Tobacco Free Trinity (TFT) Consultation Document 2013-2014
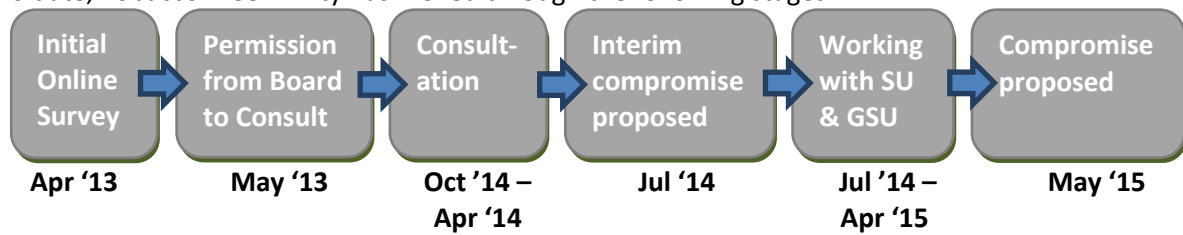
Paper presented on behalf of TFT Working Group by Dr David McGrath, Chair of Tobacco Free Trinity Working Group, a sub-committee of the College Safety Committee

Table of Contents

Background

To date, Tobacco Free Trinity has moved through the following stages:

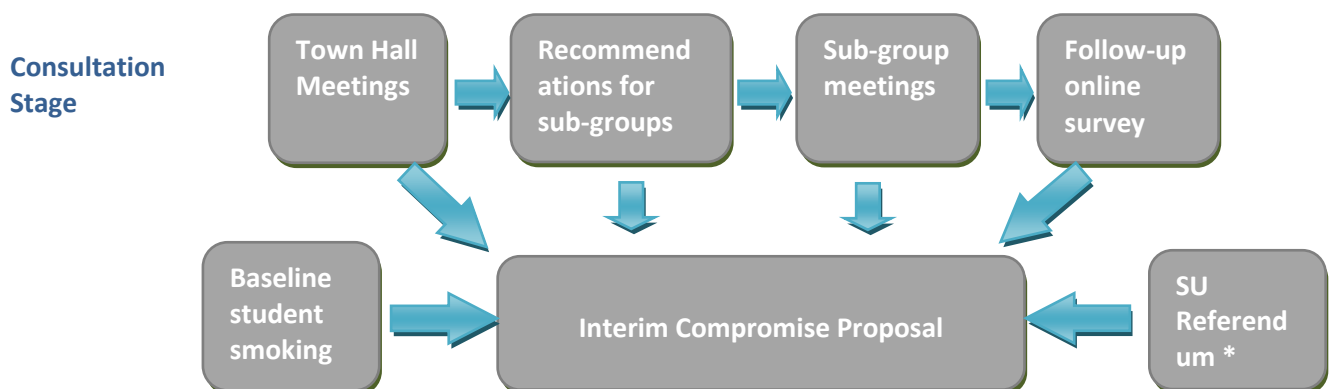| Initial Online Survey	Permission from Board to Consult	Consult-ation	Interim compromise proposed	Working with SU & GSU	Compromise proposed
Apr '13	**May '13**	**Oct '14 – Apr '14**	**Jul '14**	**Jul '14 – Apr '15**	**May '15**

In April 2013, a short online survey was distributed to all Trinity students and staff to determine the support within College for Trinity becoming tobacco free. A tobacco free campus was defined as one that prohibits smoking inside or outside on College campuses. There were over 5,500 responses to the survey (29% of the College community) with 54% indicating that they would support the initiative, 37% indicating that they would not and 9% unsure.

In May 2013, Board gave permission for a sub-committee of the College Safety Committee to conduct a consultation with the Trinity community to determine the feasibility and acceptability of Trinity becoming tobacco free. This document describes the consultation process and highlights key points from each phase of the process. Based on the consultation, recommendations on the acceptability and feasibility of Trinity becoming tobacco free were made in an Interim Compromise Solution that was presented to the Students' Union and Graduate Students' Union in July 2014. From July 2014 to April 2015 the two Students' Unions considered the interim proposal and worked with the Committee to develop the Compromise Solution proposed in the Conclusions & Recommendations of this document.

