

**Sonoma County Indian Health Project, Inc.
Smoke Free Campus Policy**

Effective date: 6-1-09

A. Purpose:

California Indian communities have the highest rates of tobacco misuse and related health problems than other racial/ethnic communities. Research has long demonstrated that smoking commercial tobacco has adverse health effects and contributes to respiratory infections and asthma. Smoking or chewing tobacco can cause cancer and other deadly health issues. In addition, studies show that secondhand smoke (SHS) contains hundreds of harmful chemicals, and the Environmental Protection Agency (EPA) has classified secondhand smoke as a known cancer-causing agent. Secondhand smoke is especially damaging to elders, children, babies, and pregnant women.

As Native people we have a special relationship with tobacco. For many tribes tobacco is a traditional medicinal plant and is to be watched over by the people. This policy is specific to commercial tobacco and does not include the use of traditional tobacco in a sacred way.

As a Native clinic Sonoma County Indian Health Project, Inc.(SCIHP) is committed to promoting the health and wellness of our patients, staff and all community members. We believe that by creating a Smoke Free Campus we contribute to the health and wellness of our community by protecting them from secondhand smoke.

SCIHP has built a plan to create a smoke free campus. This plan began with the implementation of smoke free entrances to the facility. Two smoking shelters were then created to be the only locations on the SCIHP campus where smoking commercial tobacco will be allowed. SCIHP will create an addendum to this policy indicating that all SCIHP property will be entirely smoke free. Staff, patients and others visiting the clinic will be asked to leave the property to smoke commercial tobacco. After the addendum is added, the smoke shelters will be dismantled and the smoking of commercial tobacco will not be allowed on the SCIHP campus.

SCIHP appreciates the support of the SCIHP tribes, patients and staff on this plan. SCIHP acknowledges the specific guidance of United Indian Health Service, Inc. of Arcata, California on this policy.

B. Authority

SCIHP, as a non profit organization, has the authority to create a smoke free campus. With guidance from clinic staff, the Native community, sister clinics and the local health jurisdiction SCIHP has moved forward to develop and implement the smoke free plan.

C. Background:

Sonoma County Indian Health Project, Inc. recognizes that exposure to secondhand smoke is hazardous and that nonsmokers should be protected. Secondhand smoke can lead to serious illnesses such as bronchitis, lung cancer and cardiovascular disease. According to the June 2007, American Lung Association Fact Sheet, "Among racial and ethnic groups, the prevalence of current smoking is highest among American Indians/Alaska Natives at 32.0%. In 2004, among youths, American Indian/Alaska Natives had the greatest cigarette smoking prevalence at 23.1%."

Research indicates that smoking is the major preventable cause of illness and premature death in the United States. Over 400,000 people die annually as a result of commercial tobacco use. Exposure to secondhand smoke is linked to many negative health consequences and is responsible for approximately 3,400 lung cancer deaths and 46,000 heart disease deaths in adult nonsmokers in the United States every year.

The former United States Surgeon General determined that:

- (1) secondhand smoke exposure causes disease and premature death in people who do not smoke;
- (2) children exposed to secondhand smoke are at an increased risk for sudden infant death syndrome (SIDS), acute respiratory problems, ear infections and asthma attacks;
- (3) exposure to secondhand smoke has adverse effects on the cardiovascular system and causes heart disease and lung cancer; and
- (4) there is no risk-free level of exposure to secondhand smoke.

D. Smoke-Free Areas/Prohibitions. (Not sure of the purpose of this section is it describing a Timeline for implementation; the small prohibitions that have moved folks forward to an entire smoke free campus? This section is a bit confusing)

SCIHP is in the process of becoming a completely smoke free campus. This process is thoughtfully planned ensuring activities are moved forward in a consistent and steady manner gathering feedback from clinic staff, patient community, various other clinics and the local health jurisdiction.

The plan begins with reengaging a previous policy of smoke free entrance to the building. Signs were reposted to indicate no smoking 20 ft. from the facility. With guidance by the Smoke Free Environment Committee, the language on the signs were created and approved.

