

# 2016 Houston Boots Smoking

## BRIEFING DOCUMENT

### Overview

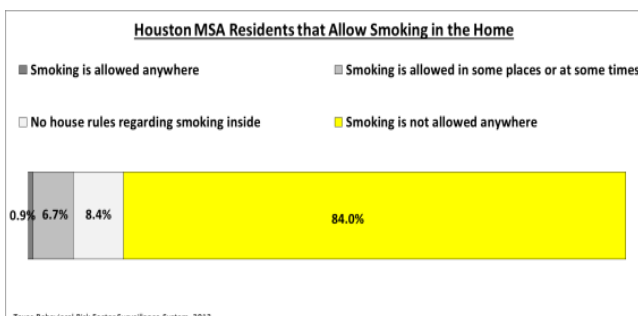
It's been 50 years since the release of the Surgeon General's Report on Smoking and Health and the harmful consequences from the use of tobacco. 2016 marks the 10th year of the adoption of Ordinance No. 2006-1054 prohibiting indoor smoking in Houston public areas and places of employment. Individuals could no longer smoke in enclosed public places and workplaces or within 25 feet of a building entrance and exit.

So, where are we now, ten years later?

The Houston Health Department has compiled a brief of the ordinance impact on Houston health and economy, describing successes and future challenges ahead.

### Subsequent Smoke-Free Successes

- **Smoke free policy for public housing facilities**
  - The Houston Housing Authority's indoor smoke-free policy at the agency's 25 multi-unit public housing facilities provides agency employees and over 16,000 residents who reside in housing authority properties with a smoke-free living environment.
- **Smoke- and/or tobacco- free campus policies**
  - Currently, the University of Houston and Rice University (combined student populations of over 46,000) have adopted smoke- and/or tobacco- free campus policies.
- **Smoke-free policies for all City parks, recreation facilities, and library campuses**
  - The city of Houston Ordinance No. 2014 solidified the Houston Public Library system as the first large library system to implement this type of policy in the country.
- **New FDA regulations for e-cigarettes effective August 2016.**
  - The U.S. Food and Drug Administration recently finalized a rule that extends its regulatory authority to all tobacco products, including e-cigarettes, cigars, and hookah and pipe tobacco, as part of its goal to improve public health.



In 2013, 84% of surveyed Houston MSA residents reported not allowing smoking anywhere in the home<sup>i</sup>. This is an encouraging sign of smoke-free normalization.

