



# MONTCLAIR STATE UNIVERSITY

## D R A F T

### Executive Summary

#### Campus Tobacco Task Force

#### Proposed Policy on the Use/Control of Tobacco on Campus

##### **Objective:**

The Campus Tobacco Task Force was convened by the Montclair State University Senate. Its remit was to deliberate collectively and to make recommendations to the senate for a policy proposal to the administration on the use/control of tobacco on Montclair State University's campus.

##### **Activities:**

The Task Force undertook the following activities to gather information, obtain the views from various stakeholders and to deliberate amongst its members to develop its recommendation.

##### Research

1. Extensive review of academic literature on the effects of second hand smoke on non-smokers
2. Review of websites addressing smoking regulations in New Jersey
3. Review of websites on regulations on smoking and tobacco use on college campuses

##### Meetings

1. The Task Force convened over 10 meetings from the period of November 2012 thru April 2014 to discuss the policy of use and/or control of tobacco on the MSU campus
2. Included in these meetings were meetings with the following persons
  - a. Nine meetings with Task Force Members
  - b. Meeting with Alan Kantz, Program manager for Global Advisors for Smoke free Policy
  - c. Open Forum at Montclair State University for all stakeholders, including students, staff and faculty to hear their views on use/control of tobacco on campus. Approximately 80 people attended the session
  - d. One update to MSU Senate- an interim report on the progress of the Task Force

### Physical Examination

1. Fire Safety employees surveyed the campus to identify areas in which smoking was taking place.
2. Campus Tobacco Task Force engaged in a walking tour of all areas of campus in an attempt to identify viable/reasonable potential future smoking sites that could be clearly designated using physical identifiers.

### **Recommendation:**

Following our 18 months of study and deliberation, the Task Force, by an overwhelming vote, recommends Montclair State University adopt a 100% tobacco-free campus policy, consistent with the 1,130 other campuses in the U.S. who have adopted a similar policy. This policy would include a ban on vapor and e-cigarette products.

## **Campus Tobacco Task Force**

### **Proposed Policy on the Use/Control of Tobacco on Campus**

#### **Overview and Recommendation**

The Campus Tobacco Task Force was convened by the Montclair State University Senate deliberate about and to propose a policy on the use/control of tobacco on Montclair State University's campus. The Task Force carefully consulted with experts on smoking policy on college campuses, as well as consulted a wide range of published materials on the effects of second hand smoke and smoking policies on college campuses in the United States. Finally the Task Force also convened an Open Forum to hear the views of all stakeholders on the use/control of tobacco on our campus.

Following our 18 months of study and deliberation, the Task Force, by an overwhelming majority vote, recommends Montclair State University adopt a 100% tobacco-free campus policy, consistent with the 1,130 other campuses in the U.S. who have adopted a similar policy. This policy would include a ban on vapor and e-cigarette products.

#### **Background**

The Campus Tobacco Task Force was formed in November, 2012 as a specially designated task force of the Montclair State University Senate. Its remit was to propose a policy on the use/control of tobacco on campus. Specifically, the Task Force was expected to hold public hearings and to consult campus and other expert sources to assist in the development of guidelines for the implementation and enforcement of the proposed policy.

While the university already adheres to New Jersey State Law (NJSA 26: 3E-15 through 21), which prohibits "smoking or carrying lighted cigars, cigarettes, pipes or any matter or substance that contains tobacco in all indoor spaces" on MSU's campus, the Tobacco Task force was asked to determine whether such policy should be extended to include all outdoor spaces on campus.

#### *Review of Expert Sources*

The Task Force convened over 10 meetings to confer with experts in person or to review materials published by experts on tobacco use on college/university campuses in the United States. The Task Force met with Alan Kantz Program Manager, Global Advisors on Smoke free Policy (GASP) to discuss recent activities with a non-MSU affiliated source about the development of policies on the use of tobacco on college campuses in the U.S. In addition we

reviewed materials published in hard copy as well as credible and expert sources available on the internet. These sources included: articles written by academic scholars published in peer review journals, internet-based materials from the American College Health Association, the American Cancer Society, the Bacchus Network, and tobacco policies adopted by a number of colleges and universities in the United States.

