



## UCR Is Tobacco-Free

**Background:** In a letter, dated January 9<sup>th</sup>, 2012, President Yudof announced to all Chancellors that the University of California (UC), as a national leader in healthcare and environmental practices, is ready to create a smoke-free environment on all UC campuses.

**Who?** This policy applies to all members of the UC Riverside community including students, faculty, staff, volunteers, contractors, visitors, and anyone entering onto University-controlled properties. It is applicable twenty-four (24) hours a day, seven (7) days a week.

**What?** The policy covers the use of all tobacco products, including cigarettes, cigars, and smokeless tobacco, as well as electronic cigarettes and any unregulated nicotine product.

**When?** UCR is tobacco-free as of January 2, 2014.

**Where?** Tobacco use will be prohibited anywhere on UCR owned or leased property, including parking lots and residential housing.

**How?** Enforcement will primarily be educational. The success of this policy relies on the respectfulness, consideration, and cooperation of both tobacco users and non-tobacco users. All members of the university community share the responsibility of adhering to and enforcing the policy, and have the responsibility for bringing it to the attention of visitors and guests.

**Why?** As a leading education, research, and service University, UCR must take a proactive role in addressing the impact of smoking and tobacco use.

The scientific evidence on the health risks associated with tobacco use and exposure to secondhand smoke are now well documented.

Tobacco use remains the single largest preventable cause of disease and premature death in the U.S.

As of January 2, 2013 there are 1,129 100% smoke free college campuses. Of these, 766 have a 100% tobacco free policy.

Smoking is already banned at the five UC medical centers.

**What resources are available for those who want to quit?** All tobacco users who want to quit are encouraged to call the free California Smokers Helpline at 1-800-NO-BUTTS.

- UCR will offer support to smokers available through the Faculty/Staff Wellness Program, The Campus Health Center, and The Well.
- All UC-sponsored medical plans offer tobacco cessation resources, programs, prescription medications, and nicotine replacement therapy to help employees quit smoking.
- UC SHIP provides cessation resources, programs, prescription medications, and nicotine replacement therapy for students.

### What Can I do to Help?

- Respectfully inform others about the policy
- Politely ask violators to extinguish their cigarettes, etc. or discontinue their tobacco use.
- Communicate the policy to visitors and event attendees who may be unaware of the policy.

UCR is committed to providing a healthy, productive, and safe environment for students, staff, faculty, guests, and visitors.

## UCR Smoke/Tobacco-Free Quick Facts

### What is considered a tobacco product and is therefore prohibited by the policy?

Cigarettes, E-cigarettes, cigars, snuff, snus, water pipes, pipes, hookahs, chew, and any other non-combustible tobacco product.

### Why are e-cigarettes included in this policy?

The FDA does not consider e-cigarettes to be a safe nicotine delivery system or smoking cessation strategy. However, other forms of approved nicotine replacement therapy such as gum and patches are allowed.

### Why is smokeless tobacco included in this policy?

Smokeless tobacco spit is considered a biohazard and contains carcinogenic chemicals, creating hazardous waste and byproducts. Smokeless tobacco products contain more nicotine than a cigarette. Smokeless tobacco still uses the same tobacco manufacturing methods that cause deforestation, soil erosion, and poverty.

### Is there anywhere I can smoke or use tobacco?

There is no smoking or use of tobacco products permitted within the boundaries of University controlled properties. Designated smoking areas have been found to be ineffective and counterproductive to the creation of a healthier and safer environment.

### Can I smoke or use tobacco in my personal vehicle?

Smoking/use of tobacco is not permitted in your personal vehicle, whether parked or in motion, if the vehicle is located on UC property.

### How is the policy being enforced?

Through the authority provided in [California Government Code 7597.1](#), the governing bodies of the University of California have the authority in establishing policy at local campuses.

### Who will enforce this policy?

UCR will provide resources to support managers, supervisors, students, faculty, and staff with methods to address policy enforcement and violations in a respectful manner.

### What should managers/supervisors do if one of their employees violates the policy?

Supervisors are encouraged to communicate the University's cessation assistance opportunities to employees and consult with Human Resources prior to implementing disciplinary action.

### What resources are available to help me stop using tobacco products?

UC health and benefits plans, the Faculty/Staff Wellness Program, The Campus Health Center, The Well, Faculty Staff Assistance Program (FSAP), and the Counseling Center.

### If I choose to continue to smoke or use tobacco and do not have enough time to step off campus to smoke what am I supposed to do?

We encourage the use of a nicotine replacement product such as gum or a lozenge for times that are inconvenient to smoke.

### Don't I have a right to smoke or use tobacco products on campus?

Using tobacco is a personal choice, not a constitutional right. Prohibiting smoking and the use of tobacco products on campus preserves everyone's right to breathe clean, smoke-free air. In addition, "smokers" are not a category protected under the Equal Protection Clause of the Constitution.