



Secondhand Smoke ***in Outdoor Areas***



Institute for Public Strategies



Agenda

A stylized illustration of a city skyline at the bottom of the slide. The skyline includes a tall spire, a building with an arched entrance, and a bridge. Two street lamps with glowing yellow lights are positioned in the foreground. On the left and right sides, there are large, dense green bushes or trees. A large, billowing plume of grey smoke rises from the left side of the city, drifting towards the right. The background is a light blue gradient.

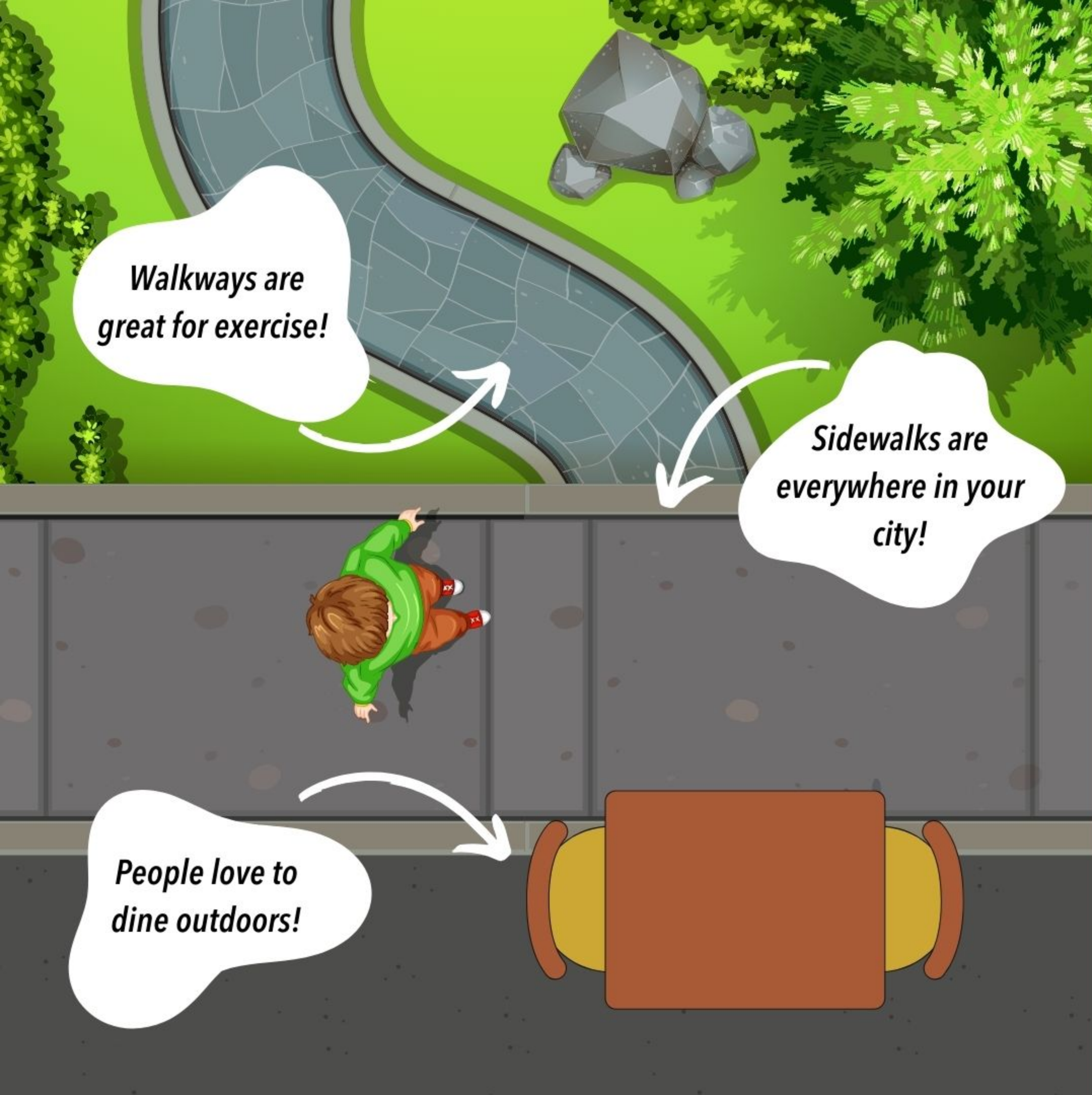
- **Getting to know more about Secondhand Smoke (SHS) and Outdoor Areas**
- **The sources & effects of SHS**
- **Who's most affected?**
- **What we can do about it!**

