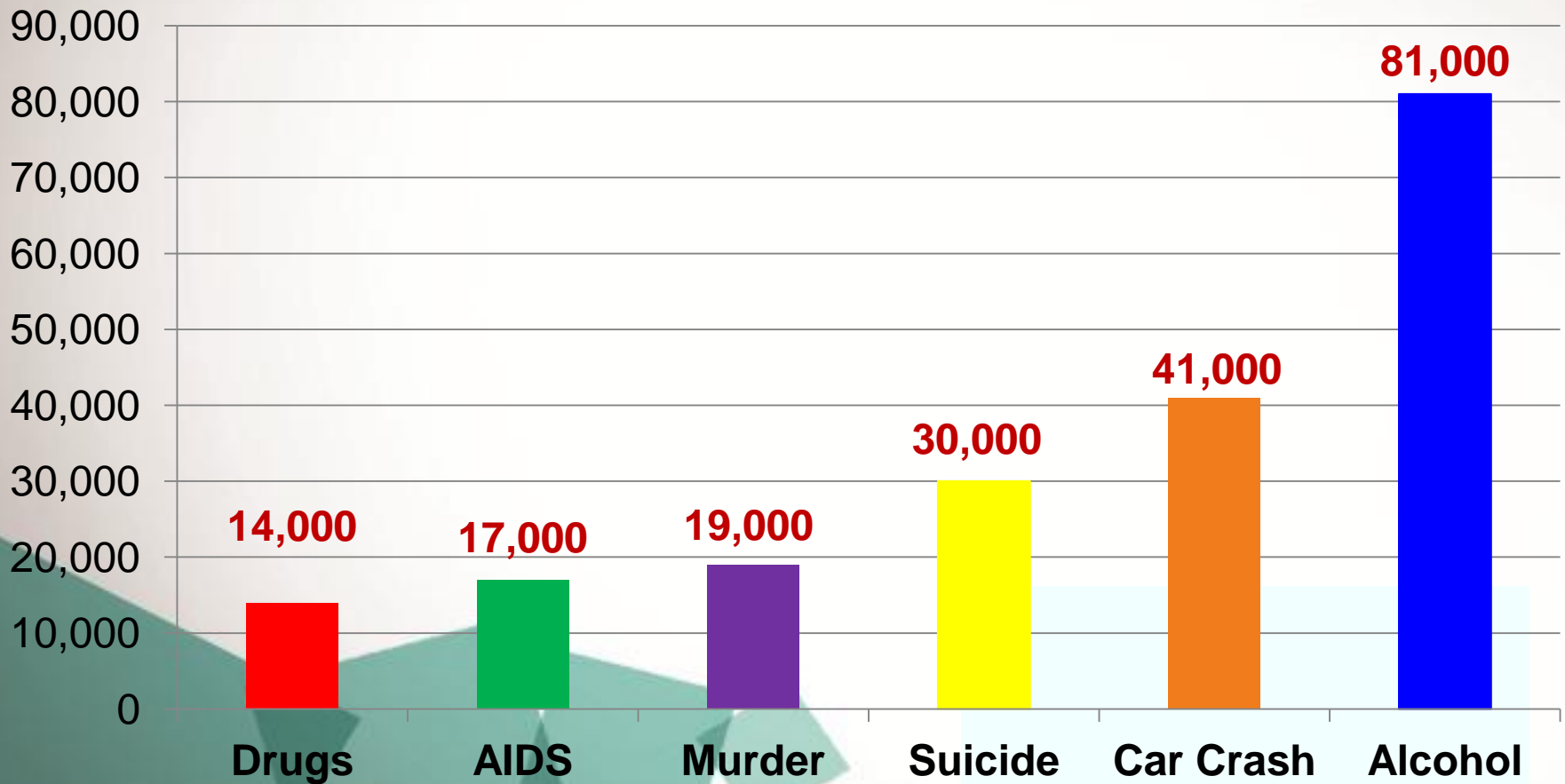


Taking Your Campus Tobacco-free

