



Tobacco-free Outdoor Policies

Protect our community, our animals, and the environment.

PROTECTS OUR FAMILY-FRIENDLY AREAS

Tobacco-free policies for beaches, parks and campuses help keep people, animals and the environment healthier and safer. These policies discourage tobacco use, help people quit using and dramatically reduce tobacco waste.



PROTECTS OUR YOUTH

It's proven, kids run better smoke-free. Tobacco use negatively affects the health of individuals who use it as well as the people and animals sharing the space. There is no risk-free level of secondhand smoke.

When children see adults using tobacco in family-friendly places such as parks and playgrounds, they see the behavior as acceptable. They're more likely to mimic the behavior.

PROTECTS THE ENVIRONMENT

Cigarettes are a major fire hazard, threatening outdoor parks, forests and recreation areas, as well as wooden structures in parks and playgrounds.

Discarded cigarette butts are the most common trash item worldwide. An estimated **1.69 billion pounds** of butts litter the environment each year.



A cigarette filter is made from non-biodegradable plastic. It can take **up to 10 years** to break down, creating a health threat for children and wildlife.

Children who ingest discarded butts are at risk of toxic poisoning, choking or burning themselves. They may look like food but are hazardous when ingested by fish, birds, and other marine animals.

Cigarette butts leach toxins into the water and kill or injure various forms of wildlife. A 2009 study found that when cigarette butts were allowed to soak in fresh and saltwater (one butt per liter) half of the fish exposed to the water died.



HOW TO GET INVOLVED

A study published in *Tobacco Control* estimated that tobacco litter comprises about 1/3 of all visible litter. Plumas County Public Health often partners with conservatory agencies to conduct butt-pick-up events. Call us to find out when the next one will be in your community.

If you are interested in adopting a smoke-free policy, we can help with that too! Call us for sample policies, implementation tips, enforcement strategies, and signage.



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For more information and resources to develop your tobacco-free outdoor policies contact:

Plumas County Public Health Agency

Tobacco Use Reduction Program

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Sources:

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Schneider, JE, Peterson NA, Kiss N, et al., "Tobacco litter costs and public policy: a framework and methodology for considering the use of fees to offset abatement costs," *Tobacco Control* 2011; 20:i36-41.

Smoke-free & Tobacco-free Places/ Outdoors. Public Health Law Center. <http://www.publichealthlawcenter.org/topics/tobacco-control/smoke-free-tobacco-free-places/outdoors> (accessed 9/25/2017).