

TOBACCO-FREE CAMPUS –
It's a Bright Idea!



Educational Packet
for
California State University,
Sacramento

February 24, 2012

CSUS can be the first California State University to go 100% tobacco-free. Now is the time to stand up for the health of students and coworkers. Eliminating secondhand smoke will improve everyone's health on campus and encourage smokers to quit their deadly habit.

Secondhand Smoke

- There is no risk-free level of secondhand smoke exposure.¹
- OUTDOOR Tobacco Smoke levels may be as high as secondhand smoke indoors, especially when close to smokers.²
- Exposure to secondhand smoke is the third leading cause of preventable death in the United States, killing over 50,000 non-smokers each year.³
- Secondhand smoke is a group 1 carcinogen, the most dangerous class of carcinogens. They are in the same category as asbestos, arsenic, and UV radiation.⁴

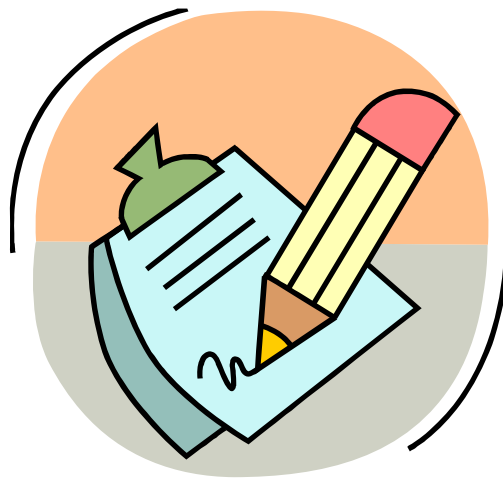
Why are Campuses going Tobacco-Free?

- Tobacco-free policies protect non-smokers from secondhand smoke exposure. 88% of adults (18+) do NOT smoke in California.⁵
- As students graduate, they are transitioning into tobacco-free work environments.
- College years have been identified as a time of increased risk for smoking initiation and transition into regular tobacco use.⁶
- Campus employees are unprotected from OUTDOOR secondhand smoke.
- Smokers working in smoke-free environments were more likely to decrease the number of cigarettes they smoked throughout the day.⁷
- By eliminating tobacco litter, colleges are decreasing fire risk and clean up costs.

CSUS Public Opinion Polls

Two hundred eighteen (218) surveys were completed by faculty, administration and students on the California State University, Sacramento campus between November 2010 and September 2011. The primary purpose of the survey was to assess public opinion about cigarette smoke on the school campus. Results:

- 74% of respondents indicated they would support a policy that did not allow tobacco anywhere on campus.
- 88% of respondents indicated they had been exposed to tobacco smoke on campus and 88% said breathing tobacco smoke was bothersome.
- 71% of respondents felt that the campus needs to address tobacco use on campus.
- Many respondents were unclear of the current campus policy. When asked about the true current policy, no smoking near entryways, 62% of respondents thought this was the current policy, 11.5% thought this was not the current policy and 26.5% were unsure that this was a policy on campus.



Over 500 signatures of support for a CSUS tobacco-free campus policy have been collected through tabling events, health fairs, and campus events! Additional signatures are still being collected!

Sacramento State Tobacco Trash Clean Up

Tobacco trash is a problem on many college campuses. Tobacco trash, specifically **cigarette butts are not biodegradable**, and it does not take long before they build up around designated smoking sites. Not only does tobacco trash smell bad, but it can also **harm ecosystems** and wildlife, such as birds and fish, and be a **hazard** to public health.

Tobacco trash also has economic consequences. Grounds administrators at Penn State University estimated that annual costs associated with cigarette waste reach US\$150,000. Costs include machinery used to gather cigarette butts, trash and butt receptacles and personnel costs.⁸



10 Gallon Fish Tank—Tobacco Trash Collected on Sac State’s Campus, October 2011

On October 20, 2011, a group of Sac State students collected the following over 4 hours, across 28 sites on campus:

- **8,929** pieces of tobacco trash, equivalent to **37** pieces of tobacco trash collected per minute
- The largest quantity collected, **931** pieces, at the road from Eureka and Yosemite Hall
- An average of **241** pieces collected at each site
- Trash collected around the Child Development Center, **189** pieces

The largest type of tobacco trash collected was cigarette butts at 8,879 butts. The majority of tobacco trash collected was at the most concentrated/busiest areas of campus such as the library, quad, and The Well (the campus health center).

