

# Briefing Note: Planning for a Smoke-free Campus

## Prepared for the UBCO Principal's Executive Committee

Joan L. Bottorff, Carleigh Benoit  
and the UBCO Standing Committee on Tobacco and Cannabis

### 1. The Vision: UBCO as a Smoke-free Campus

The *UBCO Tobacco and Cannabis Standing Committee* met on August, 17, 2020 and recommended that a proposal be developed for the UBCO Executive to outline what would be required if that group decides that the campus would begin the process of gaining approval of a policy and implementation plan to adopt a 100% smoke-free campus by September 1, 2022 or a later date to be determined. Becoming 100% smoke-free encompasses all products that can be smoked including tobacco, vaping and cannabis. On the UBCO campus smoking is only permitted in six designated smoking gazebos. Current smoke free areas include university buildings, residences and vehicles as well as public spaces such as sport fields.

When the campus opened in 2005, designated tobacco smoking areas (gazebos) were in place and located on the periphery of the campus. With UBCO's rapid growth, there are now six gazebos on campus, many of which are no longer on the periphery. Following revisions of Policy SC2, Smoking/Vaping Policy in February 2019 to permit cannabis smoking on campus three of the six gazebos were designated for smoking tobacco, cannabis, or vaping; the remaining three gazebos were designated for smoking tobacco-only. The expansion to a 100% smoke free campus:

- a) is directly in line with UBC's ongoing effort to support a healthy, productive, respectful environment in which to work, learn, and live, and
- b) builds on consistent efforts to reduce smoking on campus by raising awareness of the risks of smoking, increase access to cessation resources and support, and engage the campus community in discussions about a smoke-free campus.

The Committee recommends that a campus-wide working group be formed and provided the mandate to develop a roadmap to implement a smoke-free campus policy. The group will include representation from students, faculty, staff and other key campus partners such as Health, Safety and Environment, Security, Human Resources, Health and Wellness, International Students Advising, and bargaining unions in addition to community partners such as Interior Health, City of Kelowna, Kelowna Fire Department and representatives of our regional transportation system.

UBCO recognizes the unique relationship that many Indigenous cultures have with traditional and sacred medicines such as tobacco, sweet grass, sage and cedar, among others. As such, exemptions to the policy will be granted to campus members for the burning of these medicines as part of Indigenous cultural and spiritual practices. In addition, representatives of the indigenous community will be consulted as leaders for this proposal as traditional stewards of the land.

## 2. UBCO Campus: Background

UBCO's enrollment in September 2019-20 was approximately 10,708 students, comprised of 9,643 undergraduates and 1,065 graduate students. Among UBCO's undergraduate students 17% were international students and 7% of the graduate student body were from international designations. Approximately, 16% of students lived on campus. Additionally, approximately 1,570 faculty and staff work across our campus. The UBCO campus has 46 buildings and is situated on 209 hectares of land. In 2018, the *UBCO Tobacco and Cannabis Standing Committee* was established by the DRT, initially to be chaired by Ian Cull (former AVP Students) for the first year, and then Gillian Henderson (Executive Director - Human Resources) for year two. UBC's current smoking policy differentiates between both the Vancouver and Okanagan campuses. In the Okanagan responsibility of designating No Smoking Areas is held by Campus Planning and Development.

*"At the UBC Okanagan campus, all outdoor areas other than smoking gazebos will continue to be designated as non-smoking areas...It is important to note that "Residential Premises", is defined by section 6.4 of Policy SC2 to include both student housing and market housing. These are excluded from the smoking prohibitions of the Policy. Any smoking prohibitions within Residential Premises would be addressed through the individual leases for such premises. For example, as previously discussed, the smoking prohibition in students residences is created through the residence leases and not directly through Policy SC2. Policy SC2 specifically enables the creation of designated "no-smoking" areas where neither tobacco nor cannabis can be smoked or vaped, which allows a tailored approach to be taken in different parts of the UBC Okanagan and UBC Vancouver campuses".*

### **Members of the *UBCO Tobacco and Cannabis Standing Committee* (in 2020):**

Gillian Henderson (Chair, Director - Human Resources)  
Roger Wilson (Director - Health and Wellness and co-lead Campus Health)  
Shannon Dunn (Director - Business Operations)  
Carleigh Benoit (Manager - Workplace Health and Wellbeing)  
Shelley Kayfish (Director - Campus Operations & Risk Management)  
Dale Mullings (AVP Students)  
Melissa Feddersen (Wellbeing Specialist)  
Joan Botorff (co-lead, Campus Health; Professor, School of Nursing)  
Lauren Airth (Campus Health Specialist)