In Spring 2009, signs indicating smoking 20 ft. from entrances were removed and replaced with signs asking community not to smoke commercial tobacco outside the identified smoke shelter. The signs direct all smokers to use a newly created smoking area in the northeast corner of the campus. The smoking area is a covered with space for patients and community to socialize. Currently there is a second smoking shelter area under development at the southeast corner of the campus for SCIHP staff.

In November 2009, both of these smoking shelters will be dismantled and the entire lot that holds the SCIHP facility, the SCIHP campus, will be smoke free.

E. Traditional Tobacco

Traditional Beliefs and Ceremonial Practices: SCIHP recognizes the value of traditional beliefs and ceremonial practices. Every community, family, and individual may practice different rules about the usage of traditional tobacco. Traditional tobacco is used with prayer, it provides spiritual strength, guidance, discipline, and protection. Tobacco is offered to the Creator for our land, our fish, our water, our acorns, and our life. This gift from the Creator must be respected and used in the proper way. This medicine is used for health and well being.

F. Compliance

Compliance with the Smoke Free Policy is mandatory for all employees and persons visiting the clinic with no exceptions. Employees who violate this policy repeatedly are subject to

disciplinary actions to be determined by direct supervisors. Patients who violate this policy will be given several warnings to comply and may be asked to leave the campus if unable to comply.

Chief Executive Officer -The Chief Executive Officer (CEO), or his/her designee is responsible for implementing and ensuring compliance with the Smoke Free Policy of the clinic. The CEO, or his/her designee shall ensure that Directors, are responsible for the implementation of and compliance with the Smoke Free Policy in their respective programs and administrative areas.

Director, Division of Human Resources. - The Director, Division of Human Resources, includes a copy of this policy in all new employee orientation programs.

G. Policy Implementation Procedure

The implementation of the Smoke Free Policy is a component of a larger initiative to improve the health and wellness of our tribal members, employees, and communities. The implementation of this policy will be accompanied with education and awareness programs, such as brochures and smoke cessation classes. SCIHP will continue to offer support to employees who wish to stop using commercial tobacco products through the Employee Assistance Program.

Other Tobacco Cessation Resources and Important Links. Add CRIHB? Add your guy's smoking cessation class or contact?

- (1) Sonoma County Indian Health Project, Inc.
Smoke Cessation classes Contact Alison Whitemore 707-521-4561
- (2) Sonoma County Department of Health Services Prevention & Planning Division 490 Mendocino Avenue, Suite. 202, Santa Rosa
www.sonoma-county.org/health/prev/
For information on tobacco cessation class referrals, tobacco education, or to report a violation of tobacco laws call 707-565-6680.
- (3) California Smoker's Helpline Help to quit by phone, FREE phone counseling and quit kits provided. Special programs for teens, pregnant women and chewing tobacco from the California Department of Public Health. English 1-800-BUTTSNO Spanish 1-800-456-6386 1-800-844-CHEW 1-800-933-4833
- (4) American Cancer Society <http://www.cancer.org>
- (5) American Lung Association <http://www.lungusa.org>
- (6) American Heart Association <http://www.americanheart.org>

H. Penalty

Managers and supervisors at all levels are responsible for the enforcement of this policy and for documenting verbal warnings

- (1) **Employee Violation.** Employees who fail to comply with this policy may be subjected to appropriate disciplinary action.
- (2) **Visitor Violation.** Visitor violations shall be handled accordingly:
 - (a) The visitor is to be informed politely.
 - (b) Security personnel shall ask visitor who refuses to comply with the Policy to leave the property and shall document the incident.

The effective date of this Policy shall be the _____ day of _____, 2009.
I hereby certify the above ordinance amendment was introduced on _____, 2009, at a
regular meeting of the SCIHP Board of Directors

Sonoma County Indian Health Project

Chief Executive Officer
Sonoma County Indian Health Project, Inc.

President of the Board
Sonoma County Indian Health Project, Inc.

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