It is presented by Dr David McGrath, Director of the College Health Centre and Chair of the Tobacco Free Trinity Committee (a sub-committee of the College Safety Committee).   There was no explicit focus on e-cigarettes during the consultation but in anticipation of questions about them arising, the Committee's position on them is included in Appendix B.

The Consultation

Stages of the Consultation Process

Consultation Stage

Town Hall Meetings	Recommend ations for sub-groups	Sub-group meetings	Follow-up online survey

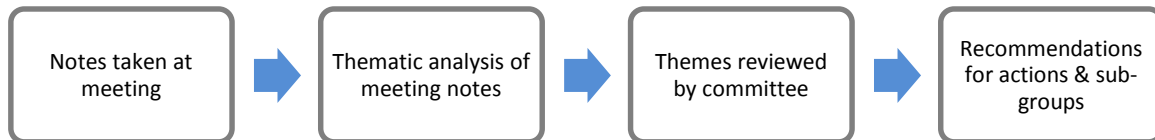| Baseline student smoking	Interim Compromise Proposal	SU Referend um *

*Note: The Students' Union referendum was run entirely independently of the TFT consultation. It is included so that a comprehensive overview of matters that could influence a decision on TFT are documented.

Town Hall Meetings

Description

There were five Town Hall Meetings with a total of 109 attendees. Details of dates, locations and attendees are available in Appendix A. Meetings were scheduled at 8.30am, 10am, 1pm, 5pm and 7.30 pm to facilitate the various schedules of the Trinity community.

How Meetings Were Analysed

Notes taken at meeting	→	Thematic analysis of meeting notes	→	Themes reviewed by committee	→	Recommendations for actions & sub-groups

1. Committee members took notes on what was discussed during each meeting.
2. A thematic analysis of the notes was done by one committee member to identify:
   a. Matters that require further discussion by the committee
   b. The issues that should be referred to sub-groups.
3. The committee reviewed and agreed the themes identified
4. The committee made recommendations for actions to be taken and sub-groups to be set up.

Full details of the contents of the Town Hall Meetings are available in the Town Hall Meeting Notes[i].

Recommendations for Sub-Groups

The following sub-groups were established on foot of feedback from the Town Hall Meetings.

Sub-group 1

Chair: David McGrath
Topics:
- Where do smokers go?
- Where do residents go?
- Is this College's role?
- Communications

Sub-group 2

Chair: John Coman
Topics:
- Catering & banqueting
- The Pav
- Commercial residents in summer
- Is this College's role?
- Communications

Sub-group 3

Chair: David Grouse
Topics:
- Effects on staff
- Enforcement/compliance
- Is this College's role?
- Communications

As per the original project plan a fourth sub-group affording external stakeholders the opportunity to give their input into how Tobacco Free Trinity could affect their interests was also held.

Sub-Group Meetings

Description

There were four sub-groups as outlined below.

Invitees

People were asked to attend internal sub-group meetings (meetings 1-3) if they had expressed an interest in participating, if they contributed to one of the town hall meetings, if they were recommended by a member of the Trinity Community or because they emailed the TFT committee about Trinity becoming tobacco free. All invitees were encouraged to extend the invitation to the sub-groups to anyone in Trinity they thought might like to attend.

Details of invitees to the external sub-group (sub-group 4) are outlined in the section on that meeting.

Sub-Group 1: Chair Dr David McGrath, Director of College Health Centre

Representation at the meetings
College Health Centre, Trinity Hall, Accommodation & Catering, Buildings Office, Global Health, a member of the student body.

Summary of Minutes:
- Where do smokers go?: Many members of the group thought that there should be designated smoking areas as a compromise although one sub-group member stated that there are issues of ambiguity and enforcement associated with having smoking areas. The group discussed phasing them out over time. Though many of the group wanted a compromise solution it was highlighted by one person that there is support for a totally tobacco free campus.
- Where do residents go?: There are 1,000 students in Trinity Hall. Not reasonable to ask people to go onto the footpath. Issues with local residents. All residents of Trinity Hall stated that they were non-smokers in Halls applications for residence. Smoking status does not influence their acceptance into Halls. Potential site for smoking area in Trinity Hall discussed.
- Communications: Important the language doesn't alienate people. Word "de-normalise" has negative connotations. One person felt there were issues with the way the initiative has been communicated to date.
- Is this College's role?: Issues of paternalism expressed by one member of group. All others felt this was College's role.