## Health Marker Improvements Pre and Post Policy

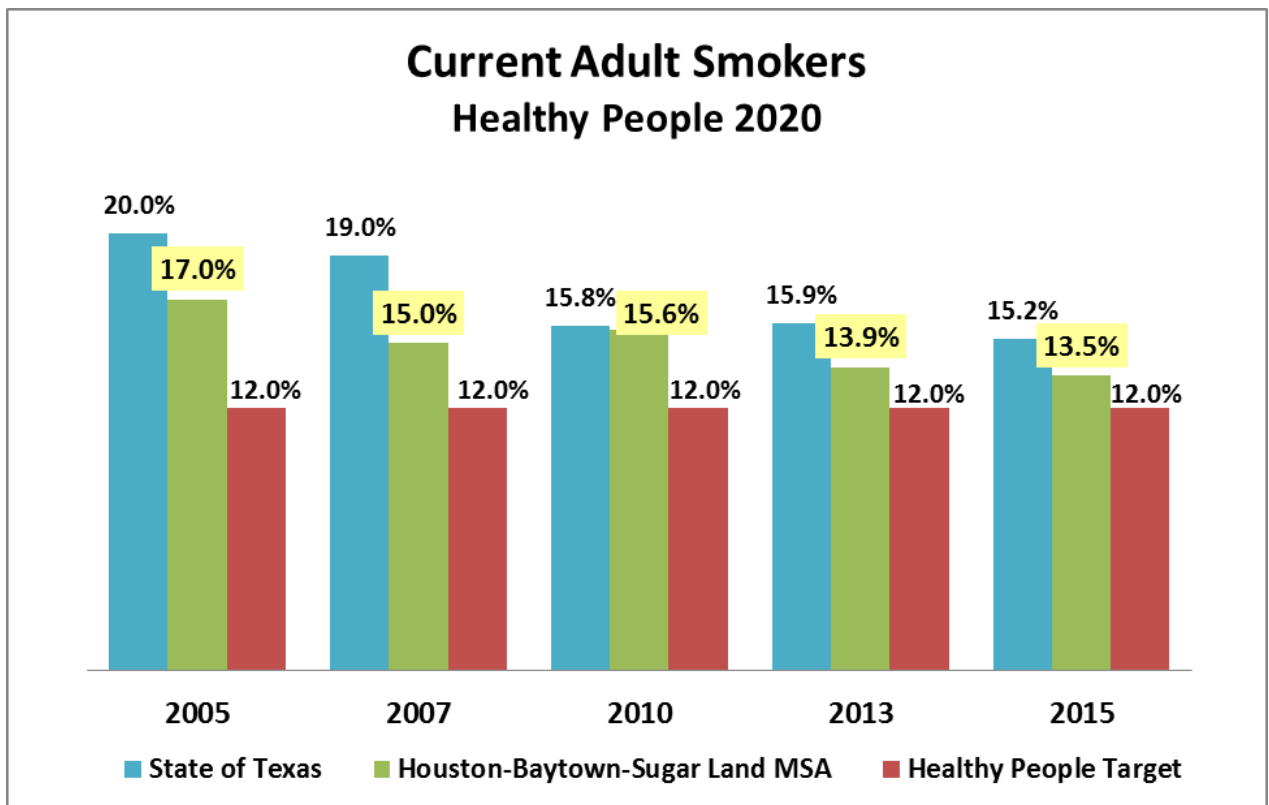
- **Improved Air Quality**

The quality of indoor air in public spaces is cleaner, safer, and healthier for Houstonians due to improvements in the 2006 city ordinance.

- Studies widely support the link between improved air quality (due to reduced exposure of secondhand smoke) and comprehensive smoke-free laws that ban smoking in all indoor areas.<sup>ii,iii</sup>

- **Reduced Smoking Prevalence**

- Surveillance of adult smokers indicate from 2005 to 2015 the percentage of adults in Harris County (Houston-Baytown-Sugar Land MSA) who were current smokers went from 17% (Pre- ordinance) to 13.5% (9 years post ordinance).<sup>iv,v,vi,vii,viii</sup> The Healthy People 2020 goal is 12%.

