

Smoke Free Kent Newsletter

Clean Indoor Air Campaign

HARM PRINCIPLE:

“THAT THE ONLY PURPOSE FOR WHICH POWER CAN BE RIGHTFULLY EXERCISED OVER ANY MEMBER OF A CIVILIZED COMMUNITY, AGAINST HIS WILL, IS TO PREVENT HARM TO OTHERS”

John Stuart Mill

ON LIBERTY, 1864

Greetings supporter! What an exciting time to be an advocate for a smoke free community! I encourage you to help to keep the momentum alive and find ways in which you can **contribute your gifts to make a difference** and help prevent future harm to others! I believe that we all want to make a difference in this world, and this campaign is a perfect opportunity for YOU to make a difference! Be the change that you want to see in your community!

Surgeon Generals Report

- **The Surgeon General released a report** titled ‘The Health Consequences of Involuntary Exposure to Tobacco Smoke’ on Tuesday, June 27th. What makes this report so exciting and credible?
 - The Report is prepared by the Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC).
 - The Report was **written by 22 national experts** who were selected as primary authors.
 - The Report chapters were **reviewed by 40 peer reviewers**
 - The entire Report was **reviewed by 30 independent scientists and by lead scientists** within the Centers for Disease Control and Prevention and the Department of Health and Human Services.

- This report included 600 pages and eleven chapters! **Here are the six major conclusions highlighted from the report:**
 1. Many millions of Americans, both children and adults, are still exposed to secondhand smoke in their homes and workplaces despite substantial progress in tobacco control.
 - Almost **60 percent** of U.S. children aged 3-11 years—or almost 22 million children—are exposed to secondhand smoke.
 - Approximately **30 percent** of indoor workers in the United States are not covered by smoke-free workplace policies.

2. Secondhand smoke exposure causes disease and premature death in children and adults who do not smoke.
 - Secondhand smoke has been **designated as a known human carcinogen** (cancer-causing agent) by the U.S. Environmental Protection Agency, National Toxicology Program and the International Agency for Research on Cancer (IARC). The National Institute for Occupational Safety and Health has concluded that **secondhand smoke is an occupational carcinogen**.
3. Children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma. Smoking by parents causes respiratory symptoms and slows lung growth in their children.
 - Children's bodies are developing and are **especially vulnerable** to the poisons in secondhand smoke.
4. Exposure of adults to secondhand smoke has **immediate adverse effects** on the cardiovascular system and causes coronary heart disease and lung cancer.
 - Concentrations of many cancer-causing and toxic chemicals **are higher** in secondhand smoke than in the smoke inhaled by smokers.
5. The scientific evidence indicates that **there is no risk-free level of exposure** to secondhand smoke.
 - Short exposures to secondhand smoke can cause blood platelets to become stickier, damage the lining of blood vessels, decrease coronary flow velocity reserves, and reduce heart rate variability, **potentially** increasing the risk of a heart attack.
6. **Eliminating smoking in indoor spaces fully protects nonsmokers** from exposure to secondhand smoke. Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposures of nonsmokers to secondhand smoke.
 - Conventional air cleaning systems can remove large particles, but not the smaller particles or the gases found in secondhand smoke.

You can check out the full report at

<http://www.surgeongeneral.gov/library/secondhandsmoke/report/>

Did You Know?

- 76% of Kent voters are non-smokers
- 62% of current Portage County smokers are seriously considering stopping smoking in the next 6 months (49% in the next 30 days).
- 40% of Kent voters would go to their favorite bars and restaurants more often if they became smoke free.
- By a margin of almost 2 to 1, voters support smoke free workplaces in Kent.
- 72% of people said 'YES' when responding to a recent Record Courier question asking if indoor smoking should be banned.
- All Marriott hotels in the U.S. and Canada will become 100% Smoke Free by Oct. 16, 2006. This is the industries largest move to a smoke-free environment and

includes over 2,300 hotels under the Marriott, Renaissance, Courtyard, Fairfield Inn, Spring Hill Suites, Residence Inn, and TownePlace Suites brands. Please support their smoke-free decision by staying with them whenever possible!

How Can You Get Involved?

Yeah, I know...this is the tough part. Many of us are concerned about the effects of second hand smoke, but too often the caring stops at simply being concerned. Unfortunately, **being concerned is not enough!** You need to find a productive way to let others know of your concern! **Act on your concern...become a part of change!**

1. Write or email Kent City Council to let them know that you support a Smoke Free Kent! Even if you do not reside in Kent, please explain that you would visit Kent establishments more often if they were smoke free, or simply state that you care about the health of your neighbors! **These officials represent you...let them know how you feel so they can appropriately do so!**

Mayor and President of Council:

John Fender, (330) 673-6499, Fender@kentohio.org

City Manager:

Dave Ruller, 330-676-7500, blog: <http://www.kentohio.org/dep/manager.asp>

Council at Large:

William Schultz, (330) 673-8216, Schultz@kentohio.org

Michael DeLeone, (330) 678-0032, deleone@kentohio.org

Rick Hawksley, (330) 673-8631, Hawksley@kentohio.org

Ward Members:

Ward 1: Garret M. Ferrara, (330) 678-0069, Ferrara@kentohio.org

Ward 2: Carrie Gavriloff, (330) 678-1018, Gavriloff@kentohio.org

Ward 3: Wayne A. Wilson, (330) 673-0769, Wilson@kentohio.org

Ward 4: John M. Kuhar, (330) 678-5897, Kuhar@kentohio.org

Ward 5: Edward Bargerstock, (330) 678-6500, Bargerstock@kentohio.org

Ward 6: Beth Oswitch, (330) 678-8201, Oswitch@kentohio.org

Clerk of Council: Linda Copley, Council@kentohio.org

KENT CITY COUNCIL WEBSITE: <http://www.kentohio.org/gov2/council.asp>

2. Help to gain support by asking your friends and neighbors to fill out an endorsement form to support the Smoke-Free Kent Campaign! I challenge each of you

to help the campaign by **encouraging at least 2 people** to fill out an endorsement form. The form can be accessed and submitted online at www.smokefreekent.org (click on the 'get involved' link on the lower left of the home page, then click on the 'endorsement form link' on the top of the page. The form can be submitted online or printed and mailed to 143 Gougler Avenue, Kent OH 44240). **Can you help by getting at least 2 people to fill out an endorsement form? Simply provide them with the website info discussed above!**

3. Educate yourself and learn as much as you can about the numerous ways **a smoke free community can benefit us all!** Here are a couple of great websites to get you started!

www.smokefreekent.org

www.pctpc.org

Thank you so much for your support!

Eric Vaiksnoras
Grassroots Coordinator
Smoke-Free Kent Campaign
smokefreeE@gmail.com
216-403-3709

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