Recommendations
- Consider if a compromise solution of incorporating smoking shelters could be implemented.
- Provision in Trinity Hall for smoking area should be considered
- It's important to use language in communications that doesn't alienate people.

Sub-Group 2: Chair John Coman, Secretary to College

Representation at the meetings
Accommodation & Catering, The Pav, Secretary's Office, College Health Centre, Human Resources, Communications & Marketing, The Student's Union Shop, a member of the student body

Summary of Minutes:
- Effect on Commercial Interests: Commercial interests within College feel Trinity becoming tobacco free would have a detrimental commercial impact on College. They stated it would reduce turnover/retail business in catering, accommodation, banqueting, the Students Union shop and the Pav.
- Quantifying the effect of TFT: Very difficult to quantify. Accommodation gave monthly figures but no prediction as to how they would be affected by a smoking ban. Accommodation cleaning costs are €20.50 per clean but this doesn't happen very often. Turnover/profits per annum for the Students' Union shop from cigarette sales were estimated but the estimate doesn't include loss of profit from incidental items bought when cigarettes are being purchased.
- Other issues raised included: Such a policy would force students/staff to the perimeter of College, people could hide and put themselves at risk, it may be difficult to ensure compliance on sunny days at the Pav, people may smoke in their bedrooms especially at night time or in bad weather, staff at conferences for example only have time for very short ad hoc breaks
- E-cigarettes: Currently on sale in the Students' Union shop but sales are low.
- Smoking areas: Sub-group attendees were keen to have provision for smokers on campus. There was discussion of the need for provision close to the Pav, for conference attendees, for conference staff and clients of accommodation services.
- Cigarettes in the Pav: Profit from the sale of cigarettes in the Pav is low. The Pav would consider removing cigarette machines.

- Consider smoking shelter provision for residents, the Pav and conferencing and banqueting staff.
- Proposed provision for smoking shelters made by sub-group members should be considered by the TFT committee.
- Further investigation should be undertaken to determine if a tobacco free campus policy would affect the Trinity community's inclination to use College facilities e.g. catering outlets, the Pav.
- Consideration should be given to how staff who would not have time to walk off campus or to a smoking shelter when working could be supported if Trinity was to become tobacco free e.g. could nicotine replacement therapy be made available to catering staff at banquets
- TFT should work with the Pav to investigate if it is feasible to remove its cigarette machines
- Communication about Tobacco Free Trinity should be done via a variety of channels e.g. via social media for students, via unions for staff
- In the future, it may be possible to consult conference organisers on how a tobacco free campus policy would affect conference bookings in Trinity.

Sub-Group 3: Chair David Grouse, Department of Physics & Chair of the Group of Unions

Representation at the meetings
Department of Physics, Facilities, Library, Health Centre, Human Resources, Registrar

Summary of Minutes:
- Designated smoking areas: It was agreed by most of the sub-group members that smoking areas should be considered though some felt only as a means of transition to becoming totally tobacco free.
- Enforce current policy: The group agreed the current policy isn't enforced. It was suggested that blue lines should be pilot tested to demark smoking areas. The current policy should be re-sent to all. Better signage required.
- Enforcement of TFT: The group considered if TFT could be included in current HR sanctioning procedures. Many felt that allowing line managers to sanction people in breach of TFT was not acceptable. Some felt this policy would allow some smokers to be targeted anonymously. If this is to go ahead, need a new policy on procedures with the unions that would be negotiated with College. National legislation would make this easier.
- Nature of people's work: All types of work should be considered.
- Communications: The language used must be unbiased. No mention of SU referendum on website. Potential to marginalise a minority. This should be presented as an expansion of the workplace ban.
- Is this College's role?: Issues of paternalism and alienating smokers raised.
- Support for stopping: College should continue to support smokers. Time off for smoking courses and reduced rates in the Sports Centre suggested.
- Resources required: Tobacco Free Trinity will require adequate resources.

Recommendations
- Smoking areas should be considered for a transition period
- The current policy should be enforced. Blue lines to demark smoking areas and signs suggested
- If becoming tobacco free, College must work with unions to determine how staff could be sanctioned for persistent breach of the TFT policy. Many felt this would be difficult to enforce.
- All roles within College would have to be considered before TFT could be implemented
- If TFT is to go ahead, consider how national legislation for tobacco free universities could be progressed.

