

Student Family Housing Adopts No-Smoking Policy for 30 and 35 Charles Street West

Charles Street Student Family Housing, a vibrant apartment style residence for student couples and families at the University of Toronto, is pleased to announce the adoption of a no-smoking policy. Effective May 1, 2012, smoking is prohibited outdoors within 9 meters of all entrances.

As of January 1, 2013, the indoor no-smoking policy will apply to all **new residents** and will prohibit smoking tobacco inside private units. Current residents, as the law requires, will continue to be permitted to smoke in their apartment under a grandfathering clause until they move out.

Second-hand smoke

Exposure to second hand smoke in an outdoor setting and within dwellings is a growing health concern due to its harmful health risks. Second-hand smoke is the smoke released from the burning end of a cigarette or similar product and also includes the smoke emitted by the smoker (1). It contains the same 4,000+ chemicals that are inhaled by a smoker and over 50 of these chemicals are associated with, or are known to cause cancer (2). The World Health Organization has stated that no level of exposure to second-hand smoke is considered safe; therefore creating a 100% smoke free environment is the only way to ensure people are protected (3).

The University

The University of Toronto overall has embraced a no-smoking policy since 1995, prohibiting smoking in all University buildings with the exception of Designated Smoking Areas* (4). They have also taken additional measures by preventing the sale of tobacco products on University property and providing cessation programs and support for students and staff who seek assistance to quit. Currently, all residences at the University of Toronto have implemented an indoor no-smoking policy except for Charles Street Student Family Housing.

Residents in Favour

A lifestyle survey was completed in 2011 that revealed strong support for a smoke-free living environment. Over 74% of residents who responded to the survey indicated they are in favour of an indoor no smoking policy throughout the building including balconies. The no smoking initiative is in fact a response to requests from residents who are concerned about exposure to second hand smoke for themselves and their children.

*Designated Smoking Areas can be implemented only in the following locations: a residence, a regular campus pub and First Nations. (4)

Smoking Cessation Services

“In addition to creating a living environment where non-smokers are not subjected to second hand smoke, we aim to educate about the hazards of second-hand smoke, encourage smokers to quit, assist smokers who want to quit, and discourage non-smokers from becoming smokers” (taken directly from the smoking summary given to Gloria) We hope that residents will take advantage of the smoking cessation programs and services offered at UofT. Students can speak with a health professional at Student Health Services regarding treatment options and resources for assistance. Leave the Pack Behind is a student led smoking cessation program on campus that provides information about quitting and personalized support through a peer team. Please visit them at <http://www.leavethepackbehind.org/index.php>. By promoting and providing access to these services,

along with a resident wide educational campaign about the health effects of second hand smoke, we are taking a proactive approach in creating a healthier and safer environment at Charles Street Student Family Housing.

Charles Street Student Family Housing at the University of Toronto consists of two high-rise apartment buildings located in the heart of downtown Toronto, on the northeast side of the St. George Campus. It is a unique residence experience that offers a lively high rise community that both supports family needs and encourages their holistic development. Student Family Housing is an exciting location whose primary foci are community, family and diversity.

Works Cited

- (1) Health Canada. (2006). *Make your home and car smoke-free: A guide to protecting your family from second-hand smoke* (Publication No. 4278). Ottawa, Ontario: Canada. Health Canada.
- (2) U.S. Department of Health and Human Services. (1984). *The Health Consequences of Smoking: Chronic Obstructive Lung Disease. A report of the Surgeon General*. Rockville, Maryland: U.S. Department of Health and Human Services, Public Health Service, Office on Smoking and Health.
- (3) World Health Organization. (2011). *WHO Framework Convention on Tobacco Control: guidelines for implementation Article 5.3; Article 8; Articles 9 and 10; Article 11; Article 12; Article 13; Article 14 - 2011 edition*. France. WHO Press, World Health Organization.
- (4) University of Toronto Governing Council. (1995). *Smoking Policy*. Toronto, Ontario: Canada.