Smoking Cessation Leadership Center



University of California San Francisco

Joining Environmental and Health Advocacy to Reduce Tobacco's Burden on People and Ecosystems

Thomas E. Novotny, MD, MPH

Professor Emeritus, San Diego State University School of Public Health

April 14, 2022

Moderator

Catherine Saucedo

Deputy Director

Smoking Cessation Leadership Center University of California, San Francisco

A National Center of Excellence for Tobacco-Free Recovery

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Disclosures

This UCSF CME activity was planned and developed to uphold academic standards to ensure balance, independence, objectivity, and scientific rigor; adhere to requirements to protect health information under the Health Insurance Portability and Accountability Act of 1996 (HIPAA); and include a mechanism to inform learners when unapproved or unlabeled uses of therapeutic products or agents are discussed or referenced.

All speakers, planning committee members and reviewers have disclosed they have no relevant financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Anita Browning, Christine Cheng, Brian Clark, Jennifer Matekuare, Thomas Novotny, MD, MPH, Ma Krisanta Pamatmat, MPH, Jessica Safier, MA, Catherine Saucedo, and Aria Yow, MA.



Healthy Planet, Healthy Lives

Earth Day 2022: April 22

"Invest in our Planet" https://www.earthday.org/



ABSOLUTELY NO SMOKING ON TRAILS

World No Tobacco Day: May 31

"Tobacco's threat to our environment" <u>https://www.euro.who.int/en/media-</u> <u>centre/events/events/2022/05/world-no-tobacco-day-2022-</u> <u>tobaccos-threat-to-our-environment</u>



Cigarette butts are among the most commonly discarded pieces of waste globally.



Stop Toxic Tobacco Waste

The Sierra Club website also has information about tobacco waste: <u>https://www.stoptoxictobaccowaste.org/</u>

Thank you to our funders





Housekeeping

- All participants will be in listen only mode and the audio will be streaming via your computers.
- Please make sure your computer speakers are on and adjust the volume accordingly.
- If you do not have speakers, please click on the link, 'Listen by Phone' listed on the left side of your screen, for the dial-in number.
- This webinar is being recorded and will be available on SCLC's website, along with a PDF of the slide presentation.
- Use the 'ASK A QUESTION' box to send questions at any time to the presenter.



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I COVID QUIT!

Launched March 31, 2021



- SCLC's own campaign funded by Robert Wood Johnson Foundation
- Real people sharing their UNSCRIPTED experiences of improved mental health after quitting smoking—and they did it during the COVID-19 pandemic!
- FREE videos, digital images and toolkit for your use at ICOVIDQUIT.org
- We continue to seek and share more stories, particularly from those who represent underserved communities! Please email <u>anita.browning@ucsf.edu</u> if you would like to share a story



Today's Presenter

Thomas E. Novotny, MD, MPH

Professor Emeritus

San Diego State University School of Public Health





Joining Environmental and Health Advocacy to Reduce Tobacco's Burden on People and Ecosystems

Thomas E. Novotny MD MPH

April 14, 2022





www.cigwaste.org

Overview of Today's Webinar

- Overview of tobacco's impact on the environment
 - 'Lifecycle' effects on environment
 - Focus today on tobacco product waste (post-consumption) = TPW
 - Economic cost study in progress
- Discuss policy approaches to TPW
 - Upstream
 - Midstream
 - Downstream
- Banning sale of filtered cigarettes
- Tobacco industry response to environmental concerns

