

Smokefree San Dieguito

Newsletter - Fall 2026

San Dieguito Alliance for Drug Free Youth



Cigarette Butts are the #1 Trash Item Found on Beaches Worldwide

They pollute the marine environment with microplastics from plastic cigarette filters and toxic chemicals including arsenic and nicotine, a neurotoxin.

DID YOU KNOW?

E-cigarettes are classified as
TOXIC WASTE.

- They contain liquid nicotine salts which are highly toxic and can poison people or wildlife through ingestion or contact with skin.
- They contain lithium-ion batteries which can short circuit and cause fires if crushed in a garbage truck, compactor, or recycling machinery.
- The devices contain circuit boards, wires, metals, and plastics. These can leach highly dangerous lead.
- When littered, e-cigarettes can break apart, putting microplastics, nicotine, and battery-related pollution into the environment where it can harm birds, animals, and marine life and people.

Sources: Environmental Protection Agency, Truth Initiative, and National Institutes of Health



This bin contains 1,984 cigarette butts collected in a two-day period on Vulcan Ave. and Highway 101 in Encinitas, prior to enactment of the Encinitas Outdoor Public Places ordinance.

On September 15, 2026, the City of Corte Madera, CA approved a ban on the sale of ALL tobacco and nicotine products, except for FDA-approved cessation aids. In approving the new law, Councilmember Eli Beckman noted that all community members share the exorbitant healthcare costs associated with tobacco use, regardless of their own use, stating that tobacco products are a burden on every facet of the community.

Previously, the CA cities of Beverly Hills, Tiburon, and Ross approved retail sales bans with limited exceptions.

To learn more about the Smokefree San Dieguito project, contact us at smokefreesandieguito@gmail.org or visit www.sandieguitoalliance.org



Congratulations to The Changers, San Dieguito Alliance's youth advocacy group. They were recognized by the San Diego County Tobacco Free Coalition for outstanding work against tobacco product waste and secondhand smoke. The Changers conducted assessments of the 2026 San Diego County Fair and gave a report to the Del Mar Fair Board on enforcement of its smokefree/vapefree policy with recommendations for improvements.



Thanks to all who came to La Colonia Community Park for the San Diego County Sheriff's Department "National Night Out," along with the Solana Beach Fire Department and Marine Safety.



San Dieguito Alliance met many new friends and shared information on substance use prevention, secondhand smoke, smokefree multi-unit housing benefits, and tobacco product waste reduction.



For free help to quit tobacco visit the **Kick It California Quitline** at www.kickitca.org/quit-now or call 1-800-300-8086 (English) or 1-800-600-8191 (Spanish)

Thinking about quitting marijuana? Kick It California offers a free support program for Californians ages 13-19.

*"Smokefree San Dieguito is a partnership between San Dieguito for Drug Free Youth and the CA Department of Public Health Program "Ending California's Tobacco Epidemic in Every Community."
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