

**TOBACCO-FREE**



**2015 New York State  
Dean's List**



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# EXECUTIVE SUMMARY

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## More than 4 out of 10 New York colleges now prohibit smoking on campus

Smoke-free (SF) and tobacco-free (TF) campus policies are a growing trend across the country and in New York State. A SF campus policy means no smoking is allowed anywhere on college property or in college vehicles. In contrast, a TF campus policy prohibits all forms of tobacco use, anywhere on college property and in college-owned vehicles, including smokeless forms of tobacco, and in most cases, electronic cigarettes (e-cigarettes).

Evidence suggests that short-term exposure to secondhand smoke, even outdoors, puts people at increased risk, especially those with pre-existing cardiac and pulmonary illness.<sup>3</sup> In addition to reducing exposure to secondhand smoke, SF and TF campus policies help to reduce the initiation of tobacco use among young people and assist youths and adults who are trying to quit smoking.<sup>4</sup>

Between July 2014 and June 2015, electronic surveys were sent to college administrators at 201 colleges and universities in New York State and analyzed to ascertain current tobacco use policy. High response rates were achieved (83%). If no information was provided by a college, data were obtained via the college's website. Criteria were then applied to these data to generate a grade for each college. For colleges reporting a SF or TF policy, an additional compliance score was calculated based on several questions in the survey, to produce a plus or a minus grade.

### The grades and results are as follows:

*(for lists of colleges and grades see pages 16 to 21)*

**A=** 100% Tobacco-free campus policy:  
**60 Colleges (30%)**

**B=** 100% Smoke-free campus policy:  
**25 Colleges (12%)**

**C=** Designated smoking area policy:  
**37 Colleges (19%)**

**D=** Few if any restrictions of tobacco use on campus:  
**63 Colleges (31%)**

**I=** Incomplete (active planning process for a SF or TF policy):  
**15 Colleges (8%)**

This report documents the robust trend in SF and TF campus policy adoption across New York State which may have contributed to significant reductions in tobacco use among young adults in the state.

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# MAJOR FINDINGS

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**42%**

**Eighty-five colleges in New York (42%)** are either smoke-free or tobacco-free. A 28% increase in SF or TF policy implementation since 2012.



**50%**

**Half of New York's colleges (50%)** have implemented or are in the process of establishing either a 100% SF or a TF campus policy.

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- There has been more than a **40-fold increase** in the number of colleges in New York State that have adopted SF or TF policies since 2005 (from 2 to 86 schools with a SF or TF policy).
  - While private or independent colleges make up nearly 60% of all colleges in New York, **only 35% of them are SF or TF** compared to more than half of public schools (52%).
  - As a percentage, private colleges in New York are **twice as likely to have a D grade** as a public campus.
  - As a percentage, public colleges and universities are more than **twice as likely to be preparing** to implement a SF or TF campus policy compared to New York's private colleges.
  - New York has **the largest number** of SF or TF college campuses of any state in the country.
  - **More than 2/3 of campuses** with a SF or TF campus appear to have good to very good compliance with the policy.

# BACKGROUND

## Hundreds of U.S. colleges and universities have implemented smoke-free or tobacco-free campus policies

Tobacco-free campuses are a growing trend for private and state-run colleges across the country. Since 2010, the number of smoke-free (SF) and tobacco-free (TF) college campus policies in the U.S. has nearly doubled.<sup>1</sup> There are currently at least 1,577 completely SF and/or TF campus policies in the United States. Of these, 68% report having a TF campus policy.<sup>1</sup> Four states now require that all public colleges and universities be SF, including Iowa, whose law also covers private colleges. Arkansas, Louisiana, and Oklahoma are the other states that have enacted campus-wide bans on smoking at all public colleges.<sup>1</sup> Georgia's Board of Regents made their public university system SF starting in the fall of 2015.<sup>2</sup>

There are many factors contributing to this pattern. The TF campus trend in the U.S. may be related to the increase in state and local clean indoor air legislation in the past decade that has changed social norms around smoking, and increased awareness about the harmful effects of secondhand tobacco smoke.<sup>3</sup> Secondhand smoke is classified by the Environmental Protection Agency as a Class A carcinogen, the same as asbestos, with no known safe level of exposure. Each year in the United States, secondhand smoke causes more than 42,000 deaths in non-smokers including up to 7,300 lung cancer deaths.<sup>3,23</sup> Evidence suggests that short term exposure to secondhand smoke, even outdoors, puts people at higher risk, especially those with pre-existing cardiac and pulmonary illness.<sup>3</sup> Liability concerns may also be a growing factor associated with institutions adopting such policies. SF campus policies are associated with reductions in exposure to secondhand smoke.<sup>4</sup>

*The growing evidence of harm caused by tobacco use and secondhand smoke has resulted in at least 1,577 smoke-free and tobacco-free campuses in America.*

The adoption of tobacco-free college campus policies is also likely being fueled by the efforts of health organizations, tobacco control advocates, and other partners across the country working on the problem. Another major emphasis in recent years has been the increased focus of employers on worksite wellness initiatives to reduce spiraling healthcare costs. Studies indicate that businesses experience substantially higher healthcare costs and lower rates of productivity as a result of tobacco dependence among employees.<sup>5</sup> Each smoking employee costs companies an estimated

- 1 American Nonsmokers's Rights Foundation . Smokefree and Tobacco-Free U.S. and Tribal Colleges and Universities. *ANRF 2015 Report*, 1-5. Retrieved 7.23.15 from <http://www.no-smoke.org/pdf/smokefreecollegesuniversities.pdf>.
- 2 Beasley, D. "Georgia bans smoking and tobacco products on state university campuses." Reuters News Service. 3/19/14. Retrieved 7/31/15 at <http://www.reuters.com/article/2014/03/19/usa-georgia-smoking-idUSL2N0MG1KJ20140319>
- 3 Department of Health and Human Services (2006). Surgeon General's Report States Secondhand Smoke Is a Serious Health Hazard. *Office of Disease prevention and Health promotion*, 21(1), 1-6.
- 4 A. Fallin, M. Roditis, and S. Glantz. Association of Campus Tobacco Policies With Secondhand Smoke Exposure, Intention to Smoke on Campus, and Attitudes About Outdoor Smoking Restrictions. *American Journal of Public Health*: June 2015, Vol. 105, No. 6, pp. 1098-1100.
- 5 Berman M, et al. Estimating the cost of a smoking employee. *Tob Control*. 2013;0:1-6. doi:10.1136.



