

# Making Patios Smoke-free:

A positive step that governments can take to further protect children, hospitality workers and the community from second-hand smoke.

## Second-hand smoke is dangerous...

Second-hand smoke is what smokers exhale from a lit cigarette. It contains over 4,000 chemicals, 69 of which are known to cause cancer.<sup>1</sup> Second-hand smoke also causes other diseases, such as asthma, heart disease and emphysema. Medical authorities like the World Health Organization agree: there is no safe level of exposure to second-hand smoke.<sup>2,3</sup>

## ...even outdoors.

Some people believe that exposure to second-hand smoke outdoors poses no health risk because the smoke will simply go away. This belief is NOT supported by scientific research.

- When there is no wind, cigarette smoke will rise and then fall, and will saturate the local area with second-hand smoke;
- When there is a breeze, cigarette smoke will spread in various directions, and will expose non-smokers down-wind.<sup>4</sup>
- Non-smokers can be exposed to almost as much second-hand smoke in outdoor places, like restaurant patios, as they are in indoor restaurants.

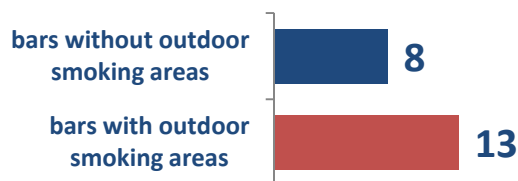
## Smoke-free laws prevent heart attacks

When smoke-free laws are introduced, hospital admissions for heart attacks drop by one-fifth in the newly smoke-free jurisdiction.

The finding of a study that pooled results from eight studies in Europe and North America.<sup>5</sup>

California researchers monitored tobacco smoke levels in outdoor public places where smokers were present, including sidewalk cafes, restaurant and pub patios. They found that being close to smokers outdoors resulted in about the same levels of exposure to smoke as being in a smoky tavern for the same length of time.<sup>6</sup> A similar study of outdoor smoking areas in Victoria, British Columbia, found that smoke pollution levels were similar to indoor smoking environments and exceeded health standards.<sup>7,8</sup>

## Nicotine blood levels of non-smoking bar workers in smoke-free bars (Ireland)



Researchers in Ireland measured the blood nicotine levels in non-smoking bar workers who were not otherwise exposed to second-hand smoke. They found that those who worked in bars with outdoor smoking areas had much higher blood nicotine levels, indicating that they had been exposed to much more second-hand smoke.<sup>10</sup>

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## Outdoor smoking areas are an unfair threat to workers' health.

Until smoke-free indoor laws were passed, hospitality workers were unfairly exposed to chemicals in tobacco smoke (like 4-aminobiphenol) that were so dangerous that no level of exposure was permitted for any other category of worker. **As long as smoking is permitted on patios and other outdoor workplaces, people who work in these environments will continue to be unfairly exposed to these chemicals.**

**“With as few as three cigarettes being smoked, the air quality was very similar on those patios [where smoking was permitted] to that which used to be found in indoor premises with no restrictions on smoking.”**

Richard Stanwick  
Chief Medical Health Officer  
Vancouver Island Health Authority<sup>11</sup>

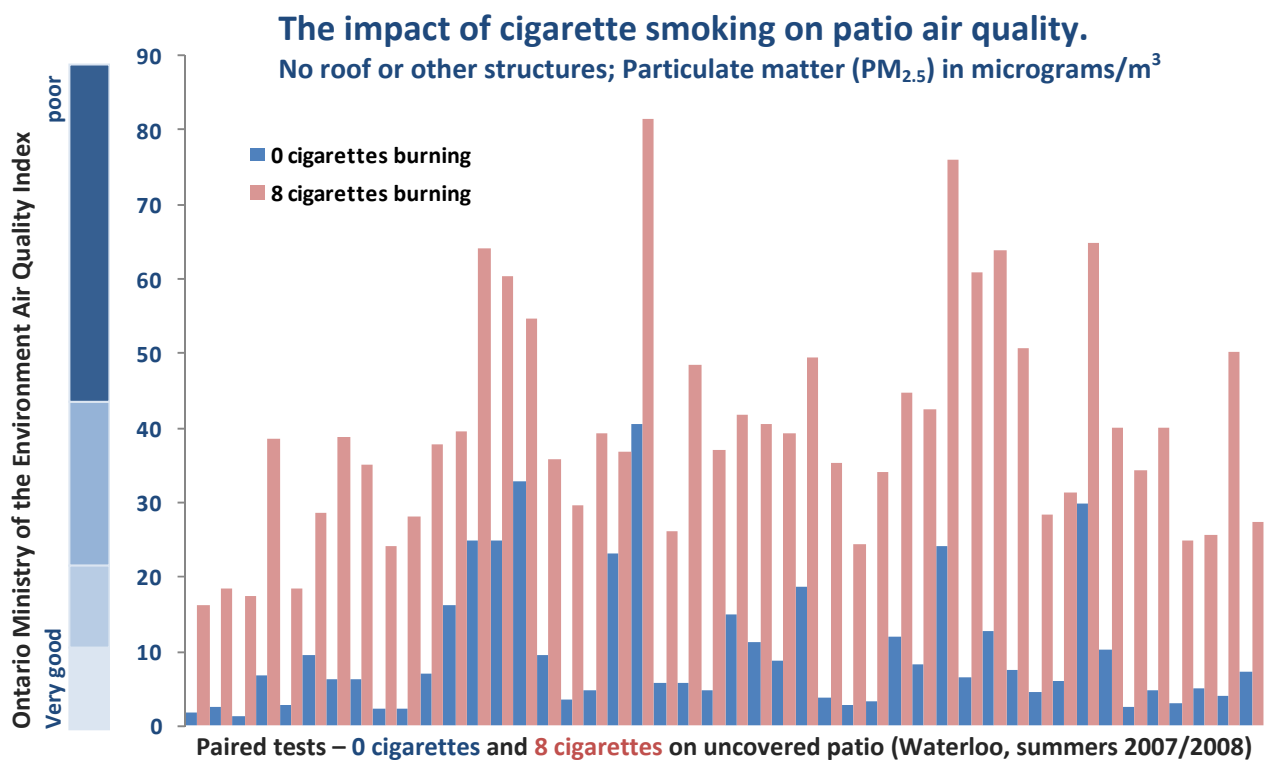
## Outdoor smoking areas are a hidden threat to public health.

