

Tobacco and Vape-Free Policy – Frequently Asked Questions

What does a tobacco and vape-free campus mean?

Smoking, vaping, and the use of smokeless tobacco products are strictly prohibited in all indoor and outdoor spaces, including parking lots at Wesleyan. This applies to all Wesleyan facilities owned or leased.

Why was smoking, vaping, and tobacco use selected versus other health risks to address?

Tobacco use continues to be a leading cause of preventable illness and death in the United States. Hazards of second-hand tobacco smoke are well known. Tobacco is the only product that, when used as intended, leads to serious illness and premature death (American Lung Association, n.d.).

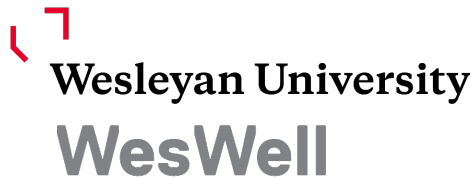
Who is affected?

This initiative applies to all students, faculty, staff, visitors, contractors, and other persons on campus, regardless of the purpose of their visit.

How will the initiative be enforced?

All members of the Wesleyan community share the responsibility to respect this policy. The goal of this initiative is to be educational, supportive, and engaging to encourage individuals who use tobacco and vape products to quit. Through continued peer support and voluntary compliance, the goal remains to foster behavior and culture change over time.





Are cannabis products included in the policy?

No, this policy only applies to tobacco and nicotine vape products. Other substances, including cannabis, would fall under the University's Alcohol and Other Drug Policy.

Why are vapes and ENDS (Electronic Nicotine Delivery Systems) included in the policy?

Establishing a comprehensive policy that includes all forms of tobacco and nicotine has better health outcomes and is more equitable. The policy consistently addresses health issues, because there is no safe form of tobacco or nicotine with the exception of nicotine replacement therapy.

Are there designated smoking areas on campus?

There are no designated smoking areas on our tobacco and vape-free campus.

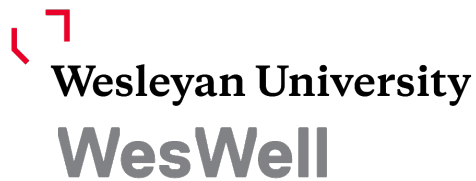
Why are there no designated smoking areas on campus?

This policy is intended to provide a healthy living, learning and working community. The policy will help to reduce health risks and reduce campus litter associated with tobacco use. This policy also helps to prepare individuals for careers, etc. in increasingly tobacco free work environments. Having designated smoking areas does not reduce health risks, campus litter nor does it help prepare individuals for careers in tobacco free work environments. Designated smoking areas also singles out individuals who use tobacco and puts an even greater stigma on those who use these products.

Does this initiative apply to Middletown-owned streets and sidewalks?

No. However, we do ask those who choose to smoke off campus to be considerate of our Middletown neighbors, dispose of cigarette butts and other litter appropriately, and be mindful of second-hand smoke.





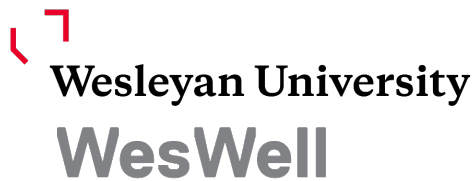
What about individuals who use tobacco and vape products who don't want to quit?

The Wesleyan Tobacco and Vape-Free Policy does not require individuals who use tobacco and vape products to quit; they can no longer use these products on campus. We are aware that nicotine is a highly addictive drug. We encourage individuals who use tobacco and vape products to prepare to address nicotine withdrawal symptoms during the work and school day, similar to what would be required when visiting other tobacco and nicotine free environments or when flying across the country. Nicotine replacement products, like gum, patches, mints, lozenges or inhalers are encouraged if needed. Many of these products are available to the Wesleyan community via WesWell, Davison Health Center and via your Wesleyan health insurance. WesWell may only be able to provide nicotine replacement therapy free of charge while grant funding is available. Following the grant period, WesWell will then offer nicotine replacement therapy at cost moving forward. WesWell will provide you with information and resources to help you quit or cut back on your tobacco or vape use.

Do other schools have policies like this?

Yes! As of July 2020, there are now approximately 2,511 100% smoke-free campuses. Of these, 2,076 are 100% tobacco free, 2,130 prohibit e-cigarette use, 1,141 prohibit hookah use, 504 prohibit smoking/vaping cannabis, and 571 explicitly include personal vehicles on campus in the policy protections (American Nonsmokers' Rights Foundation, 2020).





Isn't using tobacco a legal right?

While tobacco is a legal product for adult use (ages 21 and older), state law allows that universities may establish rules regarding tobacco use on their property. There is no “right” to smoke under either state or federal law. Court rulings maintain that tobacco users do not have the legal right to expose others to second-hand smoke, a Class A Carcinogen. In addition, prohibiting smoking and the use of tobacco and vape products on campus preserves everyone’s right to breathe clean, smoke-free air, while allowing adults who smoke and use tobacco/vape products to continue to do so off-campus. This policy supports the rights and privileges of both smokers and non-smokers.

Aren't vapes and ENDS safe?

No. A 2018 published study found 5 cancer-causing toxins in E-Cigarette vapor that is inhaled by the user and breathed out into the air others breathe (Rubinstein et al., 2018). Another study of approximately 70,000 individuals found that daily use of e-cigarettes can double heart attack risk for the user (Alzaharani, et al., 2018).

