

Tobacco-Free Campus Initiative

Everyone has the fundamental right to work and learn in a healthy environment. Unfortunately, an unnecessary and preventable health risk is adversely affecting that healthy environment for students, employees, and visitors on the University of Tennessee at Chattanooga's (UTC) campus. That health risk is exposure to second hand (or side-stream) smoke. A range of research studies (from the molecular to population levels), and reports by federal and health advocacy groups have revealed the adverse health effects which may occur with exposure to second hand smoke. Some effects occur only with a brief exposure.¹⁻⁷ Recent work has also demonstrated some damaging genetic mutations and epigenetic effects: (gene function is changed without mutation) that may be triggered by exposure to secondhand smoke.⁸⁻¹⁰ Scientific studies have shown that some of the components of e-cigarettes are toxic. These studies suggested that risks are not just associated with cigarettes, cigars, and pipes.¹

Some known health effects to non-smoking adults include:

- Immediate effects on cardiovascular function and increased risk of heart attack
- Increased risk of heart disease
- Increased risk of stroke
- Increased risk of lung cancer
- Alterations in brain function

Some known health effects to non-smoking children include:

- Ear infections
- More frequent and severe asthma attacks
- Respiratory problems and infections
- A greater risk of sudden infant death syndrome

¹ <http://www.epa.gov/smokefree/healtheffects.html>

² <http://www.cancer.org/cancer/cancercauses/tobaccocancer/secondhand-smoke>

³ http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/

⁴ <http://www.lung.org/stop-smoking/about-smoking/health-effects/secondhand-smoke.html>

⁵ Öberg, M., Jaakkola, M. S., Woodward, A., Peruga, A., & Prüss-Ustün, A. (2011). Worldwide burden of disease from exposure to second-hand smoke: a retrospective analysis of data from 192 countries. *The Lancet*, 377(9760), 139-146.

⁶ <http://www.nih.gov/researchmatters/may2011/05162011smoke.htm>

⁷ Office on Smoking and Health (US). The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta (GA): Centers for Disease Control and Prevention (US); 2006. 2, Toxicology of Secondhand Smoke. Available from: <http://www.ncbi.nlm.nih.gov/books/NBK44321/>

⁸ Wilhelm-Benartzi et al. (2011). Association of secondhand smoke exposures with DNA methylation in bladder carcinomas. *Cancer Causes & Control*, 22(8), 1205-1213.

⁹ Ostrow, K. L., Michalidi, C., Guerrero-Preston, R., Hoque, M. O., Greenberg, A., Rom, W., & Sidransky, D. (2013). Cigarette smoke induces methylation of the tumor suppressor gene NISCH. *Epigenetics*, 8(4), 383.

¹⁰ http://www.nature.com/nature/journal/v513/n7517_supp/full/513S12a.html

¹¹ Lemer et al. 2015. Vapors Produced by Electronic Cigarettes and E-Juices with Flavorings Induce Toxicity, Oxidative Stress, and Inflammatory Response in Lung Epithelial Cells and in Mouse Lung. PlosOne Doi: 10.1371/journal.pone.0116732

A major concern is that enforcement of our current policy – no smoking within 25 feet of a building entrance – does not adequately protect non-smokers from exposure to second hand smoke, nor is this policy adequately enforced. For example, smoking a distance of 25 feet from the front entrance to Holt Hall makes it almost impossible to avoid exposure due to the orientation of the stairs and sidewalks. The container for cigarette butts is located at the base of the stairs, encouraging smokers to smoke in that area and allowing for lingering effects of smoke, released from discarded cigarettes. Similarly, non-smokers are not protected from exposure even if people smoke more than 25 feet from the side entrances to Holt, Grote and the UC (e.g., on benches and along walkways).

As a result, exposure is unavoidable in these areas of campus (and likely other areas). Notwithstanding, the current UTC policy regarding smoking is not effective, putting the majority of people (based on a CDC report that 82% of Americans do not smoke; http://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/) at risk of frequent exposure to a preventable and well-documented health risk.

The position of the individuals working on this initiative is that non-smokers deserve the right to work and learn in a healthy environment. Our position, backed by overwhelming data, is that secondhand smoke on campus presents a serious health risk to UTC students, employees, and visitors. Currently, the campus is not always a healthy place to work because of the unavoidable presence of secondhand smoke and lack of enforcement of the current policy.