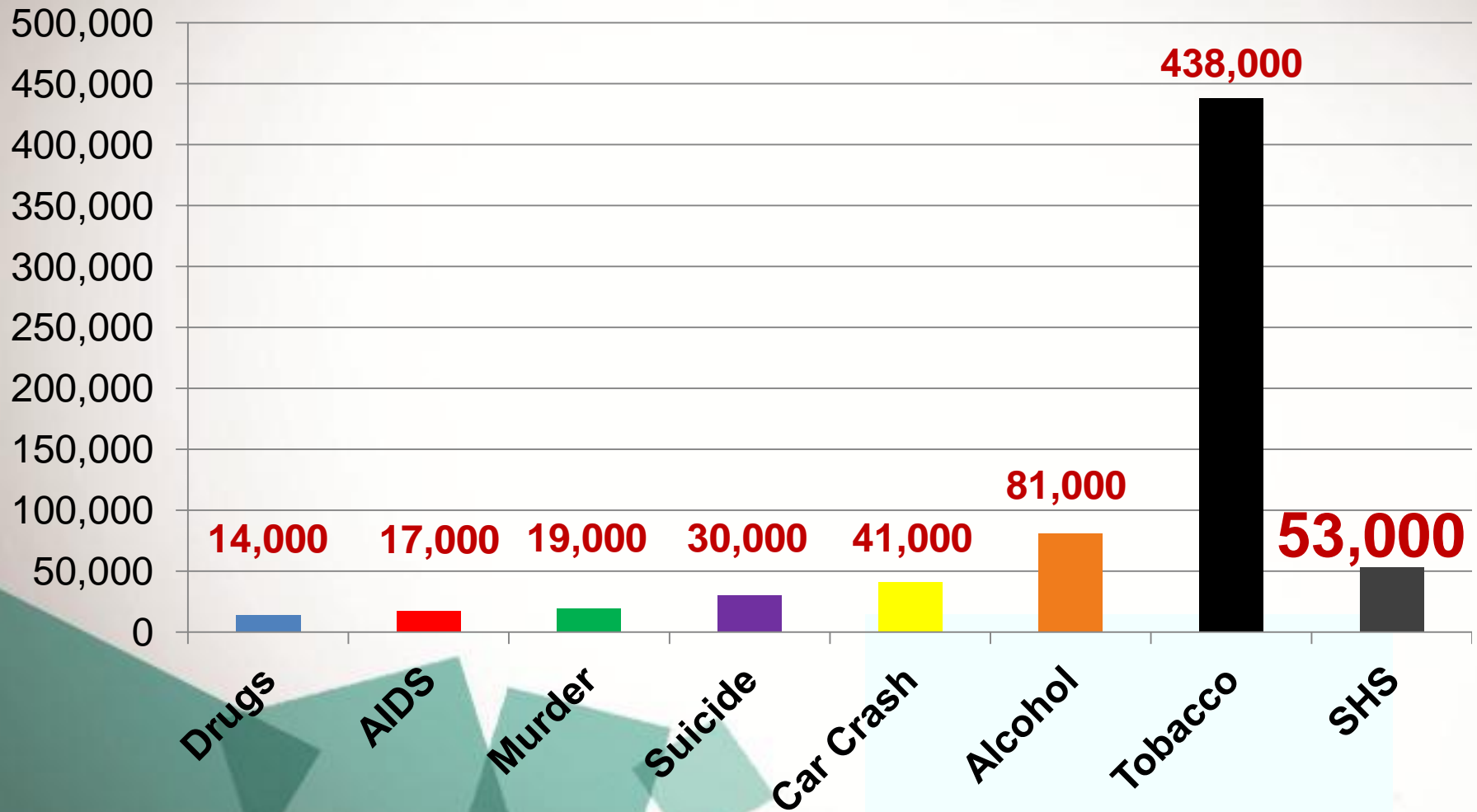
Protecting Students and Staff from Secondhand Smoke



