

Briefing Note on Smoke-free Campuses

1. POLICY/REGULATION

UBC's Current Policy 15 prohibits the sale and promotion of tobacco on campus and prohibits smoking in enclosed spaces and UBC vehicles. Smoking is to occur within designated smoking areas on the Okanagan campus and not within 8 metres of any building. This was approved in 1991. The last revision was in 2007.

The Tobacco and Vapour Act of BC has increased the buffer zone around all doorways, open windows and air intakes to 6 metres.

2. UNIVERSITIES/COLLEGES WITH 100% SMOKE-FREE CAMPUSES

—Sources: *Canadian Cancer Society, March 2, 2018 and the UBCO Smoke-Free Review of Canadian Campuses*

British Columbia

1. Emily Carr College of Art + Design (Vancouver- Student Population 2,002)*
2. Kwantlen Polytechnic University (Surrey, Richmond, Langley, and Cloverdale- 19,101, Smoke-free as of Jan 21, 2018)
3. Trinity Western University (Langley- 4,000)*
4. Langara College (Vancouver- 6,301, Smoke-free as of May 1, 2018)

Alberta

5. Northern Alberta Institute of Technology (Edmonton and St. Albert- 60,000 credit and non-credit)*
6. NorQuest College (Edmonton- 17,592)*
7. King's University (Edmonton- 810)*
8. Burman University (Lacombe-479)*

Manitoba

9. University of Winnipeg (Winnipeg- 9,470)*

Ontario

10. McMaster University (Hamilton- 32,600) [as of Jan 1, 2018]
11. St. Paul University (Ottawa- 1,070)*
12. Western University (London, 28,386) [as of July 1, 2019]

New Brunswick

13. New Brunswick Community College (Edmunston Campus 10,000) [as of July 1, 2017]

Nova Scotia

14. Acadia University (Wolfville- 3,610)*
15. Dalhousie University (Halifax- 18,940)*
16. Saint Mary's University (Halifax-7,040)*
17. University of King's College (Halifax-890)*

Quebec

18. McGill University – (40,971) policy adopted by McGill's BOG on Dec 12, 2017; to be “largely smoke-free as of May 1, 2018” and become 100% smoke-free by the next 5 years (i.e. by May 1, 2023). The “designated smoking areas” on campus are referred to as transitory measures.

Prince Edward Island

19. Holland College (13 locations across P.E.I.- 2,923)*
20. University of Prince Edward Island (Charlottetown- 4,540) [as of Sept 1, 2017]

Newfoundland and Labrador

21. Memorial University of Newfoundland (with several campuses in Nfld & Lab.- 18,080)*
22. College of the North Atlantic (17 locations across Newfoundland and Labrador- 25,000)*

Yukon

23. Yukon College (pursuant to territorial legislation- 5,607)*

Note: This list should not be considered exhaustive. This list does not include CEGEPs in Quebec, several of which are 100% smoke-free. Additionally, **University of Toronto** (student population 88,766) and **Queens University** (24,582) have indicated they are considering such a policy. The **University of Ottawa** (42,587) has gone smoke-free on one of their campuses effective January 2018. The **University of Guelph** (28,687) will be smoke free as of May 2019.

*100% Smoke free prior to Oct 20, 2015 (Canadian Cancer Society)



3. RECENT RECOMMENDATIONS WITH RESPECT TO SMOKE-FREE CAMPUSES

3.1 The *Clean Air Coalition of BC* just submitted a report to the BC Ministry of Health: “First to 5% by 2035 ACTIONS RECOMMENDED TO END TOBACCO-RELATED DEATHS IN BC AND ACHIEVE THE LOWEST SMOKING RATE IN CANADA.” One of their recommendations is smoke-free campuses (p. 12; <https://tinyurl.com/y9uw5tom>).

