

Frequently Asked Questions: UK Tobacco-free Policy

- **When does the tobacco-free policy go into effect?**
November 19, 2009, in conjunction with the American Cancer Society's Great American Smokeout.
- **What does tobacco-free mean?**
Smoking or use of any tobacco product will not be permitted in any facility or on the grounds of the University of Kentucky.
- **Who is affected by this policy?**
The policy applies to every person who comes to the University of Kentucky campus, including visitors, faculty, staff, volunteers, students, alumni, contractors, and service representatives.
- **Will the policy apply to student housing?**
Yes, the policy applies to all areas of campus, including student housing.
- **What is considered a tobacco product and therefore prohibited by this policy?**
Tobacco products include, but are not limited to, cigarettes (traditional and e-cigarettes), chew, pipes, cigars, hookah or waterpipe smoking, snuff, and snus.
- **What areas of the University of Kentucky campus are included in the policy?**
The entire University of Kentucky campus and Fayette County properties are included in this policy. By November 19, 2009, clearly visible signs will be in place to indicate tobacco-free boundaries.
- **Do employees, students, and visitors have to quit using tobacco?**
No. The university is not asking anyone to quit. This policy simply means that no one can use tobacco products on the University of Kentucky campus. To alleviate common cravings and to feel more comfortable while on campus, tobacco users may purchase nicotine gum and/or patches at a deep discount at all convenience stores, UK pharmacies, and hospital gift shops.
- **Can I use tobacco products in the parking garages or shuttles?**
No. The policy prohibits use of tobacco products in all UK parking structures, parking lots, or shuttles serving the University of Kentucky.
- **Can I use tobacco in my personal vehicle?**
No. Tobacco use is prohibited in all UK-operated parking areas, both inside and outside of vehicles, while on all UK Fayette County properties.
- **Are other universities tobacco-free?**
Yes. When this change is implemented on November 19, UK will join more than 300 other United States colleges and universities with tobacco-free or smoke-free policies in place for the entire campus, indoors and out. In 2010, the University of Louisville and Bellarmine are planning to go tobacco-free.
- **Why can we not have designated smoking areas on campus?**
The goal of this policy is to make UK a healthy place to live, work and learn. Also, designated smoking areas have been found not to work; tobacco users don't stay in those areas (e.g., NKU's current policy and the UK HealthCare policy before we went tobacco free last year). Given the rationale for going tobacco-free, designated areas don't make sense.
- **How can UK both support growing tobacco at its extension sites and this tobacco-free policy?**
Considerable research is being conducted by the College of Agriculture on other uses of tobacco besides cigarettes. See link for more details: <http://www.ca.uky.edu/KTRDC/>.

- What is the main reason for the tobacco-free policy being established at UK?**

The University of Kentucky has a vital interest in maintaining a safe and healthy environment for our students, employees, patients and visitors. Research findings show that use of tobacco products in general constitutes a significant health hazard. The health care and health education programs of the University perform an important function by demonstrating and promoting healthy lifestyles through activities such as curtailment of the use of tobacco products. In addition, tobacco use is a serious safety concern and has been specifically listed as a contributing factor in a number of university facility fires across the nation, many of which have resulted in fatalities or major damage. In addition, Kentucky spends over \$1 billion per year treating people who get sick from using tobacco products.
- How can UK justify prohibiting smokeless tobacco when it does not affect the health of those around the individual using the product?**

Smokeless tobacco products are harmful and are not a safe alternative to smoking. First, there is a significant burden placed on others when the tobacco user faces health-related injuries and preventable diseases (i.e., oral cancers). More than \$1 billion per year is spent on treating people who get sick from using tobacco products in Kentucky. The use of tobacco products constitutes a significant health hazard, leading to premature death and chronic, debilitating disease, and UK is taking the lead on creating a healthier Kentucky.
- What do I do if I see someone violating the tobacco-free policy?**

Compliance is everyone's business. You are asked to approach the violator in a kind, compassionate way. You might say, "I want to make you aware that we are now a Tobacco-Free campus, meaning that tobacco products are prohibited on our grounds. We would appreciate if you would not use tobacco products while visiting our campus." OR "If you need to smoke or use tobacco products you will need to leave the campus. We do have nicotine gum and patches available for you to purchase at a discount," (direct to convenience stores, pharmacies, gift shops).
- What if a violator continues to use tobacco even after reminding them about the policy?**

Report the violator to the Dean in charge of the nearest building. If a student, report to Dean of Students. If employee, report to their supervisor or Human Resources.
- What is the University of Kentucky doing to help employees who want to quit using tobacco products?**

Employees and spouses or sponsored dependents have available to them a prescription benefit, Health and Wellness programs on tobacco treatment, as well as counseling on nicotine replacement and other therapies. Over-the-counter and prescription products are available at Kentucky Clinic Pharmacy (employees may also use the University Health Service pharmacy). Employees may take advantage of their health care spending account for additional tax savings on over-the-counter products used for tobacco treatment such as lozenges, nicotine patches, or gum. Specific information on employee resources can be found at www.uky.edu/tobaccofree.
- What is the University of Kentucky doing to help students who want to quit using tobacco products?**

Interested students should contact University Health Service, which provides tobacco treatment resources to students. Students will receive up to 12 weeks of free nicotine replacement products if they enroll in one of the UK tobacco treatment resources. Specific information on student resources can be found at www.uky.edu/TobaccoFree.
- I am interested in tobacco treatment resources, but am not an employee or student at the University of Kentucky. What resources are available to me?**

The University of Kentucky values the health and well-being of everyone who uses our facilities. If you use tobacco products and would like to quit, discuss with your physician or other health care provider which of the approaches may work best for you. Specific resources available to the general public are available at www.uky.edu/tobaccofree.