

AAU Benchmark Tobacco Policies - June 22, 2015

1) Bans smoking indoors, in University vehicles, and within 15-35 feet of building entrances, exits, windows and air intake vents = 23 (37%)

- | | |
|--|---------------------------------------|
| a. Brandeis University | m. The Johns Hopkins University* |
| b. Brown University* | n. The Pennsylvania State University# |
| c. California Institute of Technology* | o. The University of Chicago* |
| d. Columbia University | p. The University of Kansas*# |
| e. Cornell University# | q. Univ. of NC, Chapel Hill# |
| f. McGill University* | r. University of Wisconsin-Madison# |
| g. Michigan State | s. University of Pennsylvania* |
| h. New York University*# | t. University of Pittsburgh# |
| i. Northwestern University | u. University of Rochester |
| j. Rutgers* | v. University of Toronto |
| k. Stanford University*# | w. University of Virginia# |
| l. Stony Brook University | |

**Ten universities include an e-cigarette ban*

#Has a tobacco-free Medical/Health Campus

2) Bans smoking indoors and outdoors except in designated areas = 9 (14%)

- | | |
|--------------------------------------|--------------------------------------|
| a. Carnegie Mellon | f. Rice University* |
| b. Case Western Reserve University*# | g. University of Southern California |
| c. Duke University# | h. University of Washington* |
| d. MIT+ | i. Yale University |
| e. Purdue University | |

**Three universities include an e-cigarette ban*

#Has a tobacco-free Medical/Health Campus

+MIT allows smoking indoors in residences where all parties agree

3) Smoke free campus = 12 (19%) *These universities do not explicitly ban smokeless products*

- | | |
|--------------------------------|---|
| a. Boston University# | g. The University of Iowa# |
| b. Harvard# | h. University of Buffalo |
| c. Iowa State University | i. University of Illinois at U-C* |
| d. Princeton* | j. University of Maryland, College Park |
| e. Texas A&M* | k. University of Michigan |
| f. The University of Arizona#+ | l. Vanderbilt*# |

**Four universities include an e-cigarette ban*

#Has a tobacco-free Medical/Health Campus

+University of Arizona allows e-cigarette use only 25 or more feet from building entrances

4) Tobacco free campus = 18 (29%)

- | | |
|--|---|
| a. Emory University* | j. University of California, Los Angeles* |
| b. Georgia Institute of Technology* | k. University of California, San Diego* |
| c. Indiana University* | l. University of California, Santa Barbara* |
| d. The Ohio State University* | m. University of Colorado Boulder* |
| e. University of Texas at Austin* | n. University of Florida* |
| f. Tulane University* | o. University of Minnesota – Twin Cities* |
| g. University of California at Berkeley* | p. University of Missouri-Columbia* |
| h. University of California, Davis* | q. University of Oregon* |
| i. University of California, Irvine* | r. Washington University in St Louis* |

**All 18 universities include an e-cigarette ban*

TOBACCO FREE CAMPUS POLICY PROPOSAL - FALL 2015



The Question

- Should CWRU become a Tobacco Free Campus?
 - Yes or No?
- Rationale
- Summary of Policy
 - Culture of health
 - Supportive environment
 - Compliance focus

Policy Planning Steps

Plan

- Tobacco Free Campus Advisory Committee led by CWRU Medical Director (Jan. 2016)
- Faculty, Staff, Student, Administration membership

