



# Making Your Parks Tobacco Free

*A Toolkit Prepared by ACHIEVE New London County*



*Action **C**ommunities for **H**ealth, **I**nnovation and **E**nVironmental Chang**E***

**ACHIEVE New London County** is a heart disease and stroke prevention initiative established through the CT Department of Public Health – CDC Community Transformation Grant to promote active living, tobacco-free living, healthy eating, and clinical preventive services throughout New London County. The ACHIEVE New London County Coalition includes community leaders from public health and health care, businesses, community organizations, government, schools and residents. ACHIEVE is an initiative of Ledge Light and Uncas Health Districts.

To learn about ACHIEVE New London County or join the Coalition please contact Ledge Light Health District at (860) 448-4882 or Uncas Health District at (860) 823-1189 or visit [www.llhd.org](http://www.llhd.org).



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## Letter to Community Leaders

January 1, 2014

Dear Community Leaders,

As towns throughout New London County continue to make great strides in protecting public health through the adoption of smoke-free park policies, we take this opportunity to urge you to consider the benefits of promoting smoke-free parks in your own town.

Smoking in public parks puts non-smoking adults and children at risk for inhaling secondhand smoke. According to the CDC, secondhand smoke can cause ear and respiratory infections and trigger asthma symptoms in children. In adults, secondhand smoke can have immediate effects that increase the risk of heart attack.

In public parks where smoking is permitted, it is not uncommon to find park grounds littered with cigarette butts. Not only does this pose a hazard to small children, but it can instantly transform a park's image from clean and safe to dirty and undesirable.

Public parks are places for everyone to enjoy. Wouldn't you agree that children, young adults and senior citizens all deserve the same right to breathe fresh air without worrying about harmful secondhand smoke and discarded cigarette butts lingering nearby?

Colchester, East Lyme, Groton City, Groton Town, Ledyard, Lebanon, Montville, New London and Preston have all adopted some form of smoke-free park policies, and other towns continue to engage in discussions about the benefits of adopting such policies. We hope you will join them as leaders in promoting safe, healthy parks.

Sincerely,

*Baker Salisbury and Patrick McCormack*

Baker Salisbury, Director of Health, Ledge Light Health District

Patrick McCormack, Director of Health, Uncas Health District

# ACHIEVE Tobacco-Free Parks Toolkit

## Introduction

Many outdoor public playgrounds, parks and ball fields, where children and adolescents participate in after-school and summer activities (e.g. soccer, baseball, football and lacrosse), provide us with opportunities for a community-wide approach to tobacco prevention. These facilities can be viewed as unique environments where tobacco use is undesirable, and unacceptable. Using adult and young people as role models, tobacco-free policies at these outdoor recreational facilities can help to establish a community norm – a culture of tobacco-free living. When adults do not smoke, the message that is sent to our youth is that tobacco use is not socially beneficial and that being tobacco free is important. In addition, people visiting the facility are spared the effects of secondhand smoke and unsightly trash when cigarette butts are carelessly thrown on the ground. In addition, tobacco free parks reduce the need for park clean-up.<sup>1</sup>

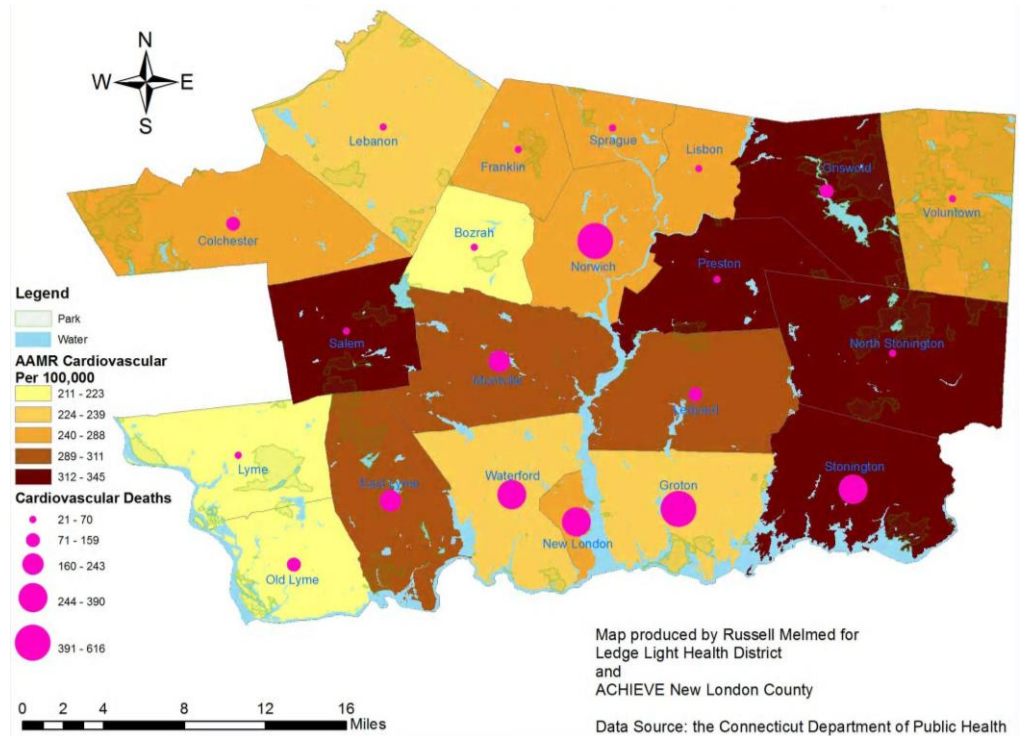
In 2003, the Connecticut General Assembly and Senate passed legislation (Sec. 19a-342) prohibiting smoking in certain areas. These areas include buildings owned or leased by the State of Connecticut, healthcare institutions, retail food stores, restaurants, establishments with a permit to sell alcoholic liquor, the bar area of a bowling alley, schools while school is in session or activities are occurring, dormitories at private or public institutions, dog race tracks or off-track betting/jai alai areas and elevators that post signs stating that smoking is prohibited.<sup>2</sup> Newly amended in 2013 and effective October 1, 2013, an employer is required to prohibit smoking in any business facility. An employer may designate one or more smoking areas.<sup>3</sup> Recently, legislation has been drafted, which will prohibited smoking within twenty-five feet of a doorway, operable window or air intake vent of any establishment.

Outdoor public places or recreational areas where people gather are not included in legislation prohibiting smoking in certain areas. The ACHIEVE New London County Health Needs Assessment identified smoke free parks as an area for improvement and an opportunity for policy development. Smoking prevalence is greater in New London County (19.1%) compared to Connecticut overall (16%). Smoking rates in Connecticut are higher in males, persons 18-24 years old, individuals with less than a high school education and with incomes below \$25,000 per year. According to the CT Department of Health, New London County ranks highest for smoking prevalence among all Connecticut counties. Among towns in New London County with available data, 12th grade students with the highest rates of recent smoking were Lyme-Old Lyme and North Stonington, and the lowest rates of recent smoking were in New London and Norwich.

New London County experiences a higher burden of tobacco-related illness and mortality compared to other counties in Connecticut. This includes chronic obstructive pulmonary disease (COPD), asthma and malignant neoplasms (cancers). Lung cancer incidence annually between 2006 and 2010 was 72 per 100,000 in New London County compared to 66 per 100,000 in the State overall. Mortality rates from lung/bronchial cancers in the same time period were 53 per 100,000 in New London County compared to 45 per 100,000 in the State.

