

UCLA Goes Tobacco-Free

On April 22, 2013, UCLA will go completely tobacco-free, and the use of cigarettes and all tobacco products will no longer be permitted on the main campus or other UCLA properties.

Why? UC President Mark Yudof charged all UC campuses to go smoke- and tobacco-free by January 2014 to save lives and improve the health of our community.

As a leader in health and health care, as well as environmental research, policy, practice and education, UCLA has a responsibility to demonstrate leadership in reducing tobacco use and secondhand smoke exposure for our students, faculty, staff and visitors. Going tobacco-free supports the goals of our Healthy Campus Initiative in contributing to the health and wellness of our entire community. This policy is about creating a healthy environment for the thousands who learn, work, live and spend time at UCLA.

Curbing tobacco use and reducing exposure to secondhand smoke are vital to reducing tobacco-related diseases, suffering and death. According to reports by the U.S. Surgeon General and others, there is no safe level of exposure to environmental tobacco smoke, which is capable of causing cancer. Creating a safe environment for our students, faculty and staff is our priority.

The U.S. Department of Health and Human Services recently called for smoke- and tobacco-free policies at all universities across the United States. UCLA will join more than 1,000 other colleges and universities that are smoke- or tobacco-free. See the full list at www.nosmoke.org/pdf/smokefree_collegesuniversities.pdf.

Who? This affects everyone on UCLA property, including students, faculty, staff and visitors.

What? The policy covers the use of all tobacco products, including cigarettes, cigars and smokeless tobacco, as well as electronic cigarettes.

Where? Tobacco use will be prohibited everywhere on campus and at properties owned or leased by UCLA. There will be no designated smoking areas. We ask that tobacco users be respectful of our neighbors and not congregate or litter on their property.

When? UCLA goes tobacco-free on April 22, 2013, Earth Day, to underscore the negative effects tobacco has not only on our health but on our environment.

Cigarette butts are responsible for over a third of California's litter.

How? Enforcement will initially be educational. All students, faculty, staff and visitors are expected to abide by current policies.

Will there be support for quit efforts? All tobacco users who want to quit are encouraged to call the free **California Smokers Helpline at 1-800-NO-BUTTS**.

Tobacco users who wish to quit also can obtain free nicotine-replacement therapy kits (NRTs). Students can receive these at the Ashe Center, where counseling and tobacco-cessation support will also be available. Staff and faculty can obtain these products at the Occupational Health Facility in the Center for Health Sciences. A signature and ID are required to receive NRTs.

What can I do? If you see someone using tobacco at UCLA, you can politely let them know that UCLA is a tobacco-free campus and ask them to please refrain. Possible approaches include: "Did you know that UCLA is now tobacco-free? Could you please dispose of that cigarette/tobacco product?" or "UCLA is now a 100 percent tobacco-free campus. Please don't smoke/use tobacco here."



To view the policy and for more information, please see the UCLA Tobacco-Free website at www.tobaccofree.ucla.edu. Please send any questions to tobaccofree@ucla.edu.