

Tobacco-Free Policy

Effective July 1, 2014

Purpose

The purpose of this policy is to support the mission of the university and to provide a healthy environment that promotes wellness and good health habits within all Roseman University of Health Sciences facilities and surrounding campus space by minimizing the negative effects of smoke and tobacco use and by maximizing human safety.

Policy

Included individuals and property coordinates

The provisions of this policy shall apply to all employees (including faculty and staff), students, patients, clients, visitors, volunteers, contractors and vendors unless otherwise noted.

The Tobacco-free Policy applies to all Roseman University of Health Sciences facilities and vehicles, owned or leased, regardless of location. Smoking, including the use of an e-cigarette, shall not be permitted in any enclosed place. The use of any tobacco or tobacco-derived product is prohibited in all buildings, grounds and spaces either leased or owned by the University. The tobacco-free environment policy applies, but is not limited to offices, classrooms, laboratories, clinics, elevators, stairwells, restrooms, shuttle buses, shuttle bus stops, property-framed sidewalks, parking areas, meeting rooms, hallways, lobbies, and other common areas. The use of tobacco products in University owned, operated or leased vehicles is prohibited. Use of tobacco products is also prohibited in personal vehicles when parked on or traveling through Roseman University of Health Sciences properties. Roseman University of Health Sciences also discourages the use of tobacco products by staff or visitors on properties adjacent to the campus. On-site smoking cessation programs will be made available to assist and encourage individuals who wish to quit smoking. Questions and problems regarding this policy should be handled through Student Services or the office of Executive Affairs.

List of tobacco/nicotine products

Tobacco products include, but are not limited to, cigarettes, cigars, pipes, hookahs, bidis, kreteks, gutka, tobacco paste, snus, pouch tobacco, snuff, chewing tobacco, dissolvable tobacco, e-cigarettes and other smokeless tobacco/nicotine products. Employees, students, volunteers, contractors and vendors are expected to recognize professional standards of appearance and not have an odor of tobacco products on their clothing or person.

Nicotine replacement products are allowed and include, nicotine patches, nicotine gum, nicotine pastilles, lozenges, and nicotine long-acting sprays.

Information and Procedure

1. *Faculty, staff, trustees, volunteers, and affiliated faculty* are expected to comply with the Tobacco-Free Campus Policy and assist with sharing information about the policy. New employees and volunteers will be

- informed of the Tobacco-Free Campus Policy during the interview process as well as during orientation. Policy success rests with the appropriate supervisory staff, deans, unit heads and administrative officials. When employees or volunteers observe violations of the policy, they should politely remind the offender of the policy and request that they properly dispose of tobacco materials. If the employee or volunteer continues to violate the policy, the location and time of the violation should be reported to the appropriate supervisory staff, dean, unit head or administrative official. Human Resources may also be contacted to report violations.
2. *Students* New students will be informed of the Tobacco-Free Campus Policy during the interview process as well as during orientation. Enforcement of the policy rests with the respective program director or dean's office. When students observe fellow students violating the policy, they should remind them of the policy and ask them to dispose of the tobacco materials. If the student continues to violate the policy, the location and time of the violation should be reported to the appropriate administrative office. Violation patterns will be assessed and appropriate action initiated.
 3. *Visitors, guests, clients and patients* will be informed of the policy and asked to comply while they are on campus or other university facilities. Faculty, staff and clinical staff with patient care responsibilities are responsible for communicating and ensuring compliance with the Tobacco-Free Campus Policy. Signage will be posted throughout Roseman University of Health Sciences buildings and grounds stating that this facility is a tobacco-free campus. All employees and volunteers are encouraged to assist with the education of visitors regarding the policy, using policy information cards, which will be made available. Employees are expected to help enforce the policy with visitors by requesting that they dispose of tobacco materials and respect the university's healthcare mission and tobacco-free campus. If a visitor is observed violating the policy after being advised of the policy, the employee or volunteer should contact security or the Office of Facilities and Risk Management, who will direct the violator to comply with the policy or leave the facility.
 4. *Contractors and vendors* A provision will be inserted into contracts, e.g. construction and/or maintenance, to prohibit the employees of contractors/vendors from using tobacco materials on property owned or leased by Roseman University of Health Sciences. Employees and volunteers who observe a violation of the policy by a vendor should report the violation to a security officer or to the Office of Facilities Management. The security officer or Facilities Management personnel responding to the report will inform the violator that he/she must comply with the policy or have a complaint sent to his/her employer reporting the non-compliance.

Compliance

Compliance with this tobacco-free environment policy should go hand-in-hand with compassion and understanding. It is a matter of mutual respect for the betterment of everyone's experience at Roseman University of Health Sciences. The success of this policy will depend on the thoughtfulness, consideration, and cooperation of

both users and non-users of tobacco products . All students, faculty, and staff share in the responsibility for the successful implementation of this policy. Violations of the policy may be subject to disciplinary action.

Communicating the policy

Copies of this policy shall be distributed to all faculty, staff, current students, and visitors (upon check-in) and shall be included with information given to all students considering application to Roseman University of Health Sciences as well as to all admitted students. Announcements shall also be printed in campus communiques to insure that everyone is aware of the policy. No Smoking signs shall be posted at all points of entry to the university campus and at all university building entrances[i]. Cigarettes shall not be sold on university grounds, either in vending machines or any area on campus. No ashtrays shall be provided at any location on campus. However, disposal receptacles will be provided at numerous locations on campus grounds.

