

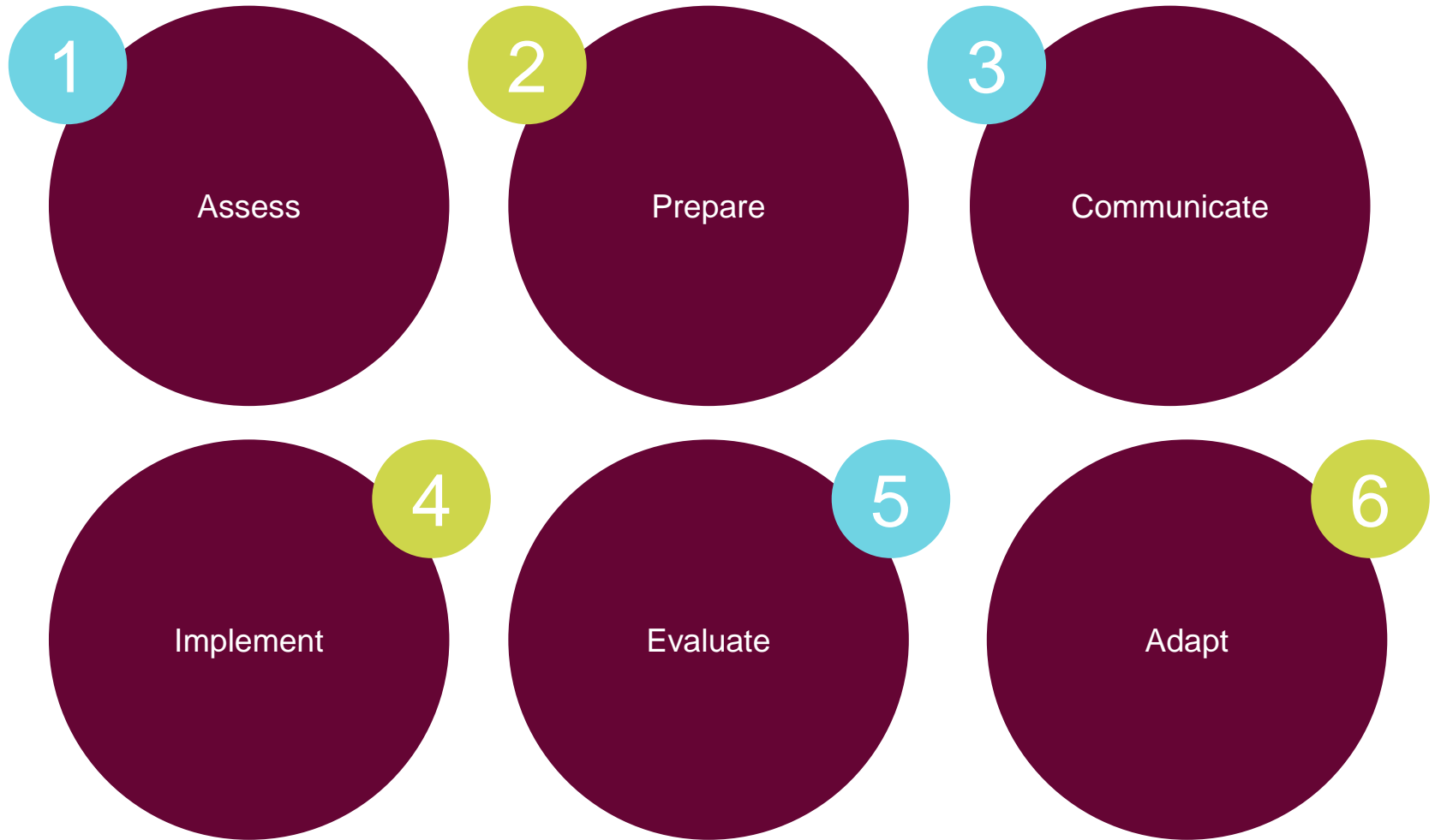
McMaster Tobacco & Smoke-Free Campus Plan

Presented by Lisa Morine

September
22, 2018




Smoke-Free Campus Plan



ASSESS

- Data gathering
- Collaborations between Student Affairs & HR
- Build Committee
- Identify supporting services for smokers
- Connect with Advisory members/groups
- Feedback from PVP
- Gather community feedback



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President and Vice Chancellor, 2011.

Discussions with Colleges & Universities

- **McMaster will be the 1st Ontario College or University to go Smoke-Free**
 - Discussion with Dalhousie for best practices
- **Some other Universities and Colleges had a plan to go smoke-free**
 - Discussions with these Universities for learning opportunities
 - Memorial University
 - Brock University
 - UBC Okanagan
 - University of Victoria
 - McGill (are hoping to go Smoke-Free in 2018 but are stalled with PVP support)