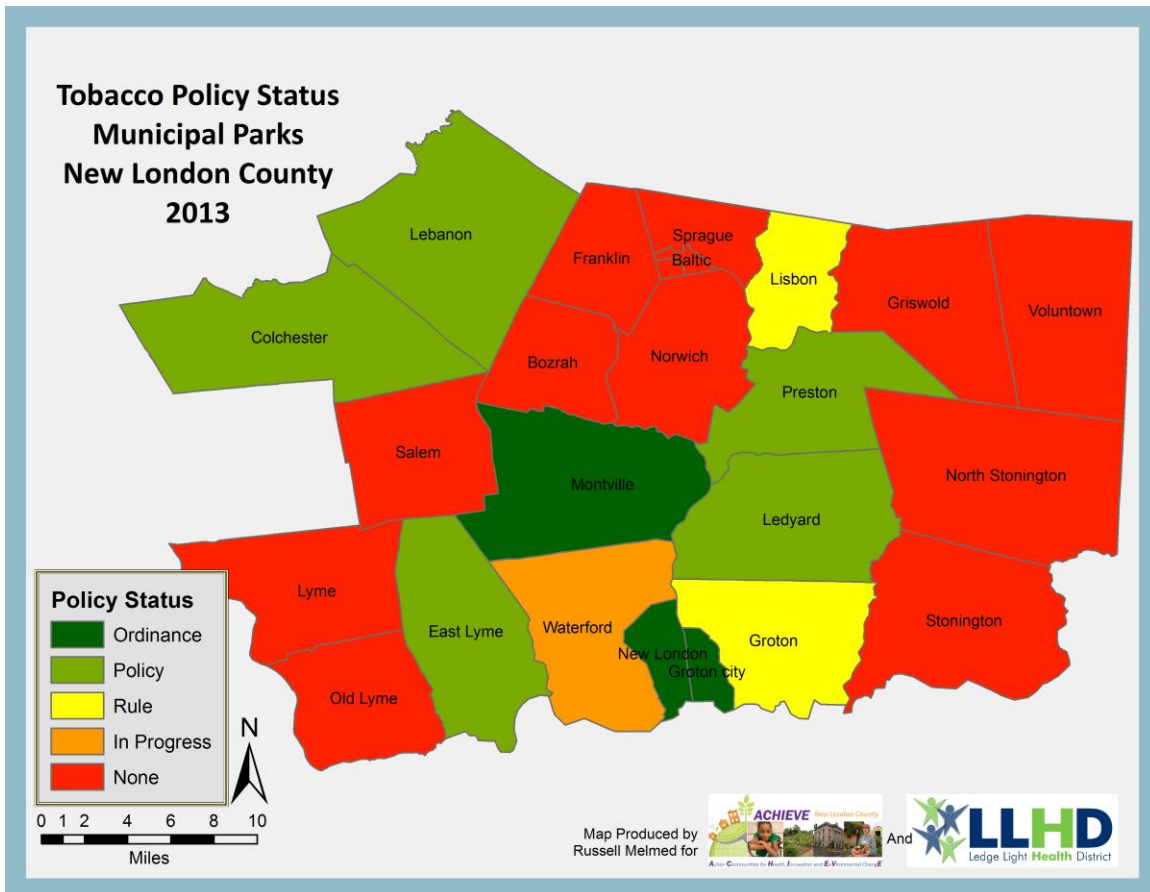


This map illustrates both the crude number of deaths and the age-adjusted mortality rate from major cardiovascular disease by town in New London County. Tobacco use is a major risk factor heart attack and stroke.



## Tobacco-Free Parks in New London County - Models of Change

At present, eight municipalities have policies or ordinances restricting tobacco use on public land:



The Town of Groton has proposed “Family Friendly” Park Rules and prohibits smoking in places where children are present. Connecticut General Statutes do not at this time prohibit smoking in outdoor public places that are used by Connecticut residents and youth for outdoor recreational activities. Establishment of tobacco-free public places that includes recreational areas where children and adolescents congregate for sporting events and play sends a message that being tobacco-free is expected. This community-wide approach to tobacco prevention will have a socially beneficial effect on younger individuals and bridge a gap that exists in the Connecticut General Statutes.

## **Purpose**

The purpose of this guide is to give the reader strategies to develop tobacco-free policies in outdoor public spaces, methods to approach policy makers, examples of tobacco-free policies/ordinances that can be used as a guide for implementation and examples of signage. A brief summary of research is presented, which supports why tobacco-free public places are important from a health, environmental and economic perspective. The goal is that the reader will use this toolkit as a guide for developing policies/ordinances and work with local elected officials who can adopt a new tobacco-free parks policy/ordinance.

## **Introduction to ACHIEVE New London County**

ACHIEVE New London County, Connecticut is a partnership between residents, health care providers, schools, community organizations, elected officials and businesses who are committed to the vision that New London County be a community where good health is possible for all residents. The ACHIEVE New London County Coalition is currently implementing the 2013 Community Health Action Plan, which includes policy, system and environmental strategies to facilitate healthy eating, active living, quality community and clinical preventive services and tobacco-free living. **The primary objective of the ACHIEVE Tobacco-Free Living Workgroup is to increase the number of ordinances/policies adopted which prohibit tobacco use in parks and public places.** This initiative will provide a community-wide, sustainable and cost-effective approach to tobacco prevention in New London County; one that will reduce health disparities and improve health outcomes for all citizens.

## ACHIEVE New London County Members

Alliance for Living *	Ledge Light Health District*
American Ambulance Service, Inc.	New London County Schools
American Lung Association	Noank Group Homes
Child and Family Agency of SECT	Ocean Community YMCA
Children First Norwich	Reliance House
City of New London and Town of Groton Parks and Recreation Departments	Sound Community Services *
Community Health Center *	Stonington Human Services*
CT Department of Transportation	Senior Resources
Eastern CT Area Health Education Center	Southeast Regional Action Council *
Eastern CT Chamber of Commerce	Thames Valley Council for Community Action
End Hunger CT	United Community and Family Services
FRESH New London	Uncas Health District*
Generations Family Health Center	United Way of SECT
Hispanic Health Council	University of Connecticut, Center for Public Health & Health Policy
NAACP, New London	Visiting Nurses Association SECT
Lawrence and Memorial Hospital	

Residents: Cecilia Baxter, Bud McAllister \*, Lee Vincent, State Representative Tim Bowles, New London City Councilor Marie Friess-McSparran \*, and Katie Jeffrey R.D.

(\*denotes participation on the ACHIEVE Tobacco-Free Living Workgroup)



## Why are Tobacco-free Outdoor Areas Important?

Presenting evidence to stakeholders and local government officials is critical when establishing new public policy. Several areas of evidence related to outdoor tobacco or smoke-free policies in municipal places are generally presented. These “talking points” can be important when writing letters to elected officials and other decision makers. We offer you the following data.

1. Tobacco use is the single largest preventable cause of disease and premature death in the U.S.<sup>13</sup> Healthcare costs in Connecticut directly caused by smoking amount to \$1.63 billion annually, not including costs associated with secondhand smoke, fires caused by smoking, spit tobacco use or cigar and pipe-smoking.<sup>13</sup> This is a burden borne by all of us, whether taxpayers, employers, or consumers.