- The group could not agree if this was College's role.
- College should continue to support smokers to stop smoking
- Resources are required if TFT is to go ahead.

Sub-Group 4 – External Stakeholders: Chair John Coman, Secretary to College

Invitees
In total, over 40 organisations/individuals were invited who: are neighbours of College; are amongst the top suppliers to College; may be affected negatively by people congregating at entrances e.g. Dublin City Council Waste Management, Dublin Bus; regularly use College e.g. tour companies to the Book of Kells, conference management companies who use Trinity as a conference venue; manage College buildings or manage tenants of College buildings

Representation at the meeting
Colliers Property Management (manage TBSI), TBSI Premises Manager, TTEC Property Executive, College Health Centre, Secretary to College

Summary of Minutes:
- Where would smokers go?: TBSI students and staff currently go to the front of the building. The fourth floor has a roof garden, access to which is confined to the tenant of that floor. All other floors have nowhere to go but the footpath; there are no spaces to the rear. The 4m rule may not be enforceable in TBSI as it could include the entire public footpath. There are tables outside a café in the TBSI concourse where people smoke and it would be difficult to move these. In TTEC smokers have a smoking area but tend to smoke outside their door. Would be difficult to encourage them to move.
- Cafes & Pubs: This policy could be particularly difficult for tenants of Trinity properties such as Subway (TBSI), Starbucks (College Green), KC Peaches (TTEC) and Lincoln's Inn because of the association between cigarettes and coffee/alcohol and the competition issues involved for those businesses.
- Enforcement: Security can't be expected to enforce this. The majority will comply but some will not. National legislation would make it easier.
- Changes to Leases: May be possible to change the terms of people's leases when issuing a new one but some people have long leases (>20 years).

Recommendations
- Most of those invited did not come. Continue to work with those who did.
- Determine if current smoking policy is enforceable in TBSI.
- Work with TBSI staff to address issues of smoking in the concourse.
- Further consultation required directly with third party lease holders in Trinity buildings to determine how a tobacco free policy could be implemented. This must be done over time. Security could not be responsible, in particular in TTEC.
- Future leases should include a stipulation that tenants must adhere to the tobacco policy
- Special consideration should be given to cafes and pubs with whom a particular relationship between their primary retail product and smoking exists.

Comparison of the Exploratory and Follow-Up Survey Monkey Surveys[ii]

In March 2014, 11 months after a first exploratory online survey on TFT was emailed to all Trinity students and staff, an online survey was emailed again with similar questions to the original survey. The results of the second online survey were analysed using the www.surveymonkey.com native analysis tools and compared with the previous survey results using MS Excel.

The response rate to the second survey was 9% (n=1708), a decrease of 20% from the first survey. 65% (n=1116) support TFT with 30% stating Trinity should be entirely tobacco free and 35% stating smoking shelters should be made available. 33% (n=567) were against TFT and 3% (n=47) were unsure. Undergraduates, postgraduates and staff had all increased in their support of TFT although undergraduates had also increased in their opposition to it by 1%.   Amongst post-graduates, 31% (n=87) supported a completely tobacco free campus and 40% (n=112) supported designated smoking areas. Amongst undergraduates, support for an entirely tobacco free campus was 24% (n=204) and for the use of designated smoking areas was 32% (n=278). 39% (n=222) of staff supported a totally tobacco free campus and 36% (n=205) supported designated areas. Respondents of all smoking statuses had increased in support for TFT. 79% (n=150) of daily smokers thought it would be very difficult or difficult to comply with TFT. There was a 4% increase in daily smokers who wanted to stop smoking although there was also a 3% increase in daily smokers who did not want to stop smoking. The vast majority of respondents stated that the policy would have no effect on their use of commercial facilities (On campus food outlets: 71% (n=1202); The Pav: 53% (n=902); Accommodation: 71% (n=1168)).

Response Rate: It is unclear why the response rate to the second survey was low but it is likely that the novelty and contentiousness of the idea when the first survey was circulated increased the response rate to it.

