

# ***Excellence in Prevention*** – descriptions of the prevention programs and strategies with the greatest evidence of success

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## **Name of Program/Strategy: Tobacco-Free Environmental Policies**

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### **1. Overview and description**

The primary goal of tobacco-free environmental policies is to create environments that do not expose youth to the use and possession of tobacco.

Research demonstrates that tobacco use and exposure to secondhand tobacco smoke is a threat to health. Policies restricting the use of tobacco in schools and other environments should reduce adolescents' exposure to secondhand tobacco smoke and limit places where they can use tobacco and thus reduce the health risks associated with tobacco use and secondhand smoke.

### **2. Implementation considerations (if available)**

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## **3. Descriptive information**

<b>Areas of Interest</b>	Substance abuse prevention
<b>Outcomes</b>	
<b>Outcome Categories</b>	Alcohol
<b>Ages</b>	
<b>Gender</b>	Male Female
<b>Races/Ethnicities</b>	American Indian or Alaska Native Asian Black or African American Hispanic or Latino White Race/ethnicity unspecified
<b>Settings</b>	
<b>Geographic Locations</b>	Urban Suburban Rural and/or frontier Tribal
<b>Implementation History</b>	
<b>NIH Funding/CER Studies</b>	
<b>Adaptations</b>	
<b>Adverse Effects</b>	
<b>IOM Prevention Categories</b>	Universal

## **4. Outcomes**

Restrictions on use in public places and private workplaces (also known as "clean indoor air laws") have been shown to be effective in curtailing cigarette sales and tobacco use as both lower smoking prevalence and lower average daily cigarette consumption among adults and youth. Additional benefits of clean indoor air laws are that they reduce nonsmokers' exposure to cigarette smoke and they help to alter norms regarding the social acceptability of smoking.

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## **Research Conclusions:**

The research and practice evidence reviewed indicates that it is possible to implement policies restricting tobacco use in schools and child day-care centers:

There is medium evidence that it is possible to influence organizations to develop policies restricting the use, possession, and exposure to tobacco smoke adolescents and adults. Because changes in policies regarding smoking are relatively recent, it is difficult to determine the ultimate effects of these changes on adolescent tobacco use.

Lessons Learned From Reviewed Evidence:

- The establishment of smoking regulations can be accomplished through a variety of mechanisms, including State and local laws, and policies at businesses, schools, and child-care centers. Comprehensive policies can decrease prevalence rates, especially when their emphasis is on prevention and cessation.
- Harsh penalties for the possession of tobacco products by minors, such as suspension from school, may be ineffective interventions for enhancing the enforcement of antismoking regulations or for preventing or decreasing adolescent tobacco use. Instead, programs that provide prevention or cessation services, such as tobacco education courses, tobacco cessation programs, or diversion alternatives, may be most effective.

## **5. Cost effectiveness report (Washington State Institute of Public Policy – if available)**

## **6. Washington State results (from Performance Based Prevention System (PBPS) – if available)**

## **7. Who is using this program/strategy**

<b>Washington Counties</b>	<b>Oregon Counties</b>
All counties	

## **8. Study populations**

## **9. Quality of studies**

The documents below were reviewed for Quality of Research. The research point of contact can provide information regarding the studies reviewed and the availability of additional materials, including those from more recent studies that may have been conducted.

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## **References**

*Reducing Tobacco Use Among Youth: Community-Based Approaches: A Guideline for Prevention Practitioners.* Prevention Enhancement Protocols System, Center for Substance Abuse Prevention, 1997.

## **10. Readiness for Dissemination**

### **Revised Code of Washington**

The Revised Code of Washington (RCW) is the compilation of all permanent laws now in force. It is a collection of Session Laws (enacted by the Legislature, and signed by the Governor, or enacted via the initiative process), arranged by topic, with amendments added and repealed laws removed. It does not include temporary laws such as appropriations acts.

### **RCW 70.160—Smoking in public places**

#### **RCW 70.160.011—Findings—Intent**

The people of the state of Washington recognize that exposure to secondhand smoke is known to cause cancer in humans. Secondhand smoke is a known cause of other diseases including pneumonia, asthma, bronchitis, and heart disease. Citizens are often exposed to secondhand smoke in the workplace, and are likely to develop chronic, potentially fatal diseases as a result of such exposure. In order to protect the health and welfare of all citizens, including workers in their places of employment, it is necessary to prohibit smoking in public places and workplaces.

#### **RCW 70.160.020—Definitions**

As used in this chapter, the following terms have the meanings indicated unless the context clearly indicates otherwise.

(1) "Smoke" or "smoking" means the carrying or smoking of any kind of lighted pipe, cigar, cigarette, or any other lighted smoking equipment.

(2) "Public place" means that portion of any building or vehicle used by and open to the public, regardless of whether the building or vehicle is owned in whole or in part by private persons or entities, the state of Washington, or other public entity, and regardless of whether a fee is charged for admission, and includes a presumptively reasonable minimum distance, as set forth in RCW 70.160.075, of twenty-five feet from entrances, exits, windows that open, and ventilation intakes that serve an enclosed area where smoking is prohibited. A public place does not include a private residence unless the private residence is used to provide licensed child care, foster care, adult care, or other similar social service care on the premises.

Public places include, but are not limited to: Schools, elevators, public conveyances or transportation facilities, museums, concert halls, theaters, auditoriums, exhibition halls, indoor

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sports arenas, hospitals, nursing homes, health care facilities or clinics, enclosed shopping centers, retail stores, retail service establishments, financial institutions, educational facilities, ticket areas, public hearing facilities, state legislative chambers and immediately adjacent hallways, public restrooms, libraries, restaurants, waiting areas, lobbies, bars, taverns, bowling alleys, skating rinks, casinos, reception areas, and no less than seventy-five percent of the sleeping quarters within a hotel or motel that are rented to guests. A public place does not include a private residence. This chapter is not intended to restrict smoking in private facilities which are occasionally open to the public except upon the occasions when the facility is open to the public.

(3) "Place of employment" means any area under the control of a public or private employer which employees are required to pass through during the course of employment, including, but not limited to: Entrances and exits to the places of employment, and including a presumptively reasonable minimum distance, as set forth in RCW 70.160.075, of twenty-five feet from entrances, exits, windows that open, and ventilation intakes that serve an enclosed area where smoking is prohibited; work areas; restrooms; conference and classrooms; break rooms and cafeterias; and other common areas. A private residence or home-based business, unless used to provide licensed child care, foster care, adult care, or other similar social service care on the premises, is not a place of employment.

RCW 70.160.030—Smoking prohibited in public places or places of employment.

No person may smoke in a public place or in any place of employment.

RCW 70.160.050—Owners, lessees to post signs prohibiting smoking.

Owners, or in the case of a leased or rented space the lessee or other person in charge, of a place regulated under this chapter shall prohibit smoking in public places and places of employment and shall post signs prohibiting smoking as appropriate under this chapter. Signs shall be posted conspicuously at each building entrance. In the case of retail stores and retail service establishments, signs shall be posted conspicuously at each entrance and in prominent locations throughout the place.

## **11. Costs (if available)**

## **12. Contacts**

Smoke Free Washington  
Washington State Department of Health—Tobacco Prevention and Control Program

**Learn More by Visiting:** [www.smokefreewashington.com](http://www.smokefreewashington.com)