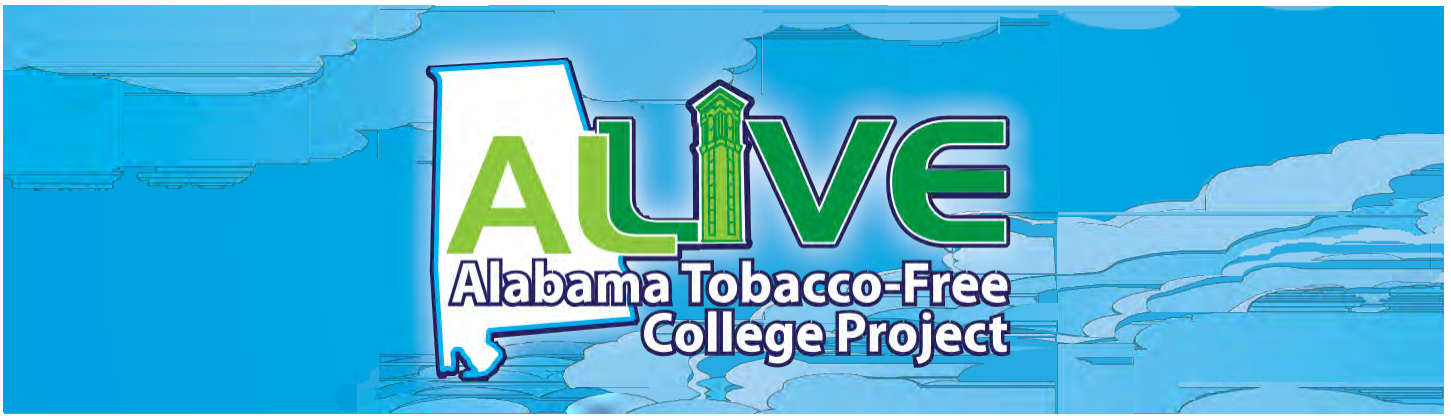# ALIVE

Alabama Tobacco-Free College Project

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> Elements of a 100% Tobacco-Free Campus (TFC)
> Campus Partnership List
> Petition for a Tobacco-Free Campus (TFC)
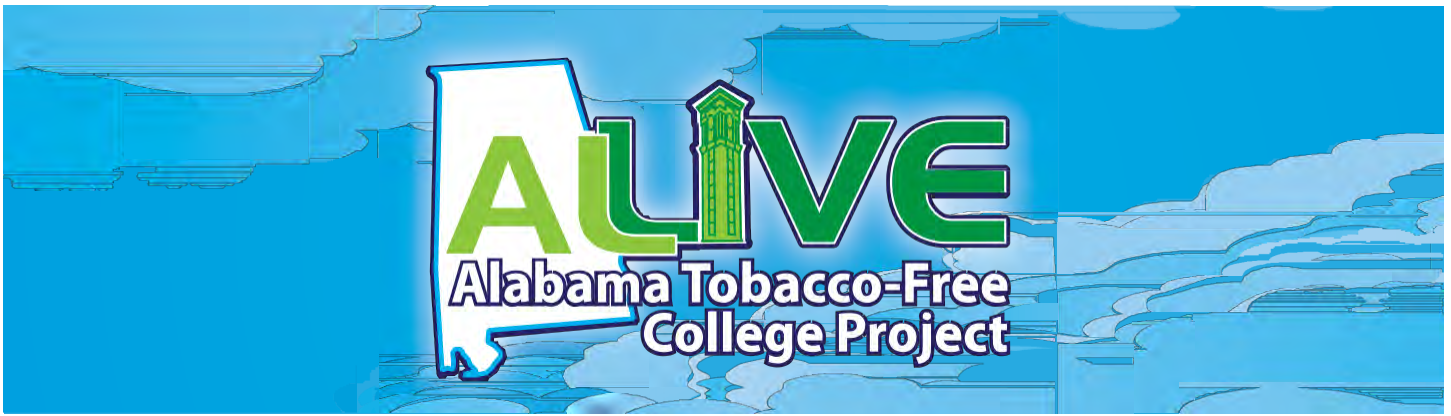> Student/Faculty/Staff opinion survey
> Resolution in support of 100% Tobacco-Free Campus (TFC)
> Sample 100% Tobacco-Free campus (TFC) Policy
> ANR Model Policy for Smoke-Free Universities
> Campaign for Tobacco-Free Kids: The Toll of Tobacco in Alabama
> Tobacco-Free Policy Talking Points

Congratulations on your consideration to make _____ a tobacco-free campus. Secondhand smoke is a toxic mixture of more than 7,000 chemicals, many of which are poisonous and cause cancer. It is the most dangerous air pollutant most of us will ever breathe. According to the Surgeon General's 2006 Report, there is no safe level of exposure to secondhand smoke and the only way to effectively protect your students is by eliminating tobacco use on campus.

To make this transition easier the Alabama Department of Public Health Tobacco Prevention & Control Program has developed a toolkit for your campus administration.

The packet includes:
• Why are Tobacco-Free Campuses Important
• Frequently Asked Questions
• Talking Points
• Steps to Passage & Implementation
• Elements of a 100% Tobacco-Free Policy
• Resources: Partner List, Petition, Survey, Resolution, Sample Tobacco-Free Policy, and Signage & Informational CD
• Tobacco-Free Campus Timeline
• Checklist for Communicating a 100% Tobacco-Free Campus
• Policy Enforcement

The Tobacco Prevention a n d Control Program is available to offer your staff assistance with promoting your tobacco-free campus. We will provide ongoing support and supply your campus with educational materials and information to display as well as provide signage to post around the college campus sites. Our team will be available to answer any questions and to educate staff as needed.

Sincerely,

The Alabama Department of Public Health
Tobacco Prevention and Control Program
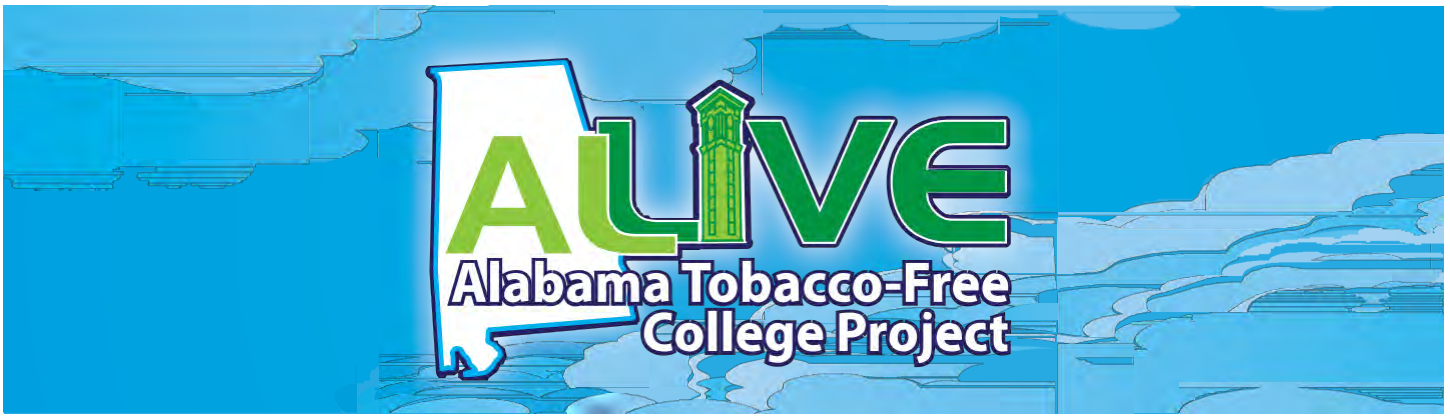
Tobacco-Free Campuses: Why they are Important

So, you're interested in promoting a healthier campus through the Alabama Tobacco-Free College Project. That's great! For young people using tobacco, this means a greatly reduced risk of disease, disability and early death. Reduced exposure to secondhand smoke on college campuses also lowers non-smokers' health risks significantly.

Do campus tobacco policies take away a person's right to use tobacco?
- No. Campus alcohol and firearm policies also regulate the use of legal products for the protection of the larger university community. Smoking not only harms the smoker, it also harms those around the smoker. Campus tobacco use policies promote the campus as a safe place to live, study, and work.

College students are adults who can make their own decisions about tobacco use.
- Just as college students can make their own decisions about tobacco use, colleges and universities have a right to make decisions about tobacco use on their campuses. These institutions also have an obligation to provide a safe environment for students, staff, and visitors. This includes curtailing the use of known carcinogens such as those in secondhand smoke.

Alabama law allows colleges, universities, and community colleges to make comprehensive tobacco policies.
- The current Alabama Clean Indoor Air Act does not preempt agencies or municipalities from passing stronger tobacco control policies.

Private colleges, universities, and community colleges should prohibit the use of tobacco products other than cigarettes on their campus grounds.
- The problems associated with tobacco use are not limited to cigarettes. We know that the use of spit tobacco is increasing among Alabama young adults. Spit tobacco is a leading cause of cancers of the mouth, gum, and tongue. Furthermore, spit tobacco leaves unpleasant reminders throughout campus whenever users spit on the ground. Other forms of tobacco use – such as bidis and hookahs – are also dangerous to students' health as well as habit-forming.

Are other universities tobacco-free?

Yes. When this change is implemented, this campus will join more than 1,477 other United States colleges and universities with tobacco-free or smoke-free policies in place for the entire campus, indoors and out. Auburn University, Alabama State University, Faulkner University, Wallace College, and Troy University in Alabama are tobacco-free.

Why can we not have designated smoking areas on campus?

The goal of this policy is to make the campus a healthy place to live, work, and learn. Designated smoking areas have been found ineffective; tobacco users don't stay in those areas. Given the rationale for going tobacco-free, designated areas don't make sense.

What is the main reason for the tobacco-free policy being established?

This campus has a vital interest in maintaining a safe and healthy environment for students, employees, and visitors. Research findings show that use of tobacco products in general constitutes a significant health hazard. The healthcare and health education programs of the college perform an important function by demonstrating and promoting healthy lifestyles through activities such as curtailment of the use of tobacco products.

How can this institution justify prohibiting smokeless tobacco when it does not affect the health of those around the individual using the product?

Smokeless tobacco products are harmful and are not a safe alternative to smoking. First, there is a significant burden placed on others when the tobacco user faces health-related injuries and preventable diseases (i.e., oral cancers). More than $1 billion per year is spent on treating people who get sick from using tobacco products in Alabama (*Campaign for Tobacco-Free Kids: Toll of Tobacco*). The use of tobacco products constitutes a significant health hazard, leading to premature death and chronic, debilitating disease. This institution is taking the lead on creating a healthier Alabama.

