

New York State Department of Health

Year 4 Performance Incentive Initiative: Required Documentation Cover Sheet

PHAB Measure:

- 1.3.1 A

Submitter:

- Tompkins County

Required Documentation:

- RD4: Aggregated primary and secondary data and the sources of each

Narrative:

- Ithaca College Student Government Association (SGA) Bill in support of a tobacco-free campus.
- Email correspondence documenting TCHD staff role in aggregating and analyzing the data
- The Ithacan, "Up in the air: Students consider smoke-free policy on campus." 10/6/16

Collectively, the attached documentation achieves the required documentation,

Data for the SGA Bill was aggregated, analyzed, and conclusions drawn by Tompkins County Health Department staff on behalf of SGA member Tim Conners. The Bill (which reads like a resolution) includes data from multiple sources with conclusions in support of the tobacco-free campus initiative. Included are primary data from an April 2015 survey of the college community, conducted by college students (see RD4 Pg. 4). Full reference citations are on RD4 Pg. 6.

The email correspondence documents TCHD staff involvement in gathering the data.

The newspaper article corroborates the email correspondence, stating that TCHD staff worked with the SGA member, and that the SGA considered and ultimately passed the Bill.



Date presented	xx/xx/xxxx
Type of action	x
Final vote	x – x – x

1516-00xx: Name of the Bill

Sponsored by: Conners

Whereas, as a leader in health and wellness, who understands that health is as important as education, Ithaca College is dedicated to providing a safe, healthy, comfortable, and productive living and learning environment for the entire campus community, and

Whereas, among its priorities are to become a national leader in the promotion of the physical, emotional, cultural, and social well-being of all community members, which includes providing outstanding opportunities and support for healthy living, and

Whereas, as an employer and an institution of higher education, Ithaca College is committed to providing a safe working, living and educational environment, and

Health Risks

Whereas, Ithaca College recognizes the overwhelming scientific evidence assembled by the U.S. Surgeon General,¹ Centers for Disease Control,² Environmental Protection Agency,³ and World Health Organization,⁴ which demonstrates that tobacco is a profound agent of deadly diseases, responsible for millions of deaths worldwide each year both to tobacco users and non-users, and

Whereas, evidence suggests that short-term exposure to secondhand smoke, even outdoors, puts people at increased risk, especially those with pre-existing cardiac and pulmonary illness,⁵ such that clearly defined steps to reduce the health risks inflicted by exposure to second-hand smoke on campus should be undertaken, and

Whereas, studies have shown that communities with stricter tobacco control policies have lower rates of smoking,⁶ and

Whereas, studies indicate that businesses experience substantially higher health care costs and lower rates of productivity as a result of tobacco dependence among employees,⁷ and

Environmental Stewardship

Whereas, annual tobacco production is responsible for felling 20–50 million trees globally, and the use of 27 million pounds of pesticides in the U.S.,⁸ and

Whereas, cigarette butts are the number one most littered item in the world, they are not biodegradable, and they are toxic to wildlife, and

Whereas, support animals, therapy animals, and service animals who reside on campus may be exposed to and harmed by the toxic litter from tobacco use, and

Whereas, use of all tobacco products is inconsistent with and contrary to Ithaca College's actions for and promotion of a sustainable planet, and

Community Norms

Whereas, Ithaca College strives to prepare all of its students to be successful upon the completion of their degrees, which includes a world with increasingly tobacco-free work places, and

Whereas, a tobacco-free I.C. campus would be consistent with expectations and social norms established over the past decade in Ithaca and Tompkins County, where the following tobacco-free or smoke-free laws and policies are in effect:

- Public property within the City of Ithaca, including The Commons, all or portions of every City park and recreational facility, and numerous additional public outdoor areas, and
- All property owned or leased by Tompkins County, and
- All property of Cayuga Medical Center including hospital grounds and Convenient Care, and
- All property and within 100 feet of the property line for all primary and secondary schools, and
- Numerous multi-unit apartment buildings, and
- Numerous private workplaces, and

