



Smoke-Free Outdoor Dining Project

Smoke-Free San Diego County Project

May 11, 2017

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The background is a solid green color with several overlapping, semi-transparent green shapes. These shapes include a large circle in the upper center, a large arc on the left side, and another large arc on the right side. The text "Choose Health" is written in a white, cursive script font, centered horizontally and slightly below the vertical center.

Choose Health

Our Mission

To advance community health and hope by providing access to premier health services and education for those who need it most.

Choose Health

Goals

- Raise awareness of the dangers of secondhand smoke in restaurant/cafe dining patios.
- Build community & local restaurant support to help Vista policy makers act to provide smoke-free outdoor dining.



Don't let cigarette smoke ruin your dining experience!

The background is a solid green color with several overlapping, semi-transparent green shapes. These shapes include a large circle in the upper center, a large arc on the left side, and another large arc on the right side. The text "Secondhand Smoke" is centered in the middle of the image in a white, sans-serif font.

Secondhand Smoke

Secondhand Smoke

- A mixture of gases and chemicals
 - lit end of a cigarette
 - exhaled by smoker
- More than 7,000 chemicals,
 - hundreds are toxic
 - about 70 can cause cancer



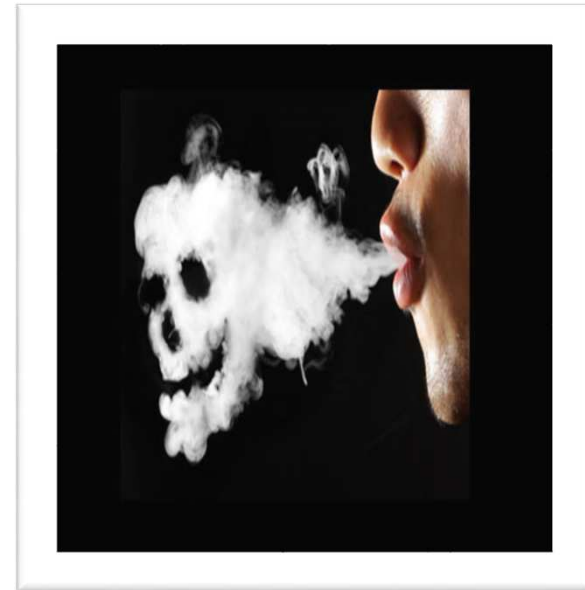
Secondhand Smoke: Health Effects

Children, MORE

- Frequent, severe asthma attacks
- Ear infections
- Respiratory symptoms and infections
 - Coughing, shortness of breath, bronchitis, etc.
- Risk for Sudden Infant Death Syndrome (SIDS)

Adults, INCREASED

- Risk of heart attack, strokes and heart disease
- Risk of lung cancer and other respiratory illnesses



There is *no risk-free level* of secondhand smoke exposure; even brief exposure can be harmful to health.

Secondhand Aerosol from Electronic Smoking Devices

- E-cigarettes also harm those exposed to the secondhand aerosol.
- People exposed absorb **nicotine** at comparable levels to secondhand smoke from cigarettes.
- Secondhand aerosol contains ultrafine particles that may cause:
 - **cancer**
 - **birth defects**
 - **other reproductive harms**



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Outdoor Tobacco Smoke

Outdoor Tobacco Smoke

- In California, **AB 13 the smoke-free law**, protects millions of Californians from being exposed to secondhand smoke at work.
 - Jan 1995- Enclosed public places and workplaces go smoke-free.
 - Jan 1998- restaurant and bars go 100% smoke-free.
- **Current trends:** restrict smoking in outdoor areas such as beaches, parks, colleges, entertainment venues, outdoor dining, etc.

So Why Restrict Smoking Outdoors?

