Positive Media Coverage on the Proposed Changes to the Smoke-Free Ottawa Public Places Bylaw

**Fall, 2011 to February 5, 2012**

News Articles

#### Ottawa Citizen

# No smoking at Ottawa’s outdoor patios, parks, beaches, sports fields, public health recommends

By Neco Cockburn, The Ottawa Citizen, January 31, 2012

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# A ban on smoking on outdoor patios is among the measures to be considered by Ottawa council.

## Photograph by: Peter Battistoni, Vancouver Sun

OTTAWA — Ottawa would be a healthier place if smoking is banned at outdoor bar and restaurant patios and on municipal properties such as parks, beaches, sports fields and areas outside city facilities, say public-health officials.

Vendor stands at the Parkdale and ByWard markets are also proposed to fall under new smoke-free bylaws that are to go before the city’s board of health on Feb. 6, with the goal of having any new rules in place by the time warm weather arrives and patios and markets open.

If approved by council, the regulations would create smoke-free spaces at four beaches, more than 1,000 city parks, more than 200 patios and areas outside about 300 city facilities, such as arenas and City Hall, said Dr. Isra Levy, the city’s medical officer of health. Events on municipal properties would also be smoke-free under the proposed changes.

“We’re doing this because second-hand smoke is a health hazard. We know that it can be as toxic outdoors as indoors,” Levy told reporters and councillors on Monday, adding that there is strong correlation between smoke-free regulations and reduced smoking rates and exposure to second-hand smoke, as well as increased attempts to quit smoking.

Public consultations found there is “significant support” for more smoke-free outdoor spaces, Levy said.

“Our proposals reflect what we believe to be the will of the people in this community,” he said.

If the changes go ahead, officials would begin cracking down on offenders starting July 2, after a warning phase beginning in April. Someone who violates the rules would risk a $305 fine, said Linda Anderson, the city’s chief of bylaw and regulatory services, adding the department expects a high level of voluntary compliance.

The proposed bylaws are part of a three-year renewed smoke-free strategy that would also increase services and programming to help people stop smoking, and provide public education campaigns and a community engagement plan.

Levy said the strategy “is designed to protect children and non-smokers from second-hand smoke, while reducing smoking rates in this community.”

The initiatives do not require additional funding for enforcement or enhanced services, and will be paid for through a reallocation of provincial “tobacco funding,” according to officials. Ottawa Public Health receives about $1.8 million a year for tobacco-related programming and services, most of which comes from the province.

Mike Ziola, chairman of the Ontario Restaurant Hotel and Motel Association’s Ottawa chapter, said the recommendations are an “evolution” of the city’s smoke-free bylaws that were approved 11 years ago, and were not surprising.

“It’s going to happen, so we need to work with it,” Ziola said.

The industry would prefer to see fines start in September, rather than July, in order to allow owners to become accustomed to the new rules, he said, and there are some concerns, especially in the ByWard Market, about “where we’re going to put people to go and smoke.”

Some businesses also raised fears during consultations about the possibility of an increased number of cigarette butts thrown on streets. Although other cities such as New York found that was not the case, there are plans for tobacco anti-litter campaigns, and existing butt receptacles are to be moved to areas that are convenient to smokers, according to a health unit report.

In August, Cumberland Councillor Stephen Blais proposed a smoking ban at public beaches and parks, and on outdoor patios and terraces before 8 p.m., out of concern for children’s health and safety.

Health officials were already working on the file, and the board of health in September directed staff to conduct a “comprehensive study” that included a look at the potential expansion of smoking bans.

Blais welcomed the proposed changes, telling reporters on Monday that it demonstrates that consultation “leads to a pragmatic approach that will ensure that Ottawa remains one of the safest and healthiest communities in which to live and raise your family.”

Officials looked at Blais’s idea of making patios smoke-free only before 8 p.m., but found it would make enforcement difficult, that health hazards would remain and that there was strong public support for a ban at all times.

Setting up designated smoking areas in parks and beaches — an idea floated at council — was also not recommended, because it would be difficult to enforce and children may still be exposed to second-hand smoke and would see people smoking.

Ottawa has two bylaws that prohibit smoking in indoor public places and enclosed workplaces. There was heated debate in 2001 when council banned smoking in bars, restaurants and gaming rooms, although the proposal last year for a review of a possible expansion of the bylaws appeared to be met by less hostility.

Only one councillor dissented in September when council approved a motion asking the board of health to review and report on the public-health value of an expanded ban. Orléans Councillor Bob Monette, a former smoker, said at the time that he quit smoking because of education, not legislation, and a new ban would be “unmanageable.”

On Monday, Somerset Councillor Diane Holmes, chair of the board of health, said that officials have come up with a “complete package” that would see Ottawa “be a healthier place.”

“Really, what we’re doing is catching up with our population. The people in Ottawa want to see less smoking,” she said.

Ottawa Mayor Jim Watson called the proposed changes “a balanced and sensible approach to protecting the public’s health,” and said he is very supportive.

“We know that second-hand smoke kills people, and if we’re able to minimize the public’s exposure to second-hand smoke, whether it’s in a playground or a patio, then that’s the right thing to do,” he said.

During the review, health officials held consultations with residents, businesses and other interested parties about smoke-free areas.

Levy said a lot of input was received from smokers, and officials found that “smokers, in general, support the direction that we’re moving in,” although in lower numbers than non-smokers.

Still, more than 50 per cent of smokers supported expanding smoke-free spaces, Levy said, anticipating that it reflects an understanding and respect for non-smokers, and recognition that the strategy would help people who want to stop smoking.

In the months before the board of health called for the study, health officials had been collecting opinions from the community in order to assess the level of public openness to updating smoke-free bylaws.

A preliminary analysis of opinions gathered in 2010 and 2011 from residents and people ranging from business and restaurant officials to staff members with festivals, hotels and markets found there was strong support for smoke-free spaces such as parks, playgrounds, patios, public sports fields, beaches, and doorways to public places and workplaces.

Officials considered other areas, such as hospitals, colleges and universities, constructions sites and hotels, but found that, depending on the site, there were concerns around public readiness for a ban, legal impediments, and the potential costs of enforcement and implementation, Levy said.

The public-health unit will still work to make “significant, measurable progress in all areas, not just the ones covered by regulation,” he said.

Municipal properties excluded from the proposed smoking ban include roads and sidewalks, property leased to a third party or managed by a local board, and long-term care facilities, which are regulated by provincial legislation.

The city says about 15 per cent of Ottawa residents smoke, and the smoking rate “has levelled off since 2005 after steep declines in earlier years.”

An anti-smoking group leader said the proposed bylaws are the “basis of a really important change.

“Basically, they’ll have dealt with the majority of the remaining problem for public exposure,” said Cynthia Callard, executive director of Physicians for a Smoke-Free Canada.

