Integrating Cessation into the College Health Center

SUNY Cortland
Development of Tobacco Advisory Committee

Fall 2009: Formed Campus-wide Ad Hoc Committee

January 2011 – Ad Hoc becomes Presidential Appointed Committee

July 2011 – Presentation to President’s Cabinet; Policy approved
Tobacco Advisory Committee
Make-Up

- Students - Interns
- Student Health Service
- Health Promotion
- All Unions
- ASC Food Service
- Environmental Health and Safety
- Public Relations
- Faculty – All Schools
- Residence Life & Housing
- University Police Dept.
- Student Conduct
- Student Affairs

- Human Resources
- Facilities/Physical Plant
- Disability Services
- County Health Depts.
- Mayor
- Community Members/Neighbors
- American Cancer Society
- CNY Regional Center for Tobacco Health Systems
Jan. 1, 2013

SUNY Cortland goes tobacco-free!
Tobacco Advisory Committee
Maintenance: 2013 - Present

Spring/Fall 2013
Bi-Weekly Meetings

Spring 2014 - Present
Monthly Meetings
Promoting Cessation on Campus
Fall 2012

Launching of Tobacco-Free Website

www.cortland.edu/tobacco-free

Why Quit?  Need Help Quitting?

Spreading Awareness
Students

- Health Service Assessment by Nurse
- Every student asked: “Do you smoke or use any type of tobacco?”
- Free NRT available for Students
  - Patches: 7, 14 & 21 mg
  - Gum: 2 & 4 mg
Employees

- Cessation Information in E-mails, check stuffers, posters

- Health Insurance provides coverage for Nicotine Replacement Therapy for all unions
Cessation Classes for All

• Spring 2012: Tobacco Cessation Support Groups Initiated

• “Making a Fresh Start”
  – Program designed by Marie Blanden, Secretary 2, Vice President for Student Affairs
  – Some information provided by the American Cancer Society’s Freshstart Program

• Co-facilitators:
  – Marie Blanden
  – Dr. Devin Coppola, Medical Director, Student Health Service
  – Louis Gatto, Professor, Biological Sciences

• Link with Kinesiology Department/Students

Tobacco FREE!
Decide to Quit

- Who are we?
- What’s our story?
- Where are we on our quit quest?

It’s time.
Palm Cards

Effective Jan. 1, 2013

Please support our mission to create a culture of wellness and keep our environment as clean and healthy as possible.

Want to quit? We can help!

For help quitting tobacco:

New York State Smokers' Quitline
1-866-NY-QUITS (697-8487)
www.nysmokefree.com

Resources for Students
Student Health Service
607-753-4811

Tobacco Cessation Classes
Marie Blanden
607-753-4721

Resources for Faculty/Staff
Human Resources
607-753-2523

Visit our Website
cortland.edu/toleacco-free
Trying to quit tobacco? This is your chance!

Stay tobacco-free for the school year and have the chance to **WIN**

**FIRST INFORMATION MEETING:**

- Wednesday September 18th, 2013
- Brockway Hall—Jacobus Lounge

It's never too late to quit...
Want to quit your tobacco habit, but don't think you can do it alone?

Join the "Quit and Win" challenge!

Faculty/Staff,
Stay tobacco-free until May 1, 2014 and be eligible to win:

- 1 week stay for two at Antlers, Raquette Lake
- 1 night stay for two at the Parks Alumni House
- Kindle Fire

Students,
Stay tobacco-free until May 1, 2014 and be eligible to win:

- iPad Mini
- 2 Kindle Fires

The challenge begins October 1, 2013!

Stop by the Information Fair
Tuesday, Sept. 17, 2013
11 a.m.–2 p.m.
Corey Union Exhibition Lounge

For more information, contact:
Marie Bramden, Division of Student Affairs, 607-753-4723, marie-bramden@cortland.edu
or Cathy Smith, Health Promotion, 607-753-2056, catherin.smith@cortland.edu
Check Stufflers for Employees

Want to quit your tobacco habit?
Need some extra support and motivation?
Sign up for the “Quit and Win” challenge!

The challenge begins October 1, 2013!

Stay tobacco free until May 1, 2014 and be eligible to win:
- One-week getaway for two at Antlers, Raquette Lake June 23-28, 2014 ($469 value)
- One-night stay for two at the Parks Alumni House (Up to $150 value)
- Kindle Fire

Plus monthly incentives!

