



Iowa Department of Public Health
Promoting and Protecting the Health of Iowans

Tobacco-Free/Nicotine-Free Policy guidelines for use with Colleges

Fact and Purpose:

[College] finds that:

- a) Tobacco use is the single most preventable cause of death in the United States.¹
- b) Nonsmokers exposed to secondhand smoke are more likely to develop heart disease, lung cancer, and stroke^{2,3}; and
- c) Inhaling e-cigarette aerosol directly from the device or from secondhand aerosol is potentially harmful to health⁴; and
- d) Tobacco products (extends to all types of tobacco, nicotine and electronic smoking device (ESD) products), once consumed in public spaces, are often discarded on the ground requiring additional maintenance expenses and diminish the beauty of outdoor grounds; and
- e) The prohibition of tobacco and nicotine use at all times will serve to protect the health, safety and welfare of the citizens of our students, staff and visitors.

Policy:

[College] facilities and grounds, including vehicles owned or leased by [college], are off limits for tobacco use, including but not limited to cigarettes, cigars, chewing tobacco, snuff, pipes, snus, Electronic Smoking Devices (ESD) and nicotine products that are not Food and Drug Administration (FDA) approved for tobacco cessation. This requirement extends to students, employees, and visitors. This policy applies at all times, including school-sponsored and non-school sponsored events. Persons failing to abide by this policy are required to extinguish their smoking material, dispose of the tobacco/nicotine product or leave [college] premises immediately. It is the responsibility of the administration to enforce this policy.

Effective Date:

This policy statement is effective immediately upon the date of adoption.

Appropriate Official

Date

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To ensure the college has a strong tobacco-free/nicotine-free policy, and to qualify for free window clings and outdoor signage, the policy must explicitly include all of the following:

- ✓ Policy must extend to all types of tobacco, nicotine and ESD products (i.e. not only cigarettes; include all tobacco, ESDs and nicotine products not approved by the FDA for cessation.)
- ✓ Policy must extend to employees, students & visitors

- ✓ Policy must apply at all times, including school-sponsored & non-school-sponsored events
 - ✓ Policy must extend to school vehicles
 - ✓ Policy must extend to entire college property to receive outdoor signage
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1. Campaign for Tobacco-Free Kids. Tobacco Overview. Retrieved November 10, 2015, from http://www.tobaccofreekids.org/facts_issues/tobacco_101/
2. U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: 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, 2014 [accessed 2015 Aug 20].
3. U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Secondhand Smoke What It Means to You. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006. Retrieved October 2, 2015, from <http://www.surgeongeneral.gov/library/reports/secondhandsmoke/secondhandsmoke.pdf>.
4. Centers for Disease Control and Prevention, Office on Smoking and Health (2015). *E-cigarette information*. Retrieved November 16, 2015.