



## University of Maine Tobacco and Smoke-Free Policy

### SUMMARY

The University of Maine joins with the American College Health Association (ACHA) in supporting the findings of the U.S Surgeon General that tobacco and nicotine delivery product use in any form, active and passive, is a significant health hazard. The University of Maine further recognizes that secondhand smoke and secondhand vapor have been classified as Group A carcinogens by the United States Environmental Protection Agency (EPA). The University of Maine supports the finding that smoking, vaping, or other use of tobacco products on campus grounds is detrimental to the health and safety of everyone. The University of Maine therefore promotes an environment where the students, faculty, staff, contractors, vendors, and visitors are not exposed to the harmful effects of secondhand smoke or vapor and all are supported in efforts to live tobacco-free.

### POLICY STATEMENT

The University of Maine is dedicated to providing its students, staff, faculty, and visitors with a safe and healthy environment. The University of Maine is a 100% tobacco and smoke-free campus. This policy became effective on **January 1, 2011**.

This policy prohibits smoking and tobacco use, including smokeless, electronic, and nicotine delivery products:

- In all university owned, leased, and affiliated buildings, including residence halls and parking lots.
- In all Administrative facilities, classrooms, and fraternity and sorority houses.
- On all university-owned or leased grounds.
- At all university-sponsored events, both indoor and outdoor.
- In all university-owned, leased, or rented vehicles.
- In all vehicles parked on campus including parking lots.

The Tobacco and Smoke Free Policy applies to all students, faculty, staff, contractors, vendors, and visitors. Organizers of, and attendees at, public events, including, but not limited to, conferences, meetings, lectures, social events, cultural events, and/or athletic events using university owned, leased, and affiliated property are required to abide by the University of Maine's Tobacco and Smoke Free Policy.

All students and employees should be familiar with the following laws relating to the sale of tobacco products.

- Federal law H.R. 1865 SEC 603 906(d) FFDC 21U.S.C.387f(d) states: "(5) MINIMUM AGE OF SALE.—It shall be unlawful for any retailer to sell a tobacco product to any person younger than 21 years of age." [<https://www.congress.gov/bill/116th-congress/house-bill/1865/text#toc-H3554E0FF53864AAA95B27C6EAA9030E7>].

In addition to prohibiting smoking and tobacco use, and to best support tobacco and smoke-free lifestyles, the University of Maine prohibits:

- The sale or distribution of all tobacco or cannabis products and paraphernalia on campus or at any campus-sponsored events.
- The advertising and promotion of tobacco or cannabis products on any owned, leased, and affiliated property.

- The advertising and promotion of tobacco or cannabis products in university publications, including, but not limited to, newspapers and magazines, both in print and online.
- Accepting money or goods from tobacco or cannabis companies, including campus groups, events, individuals, and athletic events.
- Littering the remains of smoking, tobacco, vaping, or cannabis products or packaging on any campus owned, leased, or affiliated property.

