



Impact of Tobacco in Virginia

- In Virginia, 16.4% of adults consider themselves current, every day or someday smokers¹.
- In the US, the adult smoking rate is 14.0%¹.
- An estimated 10,300 adults die from smoking-related illnesses each year in Virginia¹.

Call for Action

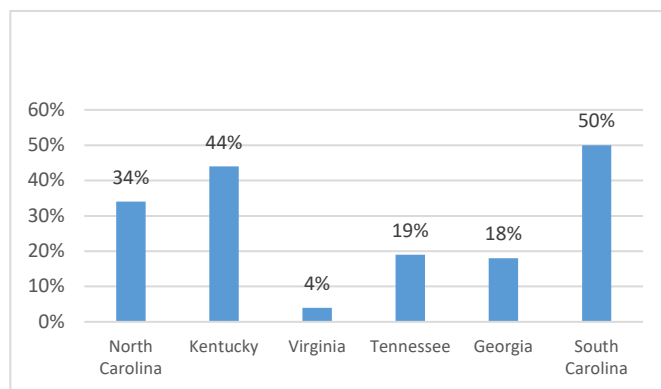
- Nearly all adult cigarette smokers start smoking before age 26 years, making smoke-free and tobacco-free policies at universities important.
- Since the introduction of electronic smoking devices (ESDs) in 2006, the United States has seen a rapid increase of e-cigarettes and other vaping devices use among our youth and young adults.
- A Virginia statewide survey found that 84% of adult in Virginia – including 75 percent of smokers – agree that all nicotine products should be banned from school grounds and activities².
- Virginia passed the Tobacco 21 bill (HB 2748) which requires the minimum age to purchase tobacco products (traditional cigarettes and e-cigarettes) to increase to the age of 21 as of July 1, 2019.

Virginia Higher Education Institutions

There is a growing tobacco-free campus movement happening at a national scale. However, Virginia lags behind other states in adopting tobacco policies as only 4% (n = 5) of Virginia Higher Education Institutions are 100% smoke-free³. Being 100% tobacco-free means that the use of tobacco products are not permitted on any part of the campus at any time.

Implementing tobacco-free campuses has been found to help:

- Reduce secondhand smoke exposure
- Reduce initiation among college and university students
- Promote cessation



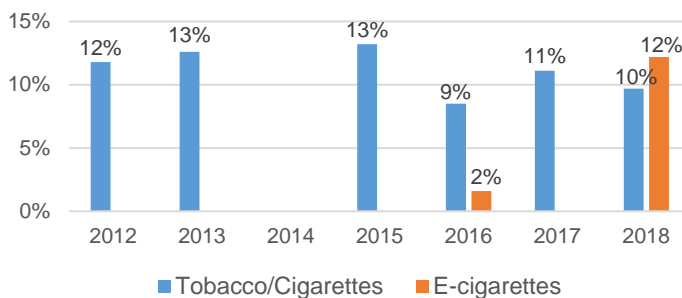
Percentage (%) of colleges that are smoke-free/tobacco-free among the top six tobacco producing states

Current UVA Tobacco Policies

- The **University of Virginia Medical Center** (No. 0005 and 0314) prohibits use of tobacco products in its buildings, parking lots and garages, and anywhere on Medical Center Grounds by faculty, students, employees, and visitors.
- **UVA Grounds** (SEC 028): Smoking and Vaping by faculty, staff, students, and visitors are prohibited inside facilities owned or leased by the University (including all on-Grounds housing facilities) and in University-owned vehicles. It is prohibited within 25 feet of all entries, air intakes, and anywhere where smoke or vapor could enter a building.

UVA Tobacco Use

- There has been a significant increase in student e-cigarette use from 2016 (**2%**) to 2018 (**12%**).
- The 2018 National College Health Assessment revealed that UVA students dramatically overestimate peer use of all tobacco and nicotine products with UVA students surveyed perceiving that **75.9%** of the student body currently use tobacco products.



Percentage (%) of UVA students who reported using tobacco products 2012 – 2018.

Assessment administered by Student Health

	Number	Percentages
No	11,807	94.3%
Yes	712	5.7%
Total	12,519	100%

Percentage (%) of UVA staff who self-reported using tobacco products in the 2018 Personal Health Assessment administered by Hoos Well

Cessation Resources

- According to the Virginia Adult Tobacco Survey (2016), 74.2% of all smokers indicate a desire to quit smoking completely⁴.
- For UVA staff and faculty, Hoos Well and BeWell programs include counseling, Nicotine Replacement Therapies (NRTs), and e-health and quit-line referrals.
- Student Health and Wellness provides UVA students with free smoking cessation appointments, quit kits, and referrals to e-health programs.

Next Steps

- Establish a tobacco free workgroup comprised of students, faculty, staff, and community to review existing policies, gather input and feedback from staff, students and community, review best practices, and develop and propose a new comprehensive policy.

Interested in joining this workgroup? Please email CancerOutreach@virginia.edu or call 434.243.0433.