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**ML** MIDDLESEX-LONDON  
HEALTH UNIT

# Smoke-free Outdoor Public Spaces

## The Case for Smoke-Free Parks, Playgrounds and Entrance-Ways in the City of London

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# Tobacco Use Remains Public Health Concern

- Smoking and other forms of tobacco use remain the leading cause of preventable disease and death in Ontario
  - Costs Ontario economy \$7.73 billion/year
  - In 2009, \$1.93 billion in direct health care costs



# Protecting Children and Youth

**Table 1. Adverse Long-Term Health Effects of Second-Hand Smoke Exposure**

SHS Exposure and Adults	SHS Exposure and Children	SHS Exposure and Pregnant Women
<ul style="list-style-type: none"> <li>▪ Acute respiratory illness</li> <li>▪ Heart disease</li> <li>▪ Cancer (including breast)</li> <li>▪ Premature death</li> <li>▪ COPD</li> <li>▪ Stroke</li> </ul>	<ul style="list-style-type: none"> <li>▪ Exacerbations of asthma</li> <li>▪ Decreased lung function</li> <li>▪ Lower respiratory illness</li> <li>▪ Middle ear infections</li> <li>▪ Sudden Infant Death (SIDS)</li> <li>▪ Low birth weight</li> <li>▪ Adverse impact on cognition and behaviour</li> </ul>	<ul style="list-style-type: none"> <li>▪ Spontaneous abortion/miscarriage</li> <li>▪ Premature birth</li> <li>▪ Congenital anomalies and smaller head circumference</li> </ul>

# Protecting Children & Youth

- Outdoor levels of tobacco smoke within one to two meters of a lit cigarette can be as high as indoors<sup>1</sup>.
- Depending upon air flow and weather conditions, tobacco smoke can be detected 25-30 feet away<sup>2</sup>.
- The closer an individual is to tobacco smoke, the greater the harm<sup>3</sup>.



