

SMOKE-FREE BEACHES

A YOUTH-LED INITIATIVE

2016 PUBLIC SURVEY AND OBSERVATION RESULTS



November 2017



345 Oak Street West, North Bay, ON P1B 2T2

70 Joseph St, Suite 302, Parry Sound Mall, Parry Sound, ON P2A 2G5

Youth Volunteers Involved in the Smoke-Free Beaches Initiative 2016-2017

Temitope Akintola
Dion Beaulieu
Megan Cundari
Sam Derosier
Nathan Falardeau
Karen Garate
Amber St-Jean
Cassandra St-Jean

Report Production & Editorial Support

Alyssa Bedard, Community Health Promoter, Healthy Schools
Lydia Weiskopf-Tran, Community Health Promoter, Healthy Living
Danielle Hunter, Senior Research and Evaluation Analyst, Planning and Evaluation

Photography

Megan Cundari, Youth Volunteer
Nathan Falardeau, Youth Volunteer

For more information please contact:

Alyssa Bedard, Community Health Promoter, Healthy Schools
705-474-1400 / 1-800-563-2808 ext. 5373
Alyssa.Bedard@healthunit.ca

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EXECUTIVE SUMMARY

Background

Youth volunteers at the North Bay Parry Sound District Health Unit began the smoke-free beaches initiative to help prevent the negative health and environmental impacts of smoking on beaches, and to address confusion around whether or not smoking is allowed on beaches.

The Smoke-Free Ontario Act (SFOA) prohibits smoking in specific outdoor public spaces like sporting areas and playgrounds. Depending on how close beaches are to these areas, they may or may not be smoke-free.

Smoke-free beaches have many benefits. They protect people from second-hand smoke exposure, decrease negative role modeling for youth, create supportive spaces for people trying to quit smoking, and reduce litter and pollution.

Methods

To better understand the local context for smoke-free beaches, Health Unit staff and youth volunteers conducted public opinion surveys via convenience sampling and completed observational tools at beaches in the North Bay Parry Sound district in 2016.

Results

Findings from the survey of 181 people show that 85.1% are non-smokers, 9.4% are daily smokers, and 5.5% are occasional smokers. Most people who smoke (63.3%) say they do not smoke at the beach. Over 56% of the people surveyed say they are either sometimes or always exposed to second-hand smoke at the beach, and over 64% sometimes or always see children being exposed. Over 85% of people either sometimes or always notice cigarette butt litter at the beach. Few people could correctly identify the areas of public beaches that are smoke-free (5%), and many incorrectly think the entire beach is smoke-free. Over 85% of all respondents say they would support making public beaches smoke-free. Most people say they would either be unaffected (66.7%) or more likely to go to public beaches (28.3%) if they were smoke-free.

During the observations, the youth volunteers noticed a few occurrences of second-hand smoke exposure, with both adults and children being exposed. They found that cigarette butt litter was highly concentrated around benches near playgrounds, sometimes within a 20m radius of the playground. The volunteers collected substantial amounts of cigarette butt litter during 8 counts at 5 beaches, and during 10 and 20 minute timed intervals. Up to 149 cigarette butts were collected during a single count.

Discussion

The survey findings show that most respondents support making public beaches smoke-free. The group that might be expected to show resistance to smoke-free beaches (people who smoke) also show support by majority. The fact that many people think the entire beach is

smoke-free may demonstrate a readiness for smoke-free beach by-laws. Exposure to second-hand smoke is often reported in the surveys and was noticed during observations, indicating an area of concern. Some respondents would support smoke-free beaches with designated smoking areas; however, these are not recommended as they provide limited protection from second-hand smoke exposure. Cigarette butt litter is also an issue, with a large majority of people reporting that they notice it either sometimes or always at the beach. Observations confirmed this finding. Youth collected many cigarette butts, especially near benches and sometimes within 20 metres of children's playgrounds, where smoking is illegal.

Limitations of the survey include a small sample size, the limited time of day the survey was conducted, the limited number of beaches visited, the chance that respondents are not from the North Bay Parry Sound District Health Unit (NBPSDHU) region, and variance from observation protocol.

Findings from this project may be used to inform and support the implementation of municipal smoke-free beach by-laws. Based on the surveys and observations conducted, the North Bay Parry Sound District Health Unit recommends that:

- municipalities develop or amend existing by-laws to prohibit smoking on all municipal beaches;
- municipalities consider expanding their smoke-free by-laws to include other outdoor settings (e.g., parks, trails, 9 metre buffer around patios and entrances/air intakes/windows of buildings that the public has access to);
- municipalities develop a communication and education strategy to advise the community and property users of the by-law; and
- municipalities develop an enforcement strategy to ensure compliance with the by-law.

The Health Unit is available to consult with municipalities around smoke-free by-laws, present to councils, and support the development of a by-law communication strategy.

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BACKGROUND

YOUTH-LED SMOKE-FREE BEACHES INITIATIVE

Is smoking allowed on public beaches? The short answer is: it depends. In July 2016, the youth volunteers from the North Bay Parry Sound District Health Unit (NBPSDHU) expressed interest in working on a project related to smoke-free beaches to address this question. Two Community Health Promoters from the Health Unit presented to the youth volunteers on the *Smoke-Free Ontario Act* (SFOA) and possible areas of focus. The youth volunteers then voted on which areas and target populations they wanted to focus on with the project. The top three areas identified were: confusion (i.e., not knowing if and where smoking is allowed on local beaches), protection from second-hand smoke, and the environment (i.e., cigarette butt litter and its harms). The target populations of interest were young adults and parents (due to the negative impacts on children).