Support: Support for TFT has increased amongst undergraduates, postgraduates and staff, across all age groups and amongst people of all smoking statuses. Staff and postgraduate rates of support are particularly encouraging. The consultation process and time to consider and debate the implications of Trinity becoming tobacco free have likely helped those who were unsure initially about TFT decide their position on it.

Smoking Shelters: It is likely that the possible use of smoking shelters has increased support for TFT. There is an opportunity to convey to the Trinity community that smoking shelters are a compromise being offered to take into account issues raised during the consultation process.

People Who Smoke: People who smoke feel it would be slightly less difficult to comply with TFT in March 2014 than April 2013. Nonetheless, the vast majority of smokers still feel complying with TFT would be difficult or very difficult. Overall, more people who smoke are considering quitting. Some smokers however, could become alienated by Trinity's stance on smoking if TFT is introduced.

Enforcement and Commercial Interests: It is likely that enforcement of TFT would require multiple approaches. This survey suggests that commercial facilities within TFT would not be negatively affected by TFT with a majority of people.

The recommendations from the follow-on survey made below should be viewed in light of the low response rate.

-   The results of this survey suggest that a tobacco free campus should be implemented in Trinity. The TFT committee should work with staff in the first instance to implement such a policy. More caution may be required in how TFT is progressed with undergraduates in order to avoid alienation of some students
-   TFT should include smoking shelters and it should be communicated to the Trinity community that their introduction is being suggested in response to issues raised during the consultation phase.

- TFT should work with smokers to determine how TFT could support them in complying with the policy if it was introduced. Supports need to be provided for smokers who feel that compliance with TFT would be difficult.
- If introduced, TFT should review how other universities enforce their policies. This review should include DIT and Queens who have already implemented tobacco free policies. It should consider a compliance only approach, using staff and student ambassadors and using existing student and staff procedures to enforce TFT.
- The results of this survey suggest that the introduction of a tobacco free policy would not have a negative effect on commercial facilities within Trinity.

Baseline Student Smoking Attitudes and Behaviour Survey

Title
Smoking behaviour and attitudes among TCD undergraduates study: Summary of Baseline Smoking Results

Background
The prevalence of current smoking among young adults in Ireland (18-24) is 31%, which is greater than the overall population (21.5%)[iii]. There have also been larger increases in smoking in this age cohort compared to other age cohorts in the previous few years [iiiv]. Overall in most instances a majority of persons who smoke indicate that they want to quit [iiiv].

The Slán survey on smoking observed the need for further monitoring of population, in particular young adult population smoking levels, smoking contexts and attitudes to smoking. Smoking has been banned on many college campuses particularly in the US but also in other parts of the world. In some instances this has resulted in decreased smoking[vi][vii]. The majority of students in previous studies indicated support for a smoke free campus [vi,vii] and that they had been exposed to second-hand smoke on campus[v,vii].

The aim of this study was to assess student smoking attitudes and behaviour prior and subsequent to the implementation of a tobacco free campus policy, if such a policy was to be implemented.

Methodology
The study is a repeated cross sectional descriptive and inferential survey at two time points: pre-smoke-free campus policy implementation and two years post-policy implementation, if tobacco free campus policy is implemented. This report presents the pre-implementation survey.

A paper-based survey was administered to students in October 2013 in the classroom setting by a study team member. The survey contained two main sections. Section 1 contained socio-demographic questions e.g. age, gender, year, school, place of residence etc. Section 2 contained questions exploring the smoking history of the participants, where and when they smoke, attitudes and intention towards quitting.

Power analysis indicated that to meet the needs of the pre vs post study a sample of 400 was required. Pragmatic sampling was used to target 1st and 3rd year students (aged over 18) in the School of Nursing and Midwifery, School of Psychology and School of Natural Sciences (n=1000, one School from each Faculty). An initial analysis of the data was done in SPSS and Excel to obtain sufficient data to inform this document and to inform the Trinity community of rates of smoking while the consultation was ongoing. Analysis of the results is scheduled and will include further descriptive and inferential statistics.