2. In 2010, the U.S. Surgeon General’s report concluded that there is no safe level of exposure to secondhand smoke; breathing even a little indoor or outdoor secondhand smoke is not safe. Secondhand smoke (also known as environmental tobacco smoke) is a combination of the smoke from the end of the cigarette and the smoke breathed out after each cigarette puff. When you are around people who smoke, you inhale the same 4000 dangerous chemicals in cigarette smoke, including more than 70 chemicals that cause cancer. These include benzene, toluene, lead and arsenic, just to name a few. Filtering air, opening windows and separate “no smoking” sections do not provide protection from secondhand smoke.<sup>7</sup>

3. Health risks due to exposure to second hand smoke and tobacco smoker particulates include:

- Babies are more likely to die of sudden infant death syndrome (SIDS), possibly because during pregnancy many of the compounds in secondhand smoke change the way a baby’s brain develops.<sup>7</sup>
- Children are also more likely to have lung problems, ear infections and asthma from exposure to secondhand smoke.<sup>7</sup>
- The U.S. Environmental Protection Agency has classified secondhand smoke as a Class A Carcinogen along with benzene, radon and asbestos. Breathing in secondhand smoke increases the chances of getting lung cancer by 20 percent to 30 percent.<sup>7</sup>
- Adults exposed to tobacco smoke are more susceptible to heart attacks and stroke. This is because breathing secondhand smoke changes how the heart, blood and blood vessels function (blood platelets stick together), the lining of the blood vessels becomes damaged, and adults who are continuously exposed to secondhand smoke have higher “bad” cholesterol making them more susceptible to heart attacks and strokes.<sup>7</sup>



## Why Do We Need Tobacco-Free Parks?

1. Public parks are designed to promote active living. Common sense tells us that smoking has no place in an environment that offers playgrounds, ball fields and walking trails. We have leash laws and laws against drinking in public, designed to promote a safe and healthy environment. Tobacco-free ordinances do the same.<sup>18</sup>
2. Tobacco-free parks model healthy behavior for our children. Research shows that prohibiting smoking in public places decreases the chances that children will use tobacco products.<sup>11</sup> Such policies reinforce the fact that smoking is not a healthy behavior. Every year more than 350,000 kids in the U.S. start smoking, and roughly one third of them will die prematurely from a smoking-caused disease.<sup>12, 18</sup>
3. When outdoors, smoke can be smelled 23 feet away, and if someone can smell it, they are inhaling cancer-causing and toxic chemicals. This cigarette smoke contains benzopyrene, a known carcinogen, as well as other chemicals that penetrate deep inside the lungs.<sup>13</sup>
4. Cigarettes are the most littered item in the United States and the world. A single cigarette filter can take 5-10 years to decompose, and in the meantime, it is leaching toxins into the soil and water. Ingested cigarette butts can be toxic to children and wildlife and increase park maintenance costs.<sup>14</sup>
5. Discarded cigarettes are the third leading cause of preventable outdoor fires.<sup>15</sup> Cigarette butts carelessly thrown in forested areas have caused forest fires destroying homes, lives and costing millions of dollars in damages.<sup>9</sup>
5. From an environmental perspective cigarette butts discarded on city streets, in parks or recreations areas, beaches, and highways pose a threat to aquatic ecosystems due to their toxicity.<sup>9</sup> Every pack of cigarettes discarded leads to \$0.22 in litter removal costs for municipalities.<sup>10</sup>

# Play Tobacco Free!



Clearing the Air About Tobacco Misconceptions



Fiction	Fact
<ul style="list-style-type: none"> <li>Discarding cigarette butts on the ground doesn't hurt anything.</li> </ul>	<ul style="list-style-type: none"> <li>Cigarette butts are composed of cellulose acetate, a form of plastic, which is NOT biodegradable and can be toxic.</li> </ul>
<ul style="list-style-type: none"> <li>Smoking outside doesn't harm other people.</li> </ul>	<ul style="list-style-type: none"> <li>Cigarette smoke can linger in the air and once inhaled poses health risks to children and adults.</li> </ul>
<ul style="list-style-type: none"> <li>It's impossible to prevent people from smoking in parks and recreational areas.</li> </ul>	<ul style="list-style-type: none"> <li>Signage and education play a large role in preventing tobacco use in play areas and other restricted areas. Plus, 84% of Connecticut residents do not smoke.</li> </ul>
<ul style="list-style-type: none"> <li>Fewer visitors will come to a tobacco-free park.</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco-free parks will encourage people to visit.</li> </ul>

## How to Get Started – Tips for Tobacco-Free Parks Policy Change

1. **Conduct a community assessment** – be familiar with existing state and local smoking regulations, understand how policies are made in your local jurisdiction, identify a local official who would support a policy/ordinance prohibiting tobacco-use in public places, identify other groups or organizations who may be working on the same or similar efforts.<sup>4</sup>
2. **Engage and bring together partners and stakeholders** – work with organizations and groups who are invested in establishing a tobacco-free policy/ordinance. Consider engaging youth and senior groups. Young people offer enthusiasm as well as a fresh new perspective, and senior citizens bring expertise and often first-hand knowledge of the health effects of secondhand smoke. Other stakeholders may include local parks and recreation boards, legislators, individuals within the business community, recreational clubs, school officials, substance abuse prevention coalitions, faith groups, volunteer groups and community residents.<sup>3,4</sup>
3. **Establish a database of contact information for coalition members and stakeholders**– create a list that can be used to call on members for meetings and activities.<sup>3</sup>
4. **Educate the community and policymakers about secondhand smoke** – focus on documented health effects as well as the potential cost savings and economic benefits.<sup>4</sup>
5. **Establish a Tobacco-Free Policy**– see examples of tobacco free policies. The policy/ordinance should include the rationale behind the policy/ordinance, facilities you would like to include and enforcement.
6. **Communicate the Policy**– use signage and banners, send a letter to parents, school officials, law enforcement, adult leaders, write an article for a recreation newsletter, educate parents during registration and staff during meetings, reach out to the media by meeting with a reporter to discuss the pertinent issues, provide handouts, write an article and submit it, write a letter to the editor, host an event and invite the media to attend or ask local TV or radio stations to air Public Service Announcements promoting tobacco-free outdoor places.<sup>1,5</sup>
7. **Hold Informal Discussions with Decision Makers** – assess members of your local government body to determine if one of the members would advocate for smoke-free outdoor places. Be informal and educational in explaining what you are trying to do, why it is important and how they can help you reduce tobacco use. <sup>5</sup>
8. **Promote the Tobacco Free Message** – have students develop positive gains-framed messages (e.g., If I am tobacco free, I will be a better athlete, have more money to spend on electronic gadgets, and have a brighter smile, etc.). Print banners, stickers, pins or t-shirts using the slogans that students develop.<sup>6</sup>
9. **Utilize Adults and Young People as Role Models** – recognize that consistent messages from adult role models such as coaches, referees, trainers and parents helps young people

recognize that tobacco use is not the norm within the community in which they live. Peer role models have been proven to be effective in influencing positive behaviors in adolescents.<sup>1</sup>

10. ***Mobilize coalition members and supporters to attend public hearings and get on the agenda*** – wear stickers, badges, t-shirts in support of the policy/ordinance, present a range of perspectives when providing testimony in support of tobacco-free public spaces, notify press, focus on health issues and the right of individuals to breathe smoke-free, healthy air in public places.<sup>1</sup>
11. ***Assist in policy development*** – use existing policies/ordinances as well as the Center for Public Health and Tobacco Policy for technical assistance in the development of a policy/ordinance. A policy/ordinance needs to be “legal, binding and enforceable”. The substance of the policy/ordinance is more important than the name.<sup>5</sup>
12. ***Continue to apply positive pressure*** –on public officials using phone calls, letters, emails, and media relative to the proposed policy/ordinance.<sup>1</sup>
13. ***Once passed, congratulate all that worked on implementing the policy and remain vigilant that the policy/ordinance is enforced.***<sup>1</sup>

## Enforcement

“But how can we enforce it?” is a question often asked by town officials when presented with a tobacco-free parks ordinance. The answer is “You don’t need to.”<sup>18</sup>

Community education, prominent and clear signage, and staff education are usually adequate for successful implementation of a tobacco-free policy/ordinance. According to the California Clean Air Project, “a critical component in addressing smoking in parks is to create an environment that makes the law known to park users. It is important to publicize the law in as many forms of media as possible –especially through City Parks and Recreation Departments”.<sup>16</sup>

Ringgold County in Iowa reported that tobacco-free park policies are generally self-enforcing. “Many tobacco users look for ‘no tobacco’ or ‘no smoking’ signs. Those using the property also feel comfortable offering friendly reminders to others who may be unaware of park rules.”<sup>17</sup> A local example is the Town of Windham which has a no smoking policy that is based on ‘voluntary compliance’.