CURRENT LAWS

The SFOA restricts smoking in enclosed workplaces, enclosed public spaces, and certain outdoor spaces (Government of Ontario, 2014). Since January 1st, 2015, smoking is prohibited within 20 metres of publicly-owned outdoor sporting areas and spectator areas. It is also prohibited within 20 metres of children's playgrounds that are open to the public or located at a hotel, motel or inn. If a beach or part of a beach falls within an area designated as smoke-free under the SFOA (e.g., playground, sporting area, spectator area), that section of the beach must be smoke-free.

However, smoking is not prohibited on beach areas that fall outside SFOA restrictions unless a municipal by-law is in effect. Municipalities have the authority to create by-laws that are more restrictive than the SFOA. This means they can ban smoking in additional places including beaches, trails, festival grounds and more. To date, over 100 municipalities in Ontario have enacted by-laws that protect the public from exposure to second-hand smoke in outdoor spaces, some of which include beaches (Program Training & Consultation Centre, n.d.).

In the North Bay Parry Sound District Health Unit (NBPSDHU) region, there are at least 60 public beaches (North Bay Parry Sound District Health Unit, n.d.). Smoking is permitted on many of these beaches as they are only partially covered or not covered at all by the SFOA. At the time of data collection, the Health unit was aware of three municipalities in the region (Callander, Bonfield, and the town of Parry Sound) that had municipal by-laws making their beaches 100% smoke-free (The Corporation of the Municipality of Callander, 2013; The Corporation of the Township of Bonfield, 2010; Town of Parry Sound, 2012).

WHY SMOKE-FREE BEACHES?

In Ontario, tobacco use remains the leading cause of preventable death and illness. Every year, over 13,000 people in Ontario die from tobacco-related causes (Government of Ontario, 2014). Cigarette smoking harms nearly every organ of the body and causes many illnesses and conditions including cancer, heart disease, stroke, lung diseases, and reproductive difficulties. Exposure to second-hand tobacco smoke is also known to cause many of the same diseases and to have adverse effects on the health of infants and children (U.S. Department of Health and Human Services, 2014). In the area serviced by the NBPSDHU, the age-standardized rate¹ of daily and occasional adult smokers is 21%, similar to 20% in Ontario (Public Health Ontario, 2016). In addition, 12.5% of non-smoking adults 12+ years of age in the NBPSDHU region report exposure to second-hand smoke daily or almost every day in public places (Ontario Tobacco Research Unit, 2017).

Indoor smoke-free policies have been linked to positive changes for public health, including reduced rates of smoking, tobacco-related disease and hospital admissions (Lippert & Gustat, 2012; Mackay, Haw, Ayres, Fischbacher, & Pell, 2010; Meyers, Neuberger, & He, 2009; Wilson, et al., 2012). Smoke-free outdoor spaces can also have a number of positive effects:

- **Protection from second-hand smoke**

Restricting smoking in outdoor public spaces can help protect people from the negative effects of second-hand smoke. Despite the common belief that tobacco smoke dissipates outdoors, research has shown that levels of second-hand smoke in outdoor settings can be comparable to indoor levels (Klepeis, Ott, & Switzer, 2007). Both the US Surgeon General and the World Health Organization have declared that there is no safe level of exposure to tobacco smoke (U.S. Department of Health and Human Services, 2006; World Health Organization, 2007). Second-hand smoke contains more than 4,000 chemicals and compounds, of which at least 50 are known to cause cancer (U.S. Department of Health and Human Services, 2006). Even brief exposure to tobacco smoke has been shown to cause adverse health effects in non-smokers (Flouris, Vardavas, Metsios, Tsatsakis, & Koutedakis, 2009).

- **Decrease in negative role modeling for youth**

Smoking restrictions in public spaces help reduce social exposure to tobacco use. Studies have shown that the more youth witness smoking, the more likely they are to consider it socially acceptable (Alesci, Forster, & Blaine, 2003). Policies that restrict smoking in public places can reduce both the visibility and perceived acceptability of smoking, and help prevent youth from starting to smoke.

¹ Age-standardized rate accounts for the differences in the age structure between populations so they can be compared (i.e., NBPSDHU population and Ontario population).

- **Support for cessation efforts**

Reduced visibility of smoking can also help people who are trying to quit smoking (Alesci, Forster, & Blaine, 2003). Smoke-free public places provide a supportive environment and reduce social cues for smoking.

- **Reduction of environmental threats**

Smoking in outdoor areas contributes to increased litter and pollution caused by improperly discarded cigarette butts (Bloch & Shopland, 2000). Cigarette butts are a health hazard for children and animals who may ingest them. They pollute waterways and can also increase the risk of fires in wooded or grassy areas. Litter from cigarettes typically makes up between 22% and 36% of all visible municipal litter, meaning clean-up costs can be large (Schneider, Peterson, Kiss, Ebeid, & Doyle, 2011). Smoke-free beaches could greatly reduce the amount of litter caused by cigarette butt waste.

COLLECTING LOCAL DATA

To support the smoke-free beaches initiative, Health Unit youth volunteers and staff wanted to know more about the local situation. They consulted with the Program Training and Consultation Centre (PTCC) on strategic communication ideas. They also worked with the Ontario Tobacco Research Unit (OTRU) to create a public opinion survey and observational tool. The following sections describe the project methods, results, and related discussion.