\$5,816 more per year than non-smoking workers in healthcare expenses and lost productivity.<sup>5</sup> A TF policy on college campuses may also lead to reductions in respiratory infections, fewer smoking employees, reduced insurance rates, decreased risk of fires, as well as a more attractive campus and work environment.<sup>6</sup> Smoking is a major source of litter and increases facility maintenance costs. Relatedly, smoking on college grounds may negatively impact the campus' image if visiting parents and potential students are walking through cigarette smoke and stepping over tobacco debris.



## College students are at high risk from weak tobacco use policies on campuses

Evidence suggests that if a young person does not begin smoking by the age of 26, it is very unlikely that he or she will ever take up smoking.<sup>7</sup> College campuses are an important target of the tobacco industry due to the number of young adults they can legally reach with their aggressive marketing. Each year cigarette manufacturers need to addict more than 450,000 new users in the U.S. to replace those who have died from long-term use of tobacco.<sup>7</sup> In 2014, college age youth (18-24) in New York State had a smoking prevalence rate of 14.9%. Young adult smoking is twice the 7.3% smoking rate<sup>8</sup> found among New York State high school students, suggesting that a significant number of youths start to smoke while attending New York's colleges.<sup>9</sup> Young adult smoking is twice the 7.3% smoking rate<sup>10</sup> found among New York State high school students, suggesting that a significant number of youths start to smoke while attending New York's colleges.<sup>11</sup>

6 Jacobs, M. et. al. Policies to restrict secondhand smoke exposure: American College of Preventive Medicine Position Statement. *Am J Prev Med.* 2013 Sep;45(3):360-7.

7 U.S. Department of Health and Human Services, *Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General*, Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office of Smoking and Health, 2012.

8 New York State Department of Health, Bureau of Tobacco Control. Presentation to the NYS Tobacco Control Advisory Board. April 23, 2015.

9 New York State Department of Health. Bureau of Tobacco Control. StatShot Vol. 8, No. 1/Jan 2015. Trends in Smoking Prevalence among New York State Youth. Retrieved 7.30.15 at [www.health.ny.gov/prevention/tobacco\\_control/reports/statshots/volume8/n1\\_youth\\_tobacco\\_use\\_trends.pdf](http://www.health.ny.gov/prevention/tobacco_control/reports/statshots/volume8/n1_youth_tobacco_use_trends.pdf).

10 New York State Department of Health, Bureau of Tobacco Control. Presentation to the NYS Tobacco Control Advisory Board. April 23, 2015.

11 New York State Department of Health. Bureau of Tobacco Control. StatShot Vol. 8, No. 1/Jan 2015. Trends in Smoking Prevalence among New York State Youth. Retrieved 7.30.15 at [www.health.ny.gov/prevention/tobacco\\_control/reports/statshots/volume8/n1\\_youth\\_tobacco\\_use\\_trends.pdf](http://www.health.ny.gov/prevention/tobacco_control/reports/statshots/volume8/n1_youth_tobacco_use_trends.pdf).



The tobacco industry attempts to take advantage of college-age youth, understanding that this period is when many long-term lifestyle choices are solidified.<sup>12</sup> Research suggests that developing adolescent brains exposed to nicotine are more easily addicted to tobacco than adults.<sup>13</sup> One study showed that college students who reported that they first tried smoking and first smoked regularly while in college increased from freshman to senior year, indicating that the college years are a vulnerable period for smoking initiation and habituation.<sup>14</sup> Colleges and universities may unintentionally contribute to younger students starting to use tobacco if the institution has weak tobacco use policies (e.g., smoke-free entryways and designated smoking areas). Studies have shown that communities with stricter tobacco control policies have lower rates of smoking.<sup>7</sup>

Studies also suggest that SF and TF campus policies reduce the initiation of tobacco use among young people and assist those who are trying to quit smoking.<sup>4</sup> In fact, the increase in TF campuses across the nation occurred at the same time as a large drop in college smoking. The 30-day prevalence of cigarette smoking among college students fell by more than half from a high of 31% in 1999 to 14% in 2013, and their daily smoking rate dropped by about two-thirds over the same period (from 19% to 6%).<sup>15</sup> One reason for this shift may be that TF policies reduce the number of opportunities to smoke so that the small proportion of daily smokers among college students become occasional smokers (often called “social smokers”) and many occasional smokers simply stop altogether.



- 12 Colder, C. et. al. Trajectories of Smoking Among Freshmen College Students With Prior Smoking History And Risk For Future Smoking: data from the University Project Tobacco Etiology Research Network (UpTERN) study, *Addiction*, 2008. 109,1534-154.
- 13 Dwyer, J, McQuown, S., and Leslie, F. The dynamic effects of nicotine on the developing brain. *Pharmacology & Therapeutics*: 122 (2), May 2009, P 125-139.
- 14 Clarkin, Patrick F, Tisch, Linda A. & Glicksman, Arvin S. Socioeconomic Correlates of Current and Regular Smoking Among College Students in Rhode Island, *Journal of American College Health*, 2008. 57(2), 183-190.
- 15 Johnston, L. D., O'Malley, P. M., Bachman, J. G., Schulenberg, J. E. & Miech, R. A. (2014). *Monitoring the Future: national survey results on drug use, 1975-2013: Volume 2, College students and adults ages 19-55*. Ann Arbor: Institute for Social Research, University of Michigan.

## Tobacco use is falling among New York State's young adults

In New York, there have also been impressive reductions in smoking rates among the 18 to 24 age group. Between 2001 and 2009 there was a 37% decline in college age smokers<sup>16</sup> followed by an additional 31% decrease between 2011 and 2014, to a smoking prevalence rate of 14.9%.<sup>8</sup> As in the rest of the nation, this dramatic drop in smoking prevalence among older youth in New York coincides with the rise in SF and TF campus policies in the state.