Without exception, the view of all sources is that smoking poses health risks for smokers and to non-smokers in the form of second hand smoke. Municipal, regional and national health policies in the United States were enacted to limit the health-compromising behaviors of smokers with an emphasis on protecting the health of nonsmokers. These regulations include the New Jersey State Law on smoking, in addition to regulations in 34 other states that restrict smoking in many indoor spaces (American Non-Smoker's Rights Foundation, 2013).

Implicit in these regulations, and underscored in expert reports, is the negative health consequences of exposure to second hand smoke by non-smokers. The Surgeon General of the United States reports that over 50,000 deaths per year are attributed to second hand smoke (U.S. Department of Health and Human Resources, 2008). Supporting evidence of the harm of this carcinogen is also found in a Harvard Medical School study which notes that approximately 3,000 persons diagnosed with lung cancer who themselves were not smokers, were exposed to second hand smoke on a regular or frequent basis (HMS, 2006). What is clear from these and other studies is that environmental or second hand smoke is a Class A carcinogen, an agent so dangerous that the Centers for Disease Control and Prevention has not been able to identify a safe level of exposure to environmental smoke (CDC, 2).

Particularly troubling is the increase in smoking by college-aged youths in the past 20 years. Statistics show that tobacco use by adolescents 19 years or older has grown by 6-10% since 1990 (Johnston, O'Malley, Bachman, 2000; Weschler, Rigotti, Gledhill-Hoyt, Lee, 1998; Rigotti, Lee, Wechsler, 2000). One possible reason for this increase is, according to researchers, a delay in smoking initiation. Some studies suggest that 40%- 52% of university undergraduates reported either initiating smoking or increasing rates of smoking since entering college (Halperin, 2000; O'Malley, 2002).

The uptick in smoking behaviors among young adults, together with the known health consequences of smoking and exposure to second hand smoke make it imperative for colleges and universities to adopt sound smoking policies that ensure a safe environment in all spaces for all students.

#### *Review of Tobacco Use Policy on U.S. College/University Campuses*

The data show a clear and unmistakable trend. The number of colleges/universities adopting 100% indoor/outdoor smoke-free policies is growing by leaps and bounds. By June,

2012, 648 of the 4,140 degree granting institutions in the United States were 100% smoke-free campuses. Since that time, a total of 1,620 colleges and universities in the nation have adopted 100% smoke-free (indoor and outdoor) campus policies: a 150% increase in smoke free campuses in the U.S. Of that number, almost 70% (1,130) are also tobacco-free and 769 (approximately 47%) of the 1,620 are also e-cigarette free. We proudly note that 11 of the 1,620 smoke free campuses are located in New Jersey, while 7 of the 1,130 tobacco free campuses and one of the e-cigarette free campuses are also in New Jersey. Most recently, Rutgers University, the other state University of New Jersey, has also proposed a 100% tobacco free policy.

The rapid growth in 100% tobacco-free and smoke-free campuses in the U.S. clearly indicate that this is a trend that will soon become a norm for the vast majority of college campuses.

#### *Montclair State University Community Views*

As stipulated, on February 27, 2013, the Campus Tobacco Task Force conducted an Open Forum for the campus community. The forum was held from 11:00am to 2:00pm in the Student Center. The purpose of this forum was to allow all stakeholders in the community to express their view on the benefits and drawbacks of a 100% tobacco-free campus. Thus, the Task Force was in listening mode, listening to the views of the attendees without offering commentary or prepared statements. The 3-hour forum was well attended with a strong representation from students, faculty and staff. Our best estimate of the total number of participants is 100 persons.

