

Tobacco-Free Parks

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Tobacco Free Lake County

Lake County Health Department



LakeCounty
Health Department and
Community Health Center

Make Our Community
A Healthy Place
To Be!

TOBACCO
FREE
LAKE
COUNTY



My goal

Provide you with ideas, data, & resources on:

- Arguments for tobacco-free park policies
 - Health
 - Environment
 - Healthy Communities
 - Public Demand
- Lessons learned
- Resources

Lake County



19 communities with **smoke-free** parks

- 37% of Lake County communities
- 7 municipal ordinances
(5 before Smoke-Free Illinois)
- 9 park district policies
covering 12 communities
- 8 have **tobacco-free** parks
(2 specifically include e-cigarettes)

Smoke-Free Outdoors

- Playgrounds in Chicago and California
- Parks in Bangkok, Thailand & New Delhi, India
- Beaches in Chicago, Maine, Michigan, New Hampshire, New Jersey & Puerto Rico
- 2006 Golf Open Championships in Liverpool
- Public golf courses in San Francisco
- 2002 & 2010 World Cup soccer games
- Olympic games since 1988

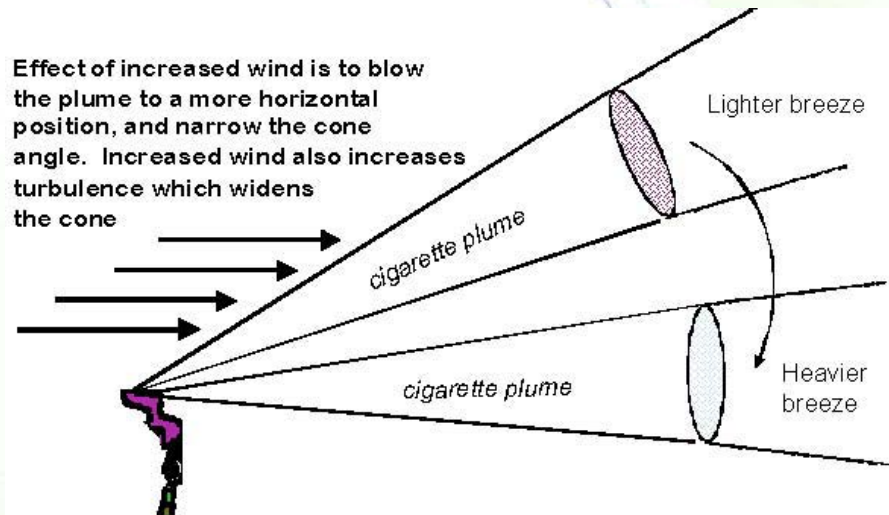


Why outdoors?

- Cigarette smoke is heavier than air.
- Smoke only rises when it is hot.
- Without wind, smoke settles and stays in the area.



Effect of increased wind is to blow the plume to a more horizontal position, and narrow the cone angle. Increased wind also increases turbulence which widens the cone



Effect of wind on a smoke plume

For Health

- Secondhand smoke is harmful inside or out.
 - “No risk-free level of exposure.”
 - Smoke levels outdoors can reach same levels as when smoking is indoors.
 - During exercise, people may increase their oxygen intake by as much as 10 times.
- The Illinois Association of Park Districts
 - “All people should have access to clean, healthy indoor and outdoor areas for exercise and recreation.”

For the Environment

- Tobacco is the most littered item in the world.
- Chemicals in filter leak into soil and water.
- Cigarette butts are PLASTIC and not biodegradable.
- Littered butts can start fires.
- Wildlife (and children!) can eat littered butts.



For Healthier Communities

- Change community norms.
- Leaders will role-model healthy choices.
- Break the connection between sports & tobacco.