Im-plement

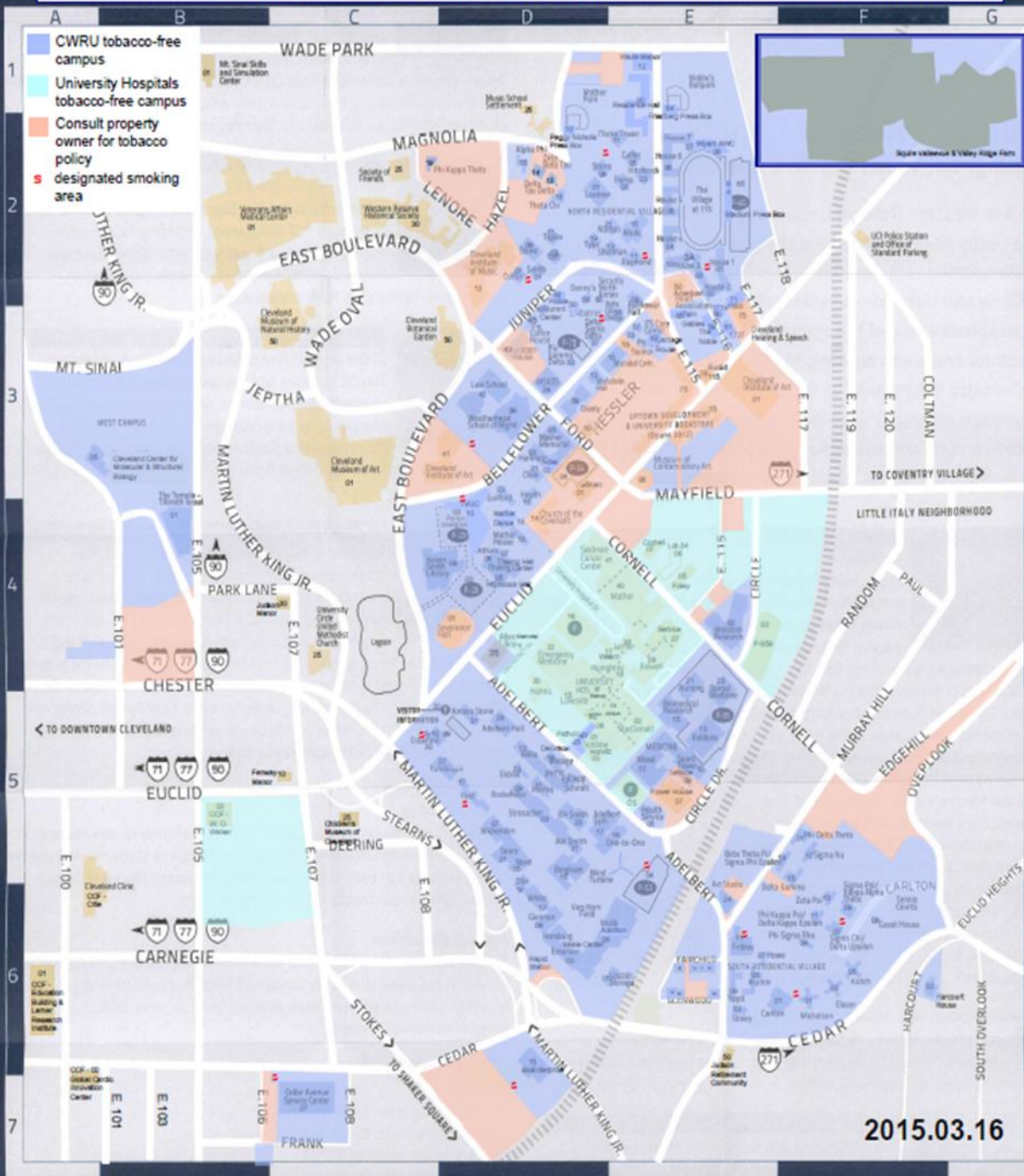
- 19 month timeframe (Fall 2017)
- Stakeholder group updates - quarterly

Evaluate









- Pre-/post- outcome measurements (Fall 2018)
- Stakeholder communication annually

CAMPUS MAP

Proposal would eliminate current designated smoking areas.



CESSATION RESOURCES

	FACULTY	STAFF	STUDENTS
GROUP PROGRAM ON CAMPUS			
TELEPHONE COACHING PROGRAM			TBD
MEDICAL PLAN RESOURCES			

Policy Rationale

Creating a tobacco-free campus environment at CWRU will reduce health risks and promote the health and well-being of all that work, learn, and live here. Each year, approximately one in five people in the United States die prematurely of diseases caused by tobacco use including complications from secondhand smoke and smokeless tobacco. There is no risk-free level of tobacco use; therefore, this policy is designed to include all tobacco products. Improving the health of members of the university community by providing resources for tobacco cessation is a critical component of this endeavor.