Public-health staff also looked into the regulation of shisha-pipe (hookah or water-pipe) establishments, where some of what’s being called a herbal product has been found to contain tobacco.

Staff recommended having Holmes, as the chair of the board of health, write letters calling for other levels of government to bring in tougher rules and legislation pertaining to tobacco water-pipe products and other substances that are smoked.

The letter to the province would ask for the Ontario Minister of Health and Long-Term Care to consider amending the Smoke-Free Ontario Act and broadening the legislation in a way that would include the smoking of “water-pipe products.”

Anderson said bylaw staff will continue to monitor shisha-pipe establishments. (In 2011, inspection blitzes of 20 known water-pipe establishments in Ottawa resulted in provincial offence notices being issued to all but one of them, for offences such as selling tobacco without a required licence.)

Following consideration by the board of health, the recommended bylaws are to go to council’s community and protective services committee on Feb. 15, and council on Feb. 22.

#### Ottawa Citizen

**Battle against hookah bars just starting to heat up**

**Ontario-wide task force in works to quash growing trend of indoor sheesha smoking**

By Ari Altstedter, Ottawa Citizen October 31, 2011

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A Palestinian waiter carries hookah water pipes at a café in the West Bank Palestinian city of Ramallah. Ottawa bylaw enforcement officer Roger Chapman says although smoking sheesha - flavoured tobacco - indoors is illegal, hookah bars are becoming more popular here and Ottawa has the most in Ontario.

Photograph by: David Silverman, Getty Images, Ottawa Citizen

This past summer the City of Ottawa teamed with the province to conduct a series of sting operations against businesses that allow indoor smoking of sheesha, the popular flavoured tobacco smoked using a water pipe, or hookah. According to Roger Chapman of bylaw enforcement, Ottawa was only the beginning.

"We're also in the process right now of putting together a provincewide enforcement committee, or task force, on how to deal with these hookah bars, so there'll be members from all over the province, enforcement personnel, that will sit on this committee, including police, RCMP, OPP and Ministry of Revenue," Chapman said.

Chapman said co-operation between the provincial Ministry of Revenue and city bylaw enforcement was what made the Ottawa operations possible, and that co-operation was what the proposed provincial body hoped to replicate.

Smoking tobacco in restaurants and bars is against city bylaws and provincial law, but businesses avoid fines by saying sheesha isn't tobacco at all, but rather a mixture of herbs. City bylaw officers can't expose the ruse because they don't have search and seizure powers. However, the Ministry of Revenue does, and, because selling tobacco as herbs means avoiding tobacco taxes, that constitutes a violation of the Tobacco Tax Act as well.

Over three months, the province and the city conducted joint inspections on 17 establishments, seizing sheesha, testing it in a lab and punishing violators. They admitted to busting four violators in June, but kept mum after that.

"Any sample that we've had tested so far has come back that they contain tobacco," Chapman said in June.

Councillor Eli El-Chantiry brought up the issue at a recent council meeting. He says people must be made aware if they're being exposed to tobacco smoke.

"Don't say it's herbal or it's fruit if it's not," he said, "because, if a young child goes there and he has asthma, you're liable."

El-Chantiry said he had demanded an update on the enforcement campaign, and expected to know soon how successful it had been.

Establishments caught secretly selling tobacco sheesha and letting people smoke it indoors can be subject to fines under city bylaws and the Smoke Free Ontario Act, as well as a hefty re-evaluation on their taxes.

Although Ottawa has far fewer sheesha bars than Montreal, Chapman says they are becoming more popular here, and Ottawa already has the most in Ontario.

"We're seeing most of it here," he said. "We've talked to our counterparts in Toronto and they're hearing rumblings of it, but they really don't have a whole lot of establishments that they've had to deal with yet. It's really in the past year or the past six months that it's really become a phenomenon in Ottawa."

Ottawa Public Health says sheesha has become more popular among young adults.

"What we're finding is that young adults - I think because of the exotic nature of the water pipe, as well as the social nature of sitting around sharing the water pipe - I think that is what's making young people want to try it," said Krista Oswald, the supervisor of the tobacco control program.

Oswald said many people had misconceptions about the safety of smoking sheesha.

A 2008 publication by Harvard Medical School said that, because water pipe smokers often inhaled longer and deeper on each puff, a single session could be like inhaling 100 or more cigarettes. The report also noted that smokers often believed sheesha was safer than cigarettes because one was not meant to inhale the smoke, instead drawing the smoke only as far as the mouth, like a cigar, and because the water in the pipe can act as a filter.

Despite this, the report said smokers could still absorb high levels of toxins and carcinogens that may contribute to heart disease, lung cancer, and respiratory disease.

Some sheesha smokers, such as Sean Newby, say it should be their choice to expose themselves to these risks, and, although sheesha bars should be up front about serving tobacco, they shouldn't be shut down.

"If you're going to a bar you're going to drink," Newby said. "If you're going to a hookah bar, you're going to smoke."

#### Le Droit

**Le temps d'écraser**

Denis Gratton

Publié le 02 février 2012 à 05h00 | Mis à jour le 02 février 2012 à 05h00

Je suis fumeur, je vous l'ai déjà dit. Mais n'allez pas croire que j'en suis fier. Fumer est une terrible dépendance, j'espère un jour pouvoir la vaincre.

Mais je suis comme la grande majorité des fumeurs. Je remets toujours le moment d'écraser à plus tard.

«Je ne peux pas arrêter maintenant, je pars en vacances dans deux semaines. Mais après ces vacances, j'arrête.»

«Je ne peux arrêter maintenant, j'ai une semaine de fou et je suis terriblement stressé. Mais à compter de la semaine prochaine, c'est fini la cigarette».

«Je ne peux pas arrêter maintenant, j'ai bientôt un week-end de golf avec des amis fumeurs. Mais après ce week-end, j'écrase pour de bon.»

On a toujours une excuse pour remettre ça à plus tard. Tout le temps.

Je veux évidemment en venir ce matin à l'intention de la Ville d'Ottawa de donner plus de mordant à son règlement antitabac qui est en vigueur dans la capitale nationale depuis une dizaine d'années.

Si les élus d'Ottawa suivent les recommandations du médecin-chef en santé publique, ils adopteront ce mois-ci un règlement qui interdira le tabac dans les parcs, sur les plages, dans l'ensemble des propriétés municipales, ainsi que sur les terrasses des bars et des restaurants.

Suis-je d'accord, moi le fumeur, avec cette recommandation du médecin-chef?

Tout à fait. Bon, le fait qu'on ne pourra plus en griller une sur les terrasses est légèrement agaçant, mais pas aussi agaçant que notre fumée de cigarette pour les autres clients.