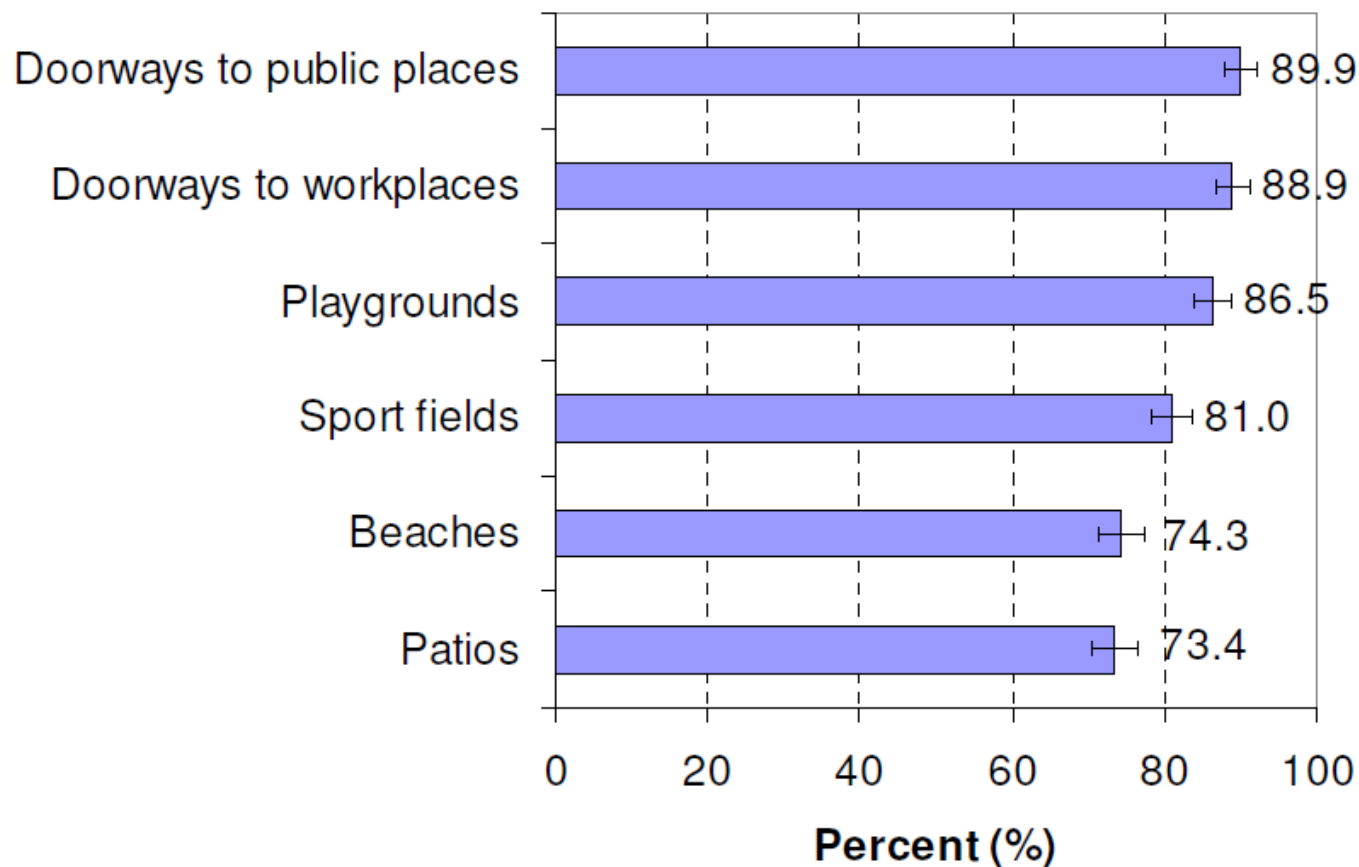
# Protecting Children & Youth

- Evidence from Social Cognitive Theory and Social Ecological Theory suggest that friends, family and role models who smoke influence smoking behaviour
  - Children and youth exposed to smoking are not only at risk for adverse health effects but at increased risk for tobacco use<sup>4,5,6</sup>.



**Figure 1. Support for local by-laws for smoke-free public places.**

Adults (18+) in Middlesex-London May – Dec 2009.



Source: RRFSS May – Dec 2009.

\* It is important to note that only 5.3% ( $\pm 1.6\%$ ) of the respondents did not support any suggested by-laws.

# Education and Enforcement

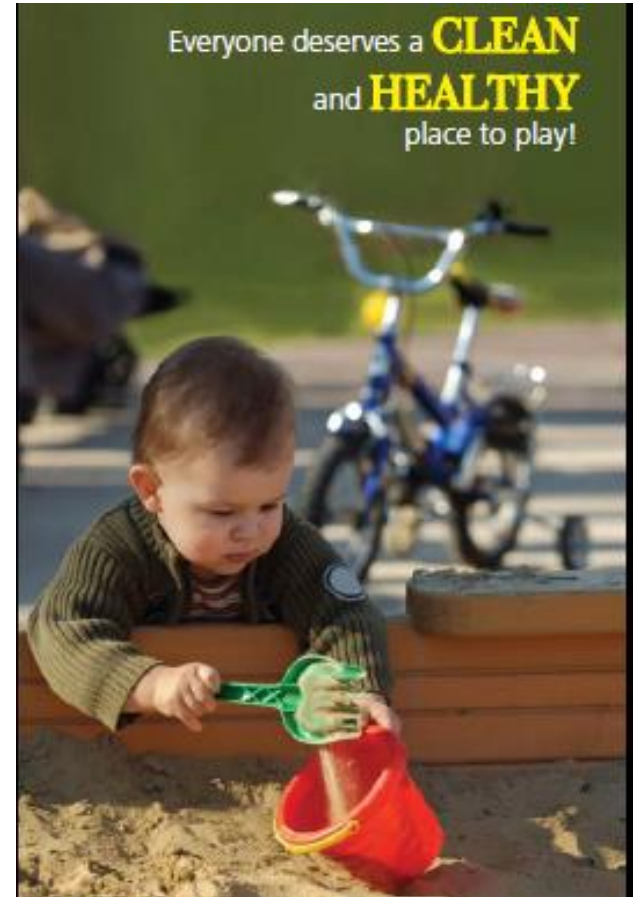


## Smoking Hurts

- Your health
- The health of others exposed to second-hand smoke
- The future... children and youth copy what they see



## Tobacco and Sports Don't Mix...





## References

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Available at: <http://monographs.iarc.fr/ENG/Monographs/vol83/index.php>
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4. Tobacco Advisory Group of the Royal College of Physicians. Report on passive smoking and children. London, UK: Royal College of Physicians, 2010.
5. Leatherdale ST, Cameron R, Brown KS, Jolin MA, Kroeker C. The influence of friends, family and older peers on smoking among elementary school students: low risk students in high-risk school. Prev Med 2006 03;42(3): 218-222.
6. U.S. Department of Health and Human Services. Preventing tobacco use among young people – A report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office of Smoking and Health, 1994. Available at: [http://profiles.nim.nih.gov/NN/B/C/F/T/\\_/nnbcft.pdf](http://profiles.nim.nih.gov/NN/B/C/F/T/_/nnbcft.pdf).

### For more information:

**Middlesex-London Health Unit (2011). Building the Case for Smoke-Free Public Outdoor Spaces: Technical Report. London, ON**

