

Smoke-Free Campus Information & Consultation Session

Join the Gallery Walk

Please take this time to:

- provide your input on the conversation boards
- learn more by reading the frequently asked questions
- check out the supports and resources available
- add your questions to the QUESTIONS board

A presentation and open Q&A period will follow with Don O'Leary.

Smoke-Free U of G Information & Consultation Session

Presented by: Don O'Leary
Vice-President (Finance, Administration and Risk)

November 26, 2018

**U OF G AIMS TO BECOME A SMOKE-FREE
CAMPUS STARTING IN SPRING 2019**

Help shape our smoke-free campus policy
uoguelph.ca/smokefree

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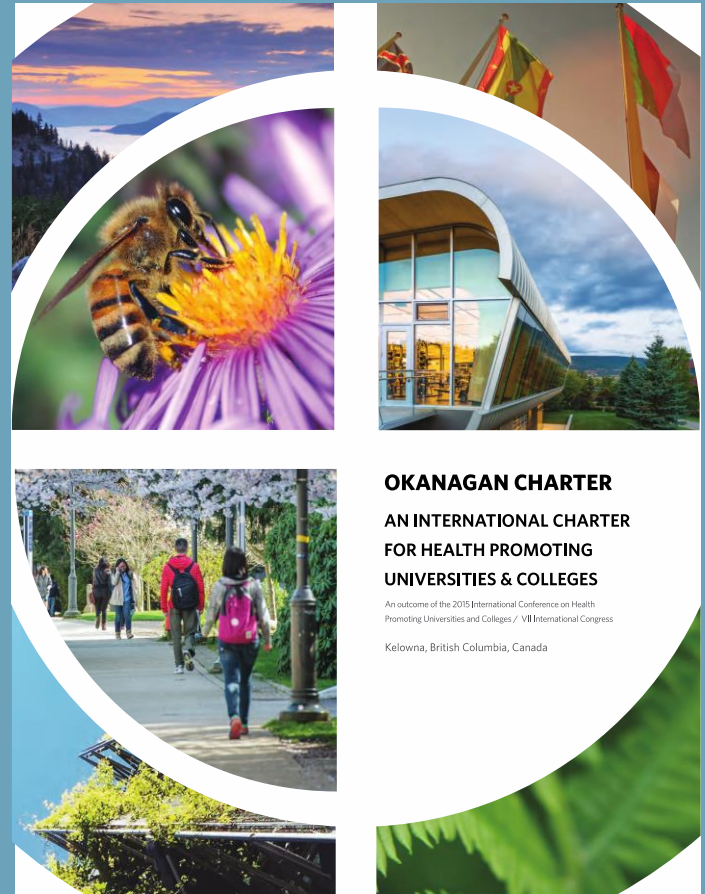
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Why Tobacco- and Smoke-Free?

“The University of Guelph takes a whole-person approach to health and well-being and strives to be a health-promoting university. I am pleased that we are joining other Canadian universities and public institutions in going smoke-free, demonstrating our commitment to a healthy future for our students, faculty and staff.”

- President Franco J. Vaccarino, PhD, FCAHS

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OKANAGAN CHARTER AN INTERNATIONAL CHARTER FOR HEALTH PROMOTING UNIVERSITIES & COLLEGES

An outcome of the 2015 International Conference on Health Promoting Universities and Colleges / VIII International Congress

Kelowna, British Columbia, Canada

Smoke-Free Campus Steering Committee

- Provides strategic direction and leadership, as well as focused attention and work on the planning, implementation, evaluation, communication and sustainability of the University of Guelph's Smoke-Free U of G initiative
- The committee is made up a diverse group of individuals from various resource areas that are able to support the smoke-free campus implementation

Committee Priorities

- Research and assess
- Campus community consultation
- Communicate broadly
- Education, awareness and training
- Draft policy and procedures
- Evaluate the policy

RESEARCH AND ASSESS

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Tobacco- and smoke-free campus policies create healthier campuses.

Reduce litter on campus

Eliminate exposure to second-hand smoke

Decrease smoking rates and make it easier to quit smoking

Protect young adults, a group that is highly vulnerable to starting to smoke

Decrease exposure to new and emerging tobacco and nicotine products

Help de-normalize smoking and tobacco product use

Environmental Scan

- 65+ Canadian post-secondary institutions are 100% smoke-free
- McMaster became the first post-secondary institution in Ontario to become 100% tobacco- and smoke-free
- Ontario hospitals and many mental health facilities are now 100% smoke-free (i.e. Homewood Health, Centre for Addiction and Mental Health, etc.)
- Looked at related policies and legislation (i.e. Smoke-Free Ontario Act, Tobacco and Vaping Products Act, Smoking in the Workplace Policy, etc.)