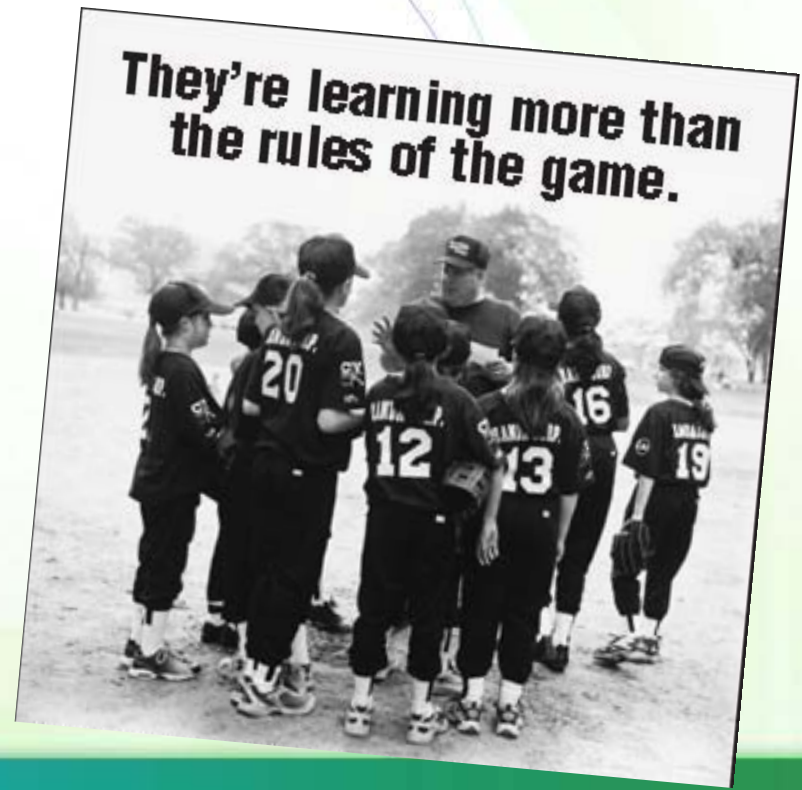
***Our only
addiction is
the game!***

Tobacco and sports
don't mix.



Tobacco-Free Communities
Arenia County

Working to create a healthier community.





**92% of
Lake County
residents want
tobacco-free
playgrounds***

Tobacco-free parks keep the outdoors a healthy place to play.



Find out where you can enjoy tobacco-free parks at www.lakecountyil.gov/health/tobaccofree or contact Tobacco Free Lake County at 847-377-8090 or TFLC@lakecountyil.gov.

* Percentage of 1,234 Lake County residents surveyed who agree or strongly agree that playgrounds should be tobacco-free. Survey conducted by REALITY Illinois Lake County Chapter 11/2008 - 1/2011. This project was made possible by funds received from the Illinois Department of Public Health.





84% of Lake County residents want tobacco-free parks*

Inside or out, tobacco is harmful to health and the litter is harmful to the planet.



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* Percentage of 1,234 Lake County residents surveyed who agree or strongly agree that parks should be tobacco-free. Survey conducted by REALITY Illinois Lake County Chapter 11/2008 - 1/2011. This project was made possible by funds received from the Illinois Department of Public Health.



82% of Lake County residents want tobacco-free sports fields*



Sports and tobacco don't mix.



Find out where you can enjoy tobacco-free parks at www.lakecountyil.gov/health/tobaccofree or contact Tobacco Free Lake County at 847-377-8090 or TFLC@lakecountyil.gov.

* Percentage of 1,234 Lake County residents surveyed who agree or strongly agree that outdoor sports fields should be tobacco-free. Survey conducted by REALITY Illinois Lake County Chapter 11/2008 - 1/2011. This project was made possible by funds received from the Illinois Department of Public Health.



77% of Lake County residents want tobacco-free hiking & biking trails*



Tobacco-free parks help us breathe fresh air, enjoy nature & improve physical fitness.



Find out where you can enjoy tobacco-free parks at www.lakecountyil.gov/health/tobaccofree or contact Tobacco Free Lake County at 847-377-8090 or TFLC@lakecountyil.gov.

* Percentage of 1,234 Lake County residents surveyed who agree or strongly agree that hiking/biking trails should be tobacco-free. Survey conducted by REALITY Illinois Lake County Chapter 11/2008 - 1/2011. This project was made possible by funds received from the Illinois Department of Public Health.