### **2.1 Data related to smoking and cessation services available to UBC campus community**

2.1.1. Based on recent CCWS data the tobacco use rates among UBCO students participating in this survey (n=790):

- All students: 2% (12) daily smokers, 4% (33) smoke but not everyday; 5% (41) stopped smoking, 82% (646) never smoked
- International (only): 3% (4) daily smokers, 5% (7) smoke but not everyday; 7% (11) stopped smoking, 75% (112) never smoked

- Domestic (only): 1% (8) daily smokers, 4% (26) smoke but not everyday; 4% (30) stopped smoking, 83% (534) never smoked

### 2.1.2. Based on recent CCWS data e-cigarette/vaping use (during the past 30 days) among UBCO students participating in this survey (n=790)

- All students: 9% (70) daily/almost daily, 4% (33) at least once/wk; 5% (39) at least once in past 30 days, 9% (72) Not in past 30 days but from time to time, 82% (646) never
- International (only): 5% (8) daily/almost daily, 1% (1) at least once/wk; 4% (6) at least once in past 30 days, 3% (5) Not in past 30 days but from time to time, 85% (127) never
- Domestic (only): 10% (62) daily/almost daily, 5% (32) at least once/wk; 5% (33) at least once in past 30 days, 10% (67) Not in past 30 days but from time to time, 69% (442) never

### 2.1.3. Smoking Cessation Services

Students can contact Health and Wellness to get advice about smoking cessation, and are provided appropriate resources and a follow-up if requested. Staff and faculty can access smoking cessation services through Shepell's Employee and Family Assistance Program (EFAP), in addition to Extended Health Benefits. Free smoking cessation aids are available to BC residents through the BC Ministry of Health, and QuitNow offers free smoking cessation support across the province to BC Residents.

## 2.2 What activities related to smoking on campus have already taken place?

- Student-led Annual One Day Stands - to encourage a tobacco-free day (first one was held in Nov 2017)
- The Campus Health Voice team began posting information about smoking cessation resources in framed notice boards in gazebos beginning in 2017
- Briefing Note on Smoke-free Campuses presented to UBC Wellbeing Steering Committee (Feb 9, 2018) and UBC Executive (May 9, 2018). <http://campushealth.ok.ubc.ca/smoke-free-campuses-briefing-note/>
- Annual student-led activities to raise awareness during National Non-smoking Week & World No Tobacco Day began in 2018
- Scoping review to identify strategies used to establish smoke-free campuses (March 2018)
- Student-led consultations with campus stakeholders re: smoke-free campus (May- Aug, 2018)
- Gazebo observations (Oct-Nov, 2018) with follow-up report to UBCO Operations (Dec 2018)
- Smoking Culture dialogue project (Dec 2018 to March, 2019; funded by BC Lung). The full report can be accessed here: <http://campushealth.ok.ubc.ca/smoking-and-ubc-okanagan/>
- Presentation to DVC Leadership Team in Feb 2019
- Presentation to UBCO Health and Safety Committee (March 2019)
- Smoking cessation resources for students have been enhanced (e.g., quit kits, free samples of NRT in residence, free smoking cessation aids for students who are not eligible for BC's free cessation aids)

- Information about smoking cessation resources/support for staff and faculty included in orientation programs, e-newsletters, etc.
- Vaping education activities 2019-2020 to raise awareness of risks of vaping (supported by Health Canada grant)

### **2.3. Overview of what Campus Health heard at UBCO in Consultations and Dialogues**

- For the health and wellness of everyone on campus preventing exposure to second-hand smoke needs to be a priority.
- Restricting smoking to designated areas is helpful but does not prevent exposure to second-hand smoke completely.
- Those who smoke tobacco, cannabis or vape do so for different reasons and prefer to not be exposed to other types of smoke or vape.
- There is strong support for provision of cessation resources for individuals wanting to quit smoking or manage cravings while on campus.
- There is concern that policy changes may result in unsafe smoking habits (e.g., smoking in wooded areas or smoking inside).
- A phased-in approach to a 100% smoke-free policy will increase buy in and allow people to prepare for the change.
- There is support for being inclusive in further discussions about a smoke-free campus.

