

Policy Document

Tobacco Free Campuses Policy

Background

The Australian Medical Students' Association (AMSA) is the peak representative body for all medical students in Australia. AMSA believes that all communities have the right to the best attainable health. Accordingly, AMSA advocates on issues which impact health outcomes of communities in Australia and globally.

Tobacco use continues to be the leading cause of preventable death worldwide, with 5 million people each year likely to die from tobacco smoking and a further 600,000 will die due to the effects of secondhand smoke [1] [2]. The smoke contains many harmful chemicals such as ammonia, sulphur and formaldehyde, which are common irritants proven to also cause cancer [1] [2]. Tobacco smoking is also the primary causal factor behind 30% of all cancer deaths and 80% of all deaths from chronic obstructive pulmonary disease in America [3]. In Australia, tobacco smoking is attributed to 10% of the total disease burden [4].

Not only is tobacco smoking a major health risk, but other methods of ingesting tobacco and smoking are also associated with illness and disease. Using spit tobacco, such as snuff or chewing tobacco, increases the risk of all-cause mortality as well as cardiovascular disease, stroke, cancer and cirrhosis [5]. The substantial long term effects of "vaping" (inhaling smoke produced by e-cigarettes) have not been extensively studied, however there is evidence that it is linked to bronchiolitis obliterans or "popcorn lung" [6]. Furthermore, the Centre for Disease Control and Prevention estimates that an hour long session of smoking shisha ("hookah"), may cause the smoker to absorb more of the toxic substances of cigarette smoke than cigarette smokers do, as shisha involves 200 puffs, whilst the average cigarette contains 20 puffs [7].

Tobacco-free campus policies have been shown to be an effective method of reducing the prevalence of smoking and altering attitudes towards peer tobacco use [7]. While universities largely designate any tobacco-smoking restrictions as a 'tobacco-free' policy, in reality these policies vary in the degree of limitations enforced, often including designated smoking areas. A "tobacco-free campus", as this policy sees it, is one where all campus properties are completely free of tobacco. Such a policy is to also remove all forms of tobacco advertising, promotion and sale and end any financial or material connections with the tobacco industry or related third parties. This policy aims for the implementation of tobacco-free campus policies domestically and internationally.

All Australian universities have some form of tobacco-free policy in place, however most policies are either not comprehensive or not fully implemented. Information in regards to the policies on smoking of universities with medical schools can be found in the addendum below. Australia has some of the strictest tobacco regulations in the world, however some of our neighbouring countries have minimalistic regulations. Worrying trends exist in many of our Asia-Pacific neighbours, who account for 56% of the world's smokers [9], with most of the tobacco related deaths occurring in low and middle income countries [8]. If current smoking trends continue, then total tobacco-related deaths will number 1 billion in the 21st century [9].

According to The Tobacco Atlas [10] and The ASEAN (Association of Southeast Asian Nations) Tobacco Control Atlas [11]:

- Cigarettes in ASEAN countries have become increasingly more affordable in the past 10 years
- 1 in 3 male adults in ASEAN nations smoke
- In Thailand, over 25% of children own something with a tobacco logo on it, with more than a fifth of male children smoking.
- Despite national anti-tobacco campaigns in recent years and graphic warning labels, Malaysian legislative smoking restrictions are often weakly enforced and close to 1 in 5 male adult deaths are attributable to smoking tobacco.
- Cambodia, Indonesia, Philippines and Vietnam sell 'Kiddie Packs' of cigarettes containing 5 to 16 sticks, and 'Lipstick Packs' targeting women are available in Indonesia, Laos, Malaysia and Singapore

The International Federation of Medical Students' Associations (IFMSA) represents 124 national medical student organisation (NMO) members in 116 countries. IFMSA currently calls for greater regulations on tobacco control worldwide, supporting specifically the "deterrence of tobacco use in the population through legislation, litigation, advocacy and education". [13]

Furthermore, IFMSA calls for NMOs to work towards WHO conventions and standards such that they can "lead by example" [13]. AMSA has the capacity as well as the responsibility to assist in regional advocacy to achieve the above, as well as to tighten tobacco regulations globally. Important to that end would be AMSA leading by example, requiring all Australian universities and tertiary vocational institutions to be tobacco-free.

Position Statement

AMSA believes that:

1. All Australian tertiary education/vocational institutions, including domestic and international campuses and clinical sites, should be tobacco-free;
2. Australian medical students should attempt to advocate for more stringent tobacco regulation in Australia and across the world by increasing awareness amongst other medical students at international symposiums such as those held by IFMSA and using appropriate mediums to promote this idea.

