

Eastern Illinois University Health Service supports and is actively involved in the ongoing efforts to create a healthy environment for all members of and visitors to our campus. We acknowledge the findings from the Surgeon General that tobacco use in any form, active and /or passive is a significant health hazard. We also recognize that tobacco smoke is a carcinogen and that there is no safe level of exposure. Tobacco is the number one preventable cause of death and kills 440,000 Americans each year. Statistics indicate that up to 18% of college students start smoking cigarettes after they arrive on campus. Considering these facts concerning the health risks of tobacco, we endorse a 100% campus-wide tobacco free environment on our campus.

The Health Education Resource Center and Health Service formed the Tobacco Coalition several years ago with the ultimate goal to achieve a tobacco-free campus. Since that time the Coalition has worked to provide educational materials and activities in an effort to reduce tobacco use and promote a healthy environment for everyone on our campus. This group has also conducted surveys to assess current attitudes and behaviors of the members of our campus community. The Coalition has been actively engaged in discussions with individuals and groups on our campus including many groups who provide governance to our university. (Do we want a statement of who comprises the Tobacco Coalition?)

Across the country other colleges and universities have become or are transitioning to a tobacco-free or smoke-free campus. Laws have been enacted in the State of Illinois prohibiting smoking in all public buildings. Policies regarding tobacco and smoking are changing frequently across our state and nation. We see these changes as an opportunity to help many tobacco- users become tobacco-free and encourage others to never start.

Health Service and Health Education Resource Center have several programs in place to help current students who use tobacco products to stop using and remain tobacco-free. In FY 2011 Health Service participated in the American Academy of Family Physician's "Ask and Act" pilot study. This program's focus was to make sure every patient who uses tobacco is identified, advised to quit and offered evidence-based treatments. We continue to follow this plan and offer one-on-one tobacco cessation counseling. All of our providers at Health Service can recommend and prescribe tobacco cessation products and medications. The Counseling Center provides counseling services to address potential psychological symptoms that may present as students stop using tobacco products, such as anxiety and depression. EIU faculty and staff who wish to become tobacco-free can contact Human Resources or Coles County Health Department for services and other resources available to employees. They can also contact their healthcare provider for advice and treatment.

We believe this is a great time to be a part of the EIU community. We want to do our part to make our campus healthy and inviting for students, employees and visitors. We invite you to join with us in making EIU Tobacco-Free.

Sincerely,

Sheila D. Baker, MD

Medical Director EIU Health Service