



## Smoke & Tobacco-Free Initiative Fact Sheet

### The Effects

- More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.
- Smoking reduces normal life expectancy by an average of 13 to 15 years.
- Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer.
- Secondhand smoke is responsible for approximately 3,000 lung cancer deaths each year.
- The Surgeon General of the United States has concluded that there is no risk-free level of exposure to secondhand smoke, and establishing smoke-free environments is the only proven way to prevent exposure.

### The State of California<sup>1</sup>

- Smoking rates in the State of California reached a historic low, dropping from 26 to 12 percent between 1984 and 2011.
- Much of the decline is attributed to fewer smokers between 18 and 24.
- Over the past two decades, California has banned smoking in restaurants, bars, and inside public buildings.
- Even with these strides, smoking contributes to 36,000 deaths a year.

### The UC Community

- Approximately 10% of UC employees smoke, below the state average of 12% and well below the national average of nearly 20%.
- Approximately 8% of UC students smoke, compared to the national average of 16%.

### The Cost<sup>2,3</sup>

- The CDC puts a \$3,383 price tag per year on each employee who smokes: \$1,760 in lost productivity and \$1,623 in excess medical expenditures.
- Tobacco use is a leading cause of lost productivity. Employees who smoke have almost twice as much lost production time per week than workers who do not smoke.
- Smokers are absent 50% more than nonsmokers.
- Costs of employee absences include temporary replacements, and lowered productivity and morale among employees who remain at work.

### The Students<sup>4</sup>

- One in five college students smoke.
- Around 13% of college students started smoking in college.
- Twenty percent of social smokers become daily smokers over the course of a four-year college period.
- Smoke-free policies have been shown to help students decrease their amount of smoking or help them to quit.

### The Solution

- UC's smoke/tobacco-free policy reflects the University's commitment to provide a healthier, safe and productive work and learning environment for the entire campus community. As a national leader in healthcare and environmental practices, UC is ready to create a smoke-free environment on all UC campuses, medical centers, and properties.
- Comprehensive tobacco use policies have been found to change tobacco use behavior in workplaces. A study published in the British Medical Journal concluded that tobacco users who worked in a completely smoke-free environment were more likely to quit than their counterparts working in areas where smoking was permitted (Fichtenberg & Glantz, 2002).
- A comprehensive education and outreach campaign, including resources and referrals for cessation assistance, are available to help individuals quit.

## References

1. Helfand, D. (2011, August 06). California smoking rate reaches lowest level on record. *The Los Angeles Times*. Retrieved from <http://articles.latimes.com>
2. Fellows, J. L., Trosclair, A., & Rivera, C. C. (2002). Annual smoking attributable mortality, years of potential life lost, and economic costs – U.S., 1995-1999. Morbidity and mortality weekly report. *Journal of the American Medical Association*, 2335-2356.
3. Fichtenberg, C. M., & Glantz, S. A. (2002). Effect of smoke-free campuses on smoking behavior: Systematic review. *British Medical Journal*, 325, 188-194.
4. American Lung Association (2008). Big tobacco on campus: Ending the addiction. Retrieved from <http://www.lung.org/assets/documents/publications/tobacco-policy-trend-alerts/big-tobacco-on-campus.pdf>