METHODS

SURVEYS

With support from OTRU, Health Unit youth volunteers and staff created a survey to find out the public's opinion on smoke-free beaches. The Health Unit's Planning and Evaluation program provided support reviewing the survey and also reviewing the methodology to ensure sound ethical procedures were in place. The final survey included questions about smoking behaviour, exposure to second-hand smoke, cigarette butt litter, awareness of current smoking laws at beaches, and support for smoke-free beaches. The full list of survey questions can be found in **Appendix A**.

Although not required, Health Unit staff contacted the municipalities where surveying would take place before starting. The youth volunteers received brief training from OTRU before conducting the surveys. The youth and staff collected data in August and September of 2016.

Survey questions were asked verbally and responses were recorded on paper by the youth volunteers or staff. Of the people approached, those under the age of 18 or who chose not to complete the survey were excluded. The youth volunteers entered the collected data into a Fluid Survey form, and Planning and Evaluation compiled the responses into frequency tables.

OBSERVATIONS







Youth volunteers and staff also conducted observations to capture incidents of smoking and cigarette litter on beaches. They worked with OTRU to create an observational tool. The tool allowed them to describe the area observed and count the number of people at the beach (children, teens and adults), the number of smokers at the beach, and the number of people (children, teens and adults) within 9 metres of a smoker. It also allowed them to describe where they saw cigarette butt litter and the size of the area observed, and to record the number of cigarette butts counted. The Observational Tool can be found in **Appendix B**. As with the surveys, the Health Unit's Planning and Evaluation program reviewed the observational tool, and also reviewed the methodology to ensure sound ethical procedures were in place. The youth volunteers received a brief training from OTRU before conducting observations. The youth also took photographs to visually show the amount of cigarette butt litter they found.

RESULTS

SURVEYS

The youth volunteers and staff approached 209 people, of whom 181 completed the survey. Of those who did not complete the survey, 27 people refused and 1 person was unable to complete it for another reason. The 181 survey respondents were approached at 6 different beaches (Marathon Beach, North Bay n=110; Birchaven Cove, North Bay n=25; Sunset Park Beach, North Bay n=11; Foley Matheson Park & Beach, Seguin n=13; South Lake Bernard Beach, Strong n=14; and Nobel Beach Park, McDougall n=6). There were also 2 survey responses where locations were not recorded. **Table 1** shows the age range of respondents.

Table 1: Age range of respondents.

Response	Chart	Percentage	Count
18-29 years		19.4%	35
30-39 years		20.0%	36
40-49 years		21.1%	38
50-59 years		11.7%	21
60 years or more		27.2%	49
Refused/Incomplete		1%	2
Total Responses			181

Smoking Status

- When asked about smoking status, 85.1% of respondents said they are non-smokers, 9.4% smoke cigarettes daily, and 5.5% smoke cigarettes occasionally (see **Figure 1**).

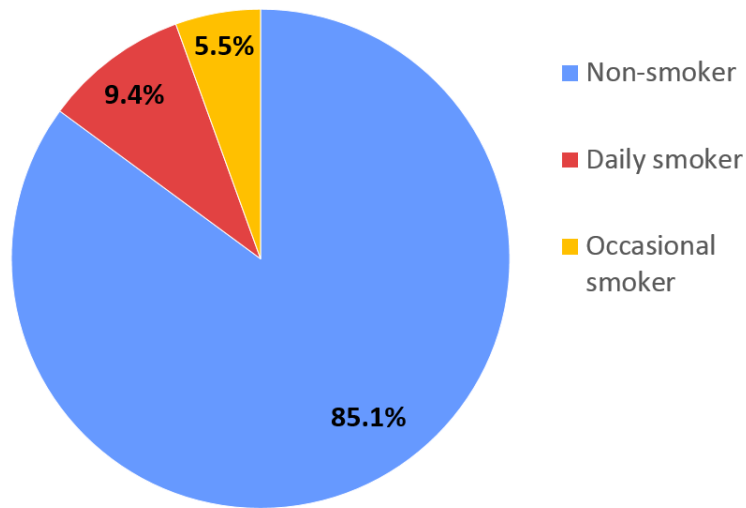


Figure 1. Respondent smoking status.

- Of the people who said they smoke (either daily or occasionally), when asked how many cigarettes they typically smoke during their visit to a beach, 64.3% said they do not smoke at the beach, 25.0% said they smoke 1-2 cigarettes at the beach, and 10.7% said they smoke 3-4 cigarettes at the beach.

Exposure to Second-Hand Smoke

- When asked how often they are exposed to second-hand smoke when visiting a public beach, 3.4% of people said always (every time they visit a public beach), 53.1% said sometimes, 32.4% said never, and 11.2% said they don't know.
- When asked how often they notice children being exposed to other people's tobacco smoke, whether from a stranger or a parent, 7.8% of people said always, 56.7% said sometimes, 26.1% said never, and 9.4% said they don't know.

Cigarette Butt Litter

- When asked how often they notice litter caused by cigarette butts when they visit a public beach, 50.0% of respondents said always, 37.2% said sometimes, 12.2% said never, and 0.6% said they don't know.