Common Causes of Death in the U.S. Per Year

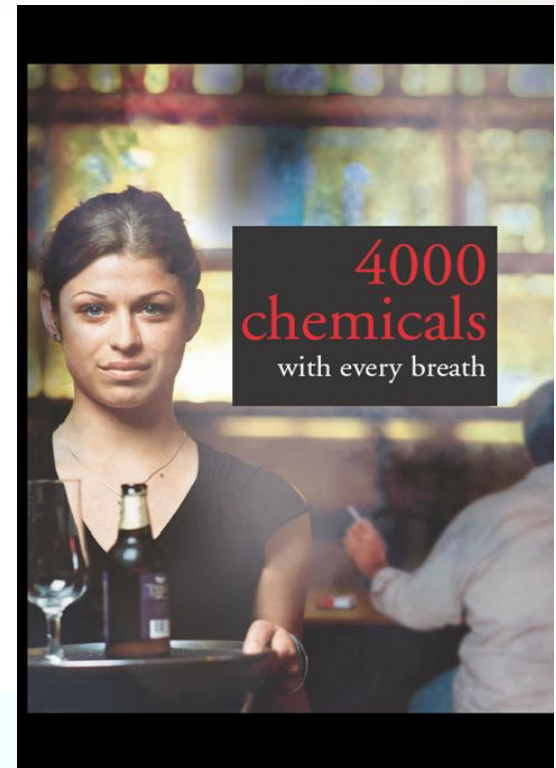


Tobacco: Number 1 Killer



SMOKING MORBIDITY AND MORTALITY IN THE U.S.

- Tobacco use is the single most preventable cause of disease and death in the nation.
- More than **438,000 deaths** a year are due to **smoking** and **secondhand smoke** exposure.³
- There are approximately **8.6 million** people living with smoking-related illness.⁴



Reference: CDC 2003

Toll of Tobacco in Alabama

Alabama has the 7th highest adult smoking rate in the nation.

- 22.6% of adults in Alabama are current cigarette smokers.
 - 25.7% of males smoke
 - 19.7% of females smoke
- 11.1% of mothers reported smoking during pregnancy.
- 7.0% of middle school students are current smokers (2010).
- 18.6% of high school students are current smokers (2010).

Student Facts

- College students are particularly prone to taking up social smoking.
- Most believe their casual tobacco use is harmless and that they will not become addicted.
- Most college students believe they will quit when they graduate.
- 90% of smokers start by 19 years of age.

What is “Secondhand Smoke?”



SHS is a combination of smoke from a burning cigarette, pipe, or cigar and smoke exhaled by the smoker.

- Contains at least 250 toxic chemicals, including more than 50 that can cause cancer.
- When you breathe secondhand smoke, it is like you are smoking
- 820 Alabama nonsmokers die each year from the exposure to SHS

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Cancer-causing Chemicals



Formaldehyde
Used to embalm dead bodies



Benzene
Found in gasoline



Polonium 210
Radioactive and very toxic



Vinyl chloride
Used to make pipes

Poison Gases



Carbon monoxide
Found in car exhaust



Hydrogen cyanide
Used in chemical weapons



Ammonia
Used in household cleaners



Butane
Used in lighter fluid



Toluene
Found in paint thinners

Toxic Metals



Chromium
Used to make steel



Arsenic
Used in pesticides



Lead
Once used in paint



Cadmium
Used in making batteries

What's in it?

- more than **7,000** chemical compounds
- **69** cancer-causing poisons!

Diseases Caused by Secondhand Smoke

Children

*Brain tumors**

Middle ear disease

*Lymphoma**

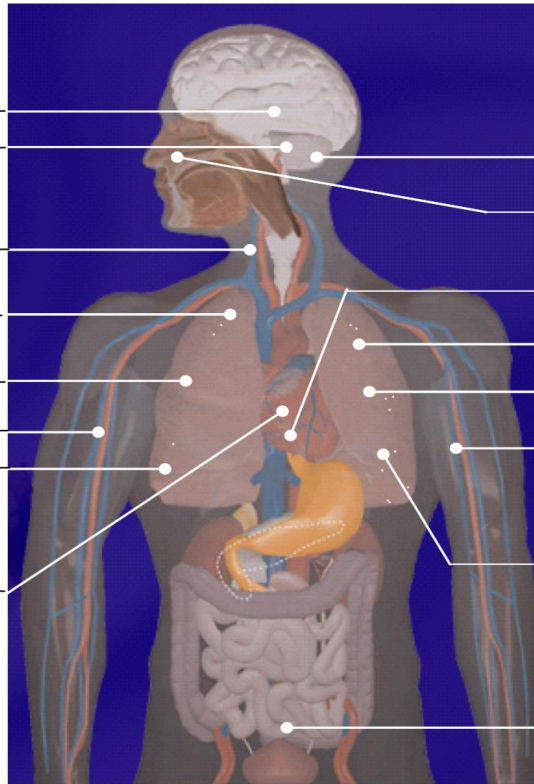
Respiratory symptoms,
Impaired lung function

