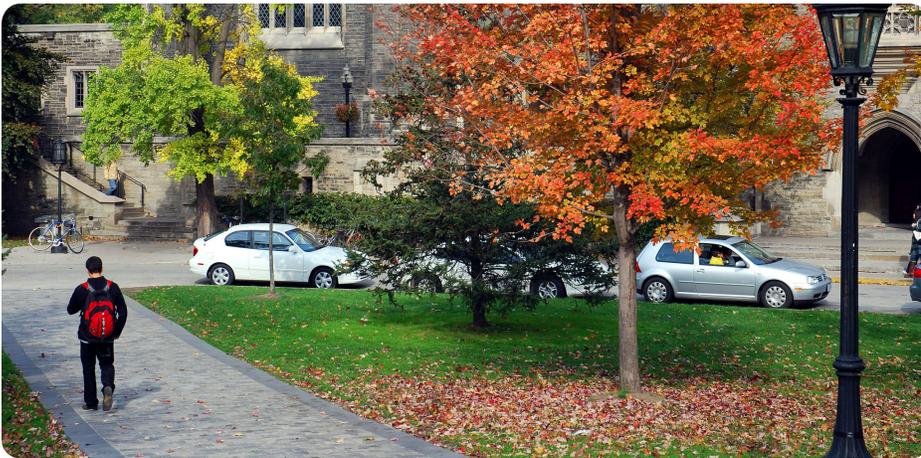




*Tobacco-Free Campus*

## Cessation Resources



The cessation services component of a comprehensive tobacco-free campus policy connects students faculty and staff with existing cessation services including quitlines, quitting web-sites, and face-to-face counseling. Including cessation services as part of tobacco-free campus policy ensures greater policy success. To improve campus cessation services: Evaluate the current cessation services on campus, including services available through the faculty and staff health care plan to determine need for increased services. Encourage requiring the inclusion of tobacco use cessation products, medications, and services in student health insurance plans. Promote existing services that include free/reduced-cost tobacco-cessation counseling, free/reduced-cost nicotine replacement therapy, and medication options. Conduct outreach activities to increase awareness of cessation services on campus.

### Rhode Island Resources:

Rhode Island Smokers' Helpline  
1-800-QUIT-NOW  
(1-800-784-8669)  
[www.QuitNowRI.com](http://www.QuitNowRI.com)

Become an Ex  
[www.becomeanex.org](http://www.becomeanex.org)

American Lung Association  
Freedom From Smoking  
[www.ffsonline.org](http://www.ffsonline.org)

Private health insurance plans also provides cessation coverage. Students can call the number listed on their health insurance card for details.



Materials adapted from the the Association for Nonsmokers - Minnesota



[www.livesmokefree.ri.gov](http://www.livesmokefree.ri.gov)

## *Tobacco-Free Campus*

# Electronic Cigarettes:

## *Key Considerations for Tobacco-Free Campus Policy*

Electronic cigarettes (also known as e-cigarettes) are battery-operated nicotine vaporizers that often look like a traditional cigarette but do not contain tobacco leaf or produce smoke. The use of e-cigarettes is referred to as “vaping” rather than “smoking.” Overall, the production and manufacturing of e-cigarettes is poorly regulated. The Food and Drug Administration (FDA) has noted that “quality control processes used to manufacture these products are inconsistent or nonexistent.”

Because these products are so new, little is known about their long-term health effects. However, a significant amount of research shows the harmful effects of nicotine: a highly addictive stimulant that increases blood pressure and heart rate. E-cigarettes are designed to deliver high amounts of nicotine to the user. Often, e-cigarettes deliver more than two times the amount of nicotine approved by the FDA for smoking cessation aids. Research conducted on e-cigarettes shows that many of the ingredients found in e-cigarettes are known to be dangerous to human health. These ingredients can cause lung and cardiac inflammation, cancer, and cell damage.

Allowing electronic cigarettes implies sanctioning of an unregulated, untested device that sustains nicotine dependence the same way that cigarette use does. Electronic cigarettes can increase nicotine addiction and may lead people to try other tobacco products that are known to cause disease and lead to premature death.

Many tobacco-free campus policies define the act of “smoking” as inhaling or carrying a lighted tobacco or plant product intended for inhalation. E-cigarettes, which “vaporize” liquid nicotine, do not technically fall under this definition. However, campuses can ensure e-cigarettes are covered by their tobacco-free campus policy by revising definitions of “smoking” or “tobacco products” to expressly cover e-cigarettes and other electronic nicotine delivery systems.

Recommended policy language definition: “Electronic cigarette” means any product containing or delivering nicotine, lobelia, or any other substance intended for human consumption that can be used by a person to simulate smoking in the delivery of nicotine or any other substance through inhalation of vapor from the product. The term shall include any such devices, whether they are manufactured, distributed, marketed or sold as e-cigarettes, e-cigars, e-pipes, or under any other product name or descriptor. Electronic cigarette shall include any component part of such a product whether or not sold separately. Electronic cigarette shall not include any product that has been approved or otherwise certified by the United States Food and Drug Administration for legal sales for use in tobacco cessation treatment or other medical purposes, and is being marketed and sold solely for that approved purpose. For more information, visit [www.tobaccofree-ri.org](http://www.tobaccofree-ri.org)



Materials adapted from the the  
Association for Nonsmokers -  
Minnesota



[www.livesmokefree.ri.gov](http://www.livesmokefree.ri.gov)