



Canadian Cancer Society
Société canadienne du cancer

February, 2017

RE: Municipal endorsement of provincial smoke and vape-free outdoor public places legislation

To BC's municipal leaders,

The Canadian Cancer Society invites all BC municipalities - those with tobacco bylaws and those without - to endorse the Society's recommendation that the province expand the scope of the *Tobacco and Vapour Products Control Act* to include bar and restaurant patios, playgrounds, parks and beaches as smoke-free areas, with ministry guidelines legislated for post-secondary campuses.

In absence of strong provincial guidelines, more than 71 municipalities have committed to outdoor smoke-free bylaws. Bylaws are effective, but are limited to their geographical boundaries. The Society is calling on the BC government to update provincial legislation so all British Columbians have equal access to clean air and positive role modelling.

Endorsing this recommendation will provide the following benefits:

1. You would be helping protect nearly 1 million British Columbians, many in rural and remote areas, who live in communities without outdoor tobacco bylaws.
2. Universal provincial policy and broad awareness measures would make BC residents and tourists more aware of smoking restrictions, thereby increasing compliance.
3. Provincial policy would help change social norms about tobacco use, reduce youth uptake and contribute to reducing BC's \$2 billion annual economic burden that is attributed to tobacco.

Twenty-eight municipalities have thus far endorsed the Society's recommendation that the province expand the scope of the *Act*. This is in addition to the Union of BC municipalities' 2012 Resolution B92, which called for provincial outdoor tobacco legislation.

Smoke and vape-free public places protect citizens from second-hand smoke exposure, support people who want to quit smoking and provide positive role modelling for children and youth. We continue to celebrate BC's municipal momentum on this issue, and are seeking your endorsement for provincial action.

The endorsement form, found on the back side of this letter, may be sent to Megan Klitch at mklitch@bc.cancer.ca.

Sincerely,

Megan Klitch
Health Promotion Coordinator and Tobacco Lead, BC and Yukon



Canadian Cancer Society
Société canadienne du cancer

Endorsement of Smoke and Vape-free Outdoor Public Places in BC

Smoke and vape-free outdoor public places legislation would prohibit smoking and vaping in BC's outdoor public places, including restaurant and bar patios, playgrounds, parks and beaches, with ministry guidelines legislated for post-secondary campuses. "Smoking" would include burning a cigarette or cigar, or burning any substance using a pipe, hookah pipe, lighted smoking device or electronic smoking device, with some exemptions for the ceremonial use of tobacco in relation to traditional aboriginal cultural activities.

- ☐ Our community endorses a requirement in British Columbia for smoke and vape-free outdoor public places, as outlined above.

Or

- ☐ Our community endorses a requirement in British Columbia for smoke and vape-free outdoor public places, as outlined above, but with the following modifications (please list):

Name of Community: _____

Name of Mayor (or representative): _____

Title: _____

Signature: _____

Date: _____

Name, phone and email for community contact: _____

The names of communities that endorse this policy will be shared with the provincial government and may be used in communications with stakeholders and mass communications. Endorsement letters will be received by Megan Klitch, Tobacco Lead, Canadian Cancer Society, BC and Yukon Division via fax, email or mail.



Outdoor Smoke and Vape-Free Places

Frequently asked questions: For BC municipalities

Why outdoor smoke and vape-free bylaws?

Equitable access to clean air for all British Columbians

Tobacco is BC's leading cause of preventable death. The Canadian Cancer Society (the Society) believes all British Columbians have the right to equitable access to clean air, positive role modelling and environments supportive of people who want to quit smoking.

The number of BC communities sheltered by tobacco bylaws with stronger protections than the province's *Tobacco and Vapour Products Control Act* have increased substantially over the past ten years, from 6 in 2006 to 71, effective January 2017.¹ However, outside these communities, nearly 1 million British Columbians remain unprotected from tobacco exposure in outdoor public places.

Protection from second-hand smoke

There is no safe level of exposure to second-hand smoke. It contains more than 4,000 chemicals, of which more than 70 are known to cause cancer. Every year, more than 800 Canadians who don't smoke die from second-hand smoke exposure.

Tobacco smoke can be just as toxic outdoors as indoors; during periods of active smoking, air quality can quickly deteriorate to very poor levels and can be equivalent to indoor levels within 2 metres of the source, extending beyond this distance if several people are smoking. The amount of particulate matter, degree to which smoke lingers and amount of drift from outdoor to indoor environments are dependent on atmospheric conditions, the physical layout of the area, and the density and location of smokers. Research on hospitality patios and entrances to office buildings show that levels of particulate matter can be high as far as 9 meters from a burning cigarette.

