

# Attachment A. King County Model Policy for Tobacco-Free Parks

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The board may adopt guidelines and recommendations to express its current thinking on health-related topics pertinent to King County, and to provide policy guidance for other entities. The guidelines and recommendations are advisory only and do not have the force and effect of law.

## King County Board of Health Guideline & Recommendation: Tobacco-Free Parks

The following provides a model policy to establish tobacco-free parks and beaches for King County local jurisdictions. Sections I through IV provide exemplary language and Section V provides considerations related to implementation and compliance of a tobacco-free parks and beaches policy.

### I. Guiding principle

Parks should inspire healthy communities and be enjoyed by all King County residents.

### II. Findings

- Parks are essential, health-promoting environments that can provide opportunities for play, physical activity, greater family and community connection, stress reduction, and potential access to improved nutrition at little or no cost.
- The American Academy of Pediatrics recommends that campuses prohibit tobacco use where children play, including parks and athletic facilities, and that prohibitions on smoking and use of tobacco also include the use of electronic nicotine delivery systems.<sup>i</sup>
- Secondhand smoke concentrations in a variety of outdoor locations of close proximity can reach levels comparable to indoor concentrations where smoking is permitted.<sup>ii</sup> Irritation from secondhand smoke begins at levels as low as 4 micrograms per cubic meter, and in some outdoor situations this level can be found as far away as 13 feet from the burning cigarette.
- Tobacco use in the proximity of children and adults engaging in or watching outdoor recreational activities can be offensive to those using such facilities.
- The adverse health effects of smoking and tobacco use are well established. The Surgeon General's Report, published in December 2010, included scientific data that proves there is no safe level of exposure to secondhand smoke. Exposure to secondhand smoke may result in lung cancer, heart attack, low birth weight, bronchitis, pneumonia, asthma, chronic respiratory problems, and eye and nasal irritation. The United States Environmental Protection Agency (EPA) has classified Environmental Tobacco Smoke (ETS) as a Group A human carcinogen, a category which includes only the most potent cancer causing agents, like benzene, vinyl chloride, asbestos, and arsenic.
- Nearly ninety percent of adult smokers began smoking at or before they turned eighteen years old.<sup>iii</sup>
- Parents, leaders, coaches, and officials involved in recreation are role models for youth and can have a positive effect on the lifestyle choices they make.
- Cigarettes and other tobacco products, once consumed in public places, are often discarded on the ground requiring additional maintenance expenses, diminishing the beauty of recreational facilities, and posing a risk to toddlers and/or animals due to ingestion. A recent study found that a cigarette butt was only about thirty-eight percent decomposed after two years, during which time they leach harmful chemicals into the ground.<sup>iv</sup>
- Discarded cigarettes – which are designed to continue to burn for several minutes when dropped and not puffed upon – are also a major fire hazard,

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threatening outdoor parks and recreation areas, piers, boardwalks, and wooden structures in parks and playgrounds.

- Electronic delivery devices, commonly referred to as electronic cigarettes, e-cigarettes, or vaping devices, typically contain highly addictive nicotine. They are designed to deliver nicotine and other additives to the user in the form of an aerosol, which is then exhaled by the user into the environment.
- Electronic delivery devices closely resemble cigarettes and their use purposefully mimics the act of smoking and produces an aerosol or vapor of undetermined and potentially harmful substances. The Surgeon General's Report, published in 2016, concluded that e-cigarette aerosol is not harmless and can contain potentially harmful chemicals, including nicotine.
- Electronic delivery device use is increasing among both adults and youth.<sup>v</sup> This is especially concerning among youth because of the negative impacts of nicotine on the developing adolescent brain, and also threatens to re-normalize smoking, potentially jeopardizing tobacco control efforts of the past and present.
- Electronic delivery devices may also contain a liquid form of marijuana that is indistinguishable from that of nicotine containing delivery devices.
- State law prohibits the use of marijuana in view of the general public.
- The use of electronic delivery devices creates confusion and leads to difficulties enforcing smoking and/or marijuana in public places restrictions.
- According to the 2007 Behavioral Risk Factor Surveillance System Survey conducted by the Washington State Department of Health, the majority of residents (seventy-two percent) support prohibiting smoking in outdoor public areas.
- Sixteen local jurisdictions, including King County, have already adopted smoke and/or tobacco-free policies.