Current CSUS Smoking Policy

- Smoking is prohibited in all university buildings and leased space. Atriums, balconies, stairwells and other similar building features are to be considered “within a building.”
- Smoking is prohibited in state/university-owned vehicles.
- Smoking is prohibited within 20 feet of all doorways and buildings.
- Smoking is prohibited within the Stadium.
- Smoking is prohibited on major walkways throughout campus. (It is important to note that “major walkways” are not defined).
- Specific outside areas for smoking will not be established or identified.
- The university will clearly display signs at the entrances/exits and other appropriate locations to notify tenants and the public that smoking is prohibited within the building.

A total of 258 colleges and universities in the United States are 100% tobacco-free! This means no smoke-emanating or smokeless tobacco products, and no designated smoking areas!

New UC System-Wide Tobacco-Free Policy

- Tobacco-free means that smoking, the use of smokeless tobacco products, the use of unregulated nicotine products (e.g., “e-cigarettes”) will be strictly prohibited in indoor and outdoor spaces, including parking lots, private residential space, and the Medical Center campuses.
- The policy¹, effective 2014, will apply to all UC facilities, whether owned or leased.
- Sale and advertising of tobacco products must be prohibited in buildings owned and occupied by the University.
- Enforcement should be primarily educational with an emphasis on cessation resources.

¹In January 2012, the UC System announced their new smoke-free policy, effective 2014. The policy is defined as tobacco-free here because it prohibits the use of smokeless tobacco products. It even prohibits the use of unregulated products like e-cigarettes.

Current v Proposed Policy

	<u>Current</u> CSUS Policy	<u>Proposed</u> CSUS Tobacco-Free Policy
Smoking is prohibited in all University buildings and leased space.	✓	Smoking AND tobacco use are prohibited.
Smoking is prohibited in state/University-owned vehicles.	✓	Smoking AND tobacco use are prohibited.
Smoking is prohibited within 20 feet of all doorways and buildings.	✓	Smoking AND tobacco use are prohibited in all outdoor areas on campus.
Smoking is prohibited within the Stadium.	✓	Smoking AND tobacco use are prohibited.
Smoking is prohibited on major walkways throughout campus.	✓ Major Walkway is not defined	Smoking AND tobacco use are prohibited in all outdoor areas on campus.
Smoking AND the use of tobacco products (includes the use of nicotine products not regulated as tobacco cessation drugs or devices, e.g. e-cigarettes) is prohibited in all University indoor and outdoor spaces, including <u>parking lots</u> and <u>residential space</u> . This includes all University owned and leased space.	Only prohibits smoking in indoor spaces, dorms and parking garages.	✓
Smoking AND the use of tobacco are prohibited in state/University-owned vehicles.	Only prohibits smoking.	✓
The sale of tobacco products is prohibited on campus.	Not specifically written in current policy.	✓
The free distribution of tobacco products and tobacco paraphernalia are not allowed on CSU Sacramento owned or leased property, including at University-sponsored events.		✓
Tobacco product and industry sponsorship, advertising, and marketing are prohibited on campus and at University-sponsored events.	The CSU system Board of Trustees adopted a policy in 2007 that prohibits tobacco industry advertising, marketing, and sponsorship. Even though this is a system-wide policy, it's up to each campus to enforce the policy.	✓
Enforcement should be primarily educational with an emphasis on cessation resources.		✓

Smoking and Tobacco Sample Policy

Background

Assembly Bill 291 prohibiting smoking in state-owned vehicles and mobile equipment became effective in 1994. CSU Executive Order 599, issued in 1993, prohibits smoking in all buildings and leased spaces throughout the system. In addition, HR 2002-26 delegates authority to presidents and the chancellor to adopt rules regarding regulation of secondhand smoking to all individuals, including members of the public. The tobacco-free policy at California State University, Sacramento, is hereby expanded to encompass the elements of all of these directives.