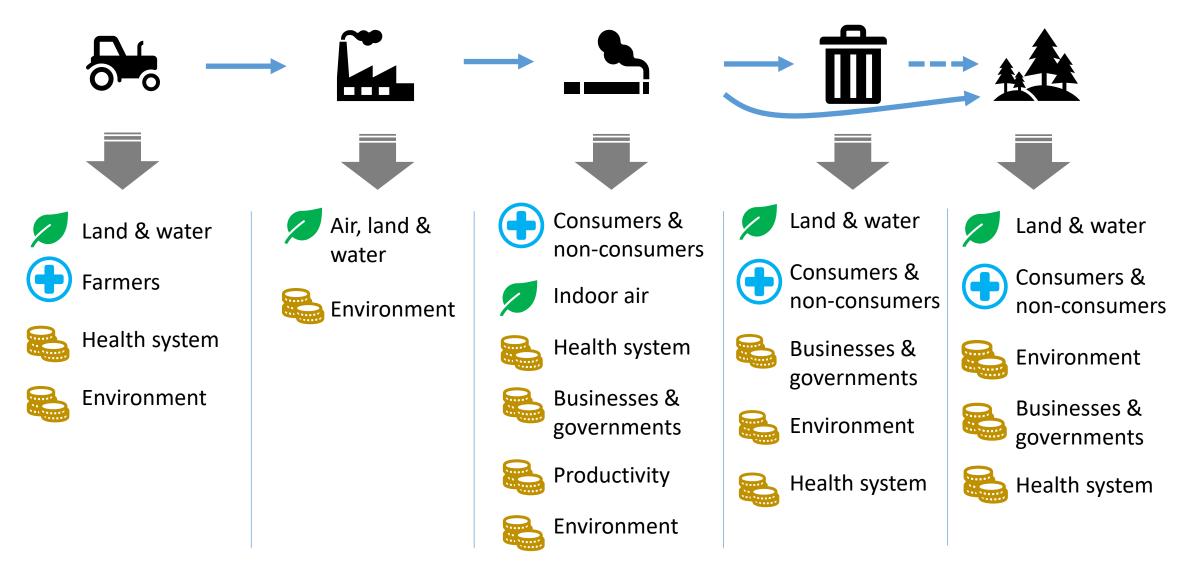
Why is this issue relevant today??

- *Earth Day* is April 22
- World No Tobacco Day is May 31 •
 - Theme: Environment and tobacco
- California, New York, some countries considering laws to ban sale of filtered cigarettes
 - Growing concern for microplastics in the environment
 - European Union directive on single use plastics
 - California legislation to address microplastics in aquatic biomes
 - Tobacco Endgame: New approaches to ending tobacco epidemic

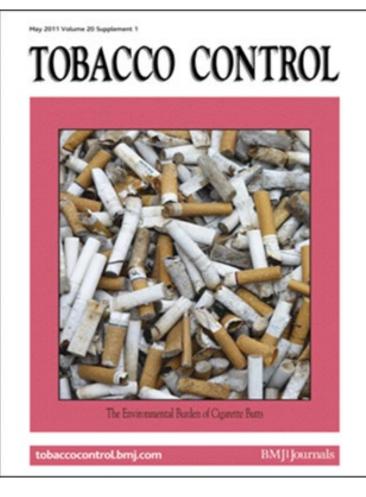




Tobacco's Lifecycle Impacts on the Environment



Tobacco Control Supplement 2011 TPW (Cigarette Butts)



- Smith & Novotny: Whose butt is it? tobacco industry research about smokers and cigarette butt waste
- Schneider et al.: Tobacco litter costs and public policy: a framework and methodology for considering the use of fees to offset abatement costs
- Harris: The intractable cigarette 'filter problem'
- Healton, Cummings, et al: Butt really? The environmental impact of cigarettes

Tobacco Product Waste and the Environment

Cigarette butts are harmful to marine life!