- “Failure to ban smoking in outdoor public venues may expose non-smokers to levels of environmental tobacco smoke (ETS) as high or higher than received in indoor spaces where smoking is unrestricted.” *

- Journal of Tobacco Control, March 2000

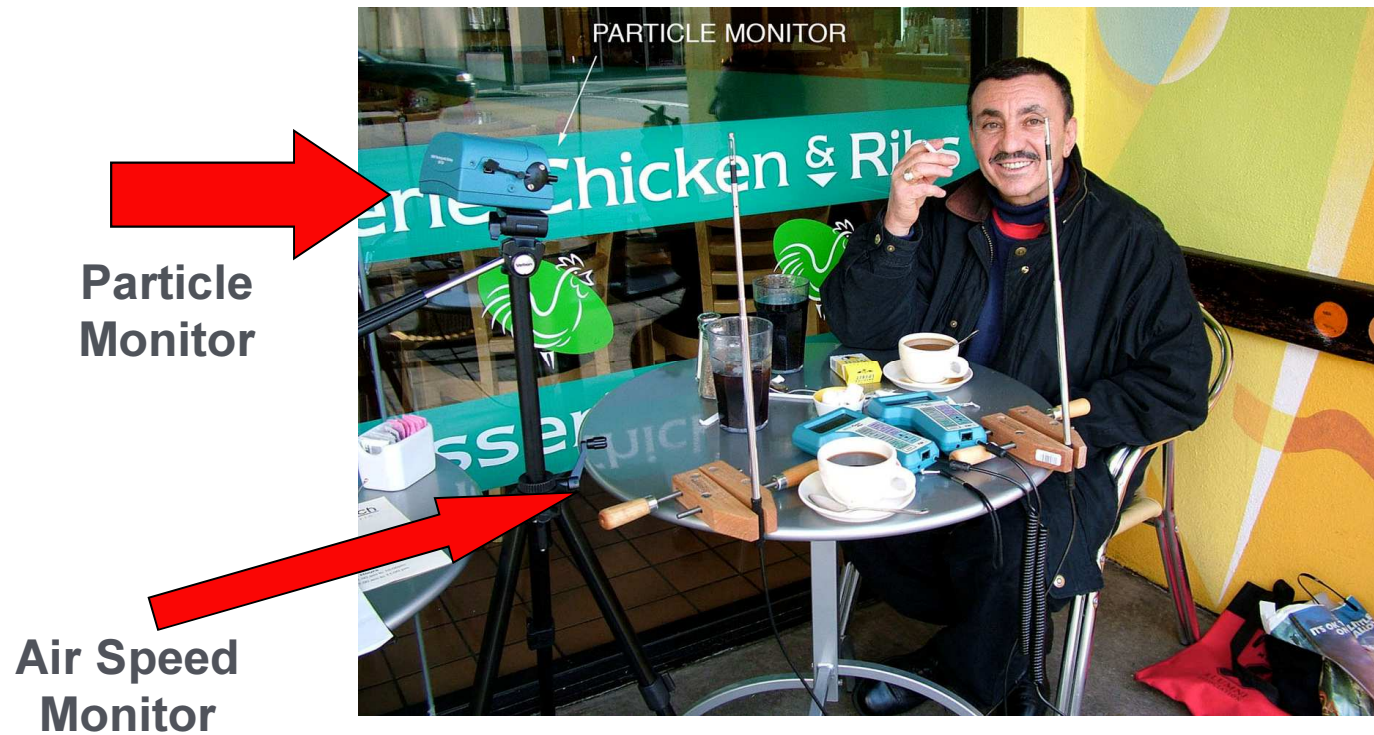
In other words, SHS does not go away just because you are outdoors.



Stanford University Study: Outdoor Secondhand Smoke

- First published in-depth investigation of air pollution levels arising from outdoor smoking activity.
- **Purpose**
 - Show the potential level of exposure to outdoor tobacco smoke that could occur in everyday outdoor locations.
- **Methodology**
 - Visited parks, outdoor cafes, sidewalks, and outdoor pubs where smokers were present.
 - Measured airborne levels of particle air pollution in real-time, allowing them to directly match air pollution levels with observed smoking activity.
 - Performed controlled experiments to precisely examined the levels of air pollution at different distances from active cigarettes.