Definitions

Smoking means inhaling, exhaling, burning or carrying a lighted cigarette, cigar, pipe, electronic cigarette, or other smoking apparatus.

Tobacco is defined by any substance containing tobacco leaf, including but not limited to cigarettes, cigars, pipe tobacco, hookah tobacco, snuff, chewing tobacco, dipping tobacco, snus, or any other preparation of tobacco.

Policy

The University regulations are intended to mitigate exposure to secondhand smoke and promote a clean and healthy educational and working environment.

Effective **DATE**, CSU Sacramento will be a smoke-free and tobacco-free campus. The following restrictions will apply:

1. Smoking and the use of tobacco products as well as the use of nicotine products not regulated as tobacco cessation drugs or devices (e.g. e-cigarettes) is prohibited in all University indoor and outdoor spaces, including parking lots and residential space. This includes all University owned and leased space.
2. Smoking and the use of tobacco are prohibited in state/university-owned vehicles. This prohibition includes passenger vehicles and all other state-owned mobile equipment, including light and heavy duty trucks, cargo and passenger

- vans, buses, and any other mobile equipment with an enclosed or enclosable driver/passenger compartment.
3. Smoking and the use of tobacco are prohibited within the stadium.
 4. The sale of tobacco products is prohibited on campus. The free distribution of tobacco products and tobacco paraphernalia are not allowed on CSU Sacramento owned or leased property, including at University-sponsored events.
 5. Tobacco product and industry sponsorship, advertising, and marketing are prohibited on campus and at University-sponsored events.

The university will clearly display signs at the entrances/exits and other appropriate locations throughout facilities to notify tenants and the public that smoking and tobacco use are prohibited within the building. Signs will also be placed near all major campus entrances and specific outdoor spaces to advertise the tobacco-free campus.

Compliance

The success of the policy is dependent on the campus community and education will be the primary mode of enforcement. If compliance is a problem by **DATE**, the University will utilize AB 795 to issue citations not to exceed \$100.

Procedures for Violations

Concerns were discussed with students, unions, faculty, staff and with the Campus Safety Advisory Committee. It was decided that violations of the policy would be handled in the following manner:

- Offenses committed by staff/faculty would be addressed through campus Human Resources Process
- Offenses committed by Students would be addressed by Student Affairs and handled by the Student Judicial Officer
- Offenses committed by non-campus affiliates refusing to comply, would result in notification to the police department for contact with the individual refusing to follow the policy. If violators continued to disobey policy/rules they would have their "right to be on campus" withdrawn and asked to leave the campus. If they

refused at this point, they could be cited or arrested for non-compliance under the penal code (section 626).

In addition, campus employees can notify the police department if they have contact with campus employees or students who disregard requests to cease/desist from smoking or if the person making contact is threatened.

Cessation

Services to support CSU Sacramento students in quitting tobacco are available through the Student Health and Counseling Services at 916-278-6026. Additional free services are available to all CSU Sacramento students, faculty, and staff through community resources as well at the California Smokers' Helpline: 1-800-NO-BUTTS.

Sample Signage



Source: Montana Tobacco Use Prevention Program

Frequently Asked Questions

What are the health consequences of secondhand smoke?

Exposure to indoor and outdoor secondhand smoke is known to cause death and disease and is the third leading cause of preventable death in this country, killing over 50,000 non-smokers each year. The Surgeon General of the United States has concluded that there is no risk-free level of exposure to secondhand tobacco smoke and any exposure to tobacco smoke – even an occasional cigarette or exposure to secondhand smoke – is harmful. The California Air Resources Board has categorized secondhand smoke as a toxic air contaminant.

What does 100% tobacco-free mean?

