



Minot State University

Policy Manual

Section 3.10

Tobacco-Free Campus

Source: SBHE Policy Manual, Section 917

North Dakota Century Code 50-11.1-02.2 and 23-12-10

Minot State University is a tobacco-free campus. This policy is established to protect the health and promote the wellness and safety of all students, employees and visitors. The use of tobacco or any plant product is prohibited within university buildings, parking structures, walkways, arenas, in university or state fleet vehicles, and on university-owned property.

1. Definitions:
 - a. For the purpose of this policy, "smoking" is defined as inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, pipe, or any other lighted or heated tobacco or plant product intended for inhalation, in any manner or in any form. Smoking also includes the use of an e-cigarette, which creates a vapor, in any manner or any form, or the use of any oral smoking device for the purpose of circumventing the prohibition of smoking in this Policy.
2. All administrators, deans, directors, department chairs, and supervisors will communicate the policy to everyone within their areas of responsibility.
3. The Human Resources Office will determine policy applicability and will answer policy related questions.
4. It is the responsibility of the Minot State University Wellness Center, Student Services and the Human Resources Office to provide information regarding tobacco prevention and cessation.
5. The policy will be communicated to all members of the campus community. Education regarding the University's tobacco-free policy and smoking cessation will be included in formal orientation for all incoming students and employees and via information distributed through announcements, postings and special events throughout the year.
6. Sufficient signage will be posted to inform members of the campus community and its visitors, including contractors and vendors, of the policy.

7. Compliance with this policy is the shared responsibility and the right of all MSU staff, students, and faculty members. The success of this policy will depend upon the courtesy, respect, and cooperation of users and non-users of tobacco products.
8. Ceremonial Use Exception - The tobacco-free policy may not apply to specific activities used in connection with the practice of cultural activities by American Indians that are in accordance with the American Indian Religious Freedom Act, 42 U.S.C. 1996 and 1996a, All ceremonial use exceptions must be approved in advance by the President of Minot State University or designee.

Tobacco Education

Benefits of Being Tobacco Free:

- Normal blood pressure, pulse, and body temperature
- Minimize chances of heart attacks
- Cilia in the lungs re-grow, increasing the lungs ability to handle mucus, clean themselves, and
- reduce infection
- Coughing, sinus congestion, fatigue, and shortness of breath decreases
- Overall energy level increases
- Decrease chances of lung, throat, kidney, and pancreas cancers
- Fresh breath
- Whiter teeth
- Save money!

Within 20 minutes of quitting: Your heart rate drops

12 hours after quitting: Carbon monoxide level in your blood drops to normal

2 weeks to 3 months after quitting: Your heart attack risk begins to drop. Your lung function begins to improve

1 year after quitting: Your added risk of coronary heart disease is half that of a smoker's

Resources: [American Lung Association](#); [NDQuits](#); [Dakota Wellness Program - Sanford](#)

Direct inquiries to: HR Director / EEO/AA / Deputy Title IX Coordinator, Administration 2nd FL, 701-858-4610, hr@minotstateu.edu

Updated June 28, 2017