

New Castle Community Wellness Initiative

New No-Smoking Policy to go into effect in all City Parks

Even if you have never touched a cigarette, you can still suffer the consequences of smoking, which includes lung disease, cancer, and heart disease, among other horrible conditions. The smoke that comes from a burning cigarette and the smoke exhaled by the person smoking contain the same hundreds of toxins as smoke directly inhaled, including at least 50 cancer-causing substances (U.S. Department of Health and Human Services, 2010). Furthermore, the effects of second-hand smoke are far worse for children, in part because their lungs are still growing.

The City Council of New Castle has recently taken a stand for clean air by approving a new No-Smoking policy to go into effect this summer in all City Parks. With support from the Battery Park Commission, the no-smoking policy will include Buttonwood, Penn Valley, Susi, Bull Hill, Van Dyke, and Dobbinsville Parks, and the Battery Park Playground, Basketball courts and Public Restrooms. This community supported policy will be communicated through signage and other marketing materials. The effort will not only help protect park patrons, but will also set a positive example for young people in our community.

The New Castle Wellness Initiative, which began earlier this year, has had the support of over 15 community residents and leaders representing local schools, businesses, and other organizations to serve on the Wellness Team. This group is currently laying the foundation for a Community Wellness Action Plan, through preliminary assessments of existing conditions in our community. Many of the volunteers have volunteered to complete assessments of the city's parks to create a baseline of data to measure the impact of the no-smoking in parks policy.

Ultimately, the assessments and Wellness Plan aim to make living a healthy lifestyle easier.

If you have a suggestion for improving community health, would like more information about the Wellness Initiative, or would like to get involved, contact Andrea Trabelsi (302-655-7275; atrabelsi@delawaregreenways.org).