May 1, 2010

To: University Senate

From: Frances Dyke, Vice President Finance and Administration

Re: Smoke Free Campus Educational Programs

As promised during the October 2009 University Senate meeting I am providing the following update on educational opportunities provided to faculty, staff and students related to smoking cessation. These reports were provided by Linda King, associate vice president for human resources, and Mike Eyster, assistant vice president and director, university health center.

**Information on employee related programs from Linda King:**

University employee health coverage is managed by the Public Employees’ Benefit Board (PEBB), which both statewide and regional medical plans.  All include “Quit for Life Program” that provides no-cost access to smoking cessation resources, including phone consultations with quit coaches, printed guides, online web coaching, and nicotine replacement therapy.  Details can be found on the PEBB website:  [http://pebb.das.state.or.us/DAS/PEBB/FreeClear.shtml](https://dewey.uoregon.edu/exchweb/bin/redir.asp?URL=http://pebb.das.state.or.us/DAS/PEBB/FreeClear.shtml)

Information about the "Quit for Life Program" is regularly included in PEBB newsletters that are forwarded to all benefit-eligible university faculty and staff.  In addition, the program is featured on the PEBB home page and the university's benefits and work-life resources websites.

**Information on student oriented programs from Mike Eyster:**

Programs available for students on counseling/resource end:

1. Low cost nicotine replacement products through Health Center Pharmacy
2. Quit kits free that give basic quit strategies, website support, benefits of quitting etc.
3. One on one counseling for cessation via either professional staff or peer educators.
4. Low cost prescription drugs to aid cessation. This is Zyban and Chantix. There would be a $15 charge to see a practitioner who would assess the student before prescribing. Prescription can then be filled at our Pharmacy.

5.The Counseling Center can and does counsel on addiction, quit strategies and related issues.

Currently we also educate about the harm of tobacco which includes secondhand smoke. We still have the student group, Clean Air Project for education and outreach. Our students write articles for the ODE, create flyers, bulletin boards and table on this issue. We do Earth Day, Great American Smoke out and World No Tobacco Day events focusing on tobacco, secondhand smoke etc. We still do several cigarette butt pick-ups each year. Table tents and ground stakes are appropriately displayed regarding these issues when related events occur.