

SMOKE & TOBACCO FREE CAMPUS

NO SMOKE, NO VAPE, NO TOBACCO.



Educational
Program



Thank you for taking the time to review this slide show

Hello. My name is Michele Guerra. I am the Director of Campus Wellbeing Services. I want to thank you for taking the time to learn more about our smoke, vape and tobacco free campus policy.

You may be viewing this program because you received a citation for not complying with the policy. Or you may simply want to learn more about the policy. In either case, the following will outline what the policy involves and why we enacted it.

This program will take about 15 minutes to complete.



Today you will learn:

- the specifics of our smoke, vape and tobacco-free policy
- why we enacted the policy, and why it is important
- the dangers of secondhand smoke and vape, even outside
- Why vaping is included in the policy
- ways to manage your nicotine cravings while you are on campus, so that you can comply with our policy
- resources for tobacco, vape and smoking cessation, if you are interested in quitting

Let's talk about
our **SMOKE &
TOBACCO
FREE**
CAMPUS
policy



It's hard to comply with a policy if you don't know what it is.
The following explains our smoke and tobacco-free policy.

Our Policy Statement

Smoking and the use of all non-combustible tobacco products and non-FDA approved nicotine delivery devices and products (e.g. vape, e-cigarettes) is prohibited on all campus property, both indoors and outdoors, and in university-owned vehicles, and in privately owned vehicles parked on campus property.

What exactly does that mean?

- All tobacco use, including smoking (e.g. cigarettes, cigars, pipes, hookah, etc.), non-combustible tobacco use e.g. chew, dip, snus orbs, etc.), and vape (e.g. Juul, e-cigarettes, vape pens, pods, etc.) is prohibited.
- None of these items may be used on campus property. This includes all inside and outside areas.
- You can not smoke, use non-combustible tobacco or vape in university vehicles anywhere.
- You can not smoke, use non-combustible tobacco or vape in private vehicles parked on campus property (e.g. in garages, parking lots or metered spaces).
- There are no designated smoking, tobacco use /vaping areas.
- The policy applies to everyone: students, faculty, staff and visitors.
- The policy applies 24 hours a day, seven days a week, 365 days a year.

All of the following are banned

- **Lighting or burning any matter or substance that contains tobacco**
 - Including but not limited to cigarettes, cigars, cigarillos, pipes, bee dies, creeks, water pipes, bongos, and hookahs
- **Using any type of smokeless tobacco**
 - Including but not limited to chew, dip, snus, strips and orbs.
- **Using any type of vaping product**
 - Including but not limited to electronic (or e-) cigarettes, Juul, vape pens, disposable pods or any other
- **Lighting or burning of non-tobacco plants or marijuana**

**Let's go into
more detail
about the specifics
of the policy.**



SMOKE & TOBACCO FREE CAMPUS



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You may not smoke, vape or use tobacco anywhere on campus property*

including, but not limited to

- academic and auxiliary buildings
- classrooms
- laboratories
- residences
- residence halls
- elevators
- stairwells
- restrooms
- roofs
- meeting rooms
- hallways
- lobbies & other common areas
- hotel rooms and conference facilities
- athletic complexes & facilities
- exterior open spaces
- shuttle buses & stops
- loading docks
- driveways
- Campus-owned parking garages & lots
- university-owned streets, sidewalks and walkways
- Any property owned, leased, occupied or otherwise controlled by the U of I.

You may not smoke, vape or use tobacco at remote campus locations

including, but not limited to

- Allerton Park
- Willard Airport
- Campus farms
- Anywhere that is campus owned, leased or operated

You may not smoke, vape or use tobacco at events on campus property

- All events on campus property are smoke, vape and tobacco-free including
 - athletic events
 - concerts
 - meetings
 - weddings
 - all others
- This applies to students, employees and visitors



You may not smoke, vape or use tobacco in personal vehicles parked on campus

- Smoking, vaping, tobacco use in private vehicles parked on campus property is banned. Even if the windows are closed.
- This includes but is not limited to campus garages, parking lots & metered spaces.
- Smoking in university vehicles is always prohibited, on or off campus.



Let's talk about our policy and vaping for a minute



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You may not vape, Juul or use electronic cigarettes on campus, inside or outside.

