

Plymouth State University Smoking and Tobacco Values

Plymouth State University (PSU) is committed to providing a safe, healthy and sustainable working and learning environment for the students, faculty, and staff on its campus, it hereby adopts the following smoke and tobacco-free policy.

Preamble

Plymouth State University's Tobacco Free Workgroup has adapted this policy as presented by the University System of New Hampshire (USNH) and the Community College System of New Hampshire (CCSNH) Tobacco Free Campus Initiative Steering Committee (of which PSU had representation) to align with our Focus 2020 strategic goal 5: *PSU will distinguishing itself as a holistic health and wellness-centered environment.* PSU joins the American College Health Association (ACHA) in supporting the findings of the Surgeon General that tobacco use in any form, active and passive, is a significant health hazard. PSU hereby adopts a tobacco policy that addresses prevention, reduction and cessation actions as they pertain to tobacco use as well as the environmental and health implications.

Plymouth State University supports the health goals of Healthy People 2020 to reduce tobacco use and initiation among youth and adults,¹ and to positively influence our community by helping people to remain or become tobacco/smoke-free thereby building Healthy People in a Healthy Place™. Efforts to promote a tobacco/smoke-free environment have led to substantial reductions in the number of people who use tobacco, the amount of tobacco products consumed, and the number of people exposed to tobacco in our campus environment.

Policy

In order to protect the health, safety and environment of students, faculty and other academic appointees, staff, and visitors, and consistent with state law (RSA 155:64-77), effective August 1, 2016, Plymouth State University supports a policy and plan for becoming a smoke and tobacco free campus. This policy supports the voluntary restriction of tobacco and smoking products in facilities and on grounds owned and occupied or leased and occupied by the University.

Covered Individuals

The provisions of this policy apply 24 hours per day, 7 days per week, during all days of the calendar year, to all students, faculty, staff, alumni, visitors, volunteers, contractors, and vendors.

Responsibilities

1. The President, Vice Presidents, Deans, Directors, and Department Heads shall assure that this policy is communicated to everyone within their areas of responsibility.
2. Complaints or questions relating to tobacco use and/or smoking should be directed to the following University offices, Student Affairs and/or Human Resources.
3. Revisions to the policy fall under the oversight of the Vice President for Finance and Administration.

Definitions

1. Tobacco and smoking products are defined as follows:
 - a. "Electronic Smoking Device" means any product containing or delivering nicotine or any other substance intended for human consumption that can be used by a person to simulate smoking through inhalation of vapor or aerosol from the product. The term includes any such device, whether manufactured, distributed, marketed, or sold as an e-cigarette, e-cigar, e-pipe, e-hookah, or vape pen, or under any other product name or descriptor.

¹ http://www.cdc.gov/tobacco/basic_information/healthy_people/toolkit/pdfs/hp-factsheet.pdf

- b. "Hookah" means a water pipe and any associated products and devices which are used to produce fumes, smoke, and/or vapor from the burning of material including, but not limited to, tobacco, shisha, or other plant matter.
- c. "Smoking" means inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, including hookahs and marijuana, whether natural or synthetic, in any manner or in any form. "Smoking" also includes the use of an electronic smoking device which creates an aerosol or vapor, in any manner or in any form, or the use of any oral smoking device for the purpose of circumventing the prohibition of smoking in this Article.
- d. "Tobacco Product" means any substance containing tobacco leaf, including but not limited to, cigarettes, cigars, pipe tobacco, hookah tobacco, snuff, chewing tobacco, dipping tobacco, bidis, blunts, clove cigarettes, or any other preparation of tobacco; and any product or formulation of matter containing biologically active amounts of nicotine that is manufactured, sold, offered for sale, or otherwise distributed with the expectation that the product or matter will be introduced into the human body by inhalation; but does not include any cessation product specifically approved by the U.S. Food and Drug Administration for use in treating nicotine or tobacco dependence.

2. University facilities and grounds include:

- a. Inside all buildings owned and occupied, leased and occupied, or controlled by PSU, whether or not signs are posted;
- b. All outdoor areas owned and occupied, leased and occupied, or controlled by PSU, whether or not signs are posted;
- c. Special events and conferences;
- d. University vehicles; and
- e. All other vehicles parked or traveling on University property.

Education and Resources

- 1. News and information relating to this policy will be posted on the University's website, at <https://www.plymouth.edu/healthy-psu/>
- 2. The PSU tobacco policy shall be included in the new employee and student orientation programs, in the Student Right, Rules, and Responsibilities, in admissions application materials and other campus documents where appropriate.
- 3. A provision will be inserted in all vendor contracts to prohibit the employees of contractors/vendors from using tobacco products on campus.
- 4. Tobacco-free signage will be posted throughout the University.
- 5. PSU encourage employees and students not to use tobacco and/or smoke by offering educational information and providing information about tobacco/smoking cessation.
 - a) The University Human Relations and Counseling office will provide prevention and cessation resources to students upon request and offer other prevention and education initiatives that support non-use and address the risks of tobacco smoke.
 - b) USNH Employee Assistance Programs can assist with identifying cessation programs for faculty and staff.
 - c) USNH health insurance carriers may offer prevention and cessation supports.
 - d) The New Hampshire Tobacco Helpline 1-800-QUIT-NOW is the gateway to tobacco cessation services offered to New Hampshire residents.

- e) Adoption of a Wellness Ambassador's program to empower and support healthy living for everyone.
- f) On-site smoking and tobacco cessation support group.

Sales and Marketing

1. Advertisement of all tobacco products or their use shall be prohibited in all Plymouth State University publications and on all University owned, occupied or leased properties.
2. Any sale or free sampling of tobacco products on campus shall be prohibited.

Enforcement & Compliance

The success of this policy will depend on the thoughtfulness, consideration, and cooperation of tobacco users and nontobacco users. All students, faculty, and staff share in the responsibility for adhering to and enforcing this policy.

Community Partners

Plymouth State University encourages and partners with surrounding municipalities, local merchants, landlords, tobacco control advocacy groups, and other local stakeholders to consider community tobacco-free policies.