### **2.4 Reasons for supporting a smoke-free campus policy at this time** (also see Appendix 1)

- Supporting the development of environments that enhance wellbeing across students, faculty and staff is at the core of UBC's Strategic Plan, UBCO's Campus Plan and the UBC wellbeing initiative.
- There have been significant changes at UBC to protect the health and safety of students, staff and faculty related to COVID. This context provides an opportunity to transition to a smoke-free campus and provide a healthy environment for everyone.
- There are additional risks of smoking and vaping in the context of COVID-19.
- We can benefit from the experiences of other campuses that introduced smoke-free policies.
- There are resources available to support smoking cessation and provide accommodation when needed.

## **3. Proposed Plan and Timeline**

### **Phase 1: Fall 2020/Winter 2021**

- Seek UBCO Executive provisional approval and support for plan
- Following provisional approval, the sub-committee will refine plan and timeline for a smoke-free campus
- Continue consultation with students, faculty, staff and the unions. These consultations will include members of diverse campus groups and consider their needs and perspectives related to the policy, its implementation and communications.

- Following the consultation a more detailed plan for becoming a smoke-free campus will be developed, taking into account the concerns and issues raised through the consultation process. This plan will need to be approved by the Okanagan Executive, and the UBC Executive before proceeding further as amendments to Policy SC2 will require Board approval.
- Work with the Office of the University Counsel (OUC) to secure an updated legal opinion on the Universities obligations to accommodate addictions, such as addiction to nicotine
- Work with the OUC to establish a timeline for the review and amendment of policy SC2
- Establish a working group of stakeholders, that intentionally includes representatives from the campus community to thoughtfully plan and implement the initiative, taking into account issues that have been raised during consultation.
- Engage community stakeholders: BC Transit, City of Kelowna, Kelowna Fire Department (KFD), Interior Health Authority, and Action on Smoking and Health (ASH).
- Recruit a project coordinator

*Proposed Working Group for a Smoke-free Campus*

Project Coordinator  
University Relations  
Campus Health  
Health and Wellness  
Security  
Campus Planning and Development  
Residence Life  
UBC Wellbeing (HR and Students)  
Student reps

## **Phase 2: Spring 2021**

- Secure approval of the UBC Executive for the initiative and the revised plan.
- Develop draft policy, include procedures and ownership of enforcement, detailed implementation plan, and communication strategy. Key stakeholders and representatives of diverse groups will be invited to provide Input into the planning for implementation and communication strategies. These meetings will:
  - inform members of the campus community about how the decision to become smoke-free occurred;
  - provide information about the implementation/communication processes; and,
  - solicit input to help make these processes as collaborative as possible
- Enhance resources to support smoking cessation (e.g., cessation resources, cessation counselling, free gym passes, quit kits, free NRT, online resources etc.). These resources need to be easily accessed and freely available to students, staff and faculty.
- Invite UBCO community to comment on draft policy, convene stakeholders to consider feedback, and review with the executive.

- Work with the OUC on the process of SC2 policy review and changes to enable the campus to become smoke-free.

### **Phase 3: Summer 2021**

- Seek Board approval for the initiative and policy change.
- Develop key messages to prepare the campus community for the transition to a smoke-free campus, and determine how these will be communicated to students, staff, and faculty.
- Prepare advance communications to announce the goal of becoming smoke free, including the rationale and FAQs.
- Redesign recruitment material for future students, staff and faculty to include information about smoke-free campus as well as availability of smoking cessation supports and resources (Note: Preparation of materials for a recruitment cycle in a typical year begins in March so they are ready for printing and use in August to begin recruiting UG students for admission the following academic year). In addition, this information will be made available to contractors and visitors to the campus.
- Reduce the number of gazebos from 6 to 3.

### **Phase 4: Winter Session 2021-22 and Spring/Summer 2022**

- To prepare for smoke-free campus implementation, an awareness and education campaign will inform the community about the new designation and its implications for campus members and visitors to campus. A website will be launched, and will include a FAQ section and access to a list of available tobacco cessation resources.
- Implement strategies to continue to strengthen smoking/vaping cessation and availability of resources and support
- Review current signage and strengthen signage placement strategy. Considerations include type, size location and number of signs for each building or “hotspot” on campus.
- Consult with Fire Department re: strategies for mitigating fire risk (e.g., at perimeter with signage etc.)
- Remove remaining gazebos during spring/summer session.
- Clear signs are in place re: smoke-free campus
- Promote smoke-free campus using a combination of media sources such as signage, websites, brochures, social media, closed-circuit TV, etc.
- Plan monitoring and evaluation strategies.