In addition to promoting public health, this campus-wide tobacco-free policy will be economically beneficial. Benefits may include reduced employee and student health care costs and absenteeism, increased employee productivity, and additional cost savings related to grounds and facility maintenance.

The decision to become tobacco free has been strongly influenced by local, state and national trends. Because of the public health, economic, and environmental benefits associated with being a tobacco free community, 48% of Association of American Universities have adopted tobacco-free policies. In addition, numerous local institutions have adopted similar policies.

CWRU TOBACCO-FREE CAMPUS POLICY

Definitions

For purposes of this policy, the terms set forth below shall have the following meaning:

“*Tobacco*” refers to any product containing tobacco in any form. Tobacco products include, but are not limited to, cigarettes (clove, bidis, kreteks, ecigarettes), cigars and cigarillos, pipes, all forms of smokeless tobacco, and any other smoking devices that use tobacco such as hookahs, and any other existing or future smoking, tobacco or tobacco-related products.

“*CWRU Property*” refers to all interior space owned, rented or leased by CWRU and all outside property or grounds owned or leased by CWRU, including parking areas and private vehicles while they are on CWRU property and CWRU vehicles.

Tobacco-Free Policy

This policy, effective as of _____, 2015, applies to all persons on CWRU property, regardless of their purpose for being there (e.g., staff, faculty, students, patients, visitors, contractors, subcontractors, etc.).

- A. CWRU prohibits the use of tobacco products at all times on campus property. See Attachment A for campus map.
- B. The university is committed to providing support to the entire population who wishes to stop using tobacco products. Staff, faculty and students have access to several types of assistance, including telephone or group counseling. Over the-counter tobacco cessation medications are offered free of charge to staff and faculty enrolled in a CWRU health plan. Eight weeks of free nicotine-replacement therapy is included in the telephonic coaching Quit Line program offered for benefits-eligible faculty and staff (1-800-QUITNOW). Supervisors are encouraged to refer staff and faculty to cessation services for which they are eligible. Students are encouraged to access cessation services offered in their health plans.
- C. The success of this policy requires a collaborative effort of the entire CWRU community. Staff, faculty, and students on campus will engage in positive and respectful communication and interactions in regards to this policy. Concerns will be addressed in a respectful and thoughtful manner.
- D. The sale, advertising, sampling and distribution of tobacco products and tobacco related merchandise is prohibited on all CWRU property.
- E. Use of university funds for purchase of tobacco or tobacco-related products is prohibited, unless such use is permitted under the exception stated below.
- F. Tobacco use may be permitted for authorized research with prior approval of the Provost’s Office, and in the case of smoking, the review and recommendation of the University Department of Environmental Health & Safety.

