

Calling For a Change

On May 6 and 7, 2009, the Student Body of North Dakota State University voted by a measure of 2,408 to 1,465 to support a campus-wide smoking ban. The turnout of 3,872 set a historical record for Student Body elections, far surpassing even past elections.

This overwhelming display of student interest indicated to the campus the seriousness of the issue and a definite **call for a change**. Subsequently, the NDSU University and Staff Senates passed resolutions in December of 2009 supporting a smoking free campus. On December 19, 2009, President Richard Hanson signed Policy 153 to take effect March 1, 2010.

Although the implementation of a smoking ban on any university campus is a significant change, the health benefits of such a policy are as clear as the devastating effects of second hand smoke. For this reason, public health and safety are at the center of this initiative. Let's work together to make this a safer and healthier environment for our students, staff, and faculty to learn and grow.

MAKING THE TRANSITION

Student Cessation Information:

Student Cessation Program

http://www.ndsu.edu/wellnesstobacco_cessation_program/

Student Health Services

Stacey Holm, Health Educator
Stacey.Holm@ndsu.edu

Wellness Education Leaders (WELs)

http://www.ndsu.edu/wellness/the_wels/

Faculty & Staff Cessation Information:

North Dakota Quit Line

<http://www.nd.quitnet.com/>

<http://www.ndhealth.gov/tobacco/quitline.htm>

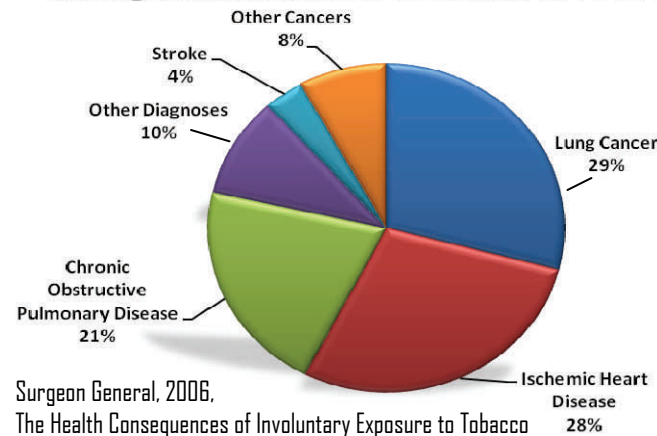
Break Away From Nicotine (BAN), City of Fargo

<http://www.ci.fargo.nd.us/Residential/CityServices/Healthservices/TobaccoCessation/>

Second Hand Smoke: THE FACTS

The Center for Disease Control reported that from 2000-2004, average annual deaths attributable to cigarette smoking topped **433,000**. The following chart depicts the cause for those deaths.