## DEFINITIONS

- A. “Smoke” or “Smoking” refers to inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, pipe, joint, or any other lighted or heated tobacco or plant product intended for inhalation, including hookahs, bong, and recreational or medicinal cannabis, whether natural or synthetic in any manner or in any form. “Smoking” also includes the use of an electronic smoking device which creates an aerosol or vapor, in any manner or in any form, or the use of any inhalant smoking device for the purpose of circumventing the prohibition of smoking in this policy. Students who are prescribed medicinal cannabis should consult with Student Accessibility Services.
- B. “Electronic Smoking Device” refers to any product containing or delivering nicotine or any other substance intended for human consumption that can be used by a person in any manner for the purpose of inhaling smoke, vapor, or aerosol form of the product. The term includes any such device, whether manufactured, distributed, marketed, or sold as an e-cigarette, e-cigar, e-pipe, e-hookah, dab rig, or vape pen, or under any other product name or descriptor. Examples of electronic smoking devices include oil-filled tank, pod-based, or disposable products such as those produced by Juul, Elf Bar, Vuze, Lost Mary, or any equivalent products under other names.
- C. “Hookah,” “dab rig,” or “bong” refers to a water pipe and any associated devices which are used to produce fumes, smoke, and/or vapor from the burning of material including, but not limited to, tobacco, shisha, cannabis, hash, kief, rosin, or other plant matter.
- D. “Tobacco” or “tobacco product” refers to “any product made or derived from tobacco, or containing nicotine from any source, that is intended for human consumption” as defined by Section 201(rr) of the FD&C Act 21 U.S.C. 321(rr). These products take many forms such as whole leaf, shredded or compacted leaf, oil, aqueous liquid, concentrate, extract, salt, and powder, among others. The types of products refer, but are not limited to, cigarettes, cigars, little cigars, cigarillos, bidis, kretek; all smokeless and dissolvable tobacco products, including but not limited to, dip, spit/spit-less chew, plug, twist, snuff, snus, powder tobacco, orbs, sticks, strips; any and all products intended to mimic tobacco, containing tobacco flavoring or delivering nicotine, including but not limited to electronic nicotine delivery systems, electronic smoking devices, such as e-cigarettes, e-cigars, e-pipes, e-hookahs, vape pens, nicotine salts in powder, pouch, or any other form, such as those produced by Zyn, On!, Velo, or any other product name or descriptor. This includes the use of any other type of tobacco or nicotine product for the purpose of circumventing the prohibition of tobacco in this policy. This does not include products specifically approved by the US Food and Drug Administration (FDA) for the purpose of cessation or nicotine replacement therapy. Find more details on what products are approved by the FDA at [<https://www.fda.gov/consumers/consumer-updates/want-quit-smoking-fda-approved-and-fda-cleared-cessation-products-can-help>].

## CLARIFICATIONS

The following may be permitted:

- Controlled research with prior approval from the University of Maine’s Institutional Review Board.

- Religious ceremonial tobacco use with prior approval from the University of Maine Division of Student Life.
- Use of non-vapor producing Nicotine Replacement Therapy (NRT) products used in conjunction with a tobacco cessation plan. Examples of these products are nicotine gum, lozenges, or a patch.

## **PROCEDURES**

The policy will be communicated through the following:

- New student orientation.
- New employee orientation.
- Campus social media accounts periodically.
- Statement and link to policy on every job posting.
- An email to every employee before October 1 annually.
- Information about the campus policy on the University's website.
- Signage posted in key campus locations such as entrances, buildings, parking lots, etc.

The success of this policy depends on the thoughtfulness, consideration, and cooperation of everyone. It is the responsibility of all members of the University of Maine campus community to comply with this policy.

Information regarding smoking and tobacco cessation resources is made available for smokers and tobacco users who are interested in quitting. Employees can take advantage of the Employee Assistance Program (EAP) or through the Center of Tobacco Independence's Maine Quitlink program. Students can also enroll in the Quitlink program - contact the Student Wellness Resource Center for more information.

Those interested in scheduling a conference, meeting, lecture, social event, or cultural event on campus can contact the department of Conferences and Institutes for tobacco and smoke-free accommodations. Housing is available on campus and tobacco and smoke-free lodging in the community can be arranged as well. More information can be found at [<https://umaine.edu/conferences/housing/>].

## **ENFORCEMENT**

All University of Maine employees and students are subject to the University of Maine's Tobacco and Smoke Free Policy. All visitors, vendors, and guests to the University of Maine are also subject to this policy. Enforcement of this policy is viewed as the shared responsibility of all those in the campus community. The primary goal is to achieve voluntary compliance by educating students, faculty, staff, contractors, vendors, and visitors about the policy and providing smoking cessation assistance to those who seek it.

Members of the campus community who see individuals using tobacco products on the University of Maine campus are asked to politely inform these individuals that the University of Maine policy prohibits smoking, vaping, or the use of tobacco products anywhere on campus grounds. Communication should be polite, brief, educational, and non-confrontational.

