

CLEARING THE AIR

UCSC WILL BE TOBACCO AND SMOKE FREE

AS OF JANUARY 1, 2014



Tobacco-FREE
UNIVERSITY OF CALIFORNIA

UC Santa Cruz Smoke & Tobacco-Free Initiative Fact Sheet

Special thanks to UC Riverside for support on this fact sheet

The Effects

- More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.
- Smoking reduces normal life expectancy by an average of 13 to 15 years.
- Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer.
- Secondhand smoke is responsible for approximately 3,000 lung cancer deaths each year.
- The Surgeon General of the United States has concluded that there is no risk-free level of exposure to second-hand smoke and establishing smoke-free environments is the only proven way to prevent exposure.

The State of California¹

- Smoking rates in the State of California reached a historic low, dropping from 26 to 12 percent between 1984 and 2011.
- Much of the decline is attributed to fewer smokers between the ages of 18 and 24.
- Over the past two decades, California has banned smoking in restaurants, bars, and inside public buildings.
- Even with these strides, smoking contributes to 36,000 deaths a year.

The Cost^{2,3}

- The Center for Disease Control (CDC) puts a \$3,383 price tag per year on each employee who smokes: \$1,760 in lost productivity and \$1,623 in excess medical expenditures.
- Tobacco use is a leading cause of lost productivity. Employees who smoke have almost twice as much lost production time per week than workers who do not smoke.
- Smokers are absent 50% more than nonsmokers.
- Costs of employee absences include temporary replacements, and lowered productivity and morale among employees who remain at work.

The Students⁴

- Nationally, one in five college students smoke.
- Approximately 13% of college students started smoking in college.
- Twenty percent of social smokers become daily smokers over the course of a four-year college period.
- Smoke-free policies have been shown to help students decrease their amount of smoking or help them to quit.

The Solution

- UC's smoke & tobacco-free policy reflects the University of California's commitment to provide a healthier, safe and productive work and learning environment for the entire campus community. As a national leader in healthcare and environmental practices, UC is ready to create a smoke-free environment on all UC campuses, medical centers and properties.
- As a public institution of higher education with faculty who research and treat the effects of smoking and tobacco use, UC recognizes its responsibility to exercise leadership in the promotion of a healthy, smoke & tobacco-free environment for all students, employees, and visitors.

- UC Santa Cruz is committed to a healthy campus culture and environment and the policy serves the campus goal of meeting sustainable green building design standards through Leadership in Energy and Environmental Design (LEED) Certification.
 - A comprehensive education and outreach campaign will commence; resources and referrals for cessation assistance are currently available to help individuals quit. Students have access to services through their student Health Insurance and the Student Health Center; Employees have access to resources at <http://uclivingwell.ucop.edu/tobacco/>. The State of California also has resources available at www.nobutts.org.
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UC Santa Cruz Smoke & Tobacco-Free Frequently Asked Questions:

1. When does the revised UC Santa Cruz Smoke/Tobacco-Free policy go into effect?

The policy goes into effect on January 1, 2014.

2. Who does the policy apply to?

The Smoke & Tobacco-Free Policy, applies to all academics, staff, students, volunteers, contractors, and visitors to all UC Santa Cruz owned, leased or managed properties with the exception of employee-owned housing.

3. What is considered a tobacco product and is therefore prohibited by the policy?

A tobacco product means any form of tobacco, including but not limited to cigarettes, cigars, pipes, water pipes (hookahs, bong), and all forms of smokeless tobacco products including but not limited to chew, snus, snuff, sticks, strips, orbs and unregulated nicotine products (e.g., “e-cigarettes”).

4. Why are e-cigarettes included in this policy?

The Federal Drug Administration (FDA) does not consider e-cigarettes to be a safe nicotine delivery system or smoking cessation strategy and their use is prohibited on University property for purposes of this policy. However, other forms of approved nicotine replacement therapy such as gum and patches are allowed.

5. Why is smokeless tobacco included in this policy?

- Smokeless tobacco spit is considered a biohazard and contains at least 24 carcinogenic chemicals.
- Spit tobacco often creates unwanted hazardous waste and byproducts, which campus maintenance staff members then have to dispose of.
- A dip of smokeless tobacco typically contains 3-5 times more nicotine than a cigarette. Research shows that smokers have difficulty switching from cigarettes to smokeless tobacco. Instead, many become dual users of both cigarettes and smokeless products – increasing the addiction.
- Smokeless tobacco use is a precursor to cigarette use. Specifically, adolescents who use smokeless tobacco are more likely to become cigarette smokers according to the Centers for Disease Control (CDC).
- Environmental concerns. Smokeless tobacco still uses the same tobacco manufacturing methods that cause deforestation, soil erosion, and poverty.

