

On the Road to a Tobacco-Free Community College:

Detours, Speed Bumps, and other Joys of
Journey – a perspective from Lane County



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Finding the right travel companions

- Worksite Wellness Initiative
- Developing a “core” task force
 - LCC Employee Wellness Coordinator
 - Wellness Assistant
 - Health Center Nurse
 - Union Rep & IT Department
- Support from American Lung Association
 - Tobacco-free College Initiative




Whose driving this thing?!

Starting the conversation

- Talking with administrators
- Meeting with the Student Government (and other near death experiences)
- Making the rounds with the Councils



A gravel path leads to a fork in the road, with lush greenery and trees in the background. The path is made of light-colored gravel and splits into two directions. On the left, there are bushes with red flowers and green leaves. On the right, there are dark green bushes. The background is a dense forest of tall, thin trees.

When you come to a fork in the road,
take it.
- Yogi Berra

Staying on track

Main messages

- Its about campus health, wellness & safety
- Its a national trend
- Addressing the big E's – Enrollment & Enforcement
- It aligns with LCC's mission and vision



What's the fuss about secondhand smoke?

- Classified as a Group A (Human) Carcinogen - a substance known to cause cancer in humans. There is no safe level of exposure for Group A toxins.¹
- Causes lung cancer, heart disease, chronic lung ailments (bronchitis and asthma), and low birth-weight births.²
- Is one of the leading cause of preventable death in this country, killing between 38,000 and 53,000 nonsmokers in the U.S. each year³



1. Report on Carcinogens, Tenth Edition; U.S. Department of Health and Human Services, Public Health Service, National Toxicology Program, December 2002.

2. 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.

3. National Cancer Institute. Health Effects of Exposure to Environmental Tobacco Smoke: The Report of the California Environmental Protection Agency. Smoking and Tobacco Control Monograph no. 10. Bethesda, MD. U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute, NIH Pub. No. 99-4645, 1999,



New Surgeon General's Report on Secondhand Smoke – June 2006



“The debate is over. The science is clear... secondhand smoke is not a mere annoyance. It is a serious health hazard that can lead to disease and premature death in children and nonsmoking adults...there is no risk-free level of exposure to secondhand smoke”

- U.S. Surgeon General Richard H. Carmona



More Conclusions from the Surgeon General's Report:

- Exposure to secondhand smoke has substantial and immediate adverse effects on the cardiovascular system.
- Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposures of nonsmokers to secondhand smoke.
- The only effective way to protect nonsmokers from secondhand smoke is to require smoke-free workplaces and public places.



Immediate affects

- Exposure reduces ability of nonsmokers' heart arteries to dilate, diminishing coronary blood flow
- Activates blood platelets, which can initiate the process of atherosclerosis (blockage of the heart's arteries) that leads to heart attacks
- Triggers asthma episodes and increases the severity of attacks
 - Risk factor for new cases of asthma in children
- Eye irritation, headache, cough, sore throat, dizziness and nausea



Outdoor Secondhand Smoke

- Stanford Report, May 2, 2007

“Study confirms the risk of exposure to secondhand tobacco smoke at sidewalk cafes and other outdoor settings”

- Within a few feet of a smoker outdoors, air pollution levels are comparable to indoor levels measured in previous studies of homes and taverns



Where there's smoke, there's fire

- College-age smoking rates rose dramatically through the 1990s and has remained high among 18-24 year olds
- Many people start to smoke in college. Almost 40% of college students either began smoking (11.0%) or became regular smokers (28.0%) after starting college





Daily Headlines

FOR RELEASE: Monday, May 14, 2007

University of Arkansas to Be Tobacco-Free



More colleges banning smoking

Trend now reaching bigger universities

By Emily Bazar
USA TODAY

Colleges are snuffing out smoking everywhere on campus, even in outdoor light-up spots such as main



updated 10:31 a.m. EST, Mon November 12, 2007

Butts Out: COCC moving toward first-in-the-state

Smoke-free college trend growing

THE MORNING NEWS

LOCAL NEWS FOR NORTHWEST ARKANSAS

Community College To Go Tobacco-Free

THIS ARTICLE WAS PUBLISHED
By The Associated Press



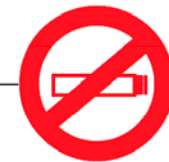
The case for a tobacco-free campus

Wednesday, April 16, 2008



04/04/07 -- UND To Become Tobacco-Free Campus Oct. 5 AS PART OF UNIVERSITY'S D Initiative; President Appoints Task Group to Develop Tobacco-Free Campus Policy,

Clark College – Vancouver, WA



**Welcome to our
TOBACCO FREE
Campus**



What's happening at LCC?







