

# **Breathe Easy Rowan FAQ**

*Updated 9/18/2023*

## **What does it mean to be a smoke- and tobacco-free campus?**

A smoke- and tobacco-free campus policy prohibits smoking and tobacco use on all of Rowan University's owned and leased properties, including all indoor and outdoor areas. This includes but is not limited to walkways, outdoor common areas, and parking lots. New Jersey state law prohibits smoking in all indoor areas, within 25 feet of public buildings (including colleges and universities), and in all state-owned vehicles. This policy includes products such as: cigarettes, cigars, hookahs, pipes, roll-your-own tobacco, smokeless tobacco, snus, and electronic delivery systems (e.g., e-cigarettes, vapes, pens).

A smoke- and tobacco-free campus policy also: prohibits the sale of all tobacco-related products and merchandise on campus; eliminates all tobacco-industry advertising, promotions, and marketing from campus literature; removes all athletic sponsorship from tobacco-related companies; and refuses any funding from tobacco companies.

## **What are the risks of tobacco use?**

There are many health risks clearly linked to tobacco use. According to the National Library of Medicine, tobacco smoke contains more than 7,000 chemicals; 69 of them are known carcinogens. Known health risks of smoking and tobacco use include: heart disease; stroke; cancer; and other conditions. Tobacco is the primary cause of more than 480,000 deaths each year in the U.S.

## **Why is going smoke and tobacco free important?**

Rowan University is going tobacco free in recognition of the health, safety, and comfort benefits of smoke-free air and tobacco-free spaces. This policy is an extension of the University's student and employee wellness initiatives to foster a healthier, more productive living and learning environment while helping to reduce health care costs.

Additionally, research shows that young people who quit smoking before the age of 30 almost completely eliminate increased risk of mortality due to diseases brought on by smoking and tobacco use.

Smoke- and tobacco-free campus policies are proven to decrease current smoking prevalence in students, decrease the number of cigarettes used by those who continue to smoke, influence student perceptions of peer smoking, change social norms around tobacco use, and increase favorable attitudes towards regulation of tobacco.

## **Are other universities and colleges tobacco free?**

Yes. There is a growing trend of over 2,600 campuses nationwide that are smoke-free. In New Jersey, there are 22 smoke-free higher education institutions.

**When will the policy take effect?**

The policy goes into effect January 1, 2024.

**How does this policy differ from the previous smoking policy?**

The previous policy enforced current New Jersey law and prohibited smoking in buildings and near entrances. The new smoke- and tobacco-free campus policy promotes a respectful and healthy environment by eliminating any form of tobacco use anywhere on all campuses and in Rowan owned or leased properties. Cannabis is already prohibited on our campuses.

**Who is affected by this policy?**

The policy will apply to everyone who is on University-owned property. All employees, students, visitors, vendors, and contractors are required to comply with the guidelines and refrain from using tobacco products on our campuses.

**What is considered an electronic smoking device?**

An electronic smoking device is any product containing or delivering nicotine or any other substance intended for inhaling 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.

**Why are e-cigarettes included? Aren't they designed to help people quit smoking?**

E-cigarettes are prohibited by the University's tobacco-free policy. E-cigarettes are a relatively new product with little information about their safety and effects on human health.

It's a common misconception that e-cigarettes emit a harmless water vapor. Research reveals that the solution used in e-cigarettes does contain toxic contaminants and these contaminants are released into the environment when a user exhales the aerosol. Furthermore, recent research is showing a drastic increase in use of e-cigarettes, especially among youth and young adults. Since e-cigarettes are misunderstood to be a device used to quit smoking, young people are more willing to experiment with the products, which may lead to long-term nicotine addiction. Comprehensive tobacco-free policies, which prohibit e-cigarettes and other nicotine products not regulated by the FDA for cessation purposes, may discourage the initiation of novelty smoking and nicotine delivery devices.

**Why is smokeless tobacco included in this policy?**

Smokeless tobacco (spit tobacco) is considered a biohazard and contains at least 24 carcinogenic chemicals. Spit tobacco often creates unwanted hazardous waste and byproducts, which require disposal by campus maintenance staff. A dip of smokeless tobacco typically contains three to five times more nicotine than a cigarette. Smokeless tobacco use is often a precursor to cigarette use.

**Why is cannabis included in this policy? Isn't it now legal in New Jersey?**

While individuals over the age of 21 are able to purchase cannabis in NJ, cannabis is a Schedule I Controlled Substance under federal law, defined as the parts, products, and

derivatives of the plant Cannabis sativa, indica, ruderalis and hybrid strains, including medical cannabis.

Consuming any cannabis item available for lawful consumption (including by smoking, vaping, or aerosolizing) is prohibited in any area of any building, on the grounds of, or in any facility owned, leased, or controlled by Rowan University, regardless of whether the area or facility is indoors or outdoors. To comply with federal laws, including the Drug Free Schools and Communities Act, drugs including the possession or use of cannabis are not allowed.

