

## **Tobacco-Free Policy Update**

In October of 2013, a campus-wide taskforce was formed to bring renewed focus to **Policy HR69 – Tobacco-Free Campus Policy**, which prohibits the use of cigarettes, cigars, electronic cigarettes and chewing tobacco anywhere on Penn State Hershey property, both at the Hershey campus and offsite locations, including the grounds, parking garages, and personal vehicles. The mission of the taskforce was to ensure that, as a health care leader in our community, Penn State Hershey is fulfilling its obligation to a healthy, healing environment for all patients, visitors, and employees.

With Executive Co-Sponsors, Lisa Abbott, Chief HR Officer, HMC/Associate Vice-President for Human Resources for Health Affairs, PSU, and Dr. Daniel Notterman, Vice-Dean, Research and Graduate Studies, we engaged many individuals at Penn State Hershey from departments such as HR, Facilities, Security, Pulmonary Function Lab, Public Health Sciences, Pharmacy, Strategic Services, PSH Medical Group, Nursing Administration, College of Medicine Administration, Patient Transport, Guest Services, EHS, and even our Patient Advisory Board. We were also very fortunate to enlist the support and guidance of Jonathan Foulds, Ph.D., Department of Public Health Sciences, who is the Director of the Penn State Tobacco Intervention Program's *Get Quit/Stay Quit* study.

The taskforce focused on 3 key areas: support, education, and enforcement. Penn State Hershey leadership is committed to ensuring that our employees, patients and visitors have the information needed to understand our Tobacco-Free Policy and why it is important. We also need to ensure that everyone visiting or working on our campuses knows where to find cessation support, whether to quit using tobacco or just to manage without it while on a Penn State Hershey Campus. The following are some of the cessation resources currently offered by Penn State Hershey:

- Weekly support group meetings are available on the Hershey campus for employees (all 3 shifts) and the community. For more information or to register, call the Careline at 800-243-1455 or visit <http://www.pennstatehershey.org/web/heartandvascular/patientcare/services/wellness/cessation>.
- Free cessation support packs will be provided to employees, patients, and visitors to help manage cravings while on our property.
- Over-the-counter cessation aids will be available for purchase in the hospital gift shop in Hershey.
- All employees have access to Highmark's Telephonic Smokeless Program, through the American Institute for Preventive Medicine, at 1-800-345-2476
- Health plans provide 100 percent coverage of prescription and over-the-counter tobacco cessation aids with a prescription.

- All Penn State Hershey employees have access to one-on-one cessation support through Public Health Sciences' Tobacco Intervention Program. Find out more by calling Shari Hrabovsky at x289572.
- Pennsylvania Quit Line: 1-800-QUIT-NOW (1-800-784-8669)
- [www.Smokefree.gov](http://www.Smokefree.gov).

Of course, a policy is only effective if it is consistently enforced. Beginning in May of 2014, employees, patients and visitors will notice an increased presence of tobacco-free champions at all Penn State Hershey facilities to remind tobacco users of the policy and to offer support packs containing mints and referral cards to cessation resources. Employees in violation of the policy will be subject to progressive discipline, per Policy HR52.

For more information, employees may visit the [Compass](#) site, where they will find FAQ's, support pack locations, tips for talking about the policy, and other resources.

Questions about the Tobacco-Free Campus Policy may be addressed to [Tobaccofree@hmc.psu.edu](mailto:Tobaccofree@hmc.psu.edu).