- Our policy bans all forms of vape or e-cigarettes, not just smoking.
- *This includes vape, vape pens, Juul, e-cigarettes, disposable pods, and any others.*
- Vape and second-hand vapor contain similar carcinogens to tobacco smoke. Read on to learn more about vaping and secondhand vapor.



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Juuls and e-cigarettes are not just flavored water.

- E cigarettes are a potent nicotine delivery source. Nicotine is highly addictive.
- One standard Juul pod contains as much nicotine as 20 cigarettes.
- Because vaping is not regulated, you have no way of knowing exactly how much nicotine you are getting.
- Nicotine can harm brain development. Your brain develops till age 25.
- Vape juice and vapor contain many toxic chemicals and metals besides nicotine. These include formaldehyde, acetone, lead and more.



Secondhand vapor can be dangerous

- *Ultrafine particles from e-cigarettes are linked to increased cardiovascular risks.*
- **These ultra fine particles, when exhaled, linger in the environment and on surfaces, affecting others.**



E-cigarettes are not approved for cessation

- *Although the vaping industry promotes Juul/ e-cigarettes as a good way to quit or reduce smoking, there is no evidence to back that claim.*
- **The campus offers many proven cessation options including:**
 - nicotine replacement
 - medication
 - group classes
 - individual consults
- *For more information about effective cessation, contact*
 - *Students: McKinley Health Center*
 - *Employees: Campus Wellbeing Services*



**Now that you
know what the
policy includes,
let's talk about
why we enacted it.**



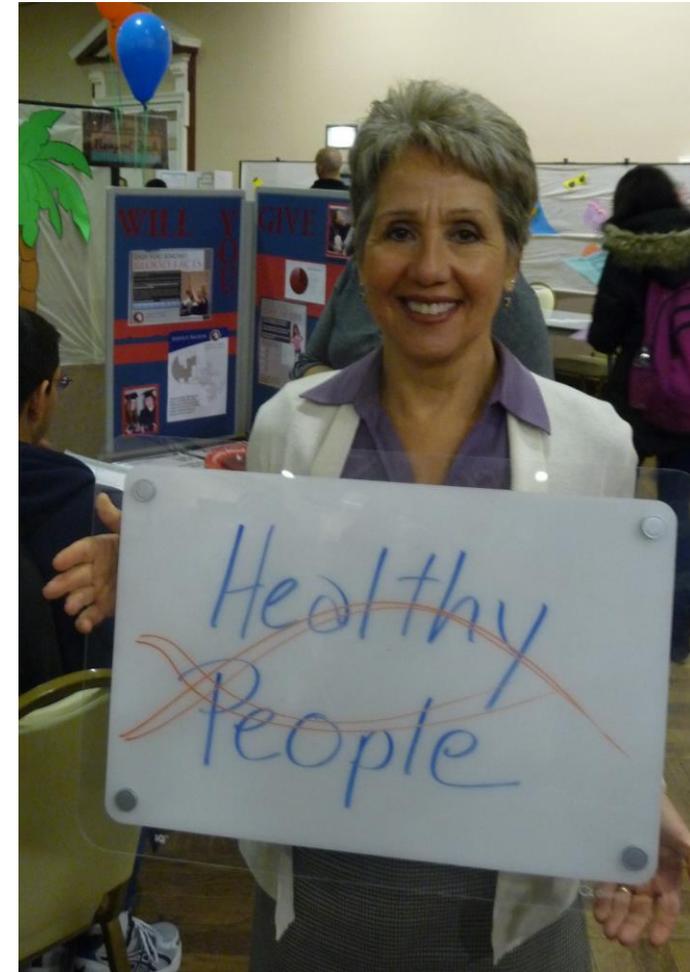
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We enacted our policy for these reasons

- We want to support a healthy living, learning and working environment
- We want to protect all campus community members from unwanted exposure to secondhand smoke and vape
- Our students asked for a strict smoke-free policy



We ask that you follow our policy out of consideration for your fellow campus members

- **Secondhand smoke is a Class A Carcinogen.**
 - It is hazardous to everyone - even healthy people
 - There is no safe exposure level - even outside
 - A few whiffs can be dangerous
- **Vape contains similar carcinogens**
- **Many in our campus community are especially vulnerable to secondhand smoke/vape**
 - People with asthma or allergies
 - People with heart or lung conditions
 - Pregnant women
 - Older adults
 - Children



Our policy benefits us in other ways

- Offers a supportive setting for those trying to reduce or quit tobacco/vape
- *Creates a cleaner, more beautiful campus*
- Protects the environment from tobacco-related litter
- *Prevents young people from developing a potentially life long, debilitating addiction*
- *Prepares students for the working world (increasingly workplaces are smoke and tobacco-free)*



Isn't smoking, vaping and tobacco use a personal right? It is legal after all.

