

## Benefits of Going Tobacco-Free



College leaders are realizing the important role they can play in reducing tobacco use and exposure among young adults.



*"Since becoming tobacco-free, our enrollment has increased and there has been a strong demand in the community to use our facilities. Our transition to a tobacco-free campus was a positive experience - one that we've been proud to share with other colleges across the country."*

*Robert K. Knight,  
Clark College President*

More than 1,400 colleges and universities in the nation are tobacco-free. Medical studies have shown that tobacco smoke exposure indoors and outdoors poses serious health risks. More than 43,000 students enroll in public and private universities and colleges located within Rhode Island. Implementing a tobacco-free campus policy will have a positive effect on the life-long health of students, faculty and staff that live, work, and learn on campus. Restricting tobacco use throughout a campus has many health and environmental benefits. It would also have a great impact on young adults. Nearly 9 out of 10 smokers start smoking by age 18, and 99% start by age 26.

Through tobacco-free policies, Rhode Island has the opportunity to promote campus-wide health and wellness while taking action proven to effectively help eliminate the leading cause of preventable disease and death in our country – tobacco use.

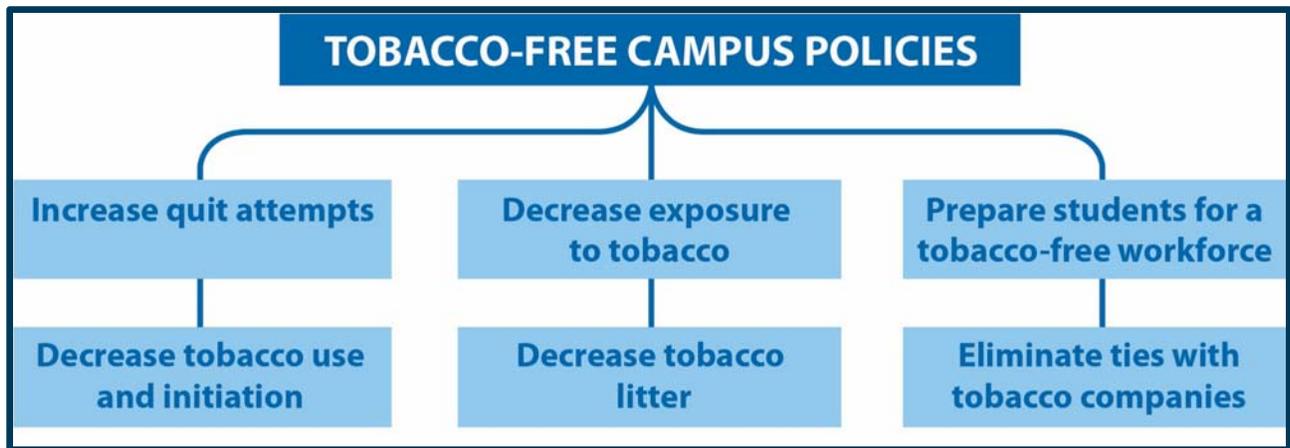
1. Tobacco-free campus policies are proven to increase quit attempts. Creating a supportive, tobacco-free environment is key to helping tobacco and nicotine users quit.
2. By establishing the social norm of non-tobacco use, policies help reduce the likelihood that a student will initiate tobacco use while on campus.
3. Tobacco-free policies reduce exposure to harmful secondhand smoke indoors and out. Policies protect the health of nonsmoking students— especially those with health conditions triggered by smoke.

**"There are now at least 1,713 100% smoke-free campuses. Of these, 1,427 are also 100% tobacco-free, 1,288 also prohibit e-cigarette use, 621 also prohibit hookah use, and 93 also prohibit smoking/vaping marijuana."**

- American Nonsmokers' Rights Foundation  
October 1, 2016

**"...The number of smoke-free colleges has tripled since 2010."**

- Truth Initiative  
January 8, 2016



4. Policies reduce tobacco litter, creating a cleaner and “greener” environment for the campus and the surrounding community and decreasing maintenance costs.

5. Tobacco-free policies help colleges fulfill health and wellness missions. An unhealthy campus with ties to the tobacco industry does not align with academic leadership and respected research.

6. A tobacco-free campus prepares students for tobacco-free work environments. Many worksites are tobacco free and this trend continues to rise. Non-tobacco users will be better suited for today’s workforce.

7. Surveys show that community college students and employees prefer tobacco-free campuses. Going tobacco-free can create a marketing and recruiting advantage.

8. Successful implementation will send a pro-health message and set the stage for implementing other health promoting initiatives.



*“Tobacco-free campus policies are effective at reducing smoking among young people because they change the social norms around tobacco use, deter new use, and provide extra support for smokers trying to quit.”*

Nicole Alexander-Scott, MD, MPH  
 Director of Health  
 Rhode Island Department of Health



July 1, 2016  
 Johnson & Wales University  
 Tobacco-Free Policy Press Conference &  
 Commemoration Ceremony  
 Providence, RI