«La Ville exagère avec ses règlements antitabac», ai-je entendu hier matin sur le trottoir devant les portes de l'édifice qui abrite les bureaux du Droit, là où se regroupent quotidiennement les fumeurs de ce building.

Je ne suis pas d'accord. Je ne crois pas que la Ville exagère. C'est une simple question de santé publique.

Si les élus me disaient «tu n'as plus le droit de manger de la malbouffe», là, je réagirais. Oui, c'est malsain de la malbouffe. Mais c'est mon choix d'en manger et ça ne nuit que moi.

La cigarette, par contre, nuit aux gens qui nous entourent. C'est prouvé que la fumée secondaire est nocive. Très nocive.

Et ce nouveau règlement antitabac, s'il est adopté le 22 février prochain, n'a pas vraiment pour but de convaincre les fumeurs d'écraser. Croyez-moi, chers élus, ça prend beaucoup plus qu'un règlement municipal pour convaincre un fumeur aguerri de changer ses habitudes.

Je crois que l'objectif est plutôt de sensibiliser les générations futures aux dangers du tabagisme et de diminuer le nombre de fumeurs dans l'avenir.

J'aurais bien aimé que de tels règlements existent quand j'étais jeune. Peut-être que je ne fumerais pas aujourd'hui.

L'autre jour, mon médecin m'a demandé à quel âge j'ai commencé à fumer. Je lui ai répondu: «À ma naissance.»

Et c'est vrai. Mon père fumait comme une cheminée. Et mes quatre frères aînés sont devenus fumeurs à l'âge adulte. J'ai donc été exposé à la fumée secondaire toute ma vie. Depuis mon tout premier jour sur cette boule. (Parce qu'on avait le droit de fumer dans les chambres d'hôpitaux à l'époque!)

Mais je ne peux pas blâmer mes frères et mon père, ils ne connaissaient pas mieux. Fumer était la mode à l'époque, c'était «in». Et tout le monde ignorait les dangers du tabac. Il n'y avait personne pour dire: «Attention, cette cochonnerie tue.»

Bien au contraire: fumer était la norme. Dans les publicités de l'époque, les compagnies de tabac vantaient les bienfaits de la cigarette pour la santé! Pas pour rien que les non-fumeurs étaient minoritaires.

Mais aujourd'hui, on sait mieux. On connaît les graves dangers du tabac. On sait que la cigarette tue.

Et de tout mettre en oeuvre pour que les adultes de demain ne tombent pas victimes de cette dépendance mortelle est la voie à suivre. La seule voie à suivre.

#### Le Droit

**Un règlement anti-tabac avec plus de dents à Ottawa**

François Pierre Dufault

Publié le 30 janvier 2012 à 14h28

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Le conseil de la santé publique de la Ville d'Ottawa recommande de donner plus de dents au règlement anti-tabac en vigueur dans la capitale depuis une dizaine d'années. Les parcs, les plages et les terrasses de bars et de restaurants seraient à leur tour assujettis à l'interdiction de fumer.

«Aujourd'hui encore, le tabagisme demeure la première cause de décès et de maladies évitables. Chaque année, près de 1000 personnes, fumeuses et non fumeuses, meurent prématurément à Ottawa des suites d'une maladie liée au tabac. De plus, près de 19% des résidents sont exposés à la fumée secondaire dans les endroits où ils travaillent et s'amusent», chiffre le Dr Isra Levy, médecin chef en santé publique d'Ottawa.

La Ville d'Ottawa dit que le renouvellement de sa stratégie anti-tabac permettra d'améliorer la santé de sa population, de favoriser la propreté de la ville et de mettre les enfants à l'abri de la fumée.

#### Le Droit

# Le médecin-chef en santé publique de la Ville recommande un règlement plus strict

# Le tabac dans la mire d'Ottawa

François Pierre Dufault

Publié le 31 janvier 2012 à 05h30 | Mis à jour le 31 janvier 2012 à 12h05

[](javascript:toggleImage('http://images.lpcdn.ca/924x615/201201/30/465440-agence-sante-publique-ottawa-recommande.jpg','Le%20tabac%20dans%20la%20mire%20d\'Ottawa',%200);)

L'agence de la santé publique d'Ottawa recommande de donner encore plus de mordant au règlement antitabac. Les parcs, les plages, l'ensemble des propriétés municipales ainsi que les terrasses de bars et de restaurants seraient à leur tour assujettis à l'interdiction de fumer.

Simon Séguin-Bertrand, LeDroit

**Griller une cigarette sur la terrasse d'un restaurant pourrait bientôt s'avérer très coûteux à Ottawa.**

L'agence municipale de la santé publique recommande de donner encore plus de mordant au règlement antitabac en vigueur dans la capitale depuis une dizaine d'années. Les parcs, les plages, l'ensemble des propriétés municipales ainsi que les terrasses de bars et de restaurants seraient à leur tour assujettis à l'interdiction de fumer.

« Aujourd'hui encore, le tabagisme demeure la première cause de décès et de maladies évitables. Chaque année, près de 1000 personnes - fumeuses et non-fumeuses - meurent prématurément à Ottawa des suites d'une maladie liée au tabac. De plus, près de 19 % des résidents sont exposés à la fumée secondaire dans les endroits où ils travaillent et s'amusent », chiffre le Dr Isra Levy, le médecin-chef en santé publique.

Dans un rapport qui sera déposé devant le conseil de la santé publique de la Ville d'Ottawa, la semaine prochaine, l'équipe du Dr Levy recommande d'y aller d'un règlement encore plus strict pour décourager les fumeurs et mettre le reste de la population à l'abri de la fumée secondaire. Les fumeurs pris en flagrant délit au mauvais endroit s'exposeraient à des amendes de 305 $ dès cet été.

#### Metro Ottawa

**City to consider all-day outdoor smoking ban**

**Board of Health goes beyond councillor’s initial request in recommending 24-hour outdoor smoking ban**

Jessica Smith

**Published:** January 30, 2012 5:44 p.m.

**Last modified:** January 31, 2012 9:31 a.m.

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The city’s Board of Health will consider a 24-hour ban on smoking outdoors on city properties and bar and restaurant patios at a special meeting next Monday.  
  
The Ottawa Board of Health will consider a report that recommends banning smoking on bar and restaurant patios and all municipal properties – including parks, playgrounds, beaches, sports fields, fruit and vegetable markets and outdoor areas around city buildings.  
  
The report comes after Councillor Stephen Blais asked the Board of Health to consider such a ban – but one that would only be in effect before 8 p.m.  
  
“I proposed the 8 p.m. (version of the ban) as kind of a starting point in the conversation to be pragmatic,” said Blais, adding he was keeping the interests of bar and restaurant owners in mind.  
  