6. Is there anywhere I can smoke or use tobacco?

Neither smoking nor the use of tobacco products are permitted within the boundaries of University owned, leased or managed properties. Once outside the boundaries of University controlled properties, smoking and use of tobacco products is subject to local jurisdiction.

7. Can I smoke or use tobacco in my personal vehicle?

Smoking and/or the use of tobacco is not permitted in your personal vehicle, whether parked or in motion, if the vehicle is parked or being operated on UC property.

8. Are there designated smoking areas on campus?

Effective January 1, 2014 – designated smoking areas/smoking shelters will not be available on University property.

9. How should people know that the University is a smoke & tobacco-free campus?

Signage indicating that UCSC is a smoke & tobacco-free campus will be posted in high traffic building entrances/exits, parking lots, and in key documents, promotional materials and other areas throughout the campus.

10. How is this policy being communicated to campus groups and to potential visitors?

The communications plan will include but is not limited to:

- Notification of policy to current and prospective students and employees through communication available on University websites
- Notification during the admission and enrollment process and/or during new hire orientation for faculty and staff
- Informational meetings, postings, and electronic notifications
- Campus signage
- Various print and digital media
- Social media platforms
- Communications to outside groups using UCSC facilities
- Contracts/Agreements
- Media exposure on and off campus

11. Why should I comply?

We hope civility and respect for others will guide all of us during the transitioning toward a smoke & tobacco-free campus. We realize this policy may be challenging for some smokers and tobacco users but we hope that smokers and tobacco users will respect the rights of their fellow members of the University community to breathe smoke-free air. We also hope nonsmokers who remind violators of the smoke & tobacco-free policy will do so with courtesy and civility.

12. How is the policy being enforced?

Compliance with this Policy is grounded in informing and educating members of the University community and visitors about the Policy and encouraging those who use tobacco products to seek treatment for tobacco dependence. In order to maintain a smoke & tobacco-free environment, notifying others about the Policy will be an ongoing effort to enhance awareness of and foster compliance with this Policy.

Violations of this policy may be subject to corrective action under the Student Code of Conduct, Human Resources and Academic Personnel Policies and Procedures, other applicable University Regulations or Policies, Vendor contracts and citations and fines per California Government Code section 7597.1.

13. Who will enforce this policy?

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The University's expectation is that all academics, staff, students and visitors to campus will adhere to this policy. Academics, staff and students have a collective responsibility to promote the safety and health of the campus community and therefore share in the responsibility of enforcement. Individuals observed using

tobacco should be reminded in a respectful manner of the university policy. Department and unit heads are responsible for ensuring that academics, staff, students, and visitors are informed of and comply with this policy. Questions should be directed to the Office of Environmental, Health and Safety.

14. What should I do if I see someone smoking on University grounds?

If you see individuals smoking on University properties, you may respectfully inform these individuals of the University policy prohibiting smoking & tobacco use anywhere on University properties. If the individual is non-responsive to your request, you should refer the issue to your manager/supervisor for assistance.

15. What should managers/supervisors do if one of their employees violates the policy?

Supervisors are encouraged to communicate the University's cessation assistance opportunities to employees and consult with Labor Relations to discuss possible performance management action. A face-to-face meeting with the employee to discuss concerns is always the best place to start.

The following tips can help:

- Emphasize that you don't expect or require the employee to quit smoking/tobacco use, but that the employee must comply with the UCSC smoke & tobacco-free policy while on UCSC property.
- If the employee indicates an interest in quitting, direct him or her to available resources.

16. I supervise several employees who smoke. How will they manage under the new policy?

Should they choose to do so, employees may use their allotted work breaks to travel off campus to smoke. However, employees will not be given additional break time for smoking.

17. How will you protect individuals who are helping to enforce this policy?

The University holds the expectation that all members of the community will comply with the Policy and be responsive to respectful requests to abide with the Policy. There should be no reprisal against anyone seeking to enforce this Policy.