University and College 100% Smoke-Free Campuses in Canada:

NATIONAL STATUS REPORT



September 14, 2018

CAMPUS COMMUNITY CONSULTATION

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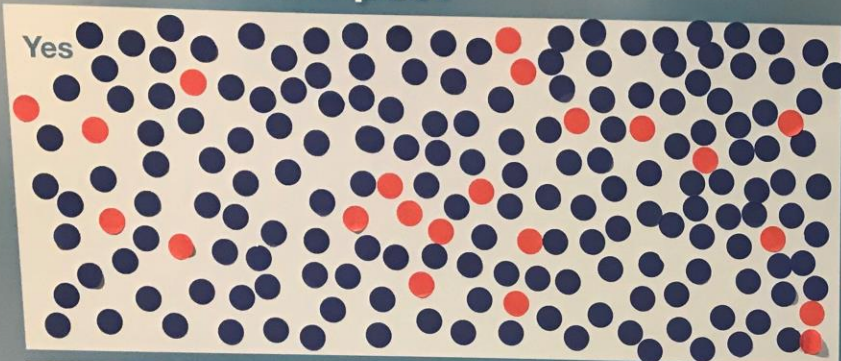
Focus Groups

- A series of nine questions were developed for campus community consultation to gather input
- Over the last 7 months, consultation sessions have taken place with the following groups:
 - Employee Group Leaders
 - Central Student Association Executive
 - Graduate Students' Association Executive and Board
 - Student Leaders and Administration Meeting (SLAM)
 - Human Resources
 - Joint Health and Safety Committee
 - Student Housing and Family Housing Staff
 - Students in residence
 - First Nations, Métis and Inuit faculty and staff
 - Student Affairs Directors
 - Deans
 - Hospitality Services
 - Campus Community Police
 - Leave the Pack Behind student representatives
 - Additional consultation sessions have been available by request

Open Consultation

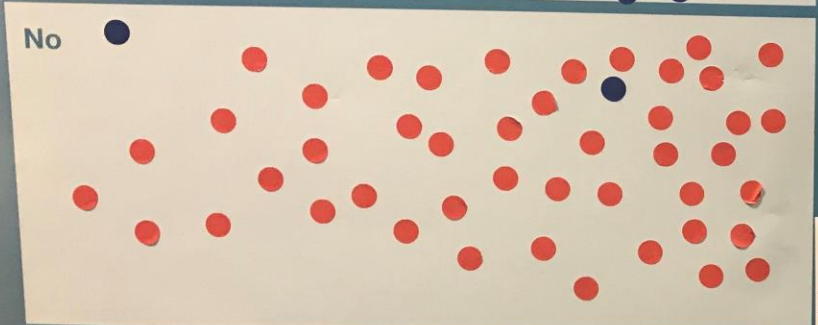
- In addition to targeted focus groups with various groups and departments, the following consultation sessions were offered:
 - 4 open consultation focus groups for anyone to attend
 - 3 days in the UC Courtyard and OVC with large conversation boards for people to provide their input and ask questions
 - 1 Day Stand Event with conversation boards for feedback
 - Feedback has been gathered through the smoke-free website anonymous contact form and smoke-free email address
 - Today's information session and conversation boards for input

Do you support moving to a smoke-free campus?



In our consultations, people have said the benefits of the campus going smoke-free are:

- Decreasing exposure to second-hand smoke – appreciated particularly by those with allergies
- Creating a cleaner campus, with less litter
- Improving the health of our community
- Helping de-normalize smoking so people are less likely to take up the habit
- Living up to our commitment of being a health-promoting University as part of the Okanagan Charter
- Providing motivation for current smokers to cut back or quit to help improve their health



What are the other benefits of becoming a smoke-free campus?

I don't want campus to be dark.
 29/7

Support and encourage smokers to change to a healthier lifestyle

NOT DYING OF LUNG CANCER

CLEAN AIR FOR EVERYONE

People w. conditions affected by smoking find hand smoke would appreciate it

Children Role Model

NO SMOKE

Second hand smoke is bad for health.