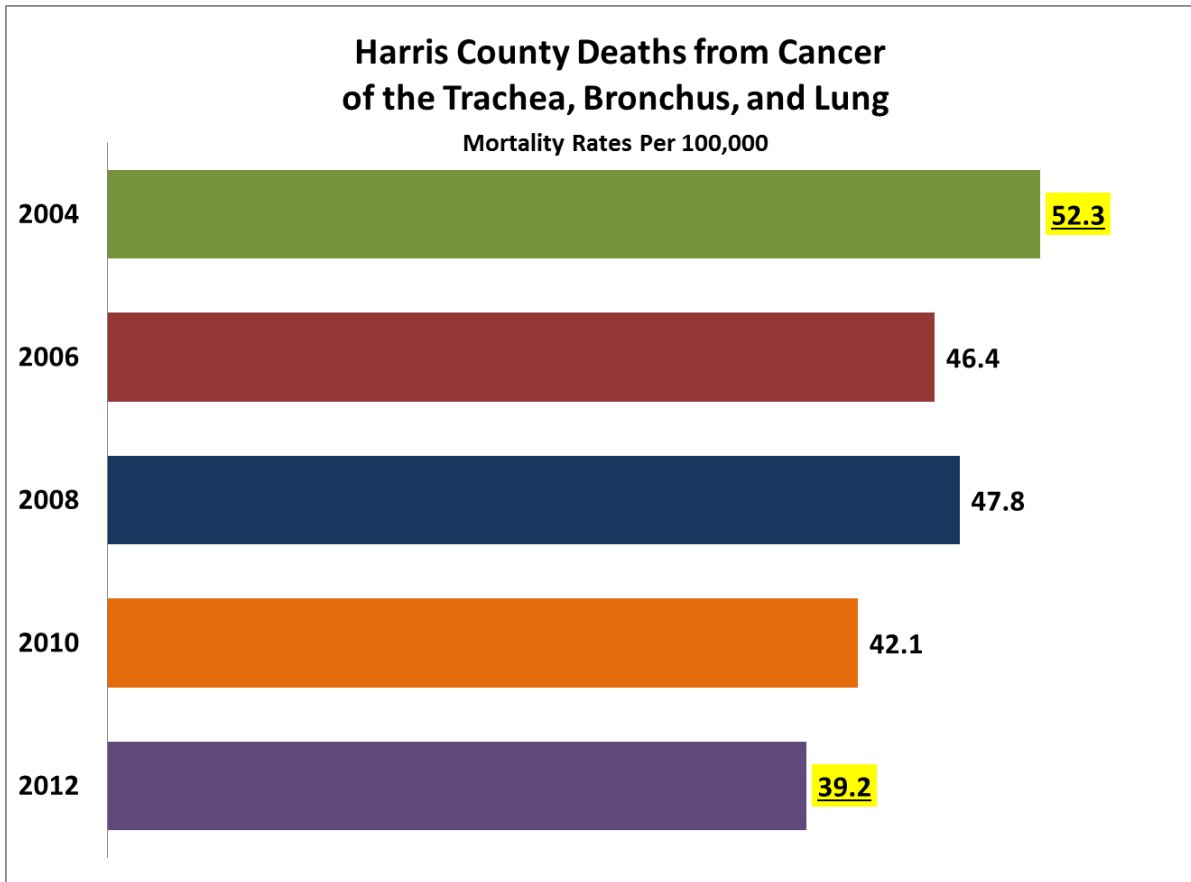


Source: TDSHS, Texas Behavioral Risk Factor Surveillance System

\*Note: BRFSS data collection methods changed in 2011. See Appendix A for details.

- **Decrease in the rate of smoking related cancer deaths**

- In Harris County there has been an decrease in the rate of deaths from cancer of the trachea, bronchus and lung from 2004 (52.3) to 2012 (39.2).<sup>ix,x,xi,xii,xiii</sup>



Source: TDSHS, Center for Health Statistic; State of Health in Houston/Harris County Reports

## **Economic Impacts of Policy**

- **Reduction in smoking prevalence**

- In Texas, the approximate 4% reduction in smoking prevalence from 2004 to 2010 resulted in \$3.8 billion in combined healthcare expenditure savings and reduced productivity costs.<sup>xiv</sup>

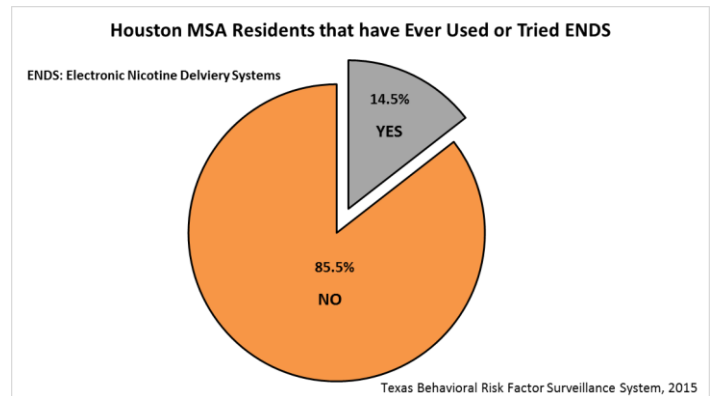
- **No negative impacts on restaurant and mixed beverage sales**

- Analysis of the economic impact of the 2006 Houston smoking ordinance found that the ordinance was not associated with negative outcomes on restaurant and mixed beverage sales for Houston, Texas.<sup>xv</sup>

## Emerging Tobacco Issues

### • E-cigarette concerns

- Electronic cigarettes and other Electronic Nicotine Delivery System (ENDS) have sparked recent public health concerns.
- Concerns of use being a gateway to cigarette smoking for non-smokers and prolonging cessation efforts by smokers.
- Most alarming is the dramatic increase in use of e-cigarettes among U.S. middle and high school students since 2011. <sup>xvi</sup>
- 14.5 % of Houstonians have used or tried ENDS products <sup>xvii</sup>.
- Currently, E-cigarettes are not included in the original or expanded smoke-free ordinance. Due to the unknown health risks, the Houston chapter of the American Lung Association advocates that the City of Houston limit access to the product along with traditional tobacco products.