Whereas, Ithaca College wants to preserve respect for others and the environment including their choice not to be affected by the impacts of tobacco use by others, therefore

Tobacco-Free Colleges

Whereas, Ithaca College strives to be a leader among institutions of higher education, and

Whereas, the growing evidence of harm caused by tobacco use and secondhand smoke has resulted in at least 1,577 smoke-free and tobacco-free college campuses in America,⁹ and

Whereas, New York has the largest number of Smoke-Free or Tobacco-Free college campuses of any state in the country, and

Whereas, 85 colleges in New York (42%) are either smoke-free or tobacco-free, a 28% increase in smoke-free or tobacco-free policy implementation since 2012,¹⁰ and

Whereas, SUNY Cortland is fully and successfully tobacco free as of January 1, 2013,¹¹ and

Whereas, among other peer institutions, of the 108 members of The Commission on Independent Colleges and Universities in New York, 25 are now fully smoke free or tobacco free,¹² including Rensselaer Polytechnic Institute, Cazenovia College, Le Moyne College, Vassar College, and Sarah Lawrence College, and

Tobacco Use

Whereas, 30-day cigarette use among Ithaca College students has declined from 22.9% in 2003 to 10.7% in 2015, according to the National College Health Assessment II (ACHA-NCHA II),¹³ mirroring national trends,¹⁴ and

Whereas, although only 10.7% of IC students have used cigarettes in the last 30 days, 73% of IC students perceive that the “typical” IC student smokes cigarettes at least monthly,¹⁵ and

Whereas, these data suggest that IC students may believe that a tobacco-free campus would negatively impact many more students than is actually the case, and

Whereas, regardless of the prevalence of cigarette use, it is a fact that any exposure to secondhand smoke from just one burning cigarette has the potential to negatively impact many people, and

Current Policy

Whereas, the current Ithaca College policy that prohibits smoking outside any building entrance¹⁶ is not enforced, nor meant to be enforced, as evidenced by the numerous disposal boxes marked “cigarettes only” that are attached to buildings adjacent to the main entryway, and

Whereas, the current Ithaca College policy identifying designated smoking areas¹⁷ is not enforced, as evidenced by the high prevalence of exposure to secondhand smoke reported in the 2015 survey cited below, and

Whereas, NYS Law prohibits smoking in any dorm, residence hall, or other group residential facility owned or operated by a public or private college or university,¹⁸ and

Whereas, people with disabilities often do not have access to alternative routes in order to avoid common smoking areas or people smoking at will in public areas, and

Survey of the I.C. Campus Community

Whereas, In April 2015, students in Professor Bajracharya’s class in the department of Health Promotion and Physical Education surveyed students (N=66) and employees (N=692) in order to evaluate Ithaca College’s tobacco policy, and

Whereas, Among respondents to that survey,

- 50 percent of students and 64 percent of employees responded they would be likely or very likely to support a tobacco free policy on campus;
- 11 percent of students and 11 percent of employees were undecided, and
- 80 percent of students and 50 percent of staff reported having been exposed to secondhand smoke while walking across campus, and
- 76 percent of students and 63 percent of employees reported having been exposed to secondhand smoke at building entrances, and
- 38 percent of students and 53 percent of employees indicated that a tobacco free campus would have encouraged them to enroll or work at IC, and

Aiding in Tobacco Cessation

Whereas, the NYS Department of Health recognizes tobacco use as an addiction to nicotine,¹⁹ and urges health care providers to treat individuals who use tobacco in a manner consistent with treatment for an addictive substance, and

Whereas, tobacco dependence is a chronic health condition that often requires repeated intervention and multiple attempts to quit,²⁰ and

Whereas, tobacco users should be fully respected and accepted, and should be given ready access to evidence based tobacco use and dependence treatment for their addiction, and

Whereas, the employee Work/Life²¹ wellness program should provide and promote on-site evidence based tobacco cessation resources and counseling for those employees who want to quit, and

