SMOKE-FREE OUTDOOR DINING:
GOOD FOR HEALTH, GOOD FOR BUSINESS

Many cities throughout San Diego County and the state have passed laws restricting smoking in outdoor areas such as parks, beaches, farmer's markets and outdoor patios at bars and restaurants.

A 2008 survey of California voters found strong support for restricting smoking in outdoor areas of bars and restaurants:

- 97% believe that secondhand smoke (SHS) is harmful to those who inhale it;
- 88% believe that SHS is harmful to those who inhale it in outdoor areas;
- 60% reported that they have been bothered by SHS exposure in outdoor dining areas in the past year;
- 56% supported restricting smoking at outdoor areas of bars and restaurants.

In 2006, the U.S. Surgeon General reported that there is no safe level of exposure to SHS and the California Air Resources Board designated SHS as a "toxic air contaminant." Still, many Californians continue to be exposed to SHS in outdoor areas.

"The verdict on smoking is overwhelming with 77% of diners saying they'd eat out less if smoking were permitted in local restaurants, and only 2% saying they'd dine out more."

Zagat Survey: America's Top Restaurants of 2008

"Smoke-free policies do not have an adverse economic impact on the business activity of restaurants, bars, or establishments catering to tourists, with many studies finding a small positive effect of these policies."

International Agency for Research on Cancer 2009

"There is clear evidence that smoke-free legislation does not hurt restaurant or bar businesses, and in some cases business may improve."

American Journal of Preventive Medicine 2010
La Mesa Restaurant Guests Weigh In

A Public Opinion Poll was conducted in 2015 among 130 residents and frequent visitors. Surveys were conducted at local community events and establishments with outdoor eating areas. A majority of those surveyed said they would eat out MORE if outdoor dining areas were smoke-free.

- 80% surveyed go out to eat where they can sit outside;
- 72% reported that they HAVE been bothered by second-hand smoke while eating in outdoor dining patios;
- 73% agree that cities should have laws that ban smoking on outdoor dining patios and sidewalk cafes;
- 51% surveyed would eat out MORE if outdoor dining areas were smoke-free;
- 13% of those surveyed have smoked a cigarette in the past 30 days; and,
- 92% of survey respondents agreed that secondhand smoke is bad for their health, even when they are outside.

Support La Mesa’s Current Smoke-Free Outdoor Dining Venues

Fine dining:
Anthony’s Fish Grotto, Banbu Sushi, Bar & Grill, Bo-beau Kitchen + Garden, Brigantine Seafood & Oyster Bar and Vine Cottage Bistro.

Family-friendly:
Casa de Pico Mexican Restaurant, Little Roma Italian Cuisine, Lake Murray Café, Panera Bread, Sammy’s Woodfired Pizza & Grill and Swami’s.

Casual fare:
Arby’s, Wienerschnitzel, Chipotle Mexican Grill, El Azteca, Taco Shop, El Compadre Taco Shop, El Pollo Loco, Gus’s Subs & Pizza, Los Pinos Taco Shop, Panda Express, Rosarito’s Mexican Food, Rubio’s Coastal Grill, Starbucks (4 locations), Subway, Sun Tacos and Sun Valley Bar & Grill.

Grown-up fun:
BJ’s Restaurant & Brewhouse, San Pasqual Winery Tasting Room & Gallery and The Hills Local Pub.
KNOW THE FACTS ABOUT SECONDHAND SMOKE

NO RISK FREE LEVEL OF EXPOSURE

- The US Surgeon General has repeatedly stated that there is no safe level of exposure to secondhand smoke.
- The EPA has classified secondhand smoke as a Group A Carcinogen—SHS contains more than 7,000 chemicals at least 69 of which are known to cause cancer in humans.
- Exposure to secondhand smoke increases a nonsmoker's risk of developing heart disease by 25-30% and for developing lung cancer by 20-30%.

Secondhand smoke causes numerous health problems in infants and children, including severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).
- Some of the health conditions caused by secondhand smoke in non-smoking adults include stroke, heart disease and lung cancer.
- Nationally, the value of lost productivity due to premature deaths caused by exposure to secondhand smoke is now estimated to be $5.6 billion per year.
HELP MAKE ALL OF LA MESA'S FRESH-AIR DINING SMOKE-FREE!

Half of all the cities in San Diego County have taken steps to protect their residents from the dangers of SHS by passing ordinances that restrict smoking in outdoor areas where people congregate. Smoke-free ordinances may take an inclusive approach, banning smoking in all public places in the community, including business premises, or on all publicly owned property. Cities that have passed inclusive ordinances in San Diego County include El Cajon (all public places, 2007) and Coronado (all public property, 2013).

Other cities have adopted rules that prohibit smoking in specific types of outdoor area, such as dining patios of restaurants and bars, parks or beaches. Cities that prohibit smoking in outdoor dining patios include Carlsbad, Chula Vista, Del Mar, Encinitas, National City, Oceanside and Solana Beach, as well as those cities listed above. Some smoke-free outdoor dining patio regulations extend protection for diners beyond the patio to prevent exposure from sidewalk smokers.

Each city ordinance protects residents, visitors, workers, and employees within the area defined as smoke-free as defined by City Council. Each ordinance is customized for the unique conditions in their city. In La Mesa, only city parks are currently smoke-free.

La Mesa has updated the Downtown Village, installing new sidewalks, street trees and outdoor dining patios. Join the movement to add protections from secondhand smoke in the new Village and citywide to create a healthier La Mesa.

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