



Campaign for Smokefree Air Newsletter

Legislative Update

In early May, the state Senate strengthened the smokefree air legislation, House Bill 4163, by removing all the exemptions the House had included (specifically casinos, bingo halls and cigar bars). The Campaign for Smokefree Air (CSA) was extremely happy with this move and the stronger version of the bill. (To view how your Senator voted, please visit www.michiganlegislature.org and look up House Bill 4163).

Because the Senate made changes to the legislation, the bill had to return to the Michigan House. While CSA urged Speaker Andy Dillon for a concurrence vote and to send the bill to the governor, Dillon opted instead to pass a different bill (House Bill 5074) and again exempt several workplaces.

CSA does not support HB 5074 in its current form due to exemptions that would be allowed for certain workplaces. At this point, the Senate has not committed to taking a vote on HB 5074. This is good news.

The other good news is that the House still has possession of HB 4163, the bill that the Senate passed with no exemptions! CSA is focusing its energy on encouraging Speaker Dillon to concur with this bill. We have been asking for your help with this request over the past several weeks and we still need your help and persistence.





1. Please call 1-888-NOW-I-CAN today and ask to be transferred to your state representative's office to urge quick action to concur with the senate passed version of HB 4163, a comprehensive smokefree workplace bill with no exemptions! (The toll-free number is available daily 9 a.m. to 7 p.m.).

An American Cancer Society agent will tell you who your state representative is and instruct you that you will be transferred to the representative's office where you will leave a message with whoever answers the phone. Your message can be as simple as "I am a constituent of the representative and I am asking for their quick action to concur with the senate passed version of HB 4163, a comprehensive smokefree workplace bill with no exemptions! (Please leave a message even if you reach voicemail.)

2. Please call Speaker Andy Dillon's office to ask his office to put HB 4163 up for a concurrence vote, a comprehensive smokefree workplace bill with no exemptions! His office number is 517-373-0857.

3. We need to see more letters to the editor in support of a comprehensive smokefree workplace bill without exemptions. The letters can be short and simply state why you support the bill and urging Speaker Dillon to bring HB 4163 to a vote immediately. Please visit your local paper's Web site for online submittal instructions.

4. Ask your friends, family, or coworkers to take action on the three steps above!

Below are some talking points that you may include in your messages:

- Bar and restaurant workers are 50-percent more likely to develop lung cancer due to their prolonged exposure to secondhand smoke on the job. Everyone has the right to breathe smokefree air. No one should have to choose between their health and a paycheck.



- A study released last month by Public Sector Consultants proves that smokefree laws have no negative net impact on the bar and restaurant industry.
- Public support for smokefree air laws is growing. Nearly two-thirds of Michigan voters support a comprehensive smokefree workplace law that includes bars and restaurants.
- Michigan has a 30-year history of enacting and updating laws to protect nonsmokers from secondhand smoke based on scientific data. The U.S. Surgeon General's Report of 2006 states there is no safe level of exposure to secondhand smoke. This warrants that the Michigan Legislature pass a comprehensive smokefree workplace law that includes bars and restaurants.



Study Shows Smokefree Laws Spreading Across U.S. and Should Spur Remaining States to Take Action

To review progress of the *Healthy People 2010* objective, which calls for establishing laws in all 50 states and the District of Columbia that make all worksites smokefree, the U.S. Centers for Disease Control and Prevention reviewed the status of state smokefree air laws. Everyone deserves to breathe healthy smokefree air and no one should have to put their health at risk in order to support themselves and their family.

This recent report summarizes the changes in state smokefree air laws for private-sector worksites, restaurants and bars that occurred from 2004 to 2007 and indicated a substantial increase in smokefree laws further protecting residents from the health hazards of secondhand smoke. If these trends continue the United States could achieve the national health goal by 2010.

Four levels that were focused on in this study were no restrictions, designated smoking areas required or allowed and 100 percent smokefree. During the study, 18 states strengthened smokefree laws in private-sector worksites, 18 states strengthened protections in restaurants and 12 states strengthened protections in bars (there was some overlap in these areas). No state weakened their smokefree air legislation and the number of states with smokefree laws increased from five to 22.





During this same time the number of states with smokefree bars increased from four to 13. These results have helped protect people across the country. As of 2003, 77 percent of indoor workers age 18 years and older reported that their workplace had an official smokefree air policy.

The report stated that comprehensive smokefree air laws and policies are the only effective way to protect employees and patrons from the health risks caused by secondhand smoke.

Other studies show that smokefree air laws do not have a negative net impact on restaurants and bars and there is a great amount of public support for smokefree air legislation.

The American Nonsmokers' Rights Foundation estimates as of April 2008, 33 percent of U.S. residents have been living under state and local laws that create smokefree work environments, including restaurants and bars, and 64 percent are living in a state that has some sort of smokefree law.

It's well past time for Michigan to join the trend, protect its residents and go smokefree!



**In the Spotlight:
Daniel Haberman, owner of “the bosco” in Ferndale.**

Running a business in a difficult economy is hard enough without looking out for health concerns. But that doesn't stop Daniel Haberman from standing up for and supporting smokefree air.



Haberman is adamant about all Michigan workplaces going smokefree and believes it is better for all businesses if everyone does so. He supports comprehensive smokefree legislation for health reasons but knows taking business impact into consideration also is key.

“Receipts will rise if everyone is affected in the same manner,” said Haberman.

He also believes it's crucial for Michigan to go smokefree in order to protect the health of residents and needs to follow the trend the rest of the country is taking.

“In a few years, the whole country will go smokefree and we don't want Michigan to be the only state who couldn't figure it out,” Haberman said. “In Michigan's struggling economy, we can't afford to have that negative image upon us.”

Haberman resides in Birmingham and in addition to being an advocate for smokefree air, he writes editorials to *The Detroit News* and *Detroit Free Press* as well as staying in contact with his local representatives.





Study Shows Brief Exposure to Secondhand Smoke Causes Damage to Blood Vessels

A recent study by researchers at the University of California, San Francisco found that even a brief exposure to secondhand smoke causes blood vessel injury.

The study, which is reported in the Journal of the American College of Cardiology, consisted of subjects exposed to carefully controlled levels of secondhand smoke equivalent to being in bar where smoking is allowed. The same subjects were then exposed to smokefree air on a different day and the results were compared.

According to the research, being exposed to secondhand smoke in the average bar setting for just 30 minutes is enough to cause injury to blood vessels in young and otherwise healthy, nonsmokers.

Being exposed to the secondhand smoke impedes the function of the body's natural repair mechanisms that are activated in event of the blood vessel's injury. Many of these effects continued even 24 hours later.



"It is quite amazing that only 30 minutes of exposure could cause such demonstrable effects," says Yerem Yeghiazarians, MD, director of the Translational Cardiac Stem Cell Program at UCSF.

"The results prove that even brief exposure to passive smoke has strong and persistent consequences on the body's vascular system."



The study is the first to link injury to blood vessels with the decreased efficiency of the body's own repair mechanism. More specifically, the exposure to the secondhand smoke affects the endothelial progenitor cells (EPCs). EPCs are circulating stem cells in the blood that play a key role in repairing injured blood vessels.

“So it’s a double hit: not only does a person develop blood vessel injury, but the cells that are supposed to help repair this damage are themselves also dysfunctional, compounding the injury,” Yeghiazarians explained.

This study indicates – again – that there is no safe level of exposure to secondhand smoke.

“Our study helps explain why there is about a 20-percent drop in hospital admissions for heart attacks when cities and states pass law mandating smokefree workplaces, restaurants and bars,” Yeghiazarians said.