

Benefits of Smoke-free Campuses

Decrease Incentive to Smoke

- 68% of people who struggle with tobacco addiction want to quit (1)
- Tobacco users who worked in completely smoke-free environments were more likely to quit (2)
- Smoke-free campus policies are proven to decrease current smoking prevalence in students (3)



Increase Student Success

- Nicotine causes and worsens irritability and anger, depression, anxiety, sleep disturbances, difficulty in concentration, and fatigue (4)
- E-cigarettes users have nearly twice the odds of having serious difficulty concentrating, remembering, or making decisions (5)
- Nicotine contributes to the development, maintenance, and reoccurrence of anxiety disorders (6)

Help the Environment

- Cigarette filters release thousands of toxic chemicals when wet (1)
- Approximately 24k cigarette butts were found on the San Diego State University campus in 2010, which means 50 million toxins would be released on campus from wet cigarettes filters at a given time (7)
- E-cigarettes are generally not disposed of properly (1)

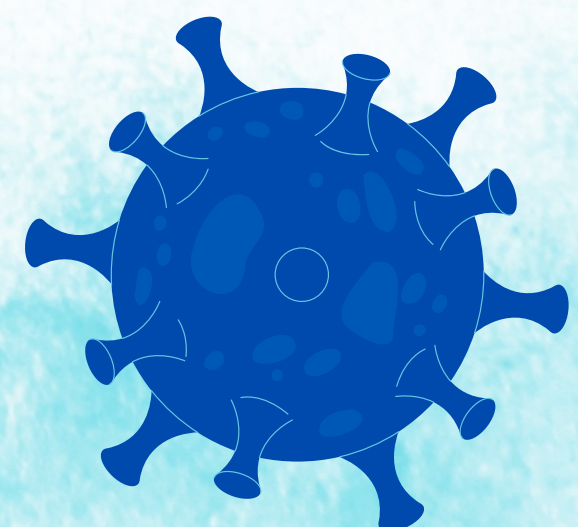


Eliminate Secondhand Smoke

- Secondhand smoke contains 100s of toxic chemicals with 70 that cause cancer (8)
- 1.2 million people die from secondhand smoke each year, which makes up 15% of all tobacco-related deaths (9)
- Tobacco particles have been detected up to 82 feet away outdoors, making designated smoking areas harmful (10)

Decrease Risk of COVID-19

- Smoking is associated with increased severity of disease and death in hospitalized COVID-19 patients (11)
- Smoke-free college campuses keep our lungs healthy and safe, protecting us from COVID-19



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