



# Development and Implementation of the UC Davis Smoke and Tobacco Free Policy



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## Overview

•Environmental tobacco smoke (ETS) is a toxic mixture of at least 4,000 chemicals known to cause lung cancer, heart disease, asthma attacks and other adverse health effects, is commonly found in indoor and outdoor ambient environments.

•ETS is discharged into the air every time smokers exhale and when tobacco products are burned. Given the many negative health effects of ETS and its increased harm to children, regulation of ETS is an important environmental issue.

•ETS has been recognized by the Surgeon General to cause adverse health effects since 1968 and the Office of Environmental Health Hazard Assessment recognizes ETS as a toxic air contaminant capable of regulation under California's Toxic Air Contaminant Act.

•The 2012 Surgeon General's Report found that university campuses are key targets for smoking cessation as 99% of smokers begin tobacco use and smoking before age 26.

## Science as a Basis for the Breathe Free Policy

The 1968 Surgeon General's Report on Smoking and Tobacco was among the first of major documents identifying the many harmful health effects of ETS. Since then, several reputable studies and reports have confirmed the dangers of ETS.

- ◆Health Effects of Environmental Tobacco Smoke (1997), Cal/ EPA
- ◆9<sup>th</sup> Report on Carcinogens (2000), National Toxicology Program
- ◆Respiratory Health Effects of Passive Smoking (1992), US EPA



There is no debate in the scientific community that ETS is a toxic air contaminant necessary of attention. As a result, no issues regarding the scientific basis of the UC Smoke and Free and Breathe Free Policies were raised during the peer-review absent process of creating the system-wide regulation.

## Health Effects of Environmental Tobacco Smoke

- Stem cells exposed to tobacco smoke showed irreversible changes in tissue which is strongly linked to carcinogenesis<sup>3</sup>
- Particles from ETS can deposit in the nose, pharynx and trachea resulting in a higher risk for tuberculosis, meningitis, and atypical mycobacterial infections<sup>2</sup>
- Hyperactivity and poor wound healing in mice exposed to third hand smoke<sup>5</sup>
- Children exposed to THS are at risk for severe neurological disorders<sup>5</sup>
- Asthma, lung disease, Sudden Infant Death Syndrome (SIDS), heart disease, dental problems, birth defects<sup>7</sup>

## Public Reception

Based on our interview, news articles, and social media websites, the policy was well received in general. There were students who disagreed with the policy solely on the basis of civil libertarianism, and their concerns along with those of others were addressed through email and the Breathe Free Facebook page.



## Federal Laws and Regulation

### 1969 Public Health Cigarette Smoking Act

- Limits the practice of smoking
- Requires a stronger health warning on cigarette packages
- Bans cigarette advertisements on American radio and television

### 2009 Family Smoking Prevention and Tobacco Act

- Imposes new warnings and labels on tobacco products to discourage young adults from smoking
- Prohibits flavored cigarettes
- Limits tobacco product advertisements
- New tobacco products have to have FDA approval

## State Laws

### Smoke-free Indoor Air Laws

- Reduces exposure to secondhand smoke

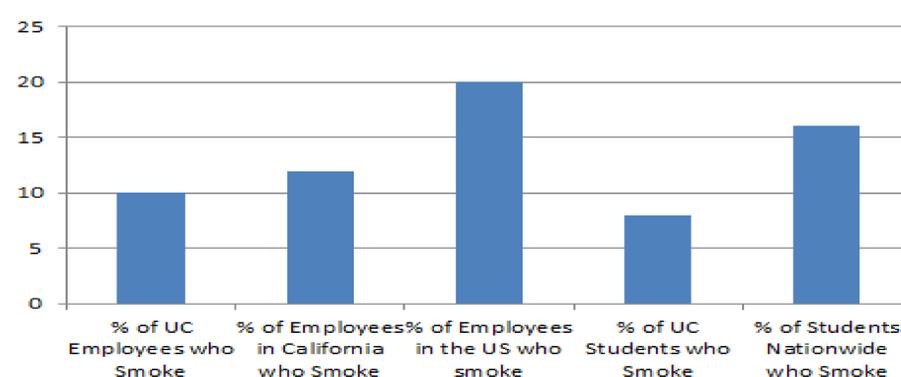
### Statewide Smoke-Free Entryway Law, AB 846

- Prohibits smoking within 20 feet of public buildings, including state university and community college buildings

