



Smoke-Free Campus Guidebook



PLACER COUNTY
GOVERNMENT CENTER



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MESSAGE FROM THE HEALTH OFFICER



Hello Placer County,

Smoke-free ordinances help provide employees, clients and residents with a comfortable environment that protects their health and decreases their risk of developing smoking related diseases and death.

While smoking is the cause of 1 in 6 deaths in Placer County, we are committed to providing all of our employees, clients and residents with a healthy and safe environment. In order to address this important issue and prevent further smoking related illnesses and death, the Placer County Government Center campus will be smoke-free as of September 27, 2018.

We understand that the smoke-free ordinance may be challenging for smokers, and we have no intention of forcing anyone to quit. We simply ask everyone to please refrain from smoking on the Placer County Government Campus (including sidewalks, parking lots, and in personal vehicles) for their own health and the health of others.

If you are interested in quitting smoking, you can learn more on page 7 of this guidebook. Additionally, more information about the ordinance (including maps of the Placer County Government Center and a list of the interim designated smoking areas) can be found at: www.placer.ca.gov/smokefree.

Overall, the ordinance is meant to be a positive, health-related change for our County, and is part of our commitment to creating a healthy and sustainable environment. Thank you for your help in creating a supportive environment where Placer County employees, visitors, and residents can have healthier, tobacco-free lives.



Be Well,

Rob
Robert L. Oldham, M.D., M.S.H.A.
Health Officer/ Medical Director/
Public Health Director

"As a smoker, I had started having headaches. I wanted to feel better — to feel healthy. And more importantly, I didn't want to be a slave to cigarettes any longer.

With my husband and I both quitting at the same time, we were able to afford a new car. Instead of buying something and throwing it in the garbage, we get to drive something pretty.

I can breathe again, and climb stairs. It was a whole lifestyle change, and I will never regret giving up smoking.

It's now my 10-year anniversary of quitting smoking!"

**-MICHELLE SOUZA,
ADMINISTRATIVE
TECHNICIAN WITH THE
CHILDREN'S SYSTEM OF
CARE, HHS**

Smoke-free Government Center Ordinance Definition

What is the Smoke-Free Ordinance?

The Placer County Government Center, including all county-owned and leased properties within the defined boundaries, will be smoke-free, with the exception of three interim designated smoking areas.

"Smoking" will be defined to mean inhaling, exhaling, or burning any lighted, heated, or ignited cigar, cigarette, cigarillo, pipe, hookah, electronic smoking device or any plant product intending for human inhalation, whether the item is natural or synthetic and whether or not it contains nicotine. The definition of "smoking" includes marijuana and Electronic Nicotine Delivery Devices (e-cigarettes, vape pens, etc.).

All other Placer County service locations located in Roseville, Auburn, North Auburn, Newcastle, Tahoe City, Kings Beach and Carnelian Bay will be phased in to the smoke-free campus ordinance by June 2021.

When the additional service locations are phased in, the designated smoking areas on the Placer County Government Center will no longer be available for use, and the campus will move towards a 100 percent smoke-free ordinance.

Designated smoking areas

Where are the Placer County Government Center boundaries?

The boundaries and designated smoking areas for the Placer County Government Center are outlined in red (boundaries) and yellow (designated smoking areas).

Smoking is not allowed anywhere within the red boundaries (including sidewalks, parking lots and personal vehicles), with the exception of the three designated smoking areas.

The boundaries for all Placer County service areas will be determined at a later date when the smoke-free government campus ordinance is amended.



Where are the designated smoking areas?



Richardson Drive and halfway between B Avenue and Bell Road. This location is at a crosswalk and is located in the parking lot underneath a shady tree. This designated smoking area is for both employees and visitors.



In the parking lot at the end of the B Avenue cul-de-sac. This designated smoking area is for client use only.



The courtyard of the temporary homeless shelter (The Gathering Inn Mid-Placer Emergency Housing and Services Program). This designated smoking area is for client use only.

All designated smoking areas will be marked and have buckets provided to extinguish cigarettes.

Any residential areas and business properties that are adjacent to the Placer County Government Center are NOT designated smoking areas.

All designated smoking areas on the Placer County Government Center will be phased out by June 2021. At this time, the campus will become 100 percent smoke-free.

**Respect the boundaries of the Placer County Government Center
and only use the provided designated smoking areas
that are located on the campus.**

Ordinance Enforcement

What do I do if I see someone violating the Smoke-Free Campus Ordinance?

