

# JUST THE FACTS

## the burden

Tobacco use is the leading preventable cause of death in the United States, killing more people than alcohol, car crashes, AIDS-related causes, fires, heroin, cocaine, homicide and suicide *combined*.

Young adults and children who are exposed to secondhand smoke are more likely to get sick more often with illnesses like bronchitis, pneumonia, and even asthma.

Of the more than 172 toxic substances tobacco smoke contains, three are regulated outdoor pollutants, 33 are hazardous air pollutants, 47 are chemicals restricted as hazardous waste, and 67 are known human or animal carcinogens.

Cigarettes are not biodegradable. Researchers have found that one cigarette butt placed in a liter of water will kill half of all exposed freshwater or marine fish.

The tobacco industry has historically targeted disadvantaged communities: youth, low-income individuals, people of color, and the LGBTQ community. These populations are more likely to suffer from tobacco-related diseases.

## the response

As of January 2, 2017, there were 1,757 100% smoke-free campuses, of which 1,468 were fully tobacco-free. A rapidly growing number of 1,331 also prohibit the use of e-cigarettes, or vaping, anywhere on campus. Additionally, 652 of these campuses also explicitly prohibit hookah use and 109 now prohibit smoking/vaping of marijuana.

Tobacco-free policies reduce the costs for grounds and building maintenance. One study found 77% fewer cigarette butts on college campuses with 100% smoke-free campus-wide policies.

College and university officials have the right to regulate activities on campus that affect the health and safety of the campus community. A tobacco-free policy does not prohibit students, faculty or staff from using tobacco products — it merely prohibits their use on campus, where they can affect others' reasonable enjoyment of community property.

Research shows that approximately 70% of people who use tobacco want to quit. Tobacco-free policies in combination with cessation support can help people follow through with quitting.



Scan here and join the efforts to make ISU a 100% free Tobacco Free Campus. Or, search "Indiana State University Tobacco Free Blue" on change.org.

# TOBACCO FREE



# BLUE

