



Japan Society for Tobacco Control

日本禁煙学会

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Students First

To realize a university campus without tobacco

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To the president of each university

General incorporated association Japan Society for Tobacco Control
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Introduction

To host the Tokyo Olympic Games in 2020, Japan revised the Health Promotion Act to enforce penalties against passive smoking according to Agreement 1 of the World Health Organization (WHO) and the International Olympic Committee (IOC).²⁾ In addition, under the WHO Tobacco Control Framework Convention³⁾, member countries have enforced no smoking regulations indoors and on premises for more than 10 years.

In addition, the Tokyo metropolitan government will enforce its regulations to prevent passive smoking when hosting the Olympics, regulations which include more strict rules than the national revised Health Promotion Act.⁴⁾ Furthermore, other municipalities and prefectures throughout the country are considering or have already decided to establish passive smoking prevention regulations that are more strict than the national revised Health Promotion Act.

According to the revised Health Promotion Act; schools, hospitals and administrative institutions will be the first facilities that must be completely smoke free indoors, by 1 July 2019⁵⁾. They may create an outdoor smoking area, as long as it is "in a place where necessary measures were taken to prevent passive smoking" and is fundamentally for "smoking cessation on the premises"²⁾.

Recently, many university stakeholders have received inquiries about measures to prevent passive smoking. As a reference to comply with laws and regulations and to protect the health of non-smokers, the Japan Society for Tobacco Control has summarized types of measures should be implemented. If necessary, a consultant from

the society is available to visit your university, so please do not hesitate to consult us.

[Sources · References]

- 1) <http://www.olympic.org/news/ioc-and-who-strengthen-partnership/94731>
- 2) <https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000189195.html>
- 3) <https://www.mofa.go.jp/mofaj/gaiko/who/fctc.html>
- 4) http://www.fukushihoken.metro.tokyo.jp/kensui/tokyo/kangaekata_public.html
- 5) <https://www.nikkei.com/article/DGXMZO39114930Y8A211C1CR8000/>

«Points for converting to a non-smoking university campus»

1. Hold orientation workshops shortly after student enter the university (to inform of the harms of passive smoking).

Many university students begin smoking soon after university entrance due to the influence of peers who smoke and the stresses of a student lifestyle. Before students become addicted to nicotine, it is important to provide an opportunity for them to think carefully about the risks of smoking.

Not only students, but also faculty and staff might smoke tobacco. They too should understand not only the contents of laws that regulate active smoking but also the harms passive smoking, which governments are now more strictly regulating.

2. Establish a countermeasure committee within the university

A working group to promote no smoking policies should be organized under the supervision of the university president. Committee members should be staff who are non-smokers and who do not have interests in tobacco companies. However, students and staff who smoke tobacco should be welcomed to submit opinions to the committee. In general, it would be good to solicit opinions from throughout the university community, but committee recommendations should be based on scientific knowledge about the harms of passive smoking.

3. It is not an obligation to install an outdoor smoking area

As mentioned above, the university campus is generally "non-smoking on the premises". Under the current amendment to the law, installation of an outdoor smoking area is permitted, but conditional "on necessary measures that prevent passive smoking in that area". In general, there is no obligation to install an outdoor smoking area, and if the university can not prevent passive smoking, then such an area is not allowed. It is often said that people have "smoking rights", but smoking during working hours on the property of the employer is not a right, somewhat analogous to not having rights to drink alcohol during working hours on the property of the employer.

4. Teach students not smoke as part of a healthy lifestyle (and prohibit

sales of tobacco on the university campus)

Because incoming university students are almost 20 years old, it is time for them to learn about the risks of tobacco use as an adult. One's university entrance is an appropriate time to teach about the addictive properties of nicotine and the harmful effects of active smoking and passive smoking, as well as to rebut the glamorous but inaccurate tobacco promotions that are often targeted towards young people. The goal of this teaching should be to foster long-lasting healthy lifestyles as citizens begin their adult lives.

The most basic step to teach about the harms of tobacco is not to sell the harmful products on campus, especially in vending machines, but also in convenience stores. Even though students are legally allowed to purchase tobacco at the age of 20 years, universities should not condone its use by selling tobacco products.

5. Consider the following points when creating an outdoor smoking area

Since the university is a place of education, including health education, it should have not just "no smoking indoors" but "no smoking the premises". Therefore, installing an outdoor smoking area is not recommended, although it is permitted under certain conditions. These conditions must prevent passive smoke from entering buildings and from approaching pedestrians. But winds and unpredictable air flows make it impossible to completely isolate passive smoke to fully satisfy the intent of the law. Furthermore, closing existing outdoor smoking areas on campus shows a commitment to a healthy student body and is consistent with a science-based education.

- 1) Reduce the number of indoor and outdoor smoking areas as much as possible
As smoking is increasingly prohibited on the premises, the university can give staff and students opportunities to think about quitting smoking.
- 2) Isolate smoking as much as possible away from buildings
Tobacco smoke should be at least 10 m away from entrances of the building, windows and air intake ducts to prevent it from drifting indoors. Without this condition, an outdoor smoking area may not be installed. In addition to making the smoking area a separated area, signboards must guide the way to the smoking area.
- 3) Avoid places with pedestrian traffic
To avoid passive smoking for pedestrians, smoking areas may not be installed in places near pedestrian traffic.
- 4) Avoid installing prefabricated items
Erecting prefabricated smoking rooms is not recommended because even such simple structures would result in indoor smoking and secondary smoke.
- 5) Post bulletins to recommend smoking cessation
To promote smoking cessation, this Society recommends regularly posted bulletins to promote smoking cessation in smoking areas with advice approved by the

president's office.

6) Prevent exposure of passive smoke to the administrative staff

When managing smoking areas (by maintenance and cleaning), the university must use comprehensive rules that prevent the administrative staff from being exposed to passive smoke.

6. Devising ways to comply with laws

Violation of the revised Health Promotion Act would result in fines of 500,000 yen for facility managers and 50,000 yen for smokers. Facility managers must always check and comply with laws, as well as provide guidance and recommendations for improving regulations:

1) Undertake periodic patrols and pick up cigarette butts (in toilets, in changing rooms, on verandas, around emergency exits, et cetera).

2) Where violation of the regulations is likely to occur, post signs that state that smoking is prohibited.

3) When violation occurs, provide warnings and guidance to the transgressor, as well as recommendations for outpatient treatment of smoking cessation, and then consider penalties.

4) Evaluate and explain the current situation to the committee, and then consider improvement measures (like shrinking / closing smoking areas).

5) Accept a no smoking pledge when students, faculty and staff start their education or employment at the university. (This policy has already been introduced at some universities.)

After considering the aforementioned points on regulating smoking on university campuses, why has it been so difficult to quit smoking thus far?

It is because tobacco has a stronger dependency than cannabis and stimulants: Nutt D et al., Development of a rational scale to assess the harm of drugs of potential misuse. *Lancet*, 369: 1047-53, 2007

<https://www.ncbi.nlm.nih.gov/pubmed/17382831>

As with measures against acute alcohol poisoning, where universities have implemented multifaceted measures like education at freshmen orientation and collaboration with neighboring restaurants, universities need to implement similar measures against tobacco. Thank you for your consideration.