About time

Smokers SMELL

What We've Heard

BENEFITS OF BECOMING A SMOKE-FREE CAMPUS

- Decreasing exposure to second-hand smoke—appreciated particularly by those with allergies
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- Improving the health of our community
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What We've Heard

BENEFITS OF BECOMING A SMOKE-FREE CAMPUS

- “I identify as a smoker and in my personal opinion, making our campus smoke-free will personally help me. It makes it easier for me to not go outside for a smoke break when I am stressed while studying, instead choosing a healthier option, like grabbing a tea, or spending 5-10 minutes on social media.”
- “I applaud the campus at having a goal to become a smoke-free community. As someone whose health has been severely compromised as a result of walking through clouds of second-hand smoke, this is a very welcome initiative.”
- “I will enjoy walking our beautiful campus without seeing butts thrown in our gardens, or walking through a cloud of smoke.”
- “I am very excited about the steps the university will be taking to make the campus a smoke-free environment. It is very upsetting to be walking to class and have someone blow their cigarette smoke in your face.”

What We've Heard

CHALLENGES OF BECOMING A SMOKE-FREE CAMPUS

- Enforcement and compliance
- Having time to get to/from new smoking location on break or between classes
- Smoking is an addiction, and for anyone who is looking to reduce their tobacco use, it can be physically and mentally challenging
- Worries about stigmatizing those who smoke and maintaining an inclusive campus
- Safety at night (particularly for night shift staff)
- Challenging for residence students, when campus is their home
- May impact enrolment numbers, recruitment or decisions to host events (i.e., weddings) on campus

What We've Heard

CHALLENGES OF BECOMING A SMOKE-FREE CAMPUS

- “While some may not understand, a simple cigarette can be a calming resource for a student that just had a tough exam or is heading into one, or just having a bad day.”
- “Smoking isn't just a habit, it's a toxic addiction. The majority of actual addicts will just smoke on campus anyway, ignoring the rules, or move to the nearest place they can smoke legally.”
- “I am not a smoker, but I have worked with staff and faculty who do smoke, and I don't like the idea that they would feel less welcome on campus because they smoke.”
- “Despite a smoke-free campus being an excellent idea, I seriously doubt it will work in practice unless enforcement is significantly stepped up. Current policies restricting smoking are frequently ignored by smokers, with little to no consequence.”

What We've Heard

CONSIDERATIONS FOR IMPLEMENTATION

- Desire to have consistent enforcement for students, staff, faculty and visitors
- Need key language for recruitment, admissions, contracts, special event visitors, etc.
- Need to raise awareness not only with campus community but also with visitors and contractors
- Clear boundaries need to be defined
- Desire to maintain strong relationships with neighbours
- Need to consider stressful times of the year for students and employees

COMMUNICATION

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Website (FAQs,
Resources,
Consultation,
Contact and
Contribute)

NewsLinks
newsletter

Connected with
communicators
across campus
to help raise
awareness

3 mass emails to all
students and
employees

Social media

Emails to
Wellness@Work
Champions and
Union Leaders

Physical signs in
smoking areas
and postcards in
various locations
on campus

**U OF G AIMS
TO BECOME A
SMOKE-FREE
CAMPUS
STARTING IN
SPRING 2019**

Help shape our
smoke-free
campus policy.
Tell us your ideas
and what the policy
needs to address.
smokefree@uoguelph.ca
uoguelph.ca/smokefree



Innovative Life

**Thinking about
quitting smoking?
These resources
could help.**

Faculty and Staff (dependent on benefits plan)

- Prescription smoking cessation products up to \$500 per lifetime
- Counseling through U of G's employee and family assistance program provider, Homewood Health.

Students

Resources from Student Wellness

- Talk to a physician about your interest in quitting smoking
- Get nicotine replacement therapy (e.g., gum, patches) free of charge

Other supports

- Take part in the Leave the Pack Behind peer-based program, which also provides free nicotine replacement therapy
- Get free smoking cessation medications like Champix and Zyban through OHP

Resources for everyone:

