

# Why Should Trinity Be Tobacco Free?



Trinity College Health Service believes Trinity should be tobacco free. Here's why...

## **Consideration for others**

Over half of Trinity undergraduates say they're affected by smoke outside their building<sup>1</sup>. Smoke also drifts into buildings and affects those inside<sup>2</sup>, even in some areas where windows are closed<sup>3</sup>.

## **Healthy Campus**

People who regularly see others smoking are more likely to smoke<sup>4,5,6</sup>. That includes people who have never smoked and smokers who are trying to stop. By making smoking less visible, we can help the majority of smokers who want to stop. Better again, we can increase people's likelihood of never starting.<sup>7,8,11</sup>.

## **Cleaner Campus**

Trinity's campus is beautiful and cigarette butts on the ground are ugly. Tobacco free means a cleaner campus for us all<sup>12</sup>.

## **The Broader Context**

Many third-level institutions in Ireland are exploring becoming tobacco free. Over 1,200 in America already are. The Department of Health's Tobacco Free Ireland aims to "Promote tobacco free campuses for all third-level institutions"<sup>13</sup>.

Refs: (1) McKee G, Allwright, S, Barry J, Hayes C. Smoking behaviour and attitudes among TCD undergraduates. In press 2014. (2). Klepeis NE, Ott WR, Switzer P. Real-time measurement of outdoor tobacco smoke particles. *J Air Waste Manag Assoc* 2007;57(5): 522-34. (3). Mulcahy M, Evans DS, Hammond SK, et al.. Secondhand smoke exposure and risk following the Irish smoking ban: an assessment of salivary cotinine concentrations in hotel workers and airnicotine levels in bars. *Tob Control* 2005;14(6):384-8. (4). Tang H, Cowling DW, Lloyd JC, et al. Changes of attitudes and patronage behaviors in response to a smoke-free bar law. *Am J Public Health* 2003; 93(4): 611-7. (5). Satterlund TD, Lee JP, Moore RS. Changes in smoking-related norms in bars resulting from California's Smoke-Free Workplace Act. *J Drug Educ* 2012;42(3):315-26. (6). Alesci NL, Forster JL, Blaine T. Smoking visibility, perceived acceptability, and frequency in various locations among youth and adults. *Prev Med* 2003;36(3):272-81. (7). Farkas A, Gilpin EA, Distefan JM et al. The effects of household and workplace smoking restrictions on quitting behaviours. *Tob Control* 1999;8(3): 261-5. (8). Farkas AJ, Gilpin EA, White MM et al. Association between household and workplace smoking restrictions and adolescent smoking. *JAMA* 2000;284(6): 717-22. (11). Fong GT, Hyland A, Borland R, Hammond D, Hastings G, McNeill A, Anderson S, Cummings KM, Allwright S et al. Reductions in tobacco smoke pollution and increases in support for smoke-free public places following the implementation of comprehensive smoke-free workplace legislation in the Republic of Ireland: findings from the ITC Ireland/UK Survey. *Tob Control* 2006;15(Suppl 3):iii51-8 (12) Lee JG, Ranney LM, Goldstein AO. Cigarette butts near building entrances: what is the impact of smoke-free college campus policies *Tob Control* 2013 22: 107-112. (13) DOH Tobacco Free Ireland. 2013. Downloaded from <http://www.dohc.ie/publications/TobaccoFreeIreland.html> on 24/7/2014

“I have asthma and one of my triggers is cigarette smoke. At some doors on campus I’ve to hold my breath going near them, for the number of smokers”

Student

“the fumes from cigarette smoke seep into the building, even with the windows closed”.

Staff member, Áras an Phiarsaigh

“My office is over the entrance. The smoke when I open my window is awful”.

Post-grad, Lloyd Institute

## **What we learned from a year long consultation**

The idea of becoming tobacco free has encouraged lots of healthy debate

### **For becoming tobacco free**

Rates of smoking amongst Trinity students are low (7% daily, 11% occasional). An online survey done at the end of the consultation found 76% of staff, 71% of post-grads and 56% of under-grads supported becoming tobacco free. Town Hall and Sub-Group meetings largely thought it was acceptable for Trinity to become tobacco free.

### **Against becoming tobacco free**

A students’ union referendum voted 53% against and 47% for the question “Shall Trinity Students’ Union support the Tobacco Free Trinity initiative?”. During Town Hall and Sub-Group meetings, people questioned the feasibility of becoming tobacco free. As a result of this, an interim compromise solution is proposed.

## **What is the interim compromise solution?**

An interim compromise solution to becoming tobacco free would incorporate working with key stakeholders to address issues of feasibility and installing designated smoking areas for a limited period.

**If you’d like support to stop smoking visit the Health Centre Website. We offer regular courses and lots of resources to help you quit.**