

A Smoke-Free UEA

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Summary

Following a recent announcement by UEA to ban smoking on campus in areas, we wanted to put our recommendations forward, which were being derived prior to the announcement, and shift the focus away from the ban itself and towards student's individual health and well-being.

"Smoking is the single greatest preventable cause of death in the world todayⁱ."

~ **World Health Organisation**

The smoking ban brought in by the UK government in 2007 is arguably the most important public health initiative of lateⁱⁱ. One of the key findings following the ban is the increased awareness of the risks associated with both smoking and second-hand smokeⁱⁱⁱ.

"Secondhand smoke is a lethal cocktail of more than 4,000 irritants, toxins and cancer-causing substances.

"Most secondhand smoke is invisible and odourless, so no matter how careful you think you're being, people around you still breathe in the harmful poisons. ... Smoke can linger in the air for 2 to 3 hours after you've finished a cigarette^{iv}."

- **NHS**

Council Notes

1. That passive smoking is harmful to anyone who inhales it.
2. That the smoking ban nationally has resulted in an increase of smoking cessation and a reduction in hospital admissions for smoking related diseases^v
3. "Worldwide, tobacco use causes nearly 6 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030. On average, smokers die 10 years earlier than nonsmokers^{vi}"
4. That whilst support is available for those who wish to cease smoking, like many services it can be difficult to access or find information on the services available.
5. That the nearest smoking cessation 'clinics' are located at Bacon Road Medical Centre, Bowthorpe Medical Centre along with sites within the city centre^{vii}.
6. Limited support for cessation is available from most pharmacies^{viii}.

Council Believes

1. That students should be able to traverse campus in a smoke free environment, thus reducing the risks of negative influences on their health.
2. That students all students should be encouraged and supported to make positive changes to their own health and well-being.
3. That where a smoking ban is not enforceable it should be at the very least strongly discouraged.
4. That the University Medical Services should provide support that meet the needs of the community it serves.

Council Resolves

1. To mandate the Campaigns and Democracy Officer to lobby the university to implement smoke free "zones" on campus as outlined in the following areas:

- a. The Street
 - b. The Square
 - c. The Walkway
 - d. Bus Stops
2. That in areas that a smoking ban is not enforceable, signage should be erected to discourage smoking.
 3. To mandate the Welfare, Community and Diversity Officer to set up a working group to investigate how best to implement a health improvement scheme within UEA SU that enables students to be supported with improving their health and wellbeing.
 4. To mandate the Welfare, Community and Diversity Officer to engage with Norfolk County Council and Smokefree Norfolk to ensure students have access to resources to give up smoking and make positive choices regarding their own health.
 5. To set up a working group to ensure the needs of students requiring support to cease smoking are supported in the best way possible.

ⁱ Tobacco Fact Sheet. (2009). [ebook] World Health Organisation, p.1. Available at:

https://www.who.int/nmh/publications/fact_sheet_tobacco_en.pdf [Accessed 19 Dec. 2018].

ⁱⁱ Russell, A. (2017). *Eight things that have changed since the UK banned smoking in public 10 years ago*. [online] The Independent. Available at: <https://www.independent.co.uk/life-style/health-and-families/health-news/smoking-ban-public-10-years-ago-eight-changes-health-hospitals-pubs-teenagers-e-cigarettes-a7813696.html> [Accessed 19 Dec. 2018].

ⁱⁱⁱ Russell, A. (2017). *Eight things that have changed since the UK banned smoking in public 10 years ago*. [online] The Independent. Available at: <https://www.independent.co.uk/life-style/health-and-families/health-news/smoking-ban-public-10-years-ago-eight-changes-health-hospitals-pubs-teenagers-e-cigarettes-a7813696.html> [Accessed 19 Dec. 2018].

^{iv} NHS. (2015). *Passive smoking: protect your family and friends*. [online] Available at: <https://www.nhs.uk/live-well/quit-smoking/passive-smoking-protect-your-family-and-friends/> [Accessed 20 Dec. 2018].

^v Russell, A. (2017). *Eight things that have changed since the UK banned smoking in public 10 years ago*. [online] The Independent. Available at: <https://www.independent.co.uk/life-style/health-and-families/health-news/smoking-ban-public-10-years-ago-eight-changes-health-hospitals-pubs-teenagers-e-cigarettes-a7813696.html> [Accessed 19 Dec. 2018].

^{vi} CDC - Fact Sheet - Fast Facts - Smoking & Tobacco Use [Internet]. Centers for Disease Control and Prevention. 2018 [cited 2 January 2019]. Available from: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm

^{vii} Find a Clinic - Smoke Free Norfolk [Internet]. Smokefreenorfolk.nhs.uk. 2019 [cited 28 January 2019]. Available from: <http://www.smokefreenorfolk.nhs.uk/find-a-clinic/>

^{viii} Smoking Cessation [Internet]. Norfolk LPC. 2019 [cited 28 January 2019]. Available from: <http://psnc.org.uk/norfolk-lpc/commissioned-services/smoking-cessation/>