Results

The response rate was over 90% of each class group (total n=841), 79% (n=666) were non-smokers, 11% (n=92) were occasional smokers and 7% (n=58) were daily smokers. The School of Natural Sciences had the lowest daily smoking rates at 4% (n=19), the School of Psychology had 10% (n=7) and the School of Nursing and Midwifery had the highest at 11% (n=32). 57% of respondents stated that they had occasionally (n=283) or often (n=64) been affected by smoking outside the building on campus that they use. Of the respondents who were smokers, 55% (n=68) intend to stop smoking in the next 6 months.

Discussion

Compared to a smoking rate of 31%[iii] amongst young people nationally, Trinity's rate of 18% is encouragingly low. The smoking prevalence in Nursing & Midwifery and Psychology of over twice that of Natural Sciences requires further investigation. The majority of respondents report being affected by smoking outside their building and the majority of smokers report intention to quit. Both of these findings suggest that undergraduates should be positively disposed to Trinity becoming tobacco free. Furthermore, although the proportion of students who intend to quit is lower than the national average of 1 in 7[viii], that the majority want to quit could be seen as a good reason to pursue a tobacco free policy.

Conclusions

Despite the preliminary nature of the analysis to date, the data indicate some positive findings amongst undergraduates in Trinity. Low rates of smoking, a majority of people reporting being affected by smoking outside their building and an intention to quit amongst a majority of smokers suggest that Trinity undergraduates may be ready for measures to restrict smoking on campus.

Students' Union Referendum on Tobacco Free Trinity

In February 2014, Trinity Students' Union held a referendum on Tobacco Free Trinity that posed the question "Shall the Students' Union Support the Tobacco Free Trinity initiative?". The referendum was held by the Students' Union, entirely independent of the Tobacco Free Trinity committee as part of the election of sabbatical officers and a referendum on abortion.

There were 4013 eligible votes in the referendum. 47% (n=1898) were in favour of the Students' Union supporting TFT and 53% (n=2115) were against. A swing therefore of 109 votes would have resulted in a yes vote.

Because the SU referendum question asked about supporting the initiative rather than supporting the implementation of a tobacco free campus, it is difficult to interpret the result. The question asked by the SU as part of their referendum did not necessarily indicate personal support or otherwise for a tobacco free campus. The vote against the SU supporting TFT will be considered as part of the final recommendations of the TFT committee.

Interim Compromise Proposal & Working with SU and GSU

In July 2014, the Tobacco Free Trinity Committee drafted an interim compromise solution to becoming an entirely tobacco free campus based on the Consultation. A key part of the proposal was the installation of smoking shelters that would all be removed after three years. The Students' Union rejected it stating that the proposal was too similar to the proposal students voted against in their referendum.

The Graduate Students' Union reviewed the Proposal and in autumn 2014, they put forward the motion below at their AGM:
"With regards to the TFT initiative should the GSU's stance be: in support, neutral or in opposition."
The result was: In support 31% (n=17); Neutral 30% (n=16); In opposition 39% (n=21). By arrangement, a Committee member had briefed the GSU on the interim compromise proposal for TFT but did not attend the meeting. Secondary reports from the GSU sabbatical officers described the meeting as tense and stated the lack of provision for smokers after the interim phase of the compromise was of concern.

Discussion

The Trinity Board gave the Tobacco Free Trinity Committee a remit to investigate the acceptability and feasibility of becoming tobacco free. This discussion therefore will be structured under two headings: Is it acceptable for Trinity to become tobacco free and is it feasible for Trinity to become tobacco free.

Is it acceptable for Trinity to become tobacco free?

For a description of the advantages and disadvantages of tobacco free campuses, please see the initial proposal submitted to board in May 2013[ix].

The acceptability of Trinity introducing a tobacco free policy is contentious. We cannot be sure that the views of those engaging in the various consultation processes are representative of the entire College community. However we believe that the various types of consultation opportunities should have allowed for input by all those who were sufficiently interested, with the presumption that those who did not engage in the process, were not particularly concerned either way.

Evidence that introducing a tobacco free campus is acceptable comes from both of the online surveys which showed majority support for TFT and in the follow up survey, support had grown across all groups in College. In particular, support is strong from staff.

The Town Hall Meetings are not as clear. Some attendees did not consider it acceptable but more attendees did and were at the meetings to discuss issues of feasibility rather than acceptability. Sub-Group meetings deliberately included members who were against TFT, those who were supportive of it and members of the working group. Therefore, polarised views were expressed at these. Practical suggestions based on Sub-Group discussions have been included in the ensuing recommendations.