Cigarette butts are the **No. 1** littered item found on beaches and waterways worldwide

>30% of all beach litter

10-20% of small urban litter

(by number of items)

Top Ten Items Picked Up Over 27 Years of Coastal Cleanup

ltem rank	Item	No. of Debris Items	Percentage of Total Debris Items
1	cigarettes/filters	52,907,756	32%
2	food wrappers/containers	14,766,533	9%
3	caps, lids	13,585,425	8%
4	cups, plates, forks, knives, spoons	10,112,038	6%
5	beverage bottles (plastic)	9,549,156	6%
6	bags (plastic)	7,825,319	5%
7	beverage bottles (glass)	7,062,199	4%
8	beverage cans	6,753,260	4%
9	straws/stirrers	6,263,453	4%
10	rope	3,251,948	2%
Top ten total debris items		132,077,087	80%
Total debris items worldwide		166,144,420	100%

Source: Ocean Conservancy

How much trash is that?

- 5.6 trillion cigarettes smoked each year globally, ? >4 trillion dumped somewhere each year
- 99.7% of commercial cigarettes sold in US are filtered, mainly with cellulose acetate filter
- Weight of 20 cigarette filters is 3.4 gm;
- Estimated discarded butt waste from U.S. cigarette consumption (280 billion) is about <u>49 million kg</u>
- Does not include packages, lighters, matches, and other tobacco products (cigars, e-cigs, and smokeless tobacco pouches).

Public Nuisance vs Hazardous Waste



-Can be ingested by children or other living creatures

-Degrades natural and urban environments

-Laboratory/field toxicity studies

Laboratory Studies

Ecotoxicological Assessments

- Toxic to Vibrio fischeri (gram-negative marine bacterium)
- EPA aquatic invertebrate acute toxicity test: "biohazard to the water flea (*Daphnia magna*),at >0.125 CB/L..." (nicotine and ethyl phenol likely chemical toxins)
- 5 CB/L resulted in 100% mortality rate in tide pool snails after 8 days of exposure
- Metals: aluminum, barium, cadmium, chromium, copper, iron, lead, manganese, nickel, strontium, titanium, and zinc. (Moerman and Potts 2011)
- Bioaccumulation: Invertebrates (ragworm), rainbow trout and marine mussel (publications in submission)

The SDSU Fish Toxicity Study

Topsmelt- Marine Fathead Minnow- Freshwater



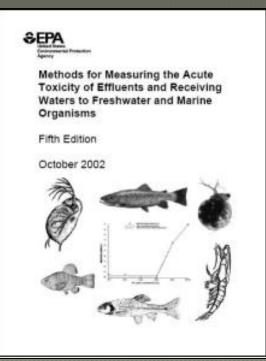


Photos: Elli Slaughter, MPH (2010)



Acute Toxicity Testing Marine and Freshwater Fish

- EPA-821-R-02-012: Standard EPA protocol for acute testing with marine and freshwater organisms
 - Length: 96 hours
 - Endpoint: Survival



Smoked cigarette filters + tobacco



Smoked cigarette filters



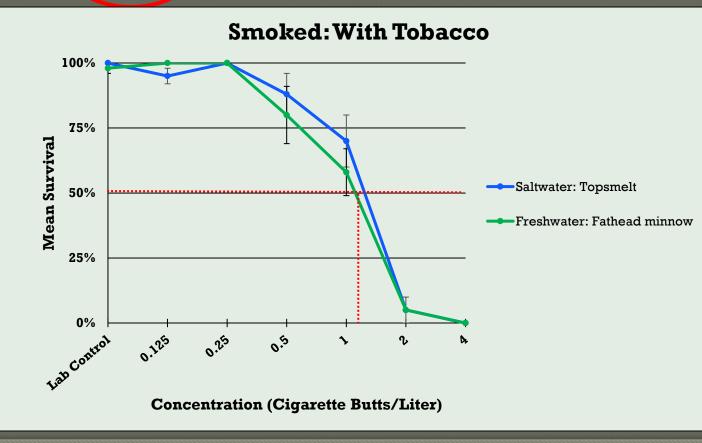
Unsmoked cigarette filters







LC50: 1 butt/L



Field Studies

- Polycyclic aromatic hydrocarbons (PAHs) found in urban environments, river banks, roadsides, beaches
- Nicotine: 1 CB may contaminate 1000 L water to concentrations
 >predicted 'no effect' concentration of 2.4X10⁻³ mg.L⁻¹
- Nicotine detected in river samples downstream from waste water treatment plants, up to 1.9X10⁻³ mg.L⁻¹
- UC Santa Barbara project to assess impacts on Natural Reserve Areas
 under UC administration
 - Non-targeted analysis of waters, sediment, soil show signs of tobacco and cannabis chemical contamination (mostly near urban areas)

