

Updated smoking policy: supporting information

1. Why are we going Smokefree?

The University of Leeds is committed to the health, safety and wellbeing of its staff, students and visitors. Our campus is a special environment, where many of our students are in a time of transition - from school to university, education to employment, or employment to education. At these times of change, people are also at their most receptive to changes in behaviour and as a University we have a rare opportunity to act as a role model to them.

We know that if young people haven't started using tobacco by the age of 26, then they almost certainly never will, and we want to inspire people – and in particular current and future generations of students – to choose not to smoke. Reflecting the changes in wider society, we want to create a setting where smoking is unusual and where people naturally choose not to smoke because it's the social norm.

Smoking is the biggest cause of preventable death in England, and if people never take it up as a habit – or choose to quit – there are many associated health benefits. As the journey to become Smokefree begins, we aim to stand alongside other organisations – including Leeds City Council, Public Health England, the Leeds Teaching Hospital Trusts and the Breathe 2025 initiative - to support the emergence of a Smokefree generation by 2025.

2. How can I help make our campus Smokefree?

If you would like to support the move to a Smokefree campus in any way, please email us at smokefree@leeds.ac.uk (letting us know your suggestions for help, or just that you're interested) and we'll be in touch.

If you smoke and would like to quit, you can take advantage of the free [quit smoking](#) sessions on campus. If you smoke and would like to continue doing so, we ask you to respect the move to a Smokefree campus and choose either to vape or to leave the Smokefree campus area to smoke.

3. Which areas are included in the Smokefree campus?

The Smokefree campus includes all outdoor space on:

- Main campus (all space within the boundaries of Woodhouse Lane, Clarendon Road, Mount Preston Street, Leeds General Infirmary – LGI - and the inner ring road, including Leeds University Union);

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- Western campus (Leeds University Business School – LUBS grounds);
 - Fairbairn House;
 - All University-owned and managed residences;
 - All University-owned sports grounds (e.g. Sports Park Weetwood, Bodington Playing Fields).

4. What is LUU's position on this?

Leeds University Union (LUU) is supportive of the move towards a Smokefree campus and has been involved in discussions, and the Smokefree working group since 2016.

LUU will continue to be a key stakeholder, representing the views of students, as we work towards our vision of a Smokefree campus.

5. Why are we Smokefree between 8am – 6pm?

The University is starting a journey to become Smokefree by 2025. During consultation, questions were raised about the logistical difficulties of maintaining a 24-hour Smokefree campus at this stage. The 8am – 6pm timeframe was set in response to this feedback and is the first stage in the journey to become a Smokefree campus.

6. Why is vaping allowed on the Smokefree campus?

We recognise that there is a wealth of conflicting information and evidence on e-cigarettes and on their use (also known as vaping), and that their long-term impact on health is as yet unknown.

However, the Public Health England (PHE) position¹ is that, 'Vaping poses only a small fraction of the risks of smoking and switching completely from smoking to vaping conveys substantial health benefits over continued smoking. Based on current knowledge, stating that vaping is at least 95% less harmful than smoking remains a good way to communicate the large difference in relative risk unambiguously so that more smokers are encouraged to make the switch from smoking to vaping. It should be noted that this does not mean e-cigarettes are safe.'

E-cigarettes are still prohibited within buildings; the University is currently sympathetic to their use outside on the Smokefree campus. We will continue to monitor national recommendations and current best available evidence.

7. What help is the University offering to those who want to quit smoking?

The University is currently providing quit smoking support on campus separately for staff and students. This includes six face-to-face support sessions as well as stop smoking aids where appropriate. You can find out more and see links to other online resources on the [Quit Smoking website](#).

8. How can I find out more about Breathe 2025?

Breathe 2025 started off as a Yorkshire and Humberside initiative but is now expanding to be nationwide. Visit the Breathe 2025 [website](#) to find out more.

9. I have more questions – how do I raise them?

Please complete this [brief survey](#) or email smokefree@leeds.ac.uk by 5 April. We will collate all the questions raised and based on these we will publish FAQs in May 2019 which will define the University's approach to implementation on 1 August 2019.

¹ 9.2 in <https://www.gov.uk/government/publications/e-cigarettes-and-heated-tobacco-products-evidence-review/evidence-review-of-e-cigarettes-and-heated-tobacco-products-2018-executive-summary>, downloaded 12/3/19.