*Asthma**

*Leukemia**

Lower respiratory
illness

Sudden Infant Death
Syndrome (SIDS)



Adults

*Stroke**

Nasal irritation,
*Nasal sinus cancer**

Coronary heart disease

*Breast cancer**

Lung cancer

*Atherosclerosis**

*Chronic obstructive
pulmonary disease (COPD)*,
Chronic respiratory
symptoms*, Asthma*,
Impaired lung function**

Reproductive effects in
women: Low birth weight,
*Pre-term delivery**

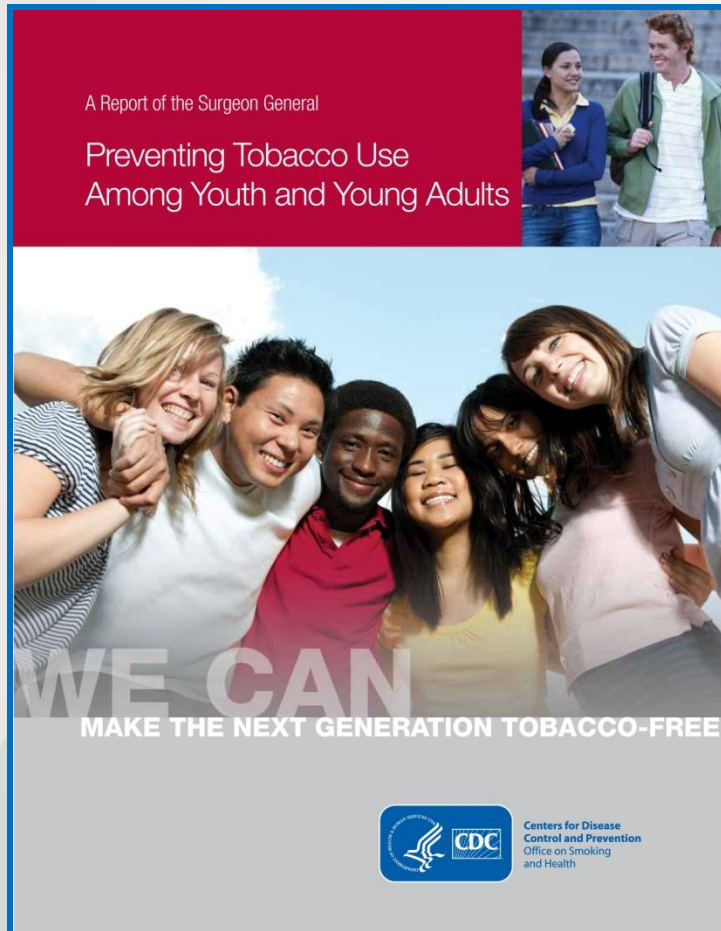
Sufficient evidence

** Evidence is suggestive*

Source: *The health consequences of involuntary exposure to tobacco smoke: a report of the Surgeon General. 2006.*

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2012 Report from the Surgeon General



- 3,800 young people will smoke their first cigarette today.
- “If young people don’t start using tobacco by age 26 they almost certainly will never start.”
- Tobacco-Free Campuses can make tobacco use the exception, not the norm.

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Why Tobacco-Free Policies

- Provide protection from SHS
- Create healthier cleaner environments
- Change social norms around tobacco use
- Encourage smokers to reduce overall consumption or quit
- Encourage youth not to start

Making your Campus Tobacco-free

- Using the Tobacco-Free College Tool Kit:
 - Assess your current campus tobacco policy
 - Identify and educate allies
 - Determine campus student and faculty opinions of tobacco use and smoke-free policies
 - Use a model comprehensive smoke-free policy
 - Develop and implement your plan

Characteristics of Effective Tobacco-Free Campus Policies

- ✓ Mandates 100% Tobacco-free environments
- ✓ Uses clearly defined terms
- ✓ Contains few exemptions
- ✓ Spells out a clear rationale for the policy that sites documented health risks SHS poses to all
- ✓ Defines procedures, penalties and funding mechanisms for enforcement

**We CAN make the next generation
tobacco-free**



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