



**COLLEGE  
TOBACCOFREECAMPUS.org  
INITIATIVE**

## **What is the TFCCI Challenge?**

The Tobacco-Free College Campus Initiative (TFCCI) Challenge is a national effort to engage all campuses and universities in implementing 100% smoke- or tobacco-free policies.

Across the nation, growing numbers of campuses are going smoke- or tobacco-free. The TFCCI Challenge brings together college campuses and local, state, and federal tobacco control programs in a unique partnership to help institutions of higher education begin the process of going smoke- or tobacco-free.

## **What is the goal of the TFCCI Challenge?**

The TFCCI Challenge's ultimate goal is to ensure that all colleges and universities are 100% smoke- or tobacco-free by 2017 and to continuously encourage and recognize campuses that are working on comprehensive policies.

## **What is my campus committing to by taking on the Challenge and how do we sign up?**

By taking on the Challenge, your campus is committing to taking the necessary steps to adopt and implement a comprehensive smoke- or tobacco-free policy. Signing up is simple and free! All you have to do is complete the “commitment form” to inform us about your campus’ current policy status. If you do not yet have a policy in place, our advisors will provide required technical assistance to help you develop a policy that suits your campus’ needs!

## **What are the different designation levels for the Challenge?**

- **Gold Campus**
  - *Gold Campuses either have a date of implementation set or already have comprehensive smoke-free policy successfully implemented on all campus grounds and properties.*
  - We will review the campus policy to ensure that campuses have completed all of the applicable previous levels and steps, don’t have any major exemptions and have successfully chosen a date to enact a smoke-free policy before awarding at this level.
- **Platinum Campus**
  - *Platinum Campuses either have a date of implementation set or have a comprehensive tobacco-free policy successfully implemented on all campus grounds and properties.*
  - We will review the campus policy to ensure that campuses have completed all of the applicable previous levels and steps, don’t have any major exemptions and

have successfully chosen a date to enact a tobacco-free policy before awarding at this level.

- **(+) Plus Campus Designation**
  - Gold or Platinum level campuses that **include a comprehensive e-cigarette policy**, will be given a Gold+ or Platinum+ designation.
  - Campuses are encouraged to implement a policy that prohibits e-cigarettes on campus consistent with their smoke- or tobacco-free policies. E-Cigarette use or “vaping” should be prohibited both indoors and outdoors, and on all campus property in order to receive this designation.
- **Graduate Campus Designation**
  - This is the HIGHEST recognition level for the TFCCI Challenge. Campuses can enter the Challenge at the Graduate level ONLY if they have **already implemented a 100% tobacco and vapor-free policy**, and **only have exemptions based on the [American Non-Smokers’ Rights Foundation’s criteria](#)**. Campuses that are **already on the ANRF list are encouraged to sign up**.

## **Who is eligible to officially sign my campus up for the Challenge?**

College and university leaders can sign up for the Challenge, including administrators, student government, staff and faculty senates, or members of the Boards of Trustees and Regents.

## **How do I get more information and sign my campus up for the TFCCI Challenge?**

To learn more, click [here](#) or contact us at [tobaccofreecampuses@gmail.com](mailto:tobaccofreecampuses@gmail.com)

College and university leaders can sign up for the Challenge by completing the commitment form that can be found here: <http://tobaccofreecampus.org/tfcci-challenge>

## **How much work is involved in going smoke- or tobacco-free?**

Adopting a smoke- or tobacco-free policy takes time and planning—but the work is often shared among a taskforce of engaged campus advocates. Depending on the campus, it may take one to two years by the time an official policy is developed, voted on, and/or implemented by campus administration. That’s why starting now and using a thoughtful process—including developing a taskforce, drafting an action plan, and conducting outreach and education about the intent and benefits of the new policy—is so important. By joining the TFCCI Challenge, you will receive technical assistance on the specific steps to going smoke- or tobacco-free.

## **What does a smoke- or tobacco-free campus policy entail?**

A 100% smoke- or tobacco-free policy prohibits the use of any smoke emitting and/or tobacco products anywhere on campus property at all times. Policies typically include the following information:

- The definition of smoking and tobacco products (e.g. smokeless products, hookah, e-cigarettes)
- Where smoking and tobacco use is prohibited (e.g. Student housing, parking lots, campus vehicles)
- Who the policy applies to (e.g. students, faculty, staff, visitors)

Some policies also prohibit the promotion of tobacco products anywhere on campus and in campus publications. Keep in mind that policy work is about more than simply passing and implementing a policy. A successful policy change process includes strong education and outreach to prepare the campus for the policy change, and tobacco cessation services and information to support tobacco users who want to quit.