After the Ottawa Public Health consulted with bar owners and the public, the city found there is support for a 24-hour ban as long as it is enforced uniformly, said Blais.  
  
“I think the changes are pragmatic and balanced to make sure that Ottawa remains one of the safest places to live and raise a family,” he said.  
  
If council is to give the recommendations final approval, the ban will first be approved by the Board of Health and the Community and Protective Services Committee.  
  
“Everything should in place before the patio season starts in April,” Blais said.  
  
Blais said he expects some smokers to oppose the plan, adding, “You’re never going to please everyone with every decision you make.”

#### YourOttawaRegion.com

# Ottawa South pub pushes for smoke-free patios

Eddie Rwema|

Jan 25, 2012 - 10:59 AM



**Ottawa South pub pushes for smoke-free patios.** Toni Najim, president of Firkin group of Pubs in the Ottawa area nearly lost his life in 1999 due to second-hand smoking.

Eddie Rwema

Toni Najem has more reason than most to support the creation of more smoke-free outdoor patios.

Najem, president of Firkin group of Pubs in the Ottawa area said he almost lost his life in 1999 due to second-hand smoking.

His pub in Ottawa South is one of the few ones in the city that have made their patios smoke free.

“Second-hand smoking affected my healthy and I almost died from it. I became heavily asthmatic because of second hand smoking,” said Najem.

While on his death bed at the general hospital, Najem was warned by doctors never to enter any smoking place.

“I have to always be in a smoke free environment,” he said.

Although he grew up in a family where everybody smoked, Najem has never smoked.

“I chose willingly not to be a smoker so why should I inhale someone else’s cigarette? That is not right,” he said.

Making his pubs smoke free is not a snap decision but Najem doesn’t regret that.

He said when his pubs including one on Riverside Drive decided to go smoke free everybody thought it was going to kill their business.

“People don’t come to smoke. They come to enjoy the ambiance, service and the quality of the product that you serve,” he said.

“If you deliver on the three, you should be more than fine, and your business will survive whether you are smoking or not.”

According to a city press release, being exposed to second-hand smoke on a patio outdoors can result in similar levels of exposure to smoke as spending the same amount of time in a smoky tavern.

It added that the dangers of second-hand smoke, even outdoors, cannot be ignored.

“I don't want to have to sit in a room full of smoke especially when I am trying to enjoy my food or a beer,” said Najem.

He however admits that going smoke-free hasn’t been all that easy.

“Some people who wanted smoking have come and complained and threatened never to return.

“To me there are more non smokers than there are smokers,” said Najem.

“I have made them to understand that the patio is not just for them but for everyone.”

An Ipsos Reid poll conducted in August on behalf of the city found that 73 per cent of Ottawa residents want smoke-free outdoor patios.

The Ottawa Public Health has been encouraging more bars and restaurants to follow suit by going smoke-free.

“When I applied to open up this business, the city asked me if I would make it a non smoking and promised to promote me,” said Najem.

He said his pub has been advertised on the city’s website as one of the non smoking places to go to.

“It is a very good incentive. I think the city is doing a great job promoting places that don’t smoke, since there are lots of people looking for places like that,” said Najem.

Second-hand smoke is what smokers exhale from lit cigarette.

It contains more than 4,000 chemicals, 69 of which are known to cause cancer.

#### OttawaStart.com

**Smoke-free champions clear the air on local patios**

Health • Posted by OttawaStart on January 17, 2012

As a part of National Non-Smoking Week, Rideau-Vanier Councillor and Board of Health member Mathieu Fleury and Dr. Isra Levy, Medical Officer of Health, presented a Smoke-Free Champion award to Phil Waserman, Past-President, Ontario Restaurant, Hotel and Motel Association (Ottawa Chapter) and owner of The Courtyard, Mamma Grazzi’s Kitchen and Biagio’s Italian Kitchen restaurants. All of the restaurants offer smoke-free patios.

“Mr. Waserman has been promoting healthy outdoor dining at his own restaurants and has also been advocating for voluntary smoke-free patios with his peers,” said Councillor Fleury. “This is a positive trend that we must commend and encourage for the health of all residents.”

“Phil has been a leader in the creation of smoke-free spaces and we are very happy to recognize his leadership,” said Dr. Levy. “This is a great example of how members of the private sector are embracing the move towards a smoke-free environment.”

Being exposed to second-hand smoke on a patio outdoors can result in similar levels of exposure to smoke as spending the same amount of time in a smoky tavern. The dangers of second hand smoke, even outdoors, cannot be ignored.

“More people ask for and want a smoke-free dining experience when they are outside enjoying our patio,” said Mr. Waserman. “We see the benefits of providing a smoke-free outdoor dining experience for our patrons as well as for our staff.”

The following establishments have made their patios smoke-free:

•Biagio’s Italian Kitchen, 1394 Richmond Road

•Courtyard Restaurant, 21 George Street

•East India Company Restaurant, 210 Somerset West

•L’Ange/Marvelous Mustard Shop, 109 Sparks Street

•Bridgehead Coffee House, 1277 Wellington Street West

•Metropolitan Brasserie, 700 Sussex Drive

•Stone Face Dolly’s, 416 Preston Street

•Milagro Grill, 357 Richmond Road

•Luxe Bristo, 47 York Street

•Stella Osteria, 81 Clarence Street

•Bridgehead Coffee House, 131 Beechwood Avenue

•Petit Bill’s Bistro, 1293 Wellington Street

•Vie Bella, 87 Sparks Street

•Cora’s Breakfast, 1355 Richmond Road

•Second Cup, 123 Bank Street

•Green Rebel, 340 Albert Street

•Zen Kitchen, 634 Somerset Street

•Marcello’s Market & Deli, 280 Slater Street

•The Keg Manor, 529 Richmond Road

•Firkin & Knight, 1460 Merivale Road

•Starbucks, 421 Richmond Road

•Bridgehead Coffee, 440 Richmond Road

•Firkin & Flyer, 3987 Riverside Drive

According to an Ipsos Reid poll conducted on behalf of Ottawa Public Health (OPH), there is high support for smoke-free outdoor patios. It found that 73 per cent of Ottawa residents want smoke-free outdoor patios.

There has been much progress regarding smoke-free outdoor dining experience and OPH wants to make smoke-free dining a gold standard. If you would like to promote your voluntary smoke-free patio, please contact the OPH Information Line at 613-580-6744 (TTY: 613-580-9656) or by e-mail at healthsante@ottawa.ca. OPH will add your restaurant or bar to the growing list.

**About the Ipsos Reid poll**

An Ipsos Reid poll, conducted on behalf of Ottawa Public Health, was undertaken from August 9 to 18, 2011. For this survey, a total of 400 Ottawa residents were interviewed by phone, yielding a margin of error of 4.9 per cent at a 95 per cent confidence level.