What do I do if I see someone violating the tobacco-free policy?

Compliance is everyone's business. You are asked to approach the violator in a kind, compassionate way. You might say, "I want to make you aware that we are now a tobacco-free campus, meaning that tobacco products are prohibited on our grounds. We would appreciate if you would not use tobacco products while visiting our campus." OR " If you need to smoke or use tobacco products you will need to leave the campus."

What if a violator continues to use tobacco even after reminding them about the policy?
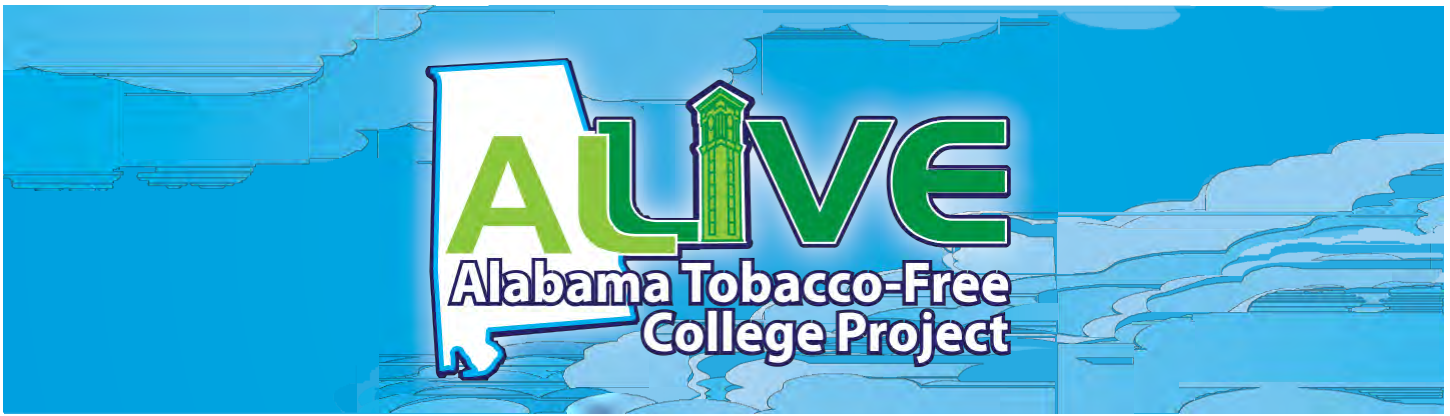
Report the violator to the dean in charge of the nearest building. If a student, report to Dean of Students. If employee, report to their supervisor or to Human Resources.

What is this institution doing to help students and employees who want to quit using tobacco products?

This college is providing community resource information regarding support groups and self-help material to employees and students. Posters and brochures regarding the Alabama Department of Public Health's Tobacco Quitline are being circulated and posted on campus boards and newsletters. For more information regarding the Alabama Tobacco Quitline call 1.800.784.8669, visit QuitNowAlabama.com or contact your ADPH Area Tobacco Coordinator (ADPH.org/tobacco)

I am interested in tobacco treatment resources, but am not an employee or student. What resources are available to me?

We value the health and wellbeing of everyone who uses our facilities. If you use tobacco products and would like to quit, discuss with your physician or other health care provider which of the approaches may work best for you. Specific resources are available to the general public at www.adph.org/tobacco, the Alabama Tobacco Quitline at 1.800.784.8669, or visit QuitNowAlabama.com.

When does the tobacco-free policy go into effect?
Policy implementation should occur 6-12 months after initial passage of policy.

What does tobacco-free mean?
Smoking or use of any tobacco product will not be permitted in any campus facility or on the grounds.

Who is affected by this policy?
The policy applies to every person on campus, including: visitors, faculty, staff, volunteers, students, alumni, contractors, and service representatives.

Will the policy apply to student housing?
Yes, the policy applies to all areas of campus, including student housing.

What is considered a tobacco product and therefore prohibited by this policy?
Tobacco products include, but are not limited to, cigarettes (traditional and e-cigarettes), chew, pipes, cigars, hookah/waterpipe smoking, snuff, or smokeless tobacco, and snus.

What areas of the campus are included in the policy?
All college properties are included in this policy. By the specified date, clearly visible signs will be in place to indicate tobacco-free boundaries.

**Do employees, students, and visitors have to quit using tobacco?**
No. The college is not asking anyone to quit. This policy simply means that no one can use tobacco products on campus grounds. To alleviate common cravings and to feel more comfortable while on campus, tobacco users may purchase nicotine gum and/or patches. Those interested in quitting tobacco may qualify for free nicotine patches through AlabamaQuitNow.com or call 1.800.784.8669.

Can I use tobacco products in the parking lots, garages, or shuttles?
No. The policy prohibits use of tobacco products in all college parking structures, parking lots, or shuttles serving the college.

Can I use tobacco in my personal vehicle?
No. Tobacco use is prohibited in all college-operated parking areas, both inside and outside of vehicles, while on all college properties.
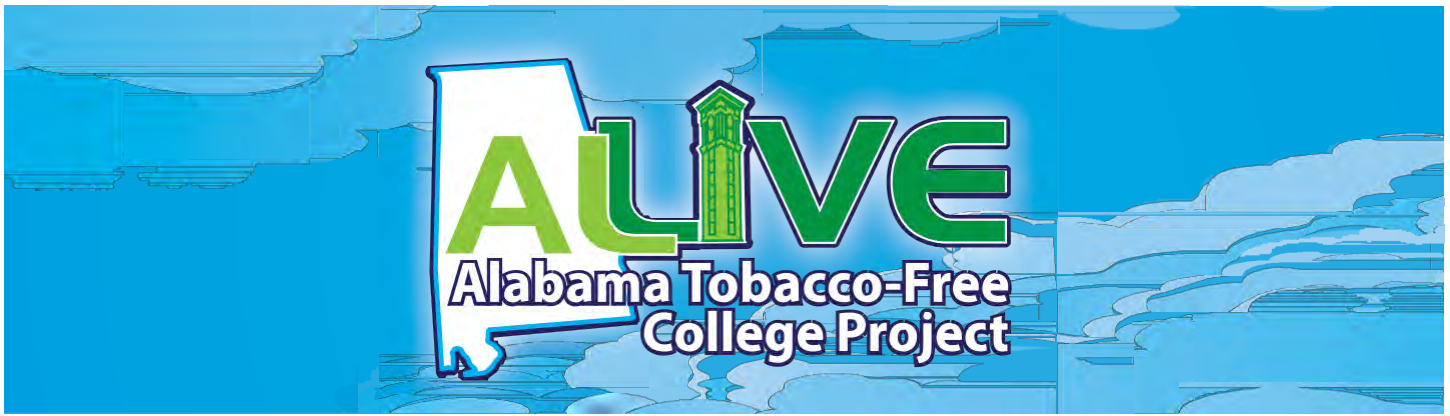
Tobacco-Free Campus Policy: Steps to Passage & Implementation

You can start the process of passing a tobacco-free policy on your campus in just a few steps using our easy to follow tools and resources.

Step One: Conduct a policy assessment.

Gather the information you need to determine the attitudes about tobacco use on your campus. Get a copy of your existing campus tobacco use policy and study it closely. Use the Elements of a 100% Tobacco-Free Campus Policy (Attachment A) checklist to see if your existing policy has all the necessary components.

- What is the campus culture/perceived notions of tobacco use?
- What is the campus desire for tobacco usage/elimination?
- What are relevant laws and policies on the campus and in the surrounding community? How will state tobacco policies help/hinder us?
- Are there case studies and articles that can help guide efforts?
- What resources do you have? What funding do we have/need to pass the policy? (school programs, departments, outside grants)

Step Two: Find and educate allies.

Once you have completed the policy and resource assessment, share the results with other likely allies. Recruit from a broad base. One art student, one student from the newspaper, a staff person from maintenance, a professor, an athlete, and a parent can all tap into different campus populations and spread the message more effectively. Don't hesitate to approach people who may at first seem like an atypical candidate. Seek people who are frustrated and bothered by secondhand smoke, even if they don't think tobacco use in itself is a bad thing. Use the Campus Partner- ship List (Attachment B) to help establish a list of potential partners and allies. Don't forget about working with community partners such as busi- ness owners, clergy, and community health officials.

- **Develop a Tobacco Control Student Coalition:**
  - Recruit at year-round events such as new student orientations, club days, and health promotion events.
  - Establish official college club recognition and gain a voice on the student council and representation in the collection of student club councils.
  - Create a list-serve for communication and distribution of articles and links.
  - Act as a supervisor, but allow students to take on leadership roles.

- **Combine Forces for Advocacy and Education:**
  - Use developed student organizations as well as your organization to implement advocacy and education campaigns on campus.
  - Participate in national events such as The Great American Smoke-out and Kick Butts Day.

Step Three: Determine culture/perceived notions of tobacco use and the desire for a tobacco-free policy.

Circulate a petition (Attachment C) on your campus, businesses, and other public venues. A petition can help underscore what statewide polling already shows - that the public overwhelmingly supports comprehensive tobacco control policies.

- Use Opinion Survey (Attachment D) to help determine the perceived notions of tobacco use on your campus.

- Use Faculty Senate Resolution (Attachment E) to show support for policy change on your campus.

Step Four: Use our model tobacco policy to help get you started.

- State law allows private colleges and community colleges to pass 100% tobacco-free campus policies. A comprehensive 100% tobacco-free campus policy should:
  - apply to all students, faculty, staff, visitors, and contract workers.
  - apply to all campus grounds, vehicles, buildings, and events.
  - have a defined start date, ideally 6-12 months from the date of passage.
  - outline implementation procedures for encouraging 100% tobacco-free campus compliance.
  - outline consequences for student and staff non-compliance.
  - address resources for how to quit for students and staff.

  Sample 100% Tobacco-Free Campus Policy (Attachment F) for private and community colleges. A sample comprehensive perimeter policy should:
  - apply to all students, faculty, staff, visitors, and contract workers.
  - apply on all campus grounds, vehicles, buildings, and events.
  - have a defined start date, ideally 6-12 months from the date of passage.
  - outline implementation procedures for encouraging 100% tobacco-free campus compliance.
  - outline consequences for student and staff non-compliance.
  - address resources for how to quit for students and staff.

Step Five: Develop an implementation plan.