### California's Smoke-free Workplace Law, AB 13

- Bans smoking in the workplaces

Average Percentage of Smokers in the UC, California, and Nationwide



## Interview

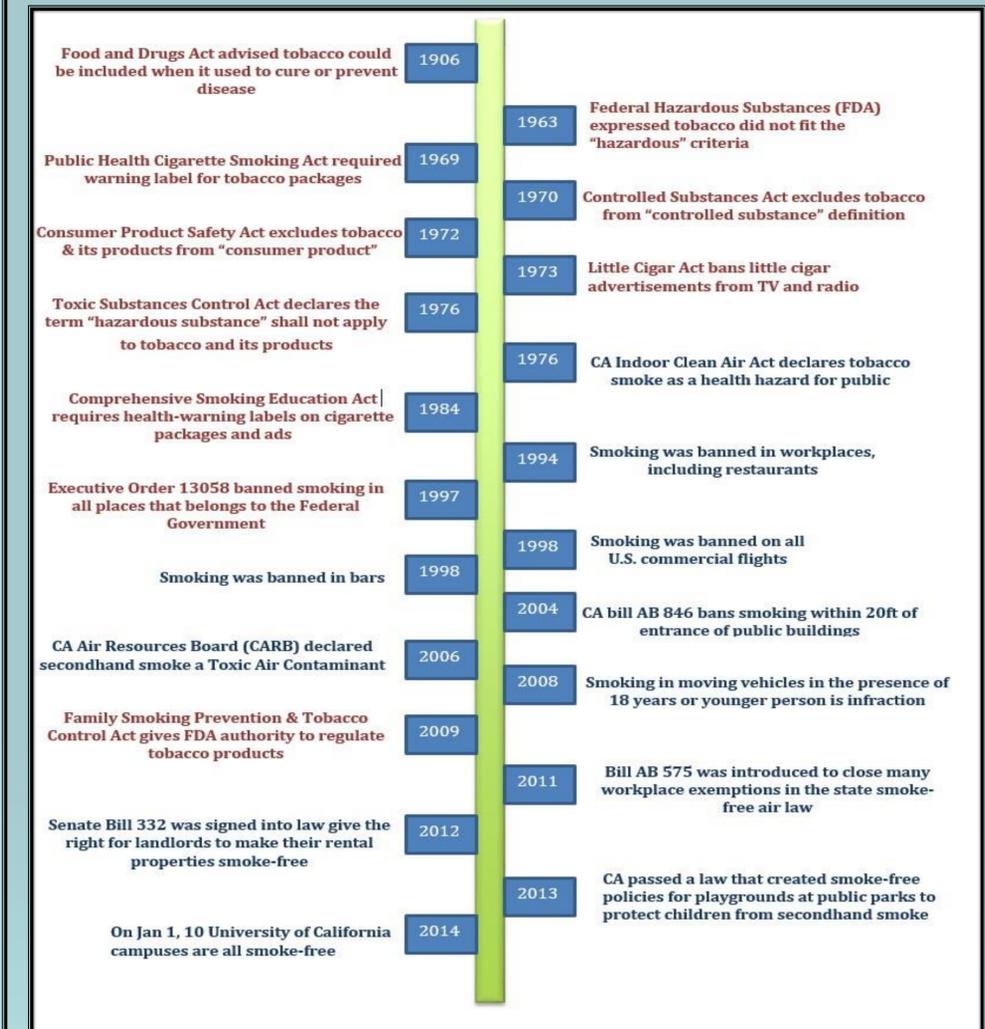
Barbara Brady, the Director of Communications from the Office of the Vice Chancellor is the head of the Breathe Free Publicity Committee. The highlights of the interview with Barbara Brady are listed below.

- Education campaign with Self-enforcement
- Smoking cessation resources now available
- Efforts were well received and most comments were positive

## Evaluation of the Current Policy and Future Directions

The goal of the current policy is to promote a campus free of ETS and to provide educational and health support to those who are smoking or trying to stop. With the non-invasive and non-offensive marketing strategies that the campaign has employed, the policy has resulted in the desired effect: a healthier and cleaner campus. This regulation has also had positive economic benefits for the university as the cost of health insurance has decreased. Breath Free policy is enforced by the UC Davis community and currently, no legal enforcement is necessary. UC Davis could offer citations and fines for those who violate the policy, but given the friendly, gentle nature of the regulation no such plan is in place. Enforcing the policy may result in hostile feelings and an increased cost in law enforcement. The policy, as written, is beneficial and meets the goals of the campaign.

## Timeline



Red = United States  
Blue = California

## References

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