Advocacy Lessons Learned

- Lead with **environment** and **role-modeling** for youth
 - Health effects of outdoor smoke less effective
 - Relate to park district's mission statement
 - Include IAPD position statement
- Stress making parks **accessible** to everyone
 - Including smokers – they just can't smoke there
- Ask for **tobacco-free**, compromise with smoke-free
 - Show samples of tobacco products attractive to youth

Advocacy Lessons Learned



- Collect local data
 - Survey residents and park visitors (with permission)
 - Tally tobacco litter as you pick it up
 - Show the litter to the park boards
- Utilize youth and their energy
 - Ask park district to partner on advocacy curriculum with no commitment to a policy
 - Youth are responsible for making compelling argument
 - Have youth interview park board commissioners to learn and address their unique concerns

Utilize Youth



Tobacco litter clean ups



Conduct surveys

Utilize Youth



Present to Park District Boards

Lessons Learned

- Difficulty enforcing is a fear, not a reality
- Park clean ups are like candy for reporters (especially around Kick Butts Day)
- Don't disappear
 - Offer to collect additional data and research if desired
 - Offer to promote new policy with: flyers, posters, signage, radio ads





Grandwood Park Park District commissioners, Lake County Health Department staff and REALITY Illinois teens worked together to pass the tobacco-free policy.

Submitted photo

Park district goes tobacco-free

By Lake County Health Department

On Jan. 11, the Grandwood Park Park District passed a policy making all its property and vehicles tobacco and smoke-free. This Park District is now Illinois' first completely tobacco-free park district.

Teens in the Lake County chapter of REALITY Illinois, a tobacco prevention group, played a role in the Park District's decision.

Last November, the teens presented information on tobacco-free parks to the board, including the benefits of tobacco-free parks for the environment, the community and overall public health.

Its policy, Grandwood Park Park

District states that it will not allow smoking and/or tobacco use of any kind on its property or in any district vehicle because it believes that smoking/tobacco use in the proximity of youth and adults engaging in or watching recreational activities is detrimental to their health and can be offensive to those at such locations.

The Lake County chapter of REALITY Illinois is coordinated by the Tobacco Free Lake County program at the Lake County Health Department and is funded by the Illinois Department of Public Health.

For more information, contact Tobacco Free Lake County by calling 847-377-8090 or go to lakecountyil.gov.

Teens take butts out of Gurnee park

BY FRANK ANDERSEN
frankanderson@tribune.com

A group of high school kids spent Saturday kicking butts at Hunt Club Park in Gurnee. Cigarette butts, that is.

The effort was part of REALITY Illinois, an anti-tobacco movement created by and for Illinois teens, and the Lake County Health Department's Tobacco Free Lake County program.

For several years they have been working on creating "smoke-free parks," said Andersen, a coordinator of the program that is the county's Community Center.

"We target a community when they go out and the cigarette butts end up in a plastic bag," she said.

The teens will go to a board meeting to get the board what they want of the park. They inform them of a study about how about smoking.

"We want to encourage the board," she said. "If they pass the ordinance, it will help need for."

was part of the Tobacco-Free Lake County program. The program is funded by the Illinois Department of Public Health.

Gabby Nyström, 17, a senior at Warren High School, finds another cigarette butt.

She said she found a tube of cigarette butts, such as snuff, chew, pipes, cigars and cigarettes," she said.



Vidal Anguiano, 17, a senior at Zion-Benton High School, holds a tube of cigarette butts that about 16 students participating in REALITY Illinois, Lake County chapter, found at Hunt Club Park in Gurnee on Saturday morning. (MICHAEL SCHMIDT/SUN-TIMES MEDIA)



Leo Gonzalez, 18, a senior at Round Lake High School (left), and Vidal Anguiano, 17, a senior at Zion-Benton High School, collect cigarette butts found at Hunt Club Park in Gurnee.

why the group talks to the board ahead of time and they complete the survey.

Survey results for Gurnee were not immediately available. The teens will go

FOR INFO

Anyone interested in Lake County Health Department's Tobacco Free Lake

DONATE
• Free services
• We accept all
• We offer
• Tax deductions
Wheels
1-877-4

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ALL
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CA
OR

Resources

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Lake County Health Department, Tobacco Free Lake County

www.lakecountyiil.gov/health/tobaccofree

bdenekker@lakecountyiil.gov, 847-377-8112

- Tobacco-free parks fact sheets & posters online
- Youth advocacy materials, survey tools, advice, etc. on request

Tobacco-Free Youth Recreation

Association for Nonsmokers - Minnesota

www.tobaccofreeparks.org

- Tobacco-free parks materials
- Tobacco-free parks youth advocacy curriculum

Center for Prevention Research & Development, U of I Champaign-Urbana

www.cprd.illinois.edu/eypc

- Engaging Youth for Positive Change advocacy curriculum