Community Alliance for Healthy Outdoor Spaces (CAHOS)



- **Ensuring** that people living in Montebello are able to breathe air that is free from secondhand smoke in their favorite outdoor areas
- **Empowering** community members with the tools and resources to advocate for healthy changes in their community
- **Uplifting** voices that often go unheard by supporting them to advocate for policy and other solutions that will protect the health of the community and those who are most vulnerable





Outdoor Areas

- **Outdoor shopping malls and stores**
- **Sidewalks**
- **Walkways and bike paths**
- **Outdoor dining areas**
- **Outdoor events (like a farmer's market or concert!)**
- **Bus stops**

Secondhand Smoke

(SHS)



Definition: Secondhand smoke (SHS) is smoke from burning tobacco products, like cigarettes, cigars, hookahs, or pipes¹

Why this is a problem in outdoor areas: Any exposure to SHS can cause a problem and it's ability to drift from it's original source means that it can become a problem for many¹

SHS is a Drifter

- There is no risk-free level of exposure to SHS and even short-term exposure potentially can increase the risk of various health issues¹
 - Tobacco smoke can travel up to 30 feet outside depending on air flow and weather conditions²
- At times, when smoking occurs in outdoor areas, people could be exposed to levels of secondhand smoke that is comparable to indoor concentrations where smoking is permitted³



***Where does smoke
come from?***

Sources of SHS: The Triangulum



**Secondhand smoke exposure
can come from various
sources.....⁴**

Sources of SHS



Tobacco products are the usual culprits when it comes to secondhand smoke. Cigarette smoking is the most common form of tobacco use worldwide. Other tobacco products include waterpipe tobacco, cigars, cigarillos, etc.⁵

Sources of SHS



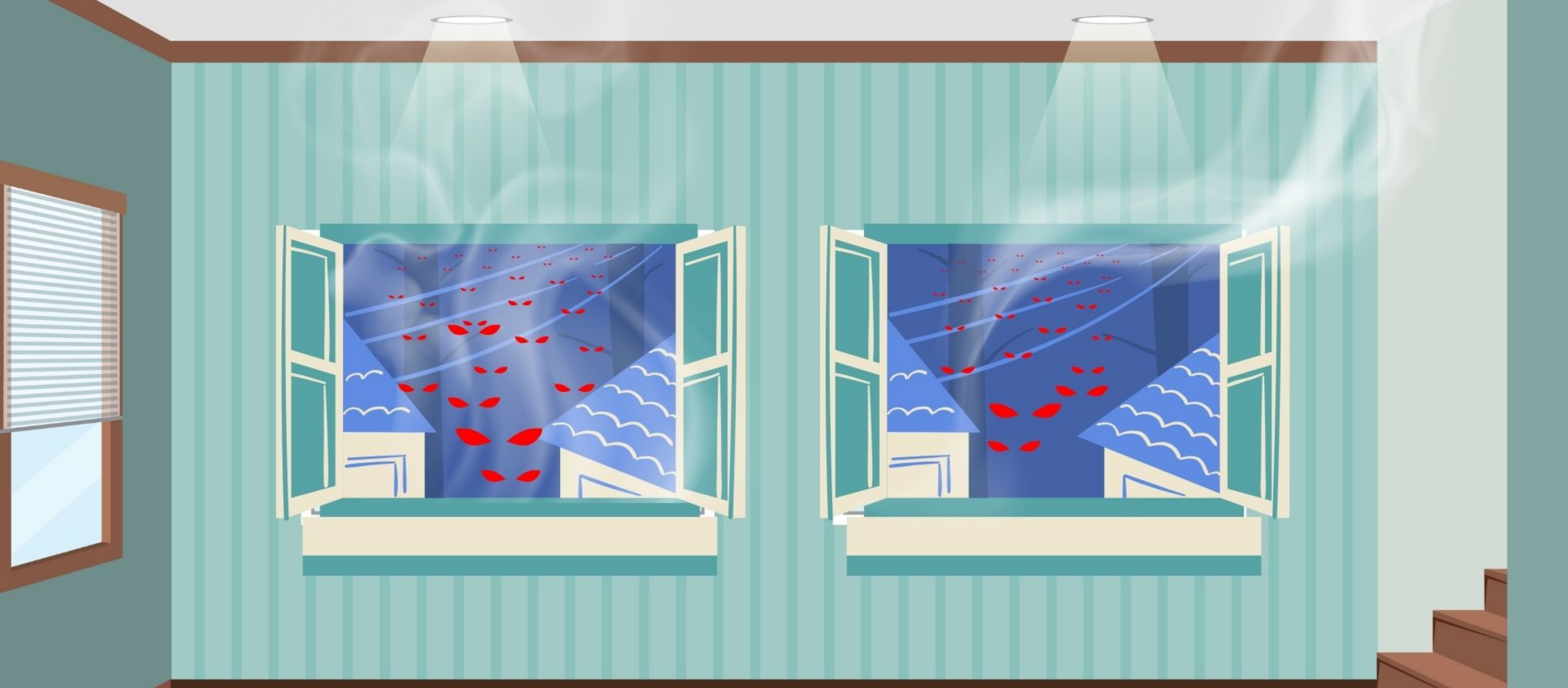
Marijuana refers to the dried leaves, flowers, stems, and seeds from the *Cannabis sativa* or *Cannabis indica* plant. Smoked as a cigarette or in pipe or bong^{6,7}

