Fresh Air Advocates
Who Are We?

- We are peer health educators who are passionate about the health of our community and our environment.
- We educate students about the benefits of the smoke-free policy.
- We provide resources to anyone who wishes to quit smoking.
- We represent the Student Health and Counseling Center.
The Smoke-Free Policy

- As of August 1, 2013, you cannot smoke anywhere on University property, including parking lots, buildings, and even in your car.
- You are not allowed to smoke cigarettes, cigars, cigarillos or electronic cigarettes. (also known as e-cigarettes or vapors)
In reality, less students are actually smoking than what students perceive.

In the 2012 study, students thought that only 5.8% of students never used cigarettes, but it was actually 69.6% of the student population who never used cigarettes.

In the same study, when asked how many students they believed used cigarettes in the past 30 days to what students actually used, they thought that 86.6% used cigarettes when it was actually 11.1%. 
How Does Smoking Affect Our Environment

- Assistant Professor Joshua Yang noticed how people would toss their cigarettes to the ground instead of the ash trays.
- He did a project where students would pick up cigarette butts from campus.
- In an hour into the clean-up, they collected thousands of cigarette butts.
- He repeated the project again, and with 13 volunteers in one hour, they collected 7,641 cigarette butts.

Joshua Yang, assistant professor of health science, sits between stacks of plastic containers holding cigarette butts, which he argues are environmental litter and hazardous.
Our goals as Fresh Air Advocates

- Educate students of the smoke-free policy.
- Explain the benefits of the smoke-free policy.
- Pass out resources that educate students on the consequences of smoking.
- Provide reliable resources to those who want to quit smoking.
How to Approach Smokers Who You Catch Smoking

- Follow the SMOKE acronym
  - Smile and introduce yourself.
  - Make the assumption that the person is not aware of the policy and/or does not realize s/he is not compliant.
  - Offer cessation option information through the Student Health and Counseling center
  - Kindly enforce the policy
  - Enforce the policy by writing an online report or report to Nari
How to Approach Smokers Who You Catch Smoking cont.

- We are doing a peer-pressure route when it comes to telling people not to smoke.
- Avoid Confrontations
  - If the smoker refuses and starts to act aggressive, walk away.
  - If you see someone who violates the policy in multiple occasions, make an online report or report them to Nari.
Resources

Resources could be found at:

- Student Health and Counseling Center
- CAPS
- Environmental Health and Safety
- Anaheim Regional Medical Center
- State and National quit lines
  - 1-800-No-Butts
  - 1-866-New-Lung
  - 1-800-Quit-Now
Cessation Resources

- **Nicotine Replacement Products**
  - **Nicotine Gum**
    - Contains small amounts of nicotine to help those trying to quit by inhibiting nicotine withdrawal.
  - **Nicotine Patches**
    - Available in different strengths ranging from low to high amounts of nicotine.
    - Treatment varies and can last between 8-16 weeks.

- One could get these products cheap here at the pharmacy on campus or for free at the Anaheim Regional Medical Center.
More Cessation Resources

- Anaheim Regional Medical Center
  - Free services available to anyone living or working in the Orange County area
    - 5-week class series
    - One-on-One Counseling
    - Seminars
  - All services are offered in English, Spanish and Vietnamese
  - 1-866-NEW-LUNG
Roles and Responsibilities as Advocates

- To educate students, faculty and visitors of the smoke-free policy.
- Be a role model to the Student Health and Counseling center.
- Assist with implementing tobacco-free campus activities.
- Maintain a positive attitude.
- Ask questions if you need help.
What advocates are NOT

- We are NOT an anti-smoking club
  - They could smoke, just not on campus
- We are not police officers or cessation counselors
- We are not debate-club members
  - We do not go into debate conversations with others explaining why it is better not to smoke.