- While smoking, tobacco use and vaping is legal for adults, secondhand smoke/vapor is a public health issue that affects all of our campus community.
- Therefore we have banned all smoking, vaping and tobacco use.
- There are other situations where the public good supersedes a personal right.
 - *Example: Alcohol use is legal for adults. But you cannot drink and drive, because you might hurt yourself or others.*



Did you know?

- Over 80% of our students believe colleges have a responsibility to ensure smoke-free air to breathe.
- 72% of our students do not vape, and 86% do not smoke.
- 85% of our employees do not use any form of tobacco.
- Over 30% of our students & employees who use tobacco or nicotine are interested in quitting.



**Data from 1) November 2011 referendum; 2) April 2012 Illinois tobacco survey; 3) Fall 2018 TFGCI student survey*

**Let's go over
some tips
about how to
comply with
our policy**



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How to manage cravings on campus

- Nicotine cravings can be intense, but they don't last long.
 - A typical craving cycle lasts 2 – 5 minutes.
- You can use the same techniques that people use to quit tobacco/vaping to manage cravings while on campus.
 - Even if you are not ready to quit just yet.




**KEEP
CALM
AND
Don't
Do it**

Use nicotine replacement therapy (NRT)

- Many people use NRT to help them quit smoking/vaping. You can also use it during times when you cannot smoke/vape.
- **Nicotine is the addictive element in tobacco & vape products.**
- Nicotine replacement therapy (NRT) gives you nicotine in the form of gums, patches, sprays, inhalers, or lozenges – without the harmful chemicals found in tobacco/vape.
- **NRT can help relieve physical withdrawal symptoms/ cravings so that you can focus on work, class, etc.**

Overcome cravings with the 6 Ds

- **Delay**: Reminding yourself that your craving will only last a few minutes will help you get through it.
- **Distract yourself**: Don't just sit there doing nothing, or your desire to smoke may overwhelm you. Get involved in a project, make a phone call, read some emails, do a puzzle, Sudoku or a word search, take a walk.
- **Deep breathe**: This will help calm your brain, and relieve feelings of anxiety you may have. Other relaxation techniques such as yoga, muscle relaxation or imagery can help too.
- **Drink water**: Keeping your mouth cleansed and refreshed may help reduce cravings. Keep water handy and sip as needed.
- **Do something else**: Keep your hands and mouth busy. Fidget with a pen, pencil, rubber band or stress ball, chew some gum, suck on a hard candy.
- **Ditch stress**: Many people smoke/vape to relieve stress. Learning to manage your stress in other ways will help reduce nicotine cravings.

Leaving campus to smoke/vape

- Some people choose to leave campus property to smoke, vape or use tobacco.
- The smoke and tobacco-free campus map shows the campus boundaries.
- Respect the policies of the cities of Urbana and Champaign when on city property.
- Do not leave tobacco litter.
- Do not trespass onto private property to smoke.
- Do not exceed your break time to leave campus to smoke.

**Let's talk a bit
about how to
quit, in case you
are ready now,
or in the future.**



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Quitting tobacco/vape

- Quitting tobacco/vape is one of the most important things you can do for your health.
- Maybe you've been thinking about quitting. Perhaps you've even tried before.
- Don't be discouraged if you've tried before and went back. Most people try a few times before they quit for good.
- Quitting can be tricky, but it is possible. And there are many resources on campus to help you not leave tobacco litter.
- The following slide outlines some services you may want to take advantage of.