Evidence from Human and Animal Poison Centers

- Children and pets are indiscriminate eaters
- 4400 cases of cigarette or butt ingestion among children <6 y/o in 2002-07
- E-cig poisonings increased from 121 in 2011 to 4,000 in 2014
- Veterinary reports rare (n=846 in 2005-10, mostly dogs)





Other Possible Human and Animal Health Impacts

- Sublethal effects:
- Estrogenicity, tumorogenicity, and teratogenesis.
- **Bio accumulation:** in the environment and food chain.
- **Biotransformation:** Toxic chemicals (e.g., nicotine) can transform to carcinogenic tobacco specific nitrosamines (TSNAs)



Audobon Magazine, 2019



Potential Pathways of TPW to Human Health Risk

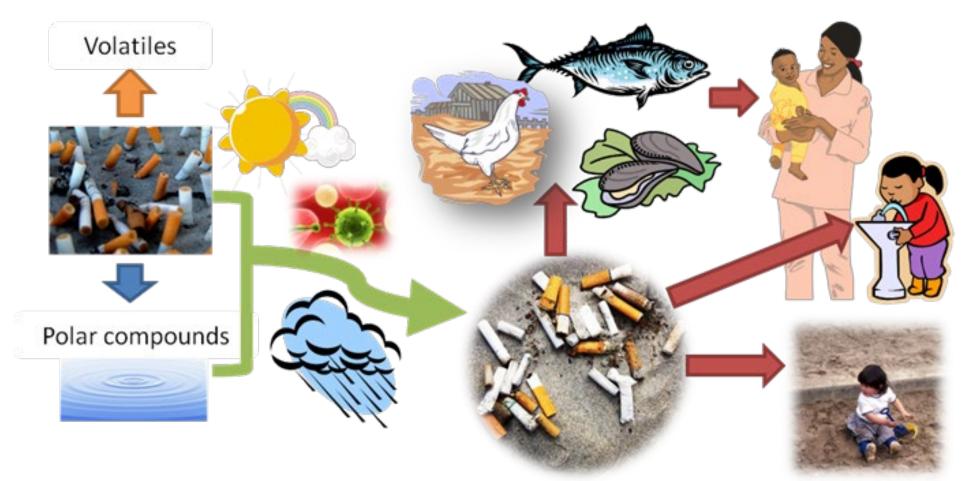
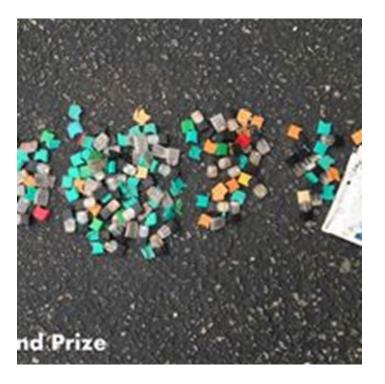


Image courtesy of Eunha Hoh, 2011

E-Cigarette Waste

• Electronic Cigarettes

- Components littered into the environment, especially around schools: hazardous waste 'generators'
- Littered e-liquid reservoirs a potential source of nicotine
- E-liquids contain flavorings with unknown and toxic chemicals
- Littered electronic components may leach metals into environment



E-cigarette waste collected From Bay Area middle and high school grounds (MMWR 2020)

E-cigarettes are hazardous waste



"... without controls on the concentration of nicotine in e-cigarettes and e-liquids or FDA's approval of these products as being safe and effective for people to use... the Agency <u>cannot</u> <u>support exempting e-cigarettes and</u> <u>nicotine-containing e-liquids from the ..</u> <u>. listing</u>."

