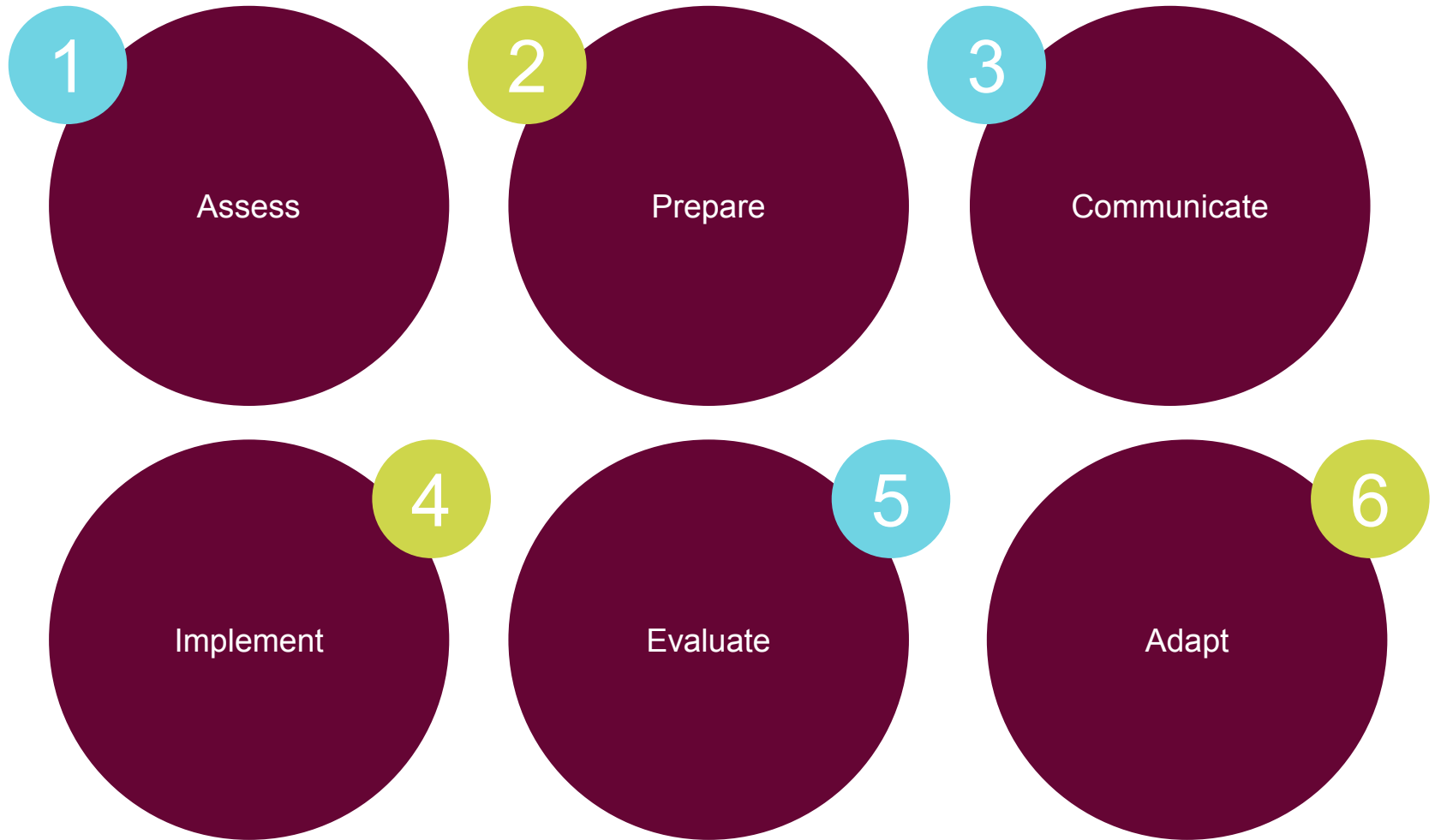


McMaster Tobacco & Smoke-Free Campus Plan

January 1
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



"We are an organization devoted to the cultivation of human potential."

Patrick Deane
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 but have not been successful yet**
 - 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



Smoke Free Campus Advisory Members/Groups

- Affiliated Hospitals & Medical Clinics (Juravinski, St. Joe's, etc.)
 - Affiliates & Associations (24)
 - David Braley Health Science Centre
 - Hamilton Health Sciences **
 - One James North
 - Ron Joyce Centre
 - McMaster Innovation Park
 - Niagara Regional Campus
 - Waterloo Regional Campus
-
- Divinity College
 - McMaster Children's Centre
 - McMaster University Student Centre
 - Mohawk College
 - University Club
-
- **Departments:** Athletics & Recreation, Equity & Inclusion Office, Housing & Conference Services, Hospitality Services, Facility Services, Security Services
 - **Groups:** Healthy Workplace Committee, Advisory Committee on Community Relations (Westdale), PACBIC, CJHSC, Strategic Leaders Program, Centre for Addiction & Mental Health, Hamilton Public Health
 - **Student Affiliations:** MSU, GSA, MAPS, SRA, OPIRG, LTPB, Alumni, Indigenous Student Support, UFF
 - **Employee Affiliations:** TMG, Unifor, SEIU, BUC, CUPE, MUALA, MUFA, MURA, IUOE



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.



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



"We are an organization devoted to the cultivation of human potential."

Patrick Deane
President and Vice Chancellor, 2011.

Highlights from the Policy

**** The draft policy is currently under review and we will be circulating for comment after the meeting ****

- **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 (September 2017)



"We are an organization devoted to the cultivation of human potential."

Patrick Deane
President and Vice Chancellor 2011.

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



"We are an organization devoted to the cultivation of human potential."

Patrick Deane
President and Vice Chancellor, 2011.

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



“We are an organization devoted to the cultivation of human potential.”

Patrick Deane
President and Vice Chancellor, 2011.

Post-Communication Activities

- Generally positive feedback. Extraordinary media coverage.
- Multiple colleges and Universities requesting consultations to assist them with developing a smoke-free campus plan.
- Questions and concerns relate to accommodations, designated smoking areas and compliance.
- Policy is currently going through the approval process with expected approval in December 2017.



Feedback & Questions Welcome

- We look forward to receiving your feedback.
- How can we help McMaster retirees transition to a tobacco and smoke-free campus?
- What suggestions do you have for the committee to make this initiative successful?
- Email smokefree@mcmaster.ca with your questions or feedback.