Only 17% of adults in Connecticut use tobacco.<sup>13</sup> Thus, the majority of people who use park facilities do not use tobacco and may not wish to be exposed to secondhand smoke. Since smoking is already banned in many public places such as restaurants, bars and state buildings, many people who use outdoor recreation facilities would prefer that they are smoke-free and may welcome a tobacco-free policy/ordinance.

Additional tips for communicating your policy and thanking people for not smoking in municipal parks include:

1. Submit articles to local newspapers promoting your tobacco-free parks policy.
2. Remind residents of your policy when speaking at events, concerts or other community events.
3. Print your policy on lease agreements, letters to residents, on utility bills, etc.
4. Include a personal message to residents in recreation brochures, annual reports and catalogs.
5. Include a written statement in rule books, coaching guides and other materials distributed to athletic leagues.
6. Use national campaigns such as Kick Butts Day or the Great American Smoke Out to distribute fact sheets on second hand smoke, promote cessation programs, and highlight tobacco-free parks policy.
7. Post policies on municipal and school websites.
8. Use public access channels, school television, or other media outlets.
9. Remind staff by including a statement in personnel handbooks or other orientation materials.



## Definitions

**Binding:** Permanent and able to regulate those who enter the outdoor area.

**Enforceable** – Clear enforcement responsibility for controlling tobacco use in outdoor areas and clear ramifications such as monetary fines (civil penalties).

**Rules** – Rules are NOT enforceable. They are meant as general guidelines for behavior and use of parks and beaches, etc. An example is the “Family Friendly” Parks Rules of the Town of Groton, CT. These rules are not enforceable by law, but they prohibit unacceptable behaviors. While they are not enforceable by law, they can be used by police and others to obtain compliance. Those that fail to comply may end up violating another ordinance such as trespassing or failing to follow instructions of a peace officer.

**Legal**– Originating from a local government body that has power over the outdoor area.

**Policy** – A general term for a local government policy that is legal, binding and enforceable.

**Preemption**– The existence of a state law that precludes stronger local laws, can prevent implementation of smoking bans or restrictions.

**Ordinance**– Passed by an act of local legislation, often includes a civil penalty or monetary fine up to a certain amount of money.

**Referendum**–A direct vote where voters in a given jurisdiction either accept or reject a particular proposal (e.g., adoption of a smoke-free policy); proposals are referred to the ballot by the local governing body or by the state legislature or placed on the ballot through a citizen petition process.

## Sample Residents Survey

### Tobacco Policy Survey

1. What sex are you? Male \_\_\_\_\_ Female \_\_\_\_\_
2. What is your age? Under age 18 \_\_\_\_\_ Over 18 \_\_\_\_\_
3. Do you reside in (*insert name of town*)? Yes \_\_\_\_\_ No \_\_\_\_\_
4. How often do you visit a (*insert name of town*) park? At least once a week \_\_\_\_\_  
At least once a month \_\_\_\_\_ At least once a year \_\_\_\_\_
5. Does it bother you when people smoke in recreational areas? Yes \_\_\_\_\_ No \_\_\_\_\_
6. Does it bother you to see cigarette litter in recreational areas? Yes \_\_\_\_\_ No \_\_\_\_\_
7. Do you favor or oppose a tobacco-free policy at parks in (*insert name of town*)?  
Strongly favor \_\_\_\_\_ Somewhat favor \_\_\_\_\_ Somewhat oppose \_\_\_\_\_  
Strongly oppose \_\_\_\_\_ Don't care \_\_\_\_\_ Don't know \_\_\_\_\_
8. How strongly do you agree that kids act the way they see older teenagers and adults acting?  
Strongly agree \_\_\_\_\_ Somewhat agree \_\_\_\_\_ Somewhat disagree \_\_\_\_\_  
Strongly disagree \_\_\_\_\_ Don't know \_\_\_\_\_
9. Do you think keeping youth from starting to use tobacco products is important?  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. Would you support a policy for parks in (*insert name of town*) to be tobacco free?  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Do you think there would be a lot of opposition to a policy making all parks in (*insert name of town*) tobacco-free? Yes \_\_\_\_\_ No \_\_\_\_\_
12. When was the last time you used a tobacco product, including cigarettes, chew, snuff, cigars, etc.? Never \_\_\_\_\_ In the last week \_\_\_\_\_ In the last year \_\_\_\_\_  
In the last five years \_\_\_\_\_ Longer than five years ago \_\_\_\_\_

Thank you for your participation

*(Adapted from City of Redding, California Smoking Policy Survey, September 2012 and Ringgold County, Iowa Public Health Parks Survey, 2010)*

# Sample Policies and Ordinances

## City of Groton - Ordinance

### City of Groton

R-13-6-66

**RESOLUTION THAT THE MAYOR AND COUNCIL FINALLY APPROVE “AN ORDINANCE CONCERNING SMOKING IN CITY OWNED PUBLIC PARKS AND RECREATION AREAS” (FINALLY APPROVED JUNE 17, 2013)**

**WHEREAS**, it is the intent of the City of Groton to control exposure to second hand smoke by prohibiting smoking at certain locations in addition to those identified under State and Federal law; and

**WHEREAS**, the intent and purpose of prohibiting smoking at the locations identified in this ordinance is to protect the public health, safety and welfare by reducing exposure to second hand smoke; and

#### **Section 1. Definitions**

- a. **Park or recreation area** shall mean any outdoor area owned or operated by the City of Groton and open to the general public for primary recreational purposes, regardless of any fee or age requirement including but not limited to beaches, picnic areas, playgrounds, sports or athletic fields, bleachers, walking paths, gardens, hiking trails, bike paths and dog parks. A park or recreational area shall not include any paved public sidewalk immediately abutting the boundary of the park or recreational area or any other designated (posted) area.
- b. **Tobacco paraphernalia** shall mean cigarette papers or wrappers, pipes, holders of smoking materials of all types, and any items designed for smoking, preparation, storing or consumption of tobacco products.
- c. **Tobacco products** shall mean:
  - 1.) any substance containing tobacco leaf, including but not limited to cigarettes, hookah tobacco, snuff, chewing tobacco, dipping tobacco, cigars, pipe tobacco, or any other preparation of tobacco.
  - 2.) any product of formulation of matter containing biologically active amounts of nicotine that is manufactured, sold or offered for sale, or otherwise distributed with the expectation that the product or matter will be introduced into the human body, but does not include any product specifically approved by the United States Food and Drug Administration for use in treating nicotine or tobacco dependence.

#### **Section 2. Posting of Signs:**

Every location subject to the prohibition set forth in Section 1(a), must have one or more conspicuously displayed signs stating that smoking is prohibited in the outdoor areas. Such signs must have text and/or graphics to clearly indicate that smoking is prohibited in the outdoor area and include appropriate City of Groton municipal code citation. Any text must be clearly contrasted with the background and must be a minimum of one inch in height. The text must state “NO SMOKING” with a symbol, consisting of a pictorial representation of a burning cigarette enclosed in a red circle with a red bar across it. Such signs shall be posted in a quantity and manner reasonably likely to inform individuals occupying the area that smoking is prohibited within the area and must be made of permanent, weather resistant materials. Designated smoking areas, where appropriate, will be clearly marked.

### **Section 3. Enforcement**

- a. Any authority having jurisdiction to enforce city ordinances shall have authority to enforce the provisions of this article.
- b. Any citizen who desires to register a complaint under the article may initiate enforcement with the City by contacting the City of Groton Police Department directly.

### **Section 4. Violations**

Any person who violates any provision of this Ordinance shall be subject to a fine of \$120.00 per violation.