--84 Fed. Reg. 5816, 5826 (2019)

The Resource Conservation and Recovery Act (RCRA) applies to ENDS waste.

Hazardous wastes are wastes with

properties that make them dangerous or potentially harmful to human health or the environment.

Value of Economic Studies in Tobacco Control

- MMWR July 8, 1994: *Medical-Care Expenditures Attributable to Cigarette Smoking -- United States, 1993*
 - Estimated smoking-attributable costs for medical care in 1993 were \$50.0 billion (yearly)
 - Direct and indirect costs >\$100 billion
- Public Health Reports, Sept 1998: State Estimates of Total Medical Expenditures Attributable to Cigarette Smoking, 1993
 - 11.8% of total national medical costs

- The MSA 1998: master settlement agreement between major tobacco manufacturers and the US states
- Major companies pay the states an average of \$10 billion per year for the indefinite future
- Established the Truth Initiative and UC San Francisco Truth Documents Library
- Current research project (Cal Tobacco Control Program): Developing a model to estimate environmental economic costs of TPW at community level

Direct Costs

Straightforward in theory--

- Implementation of litter regulations;
- Litter prevention (code enforcement; courts);
- Mechanical street sweeping;
- Manual street & sidewalk cleaning;
- Manual area cleanup (e.g., parks, beaches, bodies of water);
- Stormwater systems clean out; Stormwater & wastewater treatment

Issue: Not all these data are collected in every location, so we will have to estimate some of these data and/or use proxies.

Secondary Costs

- Willingness to pay (WTP) is the maximum dollar amount a stakeholder would pay for environmental goods or services.
 - \circ $\,$ Economists use WTP to measure the benefits from providing goods or services $\,$
- Challenging in the case of TPW
 - No market for TPW cleanup
 - Difficult to assess community's willingness to pay
- Other secondary costs that will need to be estimated include: human health and occupational risks, ecological damages, land cleanup and reuse impacts on nearby communities (*ecosystem services*)

The Costs of Tobacco Product Litter: Calculating Costs and Abatement Fees in San Francisco



John E. Schneider, PhD Oxford Outcomes, Inc.

23

Maximum Permissible Fee

Calculation of Per-Pack Maximum Permissible Fee

Measure	Estimate
Cigarette Packs Purchased in SF (2008)	30,611,026
Total Litter Mitigation Costs (2009) ^a	\$7,487,916
Total Litter Mitigation Costs Adjusted for In- migration (2009) ^b	\$6,649,270
Total Litter Mitigation Costs per Pack (2009)	\$0.22

Sources and Notes: (a) from Table 2 Column [4]; (b) assumes commuter and tourist visitors to San Francisco purchase 50% of their cigarettes outside of San Francisco, resulting in an 11.2% reduction in mitigation costs associated with TPL purchased within the boundaries of the City.

Online Simulation Model to Estimate Total Costs of TPW in Large US Cities*

Methods

- Negative economic externalities created by cigarette smoking
- City population, smoking prevalence rates, and per capita litter mitigation costs.
- Data sources: Keep America Beautiful cleanup data, EPA, Behavioral Risk Factor Surveillance System
- Excluded ENDS and other products
- Not sensitive to variations in population's propensity to litter.

Results

- Direct deterrence and abatement costs
- Mean TPW-attributable costs: <u>\$4.7-</u> <u>\$90 million/yr per city</u>.
- Proportional to population size, but also dependent on prevalence of smoking
- Total TPW cost for 30 cities: <u>\$264.5</u> <u>million/yr</u>.