Whereas, The Hammond Health Center should provide and promote on-site, evidence based tobacco cessation resources and counseling for those students who want to quit, and

Enforcement of a Tobacco-Free Campus Policy

Whereas, in the SUNY Cortland Tobacco-Free Policy,²² paragraph one under “Compliance” states as follows: “This policy is driven by respect for others and the environment and relies on the thoughtfulness, consideration, and cooperation of tobacco users and non-users for its success. Enforcement of this policy will depend on the cooperation of all members of the SUNY Cortland campus community, both to comply and encourage others to do so. It is the responsibility of all members in the College community to observe this tobacco policy,” and

Whereas, on a Tobacco-Free IC campus, enforcement should depend on the cooperation of all members of the Ithaca College campus community, and should not be managed by the Office of Public Safety and Emergency Management, except in their capacity as equal members of the Ithaca College campus community, and

Resolved

It is resolved that, the SGA supports and recommends that a working group of students, faculty, and staff be formed to draft a revised, inclusive tobacco use policy that will establish Ithaca College as a tobacco-free campus, and to define clear steps and a timeline for implementation of a tobacco-free campus policy, and

It is further resolved that, the SGA will work diligently to have this policy and implementation plan in place by the conclusion of the 2017 school year, with the policy to take effect January 1, 2018.

¹ *The Health Consequences of Smoking – 50 Years of Progress: A Report of the Surgeon General* (2014).

<http://www.surgeongeneral.gov/library/reports/50-years-of-progress/>

² <http://www.cdc.gov/tobacco/index.htm>

³ <https://www.epa.gov/indoor-air-quality-iaq/setting-record-straight-secondhand-smoke-preventable-health-risk>

⁴ <http://www.who.int/topics/tobacco/en/>

WHO report on the global tobacco epidemic, 2015: http://www.who.int/tobacco/global_report/2015/en/

⁵ Department of Health and Human Services (2006). Surgeon General's Report States Secondhand Smoke Is a Serious Health Hazard. *Office of Disease prevention and Health promotion*, 21(1), 1-6.

Referenced in American Cancer Society, Cancer Action Network, Tobacco-Free U, New York State 2015 Dean's List, page 3.

<http://www.nystobaccofreecolleges.org/wp-content/uploads/2015/09/Tobacco-Free-U-Deans-List-FINAL.pdf>

⁶ U.S. Department of Health and Human Services, *Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General*, Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office of Smoking and Health, 2012. Referenced in NYS 2015 Dean's List, page 5.

⁷ Berman M, et al. Estimating the cost of a smoking employee. *Tob Control*. 2013;0:1–6. doi:10.1136. Referenced in NYS 2015 Dean's List, page 3-4.

⁸ Tobacco Free College Campus Initiative, Toolkit-5. <http://tobaccofreecampus.org/toolkit-5> click "Environment."

The Tobacco Free College Campus Initiative was created by the U.S. Department of Health and Human Services in response to Reports of the U.S. Surgeon General in 2012 and 2014. See <http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/index.html> and <http://www.surgeongeneral.gov/library/reports/50-years-of-progress/index.html>, respectively.

Also see <http://tobaccofreecampus.org/aboutpage>.

⁹ *ibid.*

¹⁰ NYS 2015 Dean's List, page 2

¹¹ <http://www2.cortland.edu/tobacco-free/>

¹² <http://cicu.org/member-colleges-universities> and NYS 2015 Dean's List, pages 16-17.

¹³ ACHA-NCHA II, IC data for 2015. <http://www.ithaca.edu/sacl/healthpromotion/docs/ncha2015.pdf>. Accessed 4/29/16.

