

Cooper Healthy Lifestyle Initiative Meeting Minutes

July 13, 2011

Attendance: Paul Davis, Cooper County Commission; Angela Hirsch, Central Missouri Community Action; Logan Comegys, Howard County Home Health and Hospice; Nancy Holloway, University Extension; Mandy Dixon, Prevention Resource Center; Art Schneider, Cooper County Missouri Extension; Diane Coffman, Department of Health and Senior Services Office of Smoking and Policy Development; Tiffany Bowman, University Extension – Smoking Policy and Development Center; Kim Wiemholt, RN Cooper County Public Health Center; Casey Johnson, RN Cooper County Public Health Center; Theresa Hendrix, Boonslick Heartland Y; Tawnya Clause, University Extension-Show Me Action, Nancy Aldrich, Cooper County Memorial Hospital, Lorna Alexander, Nordyne; Carol Cox, Boonslick Sustainable Living.

Art Schneider facilitated today's meeting.

Art inquired if there were any additions to today's agenda. No response from the group.

Mandy Dixon with Prevention Resource Center introduced today's Speaker, Tiffany Bowman.

Tiffany Bowman, M. U. Student Life wellness tobacco coordinator, handed out a checklist for pursuing a Non-Smoking Ordinance and Recommended Deal Breakers in Smoke Free Ordinances from the Americans for Non-Smokers Rights. Tiffany states, "One of the first goals for the coalition should be to draft what you want your ordinance to look like and to decide what you will or won't accept."

Tiffany commended the coalition that we have in place and explained that "even coalitions with small numbers can accomplish non-smoking policies. Another advantage in working towards a non-smoking policy is youth involvement within the coalition to present the need for these policies to City Councils and local officials."

Tiffany suggests that "the first step in that process is to learn the process for your City Council. If you are a third class City, and the council decides to table the policy discussion, what is your next step? Do you have enough public support to raise money and put the ordinance on the ballot? What would you need to do to pass a referendum?"

In the planning process, you want to set goals, dates and timelines on what you want to accomplish. You will also need to decide what you'll accept as compromise and what issues are deal breakers. The handout from American's for Non-Smokers Rights lists several recommended deal breakers in smoke free ordinances.

Another important process is to gather support. It is recommended to have 5 to 10% of your voting population as supporters. Columbia had 3% when they went through the process.

Art Schneider requested information on other cities that have smoking policies.

Tiffany provided a map from Tobacco Free Missouri that shows which Cities have strong laws and which cities have laws but need some improvement.

Tiffany states, "Illinois has a comprehensive smoking policy as a state. However, it doesn't happen overnight. In order to get a statewide policy, a tipping point, that starts with local communities starting their own policies and local ordinances before state law would pre-empt local laws and ordinances."

"It is also helpful to have a data base of supporters to write letters and show at your meetings with City Council. One-on-One meetings with council members will help you to determine whether or not you have support of that individual council member. You may even get one member to Champion the bill."

"I would also advise having 2 or 3 sit down meetings with two or three coalition members. At the first meeting you might start by saying, "A lot of States and Cities are passing Non-Smoking Ordinances. What are your concerns about passing a policy?"

"One of the most common concerns seems to be enforcement issues."

Diane Coffman also suggested, "Make sure that you send people that are constituents of that council members ward."

Art Schneider requested a basic model for a policy.

Tiffany agreed to send him some sample policies. "There is a rather lengthy one from the American for non-smoke's rights." She also informed the group that "Columbia actually passed their ordinance in two stages (She did not recommend this because of the delay getting it the ordinance that they wanted passed). The first stage of the ordinance had several exemptions. The second one took out the exemptions, but was several years in coming."

Paul Davis inquired, "How hard is it to pass an ordinance in Cities with Casinos?"

Tiffany shared that "Cape Gerardo voters elected to have a Casino constructed there. The City voted on an ordinance that did not exempt the Casino, and it did not pass. And, this was just while the Casino was still under construction."

Diane Coffman added that "the Tobacco Industry also gives money to support the Casinos."

Angela Hirsch offered, "in both Kansas City and St. Louis their non-smoking ordinances exempted Casinos. However, they are smoke-free except for the gaming floors."

Tiffany suggested that we "consider including them in the draft of the ordinance, but make exempting them part of your compromise plan."

Tiffany shared data from Missouri Foundation for Health on Cooper County Smoking rates. This data was from 2009:

- Cooper County's smoking rate is: 20.8%
- The State Rate is 23.8%
- Adults in Cooper County supportive of Non-smoking workplace policies: 61.1%
- The state rate is 56.4%
- 93% of Cooper County Residents believe that second hand smoke is harmful.
- The state rate was only 90%

Angela Hirsch shared that she lives in Jefferson City. "While they were working on their smoking ordinance, one of the main concerns of law enforcement was that they would see an increase of drunk - driving arrests with a smoking ban."

Tiffany agreed that it was a common concern. She shared the example of “when the State of Illinois went smoke free, the City of Hannibal worried that all the smokers would come across the state line, and that their town would become Illinois’ ashtray. That did not happen.”

Tiffany also shared that “there have been 74 or 75 studies conducted that have shown no negative economic impact on cities/towns/states that pass smoking bans.”

Paul David asked Angela, “How does the community of Jefferson City feel now that the ban has passed?”

Angela states that “It is now just a part of life.”

Tiffany states that “The vocal minority is always going to be there. They have a right to voice their opinions.”

Diane Coffman shared that, “The bar owners were genuinely scared. However, the statistics don’t show that there is a negative impact of smoking bans on businesses. But, the facts don’t always allay their fears.”

