



## Frequently Asked Questions (FAQ)

In this PDF you will find the most frequently asked questions about the CSU Chancellor's executive order and the policies implemented on campus as well as some of the effects of smoking.

### **What are the health consequences of secondhand smoke?**

Exposure to 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 United States Environmental Protection Agency (EPA) has found secondhand tobacco smoke to be a risk to public health, and has classified secondhand smoke as a group a carcinogen, the most dangerous class of carcinogen.

### **Why are the electronic cigarettes and smoke-less tobacco products included in the policy?**

These products were specifically included in the tobacco-free policy initiative to create Tobacco-Free campus. Electronic cigarettes contain nicotine, are not approved by the FDA and have not been recommended to support quit efforts. We want to steer tobacco-users toward proven methods of quitting.

### **What products are covered in this policy?**

Products covered under this policy include, but are not limited to, cigarettes, cigars, pipes, water pipes (hookah), electronic smoking devices such as electronic cigarettes and electronic hookahs, chewing tobacco, spit tobacco, snus, snuff, and dissolvable tobacco products. The use of nicotine products or nicotine delivery systems that have not been approved by the FDA for sale as a tobacco cessation products are also included in this policy.

### **Why are all tobacco products and e-cigarettes included in the policy?**

Smoke/tobacco-free policies protect the health and safety of faculty, staff, students, and visitors by eliminating secondhand smoke on campus. Additionally, 100% smoke/tobacco-free policies are proven to encourage healthy behavior change, save money and staff time spend cleaning tobacco waste on campus, prepare students for smoke/tobacco-free work environments, prevent tobacco initiation, encourage tobacco quit attempts, and support individuals who have successfully quit using tobacco.

### **Are other colleges in California adopting policies similar to Sacramento State?**

Over 1,000 colleges and universities have successfully adopted and implemented 100% smoke/tobacco-free policies. In California, numerous institutions are adopting similar policies, including all 10 University of California campuses, a growing number of California State

University schools (e.g., San Diego State University, Sonoma State University), and community college campuses.

### **Why can't we allow smoking designated areas?**

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. Also, designated areas can be confusing to smokers and hard to enforce. UC San Francisco implemented a designated area policy only to find it so ineffective that they went completely smoke-free a couple of years later. Designated areas don't solve the problem of secondhand smoke; instead they create a toxic concentration of it. Secondhand smoke affects everyone on campus.

### **How will the policy be enforced?**

The enforcement of this policy for the first year will be educational, focused on informing all members of the Sacramento State community and visitors to campus of this new policy. As with all policies, all students and employees are expected to comply. The administration and tobacco-free campus task force will review these strategies after the policy takes effect and update the campus with any changes that arise.

### **How can I get help quitting tobacco?**

The Well at Sacramento State will be offering cessation programs to help people quit. Also for faculty and staff, along with Sac State's programs, outside resources will be made available. The full list of resources can be found on the tobacco-free website.

### **Why did Sacramento State decide to adopt a 100% smoke and tobacco-free policy?**

Nationally, college-aged adults have the highest usage rates for cigarettes and smokeless tobacco products among all age groups. Research indicates that there are many harmful effects of tobacco use. Exposure to secondhand smoke is rated as the third leading cause of preventable death in the United States. In light of these concerns and in order to promote health and wellness as well as a healthful educational environment, the President directed the formation of a campus tobacco policy task force ("Task Force") in 2013. The Task Force's purpose was to review the use of tobacco and smoking on campus and provide recommendations. The Task Force concluded that the current campus smoking policy (no smoking within 20 feet any buildings or major walkways) does not adequately protect the campus community.

### **I live on campus property. Where am I supposed to use tobacco?**

There will be no designated areas to use tobacco. Individuals will be free to use tobacco anywhere off university property. We encourage all students to review the cessation programs offered by the university.

**Who is affected by this policy?**

This policy applies to anyone who attends classes, works, or visits Sacramento State University, as well as any auxiliaries. This includes students, faculty, staff, visitors, and contractors.

**Can I smoke in my personal car when I'm parked on campus?**

Smoking and tobacco use is not permitted on campus property. Therefore, smoking in your personal vehicle is not allowed if your car is parked on campus.

**How do I approach someone violating the policy?**

If you see someone using tobacco or e-cigarettes on campus, you can politely let them know that Sacramento State is a smoke/tobacco-free campus. Possible approaches include: "Hi. Did you know Sac State is a smoke/tobacco-free campus? If you want more information about the policy, you can visit (WEBSITE)." Sacramento State does not encourage anyone to engage into a heated argument. If you find yourself in one, walk away and notify the appropriate authority.

**The policy requires individuals to leave campus to use tobacco. What about their safety?**

With Sacramento being such a large city, it is vitally important that all individuals consider their safety and well-being both on and off campus. During the workday/school day, we recommend using some of the cessation resources provided.

For those that choose to smoke at night, we recommend that you view and become aware of **the emergency phone areas**.