3.2 *Evidence to Guide Action: Comprehensive Tobacco Control in Ontario (2016): A report of the Smoke-Free Ontario Scientific Advisory Committee*. This report includes a recommendation to implement 100% smoke-free policies on campuses in Ontario. The consensus statement included in the full report is as follows:

“In Ontario, smoking cessation programs have been initiated on post-secondary campuses (e.g., Leave the Pack Behind), and it is illegal to sell tobacco products on campuses. Based on the summary of evidence, comprehensive tobacco programs using a variety of strategies have shown to be effective to increase smoking cessation. However, there are currently no universities or colleges in Ontario that have 100% smoke-free campuses. There is huge potential to reaching young adult smokers in campus settings and encourage them to quit smoking.” SFO-SAC 2016 Scientific Consensus Statement (page 318).

4.0 QUICK FACTS

4.1 Health Canada is renewing the current [Federal Tobacco Control Strategy](#) (due to expire March 31, 2018) to set in place a new 5-year plan for tobacco control to accelerate reductions in tobacco use. The goal is to reduce tobacco use to less than 5% by 2035 from the current rate of 13%.

4.2 Smoking is the leading preventable cause of premature death and disease in Canada; each year, 45,000 Canadians die from a smoking-related illness. The vast majority of smokers begin smoking in their adolescence or young adulthood. In Canada, 82% of current adult daily smokers had smoked their first cigarette by the age of 18. In 2015 alone, 115,000 Canadians began smoking cigarettes daily (*Clean Air Coalition of BC, 2018; Health Canada, 2018* <https://tinyurl.com/y9f4nb3m>).

4.3 BC has the lowest incidence of smoking as a province, but BC is Canada’s 4th largest smoking population, with approximately 525,000 British Columbians smoking. Young people are more likely to become lifetime tobacco users if they begin smoking before the age 21 (*Clean Air Coalition, 2018*).

4.4 A recent [report](#) released by the Conference Board of Canada and funded by Health Canada offered more evidence that tobacco use is a significant burden on all Canadians, costing society \$16.2 billion in 2012 – \$466 for every Canadian. This includes costs associated with direct health care, fire, policing, research and prevention as well as lost productivity due to disability and premature death.

4.5 Smelling smoke or seeing people smoke outdoors makes it hard for people who are trying to quit and may trigger a relapse (Chaiton, M. et al., *Tobacco Control*, 2014).

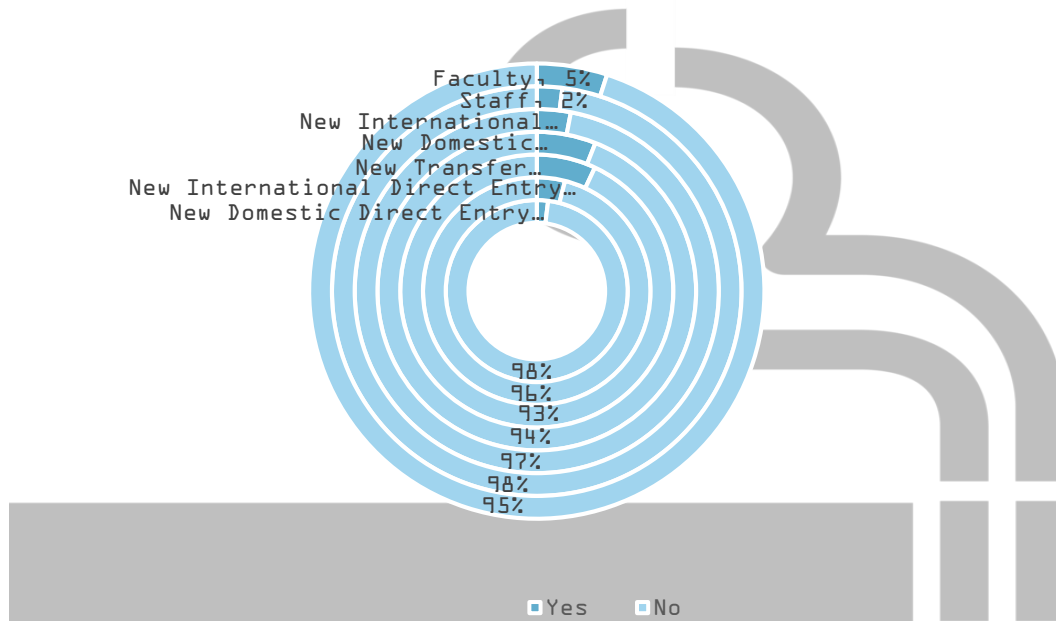
4.6 Early cannabis use research shows for those who use both tobacco and cannabis, the likelihood of health issues multiplies (Tasi, J. et al, *Preventive Medicine Reports*, 2017).

