

# A Breath of Fresh Air

Lake County Health Department Tobacco Education Program

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## Why Should We Have Smoke Free Laws?



How do smoke free measures affect air quality?

Researchers conducted tests before and after a new smoke free measure went into effect in Delaware in the winter of 2002 - 3. They sampled a casino, five restaurants with bars, a stand alone bar and a pool hall.

Result?

After the smoke free measure went into effect workers and patrons were exposed to 95% less carcinogens and 90% fewer fine particle pollutants that lodge in the lungs and also cause [irregular heart beats and heart disease](#).

**How can we have a 95% drop in cancer and heart-disease causing pollution?**

**Pass Clean Indoor Air Laws!**

Smoke Free — Thank you Lake County Businesses for the health of your employees and patrons!

## More Reasons! *The Pueblo-Helena Heart Studies*

A growing body of evidence is showing that indoor smoke-free environments have the potential to rapidly improve a community's overall health, while drastically reducing the number of people having heart attacks.

Recent studies in Pueblo, Co and Helena, MT observed immediate and significant declines in heart attack admis-

sions at their community hospitals after city wide smoke-free indoor air ordinances went into effect.

Heart attack rates in Pueblo, CO dropped by nearly 30 percent and those in Helena, MT by 40% after each city passed smoke free indoor air laws.

Dr. Bartecchi of the Pueblo, CO study says "Certain things

happen fairly rapidly after contact with secondhand smoke. Within five to 10 minutes, the main artery to the heart stiffens and within 20 minutes, blood platelets become more sticky and prone to clot ,and within 30 minutes other coronary arteries stiffen and can't expand. The rhythm of the heart can be affected by breathing secondhand smoke

### SPECIAL POINT OF INTEREST:

- ◆ *Montana is closer to being smoke free.*
- ◆ *This will be a wonderful gift to our grandchildren.*



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for up to two hours afterward."

Dr. Bartecchi also said that, at a cost of \$20,000 to \$100,000 per heart attack, the ban may have saved \$2 to \$4 million in health-care costs.

These studies provide important knowledge that people can be healthier if secondhand smoke is removed from public places.



*Clean Indoor Air Act: What Does An Exception Mean?*



SECONDHAND  
TOBACCO SMOKE  
ISN'T JUST  
ANNOYING. IT'S  
SCIENTIFICALLY  
PROVEN TO CAUSE:

*LUNG CANCER;*

*HEART DISEASE;*

*SERIOUS*

*RESPIRATORY*

*ILLNESSES;*

*RESPIRATORY*

*INFECTIONS &*

*ASTHMA;*

AND

*CAUSES 60,000*

*DEATHS ANNUALLY*

*IN NONSMOKERS.*

Bars and casinos that hold liquor licenses and earn 60 percent or more of their revenue from liquor sales, gambling, or the combination of both were able to apply for, or

qualify for, an exception that will be in effect until October 1, 2009.

In short, what this means is that they can allow smoking in their establishment. HOWEVER, it also means:

- No one under 18 is allowed in their establishment (employee or client)
- Smoke cannot infiltrate into a smoke

free area (if you can smell smoke, it has infiltrated).

- A sign must be visible indicating smoking is permitted and no one under 18 is allowed inside.

All other enclosed public places and workplaces are completely smoke free. This includes all indoor areas, rooms or vehicles used for work.

*Clean Indoor Air Act: Violations*

In Lake County, the health department has the responsibility of ensuring compliance with the *Clean Indoor Air Act*. The first two violations will include education for the business owner and the development of a written compliance plan by the business in violation.

Third and all subsequent

violations become a misdemeanor with a fine and will be handled by the County Attorney's office.

To help businesses comply and avoid penalties Lake County Health Department will do educational site visits on every complaint made. During the site visit, the health department will discuss the nature of the com-

plaint, provide a copy of the law and its implementation rules, provide signage and other educational materials to assist the business in complying with the law.

Individuals violating the *Clean Indoor Air Act* may be fined on the first offense. Fines range from \$25 to \$100.

*Clean Indoor Air Act: Filing a Complaint*

Members of the public who believe that a violation of the *Clean Indoor Air Act* has occurred can call Lake County Health Department 406-883-7341 and request a complaint form or send an email to:

tobaccoed@centurytel.net or call the Montana Department of Public Health and Human Services (toll free, 866-787-5247) and issue a formal or an infor-

mal complaint. A formal complaint would be a complaint signed by the complainant and would include information as to the type of business (school, bar, restaurant, office, health care facility, etc.), the date and time of the violation, and the nature of the violation (customer/employee smoking, youth in smoking area, signs not displayed, smoke infiltrating,

etc.). An informal complaint may remain anonymous.

All complaints, formal or informal, will be investigated and may be brought to the attention of the county attorney's office.

3rd Violation \$100

4th Violation \$200

5th and all subsequent Violations \$500

### Clean Indoor Air Act:

### How it Has Affected Tobacco Free Schools Policy?



FOUR OUT OF FIVE  
MONTANANS DO  
NOT SMOKE  
(80.1%)

*The 2005 Montana Legislature significantly strengthened Montana’s Tobacco-free Schools law by passing House Bill 643, effective October 1, 2005*

*The law now includes:*

- A ban on all tobacco products on the entire school campus;
- A clear no-use and no-possession statement at all times for all students;
- A clear no-use statement at all times for all staff and other individuals visiting or using the school or any of its property;
- No-use outside school gyms, entryways, stadiums, buildings and parking lots by students and adults.

Tobacco-free schools means for all public schools in Montana 24 hours per day, 7 days a week in and on all school property no tobacco is permitted, with two exceptions:

Exceptions: 1) A public health demonstration or 2) for an American Indian cultural activity.

Tobacco-free schools help youth learn behaviors that will help them be

*The Clean Indoor Air Law Makes All Schools and School Property Tobacco Free.*

*Tobacco Free Indoors and Outdoors Including:*

71% OF  
MONTANANS  
RECENTLY POLLED  
INDICATE THEY  
SUPPORT A  
STATEWIDE LAW TO  
PROVIDE SMOKE  
FREE PUBLIC  
PLACES. THIS  
REPRESENTS THE  
OPINION OF  
NEARLY THREE-  
FOURTHS OF  
MONTANANS.



**Entryways**

**Parking Lots**

**Events on School Property**

Presorted Std.  
U.S. Postage  
Paid  
Permit No. 56  
Polson, MT

**LAKE COUNTY HEALTH DEPARTMENT  
TOBACCO EDUCATION PROGRAM**

802 Main Street  
Polson, MT 59860  
406-883-7341

To:



**WE WISH YOU  
HEALTH AND  
A  
HAPPY NEW YEAR!**

A BREATHE OF FRESH  
AIR.



*Montana Quit Line – Toll free 866-485-QUIT*

Want to quit? Help is available at no cost by calling the Montana Quitline—866-485-QUIT (7848)

The Montana Quitline provides information, counseling sessions with a tobacco cessation coun-

selor and free nicotine replacement therapy in the form of patches or gum. Quitline specialists are trained to work with everyone, including pregnant women who smoke, youth and spit tobacco users. The Quitline is operated

by a leading pulmonary hospital in Denver, and is sponsored by the Montana Tobacco Use Prevention Program.

Resolving to quit??

You can have help.



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