



Tobacco-Free Policy Rationale

Information for Colleges and Universities Considering Adopting a Tobacco-Free Policy

INTRODUCTION

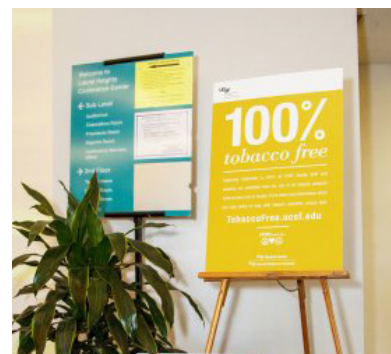
Tobacco is the leading cause of preventable and premature death, accounting for an estimated 480,000 American deaths in the United States each year, or one out of every five deaths.

In order to counter the negative effects of tobacco on the college population, the American College Health Association (ACHA) has recommended all colleges and universities adopt a 100% tobacco-free campus policy. Furthermore, the U.S. Department of Health and Human Services has created a Tobacco-Free College Campus Initiative to promote and support the adoption and implementation of tobacco-free policies at institutions of higher learning.

In California, an increased number of public colleges are going completely tobacco-free. In January 2012, the University of California (UC) Office of the President announced all UC-owned property would be completely tobacco-free by January 2014. More recently, the California State University (CSU) Office of the Chancellor has announced its intention for a tobacco-free system in the near future. Additionally, in 2013 the Health Services Association of California Community Colleges introduced A White Paper on Tobacco Prevention and Control on the California Community Colleges to support the efforts of individual campuses and districts in adopting tobacco-free policies.



Palomar College



University of California,
San Francisco

SMOKE/TOBACCO-FREE TRENDS

- In California, 128 public colleges and universities have significantly stronger policies than CA State Law (no smoking within 20-ft. of buildings). Of these, 52 are 100% smoke and/or tobacco-free.¹
- The University of California system, including 10 educational campuses and five medical hospitals is 100% tobacco-free as of January 1, 2014 (including e-cigarettes and other nicotine products not regulated by the Food and Drug Administration FDA).²
- Nationally, approximately 1,483 colleges are 100% smoke-free including large universities such as the University of Kentucky, University of Michigan, and the University of Oregon.³
- Currently, 1,014 colleges are 100% tobacco-free, a sharp increase from 75 colleges in late 2008. Of these, 823 prohibit e-cigarette use.⁴
- Colleges with policies allowing smoking only in designated areas or parking lots are transitioning to 100% tobacco-free campuses. More and more colleges are considering “tobacco-free” policies over “smoke-free” policies to prevent the increase of smokeless tobacco use on campus.
- College campuses, as well as cities and counties across the state, are updating the policy definitions of “smoking” to include the operation of electronic cigarette (e-cigarettes) and “smoke” to include aerosol emitted from e-products.



Background and Scientific Rationale



University of California, Davis



Solano Community College

DECREASE EXPOSURE TO SECONDHAND SMOKE

- The US 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.⁵
- The California Air Resources Board has categorized secondhand smoke as a toxic air contaminant, the same category as diesel exhaust.⁶
- Most recently, the Surgeon General of the United States concluded that there is no risk-free level of exposure to secondhand tobacco smoke and establishing smoke-free environments is the only proven way to prevent exposure.⁷

SMOKE/TOBACCO-FREE POLICIES CHANGE TOBACCO USE BEHAVIOR

- A study published in the British Medical Journal (2002) concluded that tobacco users who worked in a completely smoke-free environment were more likely to quit than their counterparts working in areas without strong smoke-free policies. Additionally, individuals working in smoke-free environments were more likely to decrease the number of cigarettes they smoked throughout the day.⁸
- Smoke-free campus policies are proven to decrease current smoking prevalence in students, decrease the amount of cigarettes used by those who continue to smoke, positively influence students' perceptions of peer smoking, change social norms around tobacco use, and increase favorable attitudes towards regulation of tobacco. These findings are consistent with a study that found that college students who lived in smoke-free residences were more likely to be nonsmokers.⁹

PROTECT WORKERS NOT PROTECTED BY STATE LAW

- More than 90% of Californians approve of a law to protect workers from secondhand smoke exposure in the workplace.¹⁰ Yet, many individuals who work on campus are still unprotected from secondhand smoke exposure throughout the day such as those who care for buildings and grounds, facilities, and campus security.

Image top left: San Diego State University; top right: Santa Rosa Junior College

Background and Scientific Rationale

ELIMINATE TOBACCO LITTER ON CAMPUS

- A study of litter at UC San Diego and San Diego State University revealed that in 80 volunteer hours, 31,410 butts were collected at these institutions (combined). This represented about 380 butts per volunteer per hour.¹¹
- Cigarette waste is extremely toxic to our environment. Cigarette butts contain the same toxic chemicals in tobacco smoke. The small filter, when wet, releases thousands of toxic chemicals back into the environment. These filters and chemicals are washed into waterways by water runoff.¹²
- By eliminating tobacco litter, colleges are also decreasing fire risk on campus, decreasing the cost and time associated with cleaning up tobacco litter, and increasing campus beautification.