Campus cessation resources

Employees:

- Group quit classes
- Individual consults
- State reimbursement
- FSAS
- Health insurance programs
- Free Quit Kits



Students:

- Quit medication and Nicotine Replacement Therapy
- Behavioral coaching
- Group quit classes
 - through Campus Wellbeing Services

Free community cessation resources

- **Illinois Quitline:** Options include telephone support and/or ongoing coaching & self-directed programs. Many languages available.
 - <https://quityes.org/> 1-866-QUIT-YES / 1-866-784-8937
- **SmokefreeTXT: Customized text messaging support**
 - <https://smokefree.gov/smokefreetxt>
- **SmokefreeTXT for teens: For ages 13 - 19**
 - <https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>

Note: Even though some resources refer to smoking they can also help vapers

Go to <https://tobacco-free.illinois.edu/> for more information

SMOKE & TOBACCO FREE CAMPUS

Resources

Quit For A Day Or For Good At Quit The Nic Day Tuesday, November 12

[Click here to view the flyer](#)

Are you contemplating quitting smoking, tobacco or vape? Tired of being addicted to nicotine, but not sure if you are ready to quit for good? Then Quit the Nic (nicotine) is for you! This trial quit day helps people quit, plan to quit, or learn about quitting.

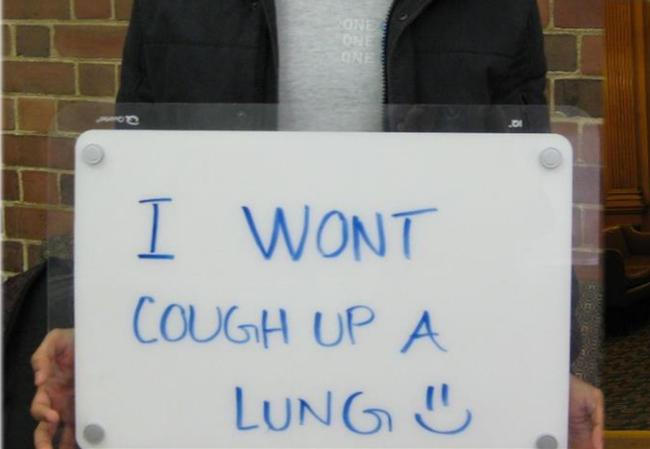
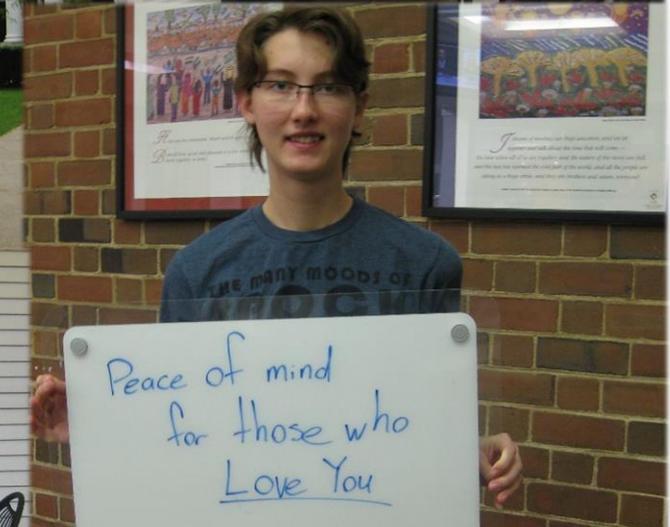
When and Where: Campus Wellbeing Services and Colleges against Cancer will host three Quit the Nic stations on Tuesday, November 12:

- Illini Union (south entrance): 11 am – 3 pm
- Beckman Institute (east atrium): 11 am – 3 pm
- Activities and Recreation Center (wintergarden): 3 pm – 6 pm

Smoke and Tobacco-Free Campus Map

[Click on the map below for a larger version](#)





Thanks for respecting our policy

Faculty, staff and students want a smoke-vape & tobacco-free campus

Next steps

- If you have gone through this program to waive your smoke and tobacco free campus citation fine, please go to <https://forms.illinois.edu/sec/5068945>
- Please note that if you are cited for noncompliance again, you will not be able to waive the fine. Fines are charged as follows
 - 1st citation: written warning
 - 2nd citation: \$25 fine (can waive by completing this program within 48 hours)
 - 3rd citation: \$50 fine
 - 4th and subsequent citations: \$100 fine
- If you have additional questions, please contact Campus Wellbeing Services at wellbeing@illinois.edu or 217-265-9355