

Policy for a Smoke-Free William & Mary Campus
Public Health Club, College of William & Mary

Because the College of William & Mary is committed to providing a safe, healthy, and sustainable working and learning environment for its students, faculty, staff, and visitors, it hereby adopts the following smoke-free policy.

Section 1. Background:

There are a number of reasons why we, as members of the William & Mary community, are seeking to make our campus smoke-free.

Firstly, there are a multitude of deleterious health outcomes associated with the act of and exposure to smoking. Over the years, the U.S. Surgeon General has released numerous reports concerning how both tobacco use/smoking and secondhand smoke may cause disease in adults and premature death in children (CDC, 2016). Other research, too, has shown that long-term exposure to tobacco smoke tends to result in oxidant/antioxidant imbalances and low-grade systemic inflammatory responses up to 20 years after quitting smoking (Yanbaeva et al., 2007). Moreover, smoking tobacco appears to engender lung cancer and emphysema outcomes, as well as acute respiratory problems, ear infections, coronary heart disease, and asthma (CDC, 2016; U.S. Surgeon General, 2016). In fact, cigarette smoking claims more lives than those killed by alcohol, HIV/AIDS, motor vehicle crashes, homicide, suicide, illegal drugs, and fires *combined* (National Tobacco-Free Campus Initiative, 2017).

Smoking tobacco is not the only concerning form of nicotine intake. Recent studies done by the Food and Drug Administration (FDA) determined that e-cigarettes *do* contain nicotine and detectable levels of known carcinogens and toxic chemicals, including diethylene glycol, a harmful chemical found in antifreeze (FDA, 2009). Other studies have shown that traces of metal and volatile organic compounds also exist in e-cigarettes (NIH, 2014). These toxic chemicals are extremely harmful to the human body and are not regulated closely enough to be safe for continued exposure (NIH, 2014). Furthermore, “vaping” and other e-cigarette uses are largely sold without company production regulation (CDC, 2016; NIH, 2014). As such, e-cigarette smokers may be at risk for exacerbated health outcomes of which we are not yet aware.

Another huge risk associated with smoking involves the consequences of secondhand smoke. There is no empirically-validated risk-free level of exposure to secondhand smoke (CDC, 2016). Continued secondhand smoke exposure has caused an estimated 60,300 deaths and has been known to cause ischaemic heart disease, lower respiratory infections, asthma, coronary heart disease, and lung cancer (Oberg et al., 2011; U.S. Surgeon, 2010). Even acute and low levels of secondhand tobacco smoke can lead to a rapid increases in the dysfunction and inflammation of blood vessel linings, which may result in heart attacks and strokes in non-smokers (U.S. Department of Health and Human Services, 2011; U.S. Department of Health

and Human Services, 2014). The worldwide burden of disease that results from secondhand smoke leads many to conclude that the public health of the community would be better served by efforts to reduce smoking.

Although smoking and secondhand smoke are detrimental to health across the lifespan, some research suggests that smoking may be especially harmful for college students and young adults (Georgia Tobacco Use Prevention Program, 2016). Adolescents who smoke are seven times more likely to abuse or become addicted to illicit drugs later in life, and they tend to have lower GPAs than non-smokers (Tobacco Technical Assistance Consortium's College Tobacco Prevention Resource, 2017). The progression from occasional to daily smoking typically occurs by age 26, showing that these destructive, possibly permanent, habits are often established in college (U.S. Surgeon General, 2012).

Smoking also has deleterious implications for the environment. Tobacco smoke is a toxic air contaminant and contributes to both indoor and outdoor air pollution (California Environmental Protection Agency, 2005). Worse yet, the smoke produced by cigarettes releases up to 10 times more particulate matter pollution as the diesel exhaust of automobiles (WebMD, 2004). Ultimately, there is no level of cigarette smoke that is considered risk-free either in terms of the environment and individual health (Precioso et al., 2007). As for the cigarettes themselves, cigarette filter paper is composed of cellulose acetate, which takes up to 18 months to fully degrade (Ach, 1993). Moreover, cigarettes are the most commonly littered item and are estimated to account for 25-50% of all collected litter items (Beck, 2007). The W&M Public Health Club observed the after-effects of such littering first-hand when 15 of our members worked to collect cigarette butts on our campus over the course of 2 hours and found 1,389 cigarette butts, cartons, and cigars.