Support people who want to quit smoking

The majority (85.7%) of British Columbians do not smoke. Of the minority who do smoke, two-thirds want to quit and are looking for tools to help them. Smelling smoke or seeing people smoking outdoors makes it hard for people who are trying to quit smoking and may trigger relapse. Studies show that when smoking bans have been implemented, many people who smoke have chosen to quit or cut back and that smoke-free patio regulations may help former smokers avoid relapse.

Positive role modelling

Tobacco use is started and established primarily during adolescence. Since most people who smoke start before the age of 18, it is important to model healthy behaviours. Youth who do

¹ Note: Trail and Prince George passed adoption in 2016 and will implement in 2017.



not see others smoking or vaping will be less likely to view these as normal social behaviors, and thereby are less likely to start themselves.

Protect the environment and reduce litter

Regulating smoking in public outdoor locations should serve to reduce the number of discarded butts. The 2015 Great Canadian Shore Cleanup reported the most littered item (44%) in BC were cigarette butts.

Smoking, particularly in wooded areas, increases the risk of fire. Smoking and smoker's materials were recorded as one of the top causes of fire in BC in 2012. Policies could help reduce this risk by establishing areas where smoking is, and is not, allowed.

What would a recommended bylaw include?

Recommended bylaws prohibit smoking and vaping on restaurant and bar patios, on city-managed properties, including: parks, playgrounds, trails, plazas, beaches, playing fields, recreation facilities and venues, and establish at least a 7.5 metre buffer zone (best practice is 9 metres) for the above mentioned, as well as around the doors, windows and air intakes of public buildings.

"Smoking" would include burning a cigarette or cigar, or burning any substance using a pipe, hookah pipe, lighted smoking device or electronic smoking device, with some exemptions for the ceremonial use of tobacco in relation to traditional aboriginal cultural activities.

Why include electronic smoking devices?

E-cigarette products and their use are considered within BC's *Tobacco and Vapour Products Control Act* and, to date, fifteen BC communities have regulated electronic smoking devices alongside tobacco products in tobacco bylaws. The Society believes these policies will help curb youth experimentation with e-cigarettes and help keep e-cigarettes from re-normalizing smoking behaviours.

E-cigarettes are likely to be less harmful than regular cigarettes; however, the long-term health effects of inhaling e-cigarette ingredients are presently unknown. Health Canada, the World Health Organization, and the US Federal Drug Administration have issued warnings against e-cigarette use, particularly by adolescents and pregnant women.

Data indicates that e-cigarette use amongst youth is increasing. According to the World Health Organization, adolescent e-cigarette use doubled from 2008 to 2012. More than half of Canadian youth trying e-cigarettes have never smoked, which suggests youth are experimenting with e-cigarettes, rather than using them to quit smoking.

Are e-cigarettes effective at helping people quit smoking?

The Society recognizes the potential benefit that e-cigarettes may provide to Canadians trying to quit smoking and is monitoring evolving research. Some studies have shown that e-cigarettes with nicotine may help users quit smoking, satisfying both a person's addiction to nicotine and smoking behaviours, such as oral fixation. However, research remains mixed



Canadian Cancer Society
Société canadienne du cancer

as to whether e-cigarettes are effective for smoking cessation. Neither the World Health Organization, nor Health Canada have determined that e-cigarettes are effective at helping smokers quit. Nicotine gums, patches, lozenges, and inhalers, as well as some prescription medications are proven to be safe and effective tobacco cessation aids.

Where can people who want to quit smoking be directed?

Residents of British Columbia with a Medical Service Plan can access select nicotine replacement therapy for free through their pharmacy and can ask their physician for help to develop a quit plan. Quit support is also available through QuitNow.ca and RuntoQuit.com.

Is the public in support of outdoor smoke-free policy?

There is a growing appetite in Canada for smoke-free outdoor public places. A 2013 Angus Reid poll conducted on behalf of the Society, BC and Yukon showed 66% of British Columbians over the age of 18 support smoke-free outdoor restaurant and bar patios, 91% support a ban in children's playgrounds, and 66% support a ban in all parks and beaches. Support from British Columbians 15-18 years old increased to 79%, 96%, and 80% respectively.

Eighty-eight percent of the 24 BC municipalities and regional districts interviewed in the Propel Centre for Population Health Impact's survey of jurisdictions with outdoor smoke-free ordinances indicated that their bylaws had had a positive impact on their community. No respondents indicated a negative effect.

Do smoking bans take away too many freedoms?

Tobacco is the leading cause of preventable death in BC and no level of second-hand smoke exposure is safe. One person's right to smoke ends when it impacts another person's right to breathe clean air. Smoke-free places provide positive role modelling and support people who want to quit smoking by eliminating social triggers.

How can outdoor smoke and vape-free regulations be enforced?

