

UK TOBACCO-FREE POLICY, ADMINISTRATION REGULATION 6:5

The use of all tobacco products is prohibited on all property within Fayette County, Kentucky, that is owned, operated, leased, occupied or controlled by the University. ...“Property” includes buildings and structures, grounds, parking structures, enclosed bridges and walkways, sidewalks, parking lots and vehicles, as well as personal vehicles in these areas.

ABOUT THE POLICY

The University of Kentucky became completely tobacco-free on all campus grounds and parking areas and on all other UK properties in Fayette County on November 19, 2009. The tobacco-free policy, which prohibits the use of all tobacco products (including but not limited to cigarettes, pipes, hookah, cigars, e-cigarettes, chew, snuff, snus and other non-combustible tobacco products), has been in effect on the UK Medical Center campus and all UK HealthCare facilities within Fayette County since November 20, 2008, and applies to all areas of the UK campus and property in Fayette County, indoors and out.

WHY WE DECIDED TO GO TOBACCO-FREE

UK has a vital interest in maintaining a safe and healthy environment. With over \$1 billion per year spent on treating people who get sick from using tobacco products in Kentucky alone, the use of tobacco products and exposure to secondhand smoke constitutes a significant health hazard, leading to premature death and chronic, debilitating disease. This policy puts employees, guests and students first by providing a healthy, tobacco-free environment and decreasing exposure to secondhand smoke.



HOW WE CAN HELP YOU QUIT OR MANAGE YOUR SYMPTOMS

UK supports its employees and students who want to quit using tobacco products by offering individual and group tobacco treatment programs at no cost for one series of classes - including nicotine replacement therapy. This offer is for students and their spouses, and employees and their spouses or sponsored dependents.

For employees and students who do not want to quit but need help to feel more comfortable at work or during class, nicotine replacement gum may be purchased on UK's campus. These locations, except for the hospital gifts shops, also carry the nicotine patch at a discounted rate. For more information visit:

Kentucky Clinic Pharmacy

740 S. Limestone, J-134 Kentucky Clinic – on the first floor of the Kentucky Clinic facility at the Limestone entrance

University Health Service Pharmacy

830 S. Limestone – on the first floor of the University Health Service Building (across the street from Speedway)

UK Chandler Hospital Gift Shop

800 Rose Street – First floor off the main lobby

UK Good Samaritan Hospital Gift Shop

310 S. Limestone– lower level

UK Convenience Stores:

Blazer Xpress – Located on North Campus next to Blazer Café, on the corner of Martin Luther King and Keeneland Drive

Corner Store – Located on South Campus next to Commons Market in the Kirwan/Blanding Complex

Quick Stop – Located in the Student Center just inside the bridge entrance across from Starbucks®

K-Lair Grill

Located next to Parking Structure #2 on Hilltop Avenue

Tobacco-Free UK:

A Healthy Place to Live, Work and Learn

The following are resources that UK provides to assist employees and students to help stop using tobacco or manage cravings if you choose to do so:

RESOURCES FOR UK STUDENTS AND THEIR SPOUSES

** Nicotine replacement therapy, patches and/or gum, are provided at NO COST to those students and their spouses, who are actively participating in one of the denoted programs.

University Health Service **

Tobacco cessation classes, individual services, and prescriptions are offered to UK students who have paid their health fee.
www.ukhealthcare.uky.edu/uhs/SmokeFree.htm
(859) 323-5823 or email joanne.brown@uky.edu or fadyia.lowe@uky.edu.

UK Counseling Center **

Various counseling formats are offered to help with tobacco cessation, reducing tobacco use, and managing stress and cravings. Students must be enrolled at UK for at least six credit hours to be eligible for services.
www.uky.edu/StudentAffairs/Counseling/
(859) 257-8701

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RESOURCES FOR UK FACULTY AND STAFF AND THEIR SPOUSES OR SPONSORED DEPENDENTS

**Nicotine replacement therapy, patches and/or gum, are provided at NO COST to those enrolled in and who are actively participating in one of the denoted programs.

UK Health and Wellness Program**

BeHIP: Tobacco Cessation

www.uky.edu/HR/wellness/behipoverview.html
1-800-926-5455

BeHIP: Tobacco Cessation is a telephone-based behavior modification program that allows you to work toward becoming tobacco free at your own pace with the help of your own Personal Health Coach and nicotine replacement products. All sessions are conducted over the phone at an appointment time convenient for you.

UK Tobacco Treatment Specialist – BeQUIT Tobacco Cessation**

Contact Audrey Darville, ARNP, CTTS, at audrey.darville@uky.edu or 859-323-4222 to register. Individual counseling sessions are also available through the Internal Medicine Clinic. Call 323-0303 to schedule an appointment.

Provides intensive counseling and treatment for tobacco use for UK HealthCare inpatients, outpatients and employees of the University of Kentucky. Individual and group counseling is available. This service is part of UK HealthCare and also connected to the Tobacco Policy Research Program in the UK College of Nursing.



UK Work + Life Connections

155 Seaton Center
(859) 257-9433

This office offers assessments, brief counseling, education and referral to UK employees. Visits are limited to 5 times per year.
www.uky.edu/HR/WLC

UK Prescription Benefit Coverage of Tobacco Cessation

www.uky.edu/HR/benefits/prescription_new.html

OFF CAMPUS RESOURCES AVAILABLE FOR THE GENERAL PUBLIC

Kentucky's Tobacco QuitLine

One-on-one counseling 8 a.m. - 1 p.m.
1-800-Quit Now (1-800-784-8669)

Kentucky Clinic Pharmacy

Counseling, Nicotine Replacement Therapy, Educational Materials
(859) 323-5855
www.hosp.uky.edu/pharmacy/outpatientpharmacy.html
(click "Ask a Pharmacist")

Lexington-Fayette County Health Dept.
Adult and Youth Tobacco Cessation Programs
www.lexingtonhealthdepartment.org/template.asp?hid=14&eid=15&did=16&cid=149
(859) 288-2327

National Cancer Institute's Quitline

Tobacco counseling in English and Spanish
www.cancer.gov/cancertopics/smoking
1-877-44U-QUIT

Kentucky Cancer Program

Cooper/Clayton Method to Stop Smoking
Available in 120 Kentucky counties
Toll free 1-866-495-9888
www.kcp.uky.edu/cc_classesnew.html

MedlinePlus®

Tobacco Cessation References
www.nlm.nih.gov/medlineplus/quittingsmoking.html

Become an Ex

The EX plan teaches you how to re-learn life without cigarettes in 3 steps - all geared to help make the seemingly impossible possible.
www.becomeanex.org

GETQUIT Support Plan

www.chantix.com and www.get-quit.com
1-877-CHANTIX
Information sponsored by Pfizer describing the drug Chantix™ and a free support program including a step-by-step guide.

FOR MORE INFORMATION

Brochures outlining the policy, including boundaries of the tobacco-free zone, are available at the UK Visitor Center and in literature racks throughout our facilities.

Additional information about UK's tobacco-free campus is available at www.uky.edu/tobaccofree

Tobacco Treatment Resources



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