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INDIAN RIVER STATE COLLEGE IS TOBACCO FREE



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(St. Lucie County, FL) – Indian River State College (IRSC) recently announced it is officially a tobacco free campus. Since Aug. 1, 2017, IRSC policy makes the College a tobacco free and smoke free Campus prohibiting smoking and the use of smokeless tobacco products at all IRSC facilities and campuses. IRSC joins 25-other college and university campuses in Florida that are 100% tobacco free.

As part of IRSC Tobacco Free initiative, the College is now offering “Tools to Quit” Smoking Cessation classes for students and employees. For more information on class schedules visit irsc.edu/tobaccofree or call 772-462-7825.

Research shows that tobacco free campus policies are effective. These policies reduce exposure to secondhand smoke, significantly change attitudes toward tobacco, and contribute to a decline in cigarette smoking prevalence.¹

A tobacco free campus policy protects students, faculty and staff from involuntary exposure to secondhand smoke, which is a deadly mix of 7,000 chemicals, at least 250 that are toxic and about 70 can cause cancer.² According to the U.S. Surgeon General, there is no risk-free level of exposure to secondhand smoke.³

Not only does a tobacco free campus policy benefit the health of students, it also helps change social norms and sends a clear message that tobacco use is unacceptable. Every day, 1,300 people in the United States die because of cigarette smoking.⁴ Big Tobacco knows they need to recruit young people so that they don't go out of business and they spend nearly \$1 million an hour on marketing to make sure that doesn't happen.⁵

Tobacco is not just a concern of years past, but is also a public health issue for this new generation. We want to congratulate Indian River State College for becoming a tobacco free campus and taking a stand against Big Tobacco.

To learn more, visit: tobaccofreeflorida.com/colleges.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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About Tobacco Free Florida

The department's Tobacco Free Florida campaign is a statewide cessation and prevention campaign funded by Florida's tobacco settlement fund. Since the program began in 2007, more than 159,000 Floridians have successfully quit using one of Tobacco Free Florida's free tools and services. There are now approximately 451,000 fewer adult smokers in Florida than there was 10 years ago, and the state has saved \$17.7 billion in health care costs. To learn more about Tobacco Free Florida's Quit Your Way services, visit www.tobaccofreeflorida.com or follow the campaign on Facebook at www.facebook.com/TobaccoFreeFlorida or on Twitter at www.twitter.com/tobaccofreefla.

¹ William V. Lechner MS , Ellen Meier MS , Mary Beth Miller MS , Josh L. Wiener PhD & Yvon Fils-Aime MD (2012): Changes in Smoking Prevalence, Attitudes, and Beliefs Over 4 Years Following a Campus-Wide Anti-tobacco Intervention, *Journal of American College Health*, 60:7, 505-511.

² Centers for Disease Control and Prevention (US); National Center for Chronic Disease Prevention and Health Promotion (US); Office on Smoking and Health (US). *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*. Atlanta (GA): Centers for Disease Control and Prevention (US); 2010.

³ U.S. Department of Health and Human Services. *A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

⁴ U.S. Department of Health and Human Services. *The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014.

⁵ U.S. Federal Trade Commission, 2012; < <https://www.ftc.gov/system/files/documents/reports/federal-trade-commission-cigarette-report-2012/150327-2012cigaretterpt.pdf>>.

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