

## Public Health Policy Questions – Regina municipal candidates

### Smoke-free Outdoor Spaces

Hundreds of chemicals in second hand smoke (SHS) are toxic. About 70 of them have been shown to cause cancer. Being around second hand smoke increases your risk of developing lung cancer and other lung diseases, heart attacks and stroke. Research shows that even in an outdoor setting, second-hand smoke can pose a health risk.<sup>1</sup>

There is a growing movement across Canada to protect people from SHS in outdoor spaces. In Saskatchewan, Saskatoon, Martensville and Warman have adopted bylaws to restrict smoking in outdoor public places including patios of restaurants and bars, parks, playgrounds, sports fields, parks and on municipal property used for public gatherings. In fact Saskatoon has had smoke-free patios since 2005.

A 2015 public opinion poll in Regina found overwhelming support for an outdoor smoking bylaw<sup>2</sup>.

- 89% support smoke-free children's playgrounds
- 84% support smoke-free fixed seating or beach in places such as stadiums
- 75% support smoke-free sports fields such as baseball, soccer and football fields
- 70% support smoke-free outdoor patios
- 68% support smoke-free municipal property used for public gatherings such as festivals, concerts or exhibitions
- 56% say they would avoid an establishment that permits smoking on an outdoor patio
- 53% say they have moved to a different seat or left an outdoor patio because of second-hand smoke

**1. Would you support a bylaw banning smoking in other outdoor public places including the following?**

	<b>YES</b>	<b>NO</b>
Patios of restaurants and bars	<input type="radio"/>	<input type="radio"/>
Children's playgrounds	<input type="radio"/>	<input type="radio"/>
Sports fields (e.g. soccer pitches, baseball diamonds, etc)	<input type="radio"/>	<input type="radio"/>
Public parks	<input type="radio"/>	<input type="radio"/>
Municipal property used for public gatherings (e.g. festivals, concerts, exhibition grounds)	<input type="radio"/>	<input type="radio"/>

Comments: (100 words or less)

**My personal view is that smoking should not be allowed in public places. This ban would include e-cigarettes and water pipes or hookahs. I would also want to consult with Regina residents before enacting any changes to the by-law.**

Electronic Cigarettes

Electronic cigarettes are battery-operated devices that turn a liquid into an aerosol that is inhaled by the user. The liquor or 'e-juice' is a mixture of potentially harmful chemicals including propylene glycol, artificial flavours, traces of heavy metals, and sometimes nicotine. There are no standards to verify these ingredients. The health risk of inhaling these substances is unknown although the risk would be less harmful than for tobacco smoke.

Bylaws in Saskatoon, Warman and Martensville ban the use of electronic cigarettes anywhere smoking is banned, both indoors and outdoors.

**2. If elected, would you support a ban on the use of electronic cigarettes where smoking is banned? (circle one) YES NO**

Comments: (100 words or less)

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Water pipes (hookah)

Surveys have found that the use of water pipes is rapidly increasing among youth and young adults. Water pipes use charcoal bricks to heat smoking products that are typically flavoured, and may or may not contain nicotine. These pipes are frequently used communally with a mouth piece for inhalation passed between people. A 2013 Canadian study found that the air in hookah cafes and patios is hazardous to human health, particularly to café staff who are regularly exposed for long periods.<sup>3</sup> Several Canadian cities have restricted the use of water pipes in their smoke-free bylaws, taking the widely supported stance that smoking of any kind should be prohibited in public places.

**3. If elected, would you support a ban on the use of water pipes anywhere smoking is banned? (circle one) YES NO**

Comments: (100 words or less)

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**Please return the completed survey to  
no later than October 5, 2016**

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<sup>1</sup>

<sup>2</sup> May-June 2015 Praxis Analytics for the Regina Qu'appelle Health Region, Canadian Cancer Society, Lung Association of Saskatchewan and Heart and Stroke Foundation.

564 Regina and area residents were interviewed by telephone or email. The survey is accurate to within +/-4.1% 19 times out of 20.

<sup>3</sup>

July 18, 2016