### **Phase 5: Winter Session 2022-2023**

- The Smoke-free Policy comes into effect September 1, 2022 or at a later date to be determined
- Student ambassadors are trained and provide handouts in the form of business cards to facilitate education and support enforcement of smoke-free areas (with reminders). The cards will be given out to individuals who breach the policy. The card will include information

about resources to manage cravings while on campus, and smoking cessation services and support. Samples of NRT (gum, mouth spray) can be provided with info cards.

- Monitor and evaluate the policy (e.g., of key indicators include compliance by user groups, perceptions of enforcement, reduction of complaints, reports by campus security, etc.)

#### 4. Outstanding issues and challenges that need to be addressed

##### 4.1 Leadership for implementation and promoting compliance:

- a. What person/stakeholder group will champion the initiative (e.g., steering committee)?
- b. Who will be responsible for supporting compliance and how will it be carried out such as appropriate signage, removal of smoke-related waste from campus grounds, etc.
- c. Who will be responsible for education and offering smoking cessation support?
- d. How will residence compliance be supported?

##### 4.2 How will we establish partnerships with BC Transit, IH, etc; how will compliance on the transit loop be managed?

##### 4.3 Establishing how students, faculty and staff with an addiction to nicotine will be accommodated

##### 4.4 What will be the impact on international recruitment?

##### 4.4 How will information be communicated to staff and students (e.g., to ensure all staff and new students are provided information about the policy at the onset of each new semester, recruitment activities, and during orientation)

##### 4.5 How will information be communicated to external event hosts, contractors, campus visitors?

##### 4.6 How will implementation of the policy be monitored and evaluated? What will be key indicators of success?

##### 4.7 Can fire risks be mitigated through management and education of fire risks.

##### 4.8 There will be resource implications in order to implement this change, it is envisaged the following resources will need to be established:

- Project Coordinator post project approval (1-2 years .5FTE)
- Funding for communication and physical changes (e.g., signage, etc) (one time)
- Enhanced resources for student smoking cessation (annual)
- Education and Resources Ambassador Programs (annual)



## 5. Next Steps

The UBCO Executive is asked to provide the following direction to the UBCO Tobacco and Cannabis Standing Committee:

- i. Is there a commitment to provisionally approving UBCO to be a smoke free campus, recognizing that significant additional consultation and planning will be needed before a final decision can be made?
- ii. If the decision is to move ahead what timeline do you suggest?
- iii. If the decision is not to move ahead, what recommendations do you have for the Tobacco and Cannabis Standing Committee?



## APPENDIX 1 - FAQs

### Why now?

- Smoking is the **SINGLE** greatest cause of preventable disease and death, killing about 45,000 Canadians each year.
- Smoking also affects non-smokers. ~1,000 non-smokers die from exposure to SHS in Canada/year. There is no known safe level of exposure to SHS.
- Virtually **no one** starts using tobacco after age 24, so the focus of tobacco prevention efforts must be youth and young adults.
  - Good news – in Canada current smoking has decreased to 15.8% and daily smoking to 10.9; in BC current smoking has decreased to 11% and daily smoking 6.7% (CCHS, Aug 2020)
  - More needs to be done to achieve the goal of 5% by 2025
- Vaping has increased among young people in Canada by 74% between 2017-2018.
  - Vaping products include nicotine that can lead to addiction and subsequent use of tobacco products, and renormalization of smoking behavior.
  - Bystanders can be exposed to vapour; the health effects to non-users are still unknown
    - Good news: BC's new regulations on the sale and marketing of vaping products will be in full effect by the end of the summer 2020.
- There are additional risks in the context of COVID
  - Smoking negatively impacts lung health and along with the physical act of smoking (bringing fingers to lips) may increase COVID-19 risk.
  - Smokers are more likely to develop severe disease with COVID-19, compared to non-smokers. (WHO, May 11, 2020)
  - Vaping has been linked to increased risk of being diagnosed with coronavirus (Gaiha et al., 2020).
  - Sharing cigarettes and vaping products also increases risk.
- In Canada, the number of 100% smoke-free campuses, including outdoors, has increased significantly in recent years.
  - Now at least 95 universities and colleges have adopted such a policy, and more in the process of doing so.
  - UBC is committed to promoting health and wellbeing for everyone on campus as demonstrated by being among the first to adopt the Okanagan Charter for Health Promoting Universities and Colleges and has established UBC Wellbeing enable actions toward this goal.