¹⁴ American College Health Association. American College Health Association-National College Health Assessment II: Undergraduate Students Reference Group Data Report Spring 2015. Hanover, MD: American College Health Association; 2015. 30-day cigarette use, National Reference Group Undergrads, Spring 2015: 10.5%. [http://www.acha-ncha.org/docs/NCHA-II WEB SPRING 2015 UNDERGRADUATE REFERENCE GROUP DATA %20REPORT.pdf](http://www.acha-ncha.org/docs/NCHA-II_WEB_SPRING_2015_UNDERGRADUATE_REFERENCE_GROUP_DATA_%20REPORT.pdf)

¹⁵ ACHA-NCHA II, IC data for 2015. <http://www.ithaca.edu/sacl/healthpromotion/docs/ncha2015.pdf>. Accessed 4/29/16.

"Within the last 30 days, how often do you think the typical student at your school used cigarettes?" 73% responded that the typical student used cigarettes at least once in the last 30 days. In fact, only 11% reported using cigarettes in the last 30 days.

¹⁶ Department Handbook, <http://www.ithaca.edu/hs/depts/theatre/handbook/policies/smoking/>. Accessed 4/1/16.

¹⁷ Ithaca College Smoking Policy (2.8.10) Last updated February 12, 2010. http://www.ithaca.edu/policies/vol2/volume_2-208/020810/. Accessed 4/1/16.

¹⁸ NYS Public Health Law, Article 13-E, Section 1399-o

¹⁹ State Health Department Launches New Campaign Urging Health Care Providers to Treat Nicotine Addiction. Press Release, 4/8/2016. http://health.ny.gov/press/releases/2016/2016-04-08_nicotine_addiction_campaign.htm

²⁰ Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. April 2009.

²¹ <http://www.ithaca.edu/hr/benefits/wrklife/>. Accessed 4/29/16.

²² <http://www2.cortland.edu/offices/student-development-center/health-promotion/posters/Tobacco-FreePolicyApprovedfinal.pdf>

1.3.1 A, RD4: Email correspondence documenting TCHD staff role in aggregating and analyzing the data -- See highlighted text

Subject: Re: SGA Bill Headers

From: Ted Schiele (TSCHIELE@tompkins-co.org)

To: Timothy Conners (tconners34@gmail.com)

Date received: Fri Apr 29 2016 15:00:06 GMT-0400 (Eastern Daylight Time)

Hi Tim;

OK here we are. Two files, one a Word document for your easy reading, and one a PDF for you to send to the Senate chair.

Here are major changes that can remember:

I reordered the headings as you suggested, except for Tobacco Use. I put that right before Current Policy because I changed the information to **all IC data**, instead of the NYS data.

Under Tobacco Use I put the data from the **National College Health Assessment survey**. I'm guessing this is what was cited by the Senator at the previous meeting. I did not mention that fact that he was comparing data from 2 different years, but instead just say that IC data mirrors national data, and included the reference. I have all the references as both links and PDF files if you want me to send you anything.

Also under Tobacco Use, there is a kicker. The National College Health Assessment Survey has "Perception of Norms" question for cigarette use. The question is, "How often do you think the typical student at your school used cigarettes in the past month?" 73% said the typical IC student used cigarettes at least one time. But the actual number is only 10.7% used cigarettes at least once in the last month.

So I added this idea: IC students think that 73% of them smoke, so a smoking ban will impact 73% of them, but they are wrong, it would only impact 11% of them. You can read my actual wording on page 3. That's also where I put something about even just a few smokers hurts people.

I also found the **NYS law** banning smoking in dorms, confirmed it, and added that and a reference to the Current Policy section.

In the Aiding in Tobacco Cessation section I cleaned up some of the wording, added another reference, and also referenced the employee "Work/Life" web page where they talk about all that IC wants to do for its employees.

I changed the heading "Global Environment" to Environmental Stewardship, and looked online for info about having animals on campus. I found an article about support animals and therapy animals, so referenced that with service animals and toxicity of tobacco litter.

I think that's it, plus some other minor changes to wording. I'm ready to turn it in, but will take any comments or changes you think of and can do a revision on Saturday morning.