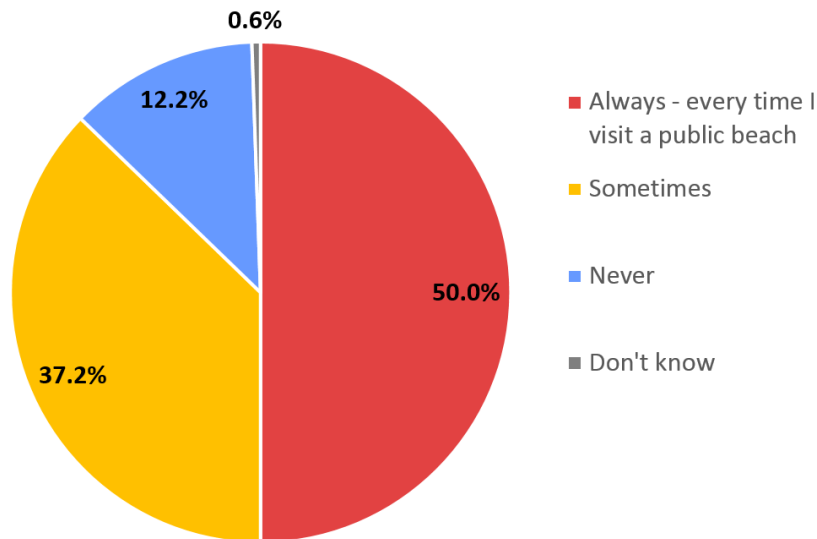


Figure 2. How often respondents notice cigarette butt litter at public beaches.

Awareness of Current Rules

- When asked if they are aware of the current rules about smoking on public beaches in the area, 26.8% of people said yes, 64.8% said no, and 8.4% said they don't know.
- The 41 people who said they are aware of the smoking rules on public beaches gave many different answers for the areas they believe to be smoke-free, as seen in **Figure 3**. While respondents could provide more than one answer, only one answer was provided by each.
- Only 9 people (5% of all 181 survey respondents) could correctly identify some of the areas that are smoke-free as per the SFOA: inside facilities on/near a beach, outdoor eating areas near food kiosks (i.e., patios), within 20 metres of a playground on a beach, and within 20 metres of a sporting/spectator area on a beach.
- The area with the most responses is the entire beach (18 responses), which is incorrect. Other responses given include: waterfront, road, within 9 metres of the beach, 1 metre from the beach, and 30 metres from the building.

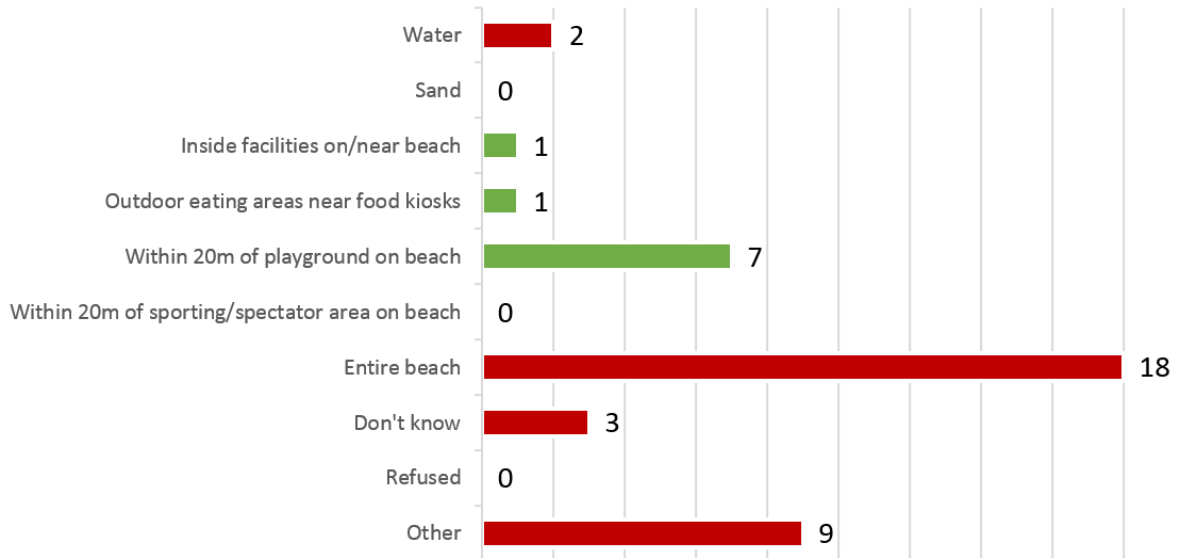


Figure 3. Areas of public beaches believed to be smoke-free. Green indicates correct answers as per the SFOA and red indicates incorrect answers.

Support for Smoke-Free Beaches

- When asked if they would support making public beaches 100% smoke-free, 85.6% of people said yes*, 12.2% said no, and 2.2% said they don't know.
***Note:** 3 of these respondents said they would support smoke-free beaches on the condition that designated smoking areas are available.
- Of the people who are smokers (people who responded that they smoke cigarettes either daily or occasionally), when asked if they would support making beaches 100% smoke-free, 70.4% said yes, 22.2% said no, and 7.4% said they don't know.