In further recognition of the incompatibility of Roseman University of Health Sciences' educational mission and the promotion of tobacco products, effective immediately:

No tobacco-related advertising or sponsorship shall be permitted on university property, at university-sponsored events, or in publications produced by the university, with the exception of advertising in a newspaper or magazine that is not produced by the university and which is lawfully sold, bought, or distributed on or off university property. For the purposes of this policy, "tobacco related" applies to the use of a tobacco brand or corporate name, trademark, logo, symbol, or motto, selling message, recognizable pattern or colors, or any other indicia of product identical to or similar to, or identifiable with, those used for any brand of tobacco products or company which manufactures tobacco products.

Resources and Support

Roseman University of Health Sciences will make available a directory of resources to assist with smoking/tobacco cessation. The University is planning to offer resources and support to tobacco users in abstaining from tobacco use on campus and in supporting users who desire to quit using tobacco. Tobacco education related resources or programs will be offered periodically for Roseman University of Health Sciences employees, alumni and students.

Educational programs and communiques regarding this policy and the background information promulgating this policy will be offered on a regular basis.

Background

The 2006 U.S. Surgeon General's Report, *The Health Consequences of Involuntary Exposure to Tobacco Smoke*, has concluded that (1) secondhand smoke exposure causes disease and premature death in children and adults who do not smoke; (2) children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory problems, ear infections, and asthma attacks, and that smoking by parents causes respiratory symptoms and slows lung growth in their children; (3) exposure of adults to secondhand smoke has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer; (4) there is no risk-free level of exposure to secondhand smoke; (5) establishing smoke-free workplaces is the only effective way to ensure

that secondhand smoke exposure does not occur in the workplace, because ventilation and other air cleaning technologies cannot completely control for exposure of nonsmokers to secondhand smoke; and (6) evidence from peer-reviewed studies shows that tobacco-free policies and laws do not have an adverse economic impact on the hospitality industry^[ii].

According to the 2010 U.S. Surgeon General's Report, *How Tobacco Smoke Causes Disease*, even occasional exposure to secondhand smoke is harmful and low levels of exposure to secondhand tobacco smoke lead to a rapid and sharp increase in dysfunction and inflammation of the lining of the blood vessels, which are implicated in heart attacks and stroke^[iii].

Numerous studies have found that tobacco smoke is a major contributor to indoor air pollution, and that breathing secondhand smoke (also known as environmental tobacco smoke) is a cause of disease in healthy nonsmokers, including heart disease, stroke, respiratory disease, and lung cancer. The National Cancer Institute determined in 1999 (Monograph #10) that secondhand smoke is responsible for the early deaths of approximately 53,000 Americans annually.

Based on a finding by the California Environmental Protection Agency in 2005, the California Air Resources Board has determined that secondhand smoke is a toxic air contaminant, finding that exposure to secondhand smoke has serious health effects, including low birth-weight babies; sudden infant death syndrome (SIDS); increased respiratory infections in children; asthma in children and adults; lung cancer, sinus cancer, and breast cancer in younger, premenopausal women; heart disease; and death.

According to the World Health Organization, scientific evidence has firmly established that there is no safe level of exposure to second-hand tobacco smoke, a pollutant that causes serious illness in adults and children, and that implementing 100% smoke-free environments is the only effective way to protect the population from the harmful effects of exposure to secondhand smoke.

The U.S. Centers for Disease Control and Prevention has determined that the risk of acute myocardial infarction and coronary heart disease associated with exposure to tobacco smoke is non-linear at low doses, increasing rapidly with relatively small doses such as those received from secondhand smoke or actively smoking one or two cigarettes a day, and has warned that all patients at increased risk of coronary heart disease or with known coronary artery disease should avoid all indoor environments that permit smoking.

Unregulated high-tech smoking devices, commonly referred to as electronic cigarettes, or "e-cigarettes," closely resemble and purposefully mimic the act of smoking by having users inhale vaporized liquid nicotine or liquefied tobacco created by heat through an electronic ignition system. After testing a number of e-cigarettes from two leading manufacturers, the Food and Drug Administration (FDA) determined that various samples tested contained not only nicotine but also detectable levels of known carcinogens and toxic chemicals, including tobacco-specific nitrosamines and diethylene glycol, a toxic chemical used in antifreeze. The FDA's testing also suggested that "quality control processes used to manufacture these products are inconsistent or non-existent."^[iv] E-cigarettes produce a vapor of undetermined and potentially harmful substances, which may appear similar to the

smoke emitted by traditional tobacco products. Their use in workplaces and public places where smoking of traditional tobacco products is prohibited creates concern and confusion and leads to difficulties in enforcing the smoking prohibitions.

In light of these findings, Roseman University of Health Sciences shall be entirely Tobacco-free and therefore, smoke-free effective July 1, 2014. This policy is being announced six months prior to its implementation in order to give tobacco users time to adapt to its restrictions and to facilitate a smooth transition to a tobacco-free environment.

[i] NRS 202.2483 Nevada Clean Indoor Air Act and section NRS 394.099 Definition of a private institution of post-secondary education.

[ii] a. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. 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, 2006. b. Nevada Department of Health and Human Services. *Nevada Comprehensive Tobacco Control*. Nevada State Health Division. Bureau of Community Health. Tobacco Prevention and Education Program. February 2006.

[iii] U.S. Department of Health and Human Services. *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*. Atlanta, GA: 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, 2010.

[iv] "Summary of results: laboratory analysis of electronic cigarettes conducted by FDA," *Food and Drug Administration (FDA)*, July 22, 2009; <http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm173146.htm>, Accessed on: October 22, 2009