## Tobacco control efforts on New York State's college campuses have been inconsistent and inadequate but progress is being made

Over the past decade, there have been various efforts in New York State to enhance tobacco-related policies in the college setting. In 2001, the American Cancer Society (ACS) initiated a two-year project called the New York State College Alliance Against Tobacco which worked with many campuses across the state to change tobacco-related policies. Later that year ACS conducted a survey of all colleges in NYS regarding their smoking policies. The survey suggested that no colleges had a SF or TF campus policy in place. By August 2005, there were only two colleges in central New York with a SF property policy: a small private school and a state medical school and hospital. A state law was enacted in 2008 mandating that all dormitories at public and private colleges be completely SF.<sup>17</sup> Over the years, many tobacco-free community partners or coalitions around the state encouraged and supported advocates in colleges who wanted to protect themselves and others from secondhand smoke. In 2009, the New York State Tobacco Control Program began funding an initiative called Colleges for Change (C4C). ACS and C4C created the NYS Colleges Tobacco-Free Initiative (NYSCTFI) in 2010 to collaboratively promote TF campus policies across the state ([www.nystobaccofreecolleges.org](http://www.nystobaccofreecolleges.org)). NYSCTFI, in partnership with the NYS Tobacco-Free Community Coalitions (Advancing Tobacco-Free Communities) and the former National Center for Tobacco Policy, has supported many colleges as well as the SUNY system in their efforts to clear the air. Unfortunately the C4C program was terminated by the state in 2011 due to budget cuts. In 2012, U.S. Department of Health and Human Services launched the Tobacco-Free College Campus Initiative (TFCCI) to promote and support the adoption and implementation of tobacco-free policies at universities, colleges, and other institutions of higher learning across the United States ([www.tobaccofreecampus.org](http://www.tobaccofreecampus.org)). With the stepped-up leadership efforts of ACS and other partners in pursuing these measures in the State and across the nation, progress is being made as described in this report. Nonetheless, if New York State were spending closer to the recommended level of what the U.S. Centers for Disease Control and Prevention (CDC) estimates is needed for an optimal tobacco control program (NY is currently spending 19% of the CDC recommendation), it is likely that the C4C program would be intact and even more colleges would have TF environments today.<sup>18</sup>

16 New York State Department of Health, "Who Is Quitting in New York: A Decade of Progress Reducing smoking and Promoting Cessation," February, 2011.

17 New York State Public Health Law 1399-o. Smoking Restrictions. Retrieved 7/31/2015 at [www.health.ny.gov/regulations/public\\_health\\_law/section/1399](http://www.health.ny.gov/regulations/public_health_law/section/1399)

18 U.S. Health and Human Services. Centers for Disease Control and Prevention. Best Practices for Comprehensive Tobacco Control Programs—2014. Retrieved 8/2/15 at [www.cdc.gov/tobacco/stateandcommunity/best\\_practices/](http://www.cdc.gov/tobacco/stateandcommunity/best_practices/)



# METHODS

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Two and four-year New York State colleges and universities as well as degree-granting technical and graduate schools were identified using various online college lists and the 2011 School Guide publication.<sup>19</sup> The American Cancer Society (ACS) developed a survey instrument in 2010 to assess college campus tobacco policies in New York State. The ACS college survey was converted to a web-based questionnaire in 2012 using Survey Monkey. Investigators at the University of Rochester collaborated with ACS in 2014 to modify the survey and add questions specific to human resources and student affairs staff. The 2014 survey used for this report assessed the existing institutional tobacco or smoking policy, whether or not an active TF campus committee exists, communication about the policy, policy implementation efforts, and the degree of compliance observed on campus.

For each institution, a representative from two different departments was identified within the college administration using online staff directories or contacting the school directly. Participation requests were sent out via email to both department contacts at each school with links to the appropriate survey. Follow up emails and calls to colleges, as well as data tracking activities, were conducted by trained interns between June 2014 and June 2015.

All survey responses were self-reported. The majority of respondent perspectives were validated by comparisons with written policies publicly available on institutional websites indicating that the self-reported responses of school administrators had high accuracy.

## GRADING CRITERIA

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**A** = 100% tobacco-free campus policy (no tobacco use of any kind allowed anywhere on college property or in college vehicles). *Although prohibiting e-cigarettes is strongly recommended and is the preferred policy, it was not included as an A grade when the criteria was originally developed and shared with colleges.*

**B** = 100% smoke-free campus policy (no smoking allowed anywhere on college property or in college vehicles);

**C** = allow smoking in designated areas such as smoking huts, a parking lot, or other limited areas;

**D** = all other campuses with few (if any) outdoor restrictions such as those with smoke-free building entranceways or smoke-free perimeters around buildings.

**I** (Incomplete) = campuses that are in the process of establishing smoke-free and/or tobacco-free policies as evidenced by an active, administration-supported policy implementation committee.

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<sup>19</sup> Ridder M., School Guide: A Comprehensive Guide to 4 year and 2 year colleges, nursing schools, and military programs in the United States. School Guide Publications. New Rochelle, NY. 2011.



# COMPLIANCE SCORING (+, -)

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The college grades are based on the reported or identified tobacco use policies in place at each institution. Having a SF or TF policy on paper does not mean it has been effectively implemented and that there is a high level of compliance with the policy. A Compliance Index was developed from several questions added to the survey to ascertain the degree of compliance with the policy being observed on each campus that has reported being SF or TF. If the compliance score was in the upper quartile the grade letter was given a plus. The middle two quartiles of scores made the whole grade of either A or B stay the same with no plus or minus. The lower quartile of scores received a minus symbol added to the letter grade. When there was insufficient data available, the campus grade remained a whole letter grade without a plus or minus symbol.

## RESULTS AND DISCUSSION

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**85 colleges or 42% of all campuses have adopted smoke-free or tobacco-free policies and 15 colleges are actively preparing to implement the policy**

Between June 2014 and June 2015 electronic surveys were sent to college administrators at 201 colleges and universities in New York State and analyzed to ascertain their current tobacco use policy. High response rates were achieved (83%) but if no information was provided, data were gathered via the college's website. Criteria were then applied to these data to obtain a grade for each college.