/Ted

<https://theithacan.org/life-culture/up-in-the-air-students-consider-smoke-free-policy-on-campus/>

**1.3.1 A, RD4: The Ithacan, “Up in the air: Students consider smoke-free policy on campus.”
10/6/16 – See RD4 Pg. 12**

THE ITHACAN

LIFE & CULTURE

Up in the air: Students consider smoke-free policy on campus

By Silas White — Staff Writer

Published: October 6, 2016

Junior Lauren Kelly likes to take a smoke break during times of stress. As a film, photography, and visual arts major, Kelly said, she mostly smokes on sets as a stress relief and a social activity. She said she and about 10 of her friends tend to hang out and smoke together for the shared experience.

“If I’m hanging out with friends and they’re smoking, I’m going to smoke,” she said. “I feel like a lot of people get into smoking because it’s a social thing. You want to fit in, and you want to hang out with people, and if they’re smoking, you want to smoke.”

Meanwhile, anti-tobacco campaigns like “Truth” commercials are encouraging the millennial generation to “Be the generation that ends smoking.” Truth commercials typically feature electronic music and try to influence young adults not to smoke with ads like “left swipe dat,” where people who are smoking in their dating site profile pictures are rejected.

There are 1,713 smoke-free campuses across the United States as of Oct. 1, including SUNY Cortland, according to No-Smoke.org. Ithaca College may soon join the growing list of colleges around the nation that have decided to go smoke-free.

During the spring semester, Tim Conners, Student Governance Council senator for the Class of 2017, proposed a Tobacco Free IC bill, which would create a committee that would eventually write a policy banning the use of tobacco on the college’s campus. The bill passed through the SGC by a 6–2 vote. Conners said he hopes the policy will be in effect by Fall 2017.

Currently, smoking is only allowed in designated smoking areas on campus, such as the Academic Quad, the Textor Patio and the F-Lot parking median. These spaces are listed in the [Ithaca College Policy Manual](#), which can be found online. Smoking is banned in all indoor environments with the exception of when it is necessary during theatrical performances, and smoking is prohibited within 20 feet of the entrance or exit of any building. Conners said the school should push to be smoke-free to create a friendlier environment.

“I can be around people that smoke, but I prefer not to in a home environment like a dorm,” Conners said. “As I was talking with people more and more about it, they said, ‘Yeah, I hate walking out of this building and all you smell is smoke.’ It wasn’t just something I was concerned about. People were also sharing their problems.”

During the spring semester, seniors Alex Horner and Sethavatey Limsreng, along with Aniebietabasi Ekong ’16, designed a device called StopPack to help smokers quit in a chemical-free way. The StopPack is a case that holds a pack of cigarettes and records the number of times the user reaches for a cigarette in the corresponding smartphone app, which is still in development.

Limsreng said the app will have three different features: a tracking feature that tracks factors contributing to addiction such as how often a person smokes, where a person smokes, money spent and time spent; a section for goal-setting, where users can set personal goals for how much they would like

to smoke for a certain length of time; and a feature sponsored by Alcoholics Anonymous in which users can handpick their own support buddy, who will keep track of their progress.

The idea originated as a project for management instructor Brad Treat's course, Ideas into Action. Limsreng said that over the summer, the group was selected into the Rev Hardware Accelerator Program in downtown Ithaca, where it built the hardware for the prototype.

"I study relapse rate and whether those chemical methods work, and there is a 90 percent relapse rate," she said. "So you would use e-cigarettes, but then after a year, you would relapse. The idea behind this app is that addictions should be cut down bit by bit and not forced into it. The important part is to do it with support and love."

According to the Centers for Disease Control and Prevention, 36.4 percent of high school students identified as smokers in 1997, which then dropped to 23 percent in 2005. Currently, the proportion of smokers among high school students is at a record-low 9.3 percent. This translates into a decrease in the number of students who smoke in college. About 25.9 percent of students smoked in college in 2000, while only 14 percent of students currently smoke in college, according to the American College Health Association.

