

Tobacco-Free Simmons



SIMMONS COLLEGE SCHOOL OF NURSING AND HEALTH SCIENCES

Tobacco-free Campus

For better health,
smoking and use of
tobacco products are
prohibited everywhere
on our property.



What is Tobacco-Free Simmons?



- Campus-wide initiative lead by SN&HS to instill a Smoke-free environment to protect the health and safety of students, faculty, staff, and visitors by eliminating secondhand smoke on campus.
- Everyone will breathe easier! A tobacco-free Simmons will assure safety for all individuals from the effects of secondhand smoke exposure, such as those with asthma and allergies.
- Promote clean air, healthy environment, and healthy behavior
- Save money and staff time spent cleaning cigarette litter by eliminating butts and other tobacco waste on campus
- Prepare students for smoke-free work environments (e.g., hospitals, K-12 schools, etc.)
- Encourage tobacco users to quit or decrease use
- Support those who have already quit using tobacco

Referenced on 11/22/2013, <http://smokefree.ucsd.edu/faqs/>

Facts Supporting Tobacco-Free Policies



- There are currently 1,178 college/university campuses with 100% comprehensive smoke-free policies. Of these, 793 campuses are 100% tobacco-free (American for Nonsmokers' Rights, 2013.)
- The American College Health Association (ACHA) supports a NO TOBACCO USE policy on all campuses (ACHA, 2011).
- Even intermittent, non-nicotene dependent college-age smokers are at risk for adverse health outcomes (Caldeira et al., 2012.)
- Policy change is the most efficient means of establishing a campus non-smoking “norm” (Wisotsky, Albuquerque, Pechacek & Park, 2004).

Simmons Student Leaders = Change!



- Communication to Student Organizations
- Your voice is heard on campus
 - Tobacco-free signs
 - Remove ashtray receptacles from campus
 - Policy reminder cards and contact info for more information
- Rewarding to promote change and improvement on campus and empowers our leadership for a better Simmons today and tomorrow!

Simmons Tobacco Free Slogan



Live. Breathe. Be. Simmons is Tobacco Free

Resources



- American College Health Association (ACHA)-<http://www.acha.org/Topics/atod.cfm>
- Americans' For Nonsmokers' Rights (ANR)-<http://www.nosmoke.org/goingsmokefree.php?id=447>
- Tobacco Free U- <http://www.tobaccofreeu.org/>