Sources of SHS



Electronic
Smoking
Devices
(ESD's)

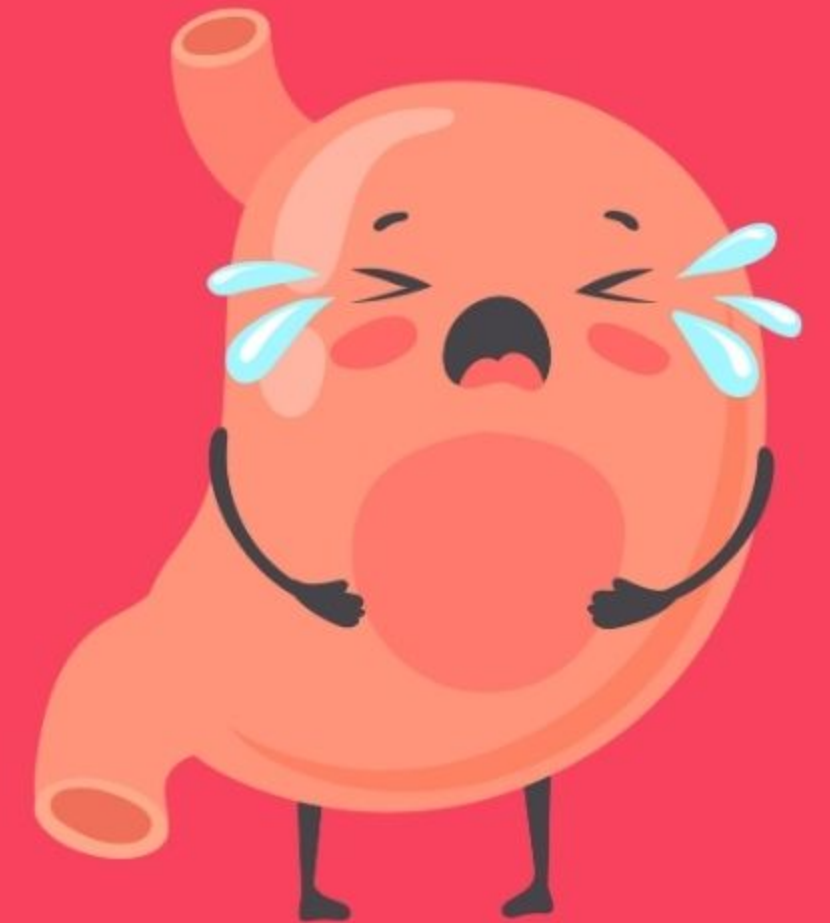
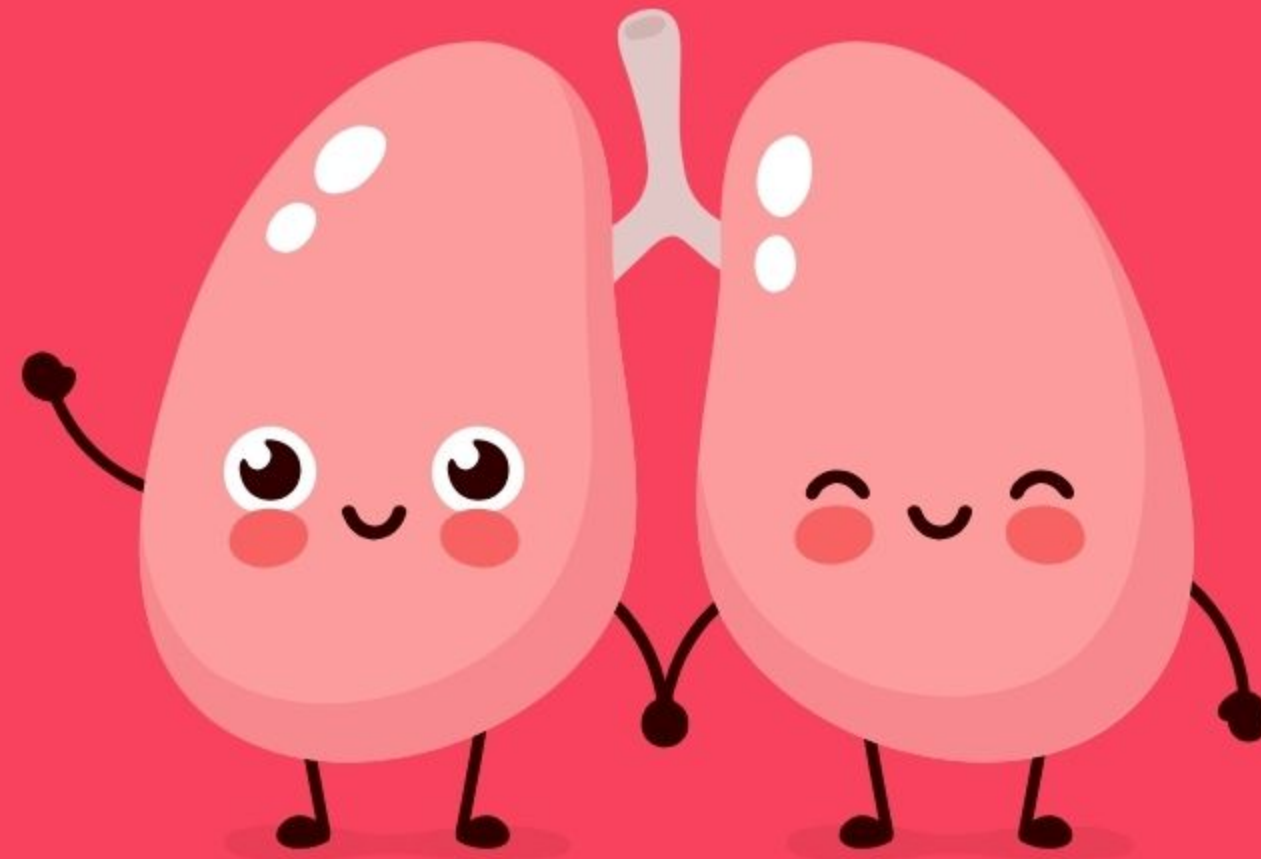
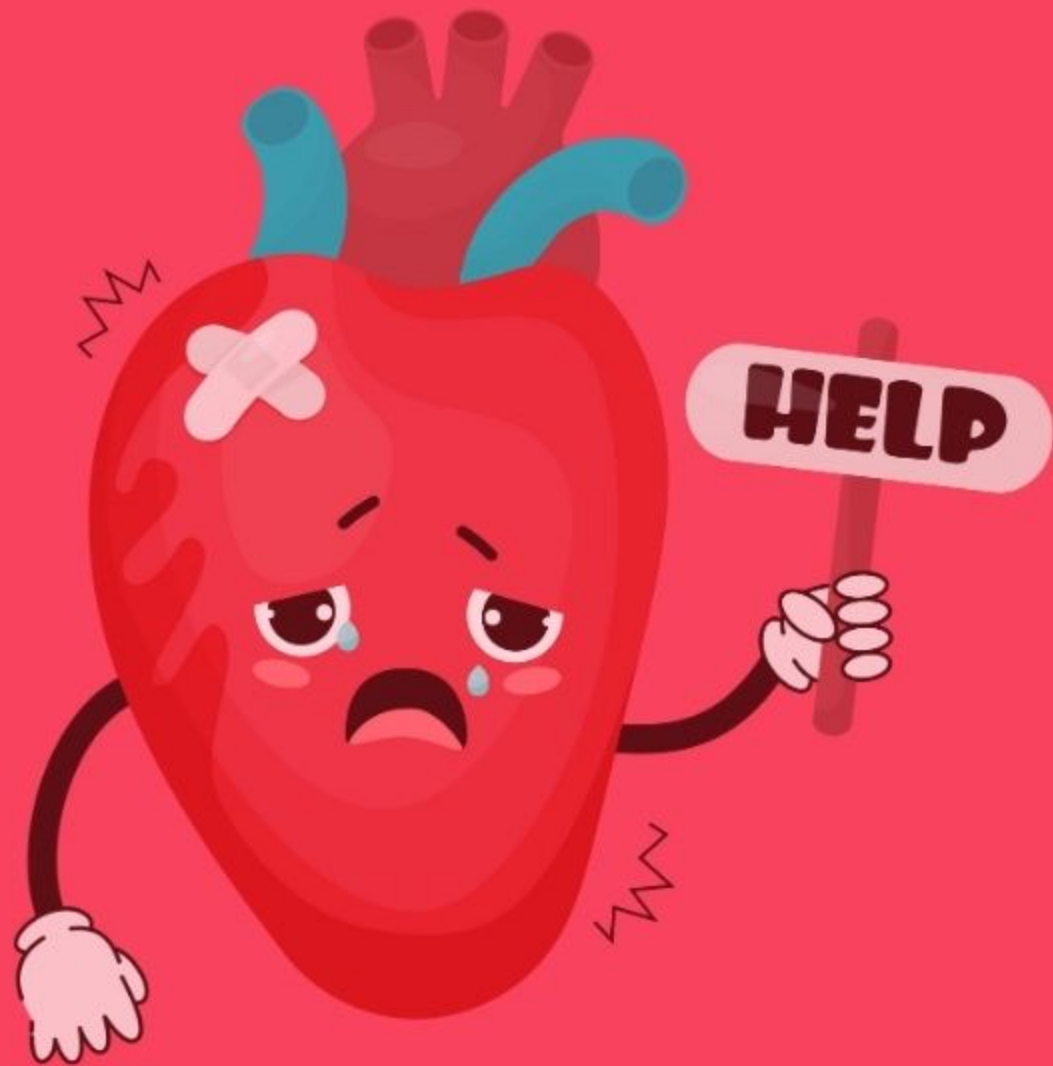
ESD's are battery-operated devices that people use to inhale an aerosol, which typically contains nicotine (or cannabis), flavorings, and other chemicals. They can resemble traditional tobacco cigarettes (cig-a-likes), cigars, or pipes, or even everyday items like pens or USB memory sticks and emit aerosols back into the air⁸