### • Raising the Minimum Age

- One strategy to delay the initiation of tobacco use in youth involves raising the minimum smoking age from 18 to 21 years of age as it can help prevent smoking initiation in youth.

## Appendix A: BRFSS data Information

The 2011 and subsequent BRFSS data reflects a change in weighting methodology (raking) and the addition of cell phone only respondents. Prior BRFSS data was collected through landline phone surveys to households.<sup>xvii</sup> As of result of these changes, data collected in 2011 and later cannot be directly compared to previous data and thus represents a suggested impact. The CDC predicts small increases for health-risk indicators such as tobacco use, HIV, obesity, asthma, binge drinking, and health status.<sup>xviii</sup>

For additional information see the following sources:

- Centers for Disease Control and Prevention FAQ; [LINK](#);
- CDC: Methodologic Changes in the Behavioral Risk Factor Surveillance System in 2011 and Potential Effects on Prevalence Estimates CDC MMWR report; [CDC MMWR report](#)

## References

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- <sup>i</sup> Texas Behavioral Risk Factor Surveillance System, Statewide BRFSS Survey, 2013. Texas Behavioral Risk Factor Surveillance System, Center for Health Statistics, Texas Department of State Health Services
- <sup>ii</sup> Centers for Disease Control and Prevention. Indoor Air Quality in Hospitality Venues Before and After Implementation of a Clean Indoor Air Law—Western New York, 2003. *Morbidity and Mortality Weekly Report* 2004;53(44):1038–41 [Accessed on October 10, 2016 [Link](#)]
- <sup>iii</sup> Centers for Disease Control and Prevention. Indoor Air Quality in Hospitality Venues Before and After Implementation of a Clean Indoor Air Law—Western New York, 2003. *Morbidity and Mortality Weekly Report* 2004;53(44):1038–41 [[Accessed on October 10, 2016 [Link](#)].
- <sup>iv</sup> The State of Health in Houston/Harris County 2007. Harris County Healthcare Alliance, Houston, Texas
- <sup>v</sup> The State of Health in Houston/Harris County 2009. Harris County Healthcare Alliance, Houston, Texas
- <sup>vi</sup> The State of Health in Houston/Harris County 2012. Harris County Healthcare Alliance, Houston, Texas.
- <sup>vii</sup> Texas Department of State Health Services. (2013). *Texans and Tobacco Report*. Retrieved October 9, 2016 from [Link](#)
- <sup>viii</sup> The State of Health in Houston/Harris County 2015-2016. Harris County Healthcare Alliance, Houston, Texas
- <sup>ix</sup> The State of Health in Houston/Harris County 2007. Harris County Healthcare Alliance, Houston, Texas
- <sup>x</sup> The State of Health in Houston/Harris County 2009. Harris County Healthcare Alliance, Houston, Texas
- <sup>xi</sup> The State of Health in Houston/Harris County 2012. Harris County Healthcare Alliance, Houston, Texas.
- <sup>xii</sup> Texas Department of State Health Services. (2013). *Texans and Tobacco Report*. Retrieved October 9, 2016 from [Link](#)
- <sup>xiii</sup> The State of Health in Houston/Harris County 2015-2016. Harris County Healthcare Alliance, Houston, Texas
- <sup>xiv</sup> David Lakey M.D. Understanding the Burden of Tobacco in Texas Texas Tobacco Summit. June 26, 2014 Texas Department of State Health Services. Accessed on October 5, 2016 from [Link](#)
- <sup>xv</sup> The Economic Impact of the Smoking Ordinance on Restaurant Sales and Mixed Beverage Sales in Houston, Texas. January 2009. Accessed on October 4, 2016 from: [Link](#)
- <sup>xvi</sup> "E-cigarettes: An Emerging Public Health Challenge." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 2015. Web. 02 Nov. 2016.
- <sup>xvii</sup> Texas Behavioral Risk Factor Surveillance System, Statewide BRFSS Survey, 2015. Texas Behavioral Risk Factor Surveillance System, Center for Health Statistics, Texas Department of State Health Services
- <sup>xviii</sup> *The State of Health in Houston/Harris County 2015-2016. Harris County Healthcare Alliance, Houston, Texas.* [Link](#)