Sponsored by: I-TEAM & CONHS Senator Antonio Sanchez

Smoke Free By 2017
About the I-TEAM

• Islanders Teaching, Engaging and Motivating (I-TEAM)
  • dedicated and trained group of peer educators working to help Islanders be their best and most healthy selves
I-TEAM makes a difference on campus

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Contributing Writer

There are many different organizations on campus that strive to make a difference including one called I-TEAM, which stands for Islanders Teaching, Engaging and Motivating. I-TEAM is an organization of 11 members who strive to spread awareness and educate students on drug and alcohol abuse. The two-year-old student run organization is a branch off of the organization run by faculty called I-ADAPT.

"During my freshmen year of college at my old school, I was a peer educator and really enjoyed what we did,” Kimberly Smoots, senior psychology major and president of I-TEAM said. “I really want to help break down stereotypes of people who drink alcohol and use drugs. We really just want people to be successful.”

According to Smoots, research has showed that students are more likely to listen to peers when talked to about the risks of alcohol and drugs, which is one
Smoke Free By 2017

• current policy:
  • smoking cigarettes & e-cigarettes only permitted 25 feet from exterior doors
  • smoking cigarettes & e-cigarettes not currently permitted in
    • housing
    • university vehicles
    • outdoor venues & semi-enclosed walkways
    • outside of the ECDC & in the Garcia plaza

• proposed policy:
  • all tobacco products would not be permitted on campus
    • includes cigarettes, dip, e-cigarettes, pipes
## Benefits of Being Smoke Free

<table>
<thead>
<tr>
<th>Time</th>
<th>Benefit</th>
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<tbody>
<tr>
<td>After 6 hours</td>
<td>your heart rate slows</td>
</tr>
<tr>
<td>After 12 hours</td>
<td>your body is free of nicotine</td>
</tr>
<tr>
<td>After 2 days</td>
<td>your sense of taste and smell improves and your breath, clothes and house will smell fresher</td>
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<tr>
<td>After 1 month</td>
<td>your blood pressure improves and your immune system begins to recover</td>
</tr>
<tr>
<td>After 2 months</td>
<td>Your circulation improves, you will have more energy and your fingers and toes will stay warmer</td>
</tr>
<tr>
<td>After 2 months</td>
<td>your risk of heart attack begins to reduce</td>
</tr>
<tr>
<td>After 12 months</td>
<td>your blood pressure returns to normal</td>
</tr>
<tr>
<td>After 10 years</td>
<td>you have halved your risk of developing lung cancer compared to someone who continues to smoke</td>
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<tr>
<td>After 15 years</td>
<td>your chance of suffering a heart attack or stroke is the same as that of a non-smoker</td>
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Benefits of Being Smoke Free

- will help prevent use & addiction
- will help people already quitting smoking to avoid temptation
- tobacco use is the leading cause of preventable death in the US
- reduce second and third hand smoke: second hand smoke kills 50,000 non-smokers each year
- cigarette butts are the most littered item in the US
- cigarette butts pollute the environment with chemicals
- public high schools are smoke free, so incoming classes will not experience much change
- will reduce policy confusion
- TAMU-CC can be the first TAMU campus to go smokefree

http://sundial.csun.edu/2012/03/smoking-ban-on-campus-will-improve-our-quality-of-life/
Timeline

• **2008**: smoking not permitted inside buildings
• **2012**: smoking areas moved 25 feet away from exterior doors
• **Spring 2016**: presenting policy to representative bodies
  • Faculty Senate & Staff Council
• **2016-17 academic year**: year of education
• **Fall 2017**: totally tobacco-free campus
Year of Education 2016-17

• fall 2016:
  • SGA has free reign to educate however their constituents want
  • smoking cessation programs offered online, in person, blended for free
  • regular programming to keep those quitting encouraged
  • education on dangers of tobacco use in all forms

• spring 2017:
  • increased targeted efforts at smoking cessation
  • regular programming to keep those quitting encouraged
  • education on dangers of tobacco use in all forms
  • discussion with students, faculty, staff as determined by SGA
You Can Be the Leaders!

• we can lead the TAMU system in going smoke free
• we have a year and a half to prepare people and help them find alternatives to smoking
• leave a lasting legacy of health by supporting our resolution to go smoke free by fall 2017