Evaluations have found the fear of compliance issues exceed the number of actual problems. Effective compliance strategies employ a balance of education, voluntary compliance, inspection, and progressive enforcement. Communities such as Kelowna, Woodstock and Pemberton have shared strategies they've successfully employed.

Thirty percent of the BC municipalities with tobacco bylaws that were interviewed in 2016 reported few or no public complaints, according to Propel's 2017 report. Of the communities that had received complaints, the majority were about people smoking in prohibited areas. When people understand what tobacco restrictions are in place and why they have been implemented, they are more likely to comply, and are also more likely to speak up, encouraging others to comply. According to BC municipalities, "obtaining community buy-in" and setting "the goal of voluntary compliance" make enforcement much easier.

The Society is advocating for universal provincial policy and broad awareness measures which would make BC residents and tourists more aware of smoking restrictions. For example, Ontario banned smoking on restaurant/bar patios, playgrounds and sports fields,



effective January 1, 2015. Smoking behaviour and exposure to secondhand smoke decreased within the first year of implementation at all affected venues, and compliance was perceived to be moderate to high.

What is the cost of adopting a smoke and vape-free bylaw?

The Propel Centre for Population Health Impact's 2016 survey of BC municipalities with outdoor smoke-free ordinances show existing budget allocation has covered the cost of the vast majority (95%) of municipal bylaw expenses and funding has not been re-allocated (in 88% of responding communities) for bylaw enforcement during roll-out.

A similar 2014 study of 37 municipalities in Ontario with outdoor smoke-free bylaws found no significant burden on municipal enforcement staff or municipal budgets. The implementation, promotion, and enforcement of Ontario bylaws have required municipal staff time and in most cases promotional costs, but these have come from existing budgets, using existing staff.

Will it hurt local business if restaurant and bar patios are made smoke and vape-free?

Smoke-free policy does not negatively impact business. Virtually every objective, peer-reviewed study using official sales tax data, demonstrates that smoke-free bylaws and legislation have no adverse impact on restaurant, bar, hotel and tourism receipts and may even be good for business. With BC's new liquor policies permitting minors in certain pubs and legions, it is important to prohibit smoking and vaping on restaurant and bar patios.

The vast majority of people in BC do not smoke (14.3%). Restaurant and bar owners who have invested in patios can rest assured that their investments will still be used by non-smoking patrons wanting to enjoy themselves outdoors. People who were previously deterred by smoke may even use patios more frequently.

What can BC municipalities do to influence province-wide outdoor tobacco legislation?

Municipalities and regional districts can, and are encouraged to, implement their own comprehensive bylaws protective of smoke and vape-free places. BC is one of the only provinces that does not ban smoking on bar and restaurant patios. A growing number of Canadian provinces and territories have expanded restrictions to other outdoor public places such as playgrounds, sporting areas and beaches. The Society is calling for provincial policy that would reduce BC's tobacco-related health inequities, help change social norms about tobacco use and contribute to reducing BC's \$2 billion annual economic burden that is attributed to tobacco.

The Union of BC Municipalities passed a resolution in support of comprehensive provincial outdoor tobacco legislation in 2012, and in 2016 twenty-eight municipalities endorsed the Society's recommendation that BC expand the scope of the *Act* to prohibit use in patios, parks, playgrounds and beaches, and include guidelines for post-secondary campuses. To endorse this recommendation, municipalities may email mklitch@bc.cancer.ca. Members of the public can take action at www.takeaction.cancer.ca.



Smoke and Vape-free Outdoor Public Places

BC municipal endorsement for provincial action

Effective January 2017, twenty-eight BC municipalities have endorsed the Canadian Cancer Society's recommendation that the BC government expand the scope of BC's *Tobacco and Vapour Products Control Act* to prohibit use in outdoor public places. This is in addition to the Union of BC municipalities' 2012 Resolution B92, which called for provincial outdoor tobacco legislation.

Smoke and vape-free outdoor public places legislation would prohibit smoking and vaping in BC's outdoor public places, including restaurant and bar patios, playgrounds, parks and beaches, with ministry guidelines legislated for post-secondary campuses. "Smoking" would include burning a cigarette or cigar, or burning any substance using a pipe, hookah pipe, lighted smoking device or electronic smoking device, with some exemptions for the ceremonial use of tobacco in relation to traditional aboriginal cultural activities.

This recommendation is endorsed by the following 28 BC municipalities:

Ashcroft	Esquimalt	Prince George
Campbell River	Golden	Rossland
Canal Flats	Harrison Hot Springs	Sidney
Chase	Kent	Smithers
Chetwynd	Ladysmith	Squamish
Clearwater	Lake Country	Summerland
Colwood	Lantzville	Tofino
Courtenay	Mackenzie	Ucluelet
Dawson Creek	Oliver	
Duncan	Parksville	

To endorse this recommendation, municipalities may email mklitch@bc.cancer.ca.