Television

#### CBC News – Ottawa

# Smoking bylaw should have full patio ban

### Report goes to Ottawa Board of Health Feb. 6

Posted: Jan 30, 2012 10:05 AM ET

Last Updated: Jan 31, 2012 7:05 AM ET

Ottawa Public Health and bylaw officials want to ban all smoking on public beaches, parks, outdoor patios and terraces and any other municipal properties, according to a report released Monday.

There were three specific recommendations made. They are:

* Increasing cessation services and programs for all residents.
* Expanding Ottawa’s smoke-free regulations to make all municipal properties, including parks and beaches, and bar and restaurant patios smoke-free.
* Implementing public education campaigns and a community engagement strategy to decrease the number of youth who start smoking.

Public health officials came to these conclusions after holding five separate public consultations over three months looking for feedback, which wrapped up 10 days ago.

They said there was strong public support and referenced a 2011 Ipsos Reid poll that 77 per cent of respondents support smoke-free parks and playgrounds and smoke-free municipal properties and 73 per cent support smoke-free patios.

### Report on smoking bylaw expansion rules out patio curfews

A report from Dr. Isra Levy, the city's chief medical officer of health, bylaw officials and Coun. Diane Holmes, chairwoman of the Ottawa Board of Health, also outlined why patio curfews will not work. That idea had been suggested in the past.



Ottawa's smoking bylaw could soon be expanded to cover patios, beaches and other city properties. (CBC)

"Designated smoking areas and patio curfews are not recommended due to enforcement complexities, the health hazard of second-hand smoke and the risk of negative role modelling to children, especially in areas where they play," the report read.

The ban would not extend to roads and sidewalks, however.

Dr. Levy said the recommendations are aimed at protecting children and non-smokers from second hand smoke.

"We're doing this because second-hand smoke is a health hazard," said Levy.

"We know that it can be as toxic outdoors as indoors and sadly every year, close to a thousand people in Ottawa die of tobacco-related illnesses. We also know that smoke-free regulation works. There is strong correlation between smoke-free regulation and reduced smoking rates and reduced exposure to second-hand smoke, as well as an increase in attempts to quit smoking," he said.

### 15% of Ottawa residents smoke

The goal of the proposed bylaw is to prevent the dangers of second-hand smoke and decrease the number of smokers in Ottawa, which is almost 15 per cent of residents or about 105,000 people.

The smoking rate has levelled off since 2005 after declining constantly in earlier years.

They will present their recommendations to the board of health Feb. 6. before going to the community and protective services committee on Feb. 15. If it passes committee, city council will look at the proposal Feb. 22.

Two east Ottawa councillors, Stephen Blais and Bob Monette, have already publicly debated a stricter smoking ban.

#### CTV

**Ottawa health board recommends smoke-free city property**

Updated: Mon Jan. 30 2012 1:41:53 PM

The Ottawa Board of Health has recommended that smoking be banned on all city property in an effort to make the capital a healthier city.

The board said in a news release the ban would include parks, beaches, and restaurant patios in an effort to reduce second-hand smoke and smoking rates.

"Tobacco use continues to be the leading cause of preventable death and disease," said Dr. Isra Levy, Ottawa's Medical Officer of Health. "In Ottawa, almost 1,000 smokers and non-smokers die each year due to tobacco-related illness."

"I really wanted to protect people's health while they're out trying to enjoy themselves, specifically for our young people," said Ottawa councillor Stephen Blais, who put forward the motion. "I think focusing on bar and restaurant patios and focusing on recreational places such as parks and beaches should really be the hardest part of the focus."

Blais said the motion will make Ottawa a non-smoking leader again.

"We were ahead of the curve, unfortunately we've gone behind the curve over the last number of years," he said. "A number of jurisdictions like Chicago, New York, the entire province of Alberta banned smoking on patios a number of years ago."

The recommendations also include increasing stop-smoking services and programs and focusing on lowering the number of youth who start smoking.

This come after three months of public consultations which the board said showed strong support for these changes.

"They realize that one's right to smoke . . . shouldn't impede your right to live a healthy and active lifestyle," Blais said. "Second-hand smoke contains 70 per cent more tar and over 4,000 deadly chemicals so people want to be health-conscious and enjoy public spaces in their own way."

A 2011 Ipsos-Reid survey said over 70 per cent of respondents were in favour of making those areas smoke-free.

#### CTV

**Ottawa health wants hookahs added to anti-smoking law**



Ottawa Public Health will hold a special meeting on the waterpipe recommendations Monday, Feb. 6, 2012.

Updated: Wed Feb. 01 2012 1:17:01 PM  
  
Ottawa health officials say hookah bars should fall under the Smoke-Free Ontario Act, much to the chagrin of businesses who say they're being unfairly targeted.

As Ottawa Public Health cracks down on smoking tobacco in public places like patios and beaches, they're also recommending that herbal waterpipes should be included in provincial anti-smoking legislation.

"The loophole in the system right now is that many of these establishments are saying that they're putting herbal products in the waterpipes and that therefore they do not need to follow the tobacco requirement," said Sherry Nigro of Ottawa Public Health.

Nigro said the changes would essentially mark the end of hookah bars in the city, where people gather to smoke herbal products called "sheesha".

"It's literally like you're going out for a coffee," said Nada Kubba. "I don't see why this would be an issue, people who come here choose to come here and they know what it is and they know the pros and cons."

One issue for the health board is the fact they inspected all of Ottawa's hookah bars last summer and found traces of tobacco in all but one of them.

Ali Cheikh said his sheesha is always tobacco free and worries the proposal would hurt businesses that follow the rules.

"No smoking inside, this is okay, this is the law," he said. "But the herbal is zero nicotine, zero tobacco, you know what I mean?"

Nigro said it's not just potential tobacco that can harm a smoker's health.

"There is a risk of infectious disease and this is enticing young people into social smoking which can of course turn into an addiction," she said.

The recommendations will be addressed in a special health board meeting on Monday.

With a report from CTV Ottawa's Ellen Mauro

#### RDI – Radio-Canada

**Est-ce qu’on limite trop les droits des fumeurs?**

Animateur : Simon Durivage

Diffusé le 2 février 2012 à 9 h 30

Stan Shatenstein, Editor, Medical Journal Update; Coordinator, GLOBALink NIMI; Tobacco News & Information Monitoring Initiative et Pierre Jury, editorialiste, Le Droit discutent la question des droits des non-fumeurs et des fumeurs à l’émission «Citoyens avertis.»

<http://www.radio-canada.ca/emissions/citoyens_avertis/2011-2012/integrales.asp>

Radio

#### CFRA

## Ottawa Public Health Wants Tougher Smoking Ban

**Stephanie Kinsella with Kristi Soble**Monday, January 30, 2012

Ottawa Public Health is calling for tougher restrictions on where residents can smoke.