After you have determined the current smoking policies on campus and current opinions on smoking policies, use this information to develop a reasonably paced implementation plan. A plan might go as follows:

- Educate the campus on the negative health effects of smoking (for people exposed to secondhand smoke especially).
- Creatively educate your campus about current smoking policies (for example, if there is a perimeter policy in effect, measure and draw a chalk line at the perimeter.).
- Present the information from: your surveys, tobacco-free commitment statements from departments/organizations, tobacco-free petitions as well as health studies, examples from other schools, and your desire for policy changes to your campus's health board (or board of directors, dean of students, etc).
- Keep pushing. Gather more information, more support, and constantly develop stricter policies for campus enforcement. A broad base of support is essential, as well as organized information and facts. Establish your credibility early and be stubborn.
- Use a sample tobacco-free campus policy (Attachments F and G) as a guide to develop your campus policy.

Step Six: Prepare for a Board of Trustees meeting.

Once you have a policy drafted, meet with members of the school's administration to educate them about the benefits of a strengthened tobacco policy. It's important to stress that this policy is something students, staff, and faculty want. Use the petitions, survey results, and signed resolutions to show campus support.

Also, you should meet individually with members of the Board of Trustees to educate them about the policy and to determine their willingness to support the policy. If a member is particularly supportive in this conversation, ask him/her to sponsor the measure.

Become familiar with the Board of Trustees' procedure for adopting campus policies. Allies on the board and within the administration can help provide background into board procedures and can help you gauge the level of board support. Remember: timing is crucial so this must be done in advance of the school board meeting.

Before the meeting, identify your spokespeople – students can be especially powerful advocates. Contact your community supporters to get them to attend the board presentation in support of the policy.

Step Seven: Present the policy proposal to the Board of Trustees.

Make your presentation to the Board concise with a mixture of factual data and personal stories. If allowed, highlight brief positive statements from different stakeholders such as students, faculty, staff, and health professionals. In your presentation, thank Board members for the work they have already done to promote campus health initiatives. One technique is to frame your presentation as an opportunity to answer the arguments of those vocally opposed to the policy. For instance, if concerns about compliance have been raised, explain how easy policy implementation can be when it is communicated clearly and regularly.

Step Eight: Tobacco-Free policy implementation.

*   You've completed the first half of the policy adoption process. The next step is implementation. Use our resources to help you turn your policy into a reality on your campus. The most successful tobacco-free college policies are passed approximately at least 6-12 months before the policy goes into effect. The months between adoption and implementation are spent educating students, staff, faculty, and the public about the policy and the free cessation resources tobacco users can use before the policy goes into effect.
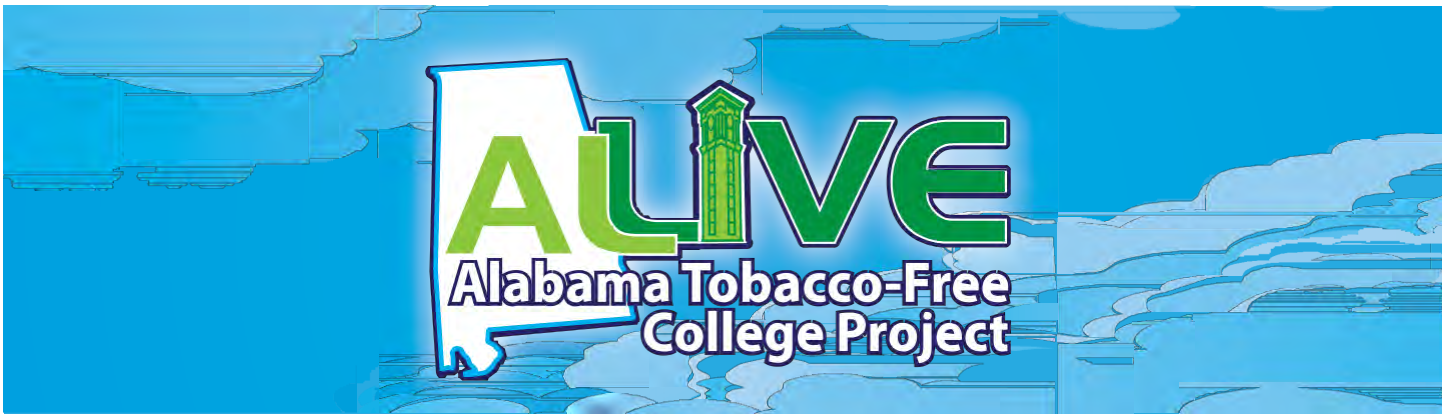
Alabama Tobacco-Free College Campuses

Troy University
    www.Troy.edu
    Troy, AL
    Montgomery, AL
    Dothan, AL
    Eufaula, AL
    Phenix City, AL

Wallace Community College
    www.Wallace.edu
    Dothan, AL
    Eufaula, AL

Calhoun Community College
    www.Calhoun.edu
    Limestone, AL

Faulkner University
    www.Faulkner.edu
    Montgomery, AL

Judson College
    www.Judson.edu
    Marion, AL

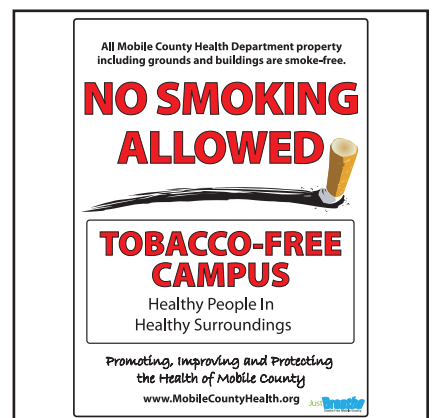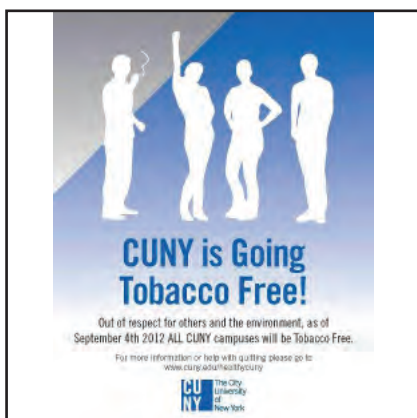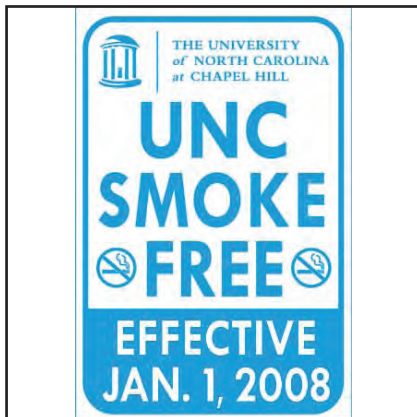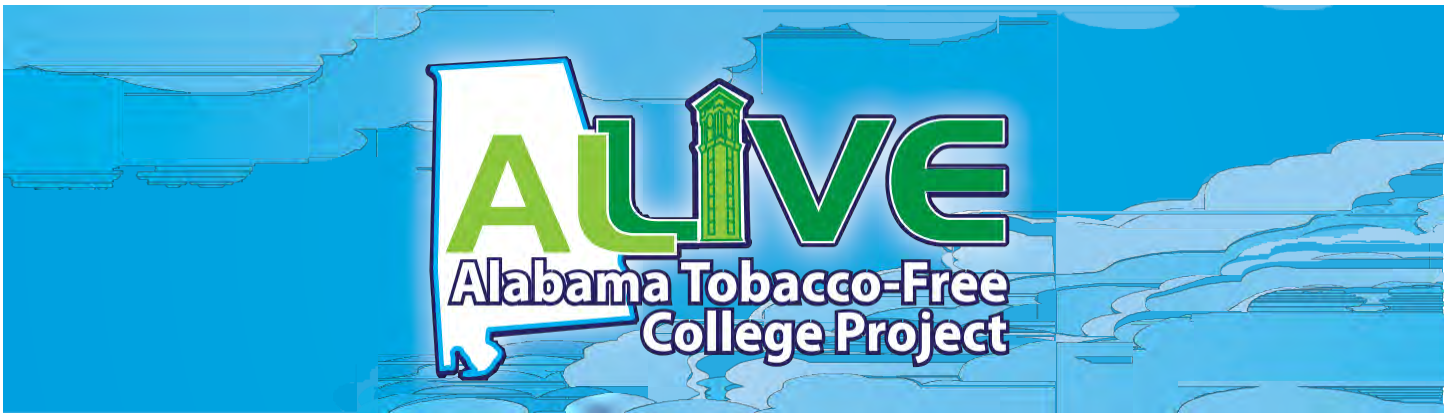**Oakwood University**
    www.Oakwood.edu
    Huntsville, AL

Snead State College
    www.Snead.edu
    Boaz, AL
    Arab, AL

Tobacco Free Campus

Smoking and use of tobacco products are prohibited on this campus.

Thank you for your cooperation.

TOBACCO FREE CAMPUS

Thank you for keeping UMaine tobacco-free

MAINE

TOBACCO FREE CAMPUS
For the health of our community

THE UNIVERSITY of NORTH CAROLINA at CHAPEL HILL

UNC SMOKE FREE

EFFECTIVE JAN. 1, 2008

TROY TOBACCO-FREE

Breathe E@sy BCC!

BCC is a Tobacco FREE Campus

Beginning September 4, 2012

CUNY is Going Tobacco Free!

Out of respect for others and the environment, as of September 4th 2012 ALL CUNY campuses will be Tobacco Free.

For more information or help with quitting please go to www.cuny.edu/healthy/cuny

CUNY The City University of New York

breathe*easy*

OBU

Tobacco Free Campus

All Mobile County Health Department property including grounds and buildings are smoke-free.

NO SMOKING ALLOWED

TOBACCO-FREE CAMPUS

Healthy People In Healthy Surroundings

Promoting, Improving and Protecting the Health of Mobile County

www.MobileCountyHealth.org

Tobacco-Free Campus Policy Implementation Timeline

The following is a sample timeline college campuses can use to prepare for implementation of a Tobacco-Free Campus (TFC) policy.

7 months before effective date
- Campus leadership passes TFC policy.
- Policy passage is covered by local news, including campus press.
- College president writes a guest editorial to the local paper explaining the rationale for the policy.
- Information about the policy is placed in the student newspaper and on campus-oriented websites.

6 months before effective date
- Campus administration forms an implementation team. This usually consists of a campus administrator, campus public affairs officer, student health professional, student representative(s), athletic director, faculty representative(s), staff representative(s), and others. Many teams have at least one tobacco user on them. This team meets regularly to set goals, implement strategies for policy implementation, ensure staff awareness about resources to help quit tobacco use, and develop ways to inform the public about the policy.

5 months before effective date
- College president announces policy to faculty and staff in letter that includes information about cessation resources.
- Develop partnerships with local hospital and health department to provide tools for assisting employees who wish to stop using tobacco. Promote cessation classes if offered among school staff, and inform them of Alabama Tobacco Quitline.
- Discuss policy in faculty and staff meetings.
- Discuss policy at student government meetings, and among student organizations.
- Conduct compliance meeting with campus administrator and area tobacco control coordinator.
- Inform prospective employees of the policy in the interview process.
- Inform community groups that utilize campus resources of the policy change.