### III. Definitions

For purposes of this policy, the terms set forth below shall have the following meanings:

- *"Tobacco product"* means any substance containing tobacco, in any form.
- *"Electronic delivery device"* means any product that may contain nicotine and that employs a heating element, power source, electronic circuit, or other electronic, chemical, or mechanical means, regardless of shape or size that can be used to produce vapor or aerosol from a solution or other substance (i.e. electronic cigarettes or vapor products). Electronic delivery device does not include devices that have been approved or otherwise certified for sale by the United States Food and Drug Administration (FDA) as a tobacco use cessation product. This listing can be found at:

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm198176.htm>

### IV. Use of tobacco and electronic delivery devices prohibited

The use of tobacco and electronic delivery devices is prohibited in all parks and beaches.

## V. Implementation recommendations

The following section provides additional information to local jurisdictions considering adopting all or some of these recommendations.

- Analyze any potential policy and implementation plan using health equity impact tools to determine the impact the policy may have on all affected populations. Two examples of useful tools include the following:
  - Health Impact Assessment:  
<https://www.kingcounty.gov/depts/health/environmental-health/healthy-communities/health-impact-assessment.aspx>
  - [Health Equity Assessment Tool:](https://www.healthykingcounty.org/impact/)  
<https://www.healthykingcounty.org/impact/>
- Tobacco-free parks policies are largely self-enforced when the public is routinely made aware of the policy. Provide ongoing and clear communication about the rationale and components of the tobacco-free policy.
  - Prominently place and maintain signage at all affected parks and beaches that clearly explains the policy.
  - Communicate and promote the policy on park websites and other promotional materials.
  - Amend permits and rental agreements (governing parks department facilities such as buildings, play fields, picnic areas and shelters) to communicate the policy.
- Support and maintain an educational approach to any individual interactions regarding the policy.
  - Provide education on the policy and provide cessation information to park visitors that may include referrals for low to no-cost cessation resources to interested persons: 1-800-QUIT NOW or [www.quitline.com](http://www.quitline.com). For the latest available quit resources, please visit [www.kingcounty.gov/health/tobacco](http://www.kingcounty.gov/health/tobacco).

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**RESOURCES**

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- i Section on Tobacco Control. “Public Policy to Protect Children from Tobacco, Nicotine, and Tobacco Smoke.” *Pediatrics*, American Academy of Pediatrics, 1 Nov. 2015, [pediatrics.aappublications.org/content/136/5/998](http://pediatrics.aappublications.org/content/136/5/998).
- ii Neil E. Klepeis, Wayne R. Ott & Paul Switzer (2007) Real-Time Measurement of Outdoor Tobacco Smoke Particles, *Journal of the Air & Waste Management Association*, 57:5, 522-534, DOI: 10.3155/1047-3289.57.5.522.
- iii U.S. Dept. of Health and Human Services, Public Health Service, Office of the Surgeon General. *The Health Consequences of Smoking – 50 Years of Progress: A Report of the Surgeon General*. Washington, DC: DHSS, 2014.
- iv Bonanomi, G., Incerti, G., Cesarano, G., Gaglione, S. A., & Lanzotti, V. (2015). Cigarette Butt Decomposition and Associated Chemical Changes Assessed by <sup>13</sup>C CPMAS NMR. *PLoS ONE*, 10(1), e0117393. <http://doi.org/10.1371/journal.pone.0117393>.
- v Washington State Department of Health. *Youth Cigarette, E-Cigarette/Vape and Marijuana Use*. 2016, [www.doh.wa.gov/portals/1/Documents/Pubs/340-320-TobaccoEcigMarijuanaHealthyUseSurvey.pdf](http://www.doh.wa.gov/portals/1/Documents/Pubs/340-320-TobaccoEcigMarijuanaHealthyUseSurvey.pdf).