

# **T****BACCO**

Spring 2017

# Tobacco Background

- Tobacco is a green leafy plant that is grown in warm climates.
- After it is picked, it is dried, ground up, and used in different ways.
- It can be smoked in cigarette form, pipe, or cigar. It can be chewed, or sniffed through the nose.



# Overall Statistics

- Over 20% of all deaths in the US are from tobacco
- Tobacco smoke contains over 4,000 chemicals
- More than 600,000 non-smokers die each year from second hand smoke worldwide
- Tobacco kills over 50% of its users
- Using tobacco speeds up the aging process and produces unwanted wrinkles



# NAU Statistics

A survey was conducted during the 2012-2013 school year to assess student and staff attitudes toward adoption of a tobacco free or smoke free policy.

- 75% reported being concerned about second hand smoke exposure on campus.
- 73% feel that incorrect disposal of smoking materials is a problem around campus.
- 65% support a policy to make NAU a smoke-free campus.
- 58% support a policy to make NAU a tobacco free campus.



# TOBACCO-FREE NAU

*Fresh Air  
is on the  
Horizon*

[nau.edu/tobaccofree](http://nau.edu/tobaccofree)



NORTHERN ARIZONA  
UNIVERSITY

Health Promotion

# Tobacco-free policy

- **Northern Arizona University is a tobacco and smoke-free campus.**
- Smoking and the use of all tobacco products, including those not approved by the FDA for cessation, is prohibited at all facilities and in vehicles owned, operated or leased by Northern Arizona University. This includes, but is not limited to, the use of cigarettes, e-cigarettes, hookah, e-hookah, chew, dip, snuff, cigars, pipes, vaporizers, etc.
- Smoking and the use of all tobacco products shall not be permitted in any enclosed space, including private residential space or private vehicles on university property.
- Smoking and the use of all tobacco products shall be prohibited outdoors on all NAU campus properties including parking lots and athletic facilities.
- This policy applies to all members of the campus community, including but not limited to students, faculty, staff, contractors, vendors, affiliates, volunteers and visitors to the NAU campus regardless of the purpose for the visit.



# Help Quitting

Free and low-cost resources exist to help students, faculty and staff quit using tobacco products, which include:

- [Arizona Smoker's Helpline](#): Free phone or web coaching and nicotine replacement therapy.
- [This is Quitting App](#): This is Quitting puts the whole Internet in your corner while you train to quit like a pro.

## **NAU Resources:**

- Employee Assistance and Wellness: (928) 523-1552
- Health Promotion: (928) 523-6867
- Campus Health Services: (928) 523-8995

# Tobacco-free resources

- [CDC's Current Cigarette Smoking Rates in US](#)
- [Economic Impact of Tobacco Use](#) (CDC)
- [The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General](#)
- [National Tobacco-Free College Campus Initiative](#)
- [Smokeless Tobacco and Cancer Fact Sheet](#) (National Cancer Institute)
- [Tobacco-free Campuses Q & A with Asst. Secretary for Health, HHS](#)  
(FYI there is a typo in the first sentence of this article.)

# Resources

What is Tobacco?

[http://healthliteracy.worlded.org/docs/tobacco/Unit1/1what\\_is.html](http://healthliteracy.worlded.org/docs/tobacco/Unit1/1what_is.html)

Tobacco Statistics & Facts

<http://ash.org/resources/tobacco-statistics-facts/>

NAU Health Promotion Office

Room 1509 on the 1st floor of the HLC

[nau.edu/healthpromotion](http://nau.edu/healthpromotion)

Got a health-related question? We have answers!

[www.nau.edu/healthpromotion](http://www.nau.edu/healthpromotion)

-> Ask the Health Nuts!