

Why has the Smokefree Outdoor Space Policy been put in place?

The policy promotes community health and wellbeing, through reducing public exposure to smoking and vaping. It will encourage and support smokers to quit, and aligns with the New Zealand Government's goal of a Smokefree New Zealand 2025.

Why does the policy include vaping as well as smoking?

E-cigarette and vaping devices contain fewer harmful chemicals than the smoke from traditional tobacco cigarettes and are generally used by those who are trying to quit smoking. However, these devices are not harmless.

There is evidence suggesting that second-hand exposure to vaping may worsen asthma in children and teenagers, as well as concerns around young people taking up vaping and becoming addicted to nicotine.

Lastly, many people dislike being exposed to other people's vaping just as much as they do with smoking.

For these reasons, this policy has made Matamata-Piako smokefree areas now vapefree as well.

Where does the Smokefree Outdoor Spaces policy apply?

From 1 March 2020, the following public places will be smokefree across the entire Matamata-Piako district.

- All council owned and managed parks, reserves, and sports and recreation grounds
- Bus stops and bus shelters
- Public toilets
- The Hauraki Rail Trail
- Entrances outside all council owned and operated buildings
- Outdoor public areas within the CBDs of Te Aroha, Matamata, and Morrinsville
- All footpath outdoor dining areas
- All public carparks outside CBD areas

For More Information

Matamata-Piako District Council
0800 746 467 | mpdc.govt.nz

Quitline
0800 778 778 or Text 4006 | quit.org.nz

Asthma and Respiratory Foundation NZ
info@arf.nz | arf.nz.org.nz

Vapefree and Smokefree Outdoor Spaces

Supporting Smokefree 2025



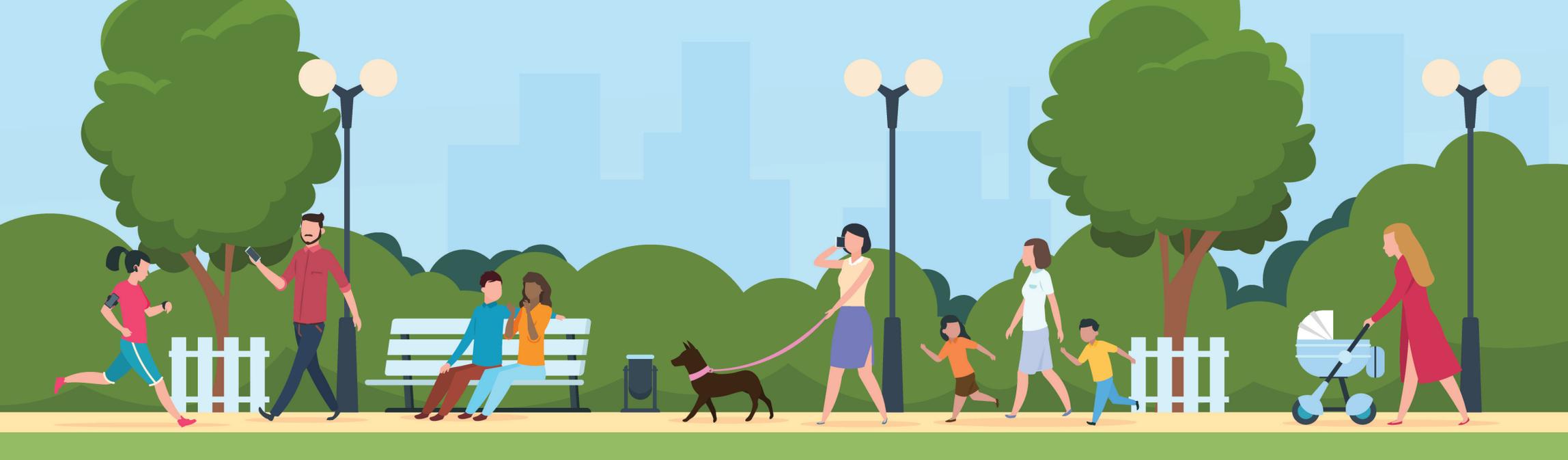
Asthma + Respiratory
FOUNDATION NZ

References

Bayly et al., (2019). *Second-hand Exposure to Aerosols from Electronic Nicotine Delivery Systems and Asthma Exacerbations Among Youth With Asthma*
World Health Organisation (WHO) Report on the Global Tobacco Epidemic, 2019

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**Matamata-Piako District Council
owned and managed outdoor spaces
are now smoke and vapefree
from 1 March 2020...**



What is vaping and is it safe?

Vaping refers to the use of e-cigarettes and other devices which heat a solution or 'e-liquid' to create an aerosolized vapour that is inhaled by the user.

The long-term risks of vaping are currently unclear. However, human lungs are fragile, and not designed for inhaling heated chemicals. E-cigarettes and vaping may be less harmful than traditional cigarettes, but these findings have not yet been fully quantified. Additionally, the World Health Organisation has deemed vaping as "undoubtedly harmful" and recommends regulation.

What is in a vape?

The main ingredient in e-liquids is propylene glycol, with many containing glycerol, nicotine, sweeteners, and flavourings. These ingredients can differ significantly, and there is concern around certain flavours being used as inhaled products. Many flavours are used as food additives, and have passed safety standards for ingestion, but this does not necessarily mean they are safe to inhale; as the stomach is very different to the lungs. Heating these ingredients can change the composition of them, which can harm the airways.

Matamata-Piako District Council cares for your health

Matamata-Piako District Council wants outdoor spaces to be free from cigarette smoke and vape aerosol to help protect the community's respiratory health. Do your part to keep your local air quality healthy and avoid vaping or smoking in council-managed outdoor spaces.

The council recognises the role that public events can play in promoting a positive smokefree message. All Council-delivered events and events that receive Council funding or support will need to be smokefree. Event organisers will also be required to display and announce smokefree messages in advertising and at the event.

For outdoor dining, a 'no smoking' clause in the Council's terms and conditions applies when dining outside a building's legal boundaries. Businesses are encouraged to sign up to the 'The Fresh Air Project' to promote their smoke and vape free status. Businesses will also be encouraged to display smokefree signage around their business to promote the smokefree message to the community.

Can I use e-cigarettes or vapes to quit smoking?

Quitting smoking is a great way to improve your health, reducing your risk of heart disease, respiratory illness, and cancer. Asthma and Respiratory Foundation NZ acknowledges that smokers who have been unable to quit smoking with established methods could consider vaping as an alternative, as part of a wraparound smoking cessation support programme in conjunction with advice from a health professional.

However, the most well-proven and effective methods are FDA approved quitting products, used together with advice and support from a trained quit support service, all of which have passed stringent regulatory processes that vape devices have not.

Smoking cessation support services in your area may be able to offer advice and support about using vape devices to quit smoking, with the goal to quit vaping too.

If you are a current smoker wanting to quit, contact Quitline or talk to your health professional about what might work for you.