CAUTION
SAFETY GLASSES
BE WORN
IN THIS AREA





LANE COUNTY P





In their own words...



“Every time I exit a building I have to walk through a cloud of smoke. I have tried to use different routes through the school and have not been able to find even one way to walk where I do not walk through a smoking area. It is not only the smoking areas, but the fact that people smoke where ever they want... Studies have shown us for years the damage that is caused by second hand smoke. I feel as though my rights as an individual who chooses to not smoke are being violated. It is very frustrating to put my life in danger when I am trying to better myself with a higher education. I believe that this is an issue that cannot continue to be overlooked.

Lauri Smith, LCC Student



Speed bumps - The Big E's

Enrollment



Enforcement



Heading in the Right Direction!

LCC Strategic Direction

Transforming the Learning Environment

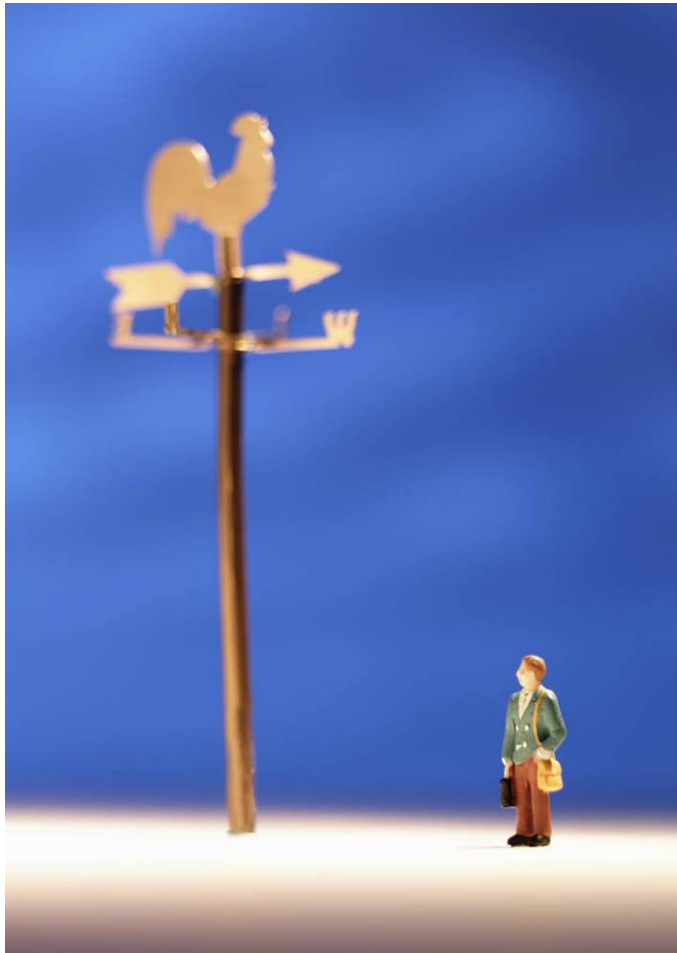
“Create, enhance, and maintain inviting and welcoming facilities that are safe, accessible, functional, well-equipped, aesthetically appealing and environmentally sound.”



