

Snapshot of Maryland College Tobacco Policies

As of **January 1, 2016, 1,475 college campuses nationwide are 100% smoke-free**. Most of these are also 100% tobacco-free (77%), in that they prohibit both combustible products (cigarettes, cigars, lighted products) *and* smokeless tobacco products. Over half prohibit electronic nicotine delivery systems (ENDS), such as e-cigarettes (54%). **The implementation of smoke-free campus policies has increased 331% since October 2010!**ⁱ

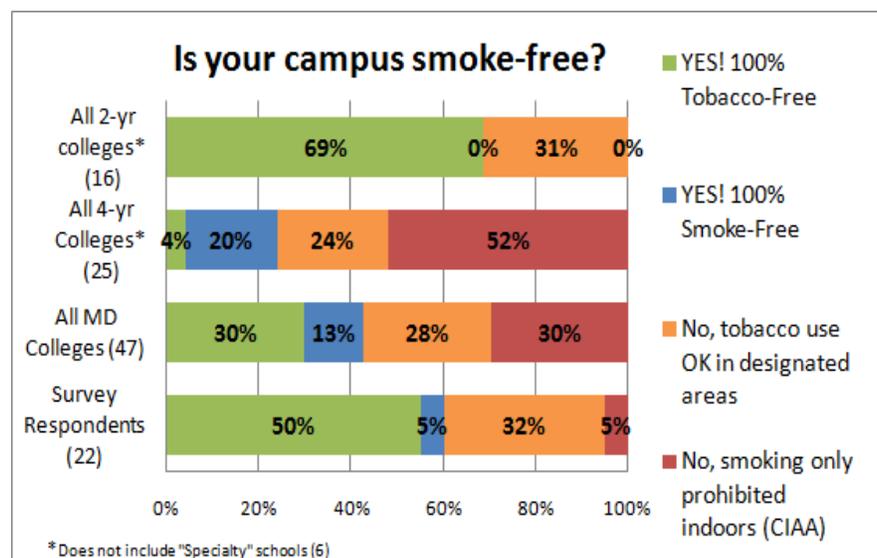
As of August 2015, a quarter of Maryland colleges and universities have smoke-free campuses.

To gain a better picture of Maryland college and university campus smoking/tobacco use policies, cessation services offered, and available resources, a survey was conducted among campus representatives, primarily health center staff. Of the 44¹ colleges surveyed, **22 colleges responded; community colleges were most represented**. This snapshot highlights several notable findings; full survey results are available online at: <http://goo.gl/ymN0zT>.

Classification	Survey Respondents	% of Sample	Statewide Total	% Statewide
4-year College/University	9	41%*	25	53%*
2-year/Community College	10	45%	16	34%
Specialty College/University	3	14%	6	13%
TOTAL RESPONDENTS	22	100%	47¹	100%¹

*University System of Maryland (USM) schools comprise *slightly* more of schools surveyed than they do of total schools statewide (32% v. 30%), but *substantially* more of 4-year schools surveyed, than of 4-year schools statewide (67% v. 44%).ⁱⁱ

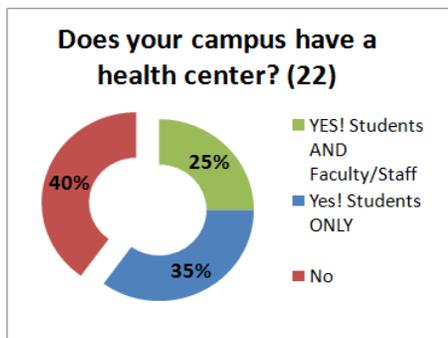
Half of survey respondents have a 100% tobacco-free campus policy, meaning there are no forms of tobacco allowed on campus, including smokeless and alternative tobacco/nicotine products² (50% of 22). **Most Maryland colleges restrict tobacco use in some capacity** beyond state indoor air law restrictions (69% of 16). These restrictions range from being entirely tobacco- or smoke-free, to limiting tobacco use to designated areas on campus (71% of 47).



¹ 44 of 47 schools surveyed; remaining 3 were not surveyed either because there was no health center contact available, or because the school shared oversight with a school already included in the survey.

² Typically this includes explicitly prohibiting ENDS.

However, **less than half of 4-year institutions in Maryland restrict tobacco use on campus** (48% of 25). Even fewer are fully tobacco-free (4% of 25) or smoke-free (20% of 25). This demonstrates an area for future growth in college tobacco control policy. Community colleges are currently leading the way with tobacco-free campus policies becoming the norm (69% of 16). **All 2-year colleges in Maryland have restricted tobacco use in some way, and nearly all have prohibited ENDS** (94% of 16).

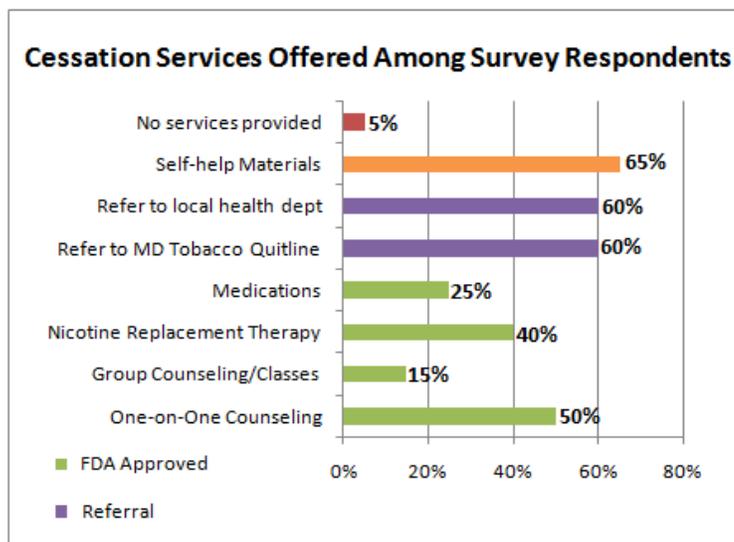


Among survey respondents, campus security is most commonly seen as responsible for enforcing smoke-free policies (84% of 19), followed by faculty and staff (47% of 19).

The majority of survey respondents have a health center (60% of 22). Some health centers offer services only to students (35% of 22), and others to students and faculty/staff (25% of 22).

Survey respondents report cigarettes as the most commonly used tobacco product on campus, followed by ENDS. **Today, more than half of Maryland college tobacco policies explicitly prohibit ENDS** (51% of 47).

Most college survey respondents do not offer FDA approved cessation methods through their health center, e.g. Nicotine Replacement Therapy (NRT), medications (e.g., Bupropion, Varenicline). Most commonly, schools reported providing self-help materials and referrals to local health departments or the Maryland Tobacco Quitline. **Only half of the survey respondents offered individual counseling** (one-on-one; 50% of 20), **and even fewer offered NRT** (40% of 20).



Information about these services is most commonly disseminated by respondents via flyers, posters and emails. Online information is typically on the main college website (29% of 21) or on a health center website (38% of 21), which typically links to the Maryland Tobacco Quitline (57% of 14).

ⁱSmokefree [sic] and Tobacco-Free U.S. and Tribal Colleges and Universities (2016, January 1). Retrieved from: <http://no-smoke.org/pdf/smokefreecollegesuniversities.pdf>

ⁱⁱUniversity System of Maryland: Institutions. Retrieved from: <http://www.usmd.edu/institutions/>