



Tobacco-FREE

UNIVERSITY OF CALIFORNIA

Smoke & Tobacco-Free Quick Facts

1. When does the Smoke & Tobacco-free policy go into effect?

The policy goes into effect on January 2, 2014.

2. Whom does the policy affect?

This policy affects students, faculty, staff and visitors at all University of California controlled properties.

3. What is considered a tobacco product and is therefore prohibited by the policy?

Cigarettes, E-cigarettes, cigars, snuff, snus, water pipes, pipes, hookahs, chew, and any other non-combustible tobacco product.

4. Why are e-cigarettes included in this policy?

The FDA does not consider e-cigarettes to be a safe nicotine delivery system or smoking cessation strategy and their use is prohibited on University property for purposes of this policy. However, other forms of approved nicotine replacement therapy such as gum and patches are allowed.

5. Why is smokeless tobacco included in this policy?

- Smokeless tobacco spit is considered a biohazard and contains at least 24 carcinogenic chemicals.
- Spit tobacco often creates unwanted hazardous waste and byproducts, which campus maintenance staff members then have to dispose of.
- A dip of smokeless tobacco typically contains 3-5 times more nicotine than a cigarette. Research shows that smokers have difficulty switching from cigarettes to smokeless tobacco. Instead, many become dual users of both cigarettes and smokeless products – increasing the addiction.
- Smokeless tobacco use is a precursor to cigarette use. Specifically, adolescents who use smokeless tobacco are more likely to become cigarette smokers according to the Centers for Disease Control (CDC).
- Environmental concerns. Smokeless tobacco still uses the same tobacco manufacturing methods that cause deforestation, soil erosion, and poverty.

6. Is there anywhere I can smoke or use tobacco?

Neither smoking nor the use of tobacco products are permitted within the boundaries of the University of California controlled properties. Once outside the boundaries of University controlled properties, smoking and use of tobacco products is subject to local jurisdiction.

7. Can I smoke or use tobacco in my personal vehicle?

Smoking/use of tobacco is not permitted in your personal vehicle, whether parked or in motion, if the vehicle is located on UC property.

8. How do smokers know what is not University property?

The University does not own the sidewalks and streets that border its campus (sidewalks and streets inside campus are University property). We ask that faculty, staff, students, and visitors be courteous when going off campus to smoke or use tobacco products by disposing of tobacco products and packaging in appropriate receptacles and being aware of others nearby who may not wish to be exposed to secondhand smoke.

9. Are there designated smoking areas on campus?

Effective January 2, 2014, the University of California is a smoke/tobacco-free university. Smoking areas or smoking shelters will not be designated on University property. Please see a campus map that identifies the campus boundaries and areas in which smoking/tobacco use is not allowed.

10. How is this policy being communicated to campus groups and to potential visitors?

The communications plan will include but is not limited to:

- Notification of policy to current and prospective students and employees through communication available on University websites;
- Notification during the admission and enrollment process and/or during new hire orientation for faculty and staff;
- Informational meetings, postings, and electronic notifications
- Campus signage
- Various print and digital media
- Social media platforms
- Communications to outside groups
- Contracts/Agreements
- Media exposure on and off campus

11. Why should I comply?

We hope civility and respect for others will guide all of us during the transitioning toward a smoke/tobacco-free campus. We realize this policy may be challenging for some smokers and tobacco users but we hope that smokers and tobacco users will respect the rights of their fellow members of the University community to breathe smoke-free air. We also hope non-smokers who remind violators of the smoke/tobacco-free policy will do so with courtesy and civility.

12. How is the policy being enforced?

Through the authority provided in [California Government Code 7597.1](#), the governing bodies of the University of California have the authority, in establishing policy for smoking and tobacco use, to set enforcement standards at local campuses.

Any non-affiliated person choosing to violate this policy may be asked to leave the campus and not permitted to return.

13. What should I do if I see someone smoking on University grounds?

Faculty, staff, and students who see individuals smoking on University properties may respectfully inform these individuals of the University policy prohibiting smoking/tobacco use anywhere on University properties.

14. How should managers/supervisors talk to employees about the policy?

We recommend that managers/supervisors remind employees of this policy and seek their cooperation with compliance.

15. What should managers/supervisors do if one of their employees violates the policy?

Supervisors are encouraged to communicate the University's cessation assistance opportunities to employees and consult with Labor Relations prior to implementing disciplinary action.