Tuning Up: Media Advocacy Training



Checking the Weather

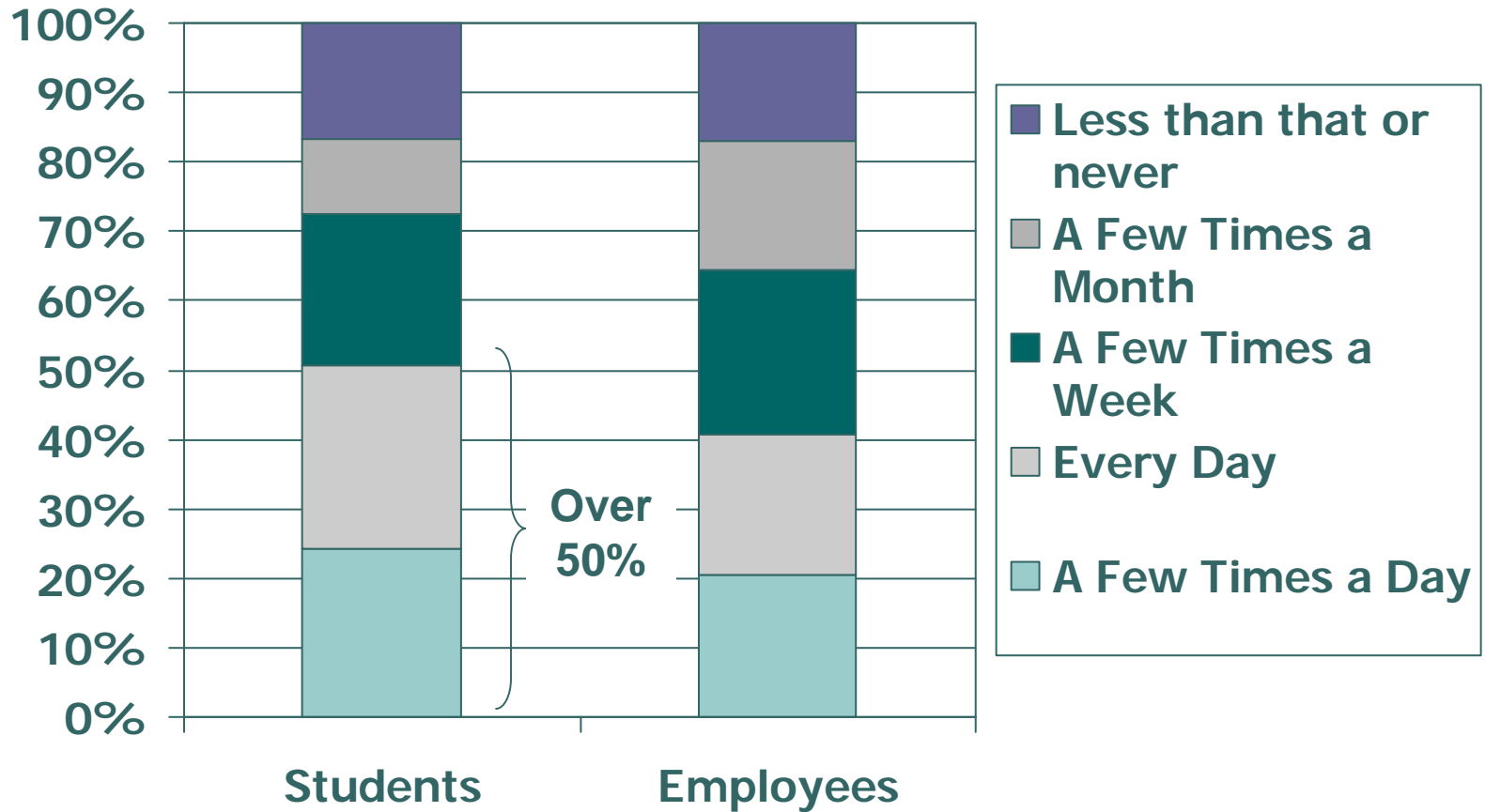


Secondhand Smoke Survey

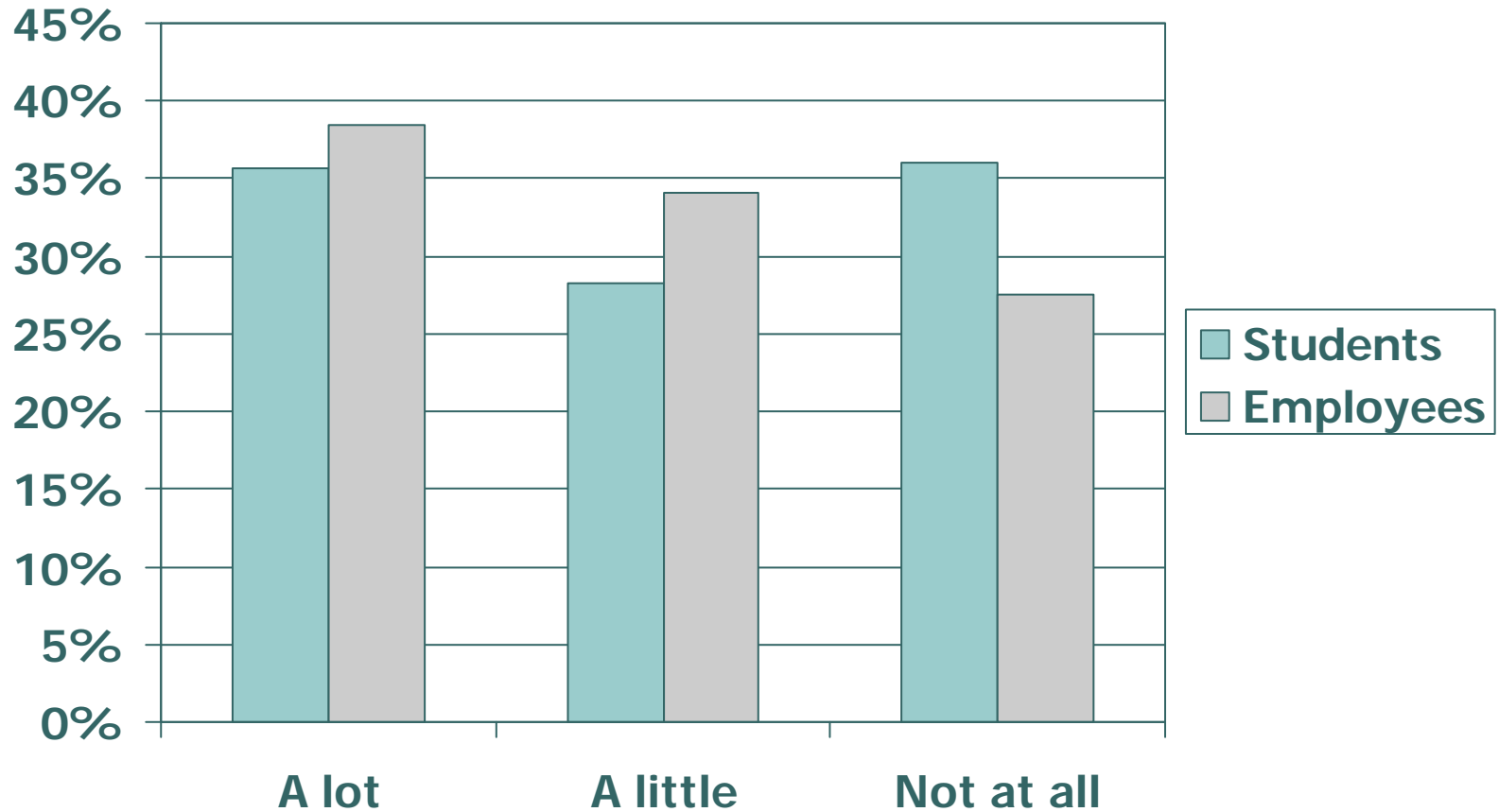
- Online for students and staff April 6 – March 7
- Over 5,200 responses
 - 4,412 students
 - 807 employees
- Hundreds of pages of comments