Average Annual Number of Deaths, 2000-2004



Surgeon General, 2006,

The Health Consequences of Involuntary Exposure to Tobacco

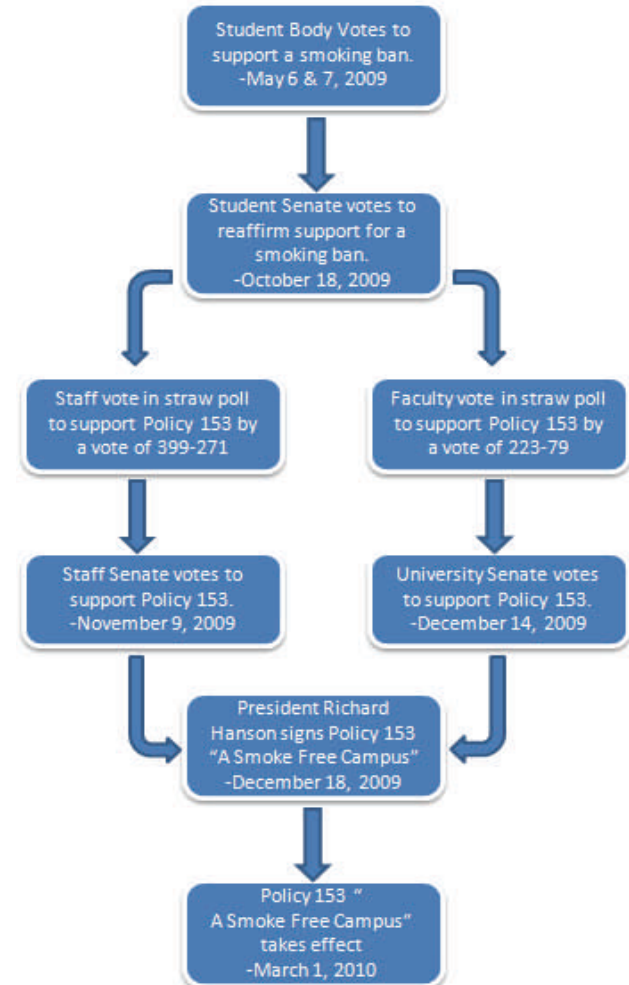
- Approximately 3,400 lung cancer deaths occur each year among adult nonsmokers in the United States as a result of exposure to secondhand smoke. -American Lung Association
- Secondhand smoke also causes 46,000 heart disease deaths in adult nonsmokers in the U.S. each year. -American Lung Association
- Over 126 million non-smokers are regularly exposed to second hand smoke in the U.S. -Associated Press
- According to a study conducted by Dr. Lynn Goldman of Johns Hopkins University, drops in the number of heart attacks ranged up to 47 % as a result of smoking bans that were implemented in 11 locations in the U.S., Canada, Italy and Scotland. -Associated Press
- The Surgeon General estimates that living with a smoker increases a nonsmoker's chances of developing lung cancer by 20 to 30 percent. -Center for Disease Control

So what does this mean for the work place?



"People who are exposed to smoke in the workplace are 17 percent more likely to develop lung cancer than those who were not exposed." -American Lung Association

What Was The Process?



On Monday, October 19, 2009, the American College Health Association released guidelines urging colleges and universities across the country to adopt policies that would ban all tobacco use both indoors and on campus grounds. Jim Turner, president of the ACHA and executive director of the University of Virginia's student health center, said the guidelines reflect policies that are "from a public health standpoint, what we all aspire to have for our campuses."



-Inside Higher Ed

In North Dakota, eight university and college campuses have made the transition to adopt completely smoke free policies.

Current ND Smoke-Free College Campuses:

- Bismarck State College
- Jamestown College
- Mayville State University
- Minot State University
- Trinity Bible College
- University of North Dakota
- Valley City State University
- Lake Region State College

WHAT THE PEOPLE ARE SAYING

"As a student in a NDSU health professional program, my career centers on improving quality of life and treating illnesses. Smoking is one of the most easily avoidable causes of disease and death in smokers and non-smokers alike. I think it would greatly benefit our campus and community to disallow smoking on university property."

-Maggie Bierman, Pharmacy Student, P2

"I think the students made it pretty clear in last spring's vote that they want to live, learn, and work in a smoke free environment. If students are truly paramount to our campus, then we need to respect their voice in decision making."

- Josh Boschee, NDSU Staff

With a smoke-free campus, NDSU sends a strong message that it is taking appropriate steps to ensure a healthy and clean environment on campus. We have carefully studied this issue and surveyed our campus community. Students, faculty and staff told us second-hand smoke is an important issue for them, and we took action.

-President Richard Hanson

Success Stories:

- Helena, Montana, recorded 16 percent fewer heart attack hospitalizations in the six months after its ban went into effect than in the same months during previous years, while nearby areas that had no smoking ban saw heart attacks rise. "
- Heart attack hospitalizations dropped 41 percent in the three years after Pueblo, Colo., banned workplace smoking.

- Associated Press

NORTH DAKOTA STATE UNIVERSITY

Policy 153 "A Smoke Free Campus"



The Campus Community Has Spoken

After support from the NDSU Student, Faculty, and University Senates, the campus community made it clear that a campus wide smoking ban is what they want.

Not only does this align with growing state and national trends, but a smoke-free campus means a **safer** and **healthier** environment for students to learn and grow.

NDSU