For more information, stop by the Information Fair
11 a.m. – 2 p.m., Tuesday, Sept. 17, 2013
Corey Union Exhibition Lounge

For more information, contact
Marie Blanden, Division of Student Affairs, 607-753-4721, marie.blanden@cornell.edu
or Cathy Smith, Health Promotion, 607-753-2066, catherine.smith@cornell.edu
Healthy methods to Fight those cravings

Quitting tobacco habits aren’t easy and during the process you will have the urge to use. Luckily, there are ways for you to fight the cravings and remain tobacco-free. It’s important to have a plan to conquer the yearnings before you actually experience them. Try doing the following:

- **Distract yourself.** Do the dishes, turn on the TV, take a shower, or call a friend. The activity doesn’t matter as long as it gets your mind off of smoking.
- **Remind yourself why you quit.** Focus on your reasons for quitting, including the health benefits, improved appearance, money you’re saving, and enhanced self-esteem.
- **Get out of a tempting situation.** Where you are or what you’re doing may be triggering the craving. If so, a change of scenery can make all the difference.
- **Reward yourself.** Reinforce your victories. Whenever you triumph over a craving, give yourself a reward to keep yourself motivated.

Source: helpguide.org

Congrats on another successful month of being tobacco-free!
QUIT and Win Monthly Survey

Name: __________________________________

Please circle the correct answer.

1. Since the QUIT and Win Kick off, Have you remained tobacco free?
   Yes  No
   1a. If no, about how many times have you used tobacco? ________

2. Has Quitting tobacco been difficult for you?
   Yes   Uncertain   No

3. Have you been able to utilize any Tobacco cessation services?
   Yes   No
   3a. If yes, which ones?
       _________________________________________________________
       _________________________________________________________
       _________________________________________________________

4. Comments, Questions, Concerns:

Thank You for Your Time, Keep Up The Good Work!!!!!!
Congratulations to the Grand Prize Winners of our Challenge!

Student - Shelby
Faculty/Staff - Matthew

Please join us in congratulating Shelby and Matt on their great accomplishment of being tobacco-free!

Remember, it’s never too late to quit, and when you quit you win.

For more information and cessation support, contact
Marie Blanden, Division of Student Affairs, 407-A Corey Union, 607-753-4721, marie.blanden@cortland.edu
OR Cathy Smith, Health Promotion, B-1 Van Hoesen, 607-753-2066, catherine.smith@cortland.edu

And a special thank-you to all those who continue to comply with our tobacco-free policy and support our commitment to wellness!
I wanted to give you an update...
Last Thursday I celebrated ONE YEAR quit! Beyond all of the money saved during the quit, I just received notice that my Life Insurance Policy Monthly Premium has been cut by over half... an almost $300 saving per year.
7. Since SUNY Cortland became tobacco-free in January 2013, what have you observed about tobacco use on campus?
   a. I’ve seen a decrease.  64.8%
   b. No change.  33.6%
   c. I’ve seen an increase  1.6%

8. Since SUNY Cortland became tobacco-free in January 2013, what have you observed about tobacco litter on campus?
   a. I’ve seen a decrease.  68%
   b. No change.  29.5%
   c. I’ve seen an increase.  2.5%
Volunteers Needed

Green Days
Tobacco Litter Campus Clean Up

Students, Faculty and Staff *
Help beautify our campus by cleaning up tobacco litter on and around campus.

When: Wednesday, April 2
Any time between 11 a.m. – 1 p.m.
Where: Front Steps of Corey Union

Rain Date: Thursday, April 3 ~ 11 a.m. - 1 p.m.

*Up to 1.5 hours release time available with supervisory approval
Sponsored by the Tobacco Advisory Committee and EAP

Volunteers Needed
Tobacco Litter Campus Clean-Up

Students, Faculty and Staff
Help beautify our campus by cleaning up tobacco litter on and around campus.

When: Tuesday, Oct. 7
Any time between 11 a.m. – 1 p.m.
Where: Front Steps of Corey Union

Rain Date: Thursday, Oct. 9 ~ 11 a.m. - 1 p.m.

Sponsored by the Tobacco Advisory Committee
Progress:
From this... (Spring 2013)...

[Image of two people sitting with a fish tank filled with cigarette butts]
To this! (Fall 2014)