Compellingly, both smokers (81.5%) and non-smokers (97.5%) alike generally agree that the need to breathe clean air should take priority over the desire to smoke cigarettes (Thompson, Coronado, Chen, Thompson, Hymer, & Peterson, 2006). Moreover, 93% of nonsmokers, 88% of former smokers, and 64% of current smokers agree that colleges should provide smoke-free environments for students, and most (69%) college employees also endorse these policies (Grove Insight, 2007; Wake Forest Baptist Medical Center, 2017). These figures are consistent with recommendations by the American College Health Association and indeed, numerous universities across the United States have enacted some form of smoke-free or tobacco-free policy. As of this year, 1,468 universities across the nation have become 100% tobacco-free, with an addition 289 schools minimally smoke-free (American Nonsmokers' Rights Foundation, 2017). This list includes internationally-ranked schools such as, but not limited to: Boston University, Brown University, New York University, Ohio State University, University of California (Los-Angeles), University of Chicago, and University of North Carolina (Chapel Hill). Over 49 campuses in North Carolina alone have enacted a campus-wide smoke-free policy to decrease disease prevalence rates and exposure to secondhand smoke (Wake Forest Baptist Medical Center, 2017). In Virginia, Eastern Virginia Medical School, Jefferson College of Health

Sciences, and Regent University have become tobacco-free campuses (American Nonsmokers' Rights Foundation, 2017). In recent years, governmental bodies, such as the United States Department of Health and Human Services, have created the Tobacco-Free College Campus Initiative to promote the adoption of tobacco-free policies at higher education institutions across the United States. As such, there are a number of resources for college administrators and student bodies seeking to become smoke-free campuses, so in undergoing the efforts, William and Mary will not be alone.

Thus, there are numerous reasons (e.g., health, environment, other university policies) to advocate for a smoke-free campus. As such, the William & Mary Public Health Club proposes that the College of William and Mary become a smoke free campus to express community consideration of the above smoking-related issues.

Section 2. Purpose:

To protect the health and safety of William & Mary faculty, staff, students, and visitors on campus and to create a healthier and cleaner campus environment in line with existing sustainability initiatives.

Section 3. Definitions:

For the purposes of this policy:

- “Electronic smoking device” encompasses any product containing or delivering nicotine or any other substance intended for human consumption that can be used by a person in any manner for the purposes of inhaling vapor or aerosol from the product. The term includes any such advice, whether manufactured, distributed, marketed, or sold as an e-cigarette, e-cigar, e-pipe-, e-hookah, or vape pen, or under any other product name or descriptor. FDA-approved cessation aids, such as nicotine patches and gum, are not included in this category.
- “Smoking” is defined as the inhaling, exhaling, burning, or carrying of any lighted or heated smoke-producing tobacco product, such as cigarettes, cigars, cigarillos, mini-cigars, and hookah. “Smoking” also includes the use of an electronic smoking device (e.g., e-cigarette, vape pen) that creates an aerosol or vapor, in any manner or form, or the use of any oral smoking device for the purpose of circumventing the prohibition of smoking in this policy.

Section 4. Policy:

In light of the above findings, the College of William & Mary campus shall be entirely smoke-free effective August 1, 2018.