The grades and results are as follows (for lists of colleges with grades and compliance scoring see Appendices):

<b>A</b> = 100% Tobacco-free campus policy:	<b>60 Colleges (30%)</b>
<b>B</b> = 100% Smoke-free campus policy:	<b>25 Colleges (12%)</b>
<b>C</b> = Designated smoking area policy:	<b>38 Colleges (19%)</b>
<b>D</b> = Few if any restrictions of tobacco use on campus:	<b>63 Colleges (31%)</b>
<b>I</b> = Incomplete (in progress for a SF or TF policy):	<b>15 Colleges (8%)</b>

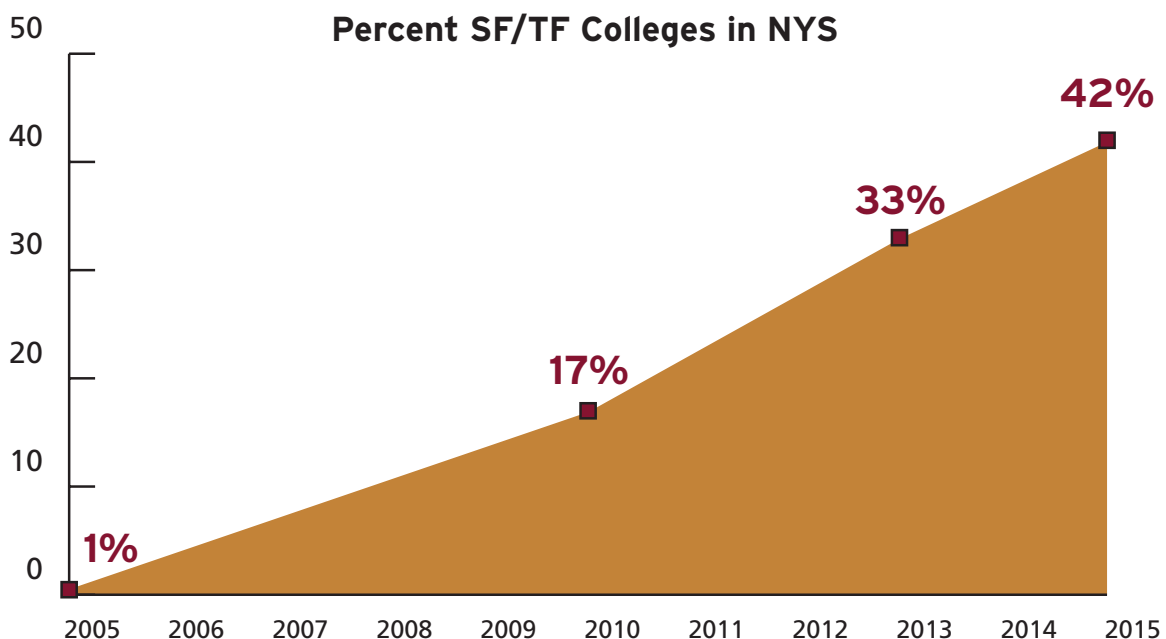
The Tobacco Free U: 2015 Dean's List indicates that 85 schools, or 42% of New York's colleges have implemented a SF and/or TF campus policy while 15 colleges (8%) are "in-progress" or preparing to implement the policy in the near future. Overall, 100 out of 201 campuses or 50% were either SF/TF or progressing towards a SF or TF policy. Of the 85 colleges in New York that have a SF or TF campus policy, 60 are now TF and 25 are SF (see Table 1).

Some people opposed to adopting a SF or TF campus policy have argued that the policy is not workable. This American Cancer Society report suggests otherwise. Approximately 84% of schools with a SF or TF policy participated in the questions on compliance. Among the respondents, nearly one third of schools with a SF or TF campus policy appear to have strong compliance with the policy, another 38% had good compliance, and 32% had fair to poor compliance. There must be ongoing efforts to maintain and promote compliance with the policy in order to sustain its effectiveness. SF and TF campus policies have unique challenges that can be effectively addressed with administration leadership and the right preparation (see page 14 for more information about how to access assistance with your policy initiative).

As seen in Chart 1, the voluntary adoption of SF and TF campus policies in New York over the past decade has been dramatic. Since 2005, New York State has seen more than a 40-fold increase in SF and TF campus policies. In 2010, 17% of campuses in the state had a SF or TF campus policy. Within five years the percentage of campuses prohibiting smoking or all forms of tobacco use on campus grew to 42%. That trend appears to have slowed slightly in the past few years as the early policy adopters among colleges completed their goals and are in the maintenance phase.

Without strong leadership by SUNY and college presidents, continuing this upward trend voluntarily will be difficult. The colleges with a C or D grade are likely to be more resistant to change and many will likely need to be mandated to change their current weak policies on tobacco use. There are many precedents in New York and elsewhere to address the problem of resistance to changing health policy on college campuses and other workplaces. In 2008, for instance, after many campuses had voluntarily prohibited smoking in all dormitories, the remaining public and private colleges were required to make their student housing SF via state legislation. A more recent precedent occurred in 2013 when all hospitals in New York were required by state law to prohibit smoking on their property. Importantly, that legislation was passed after many of the more progressive hospital systems around the state had already implemented a SF campus policy, yet many other hospitals were unwilling to do so placing vulnerable patients accessing healthcare in harm's way.

**Chart 1: New York State continues to see a rise in SF and TF campus policy adoption**





**Table 1: Colleges and Universities in New York State with Tobacco-Free and/or Smoke-Free Policies, By Public and Private Status**

STATUS	PUBLIC COLLEGES		PRIVATE COLLEGES		TOTAL	PERCENT
	#	%	#	%	#	%
	84	42%	115	58%	201	100%
<b>Tobacco-Free</b>	39	46%	21	18%	60	30%
<b>Smoke-Free</b>	5	6%	20	17%	25	12%
<b>Smoke-Free or Tobacco-Free</b>	44	52%	41	35%	85	42%
<b>In Progress</b>	10	12%	5	4%	15	8%
<b>SF/TF and In Progress</b>	54	64%	46	39%	100	50%

### Public colleges in New York State are far more likely to have a SF or TF campus policy and to be planning for the policy than independent colleges

Public campuses in NYS are much more likely than private campuses to have an A or B grade with 44 reporting having a SF or TF policy in place (52% of public institutions) while 41 private colleges (35%) meet the criteria for a SF or TF campus policy (see Table 1). These data also indicate that New York’s public colleges are three times as likely to be in the process of establishing a new SF or TF policy as their private or independent college counterparts. Overall, 12% of public colleges, compared to only 4% of private colleges, reported having an active tobacco committee working on enacting a SF or TF policy. These figures are important because there are one third more private colleges in the state than public schools of higher education. With 100% of City University of New York (CUNY) campuses TF and half of the State University of New York (SUNY) schools already SF/TF, the trend portends that the majority of private colleges will soon stand alone among colleges as the last bastion for allowing and supporting tobacco use on campuses in the state.

### Almost half of colleges in New York State are not adequately addressing tobacco

The survey also finds that nearly one third of colleges and universities in New York have done little (grade D) to address the serious issue of tobacco use and secondhand smoke exposure among students, staff, and visitors, placing them at increased risk for heart attacks, cancer, chronic lung disease, asthma exacerbation, respiratory infections, etc. Another 18% of New York’s colleges have attempted to partially address the tobacco problem (grade C) but have done so inadequately by creating designated smoking areas. Building butt huts or other locations where smokers can

congregate is notoriously ineffective at managing the problem, with poor compliance being a frequent complaint of such policies, especially during cold and inclement weather.<sup>20</sup> Some college employees are subjected to secondhand smoke exposure on a daily basis from tobacco smoke entering through vents where smokers congregate and doors as people come and go.