Smoke-Free Campus Working Committee

- Taryn Aarssen, Wellness Education Outreach Assistant, Student Wellness
- Gord Arbeau, Director (Communications), University Advancement
- Mohamed Attalla, AVP & Chief Facilities Officer
- Ryan Deshpande, VP Education, McMaster Student's Union
- Deb Garland, Program Manager (Engagement & Wellness), HRS
- Emily Heikoop, President, Unifor Local 5555
- Cathy Jager, Nurse Manager (Education & Wellness), Student Wellness
- Andrianna Kabitsis, Employee & Labour Relations Advisor, HRS
- Debbie Martin, AVP & CAO, Faculty of Health Sciences
- Heather McCully, Health Promoter (Tobacco Division), Hamilton Public Health
- Joshua McGrath, PhD Student, Respiriology
- Wanda McKenna, AVP & Chief HRO
- Tyler Moon, Communications Manager, Leave the Pack Behind, Brock University
- Monica Poulin, Employee Health Services Consultant, HRS
- Ashley Ravenscroft, Executive Director, GSA
- Martin Stampfli, Professor, Pathology & Molecular Medicine (Respirology Researcher)
- Sean Van Koughnett, AVP & Dean of Students
- Sunny Yun, SRA, Arts & Science



Smoking Cessation Resources for Students

Leave the Pack Behind

Leave The Pack Behind is a tobacco control program that offers young adults ages smoking and quitting information, personalized support, and quitting resources - all for free. It is funded by the government of Ontario.

www.leavethepackbehind.org

<https://wellness.mcmaster.ca/stav-well/leave-pack-behind/>

Student Wellness Centre

Contact the Student Wellness Centre at 905-525-9140 ext 27700 for an appointment to see a physician for your free Nicotine Replacement Therapy.

<https://wellness.mcmaster.ca/>

Smoking Cessation Resources for Staff & Faculty

Homewood Health Program

The Homewood Health Plan Smart Smoking Cessation Program empowers you with the information and support you need to help you quit smoking and remain smoke-free. A personal coach will help make it simple to start and guide you step-by-step. The program addresses the psychological and physical dependence and creates a foundation for successful behavior change.

<http://www.workingatmcmaster.ca/link.php?link=healthy-workplace-ee-supports-and-family>

Sun Life Health Benefits

Between May 1, 2017 and June 20, 2018 McMaster University has added coverage to the Sun Life Extended Health Benefits:

- Products to help a person quit smoking that legally require a prescription, up to a lifetime maximum of \$500 for each person.





Smoking Cessation Community Resources

For staff, faculty and students

Smoker's Helpline

For news, tips and to be in touch with those who have quit, are trying to quit, or are supporting others, connect on Twitter at: twitter.com/SmokersHelpline.
www.smokershelpline.ca

Hamilton Public Health

Hamilton Public Health Services – Telephone Service – Tobacco Hotline
110 King St. W., 4th Fl, Hamilton, ON L8P 4S6
905-540-5566
<http://www.hamilton.ca/public-health/clinics-services/quitting-smoking-clinics-programs>

The Lung Association

Before you set your quit date you need to prepare. Take time to think about when, where, and why you smoke. If you understand your smoking habits and triggers, you'll have a better chance at success.
<https://www.lung.ca/lung-health/smoking-and-tobacco>

Canadian Cancer Society

The Canadian Cancer Society quit line is available to help you. It's a free, confidential service for smokers. Find out more information or register online for the self-directed quit program.
www.cancer.ca/en/support-and-services/support-services/quit-smoking

STOP Program

The STOP Program is a province-wide initiative that delivers smoking cessation treatment and counseling support to eligible Ontario smokers who wish to quit smoking. The STOP Program has provided free smoking cessation medication and counselling support to over 100,000 Ontarians who wanted to quit smoking.
<https://www.nicotinedependenceclinic.com/English/stop/Pages/Home.aspx>

Nicotine Dependence Clinic

The Nicotine Dependence Clinic offers several specialized outpatient treatments for anyone who wants to quit or reduce their tobacco use. We offer assessment, medical consultation, group counselling and medications to quit/reduce smoking. Our clinic provides service to clients with concurrent substance use and/or mental illness as well other medical conditions.
http://www.camh.ca/en/hospital/care_program_and_services/addiction_programs/Pages/Tobacco-Addiction-Treatment-Clinic.aspx

PREPARE

- Begin developing an enforcement plan
- Write a formal policy (in consultation with HPH and internal stakeholders)
- Build a communications plan
- Develop FAQs
- Create a feedback mechanism
- Develop training materials



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Highlights from the Policy

- Policy is aligned with McMaster's commitment to advancing health and societal well-being
- Supports our signing of the Okanagan Charter for Health Promoting Universities
- Includes all tobacco and smoking products including oral smoking devices
- Exemptions for use of sacred medicines as part of Indigenous heritage and culture will be considered through an approval process
- Applies to the entirety of McMaster's West Hamilton campus, and all other McMaster-owned properties
- Applies to all members of the University Community – staff, faculty, students, visitors, contractors, volunteers, etc.
- Accountability and enforcement falls with every member of the McMaster community



COMMUNICATE

- Develop communication materials (social media, posters, website, articles, handouts, press releases)
- Receive feedback on policy/plan
- Prepare for student and employee-led activities (LTPB, HW, etc.)
- Support on-campus organizations as they update their contracts/agreements
- Launch communications/formally announce the initiative



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IMPLEMENT

- Install smoke-free signage
- Update physical environment (i.e. move/remove/change ashtrays and shelters)
- Continue consultations on policy
- Receive formal policy approval and update online policies
- Continue communication plan
- Host a launch event (January)
- Enact developed enforcement & feedback procedures




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EVALUATE & ADAPT

- Continuously review feedback
- Clarify and adapt the policy
- Communication continues
- Incorporate into employee and student orientation procedures
- Create evaluation plan and implement accordingly



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