

### **7.10.1: Encourage Smoke-Free and Tobacco-Free Public Spaces**

*Health consequences:* Smoking leads to disease and disability and harms nearly every organ of the body. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis. In addition, secondhand smoke causes stroke, lung cancer, and coronary heart disease in adults. Children who are exposed to secondhand smoke are at increased risk for sudden infant death syndrome, acute respiratory infections, middle ear disease, more severe asthma, respiratory symptoms, and slowed lung growth. <sup>1</sup>

Definitive statistics for a town of Glastonbury's size are hard to gather, but data gathered from Centers for Disease Control and Prevention and US Department of Health and Human Services has been population-weighted and presented on Communitycommons.org. Statistics for both Connecticut and US overall are more conclusive, given their increased population size.

*Tobacco use:* Tobacco use in Glastonbury is in line with, and likely lower than, use regionally and nationwide. With an estimated current tobacco use of less than 18% in Glastonbury, this is no higher than the current national usage of 18%. Approximately 15% of residents in Hartford County and Connecticut currently use tobacco. <sup>2</sup>

*Economic costs:* The burden of tobacco use has been widely reported. Economic costs associated with smoking in Connecticut are estimated at \$1.4 billion, including \$640 million in hospital care, and \$218 million in ambulatory care.<sup>3</sup> The average annual productivity losses associated with smoking are more than \$1 billion, estimated in 2000- 2004. In Connecticut, \$2.03 billion in annual health care costs are directly caused by smoking, and smokers experience about 6% more physician office visits and spend 27% more days in the hospital than those who never smoked. <sup>4</sup>

*Tobacco cessation:* Between 58% and 64% of Glastonbury residents have attempted to quit smoking, as compared to 66% of Hartford County, 63% of state and 60% of national residents. <sup>5</sup>

*Local Vendors:* Glastonbury has fewer licensed cigarette dealers per 100,000 population than Connecticut overall, at 80.96 licensed dealers in Glastonbury, and approximately 125.41 licensed dealers in Connecticut. <sup>6</sup> Cigarette dealer licensure allows sale of cigarettes, cigars, and smokeless tobacco such as snuff and chew. Many cigarette dealers also sell tobacco-related products such as hookahs and electronic cigarettes. Given Glastonbury's lower number

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<sup>1</sup> Centers for Disease Control and Prevention

<sup>2</sup> [www.communitycommons.org](http://www.communitycommons.org)

<sup>3</sup> *The Burden of Tobacco Use in Connecticut, Tobacco Use Prevention and Control Program- August 2014;* Connecticut Department of Public Health

<sup>4</sup> <https://portal.ct.gov/DPH/Health-Education-Management--Surveillance/Tobacco/Costs--Consequences>

<sup>5</sup> [www.communitycommons.org](http://www.communitycommons.org)

<sup>6</sup> <http://www.ct.gov/drs/cwp/view.asp?a=1455&q=465278>

of cigarette dealers per 100,000 population, it may be that tobacco usage in Glastonbury is on the lower end of the range (less demand, decreased need for sales).

*Points of Access:* Points of access for tobacco are most frequently seen in two types of establishments. As a percent of the total number of cigarette dealer licenses issued in Glastonbury, Gas Station/Convenience Stores are 35.7% and Liquor Stores encompass 32.1% of all tobacco sales licenses issued.<sup>7</sup>

*Tobacco expenditures:* Expenditures for cigarettes, as a percentage of household expenses, is lower in Glastonbury (0.96% of food-at-home expenditures) than in Connecticut (1.36%) and the US (1.56%). This puts Glastonbury in the 5<sup>th</sup> quintile (lowest expenditure) of tobacco expenditure for the state of Connecticut overall.<sup>8</sup>

**Submit:**

**A summary of the data outlined above; and a list of educational and policy strategies your municipality will consider to reduce smoking and tobacco use.**

**Policy Strategies:**

Continued inspections by the Glastonbury Police Department to conduct unannounced tobacco license compliance checks at tobacco retailers, including establishments that have a previous violation or complaint from the public, creating an increase in owner awareness in preventing youth access to tobacco products. Establishments that fail compliance checks will be named in the local newspaper to increase youth and parental awareness, and demonstrate Glastonbury's commitment to the prohibition of tobacco sales to underage youth. **(Item A attached)**

**Educational Strategies:**

Smoking awareness/tobacco cessation strategies include the promotion of the Connecticut Quit Line (Item B below), and partnership with local hospitals who offer Freedom from Smoking (Item C below) or other tobacco cessation programs.

In order to provide support to Town employees who might need assistance to quit tobacco use, the Town's Employee Assistance Program (EAP) provides wellness coaching, which includes tobacco cessation. Glastonbury Human Resources has contacted our EAP provider regarding a smoking cessation program for employees who smoke.

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<sup>7</sup> CT Department of Revenue Services

<sup>8</sup> [www.communitycommons.org](http://www.communitycommons.org)

During weekly Wellness Clinics, Glastonbury's Community Health Nurse promotes smoking cessation through the American Lung Association on-line Freedom from Smoking Cessation Forum (Item D below) and Connecticut's Husky Health Quit Smoking program (Item E below).

**Documentation Items:**

- A. See attached Shawn R. Dagle (2018) "Tobacco Compliance Checks Conducted" *Glastonbury Citizen*, 8/16/18, p.15.
- B. <https://www.quitnow.net/connecticut/>
- C. <http://www.lung.org/stop-smoking/join-freedom-from-smoking/freedom-from-smoking-clinics.html>
- D. [https://www.inspire.com/groups/freedom-from-smoking/?utm\\_medium=Landing%20Page&utm\\_term=Freedom%20from%20smoking&utm\\_content=iFrame&utm\\_campaign=ALA-iFrame-Freedom%20from%20smoking](https://www.inspire.com/groups/freedom-from-smoking/?utm_medium=Landing%20Page&utm_term=Freedom%20from%20smoking&utm_content=iFrame&utm_campaign=ALA-iFrame-Freedom%20from%20smoking)
- E. <http://www.huskyhealthct.org/members/quit-smoking.html#>

## Item A

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# Tobacco Compliance Checks Conducted

by Shawn R. Dagle

The Glastonbury Police Department (GPD) and the Connecticut Department of Mental Health and Addiction Services conducted tobacco compliance checks at nearly a dozen local businesses earlier this month.

According to GPD, officers from their department and a special investigator from the state performed the compliance checks on August 7 at approximately ten local businesses, two of which were found to be in violation.

As part of the compliance checks, an underage youth employed by the Tobacco Prevention and Enforcement Program entered the businesses and attempted to purchase tobacco

products.

The two businesses found to be in violation were the Shell Food Mart at 556 Hebron Avenue and the Mobil Mart at 2997 Main Street.

The offending clerks at the businesses were issued an infraction in the amount of \$200, said police.

"The cigarette dealer license holder at each establishment also faces additional administrative sanctions from the Department of Revenue Services, the state agency that issued the cigarette dealer licenses," said police.