



August 2023

Fact Sheet – Creating a Smoke Free Campus

The University of Notre Dame Australia is committed to providing a healthy and safe environment for all employees, contractors, volunteers, students and other visitors to Notre Dame. Smoking and vaping are prohibited across all campus premises, including buildings, grounds, company-owned vehicles, parking garages at all locations, and other facility-owned, leased or sub-leased locations. This policy is in place to protect the health and well-being of our community, and to reduce the risk of fire.

A smoke free campus includes all forms of smoking and incorporates the following:

- Cigarettes
- Cigars
- Electronic Cigarettes (commonly known as vapes)
- Pipes and all other devices for the purposes of inhaling, which emit harmful or toxic smoke.

Health Impacts of Smoking and Vaping

The University recognises the adverse effects of smoking on the environment, an individual's health, and the second-hand smoke effects to those around them.

Second hand smoke exposure has no safe level of exposure including in outdoor areas as it contains carcinogens and even a brief exposure can have an adverse effect on a person.

Tobacco smoke contains over 70 known cancer-causing chemicals. Tobacco smoke related illness is known to be one of the leading causes of preventative illness and death in Australia. It can cause a variety of health problems, including:

- Lung cancer, lung disease
- Heart disease
- Stroke
- Chronic obstructive pulmonary disease (COPD)
- Asthma
- Diabetes and many others.

Benefits of a Smoke-Free Campus

- Protects health of all staff and visitors to the University
- Improved air quality
- Environmental impact – reduces litter from discarded cigarette waste
- Reduces risk of fire on campus
- Economically (the average Australian smoker spends between \$5,237 - \$10,475 per year on cigarettes)
- Reduction of tobacco use in young adults in later years

Electronic Cigarettes

E-cigarettes are a battery-operated device that heat a liquid to produce a vapour that users will inhale.

Electronic cigarettes are not safe. They contain nicotine, which is addictive and harmful to your health. E-cigarettes can also contain other harmful chemicals, such as formaldehyde and heavy metals.

The University prohibits the use of e-cigarettes on all university property, for the same reasons that it prohibits smoking.

E-cigarettes can cause the following health problems:

- Nicotine addiction
- Poisoning
- Seizures
- Burns



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- Lung injury
- Anxiety and depression
- Exposure to cancer-causing chemicals
- Chronic bronchitis
- Lung damage

The long-term health effects of e-cigarettes are still unknown. However, the available evidence suggests that they are not safe and can be harmful to your health.

If you are considering using e-cigarettes, please talk to your doctor first. They can help you to understand the risks of e-cigarettes and can recommend other ways to quit smoking.

Where to Get Help - Stop Smoking Support Resources:

If you are struggling with smoking or vaping, there are resources available to help you quit:

- [Quit Line](#)
Call Quit line on **13 78 48** for confidential, evidence-based telephone counselling
- [Aboriginal Quit Line](#)
- [Cancer Council](#)
- [Health Department](#)
- [Lung Foundation](#)
- [Employee Assistance Program](#)

References

- Australian Bureau of Statistics
- Cancer Council Australia
- National Institute of Health
- National Library of Medicine
- Department of Health

