

The graphic features a white background with abstract green geometric shapes on the left and right sides. The shapes are composed of overlapping triangles and polygons in various shades of green, from light to dark. The text is centered in the white space.

# MSU Tobacco Free: You Matter

Community Health Nursing Students

# Introduction

- ▶ Kentucky: Governor Beshear issued an Executive Order for Commonwealth buildings, grounds and fleet to become tobacco-free on November 20, 2014.
- ▶ Murray State University: A Presidential Task Force, in concert with the University Insurance and Benefits Committee, provided options for Board of Regents' (BOR) consideration.
  - ▶ Survey of campus
  - ▶ Survey of Faculty Senate, Staff Congress and Student Government
- ▶ BOR voted on December 4 for Murray State to become tobacco-free during 2015.
- ▶ Board of Regents approved the policy February XX, 2015
- ▶ MSU joins 1,014 universities across the country to become tobacco free

# MSU Tobacco Free Policy

- ▶ Use of tobacco/tobacco-like products prohibited on all property owned, operated, leased, occupied or controlled by the University
- ▶ Allows for Exemptions and Special Circumstances
  - ▶ controlled research, religious ceremonies, theatrical performances (with prior administrative approval)
  - ▶ Property owned by Murray State Foundation
  - ▶ Presidential exemptions for SPECIFIC places and purposes
- ▶ The Policy is available at: <http://www.murraystate.edu/headermenu/administration/PresidentsOffice/tobacco-policy.aspx>

# Prohibited Tobacco Products:

## Cigarettes

- ▶ Increases risk of:
  - ▶ Cancer, such as lung, larynx, mouth, throat, kidney, bladder, pancreas, stomach, cervix, and acute myeloid leukemia
  - ▶ Hypertension
  - ▶ Glaucoma
  - ▶ Esophageal Cancer
  - ▶ Stroke
  - ▶ Coronary Artery Disease
- ▶ Smoking increases the risk of developing lung cancer by 25 times for men and 25.7 times for women
- ▶ Cigarette smoking causes an estimated 440,000 deaths each year in the U.S., which is about one-in-five deaths.
- ▶ The CDC notes that smoking causes more deaths annually than HIV, illegal drug use, alcohol use, motor vehicle injuries and firearm-related incidents.

# Prohibited Tobacco Products:

## Hookah

- ▶ Risks: Lung cancer, respiratory illness, low birth weight, and periodontal (gum) disease.
- ▶ More smoke exposure in one session than when smoking 1 cigarette:
  - ▶ 1 hour session = 200 puffs compared to 20 puffs in 1 cigarette
    - ▶ The smoke inhaled in 1 hookah session is equal to 90,000 ml compared to smoke inhaled in 1 cigarette is 500-600 ml
  - ▶ Tar in 1 session can equal the equivalent of tar in 1 pack of cigarettes
  - ▶ 36 times more tar and 15 times more carbon monoxide with higher levels of arsenic, lead and nickel
  - ▶ Second hand smoke exposure from the hookah can harm others too.
  - ▶ NO FDA regulation in place of the chemicals used in hookah

# Prohibited Tobacco Products: E-Cigarettes (Vaping)

- ▶ Not FDA regulated (has varying levels of nicotine)
- ▶ Available beginning 2006---so limited information regarding the risks
- ▶ Nicotine in the E cigarettes trigger inflammation and is linked to asthma, stroke, heart disease, and other chronic lung and cardiovascular conditions.
- ▶ Nicotine is the addictive agent and can lead to withdrawal
- ▶ Research has revealed in 1 brand of E cigarettes that it contained 10 times the level of carcinogens compared to 1 cigarette, including formaldehyde.
- ▶ NO FDA regulation in place of the chemicals used in E-cigarettes

# Prohibited Tobacco Products: Smokeless Tobacco

- ▶ Increased risk of:
  - ▶ Cancer of the Mouth, tongue, cheek, gum and throat
  - ▶ Cancer of the stomach, esophagus
  - ▶ Pancreatic cancer
  - ▶ Heart disease, heart attacks, and stroke
  - ▶ Receding gums
  - ▶ Leukoplakia (white sores in the mouth that can become cancer)
  - ▶ Bone loss around the roots of the teeth
  - ▶ Abrasion of teeth
  - ▶ Cavities and tooth decay
  - ▶ Tooth loss

# A Tobacco Free Campus Will Reduce Second Hand Smoke Exposure

- ▶ The Risks of Second Hand Smoke Exposure:
  - ▶ Cardiovascular Disease
  - ▶ Lung Cancer
  - ▶ 46,000 premature deaths from heart disease each year in the United States among nonsmokers
  - ▶ 950 deaths each year in Kentucky due to second hand smoke exposure



# Second Hand Smoke Exposure & Third Hand Smoke Exposure

- ▶ Second Hand Smoke Exposure Effects on Pregnant Women & Children:
  - ▶ Pregnant Women:
    - ▶ Increased risk of preterm labor
    - ▶ Pregnancy complications
  - ▶ Children:
    - ▶ They get sick more often
    - ▶ Lungs do not develop as well
    - ▶ Ear infections are more common
    - ▶ Asthma exacerbations
    - ▶ Sudden Infant Death Syndrome
- ▶ Third Hand Smoke Exposure: second-hand smoke that is allowed to settle on objects in any environment.
  - ▶ Has been associated with Type 2 Diabetes, poor wound healing, and neurological problems (especially in children)