In light of the known adverse effects of secondhand smoke exposure, the costs of caring for smoke-related illnesses¹ and our desire to promote a healthy environment for the entire UTC community, we have developed the following statement regarding the UTC smoking policy. We ask the UTC Administration to make the appropriate policy changes to protect the UTC community from a known and preventable health risk.

Secondhand smoke is a mixture of smoke that comes from the burning of tobacco based products such as cigarettes and cigars and the smoke exhaled by a smoker. Among the thousands of chemicals in secondhand smoke, hundreds are toxic and approximately 70 are known to cause cancer. Current UTC policy regarding smoking on campus (<http://www.utc.edu/safety-risk-management/safety/tobacco-use-policy.php>) does not adequately protect UTC students, staff, faculty, and visitors to UTC from secondhand smoke. Given the abundance of data showing the immediate and long-term health effects of secondhand smoke exposure to non-smokers² it is

¹ Max, W., Sung, H-Y., Shi, Y. & Stark, B. 2014. The cost of smoking in California, 2009. San Francisco, CA: Institute of Health and Aging, University of California, San Francisco.

² U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

unfair and unreasonable that non-smoking members of the UTC community continue to be exposed to secondhand smoke on a daily basis.

In an academic community, it is important to inform and educate people about the significant health risks associated with secondhand smoke exposure and provide a healthy, smoke-free, environment for all community members. By allowing smoking on the UTC campus, we do not protect the community from the associated toxins and are thereby, sending the wrong message to our students and the community.

Our position is that UTC must revise its tobacco policy to make the campus a smoke-free environment. According to the American Nonsmokers' Rights Foundation, there are 1713 smoke-free campuses in the United States (1,427 of them are tobacco-free and 1,288 prohibit e-cigarette use), including eleven colleges and universities in Tennessee (<http://www.no-smoke.org/pdf/smokefreecollegesuniversities.pdf>). Most recently, Chattanooga State Community College students voted to adopt a tobacco free policy to start in Fall 2016. Thus, there is precedent for a change in policy that would benefit the UTC community.

It is time for action. We call on the UTC administration to work with the UTC Office of Safety and Risk Management, UTC Safety Department, academic units, local businesses that promote healthy living, and the Chattanooga-Hamilton County Health Department to develop a new UTC smoking policy that bans smoking (including the use of E-cigarettes) on campus, ensuring the health of all UTC students, employees, and visitors. To ensure the safety of people on campus, we encourage the UTC administration to develop clear policy about the role of different safety departments in the enforcement of a new no-smoking policy. Only then, we will achieve our goal of providing the best working and learning environment for the UTC community.

We understand that such a change will take some time and require a transition period. We also recognize that mechanisms to assist smokers with the change will need to be put into place. However, we believe that a coordinated effort will result in a positive change within one year of its implementation. To facilitate the successful execution of a non-smoking policy, we offer our expertise and assistance in educating employees and students about the adverse health effects of smoking and environmental impacts on campus beauty and cleanliness.

Creating Change

As of October 1, 2016 there are 1,713 smoke-free college campuses. Of these 1,427 are 100% tobacco-free and 1,288 prohibit e-cigarette use. This number is expected to climb rapidly aided by the growing social norm urging smoke-free environments along with the influence of academic communities eager to change tobacco use policies in support of campus health and well-being.

In light of this information, a grass-roots committee has formed to initiate the exploration of UTC becoming a smoke-free environment.

The goals of this committee are to:

- a) review options to address the issues related to the implementation of a smoke-free campus;
- b) engage the University Community in a dialogue regarding community well-being, the University's mission to educate students both inside and outside of the classroom, the choices of individuals regarding smoking, and health care costs for the University and the University Community;
- c) make implementation recommendations to the Chancellor.

In 2007, Governor Phil Bredesen signed the Non-Smokers Protection Act, which makes it illegal to smoke in most confined places where people work. However, this Act did not include outdoor spaces. To adopt a smoke and tobacco free policy, UTC faces many challenges. Successful implementation and enforcement depends on how this grassroots committee moves forward to meet those challenges which include:

- Forming a campus tobacco taskforce
 - Faculty
 - Staff (exempt and nonexempt councils)
 - SGA
 - Community advisors
- Assessing tobacco related issues on campus including usage and obstacles utilizing
 - ACHA-NCHA (American College of Health National College Health Assessment)
 - Faculty/Staff assessment (Healthier Tennessee initiatives)
 - Focus Groups
- Drafting a smoke or tobacco free policy
- Establishing a process to implement the change in policy
- Educating campus members
- Promoting existing tobacco cessation resources on campus
- Establishing new tobacco cessation resources on campus as needed

Cessation Resources

Breaking the habit of smoking is a challenge, but one that can be achieved with preparation and support. The effects of smoking are both psychological and physiological. To quit successfully, both aspects must be addressed.