TPW Environmental Costs CA Tobacco Control Program Project

- Direct:
 - Marginal costs of cleanup and disposal estimated from total litter cleanup costs and number of cigarettes sold in jurisdiction as an attributable fraction estimate
- Secondary:
 - Impact of litter on businesses and tourism
 - Quality of life
 - Human health effects
 - Ecological services



Current TPW Mitigation Efforts

- Awareness raising for smokers and non-smokers
 - PR Campaigns
 - Social Media campaigns
 - Butt cleanups/waste bins
- Banning outdoor smoking
 - Beaches, parks, restaurants, streets



- Anti-litter law (fines of up to \$1000 per event)
- Litter fees (San Francisco is now \$0.75 per pack)
- Take back and recycling?

What is the problem with these interventions?

- Litter laws not enforced;
- Outdoor smoking bans poorly enforced;
- Most smokers (or nonsmokers) do not know filters are made of plastic;
- Two-thirds of smokers admit to discarding butts inappropriately;
- Many smokers still believe filters protect them from smoking.



Policy options to address TPW Upstream Solutions

- Upstream solutions aim to fundamentally shift consumption
 patterns
 - General sales restrictions or specific product bans
 - Hazardous waste or materials-based sales restrictions
 - Limiting retailer density
 - Comprehensive educational campaigns

Policy options to address TPW Midstream Solutions

- *Midstream* solutions impose additional costs or regulatory costs on the consumption or retail of tobacco products
 - Mitigation fees and/or taxes
 - Deposit/return schemes
 - Hazardous waste or materials laws
 - Tobacco product use restrictions
 - Extended Producer Responsibility/Product Stewardship
 - Labeling

Policy options to address TPW Downstream Solutions

- Downstream solutions mitigate, manage, or propose ways to clean up TPW after it has been created, often imposing costs on the public
 - Cleanups
 - Waste receptacles
 - Biodegradable filters
 - Litigation
 - Litter-focused educational campaigns
 - Recycling

Banning Sale of Filters and Other 'Disposable' Tobacco Products



Photo by Chris Register, Clean Virginia Waterways

- Made of cellulose acetate, a nonbiodegradable plastic;
- Cigarette filters are specifically designed to accumulate particulate smoke components including toxic chemicals....that leach out into the environment;
- Biodegradable filters are not marketable and would increase TPW.

Single Use Plastics and the Cellulose Acetate Filter

- June 5, 2019, EU Council and Parliament adopted Directive (EU) 2019/904
 - Requires tobacco manufacturers and importers to participate in extended producer responsibility (EPR) costs of the collection and cleanup of butts
 - Considered product change, but ruled that the tobacco industry would be responsible for reducing butt littering.
 - Implemented through campaigns, public ashtrays, and pack labels.
- San Francisco Estuary Institute Urban Runoff Study
 - Cellulose acetate was one of the dominant fiber polymers identified in San Francisco Bay Area urban runoff;
 - Cigarette butts are likely the main source of these cellulose acetate fibers;
 - Still not possible to differentiate filter vs other sources.

'The Filter Flim Flam' Robert Proctor's *Golden Holocaust*

- Main purpose of the cigarette filter for tobacco industry:
 - to lower the cost of manufacturing (cellulose acetate is cheaper than tobacco leaf);
 - to keep tobacco bits from entering the mouths of smokers;
 - to convince people into thinking that filtered brands were somehow 'safer' than unfiltered brands.

- 'Safer cigarette': Fraudulent marketing tool;
- Light, low tar terms now prohibited.