Activity Intermission: Who's Smoking?



How does SHS hurt your body?



Effects of SHS

On the body...⁹

SHS can cause a number of health problems for anyone:

- **Heart problems**
- **Lung problems**
- **Various forms of Cancer**

In children, it can cause the above mentioned problems as well as:

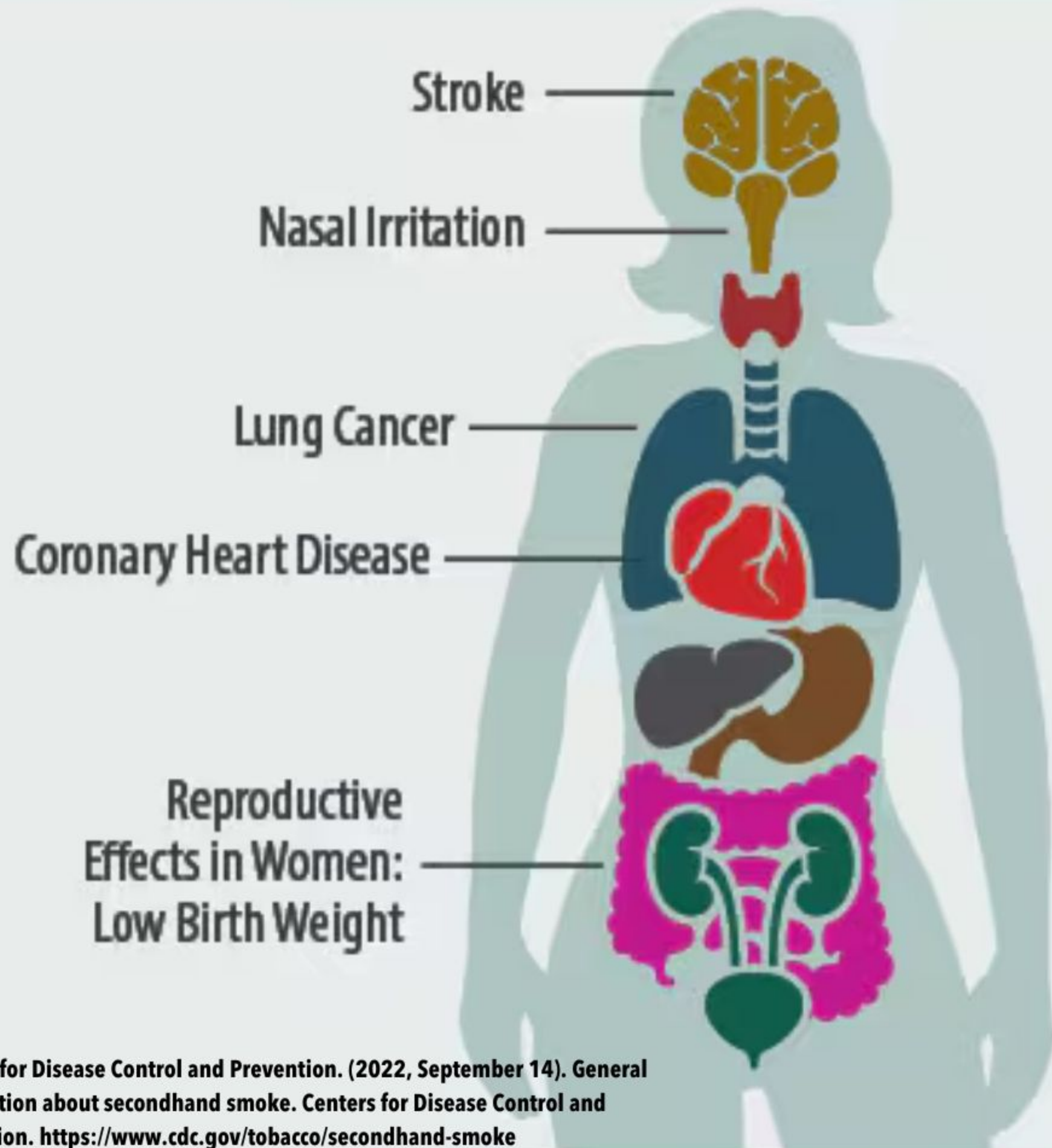
- **Asthma attacks**
- **Lung infections**
- **Ear, eyes, and teeth issues**

Effects of SHS + Tobacco Waste

On the environment...

- Cigarette and e-cigarette waste can pollute soil, beaches, and waterways. Cigarette butts can be carried into drains and then into rivers, beaches, and oceans as runoff¹⁰
- Over **700,000** metric tons of cigarette butts and **150** million electronic smoking devices make their way into the environment every year¹¹
- In California, **40%** of the **fires** at waste facilities between 2016-2018 were reported to have been caused by lithium-ion batteries. Vape batteries may be the greatest threat to waste management programs¹⁰