4 months before effective date
- Design and order signage.
- Implementation team plans for placement of TFC signs.
- Information about the new TFC policy is included in employee handbooks, contracts, and student handbooks.
- Ask community groups to include an article about the policy in their newsletters.

3 months before effective date

- Hold a faculty, staff, and student orientation that details all campus policies (including TFC).
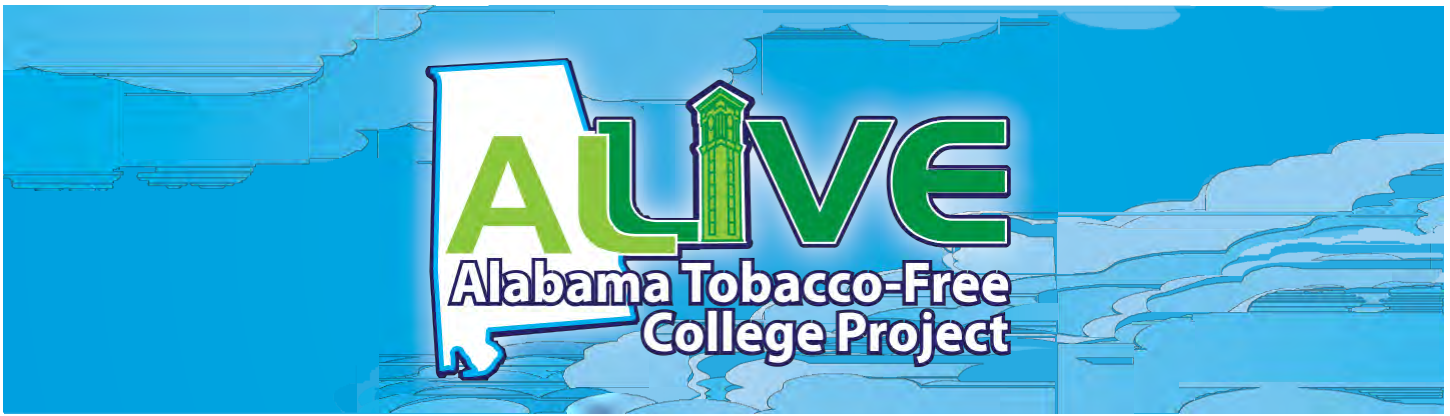
2 months before effective date

- Have a college representative appear on local radio or TV news programs to discuss the policy.
- Consider developing a campus-wide celebration event on the implementation date.
- Begin removing all ashtrays from school property, especially those at building entrances.

1 month before effective date

- Create reminder handouts for distribution at outdoor sporting events and other potential problem areas.
- Provide announcements for use at sporting events to inform fans of upcoming TFC policy.
- Hold discussions with editorial staff regarding future coverage of the new policy.
- Place signage around campus.
- Train administrators, staff, students, and community volunteers to politely remind anyone seen violating the policy to respect school policy.

On effective date

- Send out a press release publicizing policy.
- Set up tables at well-traveled areas on campus to provide materials celebrating the policy and give away information about cessation opportunities.
- Announce policy at all athletic events, meetings, concerts, and plays. Have students develop and/or deliver announcements.
- Post a copy of the policy and a list of cessation resources in staff lounges, offices, and newsletters.

# Checklist for Communicating a 100% Tobacco-Free Campus

To students
- Post tobacco-free campus signs at all entrances of school buildings, school grounds, parking lots, athletic facilities, and in school-owned vehicles.
- Place details in student handbooks and orientation guides, and explain policy at student orientation meetings.
- Spread information about policy through campus organizations, activities, and newspapers.
- Make announcements at school events.
- Place information at student health center(s).
- Educate students about tobacco cessation support resources such as www.AlabamaQuitNow.com, and 1-800-QUIT-NOW.
- Involve student groups, particularly those associated with health-related majors.
- Include information in student newspaper articles and on school websites.

To faculty and staff
- Provide faculty and staff with a copy of the policy and a letter of explanation from the Board of Trustees/college president.
- Discuss the policy at faculty/staff meetings and new staff orientation.
- Include policy information at in-service trainings for campus faculty/staff.
- Include information in faculty/staff newsletters.
- Educate staff about tobacco cessation support programs such as www.AlabamaQuitNow.com, and 1-800-QUIT-NOW.
- Inform potential faculty/staff of the policy in job interviews and on job applications.
- Involve respected campus personnel in sharing messages with staff groups.

To the public
- Include an article outlining the policy and implications of the policy in school newsletters and in school or community newspapers.
- Inform alumni groups of the policy by including information in alumni publications.
- Inform community organizations that use campus facilities of the policy through language in the facility use contract.
- Announce the new policy at all athletic events, meetings, concerts, and plays.
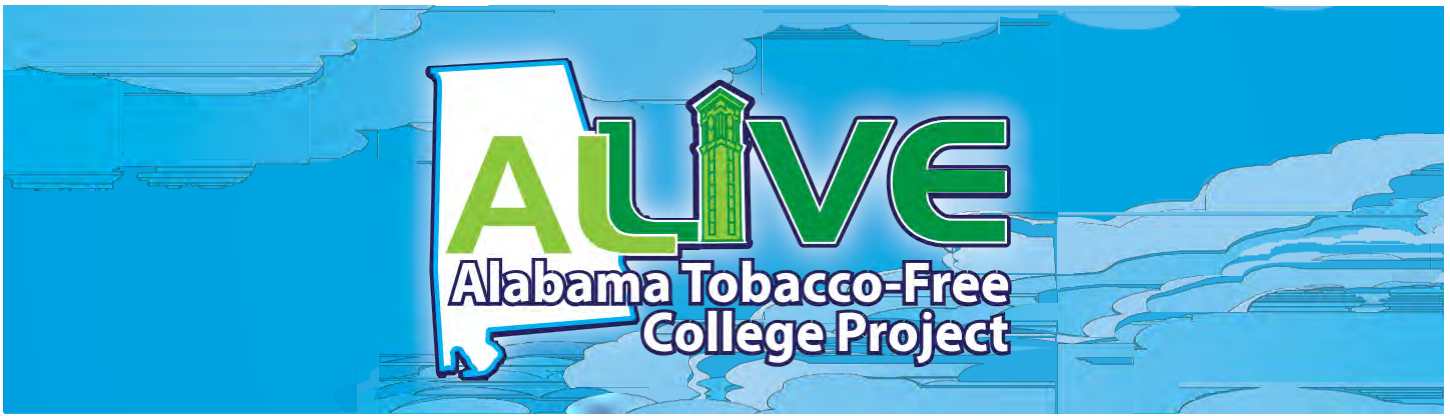
Have an Implementation Plan

Sit down with key partners at your college to develop an implementation plan. Plans often include a timeline, alliances, identification of challenges, a communication strategy, signage, and a strategy for enforcement. Involve as many parties as possible in the planning process, especially those who use tobacco products and will be affected by the policy. Full administrative support of the plan and the policy is essential.

Form an Advocacy Group

This group of students would actively support the campus's tobacco-free policy by writing letters to the editor, passing out the information about quitting resources, and gently reminding peers of the policy when they see them start to light up.

Enlist the Help of Faculty and Staff

All college employees need to be made aware of the policy and asked for help to enforce it. Consider having a faculty monitor schedule, where all employees are included in the rotation. Make sure you staff is trained how to handle violators.

Form Alliances and Partnerships

You may not realize it, but your college has a number of groups to help support tobacco-free efforts. Consider partnerships with sports teams, sororities and fraternities, health profession student organizations, student government, community tobacco control organizations, and programs offered through the Alabama Department of Public Health's Tobacco Prevention and Control Program.

Remove Ashtrays from Campus

Seeing ashtrays around campus could trigger a smoker's craving. Eliminating ashtrays reinforces that smoking is not allowed on the premises.

Work the Policy into the Classroom

There are a variety of ways the new policy can be incorporated in classrooms. Make the new policy the subject of art contests, writing contests, reporting classes, etc. Have students develop campaigns supporting tobacco-free policy as part of advertising and public relations classes. Encourage professors or instructors to work tobacco-free discussion into class curriculum.

Implement Consequences

If there is no reprimand for violating the policy, students will be more prone to ignore it. Under the state law, violators are fined between $100 And $500, but you may want to discuss other consequences for those who violate the policy with key faculty and staff. Some campuses have used community service and campus clean up as a penalty.

Post Signage

Students, visitors, staff, and faculty need to see reminders around campus to reinforce the tobacco-free policy. Use the informational CD located in your tool-kit to for sample drop in advertisements, or use resource materials like the cessation and policy posters provided in tool-kit to hang in classroom buildings, student unions, work out facilities, dorms, and all other appropriate buildings. It is also recommended to install or update permanent outdoor signage around campus.

Offer Quitting Resources

Tobacco cessation programs and nicotine replacement therapy medications should be promoted with the tobacco-free policy. You can start cessation programs on campus or publicize existing community or statewide programs, such as the Alabama Tobacco Quitline offered through the Alabama Department of Public Health's Tobacco Prevention Control Program: 1.800.784.8669 (1.800.QUIT.NOW) or students can visit online www.AlabamaQuitNow.com.

Cover All Your Bases

Make sure you have considered all audiences who need to be informed and all appropriate places to reach them.

Who to Educate

Students, visitors, campus police or security, residential advisors, president/chancellor, department heads, community organizations, athletic coaches, college deans, health services staff, grounds and facility staff, environmental health and safety officers, governing boards (system and campus), all other faculty and staff.

