

Updated smoking policy: FAQs

1. Why is the University of Leeds now Smokefree?

- The University is committed to the health, safety and wellbeing of its staff, students and visitors.
- We have an opportunity to act as a role model to young people, inspiring a future Smokefree generation and supporting the Breathe 2025 campaign - if a person does not take up smoking by the age of 26 they are much less likely to become a smoker.
- We are aligning with the city partnerships, Leeds City Council and Leeds Teaching Hospitals to move towards a Smokefree culture and environment for all.
- Reflecting the changes in wider society - the rate of smoking is reducing nationally and now only 14.4% of adults are classified as current smokers.
- 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 a research institution training healthcare professionals, we are particularly aware of this – in 2017, there were 77800 deaths in the UK which were attributable to smoking.

2. Which areas are included in the Smokefree campus? Is there a map?

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);
- Western campus (Leeds University Business School – LUBS - and School of Law);
- Fairbairn House;
- All University-owned and managed residences;
- All University-owned sports grounds (e.g. Sports Park Weetwood, Bodington Playing Fields).
- You can see a map attached to the [Smoking Policy webpages](#)

Smoking and vaping *inside* buildings and their entrances remains prohibited at all times.

3. 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 together towards our vision of a Smokefree campus.

4. 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 and is the first stage in the journey to become a Smokefree campus.

5. Why can you still vape outside on the Smokefree campus?

There is a wealth of conflicting information on vaping, and 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.'

Vaping is still prohibited within buildings but the University is currently sympathetic to their use outside on the Smokefree campus. We will continue to monitor national recommendations and best available evidence.

6. What help is the University offering to staff and students who want to cut down or quit smoking?

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

7. Do I have to be a non-smoker to work, research or study at the University?

No, the University does not require people to be non-smokers. However, we ask people not to smoke outside on campus between 8am and 6pm. If you wish to smoke then, we respectfully ask you to do this away from the Smokefree campus. Smoking and vaping in buildings and their entrances is still prohibited at all times.

8. Can I smoke on my break?

You are free to use your break time appropriately. All staff are asked not to smoke on the Smokefree campus during the hours of 8am – 6pm. If you feel that this may impact on you, please discuss with your manager how you can work together to deal with this.

9. What should I do for visitors, new staff or students?

Make them aware of the Smokefree campus before they arrive on campus so they are prepared. Information for inclusion in your marketing/ induction/ welcome materials can be found [here](#). This is also built into the University's central marketing, induction and recruitment processes.

10. What do I do if I have accessibility or other issues?

If you think you may need to discuss whether reasonable adjustments are appropriate:- staff members should approach your manager, while students should raise this with your Personal Tutor or a member of the Student Education Service team (via your School Office).

Other questions can be raised with the Smokefree team through the [Smokefree webpages](#).

11. What do I do if I see someone smoking on campus?

Foldout information cards are [available](#) which explain the logistics and reasons behind the move, as well as including information on the 'cut down or quit' smoking support. If you feel comfortable doing so, we would ask individuals to give one of these cards to anyone they see smoking on the Smokefree campus between 8am - 6pm. If you would like hard copies of the cards, or to find out about how people are already doing this, please contact the [Smokefree team](#).

12. Why can't we have smoking shelters?

Smoking shelters give the impression that smoking is 'the norm'. This is not the case. The vast majority of staff and students do not smoke while on campus. The University is aiming to create a Smokefree culture, and smoking shelters are not consistent with this aim and vision.

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.

13. I'm a manager or personal tutor - what do I need to communicate to my team or students?

Provide reminders that the University is now Smokefree and direct people to the [Smoking policy](#) and the [Smokefree website](#) for more information. Remind staff and students who are interested, about the [Quit smoking sessions](#) available on campus at the moment.

14. What adjustments should I make for my staff or students who have additional needs?

For staff, raise any queries about appropriate reasonable adjustments with your HR manager to determine the appropriate course of action. For students raise these queries through your School Office with the Student Education Service team.

15. What should I do if someone raises with me that one of my staff members or students is smoking on the Smokefree campus between 8am and 6pm?

Speak with your member of staff or student and remind them that the policy is in place and that if they wish to smoke between 8am - 6pm they should go off campus. You might find it helpful to explore the reasons why they are smoking on campus and see if by working together, this can be resolved. You could also remind them about the [Quit Smoking support](#) available.

16. How do I support any staff or students who are finding it difficult to cope with not smoking on the Smokefree campus between 8am - 6pm?

Speak to them and remind them about the [support available](#) for all University staff for personal or work-related problems and challenges, or the [support available for students](#). If they are interested in quitting smoking let them know about the [quit smoking support](#) sessions currently available on campus.

17. Can students smoke on campus?

All students will have signed the University's [Student Contract](#) which informs them about the University's move to be a Smokefree campus. We are asking people not to smoke outside on campus between the hours of 8am and 6pm. If you wish to smoke then, we respectfully ask you to do this away from the Smokefree campus.

18. I have further questions or would like to help - what should I do?

If you have any questions about the move to become a Smokefree campus or would like to get involved in any way, please contact us through the [Smokefree webpages](#).