



From mountain to sea

# A Smoke-Free Aberdeenshire Council

March 2017



**Aberdeenshire Council has a responsibility to promote the health and wellbeing of its employees, service users and local communities.**

## What the new Smoking Policy means and who it applies to

**You are no longer allowed to smoke, or use e-cigarettes, in council buildings or grounds. This includes car parks (not pay and display).** Some council sites are exempt for service users only. Sites include; sheltered housing, care homes and residential accommodation.

**The policy applies to employees, volunteers, contractors, visitors, councillors and service users, as well as people with short-term let agreements for council buildings.**

## Why does Aberdeenshire Council have a Smoking Policy?

Around 1 in 5 people smoke in Aberdeenshire. Prohibiting smoking in grounds across our sites is another step forward to reducing smoking related illness and death.



Smoking increases the risk of lung, kidney, liver, stomach, bowel, cervix, and ovary cancers. There is some evidence that smoking can cause breast cancer.

**Second-hand smoke has been shown to cause a number of diseases in adult non-smokers** that include lung cancer and heart disease, and reduced lung function for people with asthma.

**Second-hand smoke harms babies and children**, with an increased risk of respiratory infections and cot death, and increased severity of asthma symptoms. It is now illegal to smoke in a car or other vehicle carrying those aged under 18 – this offense carries a fixed penalty of £100.

## Why stop smoking?

- Stopping smoking reduces the risk of developing many fatal diseases.
- One year after stopping, the risk of a heart attack falls to about half that of a smoker. Within 15 years, the risk falls to a level similar to that of a person who has never smoked.
- If smokers quit before the age of 30 they can avoid almost all of the risk of lung cancer attributable to smoking.
- People who quit save on average £250 each month, or £3,000 every year!

## Smoking-related litter

The most common litter type in Scotland (cigarette butts, matches and packaging) can damage the environment and block drains, causing flooding. Anyone caught littering smoking materials faces an £80 fixed penalty notice.

When looking for an area off-site to smoke, please be aware that the Smoking Policy states that you are not permitted to smoke next to entrances and windows where smoke may enter the building.

If 'off-site' for you is directly outside the door, remember that a smoke drift can still enter buildings and directly expose others to second-hand smoke.

Reusable pocket ashtrays are available from many main council reception areas or via the Wellbeing Team.

## Smoke-free Homes

**Children are particularly susceptible to the health impacts of second-hand smoke as they have smaller airways and breathe faster and their immune systems are still developing.**

They may also be less able to remove themselves from smoky environments. For information about how to protect your family from tobacco smoke at home and in the car download the free ASH Scotland guide <http://www.ashscotland.org.uk>

**Smoking costs NHS Scotland £323 million every year.**



## If you smoke and are visited by a member of our staff at home, can you please help us?

We have a duty of care to protect our staff from harm caused by breathing second-hand smoke. You can help keep staff smoke free by:

- Not smoking during the visit
- Asking other people in the house not to smoke during the visit
- Providing a smoke free room or opening the window or door of the room for an hour before the visit
- If you are unable to do the above, please discuss with a member of staff as we may be able to make an alternative arrangement.

## Second-hand smoke and pets

Studies have found even limited exposure to tobacco smoke more than doubled a cat's risk of feline lymphoma (cancer). Exposure to second-hand smoke has also been linked to cancer in dogs and rabbits.

Smoke also settles on pets' hair and is ingested during grooming. Swallowing cigarettes and other tobacco products can cause nicotine poisoning which can be fatal.

## Support is there to stop smoking

You are four times more likely to successfully quit smoking if you seek help.

- Make an appointment with your GP for advice on what may suit you best. They can also prescribe medication that could help or Nicotine Replacement Therapy (NRT).
- Visit your local pharmacy – they can also prescribe NRT to you free of charge.
- Contact NHS Grampian's [Smoking Advice Service](#) They can offer you free sessions with a smoking cessation advisor to support you through your journey.

**There are a number of great websites sites out there with reliable information too:**

- NHS Choices [www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx](http://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx)
- Can't Stop Smoking [www.canstopsmoking.com/why-quit-smoking](http://www.canstopsmoking.com/why-quit-smoking)
- No Smoking Day [www.bhf.org.uk/heart-matters-magazine/wellbeing/stop-smoking/smoking-tips](http://www.bhf.org.uk/heart-matters-magazine/wellbeing/stop-smoking/smoking-tips)
- Smokeline – 0800 84 84 84 (7 days a week, 8am – 10pm)