Findings from the baseline student Smoking Attitudes and Behaviour Survey support the introduction of TFT in the interests of creating an environment that supports health for the vast majority of students who don't smoke.

The implications of the Students' Union referendum are not entirely clear. The Graduate Students' Union vote is surprising given that 71% (n=199) of post graduates in the follow up online survey supported Trinity becoming tobacco free. Of note in the survey however, is that 40% (n=112) indicated a preference for a tobacco free campus with designated smoking areas. Support amongst undergraduates for becoming tobacco free was 56% (n=482) but of those, 32% (n=278) stated the campus should have smoking shelters. The GSU vote was taken on a TFT proposal that suggested smoking shelters be removed after a set period and the SU vote was taken on Trinity being entirely tobacco free. The TFT committee therefore believes that a tobacco free campus with smoking shelters is a different proposal to that on which undergraduates and post-graduates voted.

Also of relevance is the Department of Health and Children policy document entitled Tobacco Free Ireland[x]. As well as its intention to make primary and post-primary institutions tobacco free, it aims to "Promote tobacco free campuses for all third-level institutions in consultation with key stakeholders". This suggests that it is likely that third-level tobacco free campuses will be introduced throughout Ireland and that Trinity has an opportunity to lead this movement.

Is it feasible for Trinity to become tobacco free?
The consultation process raised many issues of feasibility with Trinity becoming tobacco free.

Where would smokers go?
There is support for designated smoking areas within College. The follow up online survey and a majority of each of the sub-groups members felt it was a good compromise. There is opposition to them however. Over a third of the follow up online survey respondents stated they would prefer a tobacco free campus without shelters and there were issues of ambiguity and enforcement with designated smoking areas raised during sub-group meetings.

Conferencing and banqueting staff would require special attention as they often take ad hoc and very short smoking breaks when the event at which they are working allows them time to do so. The Pav provides a challenge in that it is likely to be difficult to ensure compliance in summer and times of good weather.

Where would residents go?
For the safety of residents and in consideration of Trinity Hall's neighbours, a designated smoking area within Trinity Halls should be considered.

Commercial Interests Within College
Commercial interests within College feel TFT would have a detrimental effect on their business. It was not possible to quantify what that effect would be during sub-group meetings. The results of the follow up online survey suggest that a ban would have little, or in some cases, a positive effect on the Pav, Students' Union shop and on-campus food outlets. Some sub-group members also felt there may be a detrimental effect on conferencing although it was not possible to obtain data to support this.

For commercial interests who lease College buildings there are a number of issues which require further investigation before TFT could be introduced on their premises.

Staff & Compliance/Enforcement
As a group, staff were the most supportive of Trinity becoming tobacco free with over three quarters supporting it in the follow-up survey. Ensuring compliance via line managers may be problematic however. There were concerns that smokers could be vulnerable to being singled out for breaching TFT and it was suggested that it would be necessary to work with unions if formal sanctions were to be introduced. National legislation for tobacco free campuses would undoubtedly provide for a more effective means of ensuring compliance to TFT.

General Compliance/Enforcement
No one method of compliance/enforcement was suggested as the best means of encouraging adherence to a TFT policy. In their paper on ten years of experience of implementing tobacco free university campuses[xi] the National Center for Tobacco Policy suggest that compliance is best achieved by basing requests for compliance on respect for others and clean and healthy campuses. They also suggest that it is important to devise a method prior to implementation to evaluate rates of compliance and how procedures can be adapted to increase compliance.

Communications
The language and tone of TFT must be careful in order not to alienate or marginalise people.

Conclusions & Recommendations

Is it acceptable for Trinity to become tobacco free?
Given the low rates of smoking amongst Trinity undergraduates, the strong online support for TFT, the vocal support for the acceptability of introducing a tobacco free policy in Trinity at Town Hall and Sub-Group meetings and the national policy context of this debate, the TFT committee concludes that it is acceptable for Trinity to introduce a tobacco free policy.

Recommendations:
- It is acceptable for Trinity to introduce a tobacco free campus policy.
- Consideration must be given for those within the Trinity community who do not feel this is College's role. If Trinity is to proceed with a tobacco free policy, a compromise solution including the provision of smoking shelters should be implemented as an acknowledgement of those within College who oppose a tobacco free campus policy.