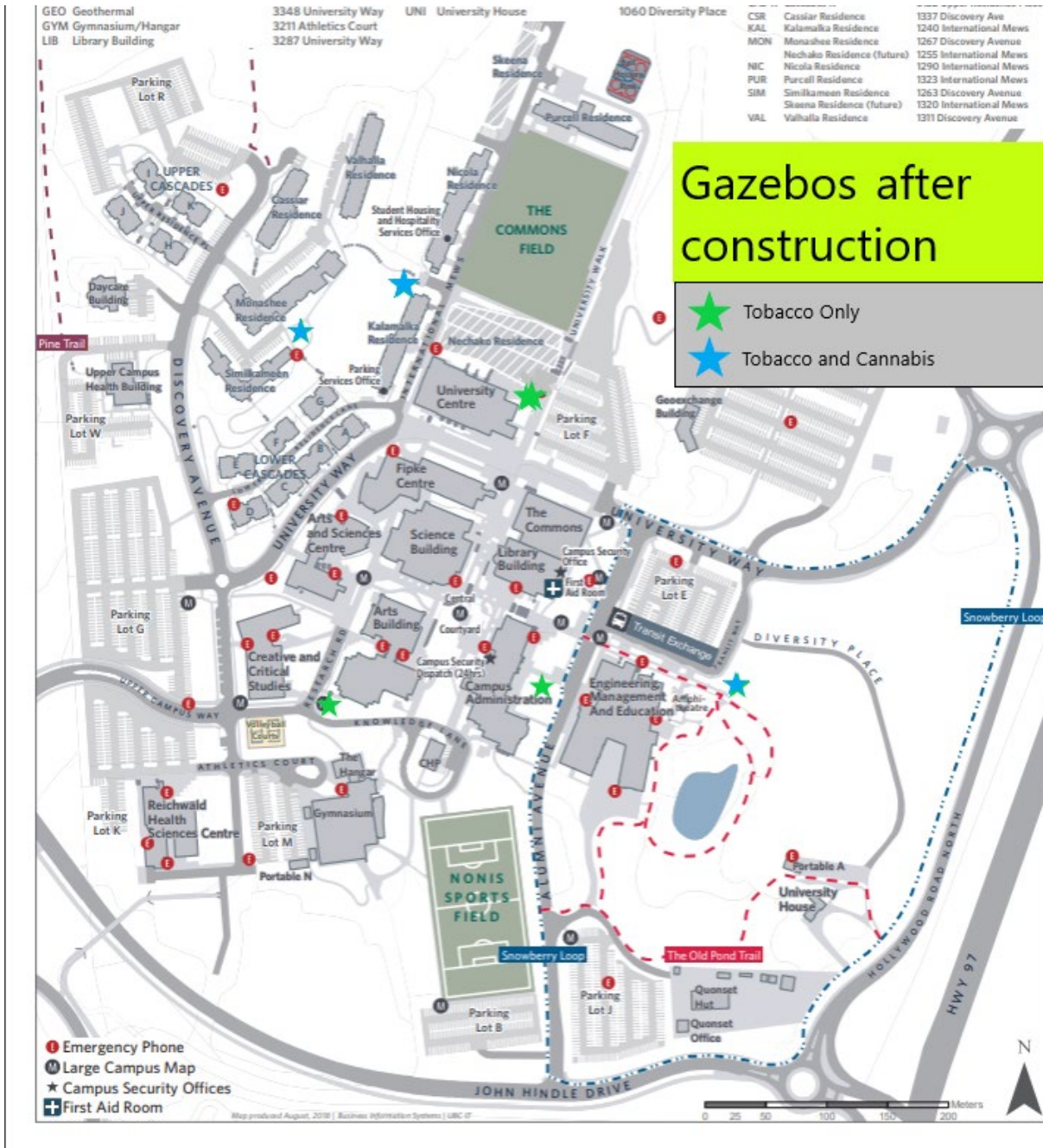
- There have been significant changes at UBC to protect the health and safety of students, staff and faculty related to COVID. This context provides an ideal opportunity to transition to a smoke-free campus.