A 100% tobacco-free campus policy prohibits smoking and tobacco use on all campus property including all indoor and outdoor areas. This includes but is not limited to walkways, outdoor common areas, and parking lots. Products covered under this policy include but are not limited to cigarettes, cigars, hookah tobacco, pipes, smokeless tobacco, snus, dissolvable tobacco, and nicotine products not regulated by the U.S. Food and Drug Administration as a cessation product.

Why should CSU Sacramento consider adopting a 100% tobacco-free campus policy?

Tobacco-free campus policies protect the health and safety of faculty, staff, students and visitors by eliminating secondhand smoke on campus. Everyone will breathe easier, and this will assure equal access for individuals most vulnerable to the effects of secondhand smoke exposure, such as those with asthma and allergies. Additionally, by adopting a 100% tobacco-free policy, CSU Sacramento will:

- Promote clean air, a healthy environment, and healthy behavior choices;

- Save money and staff time spent cleaning cigarette litter by eliminating butts and other tobacco waste on campus;
- Prepare students for tobacco-free work environments;
- Prevent students from initiating tobacco use;
- Encourage tobacco users to quit or decrease use; and
- Support those who have quit using tobacco.

How will a 100% tobacco-free campus policy impact enrollment?

There is NO association between the adoption of a 100% tobacco-free campus policy and a decrease in student enrollment. In fact, many colleges and universities promote a healthy and tobacco-free campus environment as a way of increasing enrollment.

How much do Universities spend on medical expenses for employees who use tobacco?

The Centers for Disease Control estimate each smoking employee costs employers approximately \$3,400.00 per year. These costs are associated with increased absenteeism, workers compensation payments, lost productivity (due to smoke breaks taken throughout the work day), and health insurance costs and claims. On average, tobacco users miss 60% more days of work than non-smokers due to sickness. Additionally, cigarette smokers who take four 10-minute breaks per day to smoke work one month less per year than non-smokers who do not take smoke breaks.

How will this policy be enforced? How successful is enforcement at other universities?

Many universities find that they do not need to enforce the policy if they encourage compliance through educational campaigns and signage. Signage has proven to be so effective that campus police are rarely involved in enforcement. However, if education and peer enforcement does not result in increased compliance, the University has the authority to issue citations to individuals violating the tobacco-free policy. Under state

law, public colleges and universities can determine if they want to fine violators and, if so, the amount of the fine; not to exceed \$100. Collected funds can be allocated to include, but not limited to, the designated enforcement agency, education and promotion of the policy, and tobacco cessation treatment options.

What about creating designated smoking areas?

The only benefit of designated smoking areas, regardless of location, is they allow addicted individuals an area to smoke. Overall, designated smoking areas have many more disadvantages than benefits. A study from Stanford University found that in outdoor designated areas with multiple smokers, levels of toxic air contaminants from secondhand smoke may be the same or higher than indoors, therefore, creating a hazardous environment to individuals standing in or around these areas. Additionally, secondhand smoke is proven to travel outside of designated areas; distance depends on wind strength and direction. Designated areas have also been found to encourage tobacco use by creating a social environment for daily and non-daily tobacco users. By increasing the number of individuals smoking in one area, students are more likely to believe that more people smoke than actually do. This misperception affects the norm of tobacco use on campus and may also contribute to increased tobacco use. Finally, designated areas are often heavily littered and smell of toxic tobacco waste. Unless regularly cleaned and maintained, these areas are unhealthy, smelly, and an eyesore.

How would a 100% tobacco-free campus policy apply to areas around student housing?

Prior to the policy's effective date, there would be one year for all campus members to plan ahead for when tobacco use is no longer allowed on campus. Some individuals will quit using tobacco and others will need to make other plans. New students will know prior to coming to campus that CSU Sacramento is tobacco-free and will be encouraged to plan accordingly. If they are daily smokers and choose to live on campus they will either need to use a buddy system when walking off campus at night, quit smoking, use

the patch or gum after dark or choose to live off-campus if none of the above will work.

In order to prepare student housing for the policy change, many colleges train Residential Advisors on the tobacco-free policy and effective strategies for ensuring compliance. Residential Advisors and other housing staff are also provided cessation resources to distribute to students who use tobacco and are considering quitting. Additionally, new signage should be placed outside student housing to ensure student residents are aware of the college's tobacco-free policy.

