

**UPDATE ON PUBLIC FORUM: THE HEALTH AND ENVIRONMENTAL IMPACTS OF SMOKING  
IN HERMOSA BEACH**

The City of Hermosa Beach, in partnership with the Beach Cities Health District (BCHD) and the South Bay Chapter of the Surfrider Foundation hosted an informational forum to explore the health and environmental impacts of smoking in Hermosa Beach on Wednesday, June 29th from 7-8:30 p.m. in Council Chambers.

The forum was moderated by Lauren Nakano, Blue Zones Project Director at BCHD and was attended by 20-30 engaged residents and stakeholders and was televised and recorded.

The panelists included:

- Dr. Mary Eno, Chief of Addiction Medicine, Kaiser Permanente, South Bay

Dr. Eno described the health impacts from smoking cigarettes and vaping and highlighted that legislation is the most effective tool to protect people from secondhand smoke. Dr. Eno also suggested that bars and restaurants in the area stock nicotine lozenges and gum for employees to assist with smoking cessation and long-shifts.

- Sona Coffee, Environmental Programs Manager, City of Manhattan Beach

Ms. Coffee explained how the City of Manhattan Beach is enforcing its newly-adopted city-wide ban and has been educating residents. Currently, MB only issues citations to people who have been pre-warned. She also noted that during ordinance discussions, the City decided not have designated smoking locations since this adds to the confusion of where people can and can't smoke.

- John Dorsey, Environmental Marine Scientist, Loyola Marymount University

Dr. Dorsey highlighted the environmental impacts of cigarette butts and chemicals in butts on marine life. Even in low concentrations, these chemicals can have toxic effects on fish and larvae. Cigarette butts are the most prevalent littered item on roadways and waterways and during beach clean-ups.

- Greg Newman, Pier Plaza Business Owner

Mr. Newman noted that he and other restaurant owners were initially worried about efforts to limit smoking on Pier Plaza; however, it had positive outcomes for businesses. He noted that the current arrangement is confusing and employees as well as visitors are often confused about where they can and can't smoke.

- Stalice Wilmore, Program Coordinator, Pasadena Tobacco Control Program

Ms. Wilmore described the City of Pasadena's ban on smoking in public places which took effect in 2011. Pasadena classifies a violation of the ordinance as an infraction (HB is a misdemeanor), with violators eligible for fines. She noted that city-wide bans are easier to implement since there is no confusion on where you can and can't smoke in public places.

The forum ended at 8:40 p.m. providing opportunity for the audience to ask questions of the panelists.

# Public Forum

## The Health and Environmental Impacts of Smoking in Hermosa Beach

**June 29, 2016, 7–8:30 p.m.**  
**Hermosa Beach Council Chambers**

The City of Hermosa Beach currently prohibits smoking (Municipal Code, Section 8.40 [2011]) in various public places, with an emphasis on the downtown area including the beach, The Strand, public parking lots, the Pier, and Pier Plaza, including within five feet of any dining establishment entrance.

As a coastal community, smoking and cigarette litter have always been an enforcement and environmental issue, especially considering the City's significant visitor/tourist population.

In March 2016, the Hermosa Beach City Council directed city staff to enhance branding, education and outreach efforts to begin pursuing more aggressive enforcement of the City's smoking provisions of the municipal code. Additionally, the City Council directed staff to partner with local agencies in their efforts toward educating the community on the various health and environmental impacts of smoking.

This Public Forum, hosted in partnership with the Beach Cities Health District and the South Bay Chapter of the Surfrider Foundation, seeks to explore the health and environmental impacts of smoking in Hermosa Beach, as well as various strategies that cities have implemented to curb these impacts and ensure safe and healthy public spaces. Our goal is to engage and inform the broader public by creating opportunities for dialogue and identifying partners/champions within our community.

Furthermore, the Hermosa Beach City Council has directed staff to return with proposed amendments to the existing smoking ordinance, expanding it to a citywide smoking ban. This matter will be addressed at the July 12, 2016 City Council meeting.



## SMOKING FACTS

- Approximately 10% of Beach Cities adults reported smoking cigarettes<sup>1</sup>.
- Smoking has been proven to dramatically increase the risk of heart disease, stroke and various cancers. It also increases the risk of asthma, ectopic pregnancy, preterm birth, diabetes and cataracts<sup>2</sup>.
- Secondhand smoke significantly impacts the health of nonsmokers. According to the American Cancer Society, approximately 7,300 lung cancer deaths occur each year among adult nonsmokers in the United States as a result of exposure to secondhand smoke<sup>3</sup>.
- Secondhand tobacco smoke has been linked to cancer, respiratory and cardiovascular disease, as well as adverse effects on the health of infants and children<sup>4</sup>.
- Cigarettes create a significant environmental burden. Cigarette butts are the number one littered item on roadways and waterways. They make up 34% of the total waste captured in California<sup>5</sup>.