### **Do smoke- and tobacco-free campus policies really improve health?**

Both smoke- and tobacco-free campus policies can have a tremendous impact on the health of an entire campus community. Research shows that these policies both prevent and decrease tobacco use. That's because the college years are a time of increased risk for smoking initiation and transition from experimental to regular tobacco use. In fact, 99% of all regular smokers start by the age of 26.

A 100% smoke-free policy effectively reduces tobacco use by preventing initiation and making it easier for smokers to quit, and smoke- and tobacco-free college campus policies specifically decrease smoking rates and positive attitudes toward tobacco use.

There is no safe level of exposure to secondhand smoke according to the Surgeon General. People with asthma and other health problems can be sensitive to even small amounts of secondhand smoke and should not be required to walk through a cloud of smoke as part of their learning experience.

Check out our section [Key Resources](#) section for info Peer Reviewed Research on the effectiveness, benefits and more on Tobacco-Free Campus Policies.

### **What's the difference between going 100% smoke- or tobacco-free?**

A "smoke-free" policy prohibits any product that emits smoke from being used anywhere on campus, both indoors and out, at all times, by everybody.

A "tobacco-free" policy prohibits any tobacco product and any product that emits smoke from being used anywhere on campus, both indoors and out, at all times, by everybody.

Both smoke- and tobacco-free campus policies will positively impact on the health of your campus. Tobacco-free policies ultimately have the greatest impact on the short- and long-term health of students, faculty, and staff by serving as a more comprehensive barrier to the marketing of tobacco products that don't need to be smoked. Of the colleges and universities that have already implemented a policy in the Pacific Northwest, 51 of 69 have chosen to be tobacco-free.

## **What about e-cigarettes?**

Electronic cigarettes, or “e-cigarettes,” and other electronic nicotine delivery devices are battery-powered devices that provide doses of nicotine and other additives to the user in an aerosol. These products have been growing in popularity over the past several years, but very little is known about their actual risk or their impact on efforts to reduce tobacco use. No federal agency currently regulates how e-cigarettes are made or how and to whom they are marketed and sold.

E-cigarettes should be included in smoke- and tobacco-free campus policies both to protect non-users from possible harm caused by exposure to e-cigarette emissions and to facilitate enforcement of these laws. Allowing e-cigarette use in smoke-free campus policy makes enforcement of smoke-free policies more difficult, as these products closely resemble conventional cigarettes.

## **Do campuses that attempt to adopt a policy typically encounter strong resistance from students, faculty, or staff?**

A strong majority of students, faculty, and staff prefer a smoke- or tobacco-free policy. A 2007 survey of Oregon community college students revealed:

- Most students would prefer a smoke-free college
  - Two-thirds would prefer to attend a smoke-free college
  - Three-quarters (including a majority of smokers) say it is OK for colleges to prohibit smoking on campus
- Students are affected by secondhand smoke
  - One-third of students say they are exposed to secondhand smoke on campus every day
  - One in five say they have experienced an immediate health impact from exposure
- Most students don't smoke
- Four out of five college students surveyed don't smoke
- 59% of students who smoke said they tried to quit in the past year
- Most students—including two-thirds of smokers—agree that even small amounts of secondhand smoke are hazardous to your health

However, there may also be opposition—sometimes in the form of letters to the editor of the campus newspaper, phone calls to the health or wellness office, classroom and residence hall discussions, and campus gossip. Joining the Challenge will provide campuses with tools and resources to respond to these questions and concerns.

## **Doesn't a smoke- or tobacco-free policy impede on another person's rights?**

Everyone has a right to breathe clean air where they live, work, study, and play. Colleges and universities are responsible for providing a safe environment for campus students, staff, and visitors. Banning smoking protects everyone from secondhand smoke—a Class A carcinogen.

College and university officials have the right to regulate activity on campus that affects the health and safety of the community. A smoke- or tobacco-free policy does not prohibit students, faculty, or staff from using tobacco products—it simply prohibits their use on campus, where they can affect others' reasonable enjoyment of community property.

Research shows that 70 percent of tobacco users want to quit. Smoke- and tobacco-free policies, coupled with quit support, can provide the resources and motivation people need to follow through on their goal of quitting tobacco.

### **What kind of support will my campus get for implementing a policy?**

Campuses will have access to resources and technical assistance from local, state, and federal tobacco prevention and control experts. This includes educational materials and toolkits as well as guidance from other campuses that have already adopted a policy and can serve as mentors to campuses pursuing a policy.

Contact your region's technical advisor for local cessation and community resources - find the list [here](#). There are many federal tobacco resources: [betobaccofree.gov](http://betobaccofree.gov), [smokefree.gov](http://smokefree.gov), and the Quit Line: 1-800-QUIT-NOW (1-800-784-8666).