



Delta Township Parks and Recreation

Smoke-free parks policy information and facts

Facts

Health, Safety & Welfare of Park Visitors

- The Parks, Recreation & Cemeteries Commission has the authority to create a smoke-free policy that supports the department's goals to provide a safe and healthy recreation environment.
- Smoke-free parks are healthier for EVERYONE.

Smoke-free Norm

- Smoke-free policies establish a community norm that tobacco use is not an acceptable behavior for young people or adults.¹
- Many other communities throughout Michigan as well as other states are adopting smoke-free policies in their parks.

Healthy Lifestyles & Behaviors

- Tobacco use sends a negative health message to quitting smokers, non-smokers and youth.
- Smoking increases the risk of injury and decreases athletic abilities. It can cause causes shortness of breath, slower running speeds, less strength and less flexibility.²

Cigarette Butts

- Cigarette butts are the most common item littered in the U.S.³
- Cigarettes take many years to decompose. They leak chemicals into the soil and contaminate nearby water sources.⁴
- Department staff members and responsible park visitors spend time cleaning up other people's cigarette butts.

Accidental ingestion

- Small children and animals may eat cigarette butts found on the ground.
- Children who ingest cigarette butts can experience vomiting and nausea.
- Animals that ingest cigarette butts can die.

Second Hand Smoke

- Over 4,000 chemicals are present in secondhand smoke. Concentrations of cancer-causing and toxic chemicals are higher in secondhand smoke than in the smoke inhaled by smokers.⁵
- There is no risk-free level of exposure to secondhand smoke.⁵
- Levels of second hand smoke outdoors can exceed the levels at which the risk for cancer and other diseases is increased.⁶

**SMOKE-FREE PARKS
ARE HEALTHIER
FOR EVERYONE!**

¹ U.S. Department of Health and Human Services. *Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2012. Available online at <http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/exec-summary.pdf>

² Cleveland Clinic. (2013, September 25). *Smoking and physical activity*. Retrieved from http://my.clevelandclinic.org/healthy_living/smoking/hic_smoking_and_physical_activity.aspx on 10/28/2013

³ Keeping America Beautiful. *Litter in America: National Findings and Recommendations*. 2009. Available online at http://www.kab.org/site/DocServer/Executive_Summary_-_FINAL.pdf?docID=4601

⁴ Slaughter, E. (2010). *Toxicity of cigarette butts and their chemical components to the marine and freshwater fishes, atherinops affinis and pimephales promelas*. (Unpublished master's thesis) Retrieved from http://sdsu-dspace.calstate.edu/xmlui/bitstream/handle/10211.10/599/Slaughter_Elli.pdf?sequence=1

⁵ U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006. Available online at <http://www.surgeongeneral.gov/library/reports/secondhandsmoke/factsheet6.html>

⁶ Potera, C. (2013). Outdoor smoking areas: Does the science support a ban?. *Environmental Health Perspectives*, 121(7), Retrieved from <http://dx.doi.org/10.1289/ehp.121-a229>