Where to Educate

Residential halls, enrollment materials, sidewalk chalking, college catalogue, chalkboards, dining halls, campus events, classroom buildings, campus newspaper, student e-mail accounts, campus website, campus facebook and twitter accounts, students union, libraries, health and wellness facilities.
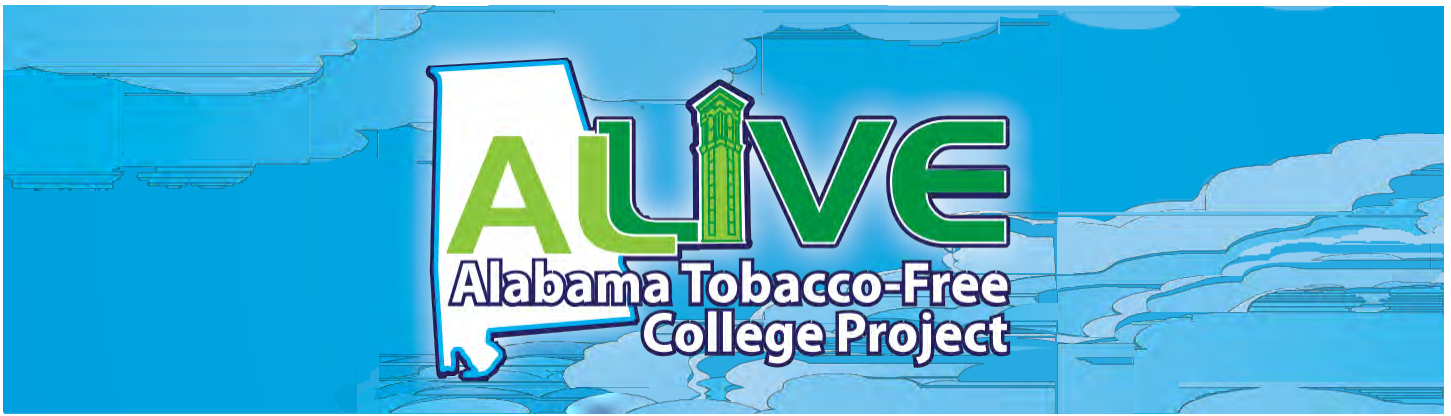
References

ALLIVE, The Alabama Tobacco-Free College Project information referenced from:

North Carolina Tobacco-Free Colleges Initiative
www.TobaccoFreeCollegesNC.com

University of Kentucky Tobacco-Free Initiative
www. UKY.edu

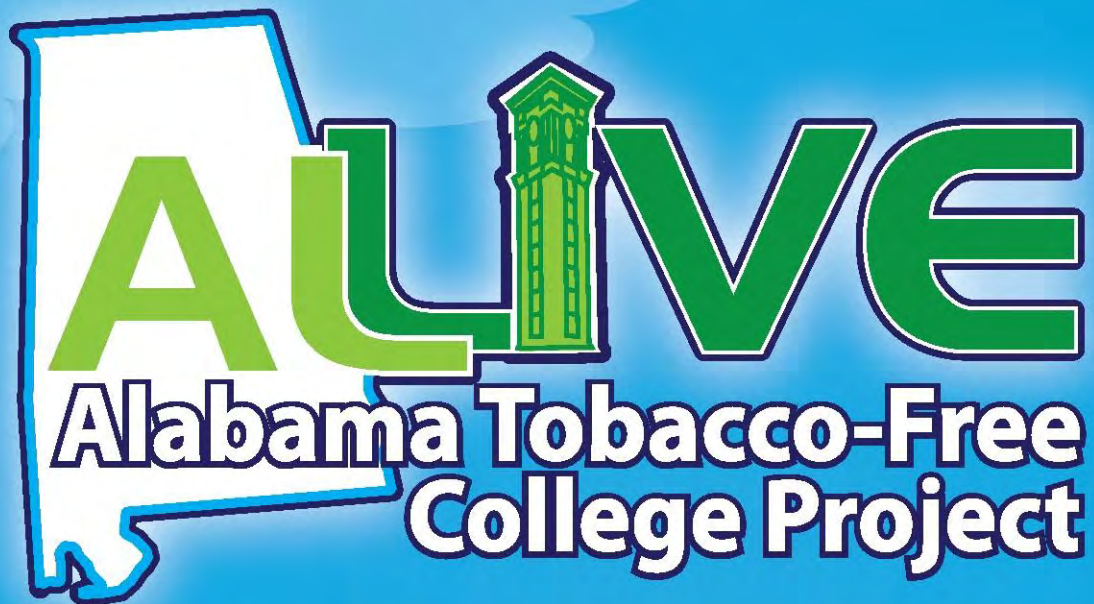**Centers for Disease Control**
www.CDC.gov

Americans for Non-Smokers Rights
www.No-Smoke.org

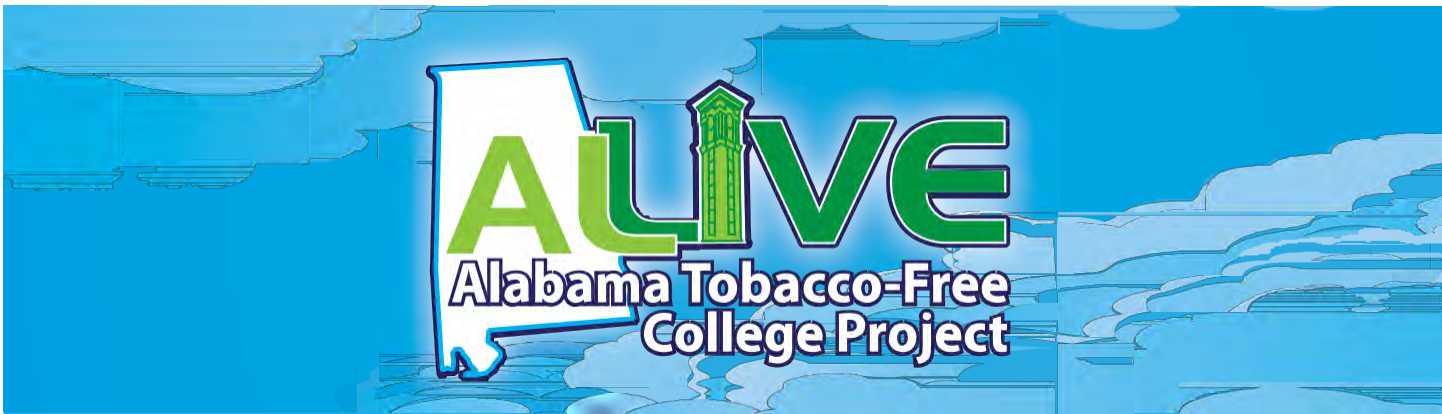**Campaign for Tobacco-Free Kids**
www.TobaccoFreeKids.org

Graphics and Art design by James Currie, Mobile County Health Department

Provided by the Alabama Department of Public Health - Tobacco Prevention & Control

ALIVE
Alabama Tobacco-Free College Project

RESOURCES

Elements of a 100% Tobacco-Free Campus Policy

A comprehensive 100% Tobacco-Free Campus Policy must contain each of the following components:

Included in policy?	Done?
Prohibits all forms of tobacco use, including cigarettes, electronic cigarettes, cigars, bidis, smokeless/spit tobacco, hookahs, blunts, pipes, and snuff	
Applies to all campus grounds (including parking lots, athletic facilities, residence halls) and at university-sponsored events	
Applies to buildings owned by the university	
Applies to all campus property, such as campus-owned vehicles	
Applies 24 -hours a day, 7-days a week	
Applies to students, faculty, staff, and visitors	
Prohibits the sale of tobacco products on campus	
Prohibits the free distribution of tobacco products on campus	
Prohibits student organizations, including campus publications, from accepting money, advertising, and/or gifts from tobacco companies	

In addition to the elements mentioned above, it is recommended that comprehensive policy have language:

- citing state law as legal justification for the policy.
- outlining compliance/implementation measures.
- outlining measures to provide information about cessation resources.

Campus Partnership List

Area or Contact on Campus	Name	Phone number	Email	Address
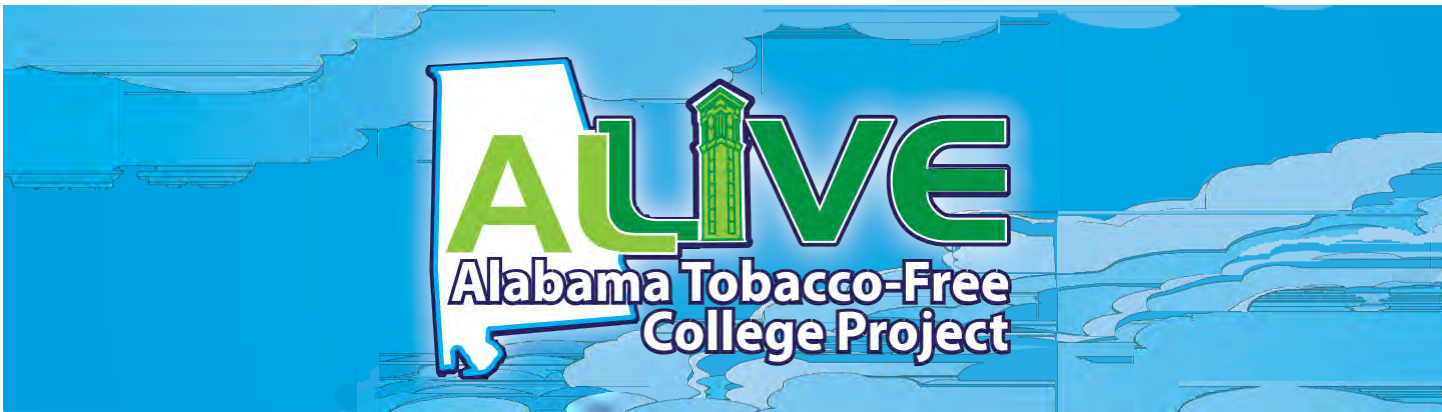
SAMPLE Campus Partnership List

Area or Contact on Campus	Name	Phone number	Email	Address
Student Wellness				
Health Center				
Director of Health Center				
Tobacco Coordinator				
Alcohol Coordinator				
Wellness Coordinator				
Nurse				
Doctor				
Campus Counseling Center				
Student Recreation Center				
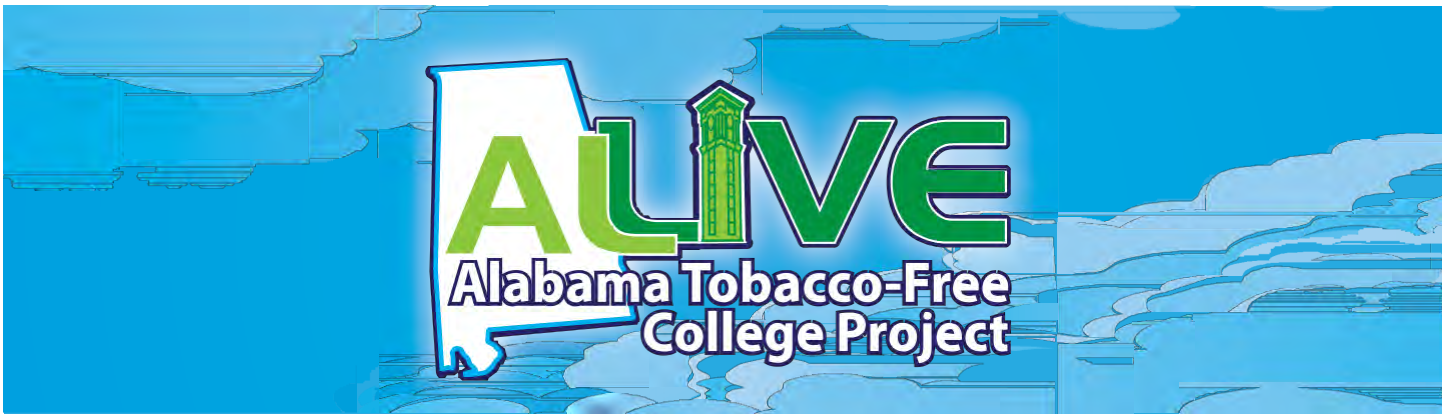
Petition For a Tobacco-Free Campus

We, the students, staff, and faculty of _____, care about our health and the health of those around us. That's why we support efforts to make _____ a tobacco-free campus.

