

COALITION FOR A
**SMOKE-FREE
 TOMORROW**

Mission:

To improve Kentucky's health by protecting Kentuckians from secondhand smoke and other tobacco emissions, and by reducing the high rate of smoking and tobacco use in the Commonwealth.

Steering Committee:

American Cancer Society
 Cancer Action Network

American Heart Association
 American Stroke Association

American Lung Association

Baptist Health

Campaign for Tobacco-Free Kids

Foundation for a Healthy Kentucky

Humana

Kentucky Cancer Foundation

Kentucky Center for Smoke-free Policy

Kentucky Chamber of Commerce

Kentucky Council of Churches

Kentucky Equal

Justice Center

Kentucky Health Collaborative

Kentucky Health Departments Association

Kentucky Hospital Association

Kentucky Medical Association

Kentucky Nurses Association

Kentucky School Boards Association

Kentucky Voices for Health

Kentucky Youth Advocates

Learn More:

www.smokefreetomorrow.org



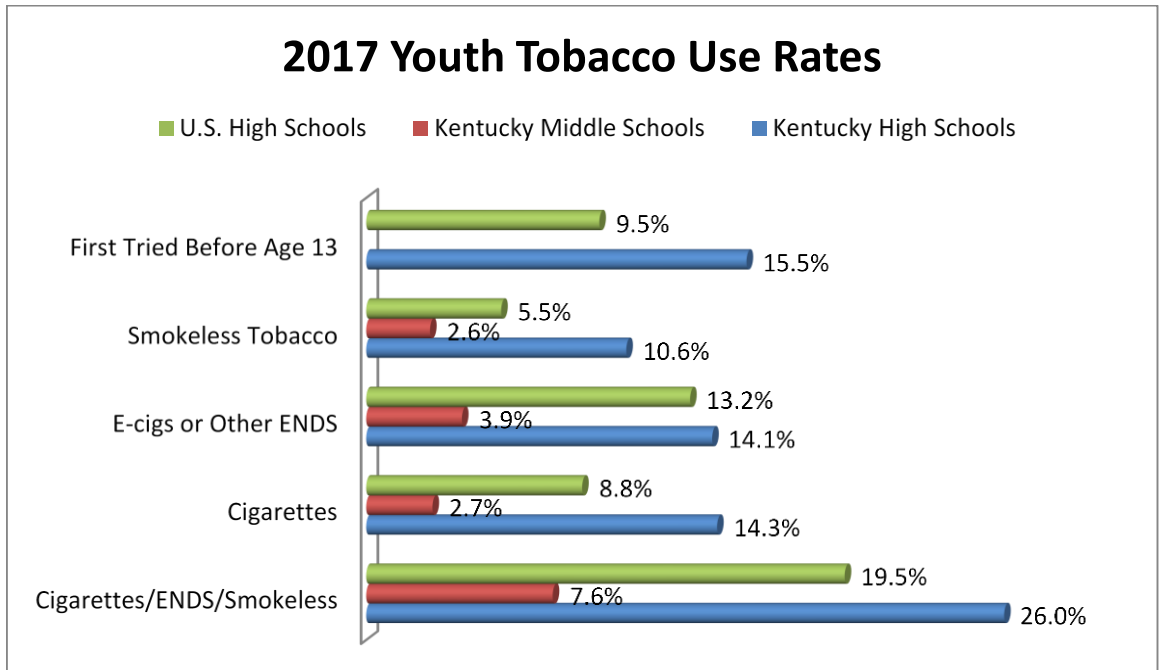
100 Percent Tobacco-Free Schools

Kentucky can enhance economic opportunity for all residents by creating a healthier future workforce. Comprehensive tobacco-free policies on school campuses are powerful tools for reducing tobacco use among teens and adolescents in Kentucky, which will greatly decrease their risk of tobacco-related disease as they grow into adults. These policies can help reduce peer pressure to use tobacco during school hours and at after-school events, and help create an environment where tobacco use is not the norm.

According to the Kentucky Health Issues Poll,ⁱ 87 percent of Kentucky adults support tobacco-free school policies. This strong support is both bipartisan and found in all regions of the Commonwealth.

Current Policies in Kentucky

Federal law prohibits smoking inside schools that receive federal funding. Forty-two percent of Kentucky public school districts, covering 57 percent of the state's public school students, have gone further, recognizing the evidence behind 100-percent tobacco-free policies, and adopted them to protect students, faculty, staff and visitors.ⁱⁱ Additional districts may have tobacco-related policies, but they vary as to the type of tobacco products that are prohibited and whether tobacco use also is prohibited outdoors on school grounds, in school vehicles or other school property, and at off-campus school events such as field trips. *(Data Sources: Kentucky Department of Education and Centers for Disease Control and Prevention. Additional data about youth tobacco use by region is available from the Kentucky Incentives for Prevention Survey.)*



