

Background & international outdoor smokefree area policies



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Smokefree Outdoor Areas Symposium,
University of Otago, Wellington, NZ

George Thomson,

Overview

- Brief background
- International trends
- International evidence for the effects

New South Wales Health advert



Background to smokefree outdoor policies

- **Initially driven by SHS**

- Significant smoke effects at over 10m from smokers

Yamato H, et al. *Kobe J Med Sci* 2013;59:E93-105

- and at least 9m from a burning cigarette in light winds

Hwang J, Lee K. *Nicotine Tob Res* 2014;16:478-84

- Continued issue of smoke from outside going inside

Edwards R, Wilson N. *N Z Med J* 2011;124, 27-37

- **Increasingly *also* driven by smoking visibility**

- Normalisation: overestimate by public of smoking rates

- Smoking cues increase relapses

Peucker et al. *J Subst Abuse Treat* 2014;46, 183-8

International outdoor smokefree area trends

- *Enforceable*
- *Initially locally driven*
- *Wider range* of areas
 - 100% **outdoor dining**: NSW, Qld, Sth Australia (2016), + US and Canadian cities/states
 - 100% **outdoor bars** <http://www.no-smoke.org/pdf/SmokefreeOutdoorDining.pdf>
 - **Entrances**: NSW, Qld, 8 US states, 6 Canadian provinces
<http://www.otago.ac.nz/wellington/otago302606.pdf>
- *Larger areas* covering more people
 - Pedestrian malls, city blocks, small cities



Evidence of smokefree area policy effects

- Californian smokers: Perception of smokefree parks/dining associated with increased quit attempts *Zablocki et al Prev Med 2014;59, 73-78*
- Those *not* exposed to smoking on Ontario bar/restaurant outdoor areas:
 - more likely to have tried to quit
 - over twice as likely to not relapse

Chaiton et al. *Tob Control* 2016 ;25(1):83-8



Summary: Smokefree outdoor policies

- Widespread, increasing in scope
- Increasingly to help quitting rather than just protect from SHS
- Increasing evidence of effectiveness