Stanford University Study: Outdoor Secondhand Smoke



Stanford University Study: Results

- Key Findings
 - Air pollution levels were surprisingly high near smokers.
 - Prolonged exposure near smokers could exceed the US EPA particle pollution standard.
 - Levels still detectable several yards away from a single smoker.
 - Pollution from smoking was detected at every single venue visited where smokers were present.
 - Smoke can travel 1 or 2 tables away from a single smoker.
 - *With multiple smokers, smoke would be difficult to avoid and would travel further (up to 30 to 50+ feet away).*

Being near a smoker at an outdoor café may guarantee exposure.

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Occupational Exposure

Occupational Exposure

- The **California Smoke-Free Workplace Act** prohibits smoking in enclosed places of employment in order to reduce exposure of secondhand smoke to employees.
- Employees who work in outdoor dining are **NOT** protected.
- Creating smoke-free outdoor dining areas will **close this loophole**.



Experiments in Outdoor Bars and Cafés

PURPOSE:

- Non-smokers sat at selected bars and family restaurants, as well as control sites for 6 hours, with smokers sitting anywhere from 2 to 23 ft away.
- Blood tests were taken to measure the chemical Cotinine before and after each experiment.

***Cotinine is a chemical that is found in the blood of smokers.**

RESULTS:

- Participants at BAR areas had highest increase with 162% higher cotinine levels.
- Participants at Family Restaurant areas had 102% increase in cotinine levels.
- Participants at Control Sites had 16% increase in Cotinine levels.

Conclusion:

People who are at outdoor dining restaurants and bars where smoking is allowed have higher concentrations of the chemical cotinine in their blood, indicating that they were exposed to high levels of cigarette pollution.

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Smoke-Free Outdoor Dining Locally

Smoke-Free Outdoor Dining

In California:

As of February 2017, **146** municipalities in
had adopted smoke-free outdoor dining policies.

In San Diego County:

- Nine cities have smoke-free outdoor dining ordinances:
 - **Carlsbad, Chula Vista, Coronado, Del Mar, El Cajon, Encinitas, National City, Oceanside and Solana Beach.**



Carlsbad Smoke-Free Outdoor Dining Ordinance

Carlsbad adopted smoke-free outdoor dining in 2012.

In 2014, Rancho Buena Vista High School Policy Club surveyed Carlsbad restaurants to identify the impact of smoke-free outdoor dining patios.

Results!

80% reported a positive financial impact.
91% indicated employees and customer happiness with smoke-free dining spaces.
85% agreed with the public policy that eliminated smoking in Carlsbad restaurant patios.

At first I was concerned that it would be bad for business or that it would be infringing on the rights of smokers, then I realized that there is no right to impose health risks on others and ultimately voted to protect the health of the city. We have had no complaints and only compliments since passing the ordinance; it has been a win-win situation. – Carlsbad Mayor, Matt Hall

What Other Cities Have to Say

- National City passed smoke-free patios back in 2009. “Now five years later the city has had no issues; it has been a great success.” - **Mayor Ron Morrison of National City.**

Chula Vista enacted the County's first smoke-free outdoor dining ordinance in 2006. “Since adopting the policy we have had few complaints or issues. The City Council’s action has been positive for Chula Vista.” – Cheryl Cox, Former Chula Vista Mayor

Chula Vista Restaurants Embrace Smoke-Free Dining

76 percent of Chula Vista businesses with smoke-free dining would recommend this for other cities in San Diego County.

In the city of Chula Vista where smoke-free outdoor dining went into effect in 2006, 88 percent of business revenue remained the same and even increased after going smoke-free.

(Institute for Public Strategies, “Chula Vista survey on smoke-free outdoor dining policies,” March 2007)

Vista Findings: Public Prefers Smoke-free Dining

Public Opinion Poll:

A public opinion poll was conducted in the City of Vista at community events, the farmer's market, and various outdoor public eating areas.

Results

89% reported that they prefer to eat in areas where smoking is NOT allowed when they dine outside.