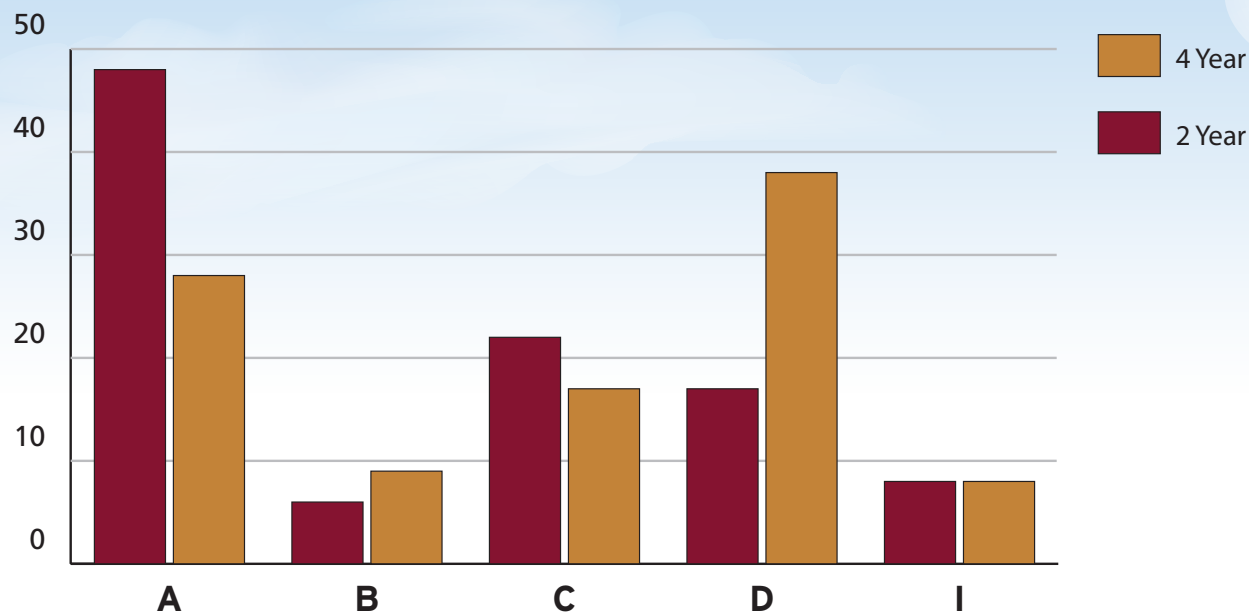
## Community colleges (2 year colleges) are leading the way on SF and TF campus policies

More than half of 2 year community colleges (54%) received an A or B grade compared to 37% of four year campuses (see Chart 2). Four year colleges and universities in New York also stand out as the campuses doing the least to combat tobacco. Chart 2 shows that 38% of four year schools have a D grade with weak policies in place that allow tobacco use nearly anywhere outside of buildings on campus. In contrast, only 16% of two year campuses are receiving a D grade for having the weakest form of policy. This reality raises real concerns about daily exposure to tobacco given that four year colleges have the younger student population, students are on four year campuses for longer periods, and in most cases, four year schools require freshman, and sometimes sophomores, to live on campus. Additionally, four year colleges and universities often have larger student, faculty, and staff populations who are potentially exposed to tobacco on a more regular basis.

<sup>20</sup> Patterson, T. Monograph: Ten Years of Tobacco Free Campus Policy. National Center for Tobacco Policy. 2014. Retrieved at [www.nystobaccofreecolleges.org/wp-content/uploads/2014/04/Ten-Years-of-Tobacco-Free-Campus-Policy-2.pdf](http://www.nystobaccofreecolleges.org/wp-content/uploads/2014/04/Ten-Years-of-Tobacco-Free-Campus-Policy-2.pdf)



**Chart 2: Smoke-free and/or Tobacco-free Campus Policy Status in New York State by 2 or 4 Year Colleges\***



\*Technical and graduate schools were not included.

## There is growing concern about the use of tobacco products other than cigarettes

More than twice as many campuses have a TF policy compared to schools that simply prohibit smoking. Moreover, far more TF campus policies have been established in the past several years than SF policies. The trend towards TF suggests the desire to treat tobacco products consistently since all tobacco products are addictive and harmful. Colleges may also want to avoid potentially driving students to use more smokeless tobacco and to avoid the need to amend a SF policy to add all forms of tobacco in the future. A TF policy is prudent given national statistics showing that the sales of moist snuff products (including snus) increased by 65.6% between 2005 and 2011.<sup>21</sup> The survey data collected for this report indicate that the majority of New York TF campus policies are also including prohibitions on e-cigarettes.

E-cigarettes are battery-operated devices that allow the user to inhale an aerosol produced from cartridges filled with a liquid typically containing nicotine, propylene glycol and/or vegetable glycerin, other chemicals, and usually flavoring. E-cigarettes, which encompass many different versions and manufacturers, are virtually unregulated in their production, and have been quickly growing in popularity. Centers for Disease Control and Prevention (CDC) researchers found that between 2010 and 2013, the percent of adults who had ever used e-cigarettes more than doubled

<sup>21</sup> Delnevo C., et. al. Examining market trends in the United States smokeless tobacco use: 2005–2011. *Tob Control*. 2014 Mar; 23(2): 107–112.

from 3.3 percent to 8.5 percent.<sup>22</sup> In addition, expenditures on e-cigarette advertising have tripled in recent years.<sup>23</sup> National findings by the CDC indicate that the use of e-cigarettes among high school youth has tripled between 2013 -2014.<sup>24</sup> In New York State, preliminary data by the State Department of Health suggest that 10% of high school students are using e-cigarettes and 50% of them are using both e-cigarettes and smoking combustible tobacco (dual use). Among young adults aged 18-24, 12% are using e-cigarettes and dual use is more than 50%.<sup>8</sup> E-cigarettes are often promoted as a way to bypass smoke-free laws and as a healthier alternative to traditional cigarettes; however, to date there is little evidence to support these claims. While the health risks of e-cigarettes are not fully known, there is growing concern that e-cigarette use will normalize cigarette smoking and could lead to the use of other forms of tobacco products.<sup>19</sup> Given that it can be difficult to tell the difference between an e-cigarette and a regular cigarette, especially at a distance, allowing e-cigarettes on campuses may undermine compliance with a SF or TF policy and complicate enforcement measures. There is also potential for e-cigarettes to discourage the use of proven cessation therapies among those who want to quit.