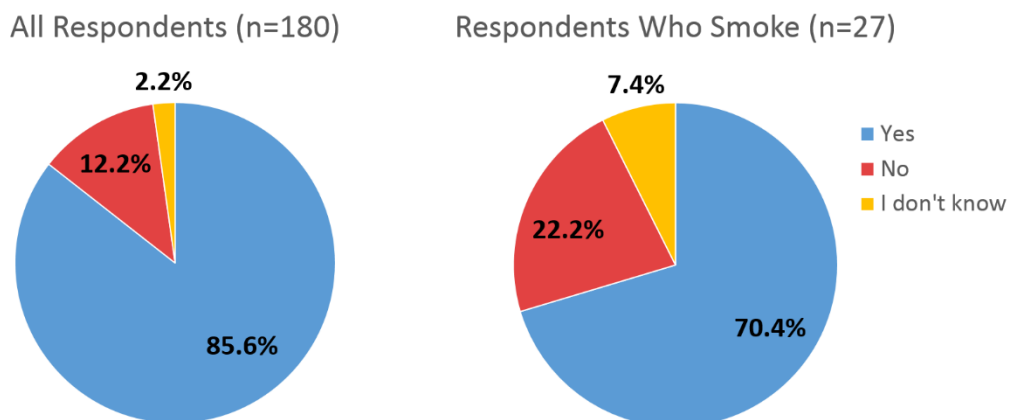


Figure 4. Respondent level of support for smoke-free beaches by respondent type.

- When asked how they would be affected if public beaches were 100% smoke-free, 66.7% of respondents said they would not be affected, 28.3% said they would be more likely to go, 3.3% said they would be less likely to go, and 1.7% said they don't know.
- Of the respondents who are smokers, when asked how they would be affected if public beaches were 100% smoke-free, 55.6% said they would not be affected, 33.3% said they would be more likely to go, and 11.1% said they would be less likely to go.

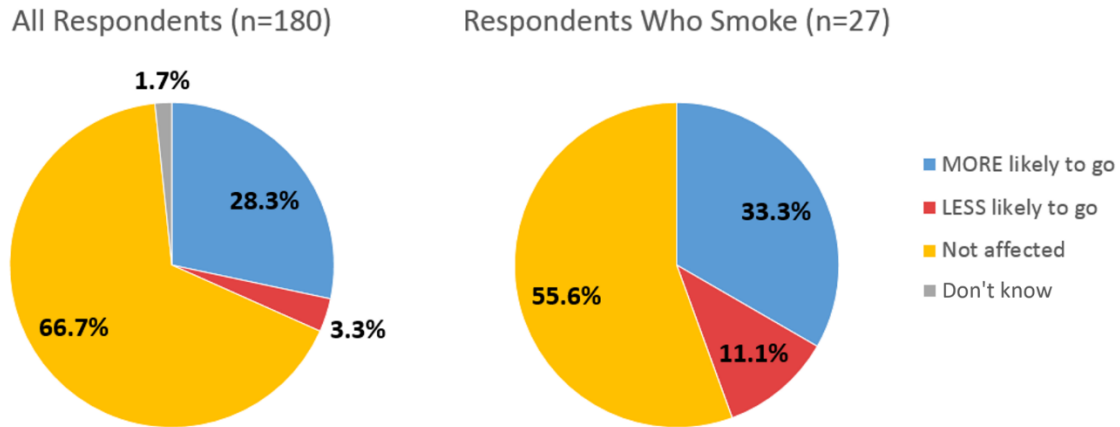


Figure 5. How respondents would be affected if public beaches were smoke-free by respondent type.

OBSERVATIONS

Youth and staff completed 10 observations at 6 beaches. Observations included capturing occurrences of exposure to second-hand smoke, and cigarette butt counts or collection.

Exposure to Second-Hand Smoke

During the beach observations, youth and staff observed 3 occurrences of second-hand smoke exposure. They observed one person smoking with one adult near them (within about 9 metres). During another occurrence, they observed 2 people smoking with 2 children and 4 adults near them. During the last occurrence, one person was smoking with 8 adults near them. They saw one person who left the beach area to smoke.

Cigarette Butt Litter

Youth counted and collected cigarette butts during 8 observations at 5 of the beaches. They found high volumes of cigarette butt litter around benches and picnic tables. They also saw butt litter around playground structures. They saw many cigarette butts on the surface of the beach

sand, and more were turned up when they raked the sand. Results and a photograph from the cigarette butt counts can be found in **Table 2** and **Figure 6** respectively.

Table 2: Cigarette butt counts during beach observations.

Beach	Date	Location and size of area searched	Cigarette Butt Count
Beach 1	August 9 th	Two picnic tables under tree shade; arms-length radius around tables	34
Beach 2	August 19 th	Whole playground	6*
Beach 3	August 9 th	Playground area with picnic table, boardwalk, wood benches, garbage can and trees;	15*
	August 19 th	Table, tree, shaded area; 2m radius	25*
Beach 4	August 19 th	Area with picnic table, trees and rock; arms-length radius around picnic table	38
Beach 5	August 11 th	Bench closest to washroom; arms-length radius around bench	149
	August 11 th	Bench between washroom and picnic tables; arms-length radius around bench	114
	August 11 th	Tree near washroom 4m from playground area; arms-length radius around tree	18

*Data for this count is not reliable due to inconsistent count procedure. The estimate would likely be higher.



Figure 6. Photograph of cigarette butts collected during a cigarette butt count.