79% agree that cities should have laws that ban smoking on outdoor dining patios and sidewalk cafes.

56% surveyed would eat out MORE if outdoor dining areas were smoke free.

13% of those surveyed currently smoke.

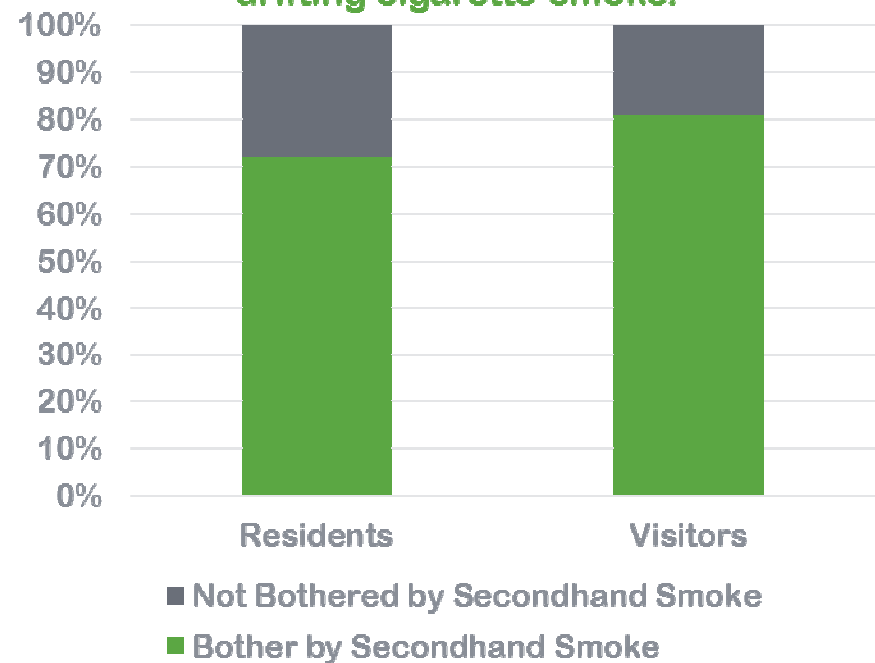


Our Findings: Vista Restaurant POP & Observations

Table 1: Venue Types Observed in Vista

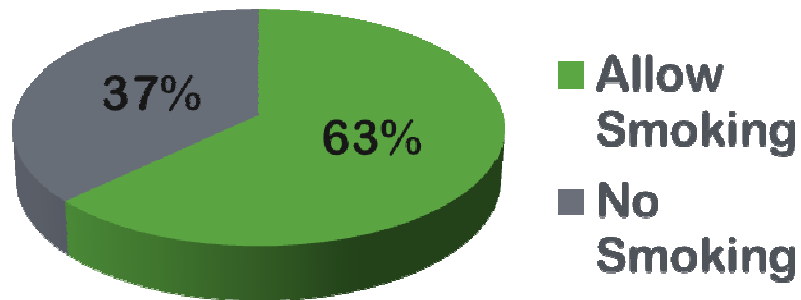
Venue Type	
Restaurant	61
Bar/Restaurant	4
Café w/ food	10
Café w/ beverage	10
Unknown	4
<i>Total</i>	89

Nearly three-quarters of residents and 80% of visitors have been bothered by drifting cigarette smoke.



