions increase the motivation of smokers to quit or cut back. Statistics Canada reported in 2007 that smokers facing smoking restrictions at work or at home were more likely to cut back or consider quitting⁴. Based on this study, it is possible that smokers experiencing a ban on smoking in play areas, may also cut back or quit.

Outdoor smoking restrictions also decrease negative role modeling for children. If children and youth are not exposed to adult smoking behaviour, they may be less likely to think of it as normal. Since most smokers start before the age of 18, this is important for public health and cancer prevention.

Public support for the creation of outdoor smoke-free is strong across Ontario and in London. The City of Woodstock has had one of the most comprehensive outdoor smoke-free bylaws in Ontario since 2009, they have reported no negative impact on the use of facilities, and 84 per cent of smokers in Woodstock stated that the by-law as good for their children's health. In Ottawa Ipsos Reid surveys conducted prior to their bylaw showed 77 per cent support for smoking bans in parks and on playgrounds and a high of 84 per cent for bans by building entranceways⁵.

Here in London surveying conducted by the Middlesex London Health Unit shows 89.9 per cent support for smoking bans by public entranceways and 86.5 per cent support for playground smoking bans.

By passing an outdoor smoke-free bylaw London will join over sixty municipalities across Ontario who have already passed bylaws governing smoking in outdoor areas. This list includes Woodstock, Ottawa, Chatham-Kent, St. Thomas, Hamilton, Collingwood, Niagara Falls, Barrie, Belleville, Cornwall, Orillia, Peterborough, Toronto, Sault Ste. Marie and Kingston to name only a few on a list that continues to grow.

³ Klepeis, N.; Ott, W; Switzer, P,: Real-Time Measurement of Outdoor Tobacco Smoke Particles. *Journal of Air and Waste Management Association*, 2007 v. 57

⁴ Statistics Canada, Smoking bans: Influence on smoking prevalence, accessed February 9, 2011 <http://www.statcan.gc.ca/pub/82-003-x/2006008/article/smoking-tabac/10306-eng.pdf>

⁵ Building the Case for Outdoor Smoke-Free Public Spaces Technical Report, Middlesex London Health Unit, November 2011.



In conclusion the Canadian Cancer Society would like to express our support for the implementation of the Middlesex London Public Health Unit's recommendation of the creation of outdoor smoke-free spaces for parks and public entranceways. This bylaw will further protect the health of our community by increasing protection against second hand smoke, encouraging smokers to quit or cut back and decreasing negative role modeling for children.

I would like to thank you for your time and consideration to this important issue. Together we can continue to make progress towards a smoke-free Ontario and fight back against the leading preventable cause of death and disease in Ontario.

Thank you!