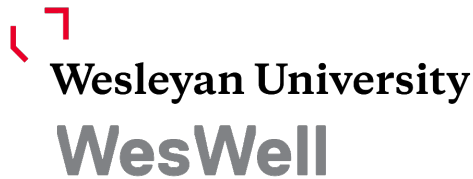
If I see someone using tobacco or vape products should I call Public Safety?

No, this is not a punitive policy. This policy is meant to be supportive and caring in its nature. All Wesleyan community members share the responsibility of complying with this policy through voluntary compliance and community support. The supportive and educational approach this policy takes will help bolster our community of care and set us up for a healthier living, learning, and working environment now and in the future.

Don't vapes and ENDS help people quit smoking and help people not smoke cigarettes?

No. A 2018 study has found that past month e-cigarette use predicts future cigarette use as users are up to 7 times more likely to smoke cigarettes later (Bold, et al., 2018). Vapes and ENDS are not FDA-approved smoking cessation products (U.S. Food and Drug Administration, 2019).





Do these policies really help?

Yes! According to the CDC, smoking bans and restrictions lead to a reduction in the amount of daily smoking among students and employees, and an increase in the number of individuals who stop smoking. Nicotine-free campuses and workplaces reduce the risk of developing heart disease and lung cancer due to second hand smoke exposure.

Will this policy negatively affect enrollment or employment?

In surveys of other colleges and universities that have established a nicotine-free policy, there has not been a decline in student enrollment nor applicants seeking employment. Surveys consistently show that most students would prefer to attend a school with a policy such as this in place. One early leader, Clark College in Vancouver, Washington, has seen enrollment increase every quarter since going tobacco-free in 2003. In addition, a nicotine-free environment will make our campus a more attractive venue for events attended by the public. As the public's expectation for environments free of second hand smoke continues to grow, community event organizers will favor nicotine-free campuses.


Is there cessation or quit support available?

Yes! Wesleyan recognizes that quitting tobacco and/or vape use can be a significant personal challenge, and that cessation programs are an integral component in implementing a tobacco and vape-free campus. To encourage and support individuals who use tobacco and vape products in their efforts to quit, WesWell offers comprehensive cessation resources for faculty, students, and staff. See below for more detailed information.

Resources for Students

- Individual cessation appointments with a Tobacco Treatment Specialist at WesWell
 - Create a quit plan and have support along the way.






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WesWell

- As you make progress in your quitting journey meet, with a Tobacco Treatment Specialist to evaluate your quit plan, prepare for any challenges and have support and incentives along the way
- Email weswell@wesleyan.edu to set up an appointment
- Nicotine replacement therapy (NRT)
 - Options at WesWell include: patch, gum, and lozenges
 - Contact September Johnson at WesWell at sfjohnson@wesleyan.edu or call 860-685-3027
 - CAPS and Health Services can provide prescriptions for additional forms of NRT
 - Free of charge while grant funding is available. Available at cost following the grant funding
- Quit kits
 - Contact September Johnson at sfjohnson@wesleyan.edu to request one
 - Stop by WesWell, Office of Health Education (287 High St) between 8:30-4:30 to pick one up!
- Tobacco eCHECKUP TO GO
 - This program is designed to motivate individuals to reduce their tobacco consumption by applying personalized information about their own use and risk factors. It addresses all forms of nicotine.
 - <https://interwork.sdsu.edu/echeckup/tobacco/campus/Wesleyan>
- Mindful Wes
 - Mindful Wes aims to bring conscious awareness to ourselves, our community, and our environment by offering spaces to learn and practice meditation.
 - MindfulWes.wordpress.com
- Peer-to-Peer Support Group
 - If you are interested in a peer to peer support group please contact sfjohnson@wesleyan.edu to be added to the support group list.
- Information and resources





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WesWell

- Need some tips or tricks to help support you or a friend?
- Have questions about the policy?
- Want some more research on these topics?
- Additional resources and more are available by request by emailing sfjohnson@wesleyan.edu

Resources for Faculty and Staff:

- Information and resources
 - Requests can be made to WesWell at weswell@wesleyan.edu
- The Employee Assistance Program
 - Call toll-free 24/7 at 1-800-854-1446 (multi-lingual) or visit www.unum.com/lifebalance
- Nicotine eCHECKUP TO GO
 - Online program to help individuals reduce their tobacco consumption by applying personalized information about their own use and risk factors. It addresses all forms of nicotine use.
 - <https://interwork.sdsu.edu/echeckup/tobacco/campus/Wesleyan>
- Quit kits
 - Contact September Johnson at sfjohnson@wesleyan.edu
 - Stop by WesWell, Office of Health Education (287 High St) between 8:30-4:30 to pick one up!
- Nicotine Replacement Therapy, on an as-needed basis
 - For example, forgot your NRT gum at home during your shift
 - Free of charge while grant funding is available, available at cost following the grant funding
 - Contact September Johnson at WesWell at sfjohnson@wesleyan.edu





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- Employees on the University-Sponsored health insurance should utilize their insurance benefit for cessation services
 - Be on the lookout for Success@Wes courses to guide you through your covered benefits!
- Wellness points
 - Starting in January 2022, smoking cessation will be added to the Human Resources Wellness Points Program, you can quit smoking and earn points!
- Incentive program
 - WesWell will host an incentive program for members of our community making strides in their quitting efforts. Through this program you will have a chance to earn prizes and gift cards as you go through your quitting journey.