Filters Are a Health Risk, Not Health Protection

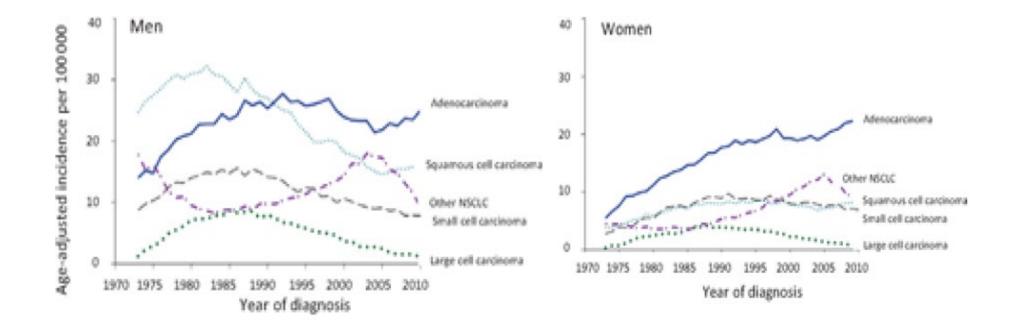
• 2001 Natl. Cancer Institute, Monograph 13:

"Epidemiological and other scientific evidence...does not indicate a benefit to public health from changes in cigarette design and manufacturing over the last fifty years."



- 2014 US Surgeon General's Report: "The evidence is sufficient to conclude that the increased risk of adenocarcinoma of the lung in smokers results from changes in the design and composition of cigarettes since the 1950s."
- Novotny et al, *Curr Env Health Rep* 2014: Filters make it easier to smoke, to inhale more deeply, and to defraud the smoker into thinking he/she is doing 'something' to prevent cancer

Adenocarcinoma Incidence Increases, 1970-2010



Source: Song et al., 2017

What Happens When Smokers Can't Smoke Filtered Cigarettes?

- Cross-over clinical trial of filtered vs. unfiltered cigs.
- Smoke fewer cigarettes/day;
- Worse taste, less satisfaction, less enjoyment, more aversion, more harshness, and negative reinforcement with unfiltered cigarettes;
- Urinary cotinine levels did not differ;
- Carcinogen biomarker measurements are pending.



Adult filter knowledge and support for litter fee

Methods

- Truth Initiative Sponsored Study (APHA 2020)
- 2018 Ipsos Knowledge Panel adults 18-64 yrs (n=2797)
- Beliefs on filter effects, knowledge of filter composition, support for banning sales of filtered cigarettes, support for adding \$0.75 litter fee

Results

- Knowledge: 71% did not know filters were plastic, 20% thought filters biodegradable
- Beliefs: 23% reduce harm, 60% make it easier to smoke, 90% harm environment
- Lower support for filter ban for those believing less harmful and easier to smoke
- Believing environmental harm associated with support for fee
- Belief in less harm and biodegradability associated with less support for fee

Youth perceptions of filter impact on environment and behaviors

Methods

- Stanford Univ., Wave 6 of longitudinal study AYA (16-23 yrs), n=429
- Butts harmful to environment, filters biodegradable
- Filters make cigarettes less harmful, easier to smoke
- Unfiltered cigarettes less likely to be attractive to children or impact quitting
- Composition of filters
- Support for ban on filtered cigs

Results

- 73% filters harm environment, 10% thought biodegradable, 43.1% knew plastic
- 38.9% believed less harm, 47.5% easier to smoke
- 20% believe no impact on cessation
- 42.7% believe unfiltered cigs less attractive to children
- Belief in environmental harm associated with ban on filtered cigs

Assessing the Tobacco Industry's Response

- Altria funds 29 US
 Environmental Groups
 - The Nature Conservancy
 - National Fish and Wildlife Foundation
 - Ocean Conservancy
 - American Rivers
 - Rainforest Alliance

Keep America Beautiful





Generous support from Philip Morris USA over a three-year period made the research and development of the Guide to Cigarette Litter Prevention possible.



Tobacco industry's "initiatives and programs": Sponsoring "clean ups"



https://www.pmi.com/sustainability/reducing-plastic-litter



 Who We Are 〈 What We Do 〈 Take Action 〈 What's Happening 〈 #DoBeautifulThings

 Home < Programs & Initiatives > Great American Cleanup

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 The Keep America Beautiful® Great American Cleanup® is the nation's largest

 Community improvement program, which takes place annually in an estimated

 15,000 community events nationwide.

