

Tobacco-Free UK:

A Healthy Place to Live, Work and Learn

Frequently Asked Questions: Students University of Kentucky's Tobacco-free Policy

- **When did the tobacco-free policy go into effect for the entire campus?**
November 19, 2009 in conjunction with the American Cancer Society's Great American SmokeOut.
- **What is the main reason for the tobacco-free policy at UK?**
The University of Kentucky has a vital interest in maintaining a safe and healthy environment for our students, employees, patients and visitors. The science is clear: the use of tobacco products constitutes a significant health hazard. Smoking is the single most preventable cause of death in the U.S. In fact, Kentucky spends over \$1 billion per year treating people who get sick from using tobacco products. In addition, tobacco use is a serious safety concern and has been specifically listed as a contributing factor in a number of university facility fires across the nation, many of which have resulted in fatalities or major damage.
- **What does tobacco-free mean?**
Smoking or use of any tobacco product is not permitted in any building, facility, parking areas, and personal vehicles on the grounds of the University of Kentucky.
- **Who is affected by this policy?**
The policy applies to every person who comes to the University of Kentucky campus, including students, faculty, staff, visitors, contractors, service representatives, volunteers, and alumni.
- **What tobacco products are prohibited by this policy?**
Tobacco products include, but are not limited to, cigarettes, electronic cigarettes (e-cigarettes, vape pens, e-pens), chew, pipes, cigars, hookah or waterpipe smoking, snuff, and snus.
- **What areas of the University of Kentucky campus are included in the policy?**
The entire University of Kentucky campus including UK HealthCare buildings and grounds are included. This includes all owned, operated, leased, occupied, or controlled University buildings and structures, grounds, parking structures, enclosed bridges and walkways, sidewalks, streets, parking lots, and vehicles, as well as personal vehicles in these areas.
- **Can I use tobacco products in the parking garages or shuttles?**
No. The policy prohibits use of tobacco products in all University of Kentucky parking structures, parking lots, or shuttles serving the University of Kentucky.

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■ **Can I use tobacco in my personal vehicle?**

No. Tobacco use is prohibited in personal vehicles while they are on UK's property including in all parking areas, both inside and outside of vehicles.

■ **What about streets and sidewalks not owned by University of Kentucky?**

For those sidewalks adjacent to streets not controlled by the University, we ask that individuals respect the pedestrians and our efforts to provide a healthier environment by refraining from tobacco use on those sidewalks. University of Kentucky boundaries can be found on the [map on our website](#).

■ **Do students, employees and visitors have to quit using tobacco?**

No. The university is not asking anyone to quit. This policy simply means that no one can use tobacco products on the University of Kentucky campus. To alleviate common cravings and to feel more comfortable while on campus, tobacco users may purchase nicotine gum and/or patches at low cost at University of Kentucky convenience stores, pharmacies, and hospital gift shops.

■ **Are other universities tobacco-free?**

Yes. As of July 2014, there are 1,372 other United States colleges and universities with tobacco-free or smoke-free policies covering the entire campus, indoors and out.

■ **Why are there not designated smoking areas on campus?**

The goal is to make University of Kentucky a healthy place to live, work, and learn. Designated areas don't support the goal of the policy: to promote a healthy environment.

■ **How can UK justify prohibiting smokeless tobacco when it does not give off secondhand smoke?**

Smokeless tobacco products are harmful and are not a safe alternative to smoking. All tobacco users face health-related injuries and preventable diseases (i.e., oral cancers). More than \$1 billion per year is spent on treating people who get sick from using tobacco products in Kentucky. The use of tobacco products leads to premature death and chronic, debilitating disease, and UK is taking the lead on creating a healthier Kentucky.

■ **How is the policy enforced?**

This policy is enforced like any other student conduct/employee regulation violation. Undergraduate or graduate students who violate the policy are reported to the Dean of Students. Students who violate the policy in student housing areas are reported to the Office of Residence Life. Students who violate the policy are subject to corrective action according to the applicable disciplinary code (i.e., the Student Code of Conduct and/or the Health Care Colleges Code of Student Professional Conduct). Repeat violators are subject to fines and tobacco education classes, as determined by the Dean of Students.

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■ **What is UK's Tobacco-free Take Action! (TFTA!) Ambassador Program?**

TFTA! was developed Spring 2011 to encourage an environment of compliance on University of Kentucky's tobacco-free campus. Spring 2012, part-time Ambassadors were hired to promote compliance with the policy. Ambassadors are trained to approach violators of the tobacco-free policy using a firm, compassionate approach.

■ **What do I do if I see someone violating the tobacco-free policy?**

University of Kentucky believes compliance is everyone's business. If comfortable doing so, you can approach the violator in a kind, compassionate way. You might say, "Hello, my name is ____, and I am an (employee, student) here at UK. Are you aware that UK's campus is tobacco-free? I ask you to please respect others on campus and put your cigarette out (or other tobacco product) and dispose of it in a trash can."

You can also report violations to our tobacco-free report line via the [website](#) or you can send an email with details of the violation (i.e., date, time, location, name/details of the violator) to ReportTFviolation@uky.edu For more information on the policy Implementation Guidelines, [visit the website](#).

■ **What is the University of Kentucky doing to help students who want to quit using tobacco products?**

Through University Health Service, individual tobacco cessation counseling sessions and email coaching are available through the iQuit program to help students be successful in quitting tobacco. If enrolled in a behavioral program, students can receive up to 12-weeks of Nicotine Replacement Therapy (NRT patches and/or gum) at **no cost**. Call (859) 323-APPT (2778) or email joanne.brown@uky.edu or Fadyia.lowe@uky.edu. For more information, visit www.uky.edu/TobaccoFree

■ **I am not ready to quit using tobacco, but I want to be comfortable while on campus. What resources are available to me?**

The University of Kentucky understands not everyone is ready to quit using tobacco. Low cost nicotine replacement gum may be purchased in campus convenience stores, gift shops and pharmacies. Find out more on the website www.uky.edu/TobaccoFree.

Report violations of UK's Tobacco-free policy to: ReportTFviolation@uky.edu

Learn about UK's Tobacco-free Policy and available tobacco treatment resources:
<http://www.uky.edu/TobaccoFree/>

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