18. Do I have to quit using tobacco or smoking?

No. The policy does not require individuals to quit; however, the policy prohibits smoking and using tobacco products on all University owned, leased or managed properties.

19. What resources are available to help me stop using tobacco products?

The new policy is an important campus health and safety initiative. The University will offer support to those affected in order to make the transition as easy as possible for our campus community.

The University of California, Santa Cruz is committed to supporting the UCSC community to stop using tobacco products. Assistance to students, faculty, and staff to overcome addiction to tobacco products is available through the UC health and benefits plans, the Faculty/Staff Wellness Program and The Campus Health Center.

Integrating comprehensive and effective cessation programs and smoke & tobacco-free policies with other worksite programs such as health promotion/wellness programs is key to facilitating and supporting successful behavior change and maximizing the health of the entire campus community.

20. If I choose to continue to smoke or use tobacco and do not have enough time to step off campus to smoke what am I supposed to do?

The University is aware that nicotine is a highly addictive drug and simply waiting till lunch-time or after work will be difficult for some. We encourage the use of nicotine replacement products such as gum or lozenges for times when it is inconvenient to smoke. Please work with your health care provider to determine the appropriate product.

21. What about the University neighbors?

UCSC asks that our students, faculty, and staff help maintain a positive relationship with our neighbors that border the campus. We encourage everyone to respect other's property by not littering and not congregating in areas to smoke.

22. A smoke & tobacco-free policy will force students, faculty, and staff to leave campus to smoke. What about the personal safety of these individuals, especially in the early morning or evening when it is dark?

UCSC encourages all individuals to be mindful of their personal safety while on or off campus. Medications such as the nicotine patch, gum, lozenge, nasal spray or inhaler are options that can be considered to meet nicotine needs without leaving campus.

23. Don't I have a right to smoke or use tobacco products on campus?

Using tobacco is a personal choice, not a constitutional right. There is no constitutional right to smoke. In addition, prohibiting smoking and the use of tobacco products on campus preserves everyone's right to breathe clean, smoke-free air while allowing adults who smoke and use tobacco products to continue to do so off-campus. This decision supports the rights and privileges of both smokers and non-smokers alike.

24. Do smoke & tobacco-free policies really help?

Yes! According to the CDC, smoking bans and restrictions lead to a reduction in the amount of daily smoking among students and employees and an increase in the number of individuals who stop smoking. Smoke & tobacco-free campuses and workplaces reduce the risk of developing heart disease and lung cancer due to secondhand smoke exposure.

25. Will this policy negatively affect enrollment or employment?

In surveys of other colleges and universities who have established a smoke-free policy, there has not been a decline in student enrollment or applicants seeking employment. Surveys consistently show that most students would prefer to attend a smoke and tobacco-free college. One early leader, Clark College in Vancouver, Washington, has seen enrollment increase every quarter since going tobacco-free in 2003. In addition, a smoke and tobacco-free environment will make our campus a more attractive venue for events attended by the public. As the public's expectation for environments free of secondhand smoke continues to grow, community event organizers will favor smoke and tobacco-free campuses when choosing event locations.

26. Are there any other educational institutions that have gone smoke& tobacco-free?

Yes. There are at least 1159 campuses in the US that are 100% smoke & tobacco-free, according to the American Nonsmokers' Rights Foundation.

27. Will there be any exceptions from the policy?

Exceptions to the Smoke & Tobacco-Free Policy may be granted for the following reasons:

1. connection with academic research as approved by the UCSC Office of Research.
2. for traditional ceremonies by recognized cultural and religious groups with prior approval of the sponsoring department, the Office of Environmental Health and Safety, and the Fire Marshal. Ceremonial use is defined as tobacco use for ritual, healing and/or traditional purposes in religious, cultural or ethnic events.

28. Who do I contact if I have additional questions about the policy?

For comments or questions regarding this policy, members of the campus community and the community at large are encouraged to visit the UCSC "Clearing the Air" website at <http://tobaccofree.ucsc.edu/> or email the tobaccofree@ucsc.edu.

29. Marijuana isn't tobacco, so can I use it?

No, use of marijuana on the campus is not allowed. In addition to being a violation of the campus smoke & tobacco free policy, it is a violation of federal law.

References

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4. American Lung Association (2008). Big tobacco on campus: Ending the addiction. Retrieved from: <http://www.lung.org/assets/documents/publications/tobacco-policy-trend-alerts/big-tobacco-on-campus.pdf>

