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Testimony in strong SUPPORT of HCR 103/HR 79, “Encouraging the University of Hawaii Administration To Establish and Implement a Tobacco-Free University Policy For All University Campuses and Facilities

The American Heart Association strongly supports HCR 103/HR 79.

Heart disease is the leading cause of death in the United States, according to the Centers for Disease Control and Prevention (CDC). An American has a coronary event (heart attack) nearly every 25 seconds, resulting in death about every minute. Smoking is the leading risk factor for heart disease.

Evidence suggests that exposure to secondhand smoke also can result in adverse health effects, including heart disease in nonsmoking adults. Secondhand smoke, also known as environmental tobacco smoke, consists of a mixture of gases and particles including smoke from burning cigarettes, cigars, pipe tobacco, and exhaled mainstream smoke. Smoking bans are making progress at reducing involuntary exposure to secondhand smoke in workplaces, and other public places in the United States and abroad. Over 500 college campuses across the U.S. have implemented tobacco-free campus policies.

Such legislation and policy has also provided the opportunity to study the effects of smoking bans on the health of smoking and nonsmoking adults. Study results consistently indicate that exposure to secondhand smoke increases the risk of coronary heart disease by 25 to 30 percent.

Furthermore, exposure to tobacco smoke – even occasional smoking or secondhand smoke – causes immediate damage to your body that can lead to serious illness or death, according to a report released in 2010 by U.S. Surgeon General Regina M. Benjamin. The comprehensive scientific report - Benjamin’s first Surgeon General’s report and the 30th tobacco-related Surgeon General’s report issued since 1964 - describes specific pathways by which tobacco smoke damages the human body and leads to disease and death.

The report, *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease*, finds that cellular damage and tissue inflammation from tobacco smoke are immediate, and that repeated exposure weakens the body’s ability to heal the damage. Even brief exposure to secondhand smoke can cause cardiovascular disease and could trigger acute cardiac events, such as heart attack. The report describes how chemicals from tobacco smoke quickly damage blood vessels and make blood more likely to clot. The evidence in this report shows how smoking causes cardiovascular disease and increases risks for heart attack, stroke, and aortic aneurysm.

Given the prevalence of heart attacks, and the resultant deaths, smoking restriction laws save thousands of lives each year in the U.S. alone. The savings, as measured in human lives, is undeniable.

Alternatively, the costs of not restricting smoking in public and workplaces are equally staggering. According to the American Heart Association’s 2013 Statistical Update, the total direct and indirect cost of CVD and stroke in the United States for 2009 is estimated to be

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**“Building healthier lives,
free of cardiovascular
diseases and stroke.”**

Please remember the American Heart Association in your will or estate plan.

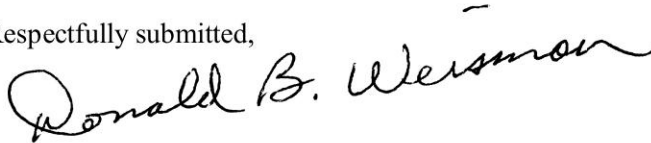
\$312.6 billion. Direct medical costs (\$96 billion) and lost productivity costs (\$97 billion) associated with smoking totaled an estimated \$193 billion per year between 2000 and 2004.

As greater attention has been focused on the tobacco industry's marketing efforts toward minors, it has begun to focus toward addicting young adults. Tobacco-free campus policies protect the health of students and university employees and help reduce tobacco use among a population that is heavily targeted by the tobacco industry.

As the latest U.S. Surgeon General's report on tobacco concluded, tobacco prevention efforts must focus both on kids and young adults as almost no one starts smoking after age 25. The report found that nearly 9 out of 10 smokers started smoking by age 18, and 99 percent started by age 26. Progression from occasional smoking to daily smoking almost always occurs by age 26.

The American Heart Association strongly urges Hawaii legislators to HCR 103/HR 79.

Respectfully submitted,

A handwritten signature in black ink that reads "Donald B. Weisman". The signature is written in a cursive style with a horizontal line above the name.

Donald B. Weisman
Hawaii Government Relations /Mission:Lifeline Director



To: The Honorable Della Au Belatti, Chair, Committee on Health
The Honorable Dee Morikawa, Vice Chair, Committee on Health
Members, House Committee on Health

From: Annie Hollis, Policy Director

Date: March 25, 2013

Hrg: House Committee on Health

Re: **Support for HR 79/HCR 103, Encouraging the University of Hawai'i Administration to Establish and Implement a Tobacco-Free University Policy for All University Campuses**

The Coalition for a Tobacco-Free Hawaii (Coalition) strongly supports HR 79/HCR 103, Encouraging the University of Hawai'i Administration to Establish and Implement a Tobacco-Free University Policy for All University Campuses.

The Coalition for a Tobacco Free Hawaii (Coalition) is an independent organization in Hawaii who works to reduce tobacco use through education, policy and advocacy. Our organization is a nonprofit organization with over 100 member organizations and 2,000 advocates that work to create a healthy Hawaii through comprehensive tobacco prevention and control efforts.