- Smokers' Helpline from the Canadian Cancer Society www.smokershelpline.ca
- Walk or Run to Quit from the Canadian Cancer Society and the Running Room www.run4quit.com
- Cancer Care Ontario Aboriginal Tobacco Program www.tobaccowise.com
- Pregnancy: Helping pregnant and post-partum women quit or reduce smoking www.pregnants.org
- Stop Smoking Clinic through the Guelph Family Health Team www.guelphfht.com/stop-with-free-quit-program
- Quit Smoking Now: Government of Canada smoking cessation guides and plans www.canada.ca/en/health-canada/services/quit-smoking-tobacco
- Break40 from the Canadian Cancer Society www.break40.ca
- Chain the Crave free mobile app



Innovative Life

smokefree@uoguelph.ca
uoguelph.ca/smokefree

ENFORCEMENT

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Enforcement

- The main focus of Campus Police is education and awareness
- The goal is to help advance the health and well-being of all members of the campus community, not to punish or penalize
- Campus Community Police and an Auxiliary Unit will be providing education and raising awareness among those who smoke on campus
- Developing a boundary map that shows the closest spot someone can go to smoke or use tobacco (i.e., the closest city sidewalk)
- Existing legislation will also continue to be enforced in accordance with the Smoke-Free Ontario Act

EDUCATION AND AWARENESS

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Education and Awareness

- A subcommittee from the Smoke-Free Steering Committee consists of representatives from Student Wellness, Human Resources, students from Leave the Pack Behind, Public Health, Communications and Student Experience
- Education subcommittee is focused on:
 - raising awareness about the smoking cessation resources available
 - providing guidance on how to support those trying to quit (or those who decide not to quit)
 - reducing the stigma of addiction

TAKE PART IN U OF G'S 1DAYSTAND

TO REDUCE TOBACCO USE ON CAMPUS FOR ONE DAY

November 14

Raithby House porch for resources and giveaways

uoguelph.ca/smokefree • #1DayStandUofG



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Do you support moving to a smoke-free campus?

In our consultations, people have said the benefits of the campus going smoke-free are:

- Increasing exposure to second hand smoke - especially for those with allergies
- Creating a cleaner campus, with less litter
- Improving the health of our community
- Helping the non-smoker smoking as people are less likely to leave up the hood!
- Living up to our commitment of being a health promoting University as part of the Clean Air Ontario
- Providing motivation for current smokers to cut back or quit to help improve their health

What are the other benefits of becoming a smoke-free campus?



Not ready to quit smoking?

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That's okay. If you've tried to quit and failed, don't be discouraged. No one is too addicted to quit, and it may take multiple attempts to succeed.

If you change your mind or want to explore resources, check out:

- www.leavethepackbehind.org (online booklet for smokers)
- www.smokershelpline.ca
- Call a quit coach at 1-877-513-5333
- Text iQuit to 123456

www.uoguelph.ca/smokefree

Walk or Run to Quit



How it works +

Benefits +

Success Stories +

Find a 5K +

Promote Walk or Run
to Quit

Tools +

In the News



Melanie Lewis, Run to Quit 2017 Grand Prize Winner
A Honda Civic LX Coupe courtesy of Wheaton Honda, Edmonton

[Read her story](#) 7x more likely to quit smoking
on their own.

Keeping Tobacco Sacred



ABORIGINAL AWARENESS WEEK

KEEPING SEMAA SACRED: A LEARNING CIRCLE ON TOBACCO

Visiting Elder Jan Sherman

Thursday, October 18

1:00 - 2:30 pm

Location: Aboriginal Resource Centre

In traditional Anishnaabe Teachings, semaa (tobacco) is honoured as a sacred medicine given to the People for offerings and for prayer. Join us as we discuss the importance of keeping the Original Instructions strong as we seek a good life.

For all Aboriginal Awareness Week events visit GryphLife.ca

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STUDENT
EXPERIENCE

www.uoguelph.ca/studentexperience

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Community Cessation Resources

- Smokers Helpline from the Canadian Cancer Society and its First Week Challenge
- How to Quit Smoking from the Lung Association
- STOP Program from Centre for Addiction and Mental Health
- Walk or Run to Quit from the Canadian Cancer Society and the Running Room
- Cancer Care Ontario Aboriginal Tobacco Program
- Health Canada Non-Insured Health Benefits (NIHB) program provides NRT to First Nations and Inuit clients
- Pregnets: Helping pregnant and postpartum women quit or reduce smoking
- Stop Smoking Clinic through the Guelph Family Health Team
- Quit Smoking Now: Government of Canada smoking cessation guides and plans
- Crush the Crave free mobile app
- BreakItOff from the Canadian Cancer Society
- Nicotine Anonymous Group 12 Step Meeting - Every Monday evening at 7:30 p.m. at Homewood Health Centre Colonial Building, Room 310
- HelpThemQuit.ca for information on managing cravings, resources for quitting your own way and more