A new report released today calls for a ban on smoking at city parks, beaches, and sports fields.

Also, if the new strategy is approved by councillors, permit holders for By-Ward and Parkdale Market vendors would be required to ensure there is no smoking in the stands.

The city is also asking the upper levels of government to change existing rules to include the prohibition of tobacco water pipe product.

#### CFRA

## Non-Smoking Week in Ottawa

**Josh Pringle**Monday, January 16, 2012

It's Non-Smoking Week in the City of Ottawa.

Mayor Jim Watson will issue the declaration today, with Ottawa Public Health also handing out several Smoke-Free Champion Awards.

The Ottawa Council on Smoking and Health will present 26-hundred postcards to the Board of Health tonight calling for smoke-free outdoor spaces.

The council says residents and tourists signed the postcards in support of smoke-free patios, parks, beaches and playgrounds across the City of Ottawa.

#### CFRA

**Next Week is Non-Smoking Week in Ottawa**

Josh Pringle

Saturday, January 14, 2012

The Ottawa Council on Smoking and Health will use Non-Smoking Week in the City of Ottawa to call for smokers to butt out in public places.

The group will present 26-hundred postcards signed by Ottawa residents and tourists in support of smoke-free patios, parks, beaches and playgrounds to the Ottawa Board of Health on Monday.

The Council says outdoor smoking areas are a "hidden threat to public health." The postcard adds an outdoor smoke free bylaw will allow all families to enjoy smoke-free outdoor public spaces.

Ottawa Public Health is conducting public consultations on whether Ottawa residents support a ban on smoking in public parks, beaches, playgrounds and on restaurant and bar patios.

#### CBC News

# Anti-smoking advocate calls for shisha lounge ban

### 'Smoke in the lungs is not a good thing. It's not good for health,' campaigner says

Posted: Feb 2, 2012 1:32 PM ET

Last Updated: Feb 2, 2012 3:06 PM ET

With Ottawa Public Health officials calling for a ban on smoking in parks, beaches and outdoor patios, some health campaigners are pushing for shisha lounges to be added to the list.

Ottawa boasts 19 shisha establishments where hookahs — the pipes used to smoke flavoured tobacco — are provided for public use.

Pippa Beck is a policy analyst at the Non-Smokers' Rights Association and she cites a number of concerns with the flavoured tobacco, including unreliable packaging, a lack of public awareness about what is actually being inhaled and its growing popularity among young people.

Beck said studies show water in a typical hookah pipe does not filter out carbon monoxide, small particles and other byproducts of combustion.

"And smoke in the lungs is not a good thing," Beck said. "It's not good for health."

She also said the charcoal used to burn the sticky pads of flavoured tobacco contributes to poor indoor air quality, and patrons and staff are at risk for second-hand inhalation.

The practice of hookah smoking has long been popular in the Middle East. Beck said that issue has come up, but citing the anti-smoking campaigns of the 1960s and 1970s, she said cultures can change.

Beck said she hopes Ottawa will follow in Toronto's footsteps to perform indoor air quality testing in shisha establishments.

Blogs

#### The Daily Planet

**Ottawa proposes smoke-free property**

Written by Royel Edwards

Tuesday, 31 January 2012 12:58

Ottawa’s Board of Health is tightening a public smoking ban in Ontario that will reduce the risk of second-hand smoke as well as smoking rates.

The Board of Health’s news release states the ban would affect public areas such as parks, beaches, sports fields, as well as outdoor patios to reduce the spread of the second-smoke disease.

Cities like Toronto can see the smoking ban implemented that would effect more public areas with a lot of traffic.

Second-hand smoke is a serious issue that is 40 per cent more toxic than a cigarette explained Wayne Hindmarsh, Toxicology expert at the Leslie L. Dan Faculty of Pharmacy.

“The body heals over time with second hand smoke. If you’re with people who smoke and are away from them the body will heal over time. There’s nothing more annoying to have someone light up a cigarette.”

It isn’t illegal to smoke, but the ban is also aimed to make it safer for those who don’t.

According to the report, Ottawa Public Health is continuing to monititor discussions with the City of Toronto who are also working to boost the smoke-free regulation.

“I don’t think they understand the community benefits,” said Douglas Saunders, public health professor at the Dalla Lana School of Public Health at the University of Toronto.

“The more difficult you make it for them to smoke, the more committed they become to smoking.” Saunders added, “you have to be protective of people who don’t smoke.

A large traffic area like Humber College has many spots where smokers can take their nicotine. If the ban includes areas like schools, students may have to go off-grounds for a break.

“I do think it’s a good idea I mean personally I want to quit. I don’t like it,” said Endrit Kabashi, second year Humber student taking sustainable energy and building technology.

“I think people will still smoke close to the perimeters just because it’s convenient and you don’t have to walk far away. I just think in general it’s not going to end.”

CTV Ottawa reports that a survey from Ipsos-Reid announced that over 70 per cent of respondent were in favour of the smoke-free areas.

#### Ottawa Citizen

## Smoked out — we’ll follow the rules, like always

Joanne Chianello

February 1, 2012. 6:20 pm • Section: [City](http://blogs.ottawacitizen.com/category/city/)

I’m running out of things to say when my 13-year-old daughter asks me why smoking is still legal if it’s bad for us and we’re allowed to do it in fewer and fewer places. Makes me wish, not for the first time, that I’d paid better attention in political philosophy so I could say something semi-intelligent about the rights of the many against the rights of the few.

But however we may feel about the increasingly restrictive rules about smoking in this city, the truth is that 85 per cent of us don’t do it and would be happy if the person next to us at that patio or the park didn’t do it either. That’s why the new smoking ban proposals to ban smoking at all outdoor city facilities, as well as patios, will likely pass (although a few patio owners may make a futile objection).

One criticism of the new proposal is how it will be enforced. This is a red herring. For one thing, Ottawa is a city of rule-followers, and by and large, we do as we’re told. We’re not shy about telling those around us what the rules are, either.

And if our experience with the infinitely more controversial smoking ban first imposed a decade ago is any indication, it’ll only take a couple of seasons for everyone to be used to the new rules.

According to city officials, there were hundreds and hundreds of fines and warning givens out the first two years of the ban. In recent years, there were less than 100, and in some cases, annual charges totaled in the single digits.

Here’s the data, remembering that 2002 was the first full year of the smoking ban:

**Year, # of Charges, # of Warnings**

2001 265 431

2002 936 228

2003 35 107

2004 31 73

2005 21 51

2006 10 86

2007 13 65

2008 3 77

2009 0 72

2010 5 41

2011 13 47

**Total 1333 1278**

It’s noteworthy, if not surprising, that more than 90% of all charges in the past decade were given out in the first two years the ban was in place. Presumably, that’s when the city put more money into enforcement of the new rules. Most of the warnings and charges in recent years were doled out by by-law officers who just happened by the rule-breakers — that is, they weren’t out specifically searching for people defying the by-law.

