

# Ashland University

## TOBACCO USE POLICY

In accordance with Ohio's Smoke-Free Workplace Act of 2006, Ashland University recognizes the need to create and maintain an environmental quality that sustains and enhances the general health and well-being of its faculty, staff, students and visitors. Ashland University recognizes the Surgeon General findings that "tobacco use in any form, active and/or passive, is a significant health hazard." In light of this recognition, the following policies have been further developed. *Please note policy difference at Schar College of Nursing.*

Tobacco products\* are not permitted to be used

- a. in any residential unit or campus building
- b. within 20 feet of a door, window or air duct of a campus building
- c. at any campus indoor or outdoor recreation and/or athletic facilities as well as all Ashland University sponsored outdoor events held on or off campus
- d. in any buses, vans or other vehicles used for campus business

*1. The Schar College of Nursing is committed to promoting the well-being of its students, employees and visitors. To reflect this commitment, a tobacco free premises policy has been adopted on the Mansfield campus. The tobacco free policy includes tobacco products, including smoking at the Schar College of Nursing academic building, apartment complexes, outside grounds, parking areas and vehicles thereon.*

2. Prevention, education and cessation services for tobacco in all forms are available from the Student Health Center and/or local community services.

3. Advertisement and sales of tobacco products, as well as free distribution, are not allowed on campus or in campus controlled situations, properties and environments (including scoreboards/signage in or around athletic facilities).

4. Sponsorship of campus events by tobacco promoting organizations is not permitted.

5. Tobacco users must follow proper disposal of tobacco materials.

\*Defined as any lighted or unlighted cigarette, cigar, pipe, hookah, bidi, clove cigarette, e-cigarette, and any other smoking product, and smokeless or spit tobacco.

Approved by Cabinet: July 2012

Please see the next page for Tobacco Cessation options!

## Ashland University Tobacco Task Force

### Tobacco Cessation Options:

Most smokers have the best success rates for quitting if they use more than one method at a time. Methods include live or online classes, telephone or electronic support, nicotine replacement therapy, prescription medication.

### Classes

- Freedom from Smoking through the American Lung Association. Held at Samaritan on Main twice a year. Consists of eight weekly sessions. Participants who attend every session receive six week supply of nicotine replacement free.

### Online

- Freedom from Smoking through the American Lung Association.
  - <http://www.lung.org/stop-smoking/how-to-quit/freedom-from-smoking/>
  - Fee is charged
- Become an Ex
  - <http://www.becomeanex.org/about-ex.php>
  - Free
- Smokefree.gov
  - <http://www.smokefree.gov/quit-guide.aspx>
  - Free
- American Cancer Society
  - Guide to Quitting Smoking
  - <https://www.cancer.org/cancer/risk-prevention/tobacco/guide-quit-smoking.html>
- MyLastDip.com
  - Web-based smokeless tobacco cessation project
  - Funded in part by the National Cancer Institute

### Phone

- Quit Now
  - Call 1-800-QUIT NOW (1-800-784-8669, or go to:
  - <https://ohio.quitlogix.org/en-us/Enroll-Now/>
  - Some insurance provide free nicotine replacement for covered employees who register with Quit Now
  - Free

### Resources for Ashland University insured employees:

1. Quit Line with free nicotine replacement through Medical Mutual
2. Medical Mutual pays for office visits regarding smoking cessation and prescription medication prescribed for smoking cessation. (Affordable Care Act guidelines)

### On campus resources for Ashland University students:

1. Free office visits for full-time undergraduate students (and full-time graduate students who pay the Student Health Fee) to discuss Smoking Cessation.
2. Prescriptions written for medication as appropriate. Can use private insurance to fill prescription.
3. Free counseling through the Counseling Center on campus.