**Is the University requiring that people quit tobacco products?**

No. The University’s policy states that smoking and tobacco use will not be allowed on University grounds. For those who choose to quit the use of tobacco products, the University provides support through various tobacco cessation programs.

**What will Rowan do to help employees and students who want to quit using tobacco?**

Overcoming nicotine dependence can be extremely difficult. But help is available to support tobacco users who wish to quit. The University is partnering with Inspira to provide ongoing tobacco cessation support to the members of the community to ensure that the benefits of the new policy are maintained. Additionally, the NJQuit line offers free nicotine replacement and NJ WELL offers employees coaching and incentives to quit.

**Inspira Tobacco Quit Center**

<https://www.inspirahealthnetwork.org/services-treatments/smoking-and-tobacco-quit-center>

- 866-440-5137

**NJ Quit Line**

<https://www.njquitline.org/>

- 1-866-NJ-STOPS

**NJ Department of Health, Office of Tobacco Control and Prevention**

<https://www.nj.gov/health/fhs/tobacco/>

Students may take advantage of Inspira’s resources, the NJ Quit Line or call the Wellness Center to speak with a counselor about options to quit nicotine or cannabis at **856-256-4333**.

**What questions should I ask my insurance company to find out whether nicotine replacement therapies are covered under my plan?**

Due to recent changes in insurance plan coverage and the Affordable Care Act, many individuals are discovering that their insurance plans cover the cost of prescription and over-the-counter cessation products with minimal or no out-of-pocket costs. We encourage you to contact your insurance plan provider to better understand your coverage. Here are a few guiding questions to help you with that discussion:

- Does my insurance plan cover the cost of any prescription nicotine replacement therapies or tobacco cessation products? Which ones? How much of the cost will be covered?
- Does my insurance plan cover the cost of any over-the-counter nicotine replacement therapies or tobacco cessation products? Which ones? How much of the cost will be covered?
- Do I need a prescription for over-the-counter options to ensure the insurance plan will cover the cost?

### **What are the borders of the tobacco-free environment?**

The legal property lines of all University facilities constitute the boundaries of the smoke- and tobacco-free environment. This includes any area of any building, parking areas, on the grounds and wooded areas, or in any facility owned, leased, or controlled by the University, regardless of whether the area or facility is an indoor place or is outdoors. Sidewalks adjacent to local, county or state roads are public property and not a part of Rowan University.

### **Can I smoke in my personal car?**

While smoking is not allowed in parking lots or Rowan affiliated parking areas, you may smoke inside your personal vehicle. Any litter produced must be disposed of in a trash receptacle.

### **Does the policy prohibit me from bringing cigarettes or other tobacco products to a Rowan facility?**

No. Only the actual or apparent use (e.g., 'smoking' an unlit cigarette) of such products on campus is prohibited.

### **How will the smoke- and tobacco-free policy be enforced?**

Based on the guiding principle of respect for all, an educational approach will be used to enforce this policy. We recognize that tobacco use is an addiction and the University will provide education, peer support and encouragement to those who wish to go smoke and tobacco free as we transition to a healthier campus environment.

Best practices suggest that these changes in culture can happen with everyone working to be respectful of the policy. Repeated abuse of the policy will be addressed through the Student Conduct Office for students and Human Resources for employees. Compliance can be achieved through consistent messaging and policy education.

### **How should managers/supervisors talk to employees about the policy?**

The policy is a quality-of-life issue for all members of the campus. Managers, deans, department heads, and supervisors should inform all employees of this policy and employees are expected to comply.

### **I supervise several employees who smoke. How will they manage under the new policy?**

Should they choose to do so, employees may use their allotted meal or break periods to go off campus to smoke. However, be sure to clarify that employees will not be given additional meal or break time for smoking.

**How will the University inform visitors about the tobacco-free campus?**

Through consistent messaging, University students, faculty, and staff will be informed about the policy and how they should alert visitors coming to campus. Signage will be prominently displayed at all entrances to the University as well as on the Rowan website. Admissions, along with other campus units, will add discussion of the policy to their agenda for tours and when they make visits off campus.

**What should I do if I see someone smoking on campus?**

You can say: "Are you aware that the use of tobacco products is not allowed? I ask you to please respect our policy. We appreciate your respect for our campus environment." There shall be no reprisal against anyone seeking assistance in enforcing this policy.

**Why should I comply with the smoke- and tobacco-free policy?**

Civility and respect for others are what guide us in establishing and maintaining a smoke- and tobacco-free campus. While this change may be difficult for tobacco users at first, we hope that all members of the University community will respect each other and the environment by adhering to our smoke-free policy.