Cessation programs help smokers prepare for the challenges that come with quitting, as well as provide support and encouragement throughout the process. Nicotine replacement therapies and other medications can reduce the withdrawal symptoms that make it difficult to quit.

There are several cessation resources already in place.

On-Campus Cessation Resources available to Students, Faculty and Staff:

Student Health Services

Phone: 423-425-2266

- Student Health Services is located in Maclellan Gymnasium. SHS is open M-F from 8:00 am – 4:30 pm.

Tobacco Cessation Coaching Programs Offered to Faculty and Staff:

The state's prescription drug coverage provides [free tobacco quit aids](#) to members who want to stop using tobacco products.

The following quit aids are free under the pharmacy benefit:

- Chantix
- Bupropion (Generic Zyban)
- Over-the-counter generic nicotine replacement products, including gum, patches and lozenges
- Nicotrol oral and nasal inhalers

Members may receive up to two, 12-week courses of treatment per calendar year (up to 168 days of treatment) with no lifetime maximum.

A written prescription by a licensed clinician is required to receive any tobacco cessation products at no cost, including over-the-counter aids. Members may simply present their prescription and Caremark card at the pharmacy counter (not at the front check out registers) to have those filled at \$0 copay.

Smoking cessation counseling is also available from health coaches through our ParTNeers for Health wellness program.

For more information visit www.partnersforhealthtn.gov and look under tobacco cessation.

Tobacco Cessation Programs Available to Anyone:

Tobacco Cessation in Tennessee

Tennessee Tobacco Quitline offers a free, comprehensive, adult smoking cessation program. This class is free to all Tennessee residents. It uses a combination of:

- Motivational Counseling
- Medical Consultation
- Tobacco Quit Kits and nicotine replacement therapy for 4 weeks
- Extended work with a Quit Coach

Last year, more than 400 people participated in the program and of these, 89 percent now are non-smokers.

Cessation Classes in the Chattanooga Community

Memorial Hospital Cancer Resource Center offers Tobacco Cessation Class on Wednesdays from 12-1:30 pm every week.

Tobacco Cessation Classes are held at Southside Community Health Center on Mondays from 3-4 pm. Individual counseling is also available.

Tobacco Cessation Classes at Dodson Community Health Center are held at Dodson on Wednesdays from 3-4 pm.

Tobacco Cessation by Phone

If clients would rather speak to a smoking cessation coach over the phone, [Quit For Keeps](#) is a national cessation by phone program. Clients speak with a trained tobacco treatment specialist who can assist in the attempt to quit. The phone call is free. Clients work with a quit Coach to create a personalized Quit Plan. Hours are 8 a.m. to 3 a.m., seven days a week.

Tobacco Cessation by Text Messages

Tobacco users can receive information and advice about quitting smoking through real time text messaging with [The National Cancer Institute's LiveHelp Service](#). Cessation support is offered by a live smoking cessation counselor. LiveHelp is offered only in English and during specified hours of operation.

Tobacco Cessation on the Web

[Become An Ex](#) - About re-learning life without cigarettes, the free *Become an EX plan* is based on personal experiences from ex-smokers, as well as the latest scientific research from the experts at Mayo Clinic.

[Determined to Quit](#) - This site includes *The Quit Companion* which is a tool that can be tailored to meet your needs. If you're not ready to commit to a specific day just yet, the Companion can become your personalized electronic quit journal. It will track your habits and provide a visual picture of your smoking patterns. Determined to Quit also provides information on how to quit and progress charts to track progress.

[Smokefree.gov Website](#) - A site dedicated to help individuals quit smoking. Reasons to quit, how to prepare to quit, managing cravings, determining your "triggers," information about various smoking cessation aids, a publication geared just for African American smokers and more are offered at this site.

[Quitnet](#) - Track the amount of lifetime and money saved by quitting. Quitnet offers a way to create your own quit plan and forums where you can communicate with others and expert advice. Information is available in Spanish. An online chat area is available when members "need help right now."

[Freedom From Smoking Online](#) - American Lung Association's free online smoking cessation program. This program includes developing your own quitting plan, dealing with recovery symptoms, controlling weight, managing stress through relaxation techniques, and being ready to fight urges to go back to smoking.

[My Last Dip](#) - This web site is designed to help people quit using chewing tobacco.