Our Findings: Vista Restaurant Observations

Vista Restaurant Patio Policies

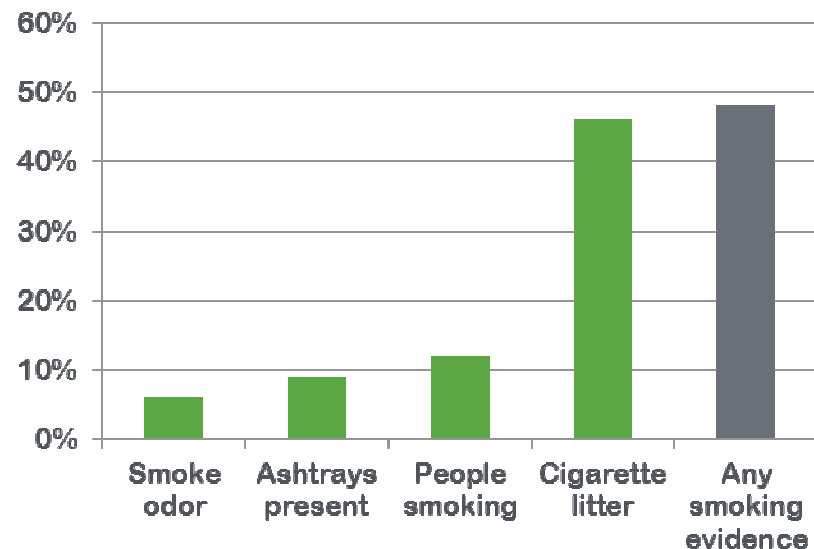


- 63% of the restaurants in our sample allow smoking on their patios.
 - This results in secondhand smoke exposure to other patrons AND the employees

Are voluntary restaurant smoking policies effective?

- 33 restaurants in the sample had no-smoking policies on their patios.
 - Nearly **half** of those still had evidence of smoking on the patios
- City-wide policies take the onus off of the restaurants and employees to enact and enforce policies.

Observations at restaurants with no-smoking policies



**Vista Community Clinic Recognizes the Following Vista Restaurants
for Choosing to Have Smoke-Free Outdoor Dining Patios:**



Allens Alley Café

La Mexicana Market

**Marvin's Pizza Place &
Mexican Food**

Chipotle Mexican Grill

Starbucks Coffee (6)

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Smoke-Free Outdoor Dining Nationally

Save Lives, Save Money: Make Your Business Smoke-Free

❖ It's good for your workers' health—and that's good for your bottom line too.

❖ Going smoke-free reduces cleaning and maintenance costs.

❖ Everyone benefits when the air is cleared of secondhand smoke—even smokers, some of whom will quit or at least cut back. Workers become healthier, and healthier workers miss less work, are more productive, and have lower health care costs.

❖ Going smoke-free reduces potential legal liability. Nonsmokers harmed by secondhand smoke at work have won lawsuits and disability claims against their employers under a variety of legal remedies.

❖ Going smoke-free lowers the risk of fires and accidental injuries which can reduce your insurance costs. Smoke-free businesses have negotiated for lower fire and property insurance premiums, with some businesses winning reductions of 25–30 percent.



Impact on Restaurants

A 2010 analysis of economic outcomes of smoke-free laws stated, “there is clear evidence that smoke-free legislation does not hurt restaurant or bar businesses, and in some cases business may improve.” Hahn, EJ, “Smokefree Legislation: A Review of Health and Economic Outcomes Research,” *American Journal of Preventive Medicine* 39(6S1):S66-S76, 2010



Establishments with smoke free outdoor dining enjoy: **fewer complaints from customers, healthier employees and yummy smelling food!**

Support from State Restaurant Associations

- Alabama Restaurant Association
- Arizona Restaurant & Hospitality Association
- **California Restaurant Association**
- Colorado Restaurant Association
- Connecticut Restaurant Association
- Georgia Restaurant Association
- Hawaii Restaurant Association
- Maine Restaurant Association
- Nebraska Restaurant Association
- New York State Restaurant Association
- Pennsylvania Restaurant Association
- Tennessee Restaurant Association
- Texas Restaurant Association
- Washington State Restaurant Association
- Wisconsin Restaurant Association
- *And More...*

It is no secret that **businesses, chambers of commerce, economic development agencies and state restaurant associations across the nation** are proudly taking up the mantra, "Smoke-free air is good for health and good for business."

The background is a solid green color with several overlapping circles and arcs in a slightly darker shade of green. These shapes are arranged in a way that creates a sense of depth and movement. The word "Questions?" is centered in the middle of the image in a white, sans-serif font.

Questions?

Contact us

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