**WHEREAS**, this Ordinance was published in The Day, a newspaper having general circulation in the City of Groton on May 24, 2013 and May 25, 2013;

**WHEREAS**, this Ordinance will become effective upon passage;

**THEREFORE, BE IT RESOLVED** that the Mayor and Council finally approve “An Ordinance Concerning Smoking in City Owned Public Parks and Recreation Areas”.

# City of New London - Ordinance

## City of New London

### AN ORDINANCE REGARDING TOBACCO-FREE

#### COMMUNITY RECREATION & ENTRANCES & EXITS OF CITY BUILDINGS

#### THE CITY OF NEW LONDON HEREBY ORDAINS:

##### SECTION 1 – FINDINGS AND PURPOSE.

##### A. The City Council endorses the following:

1. The mission of the City of New London (hereinafter “City”) is to provide recreational and leisure opportunities that enhance the quality of life for its citizens and provide safe environments, the City has an obligation to prohibit those activities which it deems contrary to this mission.
2. The City cares deeply about promoting the good health and quality of life for its citizens and visitors.
3. Tobacco use is the single most preventable cause of death and disease in the United States.
4. Secondhand smoke contains many harmful chemicals and cancer-causing agents and is a serious health risk to humans, especially to infants, children and pregnant women; and increases a non-smoker’s risk for asthma, heart disease, and lung cancer.
5. Tobacco use in and around City facilities creates the contradictory message of young people and adults being encouraged to engage in healthy activities and lifestyles, while at the same time being exposed to adults and older youth using tobacco products which cause adverse health effects as the result of exposure to secondhand smoke.
6. The City hosts many recreational programs on fields and other facilities owned by the City.
7. Tobacco use and exposure to secondhand smoke are clearly contrary to enhancing the quality of life and providing safe environments.

- B. Based on the endorsements listed in Section 1.A. above, the purpose of this Ordinance is to provide for the health of and protect the safety of the inhabitants of the City by regulating, pursuant to Section 7-148(c)(7)(H)(xvi) of the Connecticut General Statutes, activities deemed to be deleterious to public health on property owned by the City. This Ordinance will enhance the enjoyment of all persons using said property.

SECTION 2-DEFINITIONS. As used in this Ordinance, the following words and phrases shall have the meanings indicated.

- A. Recreational Property – means property owned by the City and which is under the supervision and control of the Recreational Department and used in connection with recreational programs, including athletic facilities, parks, playgrounds, beaches, trails and other areas where people may assemble for recreational purposes. Recreational property shall not include School Grounds. Recreational properties at the time of the adoption of this Ordinance are: Bartlett Playfield, Bates Woods Park, Blackhall/Garfield Tot Lot, Calkins Field, Green Harbor Park, Mahan Parklet, McDonald Park, Mercer Park, Olde Town Mill, Richard Martin Center, Toby May Playfield, Veteran’s Field, Williams Memorial Park, Williams Park, and Winthrop Cove Park.
  
- B. School Grounds – means a parcel of land or portion thereof used for school purposes and operated by the City of New London Board of Education.
  
- C. Smoke or Smoking – means the lighting or carrying of a lighted cigarette, cigar, pipe, or similar device.

SECTION 3- VIOLATION. It shall be a violation of this Ordinance for any person to Smoke on or within any Recreational Property, except within designated Smoking areas.

SECTION 4 – PENALTIES FOR OFFENSES. Any person who violates any provision of this Ordinance shall be subjected to a warning, and/or a forty-nine dollar fine (\$49.00) for each separate offense or violation. Any and all remedies, which the City has in enforcing this Ordinance, at law or in equity, shall be cumulative and two or more or all of such remedies may be exercised at the same time.

SECTION 5 – RECREATION DEPARTMENT. The City shall post a sign or signs on a Recreational Property stating such Recreational Property is a “Tobacco-Free Zone” to indicate that said Recreational Property is subject to this Ordinance. Said sign or signs shall identify this Ordinance by number, and shall state the penalty amount for violating this Ordinance.

SECTION 6 – CONFLICT. All ordinances or parts of ordinances in conflict with this ordinance are hereby repealed.

SECTION 7- SAVINGS CLAUSE. If any section, clause, provision or portion of this Ordinance, or if any regulation established pursuant to the terms of this Ordinance, shall be held to be invalid or unconstitutional by any court of competent jurisdiction, such holding shall not affect or impair any other section, clause, provision or portion of this Ordinance or of any regulation established pursuant to the terms of this Ordinance.

SECTION 8 – ACTIVITIES OTHERWISE PROHIBITED. No provision of this Ordinance shall serve to validate any activity otherwise prohibited by State or local law or lawfully enacted zoning regulations.

SECTION 9 – EFFECTIVE DATE. This Ordinance shall become effective after its passage as set forth in Section 27 of the City of New London Charter.



## **Town of Montville - Policy**

### **TOWN OF MONTVILLE NOTICE OF ADOPTION OF ORDINANCE**

Notice is hereby given that the Town Council of the Town of Montville, at a regular meeting held April 11, 2011 adopted the following Ordinance.

#### **ORDINANCE NO. 2011-002 AN ORDINANCE REGARDING TOBACCO-FREE COMMUNITY RECREATION**

THE TOWN OF MONTVILLE HEREBY ORDAINS:  
SECTION 1 - FINDINGS AND PURPOSE.

A. The Town Council endorses the following:

1. The mission of the Town Recreation Department is to provide recreational and leisure opportunities that enhance the quality of life for its citizens and provide safe environments, the Town Recreation Department has an obligation to prohibit those activities which it deems contrary to this mission.
2. The Town cares deeply about promoting the good health and quality of life for its citizens and visitors.
3. Tobacco use is the single most preventable cause of death and disease in the United States.
4. Secondhand smoke contains many harmful chemicals and cancer-causing agents and is a serious health risk to humans, especially to infants, children and pregnant women; and increases a non-smoker's risk for asthma, heart disease and lung cancer.
5. Chewing tobacco contains many harmful chemicals and cancer-causing agents, and its use is associated with cancers of the mouth, gums, tongue, and throat.
6. The use of chewing tobacco is associated with saliva or spit being cast upon the ground, seating areas, and other surfaces in recreational areas, resulting in increased risk of non-users being exposed to bacteria and viruses of a variety of respiratory illnesses.
7. Tobacco use in and around these recreational facilities creates the contradictory message of young people being encouraged and coached by adults to engage in healthy activities, while at the same time being exposed to adults and older youth using tobacco products which cause adverse health effects as the result of exposure to secondhand smoke and/or spit saliva.
8. The Town hosts many recreational programs on fields and other facilities owned by the Town.
9. Tobacco use, exposure to secondhand smoke, and exposure to tobacco saliva are clearly contrary to enhancing the quality of life and providing safe environments.

B. Based on the endorsements listed in Section 1.A. above, the purpose of this Ordinance is to provide for the health of and protect the safety of the inhabitants of the Town by regulating, pursuant to Section 7-148(c)(7)(H)(xvi) of the Connecticut General Statutes, activities deemed to be deleterious to

public health on property owned by the Town and used for recreational purposes. This Ordinance will enhance the enjoyment of all persons using said property.

**SECTION 2 - DEFINITIONS.** As used in this Ordinance, the following words and phrases shall have the meanings indicated.

A. Recreational Property - means property owned by the Town and which is under the supervision and control of the Recreation Department and used in connection with recreational programs, including athletic facilities, parks, playgrounds, trails and other areas where people may assemble for recreational purposes. Recreational Property shall not include School Grounds. Recreational Properties at the time of the adoption of this Ordinance are: Camp Oakdale; Large and Small Pavilions; Conservation Trail; Fair Oaks; and Desjardin Park.

B. School Grounds - means a parcel of land or portion thereof used for school purposes and operated by the Town of Montville Board of Education.

C. Smoke or Smoking - means the lighting or carrying of a lighted cigarette, cigar, pipe or similar device.

**SECTION 3 - VIOLATION.** It shall be a violation of this Ordinance for:

A. Any person to use tobacco in any form on or within any Recreational Property, including without limitation, Smoking, chewing or spitting tobacco or tobacco products.