During an additional cigarette butt pick-up at Beach 3 (not captured in the Table above), youth and staff collected cigarette butts over periods of 10 minutes and 20 minutes. They found pockets of butt litter around benches, picnic tables and in shaded areas. Most litter was found within a 20 metre radius of the playground, with heavy litter around benches on the playground. The periphery of the boardwalk was also heavily littered. Small 'no-smoking' signs were seen on the backs of benches in the playground area, but they were initially not noticed by the youth and staff. **Figure 7** shows pictures of the timed cigarette butt pick-up.



Figure 7. Photographs from the timed cigarette butt collection, showing amounts collected in 10 minutes and 20 minutes.

DISCUSSION

The survey findings show that most respondents support making public beaches smoke-free. In fact, the majority of daily or occasional smokers who completed the survey also said they would support making public beaches smoke-free, and that their decision to go to the beach would not be negatively affected by a smoking restriction. These findings suggest that the group of people that may be expected to show the most resistance to smoke-free public beaches (people who smoke) would likely be supportive.

Most people are not aware of the smoking rules on public beaches. Of note, many people incorrectly think the entire beach is already smoke-free. This finding may show that people are prepared to accept rules that prohibit smoking on beaches, and also that a by-law could help prevent this confusion.

Exposure to second-hand smoke at the beach seems to be a concern, as over half of respondents report being exposed to or witnessing children being exposed to second-hand smoke at least sometimes. Although some respondents (n=3) indicate that they would wish to

see designated smoking areas (DSAs) at beaches, these areas are not recommended. Designated smoking areas in outdoor venues can be a source of significant second-hand smoke exposure (Yamato, et al., 2013). High levels of tobacco smoke generally occur within two metres of people smoking; however, if there are many smokers, high levels of smoke can occur beyond two metres. Wind conditions can also affect the amount of tobacco smoke in an area and where it travels (Klepeis, Ott, & Switzer, 2007). Smoking bans that permit DSAs strongly limit protection from second-hand smoke, and since there is no safe level of exposure to second-hand smoke, DSAs are not recommended.

Cigarette butt litter is also a concern. A large majority of survey respondents said they notice cigarette butts either always or sometimes when they visit a public beach. This was further supported by the beach observations, where sizeable amounts of cigarette butt litter were counted or collected. The build-up around the benches could indicate that these areas are difficult to clean, and therefore cigarette butts collect over time. If benches are within 20 metres of a playground, butts found near the benches could indicate that people are not complying with the SFOA by smoking within this area.

LIMITATIONS

A small, convenience sample was used for the survey from a limited number of beaches, meaning the results may not represent the views of the entire population in the NBPSDHU region. The majority of surveys were conducted during the day and early evening during the week. Therefore, the findings may not represent the views of those who use the beach later in the evening or on weekends. In addition, respondents were not asked if they live in the NBPSDHU region, meaning some of the findings may represent the views of tourists from areas where smoking restrictions on beaches may be different. Although the observation protocol was specific, there was variance in the way staff and youth volunteers did the observations and in the level of detail recorded. Lastly, while municipalities were contacted prior to data collection to advise them of data collection and to discuss the purpose of the project, it was noted subsequently that one of the municipalities surveyed had a tobacco-free beach by-law in place at the time of data collection.

RECOMMENDATIONS

Given that there is no safe level of exposure to second-hand smoke, and that the survey findings show a substantial level of support for smoke-free beaches, the North Bay Parry Sound District Health Unit recommends that:

- municipalities develop or amend existing by-laws to prohibit smoking on all municipal beaches;
- municipalities consider expanding their smoke-free by-laws to include other outdoor settings (e.g., parks, trails, 9 metre buffer around patios and entrances/air

intakes/windows of buildings that the public has access to) (Smoke-Free Ontario Scientific Advisory Committee, 2017);

- municipalities develop a communication and education strategy to advise the community and property users of the by-law; and
- municipalities develop an enforcement strategy to ensure compliance with the by-law.

To support these recommendations being put forth, the North Bay Parry Sound District Health Unit is available to:

- consult with municipalities around smoke-free by-laws (e.g., provide examples);
- present to council; and,
- support the development of a communication strategy to educate the public about any new or amended by-laws.

The Health Unit is not involved in the enforcement of the by-law and cannot provide legal advice. The by-law should be reviewed by the municipality's legal department or counsel.

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Appendix A – Survey Questions

***Introductory script ***		
001	Intro1	<p><i>Hi, my name is _____ and I am from the North Bay Parry Sound District Health Unit. I'm conducting a quick anonymous survey about smoking on public beaches. We want to learn more about smoking on local public beaches and the level of support for making them smoke-free. It will take less than 3 minutes. Would you have time to answer a few questions?</i></p> <p>If hesitant, "It will only take a few minutes."</p> <ul style="list-style-type: none"> 1 Continue 2 Language barrier → <i>Thank you for your time.</i> 3 Person not capable → <i>Thank you for your time.</i> 9 Refusal → <i>Thank you for your time.</i>
	Locint	<p>Interviewer only</p> <p>What is the location of the interview</p> <ul style="list-style-type: none"> 1 Marathon beach, Memorial Drive – North Bay 2 Birchaven Cove 'The Cove' beach, Lakeside Drive – North Bay 3 Sunset beach, Sunset Blvd – North Bay 4 Centennial Park beach, Magnetawan 5 South Lake Bernard beach, South Lake Bernard Rd, Township of Strong 6
**** Screening for eligibility ****		
002	Age	<p><i>This survey is for adults 18 years of age and older. Are you over 18?</i></p> <ul style="list-style-type: none"> 1 Yes 2 No → <i>Thank you for your time.</i> 9 Refusal → <i>Sorry we have to confirm that participants are over 18.</i>
003	Consnt1	<p><i>Read consent script. Obtain verbal consent.</i></p> <p><i>Participation is voluntary and you may stop at any time. If there is a question that you would prefer not to answer, just say so and we'll go on to the next one. The answers you provide to the following questions will be kept completely confidential and the results will be reported at a group level, not individually</i></p> <p><i>Do you have any questions before we begin?</i></p> <ul style="list-style-type: none"> 1 Yes 2 No <p><i>If you have any questions or concerns later or would like a summary of the results, you can contact Lydia Weiskopf-Tran at the North Bay Parry Sound District Health Unit (Give business card).</i></p>
**** Frequency of Smoking Behaviour ****		