And while there are no statistics to prove how well the by-law is followed, anecdotal evidence tells us that compliance is quite high. As it will be with when the ban is extended to outdoor areas.

#### Ottawa Sun

**No smoking on patios: Report**

Jon Willing

Monday, January 30, 2012, 12:26 PM

Customers dying for a lung dart must aim for the restaurant’s exit doors if council approves a smoking ban on Ottawa patios.

One prominent franchise is warning the city of obvious complications.

Jonathan Hatchell, vice-president of The Royal Oak pubs, foresees problems with smokers crowding sidewalks and leaving their butts, plus safety issues around people leaving drinks unattended.

He fears bylaw officers will focus on large, well-known businesses for smoking enforcement.

“As they always do, they go after the easy target, which are restauranteurs,” Hatchell said Monday after public health announced its recommendations.

“It does sometimes feel like we’re trying to make an honest living and things are being thrown at us, more regulations.”

Dr. Isra Levy, the city’s medial officer of health, said he understands concerns about litter, so public health is setting aside funds for “butt boxes,” along with no smoking signs for patios.

Public health has $1.8 million for smoke-free programs and most of it comes from the province. Officials also want to beef up programs that help people quit smoking.

Levy said the suggested prohibition — along with proposed smoking bans at city parks, beaches and outside municipal facilities, like City Hall — would make Ottawa a healthier city.

Public health also wants to ban smoking inside stalls at the Byward and Parkdale markets.

Levy said a consultation process collected feedback from the public, including smokers who approve of the anti-smoking regulations.

“I think we’re seeing an understanding and a respect for non-smokers being exposed to second-hand smoke and I think even smokers particularly don’t want to be inconveniencing or annoying the rest of their fellow citizens,” Levy told a news conference.

According city research, 15% of residents 19 and older smoke tobacco.

“What we’re really doing is catching up with our population,” said Somerset Coun. Diane Holmes, chairwoman of the health board.

“The people in Ottawa want to see less smoking.” Cumberland Coun. Stephen Blais, who has been calling for an expanded smoking ban to protect kids, applauded public health for drafting a “pragmatic and balanced” proposal.

“I haven’t heard from a single business owner who has concerns,” Blais said.

If the health board and council approves the ban, bylaw officers will start warning violators in April and begin writing $305 tickets in July.

“We expect a very high rate of voluntary compliance within the regulation,” bylaw chief Linda Anderson said.

#### Ottawa Sun

**Tough smoking ban hard to argue with**

By Susan Sherring,Ottawa Sun

First posted: Friday, February 03, 2012 04:40 pm EST

Hey smokers. It’s time to suck it up.

Suck it up, not in.

And accept you have very few rights when it comes to inhaling a toxic material.

And before you twist and turn and get your shorts in a knot, in the interest of transparency, I’m forced to confess that I too am a smoker.

And yes, that means I can diss your dirty, filthy habit because I share it.

But when it comes to infringing on other people’s space, whether that’s indoors or much of the outdoors, you are losing the right to damage anyone else’s health.

There was a time not too long ago when smokers used to grumble about their rights being eroded; a time when as they puffed up outside a building, shivering in the cold, they’d joke sarcastically about whether the day would come when Big Bad Government would actually ban smoking in the great outdoors.

Blasphemy at the time, not that long ago.

Turns out, that day has come.

On Monday, the Ottawa Board of Health meets to debate the city’s proposed Renewed Strategy for a Smoke-Free Ottawa “designed to protect children and non-smokers from second-hand smoke (SHS) and to reduce tobacco use.”

It’s a strategy that’s hard to argue with.

Aside from its stench, smoking kills.

Smoking is responsible for an estimated 990 deaths per year in Ottawa, 930 deaths (18.6% of all deaths) are attributable to current or former cigarette smoking among adults aged 35 years and older and 60 deaths (1.2% of all deaths) are attributable to passive smoking exposure in residents aged 15 years and older (2005-2007).

If passed, and it will, the ban will include all municipal properties, including parks, playgrounds, beaches, sports fields, fruit and vegetable markets and outdoor areas around city facilities. And outdoor restaurant and bar patios and terraces.

So say farewell to lighting up at festivals held on city-owned land, sayonara to having a quick butt during your child’s soccer game and adios to hovering outside a city building with your smoking buddies.

To the sidewalk with you.

And don’t expect that place to remain safe for long.

There won’t be many gathering there.

City staff show less than 15% of Ottawa’s population call themselves smokers, and less than 12% smoke on a daily basis.

Despite the seemingly far-reaching policy, there’s barely been more than a whimper from non-smokers.

The consultations and public opinion research “indicate that Ottawa residents strongly support creating more smoke-free spaces.”

Smoking and SHS has a financial cost as well, including $2 billion in direct health care costs to the Ontario economy. For Ottawa residents, hospitalization costs alone due to smoking-related illnesses are almost $40 million per year.

Rideau-Vanier Coun. Mathieu Fleury, whose ward includes the Byward Market, has gotten behind the proposed bylaw in a big way and hopes to convince the National Capital Commission to adopt similar strategies.

“We’re worried about people’s health,” he says.

It’s a pretty simple message but it’s resonating among the public in a big way.

While some city councillors want to hear the issue debated before announcing their wholehearted support, their only real concern is implementation, not whether it should be implemented.

Don’t think for one minute this will end here.

From the report: “The regulations would complement community engagement activities that will advance smoke-free policies in settings such as hospitals and post-secondary campuses, doorways, hotels, motels and bed and breakfast establishments, spectator events, multiple-unit dwellings, and outdoor work sites such as construction sites.”

”Finally, the strategy will aim to increase smoke-free spaces in other areas such as outdoor workplaces, including construction sites, hospitals, post-secondary institutions, public and workplace doorways, hotels, motels and bed and breakfasts, community housing agencies, and markets, festivals and special events.

For now, you can take some comfort that your home is still your castle.

The strong arm of Ottawa’s bylaw department can’t get you there.

Keep your door locked just in case.

Letters to the Editor

#### Ottawa Citizen

**We need bylaw now**

Re: Bylaw officers are busy enough, Feb. 1.

I believe the sweep of false assumptions in the Citizen editorial is stunning.

Tobacco use is the leading cause of preventable disease and death in Ottawa. Scientific evidence for years has shown that second-hand smoke outdoors can be as lethal as indoors.

Vulnerable populations in Ottawa, children, people with disease (lung, heart, diabetes, COPD, asthma) as well as pregnant women and people recovering from disease, cancer survivors, can have severe reactions to any amount of exposure to cigarette smoke. In addition, this is a workplace health issue for people in the hospitality industry.