Employee Smoking Cessation Resources

- While quantities last, U of G is providing **free nicotine replacement therapy** for employees through the UC pharmacy (gum, patches and coupons)
- If you have coverage under the University's extended health-care benefit, you can access up to \$500 per lifetime in coverage for prescription smoking cessation drugs (i.e., Champix and Zyban)
- If you have access to a Health Care Spending Account (HCSA) and have allocated your flexible spending credits toward your HCSA, you may choose to put the money toward smoking cessation supports
- Employees between the ages of 18 and 29 are able to access smoking cessation supports, including free nicotine replacement therapy, from Leave the Pack Behind

Employee Smoking Cessation Resources

- Regular, full-time employees and sessional instructors can access smoking cessation programs through U of G's employee and family assistance program provider, Homewood Health
 - By phone: call 1-800-663-1142
 - Online: visit www.homeweb.ca
 - Create or sign into your account
 - Search for “Smoking Cessation” or “Stop Smoking and Get Your Life Back!”



Student Smoking Cessation Resources

- Students have access to **free nicotine replacement therapy** and can make an appointment to discuss their options with a physician at Student Health Services
- Through OHIP+, students may be eligible to receive up to a year of pharmacist-assisted counselling and drugs (Champix or Zyban) if 18 years or older
- Watch for the annual stop-smoking contest
- Leave the Pack Behind - peer-based program that also makes free NRT available to students at certain times of the year



Exploring Training Opportunities

- In advance of the policy implementation, training will be provided that may include:
 - Cessation training (i.e., TEACH training)
 - Training for leaders (i.e., Toolkit for Managers and Supervisors)
 - Training for enforcement



TEACH CORE COURSE:
An Interprofessional Comprehensive Course on
Treating Tobacco Use Disorder

SYNOPSIS OF COURSE

This **online** introductory course will help learners to screen, assess and treat people with tobacco dependence using evidence-base pharmacotherapies and psycho-social interventions. Tools and techniques for enhancing motivation and facilitating cessation groups are also covered.

For detailed course competencies, please visit our website
www.teachproject.ca → "Certificate Program" → "Courses"

POLICY AND PROCEDURES

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Tobacco- and Smoke-Free Policy Draft

- Committee is currently working on a tobacco- and smoke-free policy draft, and feedback from consultations has informed discussions and recommendations
- After today's feedback has been considered, the draft policy will be shared with campus community
- Draft policy to be shared with the senior team with recommendations on next steps

Committee is currently considering some of the following recommendations:

- Applies to everyone on the University's Guelph Campus. Ridgetown Campus and research stations will be explored in the future
- Prohibited in vehicles on Guelph campus and anyone in a University vehicle regardless of location
- Comprehensive policy, including smoking or the use of any tobacco product, including but not limited to, cigarettes, cigars, cigarillos, pipe tobacco, shisha, chew, dip, bidis, blunts, clove cigarettes or any other preparation of tobacco
- Designated smoking areas will not be provided
- Enforcement will largely focus on education and providing resources and support to those violating the policy

Policy Exceptions

- In keeping with the exceptions in the Smoke-Free Ontario Act, smoking, burning or use of traditional medicines, including tobacco products, by an Indigenous person or persons accompanied by an Indigenous person for Indigenous spiritual or cultural purposes is permitted on Guelph Campus
- Smoking and burning of traditional medicines is done in accordance with the University's Smudging Procedure
- Scientific research that involves smoking or using tobacco products and that complies with University policies and protocols regarding the conduct of research is permitted

NEXT STEPS

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Next Steps

- Committee will take feedback from today's consultation to prepare a final review of the recommendations to the senior team
- Working toward our target of becoming a tobacco- and smoke-free campus in spring 2019
- Education and Awareness subcommittee continuing to develop educational information for the campus community, including promotion of smoking cessation resources
- Ongoing communication with campus community to share updates on the tobacco- and smoke-free policy
- Developing training materials and implementation plan

Questions?

Please use the microphone.

**Further questions and comments can be submitted
through the Smoke-Free U of G website:
uoguelph.ca/smokefree/**

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Thank you.

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