

Q. How do I say “no” to second-hand smoke?

A. It’s understandable that it’s not easy to say no to second-hand smoke. You may feel hesitant or embarrassed to ask someone to stop smoking. But remember, their smoke affects your health and comfort. You have THE RIGHT to say no. Here are some suggestions to approaching someone who is smoking:

When someone smokes in an area where smoking is not allowed, say...

“Maybe you didn’t know, but smoking is prohibited in this area according to the new UH policy.”

When someone smokes near you, say...

“Could I ask you a favor? Would you please move down wind from me? Your second-hand smoke is bad for my health.”

If your friends or family members smoke around you, say...

“I know it is hard for you not to smoke because cigarettes are very addictive. But, I care a lot about my health. Could you please not smoke around me?”

Q. I am a smoker. How does the new policy affect my smoking?

A. The policy clearly states where smoking is not allowed. As long as you avoid the areas specified in the policy, you are still able to smoke.

However, as you already know, smoking is very harmful to your health. Studies show that smoking control policies like this one can actually help smokers quit or reduce smoking. Perhaps you might take this opportunity to think about quitting.

As part of the new policy, UH will provide services to faculty, staff, and students who are interested in quitting smoking and need help. If you are interested in finding out more about the cessation services on your campus, please visit <http://www.hawaii.edu/smokingpolicy>.

Other Frequently Asked Questions and Answers

Q. Why regulate smoking outdoors? Wouldn’t smoke disappear quickly anyway?

A. Unfortunately, two factors in Hawai’i make outdoor smoking particularly problematic: warm temperatures and trade winds. Smoke rises when a plume is hotter than the surrounding air, and in Hawai’i’s warm atmosphere, cigarette smoke—which quickly cools—rises and then descends until the air is saturated with second-hand smoke. Trade winds also affect the rising of cigarette smoke. Higher wind speeds lead to less smoke rising, and smoke contaminants remain in the air to be inhaled by persons present and/or carried into nearby indoor areas.

These reasons make it important to limit the opportunity for smoke contamination in areas where individuals are required to be present or pass through as part of their job or education, as well as away from openings to indoor areas, including building courtyards and doorways.

Q. What’s the harm in letting individuals smoke in their own enclosed space?

A. Smoke travels. Open doors, space in doorframes, heating vents, and other airways allow smoke to travel outside the boundary of an individual’s room. Because environmental tobacco smoke, like asbestos, is a Class A carcinogen, any amount of exposure is harmful.

Q. Isn’t it a violation of a person’s rights to regulate their personal living space?

A. No. As owners of residential property, colleges and universities have the right to regulate use of the space and the way it is treated. Significant smoking-related damage, from extra cleaning to fires, harms property and costs money to repair. Most colleges and universities have specific guidelines for use of campus residences, including some that may seem minor and cause minimal damage, such as using tacks or adhesive tape on dorm walls. Banning smoking in rooms is one more facet of preventive maintenance. More and more landlords in the real world now only accept nonsmokers for this reason.

What You Should Know About Smoking on University of Hawai’i Campuses

An introduction to the UH Tobacco Products Policy and guidelines for smokers and non-smokers

Office of the Vice President for Administration and Chief Financial Officer

www.hawaii.edu/smokingpolicy

Key Provisions of the new UH Tobacco Products Policy

Effective January 2003, the University of Hawai'i system implemented a new Tobacco Products policy in an effort to improve the working and learning environment of the university, and protect faculty, staff, students, and visitors from secondhand smoke exposure while on University of Hawai'i campuses.

According to the policy, smoking is prohibited in the following areas:

- a) All interior space owned, rented, or leased by the university;
- b) In building courtyards, breezeways, and terraces, on exterior stairways and access ramps, and outdoor dining patios, terraces, and lanais;
- c) Within 20 feet of building entrances, exits, air intake ducts, vents, and windows of buildings that are not air-conditioned;
- d) Within 50 feet of designated pick-up and drop-off points for campus and public bus transportation;
- e) Within the gates of the university's outdoor sports and performing arts stadiums and arenas, including walkways, corridors, and seating areas; and,
- f) Any area that has been designated by the person having control of the area as a non-smoking area and marked with a no smoking sign.

The University of Hawai'i aims "to create positive, healthful, resource efficient, and sustainable physical environments on the campuses of the University that enhance the psychological well-being of the students, employees, and community members"

UNIVERSITY OF HAWAII SYSTEM STRATEGIC PLAN, 2002

Do you have a question about the policy not answered here? Find more frequently asked questions and answers by visiting the university's web site on the policy—<http://www.hawaii.edu/smokingpolicy>.

In addition:

- All university residences will become smoke-free by the start of the 2004–2005 academic year (residences will be 80 percent smoke-free by the start of the 2003–2004 academic year).
- All advertising and sales of tobacco products on university campuses are prohibited (except for the sale or free distribution of non-university supported magazines and newspapers that incidentally contain tobacco product advertising).
- The distribution of samples of tobacco products or coupons redeemable for tobacco products on university campuses is prohibited.
- The sponsorship of campus events or campus organizations by tobacco industry or tobacco promoting organizations is prohibited.
- On-site tobacco product cessation guidance will be made available to assist and encourage individuals who wish to quit. Supervisors may authorize employees who wish to avail themselves of such on-campus programs to do so without any loss in pay.

This policy applies to the entire university community, including faculty, staff, students and visitors. The Office of the Vice President for Administration and Chief Financial Officer is responsible for implementation of and compliance with the policy.

For prompt and appropriate response at the various UH campuses, administrators will designate an office to handle inquiries and complaints relating to the policy at their campus.

For contact information at a specific campus or additional details about the policy, visit <http://www.hawaii.edu/smokingpolicy>.

The following questions and answers provide background information on the importance of the policy as well as some guidance for smokers and non-smokers.

Q. Why is UH adopting this new policy?

A. Second-hand smoke has been classified by the United States Department of Health and Human Services as a known human carcinogen to which there is no safe level of exposure. It contains over 4,000 chemicals, of which more than 40 are known or suspected carcinogens. Any level of exposure to these carcinogens could lead to negative health outcomes. Moreover, second-hand smoke has been shown to have a direct effect on cancer rates.

Recent research shows that second-hand smoke is the third leading cause of preventable death behind smoking and alcohol, and the cancer mortality from second-hand smoke alone exceeds the combined mortality from all regulated environmental carcinogens.

The harmful effect of second-hand smoke goes beyond long-term risks as well. People in our community are being directly affected in their daily experiences on campus. For example, a recent survey revealed that 28% of UH faculty and clerical employees suffer from asthma or other allergies affected by second-hand smoke exposure on our campuses.

It is the responsibility of universities to protect their students, faculty and staff from second-hand smoke, and with this knowledge, universities around the country have and are taking steps to provide this protection.

Q. I am not a smoker. Why should the current policy concern me?

A. Each year, 3,000 nonsmokers in the United States die from lung cancer alone caused by second-hand smoke. Second-hand smoke is also linked to cancer of the nasal cavity, cervix, breast, and bladder. Also, for pregnant women or women currently nursing infant children, second-hand smoke exposure has been shown to pass through the mother's body and harm their children. These issues affect many on our campuses besides smokers. Everyone has a right to a smoke-free environment, and you should take an active role in protecting your health by saying no to second-hand smoke.