B. Any person to use Smoke on or within any Recreational Property.

**SECTION 4 - PENALTIES FOR OFFENSES.** Any person who violates any provision of this Ordinance shall be subject to a ninety-nine dollar fine (\$99.00) for each separate offense or violation. Any and all remedies which the Town has in enforcing this Ordinance, at law or in equity, shall be cumulative and two or more or all of such remedies may be exercised at the same time.

**SECTION 5 - RECREATION DEPARTMENT.** The Recreation Department may, but is not required to; post a sign or signs on a Recreational Property stating such Recreational Property is a "Tobacco-Free Zone" to indicate that said Recreational Property is subject to this Ordinance.

**SECTION 6 - SAVINGS CLAUSE.** If any section, clause, provision or portion of this Ordinance, or if any regulation established pursuant to the terms of this Ordinance, shall be held to be invalid or unconstitutional by any court of competent jurisdiction, such holding shall not affect or impair any other section, clause, provision or portion of this Ordinance or of any regulation established pursuant to the terms of this Ordinance.

**SECTION 7 - ACTIVITIES OTHERWISE PROHIBITED.** No provision of this Ordinance shall serve to validate any activity otherwise prohibited by State or local law or lawfully enacted zoning regulations.

**SECTION 8 - EFFECTIVE DATE.** This Ordinance shall become effective thirty (30) days from the date of its adoption.

Dated at Montville Connecticut this 12th day of April 2011. Lisa Terry, Town Clerk

## Town of Ledyard – Policy



### **Town of Ledyard**

#### SMOKING POLICY

##### *Smoke Free Athletic Facilities*

*It shall be the policy of the Ledyard Parks and Recreation Commission to:*

*Discourage the use of tobacco products in all forms on all athletic facilities and beaches*

*SMOKING IS PROHIBITED at all times on any Town athletic facility, Town beach, or open space under the jurisdiction of the Parks and Recreation Commission and does include athletic facilities under the jurisdiction of the Ledyard Board of Education.*

*This policy applies to any individual utilizing athletic facilities in the Town of Ledyard.*

## Town of Rocky Hill - Policy



### **TOWN OF ROCKY HILL TOBACCO-FREE POLICY**

**WHEREAS**, effective Monday, July 1, 2013 the Town of Rocky Hill is implementing a campus-wide tobacco-free policy for all employees, customers, and visitors in order to provide a clean, healthy, productive, and safe environment for all.

**WHEREAS**, this policy is in effect during and after work hours and will apply to:

- All Town of Rocky Hill employees and volunteers on all shifts;
- Customers, vendors, clients, consultants, contractors, and all other visitors.

**WHEREAS**, smoking and tobacco use of any kind will be prohibited on all Town of Rocky Hill Properties; all internal and external areas, and parking lots; all entrances and exits; and all company owned and/or leased vehicles. Additionally, the policy will be in place at all Town of Rocky Hill sponsored events—both on our premises and at external locations.

**WHEREAS**, Employees who choose to use tobacco products must do so on their regularly scheduled breaks or meal periods and off company property. No ashtrays are permitted in any indoor or outdoor area on Town premises.

**WHEREAS**, the Town of Rocky Hill will post signs throughout the campus/buildings stating the Town is Tobacco Free.

Compliance with this policy is mandatory and policy violations by employees will be subject to disciplinary actions of the Town.

## Town of Colchester - Policy



“Creating Community Through People, Parks and Programs”  
127 Norwich Avenue, Colchester, CT 06415  
(860) 537-7297 | Fax: (888) 468-6093 | parksandrec@colchesterct.gov | www.colchesterct.gov

*As approved by the Board of Selectmen at the September 18, 2008 meeting:*

### Policy

Smoking is prohibited at the Recreation Complex, including all grounds and associated parking areas. This is a formal policy, but not an ordinance; hence, not enforceable by police.

### Rationale

As a way to encourage health and wellness, and set a good example for youth in the parks, the Parks & Recreation Commission recommended duplicating the schools’ policy of no smoking on the grounds.

### Background

The parks have always had an “unofficial” no smoking policy that was implemented through peer pressure.

# Town of Groton – Family Friendly Parks Policy and Rules

## General Rules:

- All parks close at sunset unless permitted by the Town Manager; no overnight parking is permitted in any park. The Sutton Park basketball court and Skateboard Park court are available until the court lights are turned off. Any use of Poquonnock Plains Park approved by the Parks and Recreation Department that requires lighting must obtain approval of the Town Council.
- Groups are responsible for damage to park facilities including litter cleanup. A service charge determined by the Parks and Recreation Department may be incurred for additional work needed to restore the park to its proper condition.
- Groups may be excluded from future use for serious or repeated abuse.
- Amplified music is not permitted in any park without the written permission of the Director of Parks and Recreation.
- The commercial use of, or vending within, town parks is not permitted unless authorized with a special permit issued by the Parks and Recreation Department.
- Banners, political signs, notices and brochures are not permitted on park property without permission from the Parks and Recreation Department.
- Hunting or the removal or destruction of any plant or animal life is prohibited.
- All pets must be kept under control at all times. Pet feces must be removed from the park. Pets are prohibited at community events, special events and at certain parks that support sport activities.
- **Smoking is prohibited in the vicinity of playgrounds and areas where children are present.**
- Special use facilities are governed by specific rules posted at the sites. These facilities include the Skate Park, The Arena, Central Bark and other facilities designed for specialized activities.
- Cooking fires are only permitted in gas grills or fireboxes provided by the Parks and Recreation Department. Campfires are not permitted.
- Planting of trees or other memorials must be approved by the Director of Parks and Recreation and the Tree Warden.
- Vandalism or maintenance issues should be reported to the Administrative Office of the Parks and Recreation Department.
- The consumption of alcohol is permitted in town parks but is prohibited on playing fields and athletic facilities.
- The sale of alcohol by any group on town property or the charging of admission for an event that includes alcohol consumption requires a special permit issued by the Town Manager's office. Application should be made, in writing, 6 weeks in advance to the Director of Parks and Recreation. This special permit must be accompanied by a park reservation permit available at the Parks and Recreation Administrative Office. The applicant must also show evidence of proper state permits, insurance coverage including the town as additionally insured and proper planning for crowd control.
- The Town of Groton Police Department has the authority to enforce town ordinances and State laws impacting the utilization of Town parks.



# Sample Tobacco-Free Signage



Town of Groton



Town of Montville



City of New London



Town of East Lyme

## Template: Press Release

[city name] Celebrates Tobacco-Free Parks

[city name], CT— [city name] announced a new policy to promote the health of residents using city parks –a tobacco-free policy.

The occasion will be marked by a tree planting at [name] park. Representatives from \_\_\_\_\_ to prevent tobacco use, a local public health policy program will be planting a tree at the park on [date] at [time].

The policy affects all indoor and outdoor areas of the park, including parking lots. Tobacco users are welcome in the parks and can opt to either abstain, leave the grounds to smoke, or use nicotine lozenges while they're at the park. Policies like this preserve the right to clean air. While there is no legal right to smoke, the public does have a legal right to clean air. Secondhand tobacco smoke is a serious health hazard, and research has found that it is dangerous in outdoor areas too. There is no safe level of exposure to secondhand tobacco smoke.

About 50,000 – 60,000 nonsmokers die every year in the US because of secondhand tobacco smoke.

Tobacco users who want to quit, can access many free services available through the Connecticut QUIT Line 1-800-QUIT-NOW.