Connors, a cancer survivor, was left blind as a result of cancer reaching his optic nerves. Connors has an interest in working with students with disabilities, who, he said, are especially affected by cigarette smoking because they can only get into buildings through particular entrances and routes. This means that if smokers are crowded outside one of these entrances, it is unavoidable for students who have to travel that way.

Connors said people with service animals can be affected as well because the animals may sniff out or ingest cigarette butts, which is dangerous to their health.

"The rule is that you have to be so far away from the building, but the smoking depositories are right outside the building, so the message is blurred," Connors said.

Connors worked with Ted Schiele, tobacco control program coordinator from the Tompkins County Health Department, to draft the bill, which was rejected at first, reworked by Connors with help from Schiele, and then passed on May 2.

“In a lot of ways, we wanted to keep people in mind with this,” Connors said. “We want to create a path that does not victimize and does not undercut people. Addictions are serious things, so we want to be able to set people up with resources.”

Schiele has worked with the Tompkins County Health Department’s Health Promotion Program for about 16 years and is responsible for developing the T-Free zone signs that can be seen around Tompkins County. He said the Bureau of Tobacco Control’s overall goal is to reduce tobacco use among youth, reduce exposure to secondhand smoke and support current smokers who want to quit.

“The thing that we’ve been most successful with so far over the years is reduced exposure to secondhand smoke,” Schiele said.

Schiele said Tobacco Free Tompkins, a program that was launched by the county health department, began implementing T-Free zones about 10 years ago. As part of the program, the health department asked business owners to not allow people to smoke outside their doors. Schiele said he spoke with members of the Ithaca Common Council in 2007 about having The Commons become a smoke-free zone, which would eventually become a city ordinance in 2010. Schiele and Connors stressed the idea that smoke-free is not a new concept to the area.

“The presentation is that we are not discriminating against people,” Schiele said. “We are supporting people who prefer to be in a smoke-free situation. The first thing to do is to talk to people who feel hassled by the smoke-free zones and make a connection with them to let them know they’re not the villain.”

According to a web-based [survey](#) conducted by the Center for Health Promotion in the Office of Counseling and Wellness in 2015, 11 percent of students at Ithaca College identify as smokers. This is consistent with a survey conducted by *The Ithacan* in September, which found that 10.3 percent of the 174 students who took the survey identified as smokers. More than half of the respondents to this survey, 51.7 percent, said they believe

smoking should be banned on campus, and as many as 130 students gave written responses with their reasons for believing that smoking should be banned.

“I think that smoking on campus is not good for the overall appearance of IC,” one student wrote. “People leave their cigarettes around everywhere, and the smell is terrible.”

“I hate the smell of smoke,” another student wrote. “It’s really irritating to my lungs, so I don’t think we should have smoking on campus because people don’t follow the designated areas anyway.”

Kelly said she thinks people are generally more accepting of smoking on the college’s campus than on other campuses because it is a liberal arts school. However, she said she still takes into consideration those who don’t like the smell of cigarettes and tries to avoid smoking in crowded areas or bothering people with her cigarette smoke.

In response to the possible cigarette ban on campus, Kelly said she understands the motive of better student health and not submitting others to secondhand smoke, but feels people should be free to choose what they do with their bodies. She said the school should have increased signage for designated smoking areas instead.

“I feel like if [the smoking stations] are something that people are aware of, they will use it, but I don’t think people know where a lot of the smoking areas on campus are,” Kelly said.

Junior Sophia Wells also said she smokes for stress-related reasons in addition to using it for social activity.

“Peer pressure. Maybe your parents smoke and you saw it growing up, going through like problems and stuff — people might start smoking when shit gets hard or stressful,” Wells said. “Personally, I totally smoke more around finals.”

Bonnie Prunty, director of residential life and judicial affairs and assistant dean for First-Year Experiences, said there isn’t a problem with students’ smoking inside or too close to residence halls.

“If students are smoking outside the building closer than they’re supposed to, staff may ask them to move, but so could a random student or faculty member,” she said.