ADULT

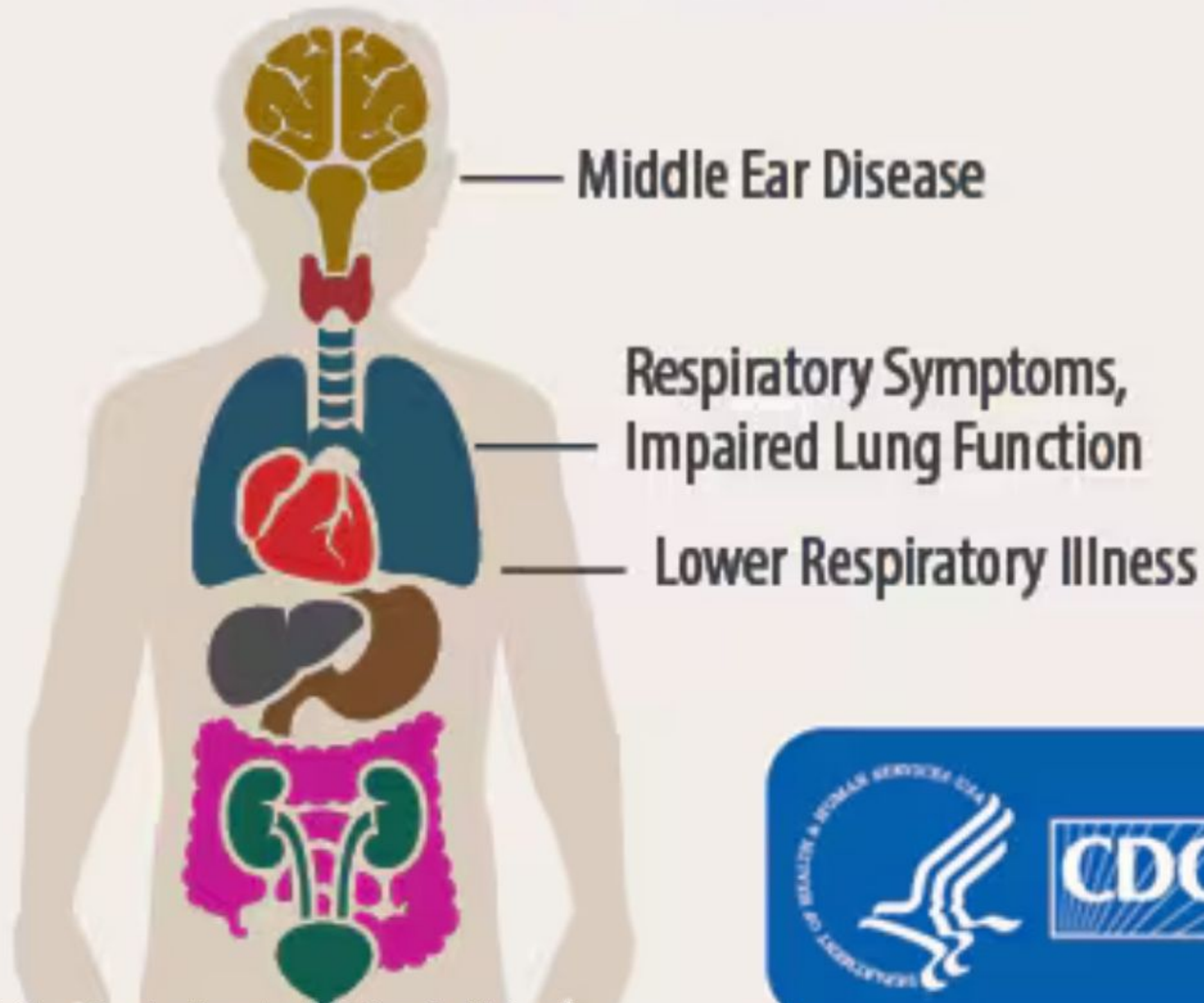


SHS affects us all...

- SHS has more than **7,000** chemicals, including about **70** that can cause cancer¹²
 - **Secondhand marijuana smoke** contains many of the same toxic and cancer-causing chemicals found in tobacco smoke and contains some of those chemicals in higher amounts¹³
- SHS causes over **7,000** deaths from lung cancer and **33,000** deaths from heart disease each year⁹

CHILDREN

Sudden Infant Death Syndrome



SHS affects us all...

- People exposed to SHS during **pregnancy** are more likely to have newborns with lower birth weight, increasing the risk of health complications¹
- Young children and animals **can't always choose to leave** an area exposed to secondhand smoke. The constant exposure increases the harmful effects of SHS⁹

Who's most vulnerable?