## **New York's funding for programs to address tobacco use on college and elsewhere is inadequate and needs to be increased**

This report documents the continuing trend in SF and TF campus policy adoption across New York State which has likely contributed to dramatic reductions in tobacco use among young adults in the state. With such a dynamic trend, it is unfortunate that the state has cut 50% from its tobacco control program budget in recent years. Institutions of higher education need ongoing guidance, support, and access to resources to transition to a TF environment. Consider the increased needs for training staff, purchasing signage, and providing consultation to enhance or create cessation services on campus and improve access to cessation pharmacotherapy treatments. A 2011 report by the NYS Tobacco Control Program shows that the 18-24 age group has the highest smoking rate among adults but uses effective cessation treatment options like counseling and medications the least.<sup>16</sup> All of these services, especially those pertaining to the college setting, have been cut or eliminated in recent years. Meanwhile, the state takes in more than \$2.5 billion each year from tobacco settlement and tobacco taxes but spends just 2 cents on the dollar to help people quit, reduce secondhand smoke exposure, and assisting institutions like colleges to become TF.<sup>25</sup> Cost-saving initiatives with a large return on investment like tobacco control should be expanded to reduce healthcare costs, boost worker productivity, and improve quality of life.

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22 King B., et. al., Trends in Awareness and Use of E-cigarettes Among US Adults, 2010-2013. *Nicotine and Tobacco Research*. September 2014.

23 American Cancer Society. *Cancer Prevention & Early Detection Facts & Figures 2015-2016*. Atlanta: American Cancer Society; 2015.

24 U.S. Centers for Disease Control and Prevention. Tobacco Use Among Middle and High School Students — United States, 2011–2014. *MMWR*. 64(14);381-385. April 17, 2015.

25 Sciandra R and Horner B. 'Up in Smoke: New York Reaps Billions in Revenue While Short Changing Anti-Smoking Programs,' American Cancer Society. 2011.



# LIMITATIONS

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The Tobacco-Free U: 2015 Dean's List has some limitations. First, the data collected were mostly self-reported by college staff. It is possible that some respondents may have provided inaccurate information. When possible, the information was validated using other means such as online student handbooks. Also, institutional change, especially within the SUNY system, is occurring quickly and a policy change or a process for change (or improvement) could have been introduced by some colleges after completing the survey. Finally, human error could have occurred with the analysis and documentation of each grade in the report. If a school can provide proof that there was an error, the list, which will be posted on the NYS Colleges Tobacco-Free Initiative website at [www.nystobaccofree.org](http://www.nystobaccofree.org), will be updated accordingly. Simply visit [www.nystobaccofreecolleges.org/contact-us](http://www.nystobaccofreecolleges.org/contact-us) to send an email describing the discrepancy.

# RECOMMENDATIONS

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- All colleges in New York State should voluntarily adopt a TF campus policy (including e-cigarettes) to respect and protect the entire campus community and its environment. Colleges should not implicitly promote the initiation of a long-term addiction to tobacco and allow daily exposure to the more than 70 carcinogens in cigarette smoke.
- ACS CAN recommends that the Governor and Legislature ensure that New York State joins the growing list of states to pass legislation that require all public colleges to be 100% TF as six other states have done. On June 12, 2012 the State University of New York (SUNY) Board of Trustees passed a resolution to support a "Tobacco-Free SUNY" policy and the development of New York State legislation that bans the use of tobacco on grounds and facilities and in vehicles owned, leased, or controlled by SUNY. For two sessions, bills have been introduced in both the New York State Assembly and Senate to make all state-run SUNY campuses TF but the bills have not passed in either house.
- ACS CAN recommends that the Governor and Legislature should boost support for SF/TF campus policies by increasing funding to the New York State Department of Health's Tobacco Control Program. The TCP provides vital community action, education and cessation services to save lives by reducing tobacco use and exposure to secondhand smoke.
- The Commission on Independent Colleges and Universities should highlight the benefits of TF campus policies and support its members to implement TF campus policies. Independent colleges in New York State are lagging behind public colleges in establishing TF campus policies.

## FOR MORE INFORMATION

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To get tips and materials on how to quit smoking, contact the American Cancer Society (ACS) at 1-800-227-2345 or [www.cancer.org](http://www.cancer.org).

For tobacco cessation coaching, access to an online smokefree community, free starter kit of Nicotine patches (most qualify), cessation resources, or assistance setting up quit referrals from student health services, contact the **New York State Smokers' Quitline** – 866-NY-QUITS (697-8487) or [www.nysmokefree.com](http://www.nysmokefree.com)

### **New York State Colleges Tobacco Free Initiative (NYSCTFI)**

The New York State Colleges Tobacco-Free Initiative is a statewide partnership dedicated to encouraging and supporting colleges and universities in the state to implement 100% TF campus policies and to help them create a culture of compliance with the policy. Partners on the Initiative include the American Cancer Society, NYS Tobacco-Free Community Partners, the NYS Smoker's Quitline, and the New York State Public Health Association. Access to resources and tailored assistance is available at [www.nystobaccofreecolleges.org](http://www.nystobaccofreecolleges.org). Empirical evidence suggests that strong leadership (e.g., direct involvement by the college president, and other decision-makers); having an active, high-level, multi-disciplinary TF committee in place; and ongoing, effective communications and training campaigns; are more likely to lead to a culture of high compliance and successful implementation of a TF campus policy. For support to make your campus tobacco-free contact NYSCTFI via the website.

**The American Cancer Society Cancer Action Network (ACS CAN)** is the nation's leading voice advocating for public policies that are helping to defeat cancer. As the advocacy affiliate of the American Cancer Society, ACS CAN works to encourage elected officials and candidates to make cancer a top national priority. To learn how you can become a member of ACS CAN, go to [www.acscan.org](http://www.acscan.org)

## ACKNOWLEDGEMENTS

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## Colleges in New York State with an “A” grade (tobacco-free campus policy) as of July 1, 2015.