004	Smkscr	<p><i>At the present time, do you smoke cigarettes daily, occasionally, or not at all? To clarify, this does not include Sacred Tobacco used by some Aboriginal communities for cultural or spiritual purposes.</i></p> <p>1 Daily 2 Occasionally 3 Not at all (SKIP to Question #6)</p>
005	SB01	<p><i>When visiting a public beach in this area, how many cigarettes will you typically smoke on the beach during your visit?</i></p> <p>1 None 2 1-2 3 3-4 4 5+ 8 Don't know 9 Refused</p>
**** Exposure to Second Hand Smoke ****		
006	Exshs1	<p>Ask the following questions to ALL participants:</p> <p><i>When visiting a public beach in this area how often are you exposed to other people's tobacco smoke or second hand smoke?</i></p> <p>1 Always – every time I visit a public beach 2 Sometimes 3 Never 8 Don't know 9 Refused</p>
007	Exshs2	<p><i>When visiting a public beach in this area how often do you notice children being exposed to other people's tobacco smoke? (whether a stranger's or parent's)</i></p> <p>1 Always – every time I visit a public beach 2 Sometimes 3 Never 8 Don't know 9 Refused</p>
**** Cigarette Butt Litter ***		
008	CB01	<p><i>When visiting a public beach in this area, how often do you notice litter caused by cigarette butts?</i></p> <p>1 Always – every time I visit a public beach 2 Sometimes 3 Never 8 Don't know 9 Refused</p>
**** Awareness of smoking rules on public beaches ***		

009	AW01	<p>Are you aware of any current rules regarding smoking on public beaches in this area?</p> <p>1 Yes</p> <p>2 No (<i>SKIP to Question #11</i>)</p> <p>8 Don't know (<i>SKIP to Question #11</i>)</p> <p>9 Refused (<i>SKIP to Question #11</i>)</p>
010	AW02	<p>If yes- Please answer yes, no, or don't know regarding whether you are currently allowed to smoke in each of the following areas:</p> <p>1 Water <i>Y, N, DK</i></p> <p>2 Sand <i>Y, N, DK</i></p> <p>3 Inside facilities on/near the beach (e.g., washrooms, change rooms) <i>Y, N, DK</i></p> <p>4 Outdoor Eating areas near food kiosks <i>Y, N, DK</i></p> <p>5 Within 20 m of a playground that is on a beach <i>Y, N, DK</i></p> <p>6 Within 20 m of a sporting area and spectator area that are on a beach <i>Y, N, DK</i></p> <p>7 Not applicable – was not aware of rules about smoking on public beaches</p> <p>8 Don't know</p> <p>9 Refused</p>
**** Support for smoking rules on public beaches ***		
011	SUP1	<p><i>Would you support making public beaches 100% smoke-free?</i></p> <p>1 Yes</p> <p>2 No</p> <p>8 Don't know</p> <p>9 Refused</p>
**** Impact of smoking ban on behaviour ***		
012	AI01	<p><i>If public beaches were 100% smoke free, would you be:</i></p> <p>1 MORE likely to go to public beaches</p> <p>2 LESS likely to go to public beaches</p> <p>3 Not affected</p> <p>8 Don't know</p> <p>9 Refused</p>
**** Demographics and Smoking Frequency ****		
013	DEM02	<p><i>Please indicate your age range:</i></p> <p>1 18 – 29 years</p> <p>2 30 – 39 years</p> <p>3 40 – 49 years</p> <p>4 50 – 59 years</p> <p>5 60 years or more</p> <p>9 Refused</p>
	Thank you	<p><i>This is the end of the questions. Thank you very much for your help with this important survey.</i></p>

Appendix B - Observational Tool

Smoke-Free Beaches Observation

Observational Tool

This observational tool is to be used by Generation Change Youth Volunteers from the North Bay Parry Sound District Health Unit and aims to capture incidents of smoking and cigarette litter on beaches. Volunteers will conduct observation at select beaches during the months of August and September 2016. Volunteers will visit and observe 2 zones (if applicable) on beaches visited: Zone 1: Close to (within 20m of) a play structure or sporting area on the beach, Zone 2: greater than 20m away from a play structure or designated sporting area on the beach.

Things to remember:

- Do not take photographs, video or any kind of recordings of people
- Photographs of cigarette butt litter are permitted as long as no faces are captured in the image
- Do not put yourself in an unsafe situation, ex. Exposure to second hand smoke, persisting to engage with an agitated person

TAYLOR and BOGDAN (1984) provided several tips for conducting observations after one has gained entry into the setting under study. They suggest that the researcher should:

- be unobtrusive in dress and actions;
- become familiar with the setting before beginning to collect data;
- keep the observations short at first to keep from becoming overwhelmed;
- be honest, but not too technical or detailed, in explaining to participants what he/she is doing.