A face-to-face meeting with the employee to discuss concerns is always the best place to start. The following tips can help:

- Emphasize that you don't expect or require the employee to quit smoking/tobacco use, but that the employee must comply with the smoke/ tobacco-free policy while on University property.
- If the employee indicates an interest in quitting, direct him or her to available resources.

16. I supervise several employees who smoke. How will they manage under the new policy?

Should they choose to do so, employees may use their allotted work breaks to travel off-campus to smoke. However, employees will not be given additional break time for smoking. Supervisors must be clear with employees on this matter.

17. How will you protect individuals who are helping to enforce this policy?

There will be no reprisal against anyone seeking assistance in enforcing this policy in a courteous and respectful manner.

18. Do I have to quit using tobacco?

No. The policy does not require individuals to quit; however, the policy prohibits smoking and using tobacco products on all University controlled properties. In addition, the sale and advertising of tobacco and tobacco-related products are prohibited at all UC controlled properties.

19. What resources are available to help me stop using tobacco products?

The new policy is an important campus health and safety initiative. The University will offer support to those affected in order to make the transition as easy as possible for our campus community.

The University of California is committed to supporting the community to stop using tobacco products. Assistance to students, faculty, and staff to overcome addiction to tobacco products is available through the UC health and benefits plans, Faculty/Staff Wellness Programs, Campus Health Centers, Faculty Staff Assistance Programs (FSAP), and Counseling Centers.

Integrating comprehensive and effective cessation programs and smoke/tobacco-free policies with other worksite programs such as health promotion/wellness programs is key to facilitating and supporting successful behavior change and maximizing the health of the entire campus community.

20. What is the percentage of faculty, staff and students who smoke or use tobacco at UC?

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

21. If I choose to continue to smoke or use tobacco and do not have enough time to step off campus to smoke what am I supposed to do?

The University is aware that nicotine is a highly addictive drug and simply waiting until lunch-time or after work will be difficult for some. We encourage the use of nicotine replacement products such as gum or lozenges for times when it is inconvenient to smoke. Please work with your health care provider to determine the appropriate product.

22. What about University of California neighbors?

UC asks that students, faculty, and staff help maintain a positive relationship with our neighbors that border the campuses. We encourage you to respect other's property by not littering and not congregating in areas to smoke. We will be reaching out to our neighbors and informing them of the upcoming policy and encouraging open communication if a problem arises.

23. A smoke/tobacco-free policy will force students, faculty, and staff to leave campus to smoke. What about the personal safety of these individuals, especially in the early morning or evening when it is dark?

UC encourages all individuals to be mindful of their personal safety while on or off campus. Medications such as the nicotine patch, gum, lozenge, nasal spray or inhaler are options that can be considered to meet nicotine needs without leaving campus.

24. Don't I have a right to smoke or use tobacco products on campus?

Using tobacco is a personal choice, not a constitutional right. There is no constitutional right to smoke. In addition, prohibiting smoking and the use of tobacco products on campus preserves everyone's right to breathe clean, smoke-free air while allowing adults who smoke and use tobacco products to continue to do so off-campus. This decision supports the rights and privileges of both smokers and non-smokers alike.

25. Do smoke/tobacco-free policies really help?

Yes! According to the CDC, smoking bans and restrictions lead to a reduction in the amount of daily smoking among students and employees and an increase in the number of individuals who stop smoking. Smoke/tobacco-free campuses and workplaces reduce the risk of developing heart disease and lung cancer due to secondhand smoke exposure.

26. Will this policy negatively affect enrollment or employment?

In surveys of other colleges and universities who have established a smoke-free policy, there has not been a decline in student enrollment or applicants seeking employment. Surveys consistently show that most students would prefer to attend a tobacco-free college. One early leader, Clark College in Vancouver, Washington, has seen enrollment increase every quarter since going tobacco-free in 2003. In addition, a tobacco-free environment will make our campus a more attractive venue for events attended by the public. As the public's expectation for

environments free of secondhand smoke continues to grow, community event organizers will favor tobacco-free campuses when choosing event locations.

27. Are there any other educational institutions that have gone smoke/tobacco-free?

Yes. According to the American Nonsmokers' Rights Foundation, as of January 2, 2013 there are 1,129 100% smoke free college campuses. Of these, 766 have a 100% tobacco free policy.

28. Who do I contact if I have additional questions about the policy?

For comments or questions regarding this policy, members of the campus community and the community at large are encouraged to contact Kevin Confetti at kevin.confetti@ucop.edu