

Tobacco-Free Policies

The table below summarizes evidence for the tobacco-related policy elements found in the following resources:

- *Model Workplace Wellness Policy Toolkit for Oklahoma Businesses* (B1)
- *In Good Company: How to Make Your Business Tobacco Free* (B2)
- *Model Wellness Policy Toolkit for Oklahoma Congregations* (C1)
- *Model Wellness Policy Toolkit for Oklahoma Child Care Facilities* (C1/C5)
- *Sample Tobacco-Free and Vapor-Free Ordinance for Local Government Properties* (G6)
- *Developing a 24/7 Tobacco-Free School Policy* (S5)

Outcome: Adopt tobacco-free policies on all properties

What does a tobacco-free policy do?	What is the evidence-base rationale for the policy?
<p>100% Smokefree Properties</p> <ul style="list-style-type: none"> • Applies 24 hours a day, 7 days a week to all properties both indoors and outdoors (B1, B2, C1, C1/C5, G6, S5). • Applies to off-site meetings and sponsored events (B1, B2, C1, C1/C5, S5). • Applies to everyone including employees, faculty, students, visitors, guests, patrons, or vendors (B1, B2, C1, C1/C5, G6, S5). • Posts signs at locations where smoking is prohibited (B1, B2, C1, C1/C5, G6). 	<p>The U.S. Surgeon General,¹ the Centers for Disease Control and Prevention (CDC),² the Institute of Medicine (IOM),³ and Healthy People 2020⁴ have all concluded that smokefree policies are an evidence-based approach to reduce youth initiation, reduce secondhand smoke exposure, increase cessation, change social norms, and reduce tobacco-related illnesses. The Community Guide’s review of over 80 peer reviewed journal articles finds that smokefree policies:</p> <ul style="list-style-type: none"> • Reduce tobacco use by a median of 2.7 percent.⁵ • Reduce exposure to secondhand smoke. Air pollution is reduced by a median of 88 percent and biomarkers for secondhand smoke are reduced by a median of 50 percent.⁵ • Increase the number of tobacco users who quit by a median of 3.8 percent.⁵
<p>100% Tobacco-Free Properties</p> <p>Includes the above and prohibits:</p> <ul style="list-style-type: none"> • Smokeless tobacco products (B1, B2, C1, C1/C5, G6, S5). • Vapor products with nicotine (B1, B2, C1, C1/C5, G6, S5). • Vapor products without nicotine (G6, S5). 	<p>Same as above; tobacco-free policies change social norms by changing the environment, motivating people to quit, discouraging youth and young adults from experimenting with tobacco products, and reducing health care costs.^{6,7} Additionally, while research on vapor devices and smokeless tobacco products is much less extensive, it does indicate that:</p> <ul style="list-style-type: none"> • Smokeless tobacco use is associated with certain kinds of cancer, heart disease and stroke,⁸⁻¹⁰ stillbirths, and preterm delivery.^{1,11} • Using vapor products or smokeless tobacco products is not safe.¹²⁻¹⁶ • Vapor products’ aerosol emits chemicals that are known to cause cancer, birth defects, or other reproductive harm.¹²⁻¹⁸ • Vapor products may involuntarily expose children, youth, pregnant women, and other bystanders to aerosolized nicotine.^{14, 16, 17}
<p>Prohibit Tobacco Industry Funding, Sponsorship, and/or Advertising</p> <ul style="list-style-type: none"> • Prohibits tobacco advertisements or sponsorship (B1, B2, C1, C1/C5). • Refuses tobacco funding (S5). 	<p>Tobacco companies have a history of providing donations or gifts to fund events, providing school-based based education programs, or financing upgrades – all to bolster their image with the public. By supporting these kinds of programs, the companies get their name or brand on promotional materials, banners, ads, or gear. Youth who are exposed to this kind of advertising are more likely to hold favorable views of tobacco companies and are more likely to experiment with tobacco.¹⁸</p>

Bibliography

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