## Sample Public Address Announcement or Public Service Announcement

“As part of our effort to promote healthy lifestyles in our community, the [City name] Recreation Department would like to announce that all city parks and recreational facilities are now tobacco free! Chewing tobacco and smoking are not only deadly, but they also decrease lung power and weaken muscles, which leads to poor athletic performance. Exposure to tobacco smoke can cause immediate illness and long term health consequences. So stay in top physical condition by enjoying our tobacco-free parks, and make the choice to be tobacco free!” For more information or to learn how to quit contact your local health department or health care provider.



## Sample Newspaper Article

# Rocky Hill's new sweeping smoking ban goes into effect July 1

Thursday, June 20, 2013 4:53 PM EDT

By ERICA SCHMITT, STAFF WRITER

Cigarettes will be a distant memory for Rocky Hill town officials next month. Not that many of them are smokers, but after a new tobacco-free policy goes into effect July 1, smoking will be prohibited at all town and school buildings and parks.

The campus-wide policy affects employees, customers, contractors and visitors and intends to provide a cleaner, healthier and more productive environment for all. "The schools have been smoke free for some time now, so it's kind of time that perhaps the remaining municipal buildings catch up," explained Deputy Mayor Phillip Sylvestro, who among all of the other town councilors, has received numerous complaints from the public about cigarette butts littering Town Hall and local parks.

"It's something we've been looking at it for a while and finally decided to act on," Councilor Larrye Debear said. "I just think that in this day and age, there's been so much research done on the impact of second-hand smoke that the time has come the town should do something about the facilities it controls — mainly the Town Hall complex," he continued, adding, "I gave up smoking a long time ago in the interest of health and if the town can do something itself to promote better health than it should."

Town Councilor and former Mayor Barbara Surwilo, who has a Ph.D in bio-chemistry and has been on the Board of Directors of Connecticut's American Lung Association for over 20 years, called the action "a very good step to protecting people's health." "We need to do what we can to get our air back to as natural a quality as it was before humans started to foul it all up with all these chemicals and all of our activities," she added.

In addition to Town Hall, smoking will be banned in all town vehicles, in and outside of firehouses, the senior and community centers, and at events that are sponsored by the town — no matter where they are held. The Veterans Memorial Amphitheater at Elm Ridge Park is one of the most popular venues for events hosted by the town's Parks and Recreation Department. A Summer Concert Series begins there next Thursday, and is held every Thursday through August. Friday evenings feature a movie series. Both weekly events draw in lots of local families whose complaints about smokers have reached enough ears that officials have finally decided to take action.

"Nobody appreciates smoke being blown in their direction when they're trying to enjoy a concert," said Sylvestro. Although he admits to not knowing many town workers who are indeed smokers, those who are must do so on their break time off company property, according to the new town ordinance. Signs will soon be posted around all town buildings and people are being asked kindly, to comply. Disciplinary action has not yet been discussed, according to Sylvestro. "If there's wholesale ignoring of the ordinance and the complaints continue to come in, a future council will have to give some consideration to that," he said. "I think our police officers have better things to do than running around fining people for smoking; hopefully we don't get to that point."

Erica Schmitt can be reached at (860) 225-4601, ext. 210, or [eschmitt@newbritainherald.com](mailto:eschmitt@newbritainherald.com).



# Sample Communication with Residents

## Town of East Lyme

EAST LYME EVENTS • QUARTER 4 • 2013

### *First Selectman's Corner*

It doesn't seem like all too long ago that I was writing this note for the spring edition extolling our great town's virtues for the summer season.

Now, here we are on the brink of Thanksgiving and the December holiday season. The good news is that East Lyme's Park and Recreation has events and programs all year long and the many great businesses along Flanders and Niantic's Main Street stands ready to serve you, warm weather or cold.

Thanksgiving weekend will see our annual tree lighting and Holiday Stroll with stores open and decorated for the coming season. Though the warmth of summer is fading, the excitement in East Lyme continues to keep Connecticut's Fan Favorite Town hot and happening all year long!

Our annual Light Parade will be celebrating its 25th year and the committee decided to try holding it on a Saturday night instead of Sunday this year. There will be all day events

on Main Street and throughout the town with chowder, ice carvings, song and good times for all ages - The Light Parade will start off with a fire works display, then a host of floats will creep their way down Main Street. Swing by our shops, the Children's' Museum or have a drink, a donut or an overnight stay or two and enjoy everything East Lyme has to offer.

The Light Parade offers a chance for thousands to visit and see the well lit and ornate floats pass down Main Street. Remember to patronize those businesses who generously "stand still" during the Parade so you can enjoy. My special thanks to the Mitchell's and the Niantic Cinema for all they do. Happy season to all!

*Paul M. Formica, First Selectman*



### *Director's Note*

As I sit down to write this *Director's Note* for the winter and with Thanksgiving just around the corner, the Parks and Recreation Department and myself have much to be thankful for. We are currently working with Triumph Industries on a Community Build for Phase II of our Playscape enhancement project at McCook Point Park. Triumph is providing over 30 volunteers and purchasing the Wood Matte surface to go under the structure; a huge thanks to Triumph Industries for their support of this project. A portion of the funding for this phase (\$15,000.) was provided by the Niantic Rotary Club. Thank you to both organizations.

On a personal note I am thankful for my entire staff and for their dedication towards making East Lyme a healthier community; I am thankful to the Parks and Recreation Commission and Youth Services Commission for their support and guidance; I am thankful for my loving family for always being there; and lastly I am thankful to the entire East Lyme Community for your support of our programs and parks. It

makes coming to work enjoyable and fulfilling.

Our first Trick or Trunk event that was held on October 30<sup>th</sup> was a great success with a huge turnout. A big thanks to all the vehicle participants who decorated their vehicles and handed out candy to over 200 trick or treaters that attended. Another thanks goes out to the Student Advisory Board members from the high school and their advisor Mike McDowell who dressed up in costume and decorated their vehicles also. They did an awesome job!!

I hope you take a few minutes to review our program offerings and support the advertisers in the magazine. As always, I encourage you to contact our office with any suggestions or concerns. "Remember, to feel great, Recreate".

*David M. Putnam, Director*



### *Park & Beach Information*

#### **McCook Point Park**

- Open daily from 8:00 a.m. to sunset
- Pets are permitted from October 1 – April 30; must be under owners control at all times. It is the owner's responsibility to clean-up all pet waste.
- Tobacco Free Parks

State Statue 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste. Dogs will be allowed on town beaches from October 1 to April 30, and year round on Amtrak Beach. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.

#### **Niantic Bay Boardwalk**

Approximately half of the boardwalk that is accessed from Cini Park was opened in the beginning of June.

#### **Park & Beaches - Addresses**

- Cini Park – Route 156, Niantic  
(located at end of boardwalk by Niantic Bridge)
- Hole-N-Wall Beach – Baptist Lane, Niantic
- McCook Point Park – 8-10 Atlantic Street, Niantic
- Peretz Park at Bridebrook – 221 West Main Street, Niantic
- Smith-Harris Park – 31 Society Road, Niantic  
(Behind EL Middle School)
- Veteran's Memorial Park – 10 Memorial Park Road, Niantic

# Sample Print Ad for Park and Recreation Newsletters and Media Outlets

Communicating your new policy or ordinance to residents is an important step towards tobacco-free trails, beaches, playgrounds, etc.

Print ads can be easily inserted into quarterly newsletters.



**The Great Outdoors.  
Now Even Greater.**

If you love the Maine outdoors for its clean air, there's good news. A new law makes common areas in state parks smoke-free. This includes beaches and playgrounds. Enjoy!

For more information visit [www.tobaccofreemaine.com](http://www.tobaccofreemaine.com)



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For more information visit [www.tobaccofreemaine.com](http://www.tobaccofreemaine.com)

Breathe easy, you're in **Maine.**





Approval #04-154-0020-022  
The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, age, marital status, or national origin in the selection, access or operation of its programs, services, activities or in the hiring of employees. This notice is provided as required by Title 5 of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973 as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act. Questions, concerns, complaints, or requests for additional information regarding civil rights may be forwarded to the DHHS ADA Compliance/EEO Coordinator, State House Station #91, Augusta, Maine 04330, 207-287-4380/43 or 207-287-2869/3, TTY: 207-287-2810. Individuals who need an alternative method for effective communication in programs and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinator. This notice is available in alternate formats, upon request.