*\*Pluses and minuses were derived from a policy compliance score applied to colleges reporting a tobacco-free or smoke-free policy.*

Albany College of Pharmacy and Health Sciences	A	Davis College	A
Albany Law School	A-	Erie Community College	A+
Bank Street College of Education	A-	Finger Lakes Health College of Nursing	A
Buffalo State College	A-	Helene Fuld College of Nursing	A+
Cayuga Community College	A	Houghton College	A+
Corning Community College	A	Hudson Valley Community College	A
CUNY Baruch College	A	Jamestown Community College	A
CUNY Borough of Manhattan Community College	A-	Le Moyne College	A
CUNY Bronx Community College	A	Maria College	A
CUNY Brooklyn College	A+	Memorial and Samaritan Hospitals' Schools of Nursing	A-
CUNY College of Staten Island	A	Monroe Community College	A+
CUNY Graduate Center	A	Nyack College	A-
CUNY Graduate School of Journalism	A	Paul Smith's College	A+
CUNY Hostos Community College	A	Rensselaer Polytechnic Institute	A
CUNY Hunter College	A	Roberts Wesleyan College	A
CUNY Jefferson Community College	A	Rockland Community College	A
CUNY John Jay college of Criminal Justice	A	Schenectady County Community College	A
CUNY Kingsborough Community College	A	Siena College	A
CUNY LaGuardia Community College	A	St. Elizabeth College of Nursing	A+
CUNY Lehman College	A+	St. Joseph's College of Nursing	A+
CUNY Macaulay Honors College	A	SUNY Fredonia	A+
CUNY Medgar Evers College	A+	SUNY Adirondack	A
CUNY New York City College of Technology	A	SUNY Cortland	A+
CUNY Queens College	A-	SUNY Oswego	A
CUNY Queens School of Law	A-	SUNY Upstate Medical University	A
CUNY Queensborough Community College	A	The College of Saint Rose	A-
CUNY School of Professional Studies	A	The Sage Colleges	A
CUNY Stella and Charles Guttman Community College	A	Trocaire College	A-
CUNY The City College of New York	A+	Vassar College	A
CUNY York College	A-	Villa Maria College	A
		Westchester Community College	A



## **Tobacco-Free U: 2015 New York State Dean's List Colleges in New York State with a "B" grade (smoke-free campus policy) as of July 1, 2015.**

*\*Pluses and minuses were derived from a policy compliance score applied to colleges reporting a tobacco-free or smoke-free policy.*

Albany Medical College	B	New York University	B
Barnard College	B+	Niagara County Community College	B
Bramson ORT College	B	Pace University	B
Cazenovia College	B+	Phillips Beth Israel School of Nursing	B-
Cochran School of Nursing	B+	Plaza College	B+
Crouse Hospital College of Nursing	B+	Sarah Lawrence College	B
D'Youville College	B	Stony Brook University Hospital	B
Fashion Institute of Technology	B+	SUNY Ulster	B
Institute of Design and Construction	B	The King's College	B+
LIM College	B-	The Rockefeller University	B-
Montefiore School of Nursing	B	University at Buffalo, SUNY	B
New York Medical College	B	University of Rochester School of Medicine and Dentistry	B
New York School of Interior Design	B-		

## **Tobacco-Free U: 2015 New York State Dean's List Colleges in New York State with a "C" grade (designated smoking areas) as of July 1, 2015.**

American Academy McAllister Institute	C	SUNY Alfred State College of Technology	C
Boricua College	C	SUNY Broome	C
College of Mount Saint Vincent	C	SUNY Canton	C
Culinary Institute of America	C	SUNY Cobleskill	C
DeVry College of New York	C	SUNY Columbia-Greene Community College	C
Excelsior College	C	SUNY Delhi	C
Finger Lakes Community College	C	SUNY Downstate Medical Center	C
Fulton-Montgomery Community College	C	SUNY Maritime College	C
Ithaca College	C	SUNY Orange County Community College	C
Jamestown Business College	C	Syracuse University	C
Keuka College	C	The College of New Rochelle	C
Manhattan School of Music	C	The College of Westchester	C
Marymount Manhattan College	C	The Juilliard School	C
Medaille College	C	Tompkins Cortland Community College	C
Mercy College	C	Utica College	C
Monroe College	C	Webb institute	C
Niagara University	C	Wells College	C
Onondaga Community College	C	Yeshiva University	C
St. John Fisher College	C		

**Tobacco-Free U: 2015 New York State Dean's List Colleges in New York State with a "D" grade (few, if any, restrictions) as of July 1, 2015.**

Alfred University	D	Molloy College	D
Bard College	D	Morrisville State College	D
Briarcliffe College	D	Mount Saint Mary College	D
Brooklyn Law School	D	Nassau Community College	D
Canisius College	D	Nazareth College	D
Clarkson University	D	SUNY New Paltz	D
Colgate University	D	The New School	D
Columbia University	D	New York Chiropractic College	D
Cornell University	D	New York Institute of Technology	D
Daemen College	D	New York College of Podiatric Medicine	D
Dominican College	D	North Country Community College	D
Dowling College	D	SUNY Plattsburgh	D
Elmira College	D	Pratt Institute	D
SUNY Empire State College	D	The Richard Gilder Graduate School	D
Eugene Lang College of Liberal Arts	D	Rochester Institute of Technology	D
Five Towns College	D	St. Bonaventure University	D
Fordham University	D	St. John's University	D
SUNY Genesee Community College	D	St. Lawrence University	D
Hamilton College	D	St. Thomas Aquinas College	D
Hartwick College	D	SUNY Sullivan Community College	D
Herkimer County Community College	D	SUNY Binghamton University	D
Hilbert College	D	SUNY College of Environmental Science and Forestry	D
Hobart and William Smith Colleges	D	SUNY College of Optometry	D
Hofstra University	D	SUNY Geneseo	D
Iona College	D	SUNY Oneonta	D
Jewish Theological Seminary	D	SUNY University at Albany	D
Long Island University	D	The Cooper Union for Achievement of Science and Art	D
Manhattan College	D	Touro College	D
Manhattanville College	D	University of Rochester	D
Mannes College, The New School for Music	D	Vaughn College of Aeronautics and Technology	D
Marist College	D		
Metropolitan College of New York	D		
Mohawk Valley Community College	D		

## **Tobacco-Free U: 2015 New York State Dean's List Colleges in New York State with an "I" grade (incomplete or actively planning) as of July 1, 2015.**