Policy

AMSA calls upon:

1. All Australian tertiary institutions to develop 'tobacco-free' campus policies stating that:
 - a. Tobacco use, in all forms, should be prohibited from the premises of tertiary institutions and affiliated clinical and teaching locations with the exception of residential complexes wherein:
 - i. Where the policy requirements are in direct contradiction with the rules and regulations of campus-based residences, those of the residential institutions will take precedence;
 - b. All forms of tobacco advertising, promotion and sale should be removed;
 - c. Tobacco cessation support programs should be made accessible to students and staff.
2. The AMSA Executive to advocate for tobacco-free tertiary education campuses in Australia with appropriate support from Medical Societies.
3. The AMSA Global Health Committee to assist other NMOs to increase their advocacy on:
 - a. Regulations on tobacco use in tertiary education/vocational campuses, including the cessation of financial or material associations with the tobacco industry;
 - b. The broader issue of tobacco regulation.

References

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Appendix

Australian universities with their respective tobacco policies:

University Name	Type of Policy	Reference
Australian National University	Designated smoking areas policy	https://policies.anu.edu.au/ppl/document/ANUP_011807
Bond University	Complies with Queensland law, however does not have 'designated smoking areas' or a 'smoke-free campus' policy	https://bond.edu.au/files/686/Student%20On%20Campus%20Residences%20Handbook.pdf
Deakin University	Smoke-free campus policy	http://www.deakin.edu.au/life-at-deakin/health-wellbeing-safety/smoke-free
Flinders University	Designated smoking areas policy	http://www.flinders.edu.au/ppmanual/health-safety/smoking.cfm
Griffith University	Designated smoking areas policy	http://www.griffith.edu.au/smoke-free-griffith
James Cook University	Complies with Queensland law, however does not have 'designated smoking areas' or a 'smoke-free campus' policy	https://www.jcu.edu.au/policy/health-safety-and-environment/smokefree-workplace-policy
Monash University	Smoke-free campus policy	http://www.monash.edu.au/ohs/wellbeing/smoke-free/
University of Adelaide	Smoke-free campus policy	https://www.adelaide.edu.au/smoke-free/
University of Melbourne	Designated smoking areas policy	https://policy.unimelb.edu.au/MPF1261
University of Newcastle	Designated smoking areas policy	http://www.newcastle.edu.au/about-uon/governance-and-leadership/policy-library/document?RecordNumber=D09_1762P
University of New England	Complies with New South Wales law, however does not have 'designated smoking areas' or a 'smoke-free campus' policy	http://policies.une.edu.au/view.current.php?id=00165
University of New South Wales	Smoke-free campus policy	https://www.gs.unsw.edu.au/policy/documents/smokefreepolicy.pdf
University of Notre Dame Fremantle	Smoke-free campus policy	https://www.nd.edu.au/downloads/staff/sessional_staff_induction_handbook_09.pdf
University of Notre	Smoke-free campus policy	https://www.nd.edu.au/downloads/staff/sessional_staff_induction_handbook_09.pdf

Dame Sydney		ional_staff_induction_handbook_09.pdf
University of Queensland	Complies with Queensland law, however does not have 'designated smoking areas' or a 'smoke-free campus' policy	http://www.uq.edu.au/hupp/index.html?page=25058
University of Sydney	Designated smoking areas policy	http://sydney.edu.au/whs/wellbeing/smoke-free.shtml
University of Tasmania	Complies with Tasmanian law, however does not have 'designated smoking areas' or a 'smoke-free campus' policy	http://www.utas.edu.au/_data/assets/pdf_file/0006/709827/Smoke-Free-Minimum-Standard-May-2015.pdf
University of Western Australia	Smoke-free campus policy	http://www.safety.uwa.edu.au/health-wellbeing/health/smoke-free
Western Sydney University	Smoke-free campus policy	http://policies.uws.edu.au/view.current.php?id=00235&dvid=2
University of Wollongong	Complies with New South Wales law, however does not have 'designated smoking areas' or a 'smoke-free campus' policy	https://www.uow.edu.au/content/groups/public/@web/@gov/documents/doc/uow058720.pdf

Policy Details

Name: Tobacco Free Campuses Policy

Category: G – Global and Public Health Policies

History: Adopted, Second Council, 2016