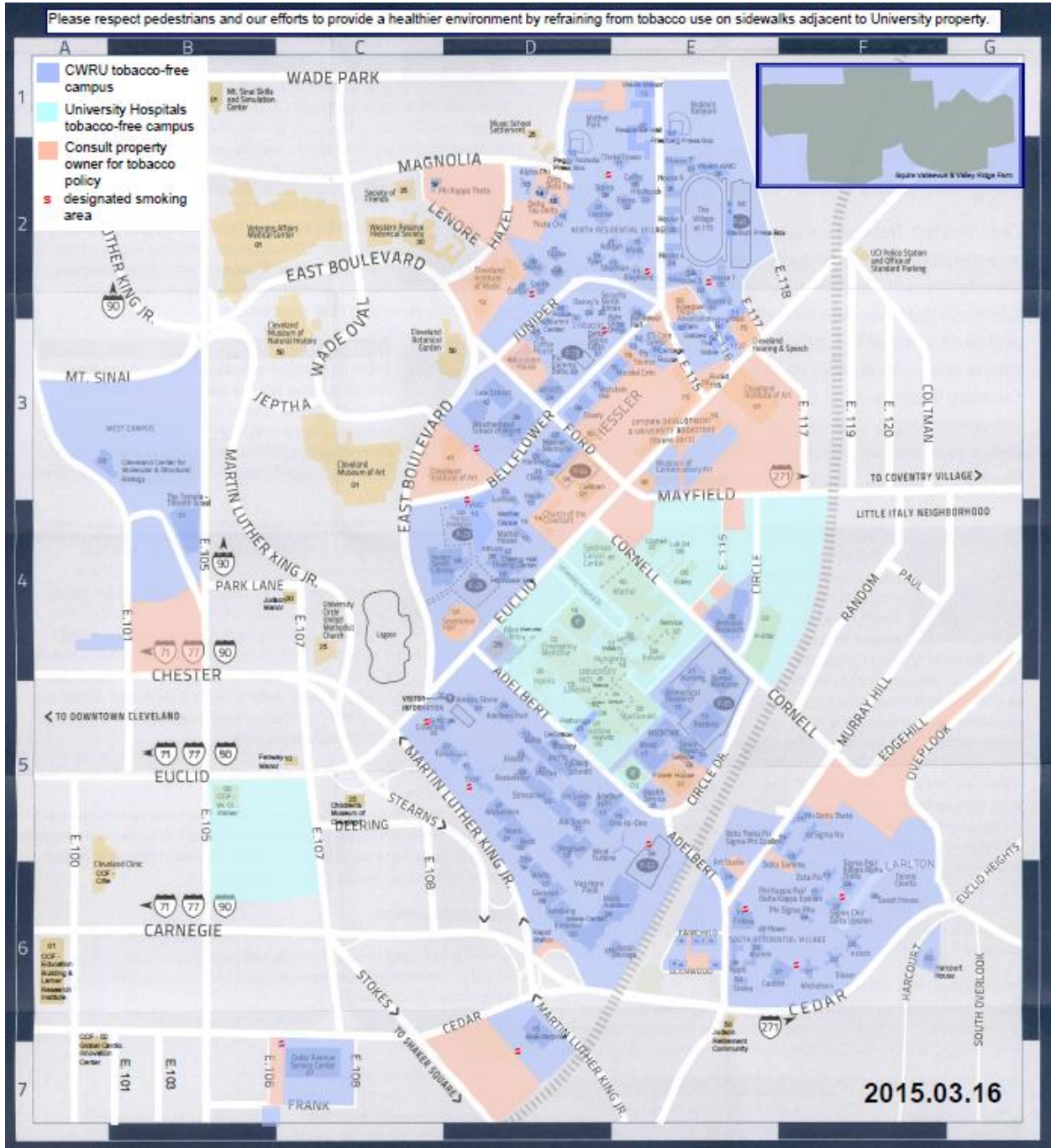
Compliance

Compliance with this policy is the responsibility of all members of the CWRU community. This policy will be enforced with all individuals present on the CWRU campus. An individual may inform someone using tobacco on campus property of this policy and request that the tobacco user comply. Repeated issues of non-compliance with this policy should be brought to the attention of the Office of Student Conduct and Compliance (with students) and by the Employee Relations area of Human Resources (with staff and faculty). Contractors, vendors, and visitors must also comply with this policy while on campus property.

DRAFT

ATTACHMENT A – CAMPUS MAP

(includes current designated smoking areas that would be eliminated with adoption of the new policy)



ATTACHMENT B – CESSATION RESOURCES

Group Program – Faculty, Staff & Students

Eight-week sessions are available each quarter throughout the year. A representative from ease@work, our Employee Assistance Program vendor, leads each session.

Goals of the program include:

- Assess readiness to end tobacco use
- Identify reasons for wanting to quit and the barriers to quitting. What are your motivations? How do you stay focused?
- Develop awareness around when you smoke in order to identify triggers and make a plan for behavior change

This program is a step-by-step program for ending nicotine use through self-discovery and group support, including aspects of behavior change, importance of good nutrition, exercise and stress management. Faculty, staff, and students can participate in the program. There is no out-of-pocket cost for this class, but registration is required.