Adelphi University	St. Francis College
Clinton Community College	SUNY Polytechnic Institute
SUNY Dutchess Community College	Stony Brook University
Farmingdale State College	Suffolk County Community College
SUNY Old Westbury	The College at Brockport
SUNY Potsdam	Union College
SUNY Purchase College	Wagner College
Skidmore College	

## **Tobacco-Free U: 2015 New York State Dean's List Alphabetized College Grades as of July 1, 2015.**

*\*Pluses and minuses were derived from a policy compliance score applied to colleges reporting a tobacco-free or smoke-free policy*

Adelphi University	I	Cornell University	D
Albany College of Pharmacy and Health Sciences	A	Corning Community College	A
Albany Law School	A-	Crouse Hospital College of Nursing	B+
Albany Medical College	B	Culinary Institute of America	C
Alfred University	D	CUNY Baruch College	A
American Academy McAllister Institute	C	CUNY Borough of Manhattan Community College	A-
Bank Street College of Education	A-	CUNY Bronx Community College	A
Bard College	D	CUNY Brooklyn College	A+
Barnard College	B+	CUNY College of Staten Island	A
Boricua College	C	CUNY Graduate Center	A
Bramson ORT College	B	CUNY Graduate School of Journalism	A
Briarcliffe College	D	CUNY Hostos Community College	A
Brooklyn Law School	D	CUNY Hunter College	A
Buffalo State College	A-	CUNY Jefferson Community College	A
Canisius College	D	CUNY John Jay college of Criminal Justice	A
Cayuga Community College	A	CUNY Kingsborough Community College	A
Cazenovia College	B+	CUNY LaGuardia Community College	A
Clarkson University	D	CUNY Lehman College	A+
Clinton Community College	I	CUNY Macaulay Honors College	A
Cochran School of Nursing	B+	CUNY Medgar Evers College	A+
Colgate University	D	CUNY New York City College of Technology	A
College of Mount Saint Vincent	C	CUNY Queens College	A-
Columbia University	D	CUNY Queens School of Law	A-



CUNY Queensborough Community College	A	Long Island University	D
CUNY School of Professional Studies	A	Manhattan College	D
CUNY Stella and Charles Guttman Community College	A	Manhattan School of Music	C
CUNY The City College of New York	A+	Manhattanville College	D
CUNY York College	A-	Mannes College, The New School for Music	D
Daemen College	D	Maria College	A
Davis College	A	Marist College	D
DeVry College of New York	C	Marymount Manhattan College	C
Dominican College	D	Medaille College	C
Dowling College	D	Memorial and Samaritan Hospitals' Schools of Nursing	A-
D'Youville College	B	Mercy College	C
Elmira College	D	Metropolitan College of New York	D
Erie Community College	A+	Mohawk Valley Community College	D
Eugene Lang College of Liberal Arts	D	Molloy College	D
Excelsior College	C	Monroe College	C
Farmingdale State College	I	Monroe Community College	A+
Fashion Institute of Technology	B+	Montefiore School of Nursing	B
Finger Lakes Community College	C	Mount Saint Mary College	D
Finger Lakes Health College of Nursing	A	Nassau Community College	D
Five Towns College	D	Nazareth College	D
Fordham University	D	New York Chiropractic College	D
Fulton-Montgomery Community College	C	New York College of Podiatric Medicine	D
Hamilton College	D	New York Institute of Technology	D
Hartwick College	D	New York Medical College	B
Helene Fuld College of Nursing	A+	New York School of Interior Design	B-
Herkimer County Community College	D	New York University	B
Hilbert College	D	Niagara County Community College	B
Hobart and William Smith Colleges	D	Niagara University	C
Hofstra University	D	North Country Community College	D
Houghton College	A+	Nyack College	A-
Hudson Valley Community College	A	Onondaga Community College	C
Institute of Design and Construction	B	Pace University	B
Iona College	D	Paul Smith's College	A+
Ithaca College	C	Phillips Beth Israel School of Nursing	B-
Jamestown Business College	C	Plaza College	B+
Jamestown Community College	A	Pratt Institute	D
Jewish Theological Seminary	D	Rensselaer Polytechnic Institute	A
Keuka College	C	Roberts Wesleyan College	A
Le Moyne College	A	Rochester Institute of Technology	D
LIM College	B-	Rockland Community College	A

Sarah Lawrence College	B	SUNY Potsdam	I
Schenectady County Community College	A	SUNY Purchase College	I
Siena College	A	SUNY Sullivan Community College	D
Skidmore College	I	SUNY Ulster	B
St. Bonaventure University	D	SUNY Upstate Medical University	A
St. Elizabeth College of Nursing	A+	SUNY, Morrisville State College	D
St. Francis College	I	SUNY, Stony Brook University Hospital	B
St. John Fisher College	C	SUNY, University at Albany	D
St. John's University	D	SUNY, University at Buffalo	B
St. Joseph's College of Nursing	A+	Syracuse University	C
St. Lawrence University	D	The College at Brockport	I
St. Thomas Aquinas College	D	The College of New Rochelle	C
Stony Brook University	I	The College of Saint Rose	A-
Suffolk County Community College	I	The College of Westchester	C
SUNY Adirondack	A	The Cooper Union for Achievement of Science and Art	D
SUNY Alfred State College of Technology	C	The Juilliard School	C
SUNY at Fredonia	A+	The King's College	B+
SUNY Binghamton University	D	The New School	D
SUNY Broome	C	The Richard Gilder Graduate School	D
SUNY Canton	C	The Rockefeller University	B-
SUNY Cobleskill	C	The Sage Colleges	A
SUNY College of Environmental Science and Forestry	D	Tompkins Cortland Community College	C
SUNY College of Optometry	D	Touro College	D
SUNY Columbia-Greene Community College	C	Trocaire College	A-
SUNY Cortland	A+	Union College	I
SUNY Delhi	C	University of Rochester	D
SUNY Downstate Medical Center	C	University of Rochester School of Medicine and Dentistry	B
SUNY Dutchess Community College	I	Utica College	C
SUNY Empire State College	D	Vassar College	A
SUNY Genesee Community College	D	Vaughn College of Aeronautics and Technology	D
SUNY Geneseo	D	Villa Maria College	A
SUNY Maritime College	C	Wagner College	I
SUNY New Paltz	D	Webb institute	C
SUNY Old Westbury	I	Wells College	C
SUNY Oneonta	D	Westchester Community College	A
SUNY Orange County Community College	C	Yeshiva University	C
SUNY Oswego	A		
SUNY Plattsburgh	D		
SUNY Polytechnic Institute	I		