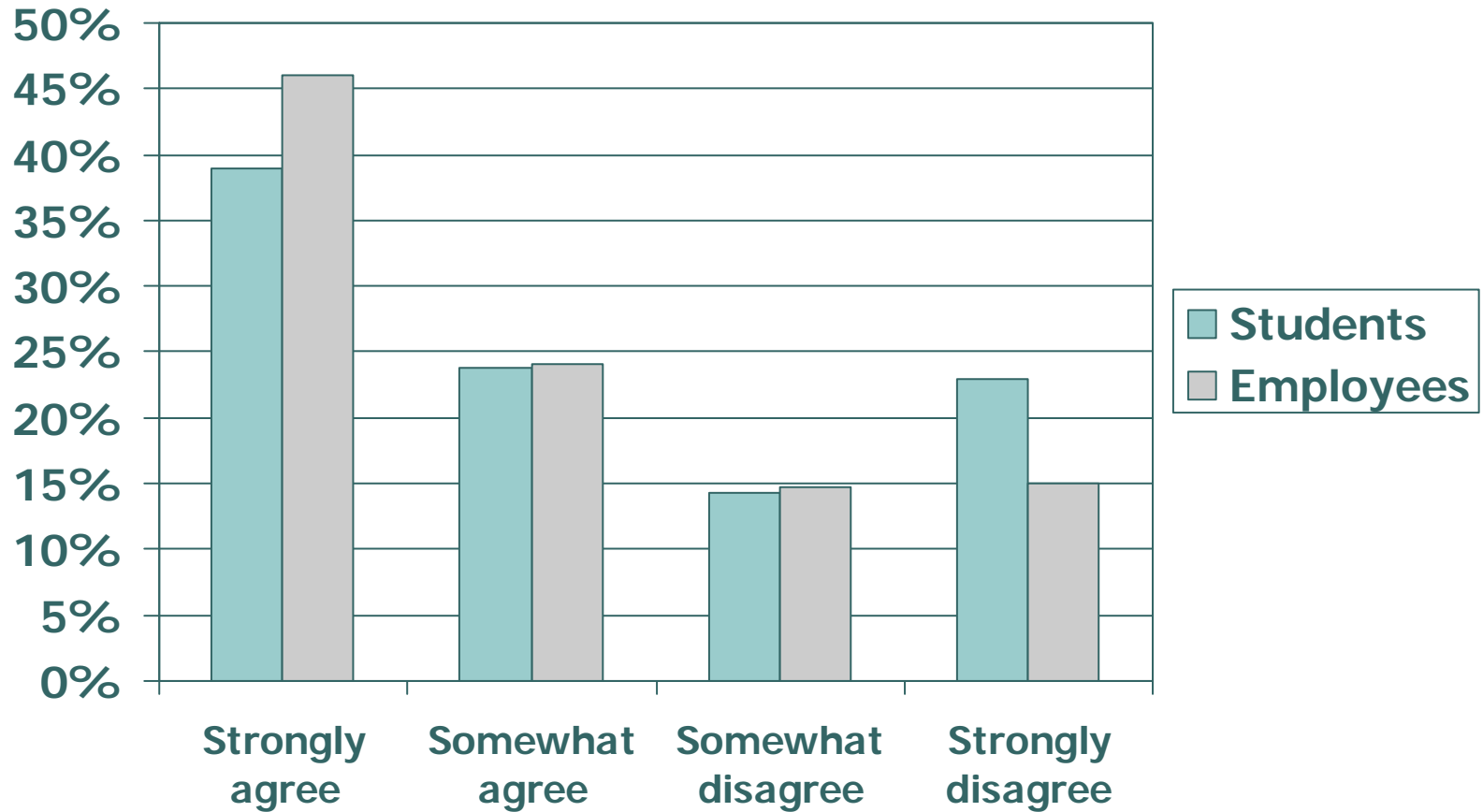
Second-hand smoke is smoke from someone else's cigarette, cigar or pipe that you breathe. How often would you say you are exposed to secondhand smoke on campus?