Grossmont College

PROMOTE STUDENT SUCCESS

- Historically, most tobacco users started smoking or using smokeless tobacco before the age of 18. Over the last ten years, this pattern of new addiction has been changing. A recent study found one-fifth of smokers reported starting after the age of 18. Among individuals who started using tobacco before 18, regular or daily smoking was not established until the ages of 20 or 21.¹³
- As students graduate, they are transitioning into tobacco-free environments. In California, the majority of hospital and K-12 campuses are 100% smoke-free or tobacco-free. Nationwide, worksites, college campuses, health care centers, and outdoor recreational facilities are adopting comprehensive tobacco use policies.



University of California,
Riverside

DECREASE EXPOSURE TO NEW AND EMERGING TOBACCO AND NICOTINE PRODUCTS

- Use of new products, such as e-cigarettes, is increasing across all age groups.^{14,15}
- New and emerging products may introduce young adults to tobacco use or promote dual use of cigarettes and smokeless tobacco products.¹⁶
- Hookah use has surpassed cigarette use among U.S. young adult college students.¹⁷
- E-cigarette vapor is a new source of volatile organic compounds (VOCs) and ultrafine/fine particles.¹⁸
- Use of products that mimic tobacco use, specifically e-cigarettes, may renormalize smoking and challenge the implementation and enforcement of tobacco-free policies that are proven to decrease tobacco use.
- E-cigarettes are being used to inhale substances other than nicotine, including marijuana, which is prohibited on college campuses. As a result, some institutions are classifying e-cigarettes as drug paraphernalia.
- The California Department of Education is working with K-12 institutions throughout the state to strengthen their existing tobacco use policies by prohibiting the use of electronic nicotine delivery devices such as e-cigarettes, e-hookahs, and other aerosol-emitting devices regardless of their nicotine content.



Frequently Asked Questions

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. Furthermore, 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. California state law prohibits smoking in all indoor areas, within 20-ft. of public buildings (including colleges and universities), and in all state-owned vehicles. A 100% tobacco-free policy would include products such as: cigarettes, cigars, hookah, pipes, roll-your-own tobacco, smokeless tobacco, snus, and nicotine products not currently regulated by the FDA for cessation purposes (e.g., e-cigarettes).

WILL A 100% TOBACCO-FREE CAMPUS POLICY CAUSE CONFLICT BETWEEN A COLLEGE AND ITS EMPLOYEES?

The adoption of a 100% tobacco-free policy promotes the health and well-being of everyone on campus, including employees. Currently, individuals who work in outdoor areas are not provided with the same level of protection from secondhand smoke as those working indoors. A 100% tobacco-free policy will provide equal protection to everyone on campus. Additionally, tobacco-free policies may encourage smokers to quit using tobacco and will support those individuals who have successfully quit using tobacco.

Image top left: California State University, Sacramento;
top right: University of California, Los Angeles

Frequently Asked Questions

WHY SHOULD COLLEGES AND UNIVERSITIES 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 and tobacco waste 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, colleges 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;
- Prepare students for tobacco-free work environments (e.g., hospitals, K-12 schools, etc.);
- Prevent students from initiating tobacco use;
- Encourage tobacco users to quit or decrease use; and
- Support those who have quit using tobacco.

WHY INCLUDE E-CIGARETTES? AREN'T THEY DESIGNED TO HELP PEOPLE QUIT SMOKING?

E-cigarettes are a relatively new product with little information about their safety and effects on human health. Currently, the products are not regulated by the FDA, and it is illegal to market them as a way to quit tobacco; however, the FDA does have the authority to regulate e-cigarettes as a tobacco product. It's a common misconception that e-cigarettes emit a harmless water vapor. New research reveals that the solution used in e-cigarettes does contain toxic contaminants and these contaminants are released into the environment when a user exhales the aerosol. Furthermore, recent research is showing a drastic increase in use of e-cigarettes, especially among youth and young adults. Since e-cigarettes are misunderstood to be a quit smoking device, young people are more willing to experiment with the products, which may lead to long-term nicotine addiction. Comprehensive tobacco-free policies that include e-cigarettes and other nicotine products not regulated by the FDA for cessation purposes may discourage the initiation of novelty smoking and nicotine delivery devices.

WHAT ABOUT ENFORCEMENT? HOW WILL THIS POLICY BE SUPPORTED BY ENFORCEMENT? HOW SUCCESSFUL IS ENFORCEMENT AT OTHER COLLEGES?