The Task Force heard a range of views expressed during that open forum. We heard from staff who strongly supported a 100% tobacco free policy to eliminate the incidences of smoke wafting into their offices through windows and doors. We heard from faculty who strongly supported a 100% tobacco free policy to eliminate their encounters with smoke wafting in through windows while in their classrooms. We heard from professors who strongly objected to students chewing tobacco and spitting their remains in cups while in class, sometimes leaving the cups to be disposed of by others. We heard from students who complained of wading through clouds of smoke and smokers as they entered or exited classroom or dormitories. We heard from veterans who advocated for the option to smoke somewhere on campus having adopted a smoking habit in the military. We heard from other veterans who understood the ban on smoked products, but urged we not ban chewing tobacco from the campus. Finally, we heard from Student Government Association representatives who

argued against a 100% smoke free campus on behalf of some of their constituents, favoring, instead, designated smoking areas around campus.

Clearly we heard a range of views. However, the overwhelming consensus of the Task Force was that the majority of views expressed on that day supported a 100% tobacco-free campus.

In deference to all views, however, the Task Force undertook a “walking tour” of the campus to determine whether we could recommend new smoking sites that would be sufficiently removed from existing or proposed buildings to address the smoking needs and the safety needs of all constituents. This walking tour was conducted in two stages. First, Fire Safety employees surveyed the campus to identify areas in which smoking was taking place. Second, the Campus Tobacco Task Force engaged in a walking tour of all areas of campus in an attempt to identify viable/reasonable potential future smoking sites that could be clearly designated using physical identifiers. The majority of the Task Force concluded that we could not identify smoking sites that would be immune from disruption by current and future construction plans at the university. In our view, establishing smoking sites that would or could be relocated due to construction or other interruptions would cause massive confusion on campus, and would quickly lead to smoking behaviors occurring in non-designated smoking spaces due to the inconvenience caused by relocations.

In addition, the Task Force considered the past efforts of MSU to identify and enforce a designated smoking area policy. We considered two efforts: the smoking kiosks and the bans on smoking within 25 feet of a buildings’ entrance. The Task Force viewed both of these efforts as failures to identify and enforce select smoking sites on campus. In the first case, smokers refused to use the smoking kiosks. In many instances these structures were located only a few yards from the entrance to buildings. Yet, smokers did not go to the designated spot to smoke. Without a systematic, carefully designed and executed study, it is impossible to characterize the reasons why smokers refused to use these structures. However, it is not impossible to miss the outcome: the smoking kiosks were not used and therefore were not effective in establishing designated smoking sites at multiple locations around campus.

In the second case, some attendees at the Task Force’s Open Forum and some written comments sent to the Task Force complained about having to “run a gauntlet of smoke” when entering or leaving any number of buildings on campus. This would suggest that the efforts to designate as smoke-free the 25 feet in and around doors leading into buildings on campus has also been unsuccessful. In some cases the smokers are observing the restrictions, but the smoke is not! It drifts into the designated banned space and into the buildings. It goes without saying, therefore, that in those cases in which the smokers themselves are violating the 25 feet ban, the smoke is a willing accomplice.

## **Recommendation**

The Campus Tobacco Task Force recommends, by an overwhelming majority vote, that Montclair State University adopt a 100% Tobacco-Free Campus policy, consistent with the growing trend in adoption of 100% tobacco- and smoke-free policies on university/college campuses in the United States.

We are cognizant of the argument by some that creating a 100% tobacco free environment would violate the constitutional rights of smokers. We contend that there is no language in the constitution that extends special protection to tobacco users. They are not a specially protected category of people under the Equal Protection Clause of the Constitution.

We believe that College/University administrations have the responsibility to provide a safe environment for all of its students. Tobacco, specifically smoked tobacco, emits Class A carcinogens into the air that are so dangerous that no safe levels of exposure can be identified by the Centers for Disease Control and Prevention. To eliminate the risk of harming others or the environment, we recommend the complete elimination of these products from the campus.

We strongly urge the University to implement this new policy in a manner that would enable all stakeholders in the community sufficient opportunity to modify, restrict or perhaps end their smoking behaviors. Specifically, we recommend that the University implement the policy beginning with the 2017-2018 academic year. We recommend that the time between acceptance of this proposed policy and implementation—a period which we contend will be approximately 18 months – be allocated to allow for an intensive education and notification campaign. This period would be used to mount a campaign that advertises the new policy, its implementation dates, and services available to current smokers to assist them in modifying or adapting their behaviors. This period would also be used to notify incoming students of the new policy.