Paul Davis shared, “Maggie’s Restaurant in Boonville is doing a really good business. They placed their own smoking ban. That should encourage other businesses.”

Tiffany also noted, “People from Columbia did not come to Boonville restaurants to smoke when Columbia enacted their ban. In fact, my friends from Jefferson City came to Columbia restaurants because they are smoke-free.”

“Osage Beach is also looking at smoke-free policies. A large part of their economy is tourism. “

Art inquired, “Is the Casino business adversely affected with non-smoking policies?”

Tiffany states that “It did not hurt the Casinos in the State of Illinois. I am originally from Minnesota. They exempted Casinos when they passed their smoking ban.”

Theresa Hendrix stated, “My Mom plays bingo in Illinois. When they first passed their statewide ordinance, she felt that it would hurt their Bingo support. Now it is stronger than ever.”

Diane Coffman also shared, “The Eagles in Kansas City passed a non-smoking policy. They also have more business since they went smoke-free.”

Tiffany states that if there is any drop in business it usually only lasts the first few weeks.

Paul Davis agreed to talk with the manager of the Isle of Capri to see how he feels about it, and how he thinks the Isle of Capri Company will react.

Tiffany Bowman also shared, “Enforcement is typically a concern there also. However, multiple states and communities that have done it, find that it is self-enforcing. In Columbia, the health department is the enforcing agency. They set up a complaint line. In the beginning they got 12 to 15 complaints of people not enforcing the policy. Now, they only get a call once in awhile. Most of the time, the situation is handled within the business.”

Diane Coffman states, “Heart Attack Studies, done after several states passed non-smoking ordinances, show that Emergency Room admissions for Heart Attacks go down 30-40%.”

Tiffany Bowman states, "The City of Helena saw a 40% reduction in ER admissions for Heart Attacks. When the state passed a law that pre-empted their ordinance and reversed it, their numbers went back up. Since then the state removed that law. Helena reinstated their non-smoking ban and their numbers went back down.

Diane Coffman, "This shows that second hand smoke can have an immediate effect."

Angela asked, "Did Fulton pass a ban that included not smoking in a person's car when going through a drive-through window?"

Tiffany clarified, "The Fulton City Manager passed the nonsmoking ordinance. He got caught up in the minutia of it. I feel that it was intended to impede the ordinance. However, once implemented there were no complaints or violations.

Kim Wiemholt inquired, "Are there any power point presentations that are already made on the dangers of smoking that we can share with clubs and organizations?"

Tiffany informed Kim, "There is a Liberty City Councilman that championed their ordinance. I feel that he would be happy to help you. There is as an Air Quality Study that can be taken into restaurants. I will put you in contact with Stan Cowan of the University Extension. He will come here to train you. There may even be some funding available for a meal. Then you can present the results to the City Council. You don't have to have the businesses permission and you don't identify the business."

Tiffany states, "When we did ours, there were usually no more than three people smoking in a restaurant at any one time. It shows how much even a small amount of smoke can affect air quality."

"Prisons are usually exempt from these ordinances."

Angela Hirsch states, "The Maximum security prison in Jefferson City does not allow smoking inside. But, they can smoke on the grounds."

Members signed up for a Smoke Free Policy Committee and Mandy Dixon and Kim Wiemholt agreed to serve as co-chairs. Here are the members—

Smoke Free Policy Committee

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|----------|---------|---|--|
| Dixon | Mandy | Prevention Resource Center | adixon@fccmo.org |
| Comegys | Logan | Howard County Home Health & Hospice | logancomegys@yahoo.com |
| Clause | Tawnya | | Tawyna_Clause@showmraction.org |
| Hendrix | Theresa | Boonslick Heartland Y Cooper County Health Center | Theresa_Hendrix [theresah5@sbcglobal.net] |
| Johnson | Casey | Cooper County Health Center | wiemhk@lpha.mopublic.org |
| Wiemholt | Kim | Cooper County Health Center | wiemhk@lpha.mopublic.org |

Theresa Hendrix gave an update on the trails committee:

- Trevor Harris completed the walkability study results. We should have them at the July Meeting.
- The surveys are complete and have been posted on Web Site Connection; CHeli Website; and CCPHC website. Unlimited Opportunities is currently working on the mailing.

- The needs assessment results should be in by August.
- We have submitted a General Support for Advocacy Grant application to the Missouri Foundation for Health for the Healthy Lifestyle Initiative. We should know by September whether or not it is awarded. The Grant includes a new program at the Y and Cooper County Memorial Hospital and at Diabetes Education Program at Cooper County Public Health Center.

Art Schneider reminded the group that there are still a number of businesses that need to be contacted with the smoking policy survey. He passed the list around for people to commit to calling another 5 businesses.

Art also awarded Carol Cox with a University Extension Cook Book for attending twelve meetings.

Art explained, "He had also written for a \$13,000 grant for the Food Pantry Voucher program to be used at the local farmers market. They would be valid in the grocery stores in the off season."

Art asked the group for feedback on whether or not the group would like existing health organizations to apply for 5013C status to ensure that we are eligible for additional funding. There was discussion over some concerns that organizations had. A general consensus was reached that Art would contact these organizations and offer the opportunity for him to assist them with this process."

Art encourage participation in the Missouri Foundation for Health Advocacy Meeting regarding what 501C3 organizations can and can't do in regard to lobbying. Please consider going. I have sent out an email reminder to everyone."

Respectfully submitted,

Kim Wiemholt RN