4.7 In the US, as of January 2, 2018, there are now at least 2,106 100% smoke-free campus sites. Of these, 1,771 are also 100% tobacco-free, 1,686 also prohibit e-cigarette use, 868 also prohibit hookah use, and 220 also prohibit smoking/vaping marijuana. This number has grown from the 586 campuses with 100% smoke-free campus policies in October 2011 and 446 campuses in October 2010. (American Non-smokers Rights Association, <http://www.no-smoke.org/goingsmokefree.php?id=447>)



5. UBCO INITIATIVES TO EVALUATE/REDUCE SMOKING ON CAMPUS

5.1 The Wellbeing Survey that was completed in 2017/2018 at UBCO asked questions with respect to smoking and designated smoking areas. The vast majority of respondents did not smoke (see figure below). These rates are well below the 2014 average smoking rate in BC of 14% (Statistics Canada, 2016). On average, most smokers reported smoking 1 to 5 cigarettes per day and the majority intended to quit.



Staff and faculty were asked about their perceptions of smoking areas and policy on campus. In total, 39% (n = 42) of staff and 32% (n = 14) of faculty strongly agreed or agreed that they have no problems with the current designated smoking areas (i.e. gazebos) on campus. However, 33% (n = 35) of staff and 32% (n = 14) of faculty also strongly agreed or agreed that the campus should be smoke-free. Over half of respondents strongly agreed or agreed that the smoking areas (i.e. gazebos) should be re-located to areas where there is less foot traffic (66% (n = 70) staff, 57% (n = 25) faculty).

5.2 Smoking at UBCO is permitted in the Designated Smoking Areas (gazebos). There are currently 6 on the Okanagan campus. One gazebo was removed last year to provide a smoke free access and egress to campus from the former bus loop. This was a recommendation from the University Health & Safety Committee. The gazebo behind the Sunshine Cafeteria was recently relocated to the current bus loop.

5.3 In collaboration with Campus Health VOICE students, UBC-O participated in the 1 Day Stand to stop smoking on campus in November 2017 and again in March 2018. The 1 Day Stand is a US initiative, and the Leave the Pack Behind group and public health partners in Ontario adapted the strategy and implemented it in Ontario. Here is a link to their toolkit: Tobacco-Free College Campus Initiative's Create Change: A Student Toolkit <https://www.leavethepackbehind.org/wp/wp-content/uploads/2017/04/OntarioTobacco-FreeStudentToolkit.pdf>

5.4 Our goals for the 1 Day Stand were to start a conversation about a smoke free campus, encourage students, staff and faculty who smoke to quit for the day and provide information about smoking cessation resources, and raise awareness of the benefits of a smoke-free campus.

5.5 Wellbeing Okanagan hired a consultant to complete a review on the Universities and Colleges within Canada to get a better understanding of how the campuses decided and receive approval to go smoke-free, the process in which this was done, cost/resources associated with this, and how they have achieved compliance and sustainability. This will build on the information gathered from VOICE in 2017 and will help inform our campus and assist in decisions regarding reducing smoking on campus.



SMOKING CESSATION RESOURCES

QuitNow BC – offers online resources, professional quit coaches to provide cessation support by phone, instant chat, or text messages. <https://www.quitnow.ca/>

The B.C. Smoking Cessation Program helps eligible B.C. residents who wish to stop smoking or using other tobacco products by:

- covering 100% of the cost of nicotine replacement therapy (NRT) products (specific nicotine gum, lozenges, patches, inhaler), or
- contributing to the cost of specific smoking cessation prescription drugs.

Information available online: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program>.

At UBC, we have [smoking cessation support](#) for faculty and staff through the Employee Family and Assistance Program from Shepell and extended benefits through Sun Life. Students have support through [Student Care](#).