



**Japan Society for Tobacco Control**

**日本禁煙学会**

<http://www.jstc.or.jp/> E-mail [desk@nosmoke55.jp](mailto:desk@nosmoke55.jp)

〒162-0063 東京都新宿区市谷薬王寺町 30 -5-201

Tel 03-5360-8233 FAX 03-5360-6736

## Letter of thanks

Mr. Tani Shin, President of Skylark Holdings

26 March 2019

Mr. Manabu Sakuta,

Chairperson of Japan Society for Tobacco Control,

General incorporated association

According to newspaper reports, this year your company asked approximately 3200 Gusto, Jonathan and other domestic stores to become totally smoke-free from September 2019.

For this special feat, all of the members at the Japanese Society of Tobacco Control wholeheartedly approve and want to present a letter of thanks.

The reasons are as follows.

1. For people exposed to environmental tobacco smoke or passive smoking, the mortality rate is 14%-75% higher than for people who are not exposed.
2. There is no safe level of exposure to passive smoking.
3. Passive smoking has a significant effect on the health of the infants, children, pregnant women, nursing mothers and the elderly.
4. Two-thirds of Japanese food service workers are people who particularly need protection from passive smoking (8% minors, 23% young women, 35% middle-aged and elderly people).

In addition, heated or heat-not-burn tobacco should be regulated in the same way as traditional tobacco cigarettes. Nicotine increases the risk of cerebral infarction (stroke), myocardial infarction, and according to the Nanzandō Study of Smoking Cessation (Third Edition), nicotine from tobacco is also carcinogenic. The WHO (World Health Organization) Framework Convention on Tobacco Control, 8th Conference of the Parties (Geneva, 2018) decided that new devices including those that heat tobacco should be regulated in the same way as traditional tobacco cigarettes.

Upon ending smoking in stores, we believe that the clientele and the type of primary customer of domestic and foreign family restaurants will shift toward families and female patrons. Females smoke at much lower rates in Japan than males, at only about 7%-10%. According to a survey of 10,000 people in 2017 by Professor Kawamata Mikio at Kyushu State University of Nursing and Social Welfare University, the number of people who wanted

to avoid smoking and separated smoking stores was four times the number of people wanted to avoid non-smoking stores.

As a chain of restaurants that represents Japan, your group has chosen to save many lives. Therefore, our society presents this letter of thanks.