

# TOBACCO FREE USC



## The effects

Tobacco causes 30% of all cancer deaths  
33% of smokers will die prematurely because of their tobacco use  
More than 60 known carcinogens are present in secondhand smoke  
No safe level of secondhand smoke exposure has been scientifically validated

## The state of South Carolina

24.3% of adults smoke cigarettes  
20.9% of youth smoke cigarettes  
10.7% of youth use smokeless tobacco  
90% of adults who smoke started smoking as teenagers  
Smoking-related healthcare costs \$1.01 billion each year

## The city of Columbia

78.6% of residents support passage of an ordinance that would prohibit smoking in indoor workplaces and public places, including restaurants and bars

## The students

23% of USC students report smoking cigarettes in the last 30 days  
Nearly one in 10 college students will die prematurely from tobacco use, and many of these deaths will be from cancer  
Smoking is more prevalent among college-age people (18 to 24) than any other age group

## The employees

Smokers are absent 50% more than nonsmokers  
Costs of employee absences include temporary replacements and lowered productivity and morale among employees who remain at work  
Each pack of cigarettes sold in the U.S. costs an estimated \$7.18 in medical care costs and lost productivity  
Smokers spend 21% more on health care services and 28% more on medications than their nonsmoking counterparts

## The solution

- USC's tobacco-free policy reflects the University's commitment to Healthy Carolina, which seeks to improve the health and well-being of USC students, faculty and staff.
- The policy takes into account the impact on tobacco-users, and encourages them to seek free tobacco-cessation assistance from Campus Wellness, The State Health Plan's Free & Clear program or a variety of other sources.
- The policy follows the recommendation of the U.S. Surgeon General, who reports that "Smoke-free environments are the only approach that protects nonsmokers from the dangers of secondhand smoke."
- The policy is consistent with the U.S. Green Building Council's LEED (Leadership in Energy and Environmental Design) criteria, which all new USC buildings will meet or exceed.



**making healthy choices simple**

[www.sc.edu/healthycarolina](http://www.sc.edu/healthycarolina)

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## **Free tobacco-cessation programs**

### **Campus Wellness**

In partnership with Palmetto Health, Campus Wellness Programs offers free smoking cessation classes for USC students, faculty and staff. For participants who need them, the program includes medications, including Zyban and the nicotine patch. The program is led by an expert behavioral psychologist who has helped many people escape their nicotine addiction. The program is confidential and meets only six days over a three-week period.

### **Free & Clear**

Free & Clear, an innovative tobacco-cessation program, is now available at no charge to State Health Plan subscribers and dependents. It is offered through APS Healthcare.

One of the most successful programs of its kind, it helps participants stop using cigarettes, cigars, pipes and smokeless tobacco. A Free & Clear tobacco treatment specialist works with each participant to create a personalized “quit plan.” As part of the plan, participants receive a Quit Kit and telephone consultations with a tobacco treatment specialist. The program also provides nicotine-replacement products (patches, gum or lozenges) and unlimited access to a toll-free support line.

### **Quit for Keeps**

1-877-44U-QUIT, the South Carolina Department of Health and Environmental Control’s toll-free “quitline” is free for any S.C. resident who’d like to speak to a cessation counselor.

### **Other plans**

USC also offers health insurance through three HMOs, BlueChoice HealthPlan, CIGNA HMO and MUSC Options, each of which offers its customers access to a free tobacco-cessation program. USC employees insured by these plans should contact their HMOs to learn more.

## **Additional resources**

Smokefree Columbia, [www.smokefreecolumbia.org](http://www.smokefreecolumbia.org)

Smokefree SC, [www.smokefreesc.org](http://www.smokefreesc.org)

South Carolina African-American Tobacco Control Network, [www.scaatcn.org](http://www.scaatcn.org)

SC Cancer Alliance, [www.sccanceralliance.org](http://www.sccanceralliance.org)

American College Health Association, [www.acha.org](http://www.acha.org)

American Cancer Society, [www.cancer.org](http://www.cancer.org)

American Lung Association, [www.lungusa.org](http://www.lungusa.org)

American Heart Association, [www.americanheart.org](http://www.americanheart.org)

Tobacco-Free Kids, [www.tobaccofreekids.org](http://www.tobaccofreekids.org)

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