# Health Benefits of Being Tobacco Free



# Health Benefits of Being Tobacco Free

- ▶ Nonsmokers have a reduced risk of cancer and other diseases, such as heart disease and COPD, caused by smoking
- ▶ People who quit smoking will have an improved sense of smell, and food will taste better.
- ▶ Within a few hours, the level of carbon monoxide in the blood begins to decline. (Carbon monoxide reduces the blood's ability to carry oxygen.)
- ▶ Reduce the risk of getting serious smoking-related diseases such as heart disease, cancers, chronic obstructive pulmonary disease (COPD) and peripheral vascular disease.
- ▶ Within a few weeks, people who quit smoking have improved circulation, produce less phlegm, and don't cough or wheeze as often.

# Health Benefits of Being Tobacco Free

- ▶ Reduce the risk of getting various other conditions which, although not life-threatening, can cause unpleasant problems.
  - ▶ impotence (erection problems)
  - ▶ fertility problems
  - ▶ optic neuropathy (a condition affecting the nerve supplying the eye)
  - ▶ gum disease
  - ▶ tooth loss

# Financial Costs Associated with Smoking

Overall Rank	State	Total Cost per Smoker	Tobacco Cost per Smoker (Rank)	Health Care Cost per Smoker (Rank)	Income Loss per Smoker (Rank)	Other Costs per Smoker (Rank)
1	South Carolina	\$1,097,690	\$786,346 (1)	\$121,270 (8)	\$179,410 (9)	\$10,665 (30)
2	West Virginia	\$1,105,977	\$803,863 (2)	\$127,950 (10)	\$166,586 (3)	\$7,577 (1)
3	Kentucky	\$1,115,619	\$823,327 (3)	\$110,321 (2)	\$173,710 (4)	\$8,261 (3)
4	Mississippi	\$1,150,702	\$870,041 (10)	\$113,451 (4)	\$155,395 (1)	\$11,815 (39)
5	Georgia	\$1,153,516	\$831,113 (5)	\$116,403 (5)	\$195,403 (20)	\$10,597 (29)
6	Tennessee	\$1,166,693	\$866,148 (9)	\$113,137 (3)	\$178,284 (6)	\$9,124 (11)

# Financial Benefits of Being Tobacco Free

- ▶ Pack of cigarettes: \$7.00 per pack
- ▶ One week: \$50
- ▶ One year: \$2,550
- ▶ Lifetime of smoking: \$1 million
- ▶ Lower health insurance- 30 year old smoker can expect to pay higher insurance
- ▶ Lower home owners insurance

# Benefits of a Tobacco Free Campus

- ▶ Decreased asthma exacerbations due to exposure to second-hand smoke
- ▶ Increased cleanliness of campus facilities
- ▶ Prevention of fires
- ▶ Overall student, faculty and administration satisfaction due to a healthy environment
- ▶ Increased productivity
- ▶ Decreased absenteeism resulting from tobacco-related health issues
- ▶ Improved success of tobacco cessation programs
- ▶ Prepares students for a tobacco-free work environment that they may encounter in the future
- ▶ Helps change the overall societal social norm about the acceptability of tobacco use
- ▶ Demonstrates role as leaders in public health
- ▶ Sends a message about being a place that promotes health

# Support Groups and Programs

- ▶ **Murray State University Health Services**
  - ▶ (270) 809-3809
- ▶ **Calloway County Health Department**
  - ▶ 602 Memory Lane
  - ▶ 270-753-3381
- ▶ **Lourdes and Baptist Health Paducah**
  - ▶ Cooper Clayton Method to Quit Smoking
  - ▶ Contact (270) 442-1310
  - ▶ Free pre-registration required
- ▶ **1-800-QUITNOW**



# On-Line Resources

## Tobacco Free Kentucky

- ▶ <https://tobacco-free.ky.gov/Pages/default.aspx>
- ▶ <https://www.quitnowkentucky.org/>

## U.S Department of Health and Human Services

- ▶ <http://smokefree.gov/>
- ▶ <http://women.smokefree.gov/>
- ▶ <http://teen.smokefree.gov/>

## American Heart Association

- ▶ <http://www.heart.org/HEARTORG/>

## Become an Ex: A New Way to Think About Quitting Smoking

- ▶ <http://www.becomeanex.org/>

## Freedom From Smoking

- ▶ <http://www.ffsonline.org/>

# Smart Phone Applications

- ▶ Help coach an individual through their cessation journey, easily accessible, measure how long you have quit, diary entries, tips and motivations with smoking cessation.

**My Last Cigarette: Stop Smoking**

**Livestrong MyQuit Coach**

**Smoke Free App**

**Quit Smoking Cessation Nation**

**Smoke Free-Quit smoking now**

**Quit Smoking Hypnosis**

**Stop Smoking!**

**\*Available on iPhone and Android**