PETS



MATURE ADULTS (GRANDPARENTS, SENIORS IN GENERAL)

KIDS



PEOPLE WITH HEALTH CONDITIONS



Activity

Intermission:

Lico-Risk



CAHOS in Montebello

Collecting Data

- **Collected over 475 surveys with Montebello residents to gauge people's perception about SHS**

Conducting Research

- **Determined the policy solutions Montebello has currently implemented**

Engaging with the Community

- **Attended a number of community events + made connections with important organizations**
 - **Montebello Night Market, Stride for Pride 5K and Resource Fair**
 - **Connections with the Montebello Youth Leadership Club, La Causa YouthBuild, Wiz Kid Tutor**

Building our Coalition

- **Recruiting more people to join us in our efforts!**

THE STATE OF SHS IN MONTEBELLO



According to the American Lung Association, Montebello has an F grade in terms of secondhand smoke exposure in outdoor areas¹⁴

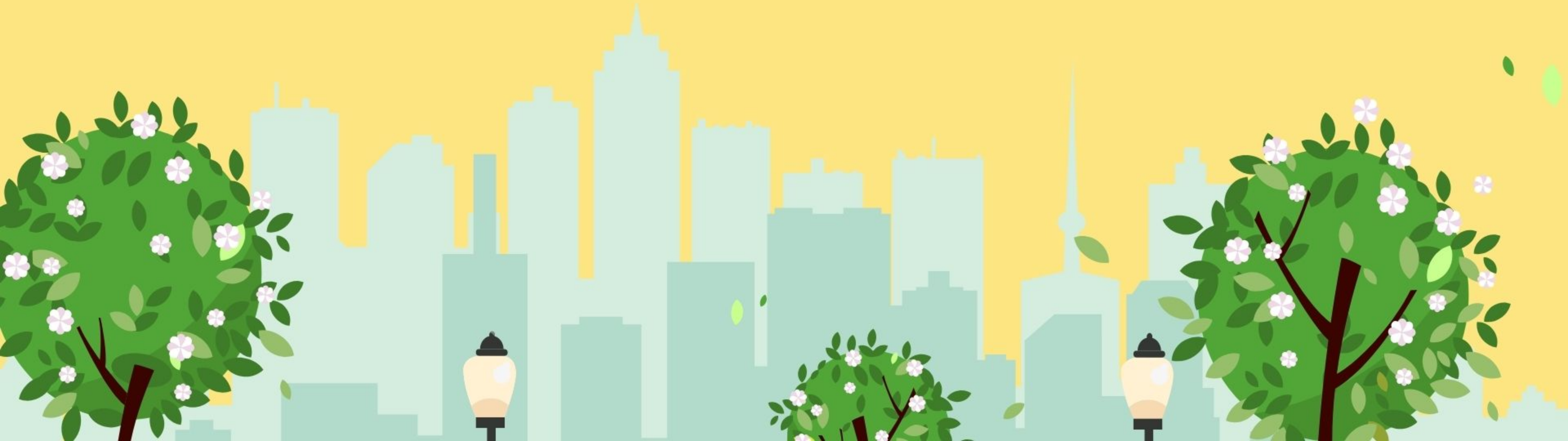
93% consider secondhand smoke exposure in outdoor areas harmful to their health¹⁵



Source: 2022-24 Smokefree Outdoor Areas Resident Public Opinion Survey, Tobacco Control and Prevention Program, Los Angeles County Department of Public Health.

Smokefree Outdoor Areas Policy

A local ordinance that limits or prohibits smoking in and around common public outdoor areas, such as; outdoor dining, recreational areas, sidewalks, service areas, and walkways



What can you do?

ENGAGE

- **With your community by joining organizations and being an active community member**

EDUCATE

- **Yourself and others on what being Smokefree means**

EMPOWER

- **Your community to want better**





INSTITUTE FOR
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STRATEGIES

THANK YOU



**COMMUNITY
ALLIANCE**
FOR HEALTHY
OUTDOOR SPACES

CONTACT US:

(310) 215-9924 x153

cahosmontebello@publicstrategies.org

IG @cahos_montebello

FB @CAHOS Montebello



Program Manager
Antonio Salang

Program Coordinator
Karol Zhang

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