 National State American Cleanup

 Bate Action Cleanup



Local tobacco industry's "initiatives and programs": "Recycling" support





Cigarette Waste Receptacles

You can order exclusive receptacles designed specifically for recycling cigarette waste in your community or at your business location.

Receptacles are perfect for standardizing cigarette recycling in small or large-scale outdoor environments. These metal receptacles can be equipped with steel bolt bands for flexible placement at your



Best practices for recycling

bands for flexible placement at your https://www.terracycle.com/en-US/brigades/cigarette-waste-recycling

Click here for more information.



PMI Launches "Our World Is Not an Ashtray" Initiative

Aims to Halve Plastic Litter from Products by 2025*

- 25% of adult smokers reported they throw butts on the ground because they "think it is a normal way to dispose of a cigarette."
- 75% thought that cigarette filters are made proprior paper; A M 13% thought made of plastic
- Working with NGOs/Tech: <u>Litterati</u>, <u>Cortexia</u>, and <u>CARTO</u> to mobilize 'volunteers'

*Business Wire July 16, 2020



- Make cigarette butt littering socially unacceptable
- Increase scale and reach of volunteer participation in cleanup activities

A RR charse field responsible disposal habits, launching general population education programs, and cooperating with governments and local authorities to ensure there is an adequate waste disposal infrastructure."

PMI Anti-Littering Metrics



Year	2019
Number of anti-littering initiatives conducted	54
Number of affiliates with anti-littering strategy developed	31
Number of affiliates participating in World Cleanup Day	31
Number of participants to World Cleanup Day (PMI employees and other volunteers)	3,962
Number of cigarette butts collected during World Cleanup Day	827,160

In 2019, 4.5 trillion butts were littered globally

Recommendations for Dealing with Tobacco Industry

- Policies should address the industry as the source of tobacco product waste, NOT as a stakeholder;
- Environmental impact assessment of new products needed (FDA);
- Question environmental commitments of the tobacco industry: agriculture, production, product stewardship;
- Resist any partnerships with industry or affiliates;
- Point out lack of evidence for industry-sponsored environmental efforts.

What's Next?

- Public Health Law Center Toolkit
- Legislation
 - California: AB1690 (now excludes ban on filtered cigs but bans e-cig discards)
 - New York: S1279: Tobacco
 Product Waste Reduction Act
 - Ban smoking in all public spaces?
 - Local bans on filtered cigarette sales?

- Litigation
 - public nuisance theories used in lead paint and opioid contexts (e.g. JUUL lawsuit brought by State of California)
 - Hazardous waste law?
 - Clean Water Act requirements (capture items >5 mm in storm drains)
 - Plastics
- Limit retailer density

We Need Clear Messages







CIGWASTE.ORG



Photo: Courtesy of Surfers Against Sewage, UK



• Submit questions via the 'Ask a Question' box







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Free 1-800 QUIT NOW cards





✓ Refer your clients to cessation services



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- You will receive the following in our post webinar email:
 - ✓ Webinar recording
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 - ✓ Information on certificates of attendance
 - ✓ Other resources as needed

All of this information will be posted to our website at <u>https://SmokingCessationLeadership.ucsf.edu</u>











SCLC's next live webinar is on

SAMHSA State Leadership Academies Successes

with state public health representatives from **Maryland and Minnesota**

- Thursday, May 26, 2022, 2:00 3:00 pm EDT
- Registration will open next week





Contact us for free technical assistance



- Visit us online at smokingcessationleadership.ucsf.edu
- Call us toll-free at 877-509-3786
- Provide Feedback Copy and paste the post webinar survey link: <u>https://ucsf.co1.qualtrics.com/jfe/form/SV_9AzUpd6FRnQUG4C</u> into your browser to complete the evaluation!

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