Email Valerie Clause at vclause@easeatwork.com or call 216.325.9323 to register.

Quit Line Program - Individual Coaching – Faculty & Staff

The Tobacco Cessation Quit Line Program offers benefits-eligible employees science-based tools and resources so you can take control of your habit. You will be five times more likely to succeed than someone who does not enroll.

- No cost to you
- A personalized coaching program with a professional Quitline coach
- Up to five convenient-to-schedule calls with your coach, plus the option to call the QuitLine anytime you need help
- Coaches available from 8:00 a.m. to 1:00 a.m. EST
- Free Nicotine Replacement Therapy (NRT) - Patches, gum, or lozenges
- Clinical Guides on tips for quit success from the leading respiratory experts in the country

Enroll today: 1.800.QUIT.NOW

Insurance Carrier Resources – Faculty & Staff

Medical Mutual of Ohio

All CWRU faculty and staff covered by Medical Mutual of Ohio may consider participating in the *SuperWell® QuitLine*, a free telephone service to assist their members with quitting tobacco use. A 4 week supply of nicotine replacement therapy (NRT) is included at no cost. If you continue with coaching, you will receive a second 4 week supply, if needed. Call 1.866.845.7702 to take your first step toward quitting. Hours of operation are Monday – Friday 9:00 a.m. to 11:00 p.m., Saturday and Sunday 10:00 a.m. to 6:30 p.m. Hearing-impaired members can call TTY: 888.229.2182.

Anthem Blue Access

All CWRU faculty and staff covered by Anthem may consider participating in the *Health Assistant – Quit Tobacco Program*. The Health Assistant program provides an online experience similar to what happens in a one-to-one telephonic or in-person coaching session. Access from the “Health & Wellness” tab of the consumer portal.

CVS/Caremark

Beginning January 1, 2013, over-the-counter nicotine replacement products - such as patches and gums - and tobacco cessation support medications are available at no out-of-pocket cost to participants in the CVS Caremark prescription drug insurance plan; a prescription is required to qualify for this enhanced benefit. No prior authorization is required. An annual limit of two cycles (12 weeks per cycle) for any combination of brand or generic nicotine replacement products or medications applies.

Insurance Carrier Resources – Students

Medical plan coverage includes outpatient coaching. Outpatient cessation support through in network plan providers pays at 100% of the Negotiated Rate. Out of network, the plan pays at 60% of the Reasonable & Customary charges after a \$100 per policy year deductible. Services are subject to a combined limit of 8 individual or groups visits by any recognized provider per 12-month period.

Healthy Lifestyle Coaching Tobacco Free (these benefits will be rolled into the medical and prescription plans with Aetna Student Health for the 2015-2016 academic year)

Call [1-866-213-0153](tel:1-866-213-0153)

This discount program is outside of the medical plan and offers coaching as well as a free 8 week supply of nicotine replacement therapy after completing 3 sessions with a coach. Information is available in the Aetna Student Health website for the university.

Other available resources – Faculty, Staff & Students

- EASE@Work – Center for Families and Children (Faculty and Staff only)
 - Individual counseling with an addictions specialist, and/or hypnotherapist. 3 individual therapy sessions are covered under CWRU's contract. Available to CWRU employees and spouse/equivalent.
- www.smokefree.gov - National Cancer Institute – online Guide to Quitting and Smoking Quitline
- www.cancer.org - American Cancer Society. Under “Health Information Seekers,” select “quitting smoking.” Then select “Kick the Habit” Call (800) ACS-2345 for the number of the telephone “quitline” or other support in our area
- www.cdc.gov/tobacco - CDC Tobacco and Prevention Course
- www.lungusa.org - American Lung Association’s Freedom From Smoking online smoking cessation program
- www.tobaccofreecampus.org – The home for tobacco-free campus policy
- www.no-smoke.org – American Nonsmokers’ Rights Foundation list of Smokefree and Tobacco-Free U.S. and Tribal Colleges and Universities