We are aware of the dangers tobacco use poses to those who use it and those who are involuntarily exposed to it. These problems are completely avoidable. Secondhand smoke is a known killer - and a hazard that we prefer to avoid while entering or leaving our campus buildings.

We view this educational institution as a place where knowledge is shared, discussed, and integrated into our daily lives - a place that accepts scientific proof and adapts with it, as needed. Yet, our current campus tobacco policy seems at odds with nearly all of the current scientific knowledge about tobacco use.

Therefore, we would like the following components to be adopted as part of a comprehensive tobacco policy for our campus:
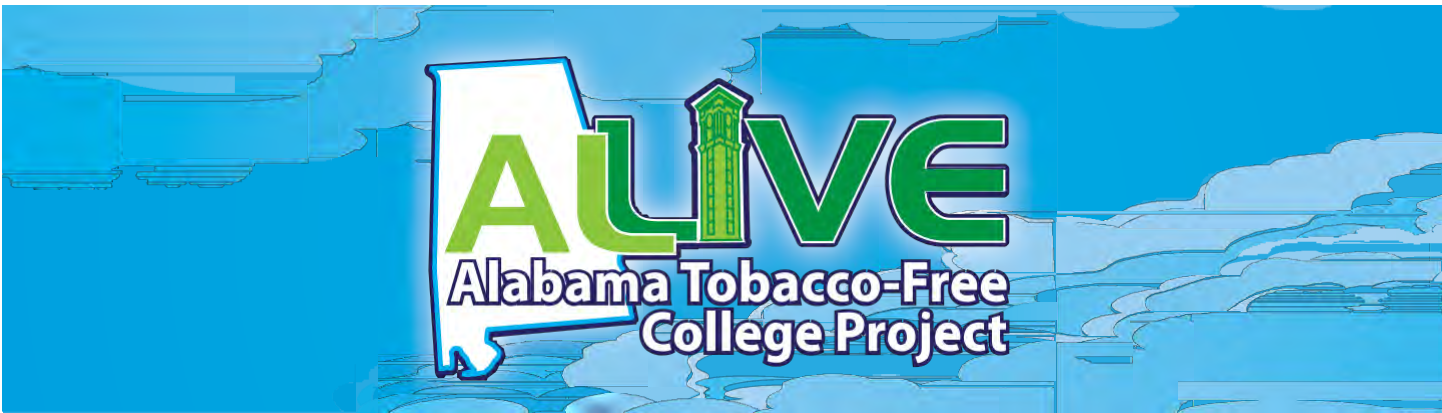
1. Tobacco use should not be allowed on college property.
2. Low cost tobacco treatment services, products, and counseling should be made available to students, faculty, and staff.

We are signing this petition in support of a policy comprised of the above components. We urge you to show concern for the health of all students, staff, and faculty by supporting the passage and enforcement of a comprehensive tobacco-free policy.

Please indicate with a YES or NO if you would like to be informed of meetings and information regarding this campaign, policy changes, and/or smoking cessation services. If interested, please be sure to include your contact information.

Thank you!

Name	Email Address	Phone number	City, State and ZIP

ALIVE
## Alabama Tobacco-Free College Project

Student/Faculty/Staff Opinion Survey

We would like to get your opinions on an important issue facing our campus. This survey will only take a couple of minutes and is anonymous. Would you help us out by answering these questions?

Please circle the best answer.

	Probably Not	Maybe	Quite Likely	Definitely	Don't Know
1. Do you believe that more needs to be done on our campus to reduce tobacco use?	0	1	2	3	4
2. Do you believe that secondhand smoke is harmful to nonsmokers?	0	1	2	3	4
3. Would you support a campus-wide, tobacco-free policy that would apply to students, faculty, staff, and visitors?	0	1	2	3	4
4. Do you think that faculty would support creating a campus-wide, tobacco-free policy?	0	1	2	3	4
5. Do you think that staff would support creating a campus-wide, tobacco-free policy?	0	1	2	3	4
6. Do you think that students would support creating a campus-wide, tobacco-free policy?	0	1	2	3	4

Do you have a health condition that makes it difficult for you to be around cigarette smoke? _____Yes _____No
If yes, please explain _____
Do you smoke? _____Yes _____No   How many packs per day/week? _____   Do you use smokeless tobacco? _____   How often? _____
If you are currently a smoker or smokeless tobacco user, would you like help quitting? _____Yes _____No _____Don't smoke
Any comments you would like to add? _____
_____
_____
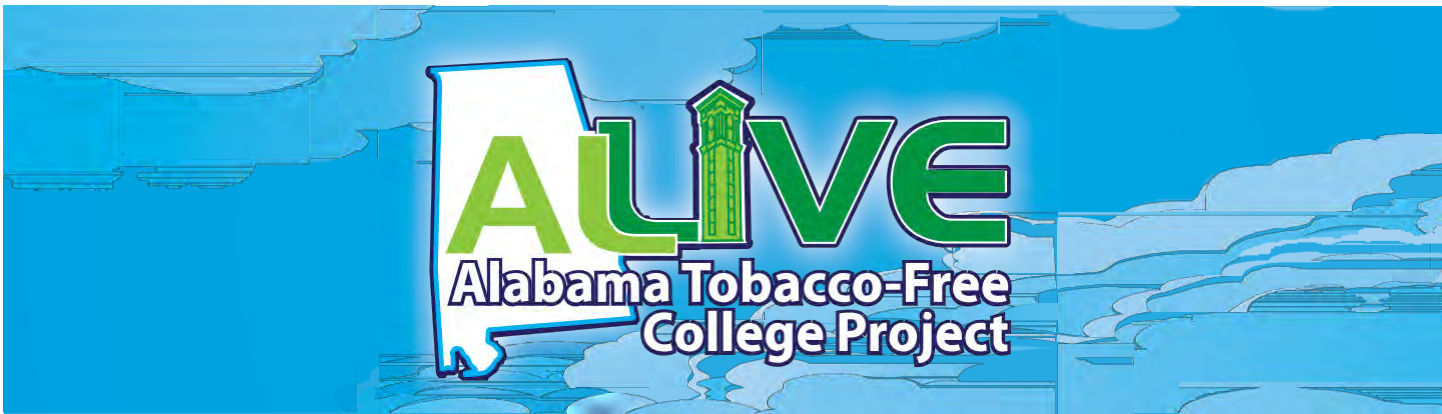
A Resolution in Support of a 100% Tobacco-Free Campus Policy

WHEREAS, the administration and student government of _____ is concerned about ensuring a safe and healthy working and learning environment on our campus; and

WHEREAS, we believe that safe and healthy schools are essential learning environments and are the right of students, faculty, and staff; and

WHEREAS, the administration of _____ is responsible for promoting and protecting the health of students, staff, and visitors while on campus; and

WHEREAS, tobacco use on college campuses is a serious health issue in Alabama; and

WHEREAS, numerous studies show that young people ages 18-24 have the highest smoking rate of all adults; and

WHEREAS, smoking contributes significantly to the risk of fires in buildings, dormitories, and other campus structures; and

WHEREAS, a tobacco-free campus (TFC) policy prohibits tobacco use anytime, anywhere by anyone on campus grounds or at school-sponsored events; and

WHEREAS, studies show that TFC policies lead to significant reductions in tobacco use by students, faculty, and staff; and
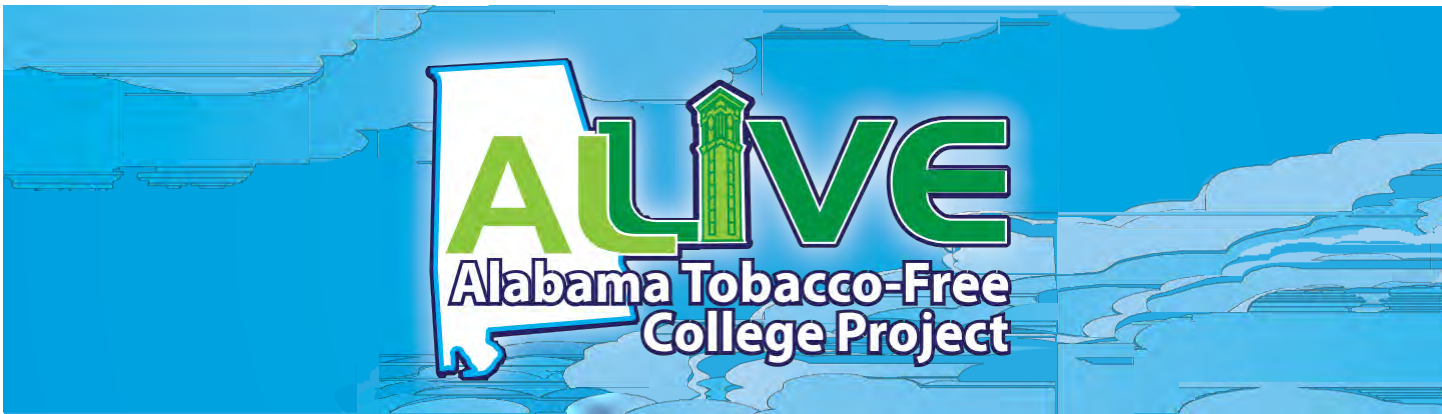
WHEREAS, many colleges across the country - including many in Alabama - have already adopted comprehensive TFC policies;

NOW THEREFORE BE IT RESOLVED:

That the administration and student government of _____ encourages the students, faculty, and staff of _____ to adopt a 100% TFC policy that prohibits tobacco use by visitors on campus at all times.

_____
President

_____
Date

Sample 100% Tobacco-Free College Campus Policy

_____ is committed to providing its employees and students with a safe and healthy environment. _____ also recognizes the use of tobacco products on campus grounds is detrimental to the health and safety of students, staff, faculty, and visitors. _____ also recognizes that it has the legal authority to prohibit tobacco use on campus within 100 linear feet of campus buildings pursuant to G.S. 143-599.