On this date, the use of smoke-producing tobacco products by students, faculty, staff, guests, visitors, and contractors is prohibited on all properties owned or leased by campus, including (but not limited to):

- All interior space or enclosed place on campus and property leased by the College of William & Mary, including, but not limited to, all offices, classrooms, hallways, restrooms, meeting rooms, community areas, performance venues, and private residential spaces within William & Mary housing;
- All affiliated remove sites of the College of William & Mary, including, but not limited to the Education School, Law School, and VIMS;
- All outside property or grounds on College of William & Mary campuses, including areas such as walkways, breezeways, parking lots, paths, stadiums and patios;
- All outside property leased by the College of William & Mary;
- All vehicles leased or owned by the College of William & Mary, regardless of location;
- All indoor and outdoor athletic facilities

This policy applies to all students, faculty, staff, and other persons on campus, regardless of the purpose for their visit.

In further recognition of the incompatibility of the College of William & Mary's educational mission and the promotion of tobacco products:

No smoking-related advertising or sponsorship shall be permitted on College of William & Mary property, at College of William & Mary-sponsored events, or in publications produced by the College of William & Mary, with the exception of advertising in a newspaper or magazine that is not produced by the College of William & Mary and which is lawfully sold, bought, or distributed on the College of William & Mary property. For the purposes of this policy, "smoking-related" applies to the use of a smoking-product 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 smoking products or company which manufactures smoking products. Cigarettes, including electronic cigarettes, cigars, and pipes, including hookah pipes, shall not be sold or distributed as samples on university grounds, either in vending machines, the student union, or any area on campus.

Section 5. Dissemination of Policy:

Copies of this policy shall be distributed to all faculty and staff and shall be included with information given to all admitted students. Information about the policy and how to comply with it shall also be posted on the College of William & Mary website. Announcements concerning

the policy and any changes to it shall be printed in campus newspapers and posted on the College of William & Mary website to insure that everyone fully understands the policy. “No Smoking” signs shall be posted at all points of entry to the College of William & Mary campus and at all College of William & Mary building entrances. No ashtrays shall be provided at any location on campus.

Section 6. Complaint Procedures:

As members of the William and Mary community, we readily acknowledge that there are many considerations and complexities to this issue and we will eagerly work with university administrative bodies, students, staff, and community members to ensure that any campus-wide policy will be considerate of all individuals and reflect our community ideals. We appreciate any and all comments, questions, and concerns of community members.

In order to resolve any complaints about the William & Mary smoke-free policy:

- Any complaints about the policy should be sent to administration for further review.
- Complaints should be submitted in either verbal or written form with specific objections.
- No students, faculty, staff, guests, visitors, or contractors will experience any form of retaliation for raising a complaint or asking a question about this policy.

Section 7. Transition Period:

This policy is being announced 500 days (approx. 16 months) prior to its implementation in order to give individuals who may smoke time to adapt to the restrictions and to facilitate a smooth transition to a smoke-free environment. On-site, local, and online smoking cessation programs shall be made available to assist and encourage individuals who wish to quit smoking. Questions and problems regarding this policy should be handled through existing departmental administrative channels and administrative procedures.

Section 8. Compliance and Penalties:

All College of William & Mary employees, students, visitors, guests, and contractors are required to comply with this policy, which shall remain in effect at all times. Refusal to comply with this policy by any students, faculty, visitors, guests, or other individuals may be cause for disciplinary action in accordance with employee and student conduct policies.

Compliance policies will be decided by William & Mary administrative officials and the greater community if a smoke-free campus policy in the process of becoming enacted.

Section 8. Exceptions:

1. Current construction workers and companies who were employed prior to the policy change: These individuals will be allowed to still use smoke-producing tobacco products in designated areas. However, starting August 1, 2018, all construction workers and companies, whether previously employed or employed in the future, must abide by the policy.
2. The use of smoke-producing tobacco products in laboratory and classroom instruction/experiments, or for artistic purposes: All research, educational, and/or artistic purposes that involve the use of smoke-producing tobacco products must be approved in advance by the Provost or designee. Such use must be preceded by reasonable advance notice to the public.

Section 9. Enforcement of Policy

This policy shall be effective on August 1, 2018.

Signature of Chief Administrator

Date