The Evidence

Tobacco use behaviors typically are established before age 18.ⁱⁱⁱ The peak years for first trying tobacco products are in the 6th and 7th grades, or between the ages of 11 and 13.^{iv} Nicotine is a highly addictive drug and adolescents are particularly vulnerable to its effects.^v Symptoms of serious addiction can appear within weeks or even days after occasional smoking begins.^{vi} About three out of four teen smokers ends up smoking into adulthood, even if they intended to quit after a few years.^{vii} Each year in Kentucky, 2,900 youth become daily smokers.^{viii}

Schools with consistently enforced tobacco-free policies are more likely to have lower rates of student smoking than comparable schools without tobacco-free policies.^{ix} Schools that allow smoking areas or the use of smokeless tobacco by anyone on campus create the aura of official acceptance of tobacco use.^x That, in turn, significantly influences students' attitudes toward tobacco use in general and increases smoking behavior.^{xi}

Youth face immediate health consequences of tobacco use including reduced lung function, increased number and severity of respiratory infections, decreased physical fitness, increased resting heart rate, depression, more school absences, and poor cognitive performance.^{xii}

We can prevent up to 30 percent of Kentucky students from smoking by adopting 100 percent tobacco-free school policies and appropriately enforcing them.^{xiii} Smoking related illness costs Kentucky \$1.92 billion every year in health care costs.^{xiv}

Policy Recommendation:

If we are to create a healthier future workforce in Kentucky, we must enact policies that help protect our youth from becoming addicted to a deadly product, while they are in the school buildings and campuses where they spend one-third of their time. Toward that goal, the Coalition for a Smoke-Free Tomorrow endorses the following policies:

- 1. Enact a statewide, comprehensive tobacco-free schools law that prohibits use of tobacco products, including e-cigarettes, vapor products and alternative nicotine products, by staff, students and visitors 24 hours a day, seven days a week, inside Board-owned buildings or vehicles, on board-owned property, and during school-sponsored field trips, sports events and other activities. This law should include penalties that are appropriate for students, as well as for faculty, staff and visitors. The law should include anti-preemptive language such that local governments are permitted to enact policies that are stronger than the state law to maximize protections from tobacco smoke and promote healthy school environments.**
- 2. Provide adequate state funding to implement tobacco-free policies in every Kentucky pre-school through Grade 12 public school.**

ⁱ https://www.healthy-ky.org/res/images/resources/KHIP-tobacco-free-schools-FINAL_1.pdf

ⁱⁱ <http://www.tobaccofreeschoolsky.org/index.html>, accessed August 13, 2018

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- ⁱⁱⁱ Preventing Tobacco Use Among Youth and Young Adults,” U.S. Surgeon General’s report, 2012, <https://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/full-report.pdf>
- ^{iv} Miech, RA, et al., Monitoring the Future National Survey Results on Drug Use, 1975-2015: Volume 1, Secondary School Students, Ann Arbor, Institute for Social Research, The University of Michigan, 2016: http://www.monitoringthefuture.org/pubs/monographs/mtf-vol1_2015.pdf
- ^v The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General, 2014, <https://www.surgeongeneral.gov/library/reports/50-years-of-progress/index.html>
- ^{vi} DiFranza ,JR, et al., “Initial symptoms of nicotine dependence in adolescents,” Tobacco Control 9:313-19, September 2000
- ^{vii} Preventing Tobacco Use Among Youth and Young Adults, A Report of the Surgeon General, 2012: <https://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/full-report.pdf>
- ^{viii} New underage daily smoker estimate based on data from U.S. Dept of Health and Human Services (HHS), “Results from the 2017 National Survey on Drug Use and Health,” with the state share of national initiation number based on CDC data on future youth smokers in each state compared to national total.
- ^{ix} Kumar R, O’Malley PM, Johnston LD. School tobacco control policies related to students’ smoking and attitudes towards smoking: national survey results, 1999–2000. Health Educ Behav. 2005;32:780–794
- ^x Center for Substance Abuse Prevention. Reducing Tobacco Use Among Youth: Community-Based Approaches: A Guideline for Program Practitioners. Rockville, MD: Prevention Enhancement Protocols System, Center for Substance Abuse Prevention, U.S. Department of Health and Human Services, Publication Number (SMA) 97-3146;1997. Available at: <http://ncadi.samhsa.gov/govpubs/PHD745/toc.aspx>. Accessed December 9, 2007
- ^{xi} Kumar R, O’Malley PM, Johnston LD. School tobacco control policies related to students’ smoking and attitudes towards smoking: national survey results, 1999–2000. Health Educ Behav. 2005;32:780–794
- ^{xii} http://www.tobaccofreeschoolsky.org/uploads/3/4/4/0/34403834/vov_tfs_july_20_2016.pdf
- ^{xiii} <https://tobaccocontrol.bmj.com/content/tobaccocontrol/10/2/117.full.pdf>
- ^{xiv} <https://www.tobaccofreekids.org/problem/toll-us/kentucky>

Updated 9/13/18