Violations can be handled in a variety of ways, including the following:

- Students who are found in violation may be referred to the Dean of Students, Office of Residence Life, and/or the Office of Community Standards, Rights, and Responsibilities and may be subject to disciplinary action in accordance with the Student Conduct Code. Multiple infractions may result in progressive discipline.
- Employees who violate the policy are subject to procedures in accordance with the University of Maine's human resource policies and applicable contracts. Supervisors will be notified and assist in the discipline process and are expected to remind individuals of the policy to encourage compliance.

- Contractors, vendors, and visitors who violate the policy will be informed that the University is a tobacco and smoke free campus, and those who continue to violate the policy following warnings may be escorted off-campus.

## **CAMPUS RESOURCES**

- Cutler Health Center: 207-581-4000
  - Healthcare services for students and employees
- Counseling Center: 207-581-1392
  - Confidential discussion and substance use planning
- Employee Assistance Program: 1-877-622-4327
  - Offered to employees through Cigna health insurance
- Student Wellness Resource Center: 207-581-1423
  - Private discussion and resources for students

## **LOCAL RESOURCES**

- Bangor Public Health & Community Services: 207-992-4530
- The Maine QuitLink - Maine Tobacco Helpline: 1-800-QUIT-NOW [1-800-784-8669]
- My Life, My Quit: Text “Start My Quit” to 36072 or call 855-891-9989

## **WEB RESOURCES**

- American Cancer Society [[www.cancer.org](http://www.cancer.org)]
- American College Health Association’s (ACHA) Position Statements on Tobacco and Vaping on College and University Campuses
- [[https://www.acha.org/wp-content/uploads/2024/06/ACHA\\_Position\\_Statement\\_on\\_Tobacco\\_Nov2011.pdf](https://www.acha.org/wp-content/uploads/2024/06/ACHA_Position_Statement_on_Tobacco_Nov2011.pdf)]  
[[https://www.acha.org/wp-content/uploads/2024/07/ACHA\\_Addressing\\_E-cigarette\\_Use\\_and\\_Vaping\\_on\\_Campuses\\_January2021.pdf](https://www.acha.org/wp-content/uploads/2024/07/ACHA_Addressing_E-cigarette_Use_and_Vaping_on_Campuses_January2021.pdf)]
- American Lung Association [[www.lung.org](http://www.lung.org)]
- American Lung Association in Maine [[www.lung.org/about-us/contact-us/maine](http://www.lung.org/about-us/contact-us/maine)]
- Bangor Public Health & Community Services [<https://www.bangorpublichealth.org/community/tobacco-ecig-vaping-prevention/>]
- Breathe Easy Coalition of Maine [[www.breathe easymaine.org](http://www.breathe easymaine.org)]
- CDC Office on Smoking and Health [<https://www.cdc.gov/tobacco/programs/index.html>]
- Centers for Disease Control and Prevention [[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)]
- Maine CDC/Prevention and Truth Initiative’s text-based resource for quitting vaping [[www.vapefreemaine.com](http://www.vapefreemaine.com)]
- The Maine Quit Link [[www.mainequitlink.com](http://www.mainequitlink.com)]
- My Life, My Quit [[me.mylifemyquit.org/](http://me.mylifemyquit.org/)]
- Office of the Surgeon General [[www.hhs.gov/surgeongeneral/index.html](http://www.hhs.gov/surgeongeneral/index.html)]
- Prevention for ME [[www.preventionforme.org](http://www.preventionforme.org)]
- Project Know [[www.projectknow.com/tobacco/](http://www.projectknow.com/tobacco/)]
- Safe Sleep Maine; Dangers of Substance Exposure to Children [[www.safesleepforme.org/](http://www.safesleepforme.org/)]
- Surgeon General Reports on Smoking and Tobacco Use [[www.hhs.gov/surgeongeneral/reports-and-publications/tobacco/index.html](http://www.hhs.gov/surgeongeneral/reports-and-publications/tobacco/index.html)]

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