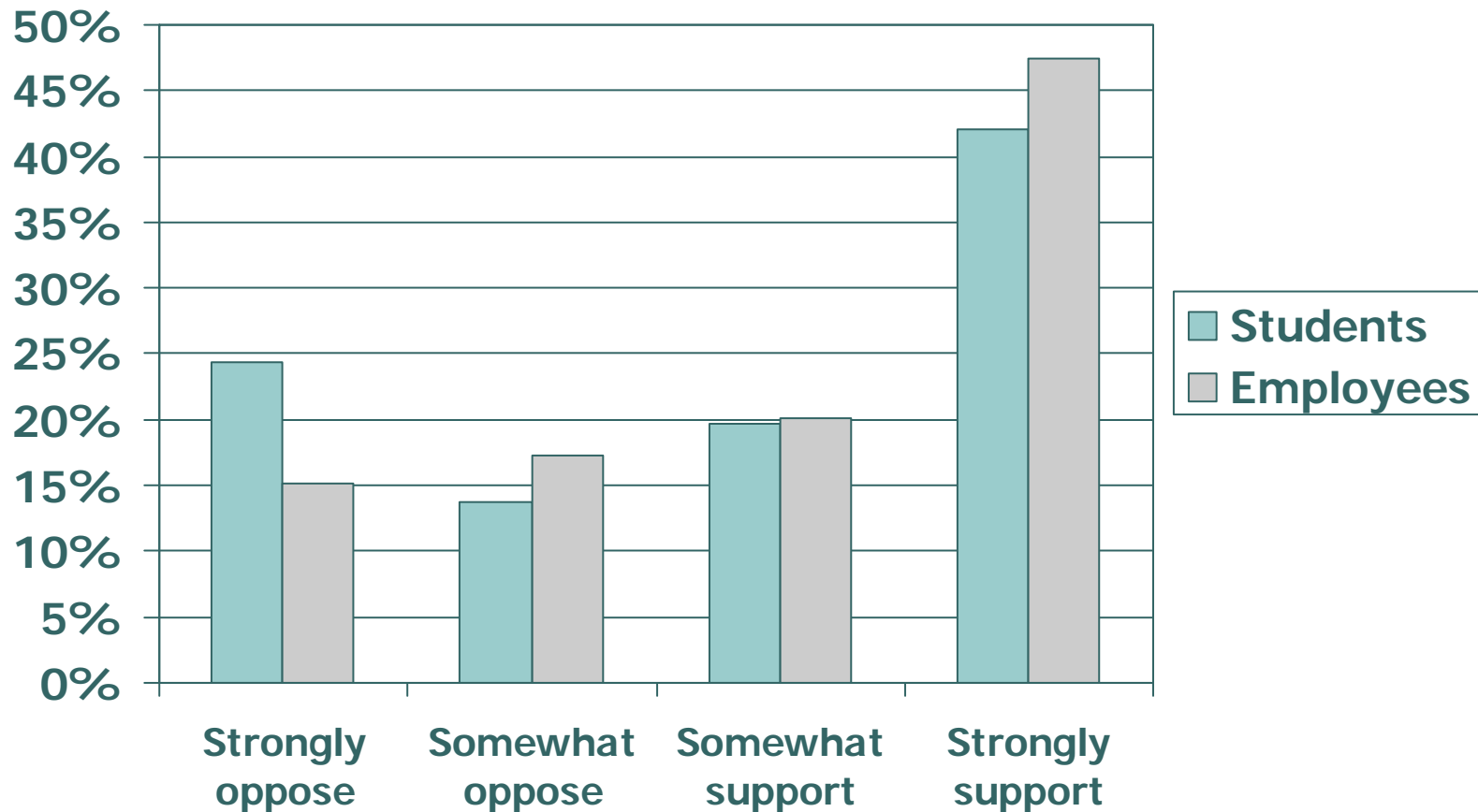
Would you say secondhand smoke on campus typically bothers you a lot, a little, or not at all?



Do you agree or disagree with the following statement: It is ok for colleges to prohibit smoking on campus if that is necessary to keep second-hand smoke away from other students and employees.



Would you support or oppose LCC becoming tobacco-free if quit smoking services are provided?



More Survey Results

- Most (over 75%) LCC students believe even small amounts of exposure to SHS can be a serious health risk.
- Almost one quarter of students report having some immediate health effects from SHS.
- Over 58% of students would choose a smoke-free college over a college that allows smoking on campus
- Less than 11% of students report smoking everyday, only 5% of employees smoke everyday



What's next?

Continuing to understand the process

- Adding members to task force

Sharing survey results

- Retuning to Councils

Someone's got to be first...

- Statewide initiative is making progress
- 8 Community College Coalitions - Blue Mountain, Chemeketa, Clackamas, Clatsop, Lane, Portland, Rogue, and Umpqua CC



**They always say time changes
things, but you actually have
to change them yourself.**

- Andy Warhol

Thank you!

- Wendy Simmons – LCC Employee Wellness Coordinator
- Other members of LCC Tobacco-free Initiative
- Andrew Epstein – American Lung Assoc.
- TPEP staff

