

# SUPPORTING YOUNG ADULTS TO REMAIN TOBACCO-FREE BY CREATING 100% TOBACCO-FREE HIGHER EDUCATION CAMPUSES

## POLICY STAKEHOLDERS HIGHER EDUCATION

### INTRODUCTION

Tobacco use remains the leading cause of preventable death and disease in Maine and the United States. The 2006 and 2010 U.S. Surgeon General reports both emphasize that there is no safe level of exposure to secondhand smoke. Recommendations from the November 2011 American College Health Association Statement on Tobacco on College and University Campuses encourages colleges and universities to be diligent in their efforts to achieve a 100 percent indoor and outdoor campus-wide tobacco-free environment. Smoke and tobacco-free policies have a positive impact on helping smokers quit and on preventing individuals from ever starting, as 98 percent of adult smokers start before age 26.

### ADDRESSING TOBACCO IN THIS ENVIRONMENT

- Adopting a tobacco-free campus highlights an institution of higher education's commitment to providing as healthy and safe of an environment as possible for students, faculty, staff and visitors.
- A tobacco-free policy does not require anyone to quit using tobacco but does prohibit use while on campus grounds. In fact, 84% of college students and 80% of adults do not smoke; therefore it would require no behavior change for the majority of people on campus.
- Students are accustomed to tobacco-free environments in Maine. Smoking is prohibited in all indoor, and many outdoor public places. Furthermore, 88% of 18-24 year-olds believe people should be protected from secondhand smoke.

### POLICY IMPLEMENTATION STEPS

1. Establish a tobacco policy committee.
2. Develop policy language.
3. Train staff and educate clients on the new policy.
4. Prepare for policy launch, including enforcement planning and posting signage.
5. Implement the tobacco-free policy.
6. Maintain long-term tobacco-free success.

### WHAT IS A MODEL POLICY?

A model tobacco-free policy prohibits the smoking of, or use of, any tobacco products including but not limited to, cigarettes, cigars, snuff, chewing tobacco, snus and electronic nicotine delivery systems, such as e-cigarettes, anywhere on the organization's campus. This includes all organization-affiliated buildings, on all facility grounds, in all organization-owned or -leased vehicles, personal vehicles used in the course of work and at all sponsored events.

### RESOURCES

- Local District Tobacco Prevention Partner – usually located at a local Community Coalition, the DTPP can provide technical assistance on policy adoption and implementation and provide tips on creating tobacco-free environments.
- [www.MaineTobaccoFreeCollegeNetwork.org](http://www.MaineTobaccoFreeCollegeNetwork.org) - includes many resources available for download including policy adoption toolkit, template tobacco-free policy, and infographic.
- Annual Gold Star Standards of Excellence program – conducted in the Winter, this is an opportunity for institutions of higher learning to be recognized for efforts to adopt strong policies, procedures and treatment practices to address tobacco use.