In mapping out the setting being observed, SCHENSUL, SCHENSUL, and LeCOMPTE (1999) suggest the following be included:

- a count of attendees, including such as age;
- a physical map of the setting and description of the physical surroundings;
- a portrayal of where participants are positioned over time;
- a description of the activities being observed, detailing activities of interest.

The feelings, thoughts, suppositions of the researcher may be noted separately. SCHENSUL, SCHENSUL, and LeCOMPTE (1999) note that good field notes:

- provide descriptions without inferring meaning;
- include relevant background information to situate the event;
- separate one's own thoughts and assumptions from what one actually observes;
- record the date, time, place, and name of researcher on each set of notes.

Source: <http://www.qualitative-research.net/index.php/fqs/article/view/466/996>

General Information

General Information		
Observer Name:	Date:	Name of Beach:
	Time arrived:	
	Time departed:	

Observer checklist

<input type="radio"/> Zone 1: within 20m of a play structure or sports area	<input type="radio"/> Zone 2: further than 20m away from a play structure or sports area	<input type="radio"/> Other, please specify _____
COUNT #1		
<p>Describe area observed:</p> <p>_____</p> <p>_____</p> <p>General Count Total # of: ___ children (0-12 years of age) ___ teens (13-18 years of age) ___ adults (19+ years of age)</p> <p>Smoker Count</p> <p>___ Total # of smokers</p> <p>___ # of children (0-12 years of age) within 9m / 29.5 feet of a smoker ___ # of teens (13-18 years of age) within 9m / 29.5 feet of a smoker ___ # of adults (19+ years of age) within 9m / 29.5 feet of a smoker</p>	<p>Describe area observed:</p> <p>_____</p> <p>_____</p> <p>General Count Total # of: ___ children (0-12 years of age) ___ teens (13-18 years of age) ___ adults (19+ years of age)</p> <p>Smoker Count</p> <p>___ Total # of smokers</p> <p>___ # of children (0-12 years of age) within 9m / 29.5 feet of a smoker ___ # of teens (13-18 years of age) within 9m / 29.5 feet of a smoker ___ # of adults (19+ years of age) within 9m / 29.5 feet of a smoker</p>	<p>Describe area observed:</p> <p>_____</p> <p>_____</p> <p>General Count Total # of: ___ children (0-12 years of age) ___ teens (13-18 years of age) ___ adults (19+ years of age)</p> <p>Smoker Count</p> <p>___ Total # of smokers</p> <p>___ # of children (0-12 years of age) within 9m / 29.5 feet of a smoker ___ # of teens (13-18 years of age) within 9m / 29.5 feet of a smoker ___ # of adults (19+ years of age) within 9m / 29.5 feet of a smoker</p>

Count #2		
<p>Describe area observed:</p> <hr/> <hr/> <p>General Count Total # of: ___ children (0-12 years of age) ___ teens (13-18 years of age) ___ adults (19+ years of age)</p> <p>Smoker Count</p> <p>___ Total # of smokers</p> <p>___ # of children (0-12 years of age) within 9m / 29.5 feet of a smoker ___ # of teens (13-18 years of age) within 9m / 29.5 feet of a smoker ___ # of adults (19+ years of age) within 9m / 29.5 feet of a smoker</p>	<p>Describe area observed:</p> <hr/> <hr/> <p>General Count Total # of: ___ children (0-12 years of age) ___ teens (13-18 years of age) ___ adults (19+ years of age)</p> <p>Smoker Count</p> <p>___ Total # of smokers</p> <p>___ # of children (0-12 years of age) within 9m / 29.5 feet of a smoker ___ # of teens (13-18 years of age) within 9m / 29.5 feet of a smoker ___ # of adults (19+ years of age) within 9m / 29.5 feet of a smoker</p>	<p>Describe area observed:</p> <hr/> <hr/> <p>General Count Total # of: ___ children (0-12 years of age) ___ teens (13-18 years of age) ___ adults (19+ years of age)</p> <p>Smoker Count</p> <p>___ Total # of smokers</p> <p>___ # of children (0-12 years of age) within 9m / 29.5 feet of a smoker ___ # of teens (13-18 years of age) within 9m / 29.5 feet of a smoker ___ # of adults (19+ years of age) within 9m / 29.5 feet of a smoker</p>
<p>End time: _____</p>		

Describe some of your observations in more detail. Remember to try and record objectively, do not include your thoughts and opinions.

General Information

General Information		
Observer Name:	Date:	Name of Beach:
	Time arrived:	
	Time departed:	

Cigarette Butt Litter

<input type="radio"/> Zone 1: within 20m of a play structure or sports area	<input type="radio"/> Zone 2: further than 20m away from a play structure or sports area	<input type="radio"/> Zone 3: further than 20m away from a play structure or sports area
Describe location of butt count: _____ _____	Describe location of butt count: _____ _____	Describe location of butt count: _____ _____
Size of area searched (measure or describe): _____ _____	Size of area searched (measure or describe): _____ _____	Size of area searched (measure or describe): _____ _____
____ # of butts	____ # of butts	____ # of butts

Describe some of your observations in more detail. Remember to try and record objectively, do not include your thoughts and opinions.
