



## **Charles R. Drew University of Medicine and Science**

### **Smoke and Tobacco-Free Campus Notice and Frequently Asked Questions**

On January 1, 2017, CDU became a smoke and tobacco-free campus, a change that confirms CDU's commitment to saving lives and creating a healthy environment for the many who learn, work, visit, and spend time at CDU.

This change comes as a result of our President, Dr. David M. Carlisle, charging the University's administrators to launch this initiative after many students, faculty, and staff voiced their desire for such a change. As a leader in health and health care for underserved communities, CDU has an affirmative duty to contribute to the reduction of tobacco use and secondhand smoke exposure, especially as it pertains to our students, faculty, staff, and visitors. Going smoke and tobacco-free supports the University's vision of "[e]xcellent health and wellness for all ..." in an ever growing health-conscious society.

It is no secret that exposure to secondhand smoke and tobacco use lead to devastating health consequences, and evidence shows that individuals are more likely to quit when spending time in a tobacco-free environment. Eliminating tobacco use and reducing one's exposure to secondhand smoke are critical to reducing tobacco-related suffering, diseases, and death. According to reports by the U.S. Surgeon General and others, there is no safe level of exposure to environmental tobacco smoke, which is capable of causing cancer.

Not long ago, the U.S. Department of Health and Human Services called on all universities across the United States to adopt smoke and tobacco-free policies. CDU now joins over 1,000 other colleges and universities, and 33 other HBXX campuses, which are already smoke or tobacco-free.

This initiative is about creating a healthy environment for the many who learn, work, and visit our campus. Creating a safe environment for our students, faculty, and staff is of paramount importance. This policy does not require smokers or tobacco users to quit. Indeed we know that many such individuals struggle with addiction and the University is sensitive to this fact. However, smokers or tobacco users are prohibited from smoking or using tobacco on CDU property.

#### **Frequently Asked Questions**

- *What does smoke and tobacco-free mean?*

Use of all tobacco products, including but not limited to cigarettes, cigars, pipes, smokeless tobacco and electronic cigarettes (“E-cigarettes”), is prohibited on all CDU owned or leased property as of January 1, 2017. This refers to all parts of the CDU property, including campus buildings, parking areas, grounds areas, and University vehicles. This also includes all other University owned or leased property or facilities operated and controlled by CDU staff or faculty in support of CDU administrative, teaching, research, medical care or other public service functions.

Any individual on CDU property is subject to the policy, including students, employees, vendors, and visitors. The initial implementation of this policy is meant to be educational rather than punitive, and successful implementation of the policy depends on the cooperation and engagement of all stakeholders in spreading awareness that CDU is now a smoke and tobacco-free campus.

➤ *Who will be affected by the policy?*

All CDU stakeholders including students, faculty, staff, and visitors will be affected. Though there have been no studies conducted to capture how many of CDU’s students and employees smoke or use tobacco, the California Department of Public Health has released figures indicating that 11.9% of adults in California use tobacco. With a 12% prevalence rate, this would mean that here at CDU potentially has upwards of 100 smokers, not including vendors and visitors.

➤ *What will enforcement look like?*

The enforcement of this policy will be initially educational, focused on informing all members of the University community and visitors to campus of this new policy. The policy will be included in the upcoming editions of the University Catalog and Employee Handbook. As with all policies, all students and employees are expected to comply. The administration and smoke and tobacco-free task force will review these strategies after the policy has been implemented for a season and determine if further enforcement protocols are necessary. All complaints can be referred to the University Compliance Officer at [garyveron@cdrewu.edu](mailto:garyveron@cdrewu.edu).

➤ *Will the University have any designated smoking areas on campus?*

No. Smoking and the use of tobacco is now prohibited on all property owned or leased by the university.

➤ *Does this policy extend to city owned streets and sidewalks?*

No. The University has no jurisdiction over the use of city owned streets and sidewalks. However, CDU does ask that smokers be considerate of our neighbors and community when going off campus to smoke.

➤ *What cessation support will we provide for students?*

CDU is committed to providing cessation support for all interested students. Upon notifying the Dean of Student Affairs that a student is seeking to quit smoking, the student will be provided information regarding how to obtain NRTs (nicotine replacement therapy kits). All tobacco users

who want to quit are encouraged to call the free California Smokers Helpline, 1-800-NO-BUTTS, available in multiple languages.

Asking a student's physician for assistance regarding cessation can also be a great way to learn of additional resources that a local clinic or health care provider may offer.

➤ *What cessation support will we provide for employees?*

CDU is committed to providing our faculty and staff with a tobacco-free environment.