<sup>1</sup> GallupHealthways Well-Being Index. Beach Cities WBI Results. 2015.

<sup>2</sup> American Lung Association. State of Tobacco Control 2016. 2016.

<sup>3</sup> American Cancer Society. Health Risks of Smoking Tobacco. 2015.

<sup>4</sup> U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. 2014.

<sup>5</sup> California Department of Public Health. Cigarette Butts are Toxic Waste. TobaccoFreeCA. 2015.

## Speaker Biographies

### **Sona Coffee, Environmental Programs Manager, City of Manhattan Beach**

Sona Coffee earned her Master's Degree which focused on environmental policy from USC. She has led the City of Manhattan Beach's environmental programs for nearly 8 years. Sona is responsible for the environmental vision to "Unite the community in a comprehensive effort to promote sustainable living in the City of Manhattan Beach." Sona coined the "Breathe Free MB" initiative, a significant piece of work which encompasses the City's tobacco control and smoking policies in an effort to protect public health.

### **John Dorsey, Ph.D., Professor of Ocean and Environmental Sciences, Loyola Marymount University**

John Dorsey received his B.S. in Marine Biology (1972), M.S. in Biology (1975) from California State University, Long Beach, Ph.D. from the University of Melbourne in Zoology (1982), and is a Board Certified Environmental Scientist through the American Academy of Environmental Engineers and Scientists. Presently he is a Professor at Loyola Marymount University, Los Angeles, in the Department of Civil Engineering & Environmental Science where he teaches courses in environmental, biological and marine sciences.

### **Mary Eno, M.D., M.P.H., Regional Chief of Addiction Medicine, Kaiser Permanente, South Bay**

Dr. Mary Eno is a physician specializing in addiction medicine. She is certified as a Content Expert in Addiction Medicine by the National Board of Medical Examiners. Prior to practicing at Kaiser Permanente — South Bay as the Regional Chief of Addiction Medicine, she was the lead Addiction Physician at Venice Family Clinic. She received her Masters of Public Health from Emory University and her medical degree from Virginia Commonwealth University.

### **Lauren Nakano, Blue Zones Project Director, Beach Cities Health District**

Lauren Nakano is a South Bay native and long-time resident of the Beach Cities. She has served as the Director of Blue Zones Project® for the past six years, and has been on staff at Beach Cities Health District, one of the largest preventive health agencies in the nation, for more than 20 years. Her professional purpose and passion is transforming communities.

### **Greg Newman, Co-Owner, Palmilla Cocina y Tequila and Baja Sharkeez Group**

Since 1993, Baja Sharkeez Restaurant Group has earned its reputation as one of the most successful group of restaurant and bar concepts in Southern California, with locations in Manhattan Beach, Hermosa Beach, Huntington Beach, Newport Beach and Santa Barbara. Co-founded by Greg Newman and his father Ron (who also co-founded The Red Onion), the Baja Sharkeez Restaurant Group also owns the Sandbar in Santa Barbara, Panama Joe's in Long Beach and the highly successful upscale Mexican concept, Palmilla Cocina y Tequila in Hermosa Beach.

### **Statrice Wilmore, Program Coordinator, Pasadena Tobacco Control Program**

Statrice Wilmore earned her degree in Biological Sciences from the University of California, Irvine and is currently employed with the City of Pasadena Public Health Department. She has managed the Tobacco Control Program as Program Coordinator II for the last 22 years. Statrice has more than 27 years of experience in implementing tobacco control programs and has facilitated over 70 tobacco control sessions at statewide and national conferences.

## Smoking Cessation Resources

### **California Smokers' Helpline**

A free telephone service to help you quit smoking  
[www.nobutts.org/](http://www.nobutts.org/)  
1-800-QUIT-NOW

### **Centers for Disease Control and Prevention**

Guide to quitting, topics related to quitting and quitting resources  
[www.cdc.gov/tobacco/campaign/tips/quit-smoking/](http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/)  
Success stories, smoking at a glance and relevant materials  
[www.cdc.gov/chronicdisease/resources/publications/aag/osh.htm](http://www.cdc.gov/chronicdisease/resources/publications/aag/osh.htm)

### **Healthy Air Hermosa**

Information, smoke-free area maps and more  
[www.hermosabch.org/index.aspx?page=668](http://www.hermosabch.org/index.aspx?page=668)

### **SmokeFree.Gov**

Information and professional assistance to help smokers quit  
[www.smokefree.gov/](http://www.smokefree.gov/)

### **QuitNet**

A community of smokers trying to quit and ex-smokers, a quitting guide, news, games and additional resources  
[www.quitnet.com/qnhomepage.aspx](http://www.quitnet.com/qnhomepage.aspx)