## **CDC Best Practices for Preventing Tobacco Use**

Across the nation, cities and towns are making incredible strides to prevent tobacco use. For years, the U.S. National Preventive Council and the Centers for Disease Control and Prevention (CDC) have been evaluating what works on a local level. In 2010, an important set of recommendations based on these “best-practice or evidence-based” interventions was issued as part of the National Prevention Strategy. The following is a list of best-practices for municipalities.

### **A. Best practices for municipalities include:**

1. Encourage colleges and universities located in the community to adopt 100% smoke free policies.
2. Make all community events (fairs, parades, farmers’ markets, etc.) smoke free.
3. Identify and monitor violation “hot spots”, where violators congregate.
4. Consistently apply penalties (such as fees and/or fines) for citizens who violate tobacco/smoke free policies.
5. Adopt a range of complementary anti-tobacco strategies, which includes aggressive media campaigns.
6. Regulate point-of-sale tobacco displays, e.g., require the posting of health messages.
7. Support a municipal ordinance to ban smoking in multi-unit housing.
8. Educate housing providers about the benefits of smoke-free housing.
9. Offer tax credits or other incentives for housing providers to implement smoke/tobacco free policies.
10. Regulate the sale of non-cigarette flavored tobacco products.
11. Regulate the sale of tobacco products based on pack size.
12. Regulate “roll your own” tobacco machines.
13. Broaden the smoke/tobacco free base of support by collaborating with other health and wellness efforts, such as asthma programs and active living initiatives.
14. Participate in state and local coalitions that promote anti-tobacco policies and smoking cessation programs.
15. Target anti-smoking, anti-tobacco efforts at populations who are disproportionately exposed: children, African Americans, low income individuals and blue collar workers.
16. Choose a variety of spokespersons to advocate for smoking policy reforms who are articulate, understand the issues and know what arguments the opposition will raise.



## **Financial Costs when Employees Smoke = \$3,400 annually**

**Absenteeism:** On average, smokers **miss 60% more days of work** per year due to sickness, as compared to non-smokers.

**Smoke Breaks:** Employees who take four 10-minute breaks per day to smoke actually work **one month less per year** than workers who don't take smoke breaks

**Workers' Compensation Payments:** Businesses pay an average of **\$2,189** in workers' compensation costs for smokers, compared with **\$176** for non-smokers

### **B. Best Practices for Municipal Employers Include:**

1. Institute a tobacco free policy 24/7.
2. Ban tobacco vending machines onsite.
3. Provide access to smoking cessation resources or programs.
4. Provide insurance coverage for tobacco cessation services.
5. Provide insurance coverage for tobacco cessation products (e.g., pharmacological quitting aids).
6. Implement a referral system to help employees to access community-based cessation resources and services, such as quitlines (i.e., 1-800-QUIT-NOW).
7. Consistently apply penalties (such as HR discipline) for employees caught violating tobacco/smoke free policies.
8. Coordinate anti-tobacco efforts with local community organization, schools and healthcare providers.
9. Offer incentives for employees to quit smoking, such as monetary rewards, vacation time or time off to attend smoking cessation programs.

## Local Resources and Cessation Services

### 1. Uncas Health District

401 West Thames Street, Suite 106  
Norwich, CT 06360  
860-823-1189 Ext 122  
Contact Connie Capacchione at [c-capacchione@uncashd.org](mailto:c-capacchione@uncashd.org)  
[www.uncashd.org](http://www.uncashd.org)

### 2. Ledge Light Health District

216 Broad Street  
New London, CT 06320  
860-448-4882 ext 318  
Contact Carolyn Wilson at [cwilson@llhd.org](mailto:cwilson@llhd.org)  
[www.llhd.org](http://www.llhd.org)

### 3. Connecticut Quit Line

1-800-QUIT-NOW

### 4. Alliance for Living

154 Broad Street  
New London, CT 06320  
Phone: 860-447-0884

Alliance for Living provides free smoking cessation programs for individuals living with HIV, facilitated by the Gay/Lesbian Alliance. The CT AIDS Drug Assistance Program provides nicotine replacement and Chantix®, as part of the Medicaid and Medicare formulary, and prescribed through the Lawrence and Memorial Hospital Infectious Disease Clinic.

### 5. Community Health Center

1 Shaw's Cove  
New London, CT 06320  
Phone: 860-447-8304

Community Health Center offers a free tobacco cessation program for Medicaid patients

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[www.ct.gov/dph/lib/dph/hems/tobacco/pdf/a quick look at smoking in ct.pdf](http://www.ct.gov/dph/lib/dph/hems/tobacco/pdf/a_quick_look_at_smoking_in_ct.pdf) Revised 2008. August 5, 2013.

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18. Making Your Parks Tobacco Free. A Toolkit Prepared by Fit Together of Litchfield County, contact the Torrington Area Health District at (860) 489-0436

## State and National Resources

Connecticut Department of Public Health – Tobacco Use Prevention and Control Program. Phone: 860-509-8251, [dphtobacco@ct.gov](mailto:dphtobacco@ct.gov) or go to: [www.ct.gov/dph/tobacco](http://www.ct.gov/dph/tobacco)

Campaign for Tobacco-Free Kids: [www.tobaccofreekids.org](http://www.tobaccofreekids.org)

CDC Tobacco Free Sports Initiative: [www.cdc.gov/tobacco/sports/index.htm](http://www.cdc.gov/tobacco/sports/index.htm)

Tobacco-Free Youth Recreation: [www.tobaccofreeparks.org](http://www.tobaccofreeparks.org)

Tobacco-Free Parks: For a Healthy Community – policy implementation resources from Minnesota such a model policies, fact sheets, policy guides and examples of signage. Available at: <http://www.tobaccofreeparks.org/materials.html>

Model Ordinances: [www.changelabsolutions.org/landing-page/secondhand-smoke](http://www.changelabsolutions.org/landing-page/secondhand-smoke)

Smoke Free Coalition - one page:

[www.nyctobaccofree.org/sites/default/files/wysiwyg/docs/Citywide/vol\\_oa\\_factsheet\\_nyc\\_5.17.2013.pdf](http://www.nyctobaccofree.org/sites/default/files/wysiwyg/docs/Citywide/vol_oa_factsheet_nyc_5.17.2013.pdf)

NYC's Toolkits: [www.nyctobaccofree.org/sites/default/files/wysiwyg/images/Citywide/smoke-free\\_community\\_education\\_and\\_media\\_toolkit\\_final.pdf](http://www.nyctobaccofree.org/sites/default/files/wysiwyg/images/Citywide/smoke-free_community_education_and_media_toolkit_final.pdf)

Partnership for Prevention – Smoke-Free Policies: Establishing a Smoke-Free Ordinance to Reduce Exposure to Secondhand Smoke in Indoor Worksites and Public Places - An Action Guide. (October, 2007), Washington, DC: [www.prevent.org](http://www.prevent.org)

U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health [2006].

[www.Surgeongeneral.gov/library/secondhandsmoke](http://www.Surgeongeneral.gov/library/secondhandsmoke)

American Lung Association. Secondhand Smoke Fact Sheet:

[www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=35422](http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=35422)

National Cancer Institute. Secondhand Smoke: Questions and Answers. Available at:

[www.cancer.gov/cancertopics/factsheet/Tobacco.ETS](http://www.cancer.gov/cancertopics/factsheet/Tobacco.ETS).



**This Tobacco-Free Parks Toolkit was developed by the ACHIEVE New London County - Tobacco-Free Living Workgroup.**

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