People working or eating inside a smoke-free restaurant may not realize that they are exposed to smoke that drifts in from the outside patio. Smoke drifts inside from the outdoors and from informal and formal gathering places that permit smoking. This phenomenon was measured during experimental studies in Waterloo, Ontario.<sup>9</sup>

A study in Ireland found that workers in bars that had adjoining smoking areas (like patios) had levels of exposure to tobacco smoke much higher than workers in bars that had no outdoor smoking areas.<sup>10</sup>

## Smoking on patios measurably worsens air quality.

Researchers in Waterloo, Ontario, conducted experiments on the effect of as few as eight cigarettes on a typical restaurant patio that had no roof, walls, awnings or umbrellas. Experiments were repeated 46 times in different wind conditions. They found in each test that when cigarettes are smoked, the quality of the air in the patio area falls considerably. Measurements of air particulates quadrupled. These air particulates include chemicals that cause cancer and heart disease.<sup>12</sup>



# Smoke-free policies do more than protect people from tobacco smoke.

## They also help smokers quit.

Dozens of studies have shown that smoke-free workplaces increase the number of smokers who try to quit, increase the number who successfully quit and decrease the number of cigarettes smoked by those who are not successful in quitting.<sup>13,14</sup> After Ireland went smoke-free, about half of Irish smokers reported that the law had made them more likely to quit.<sup>15</sup> Among Irish smokers who quit after the law went into effect, 80% said that the law had helped them quit, and 88% said the law helped them stay quit.<sup>16</sup>

## They protect kids from starting.

Tragically, tobacco companies continue to recruit new smokers among Canadian youth (currently, one in five Canadians aged 15-19 smokes).<sup>17</sup> Young people who see smoking in public places are more likely to consider smoking to be socially acceptable and 'normal.'<sup>18</sup> Conversely, smoking restrictions reduce youths' positive attitudes towards smoking and likely reduce the number who experiment with and become addicted to tobacco.<sup>19</sup> That's why smoking bans are seen as a powerful way to reduce teen smoking in countries like Canada.<sup>20</sup>

# Public support for smoke-free patios is already high, and will only get higher...

## Two-thirds of Ontarians already support smoke-free patios.<sup>21</sup>

Across North America and around the world, communities are demanding that smoking bans be extended to outdoor public places.<sup>22</sup> Communities know that this will:

- Increase protection from second-hand smoke
- Establish good smoke-free role models for youth
- Reduce opportunities for youth smoking
- Reduce litter

Experience around the world has found that communities quickly welcome smoke-free regulations. Even those who may not initially support a smoke-free policy soon appreciate the benefits.<sup>23</sup>

**Volunteer measures don't work.** A phone survey of hospitality venues across Ontario showed that the number of restaurants and bars that had implemented smoke-free patios grew from 5% to 25% in the year following the province-wide ban on indoor smoking. However, most establishments, including family restaurants, still permitted smoking on their patio.<sup>24</sup>

## Canadian jurisdictions that have banned smoking on restaurant and/or bar patios<sup>25</sup>

### Municipalities

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| 1. Capital Regional District, (Victoria), B.C. | 11. Whistler, B.C.                               |
| 2. Delta, B.C. (restaurants)                   | 12. White Rock, B.C.                             |
| 3. Pitt Meadows, B.C. (restaurants)            | 13. Saskatoon, Sask.                             |
| 4. Port Coquitlam, B.C. (restaurants)          | 14. Brighton, Ont.                               |
| 5. Port Moody, B.C.                            | 15. Burpee & Mills, Ont.                         |
| 6. Richmond, B.C.                              | 16. Huron Shores, Ont.                           |
| 7. Squamish, B.C.                              | 17. Kingston, Ont.                               |
| 9. Surrey, B.C.                                | 18. Tehkummah, Ont.                              |
| 9. Vancouver, B.C.                             | 19. Thunder Bay, Ont.                            |
| 10. West Vancouver, B.C.                       | 20. Woodstock, Ont. (on downtown sidewalk cafés) |

### Provinces/Territories

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1. Newfoundland and Labrador (July 1, 2005)
  2. Nova Scotia (Dec. 1, 2006)
  3. Yukon Territory (May 15, 2008)
  4. Alberta (January 1, 2008)
  5. Prince Edward Island (September 15, 2009) (smoking on patios banned until 10:00 pm)
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