Many colleges and universities find that they do not need to enforce the policy if they encourage compliance through educational campaigns. If education and peer enforcement do not result in increased compliance, California public colleges have the authority to issue citations to individuals violating the smoke/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. The law stipulates that all funds collected must be used to support the campus tobacco-free policy, but the college can decide how the funds are allocated. For example, a college may choose to delegate a certain percentage to education and promotion of the policy, tobacco cessation treatment options, campus beautification, or to the agency responsible for issuing citations (e.g., police department).

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.¹⁹ In fact, many colleges and universities promote a healthy and tobacco-free campus environment as a way of increasing enrollment.

Frequently Asked Questions

WHAT ARE THE BENEFITS AND DISADVANTAGES OF CREATING OR MOVING DESIGNATED SMOKING AREAS TO LESS POPULATED AREAS?

Designated smoking areas are often good to have during a transitional period to a 100% smoke-free campus; however, they are problematic if kept for too long. The 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 smoking 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.

100% SMOKE/TOBACCO FREE CAMPUSES IN CALIFORNIA

UC Berkeley • UC Davis • UC Irvine • UC Merced • UC Los Angeles • UC Riverside • UC San Diego • UC San Francisco • UC Santa Barbara • UC Santa Cruz • CSU Long Beach (Fall 2016) • CSU Northridge • San Diego State University • San Jose State University • Sonoma State University • American River College • Cuyamaca College • El Camino College • El Camino College - Compton Center • Grossmont College • Hartnell College • Imperial Valley College • Irvine Valley College • MiraCosta College • Moorpark College (Fall 2016) • Mt. San Jacinto College • Palomar College • Saddleback College • San Diego City College • San Diego Mesa College • San Diego Miramar College • San Joaquin Delta College • Santa Barbara City College • Santa Rosa Junior College • Sierra College • Solano Community College • Woodland Community College • Yuba College

100% SMOKE FREE CAMPUSES IN CALIFORNIA

CSU Fullerton • Berkeley City College • Cabrillo College • Fullerton College • Glendale Community College • Laney College • Los Angeles City College • Moreno Valley College • Ohlone College • Pasadena City College • Riverside Community College • San Jose City College • Victor Valley College

OTHER POLICIES STRONGER THAN STATE LAW

Many California campuses have adopted policies that are stronger than state law, but not 100% smoke-free or 100% smoke/tobacco-free. A comprehensive list of these policies can be found at www.cyanonline.org.

Italicized policies also prohibit the use of e-cigarettes.

Frequently Asked Questions

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, approximately 1,182 colleges throughout the United States have successfully adopted 100% smoke-free policies. Of these, 811 campuses are 100% tobacco-free.²⁰

HOW HAVE OTHER COLLEGES ADDRESSED STUDENT HOUSING IN RELATION TO A 100% TOBACCO-FREE CAMPUS POLICY?

There are different ways to address student housing in 100% tobacco-free campus policies. One option is to include college-owned housing in the policy, so that the entire campus and all associated properties go tobacco-free at the same time. Alternatively, a campus could temporarily designate one smoking area near campus housing as individuals transition the new policy. A planned date to eliminate the designated area must be specified in the policy, for example one year following the policy start date. These options allow students who live on campus time to quit smoking or change their behavior. Prior to the policy being implemented, there will be time for all campus community members to plan ahead for when tobacco is no longer allowed on campus. Some individuals will quit using tobacco and others will need to make alternative plans, and can discuss options for managing cravings while on campus property with their health care provider or the campus health center. Helping students make a plan for living in 100% tobacco-free student housing reduces the likelihood of individuals violating the policy or putting themselves in any potential danger by leaving campus to use tobacco. Additionally, it is important for Student Housing to alert new students that campus-owned housing is 100% tobacco-free.

WHAT IS THE LEVEL OF SATISFACTION AT OTHER COLLEGES AND UNIVERSITIES IN CALIFORNIA THAT HAVE ADOPTED A 100% TOBACCO-FREE CAMPUS POLICY?

An increased number of colleges and universities in California are adopting 100% tobacco-free campus policies. The majority of the colleges with 100% smoke-free and tobacco-free policies previously had designated area policies that were ineffective. Furthermore, many colleges with current designated areas are working on the adoption of a 100% smoke-free or tobacco-free policy. For example, in San Diego County, San Diego Mesa College went 100% smoke-free in 2007. Shortly thereafter, the Grossmont-Cuyamaca Community College District, also in San Diego County, went 100% tobacco-free after seeing the success of the Mesa College policy. Following the County trend, Mira Costa College recently adopted a 100% tobacco-free policy followed by Palomar College, which updated their policy from designated smoking areas. In 2013, the San Diego Community College District strengthened their policy, making all four campuses 100% tobacco-free. The majority of colleges who have adopted 100% smoke-free and tobacco-free policies have done so at the request of their students and with leadership from the Associated Student Government.

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