

SMOKEFREE LAWS WORK

"We've had a lot of pubs saying they are seeing new customers, more families, mums with children, and that food sales are heating up. It's all about explaining and communicating to customers, reminding them about the penalties, that it's now the law and something they have to abide by. So far, for us it hasn't really been an issue."¹

Vicky Averis, spokeswoman for Enterprise Inns, which owns 7,000 pubs throughout England and Wales

Smokefree laws work. Overwhelming evidence reveals that smokefree legislation is easily implemented, enjoys high rates of compliance and enormous support by the public.²

Compliance with smokefree laws is high

Evidence from around the world has found high smokefree compliance rates.

- A survey of more than 15,000 establishments across **Scotland** found a 94.2 percent compliance rate with the legislation. There was a compliance rate of 99.6 percent in restaurants, 99.4 percent in licensed premises, and 99.1 percent in hotels.³
- One year after **Italy's** comprehensive smokefree legislation went into effect, compliance rates were at 98.2 percent.⁴
- Compliance with **Norway's** law is high: 94 percent of respondents reported that they were seldom or never exposed to tobacco smoke in bars and restaurants.⁵
- Compliance levels six months after the smoking ban in **Wales** were at 97 percent, according to a report by the All Wales Smoking Cessation Service.⁶
- According to a survey by the Department of Health, 97 percent of **England's** businesses are complying with the new smoking legislation. Another survey released by Action on Smoking and Health UK, Asthma UK and the British Thoracic Society found similar results with 97 percent of pub goers saying they had not smoked in a pub or enclosed space since the ban came into force, while 86 percent of pub goers said that they had not seen anyone smoking in a pub.
- Compliance with **Ireland's** smoke free workplace law has been consistently high: 94 percent of all indoor workers report working in smoke free environments.⁷
- One year after **New York City** implemented its comprehensive smoking ban, 97 percent of restaurants and bars were smokefree and in compliance with the law.⁸
- According to the National Resource Bureau, compliance levels in **New Zealand** bars were very high: 97 percent of all bars of bars had no smoking within their premises four months following the implementation of smokefree legislation.

Smokefree policies improve air quality, improve health for all

Improved Air Quality

- A study of more than 1,200 public places in 24 countries found that the level of indoor air pollution was 89 percent lower in the places that were smokefree compared to those where smoking was observed.⁹
- Researchers report levels of fine particles in bars fell by more than 80 percent after legislation came into force in both **Ireland**¹⁰ and **Scotland**.¹¹
- Researchers report an 83 percent reduction in air pollution and an 80 percent reduction in cancer-causing agents in bars and restaurants since **Ireland's** comprehensive smokefree law went into effect in 2004.¹² Air quality in Irish pubs has improved dramatically since the smoke free law, and the levels of carbon monoxide have decreased by 45 percent in non-smoking bar workers.¹³
- One year after **New York** passed its comprehensive clean-indoor air law, air quality in bars and restaurants had improved dramatically, with levels of cotinine, a by-product of nicotine, down by 85 percent in nonsmoking workers in bars and restaurants, and 150,000 fewer New Yorkers exposed to secondhand smoke on the job.¹⁴

Health Impact on Bar and Restaurant Workers/Patrons

- A study in Leicestershire, **England**, found non-smoking bar staff had levels of carbon monoxide equivalent to smoking 3-5 cigarettes a day. After the ban, their levels were the equivalent to that of a non-smoker.¹⁵
- In **Scotland**, respiratory symptoms among bar workers decreased by 26 percent after smokefree legislation was implemented in 2006; asthmatic bar workers had reduced airway inflammation and reported an improved quality of life.¹⁶
- An examination of the impact of **Ireland's** smokefree law on bar workers in Dublin found improvements in measured pulmonary function and significant reductions in self-reported irritant symptoms after the law went into effect.¹⁷
- Before **New York** bars and restaurants went smoke free, 88 percent of hospitality workers reported experiencing sensory symptoms (red or irritated eyes, sore or scratchy throat, runny nose, sneezing or nose irritation). One year after the law took effect, complaints of sensory symptoms among the sample of workers dropped by 57 percent.¹⁸

Reduction in Heart Attacks

- Since the implementation of its smoking ban, **Scotland** has seen a 17 percent reduction in heart attack admissions in 9 major hospitals.¹⁹ Similarly, studies from the **United States** and **Italy** have shown that the number of hospital admissions for heart attacks dropped significantly following implementation of strong smokefree workplace and public place legislation.^{20 21}

Children and Home Exposure

- According to a 2007 study in the British Medical Journal, children's exposure to

secondhand smoke was reduced by 39 percent after implementation of the Scottish smokefree legislation.²²

- A survey conducted by Action on Smoking and Health UK, Asthma UK and The British Thoracic Society asked those who were exposed to smoke before and after the smoking legislation about their levels of exposure to secondhand smoke at home. The results found that exposure had significantly decreased as the law encouraged people to make homes smokefree.²³

Smokefree laws enjoy strong public support

- Where smokefree laws have been introduced, they enjoy widespread public support. That support typically grows during the build-up to their introduction and increases still further after implementation.²⁴

For detailed information on broad-based support for smokefree laws, see "In Their Own Words: Public Support for Smokefree Laws"

(http://www.tobaccofreecenter.org/files/pdfs/SF_own_words.pdf)

Smokefree laws help reduce cigarette consumption

- The World Bank has concluded that smoking restrictions can reduce overall tobacco consumption by 4 –10 percent.²⁵
- Stop smoking services in one part of **Scotland** saw a 400% increase in demand in the three months before the law was implemented.²⁶
- In **Uruguay**, 25% of smokers said that they were smoking less because of the law.²⁷
- Following the implementation of a smokefree workplace policy in **Ireland**, 59 percent of smokers reported they had cut back because of the law, and 46 percent reported the law made them more likely to quit; of those who had quit, 79 percent said the law helped them succeed.²⁸
- A 2002 study in the *British Medical Journal* concluded that a strong smokefree workplace policy results in a 3.8 percent drop in prevalence and 3.1 fewer cigarettes smoked per smoker per day.²⁹
- According to the World Health Organization Tobacco Free Initiative, restrictions in public smoking decrease the social acceptability of tobacco use, which leads to decreased prevalence and incidence of tobacco use and increased public support for tobacco control.³⁰

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