_____ therefore has set the following policy regarding tobacco, to be implemented on _____.

1. No tobacco use anywhere on campus grounds (indoor and outdoor). Tobacco use is prohibited:
- in all campus residence halls.
- in all campus buildings and outside areas of the campus. Tobacco use is prohibited in all campus buildings, including classrooms, lecture halls, laboratories, offices, work areas, study areas, reception areas, meeting rooms, lobbies, hallways, stairwells, elevators, eating areas, lounges, and restrooms. Furthermore, tobacco use is prohibited in all partially enclosed areas such as covered walkways, breezeways and walkways between sections of buildings, and bus-stops shelters; areas immediately adjacent to building entrances; and exterior stairways and landings.
- all outdoor areas considered campus property including facilities used by general public.
- in all campus vehicles.
- campus shall be clearly marked with signs.
- organizers and attendees at public events, such as conferences, meetings, public lectures, social events, and cultural events, using campus facilities will be required to abide by the _____ Tobacco Policy.

2. For the purposes of this policy, smoking is defined as burning any type of tobacco product including, but not limited to, cigarettes, cigars, cigarillos, electronic cigarettes, pipes, and bidis. The term "tobacco product" means any product made or derived from tobacco that is intended for human consumption, including any component, part, or accessory of a tobacco product. This includes, among other products, cigarettes, cigarette tobacco, roll-your-own tobacco, and smokeless tobacco.

3. The sale or free distribution of tobacco products on campus is prohibited.

4. Student organizations are prohibited from accepting money or gifts from tobacco companies, including:
- parties sponsored by tobacco companies and allowing them to distribute free, reduced-price, or fully-priced tobacco products (shirts, hats, etc.) on campus.
- all tobacco advertising, such as billboards and signs in sports stadiums owned and operated by _____.

5. Tobacco advertisements are prohibited in college-run publications and on grounds or facilities, including athletic facilities, owned or operated by _____.

6. _____will provide free, accessible tobacco treatment on campus.

• These tobacco treatment programs shall be publicized regularly in student and staff publications, posted in residence halls, and academic buildings , through Student Services, Student Health Center, and through other appropriate means.

7. Implementation and Compliance

• A campus committee shall develop a plan for communicating the policy with students, staff, faculty, and visitors.

• The University will ensure that appropriate signage and other physical indicators of the policy are provided.

• Violators of the policy shall be issued a verbal reminder of the policy. Visitors who repeatedly violate the policy shall be asked to leave campus. Staff and faculty who repeatedly violate the policy shall be referred to their supervisor and will be given tobacco cessation materials. In rare instances, repeated violations by staff or faculty can result in further personnel action such as reprimand.

• Housing & Residential Life is responsible for compliance in campus student residences, per the _____student handbook, violation of policies and procedures as stated in the student handbook.

This policy was adopted by _____on _____.

Model Policy for a Smokefree University
Revised March 2011

<u>ABC University Smokefree Policy</u>

ABC University is committed to providing a healthy, comfortable, and productive environment for the students, faculty, and staff of this campus.

The 2006 U.S. Surgeon General's Report, *The Health Consequences of Involuntary Exposure to Tobacco Smoke*, has concluded that (1) secondhand smoke exposure causes disease and premature death in children and adults who do not smoke; (2) children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory problems, ear infections, and asthma attacks, and that smoking by parents causes respiratory symptoms and slows lung growth in their children; (3) exposure of adults to secondhand smoke has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer; (4) there is no risk-free level of exposure to secondhand smoke; (5) establishing smokefree workplaces is the only effective way to ensure that secondhand smoke exposure does not occur in the workplace, because ventilation and other air cleaning technologies cannot completely control for exposure of nonsmokers to secondhand smoke; and (6) evidence from peer-reviewed studies shows that smokefree policies and laws do not have an adverse economic impact on the hospitality industry. (U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.) According to the 2010 U.S. Surgeon General's Report, *How Tobacco Smoke Causes Disease*, even occasional exposure to secondhand smoke is harmful and low levels of exposure to secondhand tobacco smoke lead to a rapid and sharp increase in dysfunction and inflammation of the lining of the blood vessels, which are implicated in heart attacks and stroke. (U.S. Department of Health and Human Services. *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General.* Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.)

Numerous studies have found that tobacco smoke is a major contributor to indoor air pollution, and that breathing secondhand smoke (also known as environmental tobacco smoke) is a cause of disease in healthy nonsmokers, including heart disease, stroke, respiratory disease, and lung cancer. The National Cancer Institute determined in 1999 (Monograph #10) that secondhand smoke is responsible for the early deaths of approximately 53,000 Americans annually.

Based on a finding by the California Environmental Protection Agency in 2005, the California Air Resources Board has determined that secondhand smoke is a toxic air contaminant, finding that exposure to secondhand smoke has serious health effects,

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www.no-smoke.org ● anr@no-smoke.org

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including low birth-weight babies; sudden infant death syndrome (SIDS); increased respiratory infections in children; asthma in children and adults; lung cancer, sinus cancer, and breast cancer in younger, premenopausal women; heart disease; and death.

According to the World Health Organization, scientific evidence has firmly established that there is no safe level of exposure to second-hand tobacco smoke, a pollutant that causes serious illness in adults and children, and that implementing 100% smoke-free environments is the only effective way to protect the population from the harmful effects of exposure to secondhand smoke.

The Americans With Disabilities Act, which requires that disabled persons have access to public places and workplaces, deems impaired respiratory function to be a disability.

The U.S. Centers for Disease Control and Prevention has determined that the risk of acute myocardial infarction and coronary heart disease associated with exposure to tobacco smoke is non-linear at low doses, increasing rapidly with relatively small doses such as those received from secondhand smoke or actively smoking one or two cigarettes a day, and has warned that all patients at increased risk of coronary heart disease or with known coronary artery disease should avoid all indoor environments that permit smoking.

Unregulated high-tech smoking devices, commonly referred to as electronic cigarettes, or "e-cigarettes," closely resemble and purposefully mimic the act of smoking by having users inhale vaporized liquid nicotine created by heat through an electronic ignition system. After testing a number of e-cigarettes from two leading manufacturers, the Food and Drug Administration (FDA) determined that various samples tested contained not only nicotine but also detectable levels of known carcinogens and toxic chemicals, including tobacco-specific nitrosamines and diethylene glycol, a toxic chemical used in antifreeze. The FDA's testing also suggested that "quality control processes used to manufacture these products are inconsistent or non-existent." ([n.a.], "Summary of results: laboratory analysis of electronic cigarettes conducted by FDA," *Food and Drug Administration (FDA),* July 22, 2009; http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm173146.htm Accessed on: October 22, 2009) E-cigarettes produce a vapor of undetermined and potentially harmful substances, which may appear similar to the smoke emitted by traditional tobacco products. Their use in workplaces and public places where smoking of traditional tobacco products is prohibited creates concern and confusion and leads to difficulties in enforcing the smoking prohibitions.

In light of these findings, ABC University shall be entirely smokefree effective_ [date].

The Smokefree Policy applies to all ABC University facilities and vehicles, owned or leased, regardless of location. Smoking, including the use of an e-cigarette, shall not be permitted in any enclosed place, including private residential space within university housing. Smoking shall also be prohibited outdoors on all university campus property, including parking lots. This policy applies to all students, faculty, staff, and visitors.

Copies of this policy shall be distributed to all faculty and staff and shall be included with information given to all admitted students. Announcements shall also be printed in campus newspapers to insure that everyone understands the policy. No Smoking signs shall be posted at all points of entry to the university campus and at all university building entrances. No ashtrays shall be provided at any location on campus. Cigarettes shall not be sold on university grounds, either in vending machines, the student union, or any area on campus.

This policy is being announced three months prior to its implementation in order to give smokers time to adapt to its restrictions and to facilitate a smooth transition to a smokefree environment. On-site smoking cessation programs shall be made available to assist and encourage individuals who wish to quit smoking. Questions and problems regarding this policy should be handled through existing departmental administrative channels and administrative procedures.

The success of this policy will depend on the thoughtfulness, consideration, and cooperation of smokers and nonsmokers. All students, faculty, and staff share in the responsibility for adhering to and enforcing this policy. Violations of the policy will be treated in accordance with general campus disciplinary procedures.

In further recognition of the incompatibility of ABC University's educational mission and the promotion of tobacco products, effective____ [date]:

No tobacco-related advertising or sponsorship shall be permitted on university property, at university-sponsored events, or in publications produced by the university, with the exception of advertising in a newspaper or magazine that is not produced by the university and which is lawfully sold, bought, or distributed on university property. For the purposes of this policy, "tobacco related" applies to the use of a tobacco brand or corporate name, trademark, logo, symbol, or motto, selling message, recognizable pattern or colors, or any other indicia of product identical to or similar to, or identifiable with, those used for any brand of tobacco products or company which manufactures tobacco products.

_____   _____
Signature of Chief Administrator   Date:

THE TOLL OF TOBACCO IN ALABAMA

Tobacco Use in Alabama

- **High school students who smoke: 26.8% [Girls: 23.6% Boys: 29.6%]**
- **High school males who use smokeless tobacco: 20.2%**
- **Kids (under 18) who try cigarettes for the first time each year: 35,600**
- **Additional Kids (under 18) who become new regular, daily smokers each year: 10,600**
- **Packs of cigarettes bought or smoked by kids in Alabama each year: 16.1 million**
- **Kids exposed to second hand smoke at home: 289,000**
- **Adults in Alabama who smoke: 22.5% [Men: 25.7% Women: 19.6% Pregnant Females: 12.1%]**

Nationwide, youth smoking has declined significantly since the mid-1990s, but that decline appears to have slowed. The 2007 Youth Risk Behavior Survey found that the percentage of high school students reporting that they have smoked cigarettes in the past month decreased to 20 percent in 2007 from 23 percent in 2005. 19.8 percent of U.S. adults (about 43.4 million) currently smoke, which is a significant decline from the 2006 rate of 20.8 percent.

Deaths in Alabama From Smoking

- **Adults who die each year in Alabama from their own smoking: 7,500**
- **Adult nonsmokers who die each year from exposure to secondhand smoke: 850**
- **Alabama kids who have lost at least one parent to a smoking-caused death: 5,800**
- **Kids alive in state today who will ultimately die from smoking: 174,000 (given current smoking levels)**

Smoking, alone, kills more people each year than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides underlined combined. For every person in Alabama who dies from smoking approximately 20 more state residents are suffering from serious smoking-caused disease and disability, or other tobacco-caused health problems.