Cigarette smoking is the single leading cause of preventable disease and preventable death in the United States, leading to more than 400,000 deaths annually. Currently, each University of Hawai'i school campus has a different policy; UH-Manoa prohibits smoking within 20 feet of building entrances, exits and courtyards, and within 50 feet of campus and public bus stops; Maui and Leeward Colleges require designated smoking areas only; and Hilo follows similar guidelines to Manoa, except that they have also designated smoking areas within dorms.

In a 2010 survey, 65% of students stated they are bothered by secondhand smoke and that litter from cigarettes, especially cigarette butts, is a significant problem on the UH-Manoa campus.¹ Just over 62% of students surveyed support or strongly support having a smoke-free campus.² Findings from interviews and focus groups at Maui College, Leeward Community College, and the University of Hawai'i at Hilo were similar. Students at UH-Hilo also stated that the use of chewing tobacco on campus is a significant problem, stating that some students leave bottles with chew spit around campus or in the cafeteria.³ Walking tours of 5 different campuses (Manoa, Maui, Leeward, Kapiolani and Hilo) revealed that cigarette butts were seen littered on



all campuses and that people smoke in unauthorized locations at every campus.⁴ Current tobacco policies at the UH system schools are inconsistent and can be confusing and difficult to enforce, resulting in secondhand smoke exposure and excessive litter. Designated smoking areas on a few campuses do not seem to help the issues of litter and secondhand smoke. A consistent and strong tobacco-free policy across all University of Hawai'i campuses would be much less confusing for all.

As of January 2013, there are at least 1,129 smoke-free campuses, without exceptions, across the United States, including the entire University of California System, the University of Guam, 7 colleges within the City Colleges of Chicago system, 146 campuses nationwide within the ITT Technical Institute system, and all 24 colleges within the City University of New York System.⁵ Kapiolani Community College also plans to become completely smoke-free as of fall semester 2013. Our hope is that KCC can serve as a model and inspiration for the entire UH system to adopt a similar policy.

The Coalition strongly supports a completely smoke-free University of Hawai'i—to protect the health of all students, faculty, employees, and visitors to the University, to cut down on litter and environmental damage from cigarettes, and to align with current community norms and expectations regarding tobacco use in public places.

Annie Hollis
Director of Public Health Policy & Advocacy

¹ Ibid.

² Ibid.

³ Ibid.

⁴ Ibid.

⁵ American Nonsmokers' Rights Foundation. (2013). "U.S. Colleges and Universities with Smokefree and Tobacco-Free Policies." Accessed from <http://www.no-smoke.org/pdf/smokefreecollegesuniversities.pdf>.

Aloha Chairwoman Della Au Belatti and Members of the Committee,

My name is Ryan Mandado and I am a student at the University of Hawai'i at Mānoa. I would like to ask for your support for HCR 103 to encourage the UH administration to establish a tobacco-free policy for all University of Hawaii campuses.

The reason that the Committee on Health should support this piece of legislation is because there have been multiple studies across the nation that show how the use of tobacco is dangerous to one's health. Tobacco use and inhalation of tobacco smoke can lead to many diseases such as cancer. The American College Health Association (ACHA) recognizes second hand smoke as a Class-A carcinogen and that there is no safe level of exposure to second hand smoke. It is so bad that they also recognize it as a toxic air contaminant.

As represents of the people of Hawai'i, one of your jobs is to make sure that the lives of our citizens are safe. We can no longer have many people exposed to the dangerous chemicals that circulate the air due to second hand smoke. Second hand smoke contains a number of poisonous gases and chemicals including hydrogen cyanide (used in chemical weapons), ammonia (used in household cleaners), and carbon monoxide (found in car exhaust).

There has been a lot of support for efforts of a tobacco free campus. I served as Senator for the Colleges of Arts and Sciences of the 99th Senate for the Associated Students of the University of Hawai'i (ASUH). As my time as Senator, I was supported by my fellow student Senators to pass ASUH Resolution 05-12 which would encourage the UH Administration to pass a tobacco free policy. We also received support from our faculty. The Faculty Senate endorsed Senate Resolution 05-12 on March 2012.

We the growing amount of deaths due to tobacco smoke, I think it is crucial that the University of Hawai'i system quickly implement a policy that would abolish tobacco smoke on all campus. This can happen if we get support from our State leaders on HCR 103.

Thank you very much for letting me submit my thoughts on this issue.

Much Mahalo,

Ryan Mandado
1720 Kalani St. Apt 202
Honolulu, Hawaii 96819

morikawa2 - Shaun

From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, March 26, 2013 1:11 PM
To: HLTtestimony
Cc: chassiel@hawaii.edu
Subject: *Submitted testimony for HCR103 on Mar 27, 2013 10:00AM*

HCR103

Submitted on: 3/26/2013

Testimony for HLT on Mar 27, 2013 10:00AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Chassie Luiz	Individual	Support	No

Comments:

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morikawa2 - Shaun

From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, March 26, 2013 11:05 AM
To: HLTtestimony
Cc: antonchris10@gmail.com
Subject: Submitted testimony for HCR103 on Mar 27, 2013 10:00AM

HCR103

Submitted on: 3/26/2013

Testimony for HLT on Mar 27, 2013 10:00AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Chris Anton	Individual	Oppose	No

Comments: The current rules are strict enough. Enough already.

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