As for enforcement, all evidence, from every community across Canada that has adopted a similar bylaw, and from New York City that went 100-per-cent smoke free in its massive Central Park, shows that smoke-free is virtually self-enforcing after a brief initial period of adjustment by the public.

For the sake of the health of the people of all ages in Ottawa, we need this bylaw.

Suzanne Friedlaender, Ottawa

President, Ottawa Council on Smoking and Health

#### Ottawa Citizen

**Encouraging butting out**

Re: Stop forcing no smoking, Feb. 1.

I think the majority of the Ottawa public are fed up with second-hand smoke and want the city to update and expand its smoke-free indoor bylaw, to include outdoor spaces.

This is indeed a big issue.

The proposed bylaw is about health and prevention and it's long overdue. We have a chance to do more and safeguard everyone's health. Cigarettes and second-hand smoke have greatly affected the quality of my life, and I am certain that if these bylaws were in place while I was growing up, I would be breathing a lot easier today.

I'm 61 years old, living with chronic obstructive pulmonary disease, with only 12-per-cent lung capacity left, and am waiting on a lung transplant waiting list for donor lungs, to be able to breathe.

I'm on supplemental oxygen therapy at a two-and-a-half flow rate with additional corticosteroid and bronchodilator medication.

Most smokers want to quit. Smoke-free spaces encourage them to quit. I'm looking forward to a smoke-free Ottawa.

Larry Graham, Ottawa

#### Ottawa Citizen

**Embrace smoking bylaws**

Stan Shatenstein, Ottawa Citizen, February 2, 2012

Re: Bylaw officers are busy enough, Jan. 31.

The Citizen editorial's call for "voluntary compliance" and "common sense" doesn't make the grade when it comes to tobacco use - indoors or out.

We wouldn't suggest that restaurateurs volunteer to keep vermin out of their kitchens, we can and must demand it. A number of studies have shown that levels of carcinogenic PPAHs (particulate polycyclic aromatic hydrocarbons) increase significantly with the number of lit cigarettes per patio area, more than justifying the current initiative.

While the density of smokers may not be as great in parks, the concentration is more than high enough to cause harm, and there is also the constant danger of toddlers ingesting cigarette butts thoughtlessly dropped by smokers.

If common sense were the answer, no one would smoke at all, but that's obviously not our reality. Better to have bylaw officers on the job, especially if this work will be paid through a reallocation of provincial tobacco funding.

In order to change behaviours and encourage smokers to understand they are doing harm to others, even outdoors, the new proposed bylaws should be welcome. Looking across the Quebec-Ontario border from Montreal, many of us are envious of the foresight being shown by Ottawa civic officials.

Stan Shatenstein, Montreal

Editor, Medical Journal Update, Coordinator, GLOBALink NIMI

#### Ottawa Citizen

**Second-hand smoke and quality of life – Advice from a quitter**

Re: Public health advises more smoke-free areas, Jan. 31.

Quitting smoking isn't easy - but it is simple.

Just stop smoking. Don't attempt to quit, or try to quit - just quit.

Decide to put it behind you, never to be resumed. Replace the habit of smoking with the habit of not smoking.

Three things help. The urge to smoke is not constant - a desire comes, then it passes. Each urge comes a little later than the previous one. And, each urge is a little less strong than the one before. Don't picture the rest of your life without smoking, just deal with one urge at a time.

When I was 29, I confronted the mountain of medical evidence that linked smoking with many health problems and decided I could no longer include it in my life and consider myself an intelligent person.

Since then the evidence against tobacco use has continued to grow almost exponentially.

I picked a day two weeks away and told everyone it was the date on which I was going to quit. I stopped my 50-cigarettes-a-day habit and have never looked back. This year I will turn 79. I know that if I had not quit smoking I wouldn't be here today to write this letter.

Barry Donnelly, Ottawa

#### Community News Releases

**Thousands Support Smoke-Free Outdoor Spaces**

Ottawa Council on Smoking and Health

January 16, 2012 10:00 ET

OTTAWA, ONTARIO--(Marketwire - Jan. 16, 2012) - In celebration of National Non-Smoking Week (January 15-21, 2012), the Ottawa Council on Smoking and Health (OCSH) will present more than 2,600 postcards signed by Ottawa residents and tourists in support of smoke-free outdoor spaces to the Ottawa Board of Health tonight before delivering the postcards to Ottawa Mayor Jim Watson's office tomorrow.

"Ottawa workers and residents are ready and waiting for smoke-free patios, parks, beaches and playgrounds," says Suzanne Friedlaender, president of the OCSH. "Our postcard campaign supports the results of a recent Ipsos Reid survey(1) on smoke-free outdoor spaces and reaffirms the community's widespread enthusiasm for a smoke-free outdoor bylaw."

The OCSH will present the postcards to the Ottawa Board of Health on Monday, January 16, 2012 at 6:00 p.m. in the Champlain Room, Ottawa City Hall, 110 Laurier Avenue West. The OCSH will then deliver the postcards to Mayor Jim Watson's on Tuesday, January 17, 2012.

Ottawa residents and visitors signed postcards addressed to Mayor Jim Watson:

*"As an ex-smoker, parent and asthmatic, I'd love the clean air space and it's less risk for us addicts!" ~ Jennifer*

*"I have COPD, so smoke-free environments are critical for me!!" ~ Don*

*"I would love to enjoy myself on a patio on a lovely day but I cannot breathe." ~ Joanna*

*"My two young boys would appreciate smoke-free playgrounds." ~ Joanne*

Tobacco use is the leading cause of preventable death in Ottawa. The 2010 U.S. Surgeon General Report states that there is no safe level of exposure to second-hand smoke, even outdoors.

"Exposure to second-hand smoke on patios is a workplace health and safety issue for hospitality workers," says Friedlaender. "It is also a significant health risk for the public, especially children, seniors and individuals suffering from heart and lung disease, cancer and other chronic illnesses."

Ottawa lags far behind a growing list of Canadian cities and provinces that have smoke-free patios, parks, playgrounds, beaches, and building doorways.

Smoke-free spaces encourage smokers to quit and to stay smoke-free.

The OCSH is a local volunteer group that has advocated for smoke-free environments for more than 30 years.

For details on the OCSH's smoke-free outdoor spaces campaign: [www.smokefreeottawa.com](http://www.smokefreeottawa.com).

For details on National Non-Smoking Week: [www.nnsw.ca](http://www.nnsw.ca).

(1) Ottawa Public Health. Smoke-Free Spaces Survey Results. September 2011. Ottawa, Ontario. <http://www.ottawa.ca/health_safety/living/dat/tobacco/results_en.html>

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