Tobacco-Related Monetary Costs in Alabama

- **Annual health care expenditures in the State directly caused by tobacco use: $1.49 billion**
- **Annual health care expenditures in Alabama from secondhand smoke exposure: $86.0 million**
   - *ƒ* **State Medicaid program's total health expenditures caused by tobacco use: $238.0 million**
- **Citizens' state/federal taxes to cover smoking-caused gov't costs: $992.6 million ($547/household)**
- **Smoking-caused productivity losses in Alabama: $2.24 billion**
- **Smoking-caused health costs and productivity losses per pack sold in Alabama: $8.97**

The productivity loss amount, above, is from smoking-death-shortened work lives, alone. Additional work productivity losses totaling in the tens of billions nationwide come from smoking-caused work absences, on-the-job performance declines, and disability during otherwise productive work lives Other non-health costs caused by tobacco use include direct residential and commercial property losses from smoking-caused fires (about $400 million nationwide); and the costs of extra cleaning and maintenance made necessary by tobacco smoke and tobacco-related litter (about $4+ billion per year for commercial establishments alone).

Tobacco Industry Advertising and Other Product Promotion

- **Annual tobacco industry marketing expenditures nationwide: $13.4 billion ($36+ million per day)**
- **Estimated portion spent in Alabama each year: $265.0 million**

Published research studies have found that kids are three times more sensitive to tobacco advertising than adults and are more likely to be influenced to smoke by cigarette marketing than by peer pressure, and that one-third of underage experimentation with smoking is attributable to tobacco company marketing.

Alabama Government Policies Affecting The Toll of Tobacco in Alabama

- **Annual State tobacco prevention spending from tobacco settlement and tax revenues: $2.3 million**
  [National rank: 48 (with 1 the best), based on percent of CDC recommendation]
- **State cigarette tax per pack: $0.425 [National rank: 43rd (average state tax is $1.23 per pack)]**

Campaign for Tobacco-Free Kids / April 7, 2009

Sources

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Adult deaths. CDC's STATE System (avg annual deaths from 2000-2004), http://apps.nccd.cdc.gov/StateSystem/systemIndex.aspx. CDC, "State-Specific Smoking-Attributable Mortality and Years of Potential Life Lost – United States, 2000-2004," (MMWR) 58(2), January 22, 2009; U.S. General Accounting Office (GAO), "CDC's April 2002 Report on Smoking: Estimates of Selected Health Consequences of Cigarette Smoking Were Reasonable," letter to U.S. Rep. Richard Burr, http://www.gao.gov/new.items/d03942r.pdf, July 16, 2003. **Lost Parents.** Leistikow, B, et al., "Estimates of Smoking-Attributable Deaths at Ages 15-54, Motherless or Fatherless Youths, and Resulting Social Security Costs in the United States in 1994," *Preventive Medicine* 30(5):353-360, May 2000, and state-specific data from author. **Projected youth smoking deaths.** CDC, *State Highlights 2006;* CDC, "Projected Smoking-Related Deaths Among Youth—United States," *MMWR* 45(44):971-974, November 11, 1996, www.cdc.gov/mmwr/mmwr_wk.html. **Secondhand smoke deaths.** California EPA, *Proposed Identification of Environmental Tobacco Smoke as a Toxic Air Contaminant*, June 24, 2005, http://repositories.cdlib.org/tc/surveys/CALEPA2005C/. See also, CDC, "Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 2000-2004," *MMWR* 57(45):1226-1228, November 14, 2008, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5745a3.htm. **Health and productivity costs caused by tobacco use.** CDC, *State Data Highlights 2006* [and underlying CDC data/estimates], http://www.cdc.gov/tobacco/data_statistics/state_data/data_highlights/2006/index.htm. CDC, Smoking Attributable Mortality, Morbidity and Economic Costs, SAMMEC http://apps.nccd.cdc.gov/sammec/; AO, http://www.gao.gov/new.items/d03942r.pdf, July 16, 2003. State Medicaid program expenditures are before any federal reimbursement. **SHS Costs.** Behan, DF, et al., *Economic Effects of Environmental Tobacco Smoke*, Society of Actuaries, March 31, 2005, http://www.soa.org/files/pdf/ETSReportFinalDraft(Final%203).pdf [nationwide costs allocated to state based on its share of all U.S. smokers]. **State-federal tobacco tax burden**. Equals Alabama residents' federal & state tax payments necessary to cover all state government tobacco-caused costs plus the residents' pro-rata share, based on state populations, of all federal tobacco-caused costs. See above and Zhang, X, et al., "Cost of Smoking to the Medicare Program, 1993," *Health Care Financing Review* 20(4):1-19, Summer 1999; Office of Management & Budget, *Budget for the United States Government - Fiscal Year 2000*, Table S-8, 1999; Leistikow, B, et al., "Estimates of Smoking-Attributable Deaths at Ages 15-54, Motherless or Fatherless Youths, and Resulting Social Security Costs in the United States in 1994," *Preventive Medicine* 30(5):353-360, May 2000 – with other state government tobacco costs taken to be 3% of all state smoking-caused health costs, as in CDC, "Medical Care Expenditures Attributable to Smoking—United States, 1993," *MMWR* 43(26):1-4, July 8, 1994. CDC's *State Data Highlights 2006* provides cost estimates that have been adjusted for inflation and put in 2004 dollars. To make the other cost data similarly current and more comparable, they have also been adjusted for inflation and put in 2004 dollars, using the same CDC methodology. **Other tobacco-related costs.** U.S. Treasury Dept., *Economic Costs of Smoking in the U.S. & the Benefits of Comprehensive Tobacco Legislation*, 1998; Chaloupka, F.J. & K.E. Warner, "The Economics of Smoking," in Culyer, A & Newhouse, J (eds), *Handbook of Health Economics*, 2000; CDC, *MMWR* 46(44), November 7, 1997; CDC, *Making Your Workplace Smokefree: A Decision Maker's Guide,* 1996; Mudarri, D, U.S. Environmental Protection Agency, *Costs & Benefits of Smoking Restrictions: An Assessment of the Smoke-Free Environment Act of 1993 (H.R. 3434)*, submitted to Subcommittee on Health & the Environment, Committee on Energy & Commerce, U.S. House of Rep., April 1994; Brigham, P & McGuire, A, "Progress Toward a Fire-Safe Cigarette," *Jnl of Public Health Policy* 16(4):433-439, 1995; Hall, JR, Jr., Nat'l Fire Protection Assoc., *The Smoking-Material Fire Problem*, November 2004. U.S. Fire Admin./Nat'l Fire Data Center, Federal Emergency Management Agency (FEMA), *Residential Smoking Fires & Casualties*, Topical Fire Research Series 5(5), June 2005, http://www.usfa.fema.gov/downloads/pdf/tfrs/v5i5.pdf.

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Related Campaign for Tobacco-Free Kids Fact Sheets, available at:
http://www.tobaccofreekids.org or http://tobaccofreekids.org/research/factsheets.
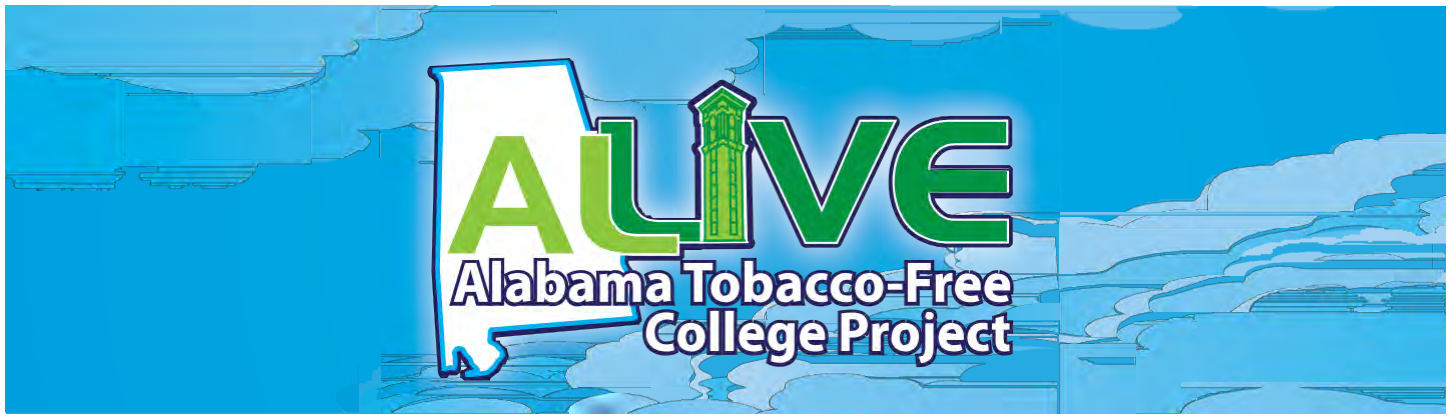
Tobacco-Free Policy: Talking Points

Priority:

- Secondhand smoke is a serious public health problem.
- According to Surgeon General's Report, there is no safe level of exposure to tobacco smoke.
- 100% smoke-free policies are the ONLY effective way to eliminate secondhand smoke exposure.
- Everyone deserves to breathe clean air.
- Research findings show that use of tobacco products in general constitutes a significant health hazard greatly increasing the likelihood of disease, disability, and early death.
- Young people ages 18-24 have the highest rate of tobacco use. To counter this, staff and students are banding together to change the acceptance of tobacco use on college campuses. We want to provide a clean and safe environment for our staff and students and create a healthier campus.

Health:

- Tobacco use is the single most preventable cause of death in the United States.
- It causes heart disease, cancers, and strokes.
- Nicotine in cigarettes, cigars, and spit tobacco is addictive.
- Tobacco smoke contains more than 7,000 chemical compounds. Hundreds are toxic and at least 69 cause cancer. Secondhand smoke is a known human carcinogen.
- Secondhand smoke exposure causes lung cancer, cardiovascular, and respiratory diseases; as well as sudden unexplained infant death (SUID), low birth weight, preterm, and stillbirths; and ear infections, asthma, and respiratory problems in children.
- More than 438,000 people die every year from smoking-related causes, 7,500 of those are Alabamians.
- Each year more than 820 adult non-smokers in Alabama die from exposure to secondhand smoke. Each year 46,000 heart disease deaths and 3,400 lung cancer deaths in U.S. adults are attributed to exposure.
- As little as 30 minutes of exposure can cause damage to blood vessels and has been associated with heat attacks.
- The use of smokeless tobacco is increasing among young students and is the leading cause of cancers of the mouth, gum, and tongue.

Economic:

- Peer reviewed scientific studies show smoke-free laws have no economic impact on businesses such as restaurants and bars.
- Time after time, study after study, and community after community, the evidence is clear, smoke-free laws do not harm businesses.
- Smoke-free is good for people and good for business. It saves lives and money.
- Smoke-free laws do not hurt tourism. A growing number of organizations now have policies to hold meeting and conventions only in smoke-free cities.
- Smoke-free/Tobacco-free creates a healthy bottom line: no decrease in sales and decrease in maintenance costs, insurance premiums, labor costs, and legal liability.