The University has helped to provide employees with a variety of plans that offer assistance with smoking cessation:

### **CDU Medical Plan**

### **Services**

#### Anthem Blue Cross

Prescriptions to help you quit  
Smoking cessation counseling

#### Kaiser Permanente

Prescriptions to help you quit  
Telephone-based coaching

- Northern California: 866.251.4514
- Southern California: 866.862.4295

#### Kaiser Online Resources

- Healthmedia Breathe (online program)
- Quit Smoking (resource page)
- Tobacco Medications (resource page)

On-site counseling, contact your local Kaiser med center for availability

#### Employee Assistance Program

Smoking cessation coaching: 800.327.7526

CDU also encourages use of California's free Smoker's Helpline at 1-800-NO-BUTTS, available in multiple languages.

➤ *What about smokers and tobacco users who don't want to quit?*

University policy does not require that tobacco users/smokers quit, however, use of such products are completely banned from CDU's campus. Just as tobacco users need to prepare to address nicotine withdrawal symptoms when flying across country or are in other smoke-free zones, tobacco users will need to prepare to be tobacco-free on campus.

➤ *Does the evidence support that secondhand smoke leads to health risks?*

According to the Surgeon General and other reports, there is no safe level of exposure to environmental tobacco smoke, and environmental tobacco smoke is capable of causing cancer. The American College Health Association recommends that all colleges and universities attempt

to achieve having campuses become 100% tobacco-free environments. Information about the health risks of secondhand smoke, including reports from the Centers for Disease Control, the Surgeon General, and other research studies can be found at:

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/health\\_effects/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/).

- *Why are electronic cigarettes and smoke-less tobacco products included in the policy?*

Banning these products was specifically included in President Carlisle's charge and fully supported by the Smoke and Tobacco Free Campus Task Force. Electronic cigarettes contain nicotine, are not approved by the FDA and have not been recommended to support quit efforts. The goal is to steer tobacco-users toward proven methods of quitting.

- *Aren't tobacco use and smoking considered legal rights?*

Adults are legally permitted to smoke and use tobacco. However, the University has the legal authority to establish policies regarding smoking and tobacco use on its property for the well-being of the campus community, much like it can regulate alcohol.

- *How should I approach someone who is smoking or using tobacco products on campus?*

We ask that our entire community aid in informing others on campus about our smoke and tobacco-free policy. If you see someone violating this policy, you can politely let them know that CDU is a smoke and tobacco-free campus and ask them to please refrain. Possible approaches include: "Hi there. Did you know that CDU is now tobacco-free? Could you please dispose of that cigarette/tobacco product?" or "Hello. CDU is now a 100% tobacco-free campus. Please don't smoke/use tobacco here." While not everyone will feel comfortable approaching tobacco users, all students, faculty and staff are expected to comply with the policy and refrain from using tobacco.

Many of our neighboring campuses have also produced a lot of great training material in this area. Here is a link to some great UCLA-produced videos on how to address individuals who are smoking and/or using tobacco on CDU's campus:

[https://www.youtube.com/watch?v=SbAjnhVMbR0&list=PLbTc\\_eeg0ejpiJZd843yx0TvCta0CpB0G&index=9](https://www.youtube.com/watch?v=SbAjnhVMbR0&list=PLbTc_eeg0ejpiJZd843yx0TvCta0CpB0G&index=9)

- *What about CDU's neighbors?*

CDU requests that its students, faculty, staff, and visitors respect our neighbors and help maintain a positive relationship with them. We ask that members of our community not litter or congregate on others' properties. The University additionally asks that smokers and other tobacco users be careful to dispose of cigarettes or other trash properly. Several of our neighbors have been notified of our policy and we encourage open communication of any problems.

- *If a student or employee chooses to continue to use tobacco and does not have enough time during breaks to step off campus, how should faculty and supervisors respond?*

The University is aware that nicotine is a highly addictive drug and waiting until lunch or after work will be extremely difficult for some. Faculty and supervisors should be compassionate to

those who have tobacco addictions. Faculty and supervisors should also encourage students and employees to prepare to handle cravings during time spent on campus. Nicotine replacement measures like Nicorette gum or lozenges are encouraged for times when it is inconvenient to smoke.

- *The policy requires that students, faculty, and staff leave campus to smoke. What about their individual safety?*

As in any urban area, it is vitally important that all individuals consider their safety and well-being both on and off campus. During the workday, nicotine replacement lozenges, gums, patches, inhalers and others are alternate options to leaving campus.

For those who choose to leave campus at night to smoke, please be careful and be aware of your surroundings. CDU Campus Safety is available throughout the day and in the evenings (after 5 p.m.) via telephone at 323-326-4859.

If you have further inquiries please email Compliance Officer Gary Veron at [garyveron@cdrewu.edu](mailto:garyveron@cdrewu.edu).