## APPENDIX 2 - SUPPLEMENTARY INFORMATION

### 1. Examples of signage from other campuses



## 2. UBC Gazebo Locations



### Current Policy: Smoking gazebos and cannabis use at UBC Okanagan

As of October 17, 2018, smoking cannabis will be permitted in three smoking gazebos at UBC Okanagan:

**Gazebos in which cannabis smoking is permitted**

- East of the Transit Exchange and EME building
- Monashee residence gazebo (between Similkameen and Monashee)
- Kalamalka residence gazebo (Between Kalamalka and Nicola)

**Gazebos in which only tobacco smoking is permitted**

- East exit of the Administration (ADM) building
- Between the Arts (ART) and Creative and Critical Studies (CCS) buildings
- Temporary shelter north of the UNC building

These measures are consistent with UBC's revised Policy 15 on smoking. For health and fire safety reasons, smoking on university property is only allowed in designated smoking gazebos.

Campus Operations and Risk Management and Campus Health and Wellness will actively collect information about gazebo use from October 17 to the end of November 2018, and again in the spring of 2019, to further support the revised Policy 15.

## APPENDIX 3: UBCO Smoking Cessation Resources

Aspire - Student Assistance Program (ASP)	Student Health Insurance Plan Website - <a href="#">here</a>	Quit Now Website - <a href="#">here</a>	BC Smoking Cessation Program Website - <a href="#">here</a>
Details/Description			
<p>All UBC students have access to the UBC Student Assistance Program—a virtual wellness service that seeks to contribute to a resilient student community by providing personal counselling, life coaching, group programs and more, based on the student’s needs. The Student Assistance Program allows students to connect with qualified counsellors, consultants, and life coaches for a variety of issues. As a student at UBC, you're entitled to sessions delivered in person, by telephone, by video-counselling, or by e-counselling connected to smoking cessation. You may also be linked to other resources to assist with smoking cessation.</p> <p>Call the 24/7 helpline at 1-833-590-1328 from anywhere in North America for immediate crisis support. If you live outside of North America, call collect at 1-604-757-9734. You will be directly connected to a trained counsellor. <b>Log in</b> to the website <a href="https://www.advantageengage.com/1545/login_company_vip.php">https://www.advantageengage.com/1545/login_company_vip.php</a> and use UBCO as the student code and also, UBCO as the password. Instructions to download the mobile app, plus additional information on the program is available at</p>	<p><b>Brochure</b> for students is <a href="#">available</a> and goes over the costs covered. In reference to smoking cessation, psychologists are 100% covered (up to \$500 per policy year) and prescription drugs are 80% covered* (no limit per policy year).</p> <p>*Plan members covered by BC MSP must register for BC Fair PharmaCare. Once you reach your assigned deductible and maximum, Fair PharmaCare will pay 100% of your eligible drug costs.</p> <p>If you’re not registered, the AMS/GSS Plan will stop paying your drug claims once you reach the \$250 claims threshold</p> <p><b>International Student FAQ</b> – resource for international student questions is <a href="#">available</a>.</p> <p><b>Online</b> mental health resources <a href="#">Talk It Out!</a></p>	<p>QuitNow is a customized program that works because it’s built for you. Using evidence-based strategies that have helped thousands of British Columbians, your path to a smoke-free life starts with a personalized approach to quitting.</p> <p>QuitNow is the <b>free</b> quit smoking program of the Government of British Columbia, delivered by the British Columbia Lung Association.</p> <p><b>Call</b> 1-877-455-2233</p> <p><b>Live chat</b> is available <a href="#">Quitnow Chat</a></p> <p><b>Group Support</b> is available via phone 1-877-385-4099, access code: 4356609#</p> <p><b>Register Online</b> is available to <a href="#">create your online account</a> and support</p>	<p>100% cost of nicotine replacement therapy (NRT patches) up to 12 weeks/year.</p> <p>Contributes to the cost for prescriptions. Pharmacy eligible up to 12 weeks (84 continuous days) of</p> <p>Simply <b>visit</b> your local community pharmacy. BC pharmacist must sign a declaration form.</p> <p>*3 month waiting period for students/staff/faculty. Meaning they aren’t able to access this resource coverage.</p>



	<a href="https://students.ok.ubc.ca/health-wellness/student-assistance-program/">https://students.ok.ubc.ca/health-wellness/student-assistance-program/</a> .			
<b>Students (Dom)</b>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Students (Intern)</b>	<input checked="" type="checkbox"/> *for all UBC students anywhere in North America	<input checked="" type="checkbox"/> *some restrictions – refer to <a href="#">FAQ's</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Staff</b>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Faculty</b>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Visitors to Campus</b>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>