There are several ways to let a visitor, client, contractor, or employee know about the ordinance. Some examples we recommend can be found on the left-hand side of the chart below.



- Distribute the Ordinance Awareness and Resource Card (available at: www.placer.ca.gov/smokefree)
- Politely tell them about the smoke-free ordinance and where the designated smoking areas are located
- Report the situation to our anonymous online reporting tool: www.placer.ca.gov/smokefree



- Don't call the Placer County Sheriff's Office to report violations
- Don't become involved if you don't feel safe telling someone about the ordinance
- Don't be confrontational or aggressive

The Smoke-Free Ordinance is meant to be a positive, health-centered change.

Individuals who notice violations of the ordinance are expected to remain non-confrontational and respectful of all members of our campus community when communicating the ordinance. It is the intent of our ordinance that enforcement will be achieved primarily through education, awareness and a spirit of cooperation.

Why Quit Smoking?

Health Benefits



When you quit smoking, after one year your risk of sudden death from a heart attack is reduced by almost 50 percent.

After five years of not smoking, your lung cancer mortality rate decreases nearly 50 percent.

After 10 years of not smoking, your risk of heart attack and stroke becomes almost the same as that of a non-smoker, and your risk of cancer drops significantly.

Source: Centers for Disease Control, Smoking & Tobacco Use

Cost Benefits



The average smoker uses/spends:

1 pack of cigarettes per day X \$8 per pack = \$2,920 per year

1 bottle (30 ml) of e-juice per day X \$12 per bottle = \$4,380 per year

Wow. That's quite a bit of money you could save and put towards something fun!

Social Benefits



More and more places in California and the United States are becoming smoke-free. Being smoke-free will allow you to visit and spend time with your family and friends, without having to find a time and place to leave and smoke.

A Note on E-Cigarettes



Electronic Nicotine Delivery Systems (made up of e-cigarettes, vape pens, e-hookah, etc.) are not approved smoking cessation devices, and are not allowed to be used at the Placer County Government Center.

Smoking Cessation Resources

PLACER COUNTY

The following tobacco cessation resources have been identified in Placer County as of December 2017. Please call and confirm the eligibility costs, and frequency of the classes.

Chapa-De Indian Health in Auburn:

- Cessation classes in a group setting, Thursdays at 3 pm
- <http://chapa-de.org/grass-valley-health-clinic/quit-smoking-today/>
- Contact Katie Bell at (530) 477-9532 for more information

Kaiser Permanente in Roseville (for members only):

- Wellness coaching by phone, Online quit program: Breathe, or Quit Smart program (4-week program)
- <https://healthy.kaiserpermanente.org/> (Search "Tobacco Cessation")
- Call Health Line at (404) 365-0966

Sutter Health Walk-In Care in Roseville:

- Stop Smoking Program
- <https://www.sutterhealth.org/services/primary/walk-in-care-smoking-cessation>
- (800) 972-5547

Newstart Lifestyle Program (with Stallant Health) in Weimar:

- Five day tobacco cessation program in a group setting, \$5 per class (\$25 total if you participate in all 5 classes)
- Contact Randy Steffens at rsteffens@weimar.org or (530) 422-7911

Placer County Tobacco Prevention Program in Auburn:

- Have Quit Kits available for Community Partners to pick up in Auburn, or can arrange for pick-up in Rocklin
- (530) 889-7161

CALIFORNIA

California Smokers' Helpline:

- <https://www.nobutts.org>
- (800) 662-8887

Placer County employees: In addition to insurance plan coverage (resources available through Anthem, Blue Shield and United Health Care in addition to those above), you have access to free personalized smoking and tobacco cessation coaching through the Managed Health Network (MHN) Employee Assistance Program(EAP). MHN will work with covered participants to create a customized plan to quit. Contact MHN today to set up your first session: 1-800-242-6220

Disclaimer: The Placer County Tobacco Prevention Program or the County of Placer are not responsible for any costs or liabilities derived from these classes. This page merely serves as a resource guide.

Contact Information

For more information about this Smoke-Free Campus Guide, the Smoke-Free Campus Ordinance, or cessation resources, visit the Placer County Tobacco Prevention Program at:

www.placer.ca.gov/smokefree

or call

(530) 889-7161



All information in this guide is accurate as of Sept. 2018.