Have other colleges experienced success with moving designated areas to less populated areas?

Colleges throughout California have experimented with decreasing the number of designated areas; moving them to less populated locations; and allowing smoking only in parking lots, designated parking lots, or designated areas in designated parking lots. The majority of campuses that designate smoking areas later strengthen their policies to 100% smoke-free or 100% tobacco-free. Motivation for doing so includes: increased litter in designated areas, excessive secondhand smoke on campus, difficulties understanding where individuals can and cannot smoke, and expenses associated with setting up and maintaining designated areas. To date, a total of 258 colleges and universities in the United States are 100% tobacco-free.

Are there other 4-year universities with 100% smoke-free or tobacco-free policies?

A number of large 4-year universities have adopted 100% smoke-free or tobacco-free policies in recent years including the University of Michigan, University of Kentucky, University of Oregon, and the University of Florida. Additionally, entire university systems have gone smoke-free such as Indiana University and City University of New

York systems. Most recently, the University of California Office of the President announced all UC campuses, medical centers, and national labs will be 100% tobacco-free by 2014.

What about students, faculty and staff members who need help to overcome their tobacco addiction?

During the one-year implementation period, cessation services will be available to students through the Student Health Center. Additionally, community resources, like the free California Smokers' Helpline (1-800-NO-BUTTS), are available to support faculty and staff in quitting tobacco. If individuals are not able to or interested in quitting after the one-year implementation period, they will need to use tobacco before they come to campus or after they leave.

What about smokers' rights?

There are no constitutional rights to smoke. No court has ever recognized smoking as a fundamental right nor has any court ever found smokers to be a protected class as identified by the Public Health Institute Technical Assistance Legal Center. There are groups of people- such as groups based on race, national origin and gender- that receive greater protection against discriminatory acts under the US and California constitutions than do other groups of people. Smokers have never been identified as one of these protected groups. Keep in mind that this is a pro-health and pro-environment policy, not an anti-smoker policy.

Why are we prohibiting smokeless tobacco products?

The proposed tobacco-free policy is intended to protect the health and wellbeing of everyone on campus, including tobacco users. Tobacco-free policies have been proven to help individuals quit using tobacco, cut back on their tobacco use, and prevent non-tobacco users from starting. Prohibiting smokeless tobacco products also reduces these forms of tobacco trash found on campus.

Resources

- **American Cancer Society**
<http://www.cancer.org/Healthy/StayAwayfromTobacco/>
- **American Heart Association**
<http://www.heart.org/HEARTORG/>
- **American Lung Association**
<http://www.lungusa.org>
- **Americans for Nonsmokers' Rights (ANR):**
www.no-smoke.org
- **Breathe California**
<http://www.sacstand.com/>
- **California Department of Public Health:**
<http://www.cdph.ca.gov/programs/tobacco/>
- **California Smokers' Helpline**
www.tobaccofreeca.com/resources
1-800-NO-BUTTS
- **California Youth Advocacy Network (CYAN):** Cyanonline.org
 - *Kimberlee Homer Vagadori, MPH*
Project Director
Ph: (916) 339-3424 ext. 22
Email: Kim@cyanonline.org
- **CSU Sacramento Student Health and Counseling Services**
 - *Lindsay Wetzel*
Alcohol, Tobacco, and Other Drug Education
Ph: 916-278-6026
Email: wetzell@csus.edu
- **Sacramento County Department of Health and Human Services, Tobacco Education Program**
 - *Kate Frantz:* frantzk@saccounty.net
- **Tobacco Technical Assistance Consortium (TTAC):**
<http://www.ttac.org/services/college/>
- **TRAIL: Tobacco Resources and Information Line**
www.SacTRAIL.com
- **University of California** (information on new policy):
<http://www.ucop.edu/riskmgmt/smoking-policy.html>
- **You Smoke They Smoke**
<http://www.yousmoketheysmoke.org/>

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