Is it feasible for Trinity to become tobacco free?
By introducing a compromise solution and working with staff, students and key stakeholders to achieve commitment to TFT and by implementing a means of regularly evaluating compliance to the policy, the working group believe it is feasible for Trinity to become tobacco free. Further details on how issues of feasibility can be addressed are described below.

Implementing a compromise solution
A compromise solution should be implemented.   Issues of feasibility should be addressed as per the recommendations below.

Where would smokers go?
The compromise solution should incorporate designated smoking areas and further consideration for certain situations within College is required.

Recommendations
- Introduce designated smoking areas and monitor their usage
- Because they can only take short, ad hoc breaks provision for staff working at conferences and banquets should be considered.
- TFT should work with the Pav management to establish how a smoking area could be effectively implemented there.

Where would residents go?
Recommendations:
- Residents of the main campus to use designated smoking areas, in close proximity to residences.
- Residents of Trinity Hall to use designated smoking area.

Commercial Interests Within College
Management of College facilities feel TFT will be detrimental to their business although data from the follow up online survey doesn't corroborate this assertion. It is unclear how TTEC and other occupants of Trinity buildings should be incorporated into a TFT policy.

Recommendations:
- Work with College facilities and accommodation to measure the effect of the introduction of smoking shelters
- Work with the management of third party lease holders to establish how a compromise policy can be applied in their setting.

Staff & Compliance/Enforcement

Staff are supportive of TFT but there may be issues if the policy is enforced via standard Human Resources (HR) procedures. National legislation would simplify this issue. All types of roles within College must be considered.

Recommendations:
- Work with HR and unions to establish how persistent breaches of the compromise policy could be addressed.
- Staff in all roles within College should be considered including those who work long shifts or irregular hours.
- Staff should continue to be supported in stopping smoking through advice and support groups.
- Review actions that could be taken to encourage the introduction of national legislation.

General Compliance/Enforcement

No single method of ensuring compliance was identified during the consultation.

Recommendations:
- Implement a number of compliance methods e.g. signage, requesting compliance, ambassadors, procedures by which repeated breaches can be addressed
- Base messages on respect for others, health and litter
- Evaluate compliance twice a year
- Consult with the National Center for Tobacco Policy to learn more about evaluating compliance and adapting behaviours to increase it.

Communications

Language and how the tobacco free message is communicated is important.

Recommendations:
- Communication should be balanced and should not alienate people who smoke or are against TFT.
- TFT should continue to engage the Trinity community in the process of becoming tobacco free by being open and transparent.
- Social media should be the primary means by which TFT communicates with students.
- The implementation of a compromise solution should be clearly communicated to all
- To emphasise a focus on promoting health, consider including TFT in a broader Health Promotion initiative that incorporates healthy eating, physical activity, mental health, sexual health etc.

General Conclusions

Recommendations:
- A budget will be required if TFT is to be successfully implemented and progress will need to be monitored throughout. The impact of TFT should be evaluated. A particularly important means of evaluation will be to repeat the Student Smoking Attitudes and Behaviour Survey one year and possibly 3 years after implementation to assess whether UG smoking rates decline at a rate greater than that observed for the age matched general population.
- It is proposed that there will be a relatively large number of smoking shelters. Monitoring usage will allow decisions to be made regarding removal of any infrequently used shelters.

Appendix A

Town Hall Meetings

Date	Location	Invitees	Attendance
16th October 2013, 10am	Museum 4, Museum Building	All students and staff	Total: 30, Staff: 14, Undergrads: 7, Post-grads: 0, Committee & Chair: 9
22nd October 2013, 5pm	LTEE3, East End Building	All students and staff	Total: 10, Staff: 3, Undergrads: 0, Post-grads: 0, Committee & Chair: 7
23rd October 2013, 1pm	Edmund Burke, Arts Building	All students and staff	Total: 36, Staff: 16, Undergrads: 10, Post-grads: 1, Committee & Chair: 9
28th November 2014, 8.30am	Aras an Phiarsiagh	Housekeeping & Grounds staff	Total: 28, Staff: 23, Committee & Chair: 5
23rd Jan 2014, 7.30pm	Trinity Hall, Dartry	Staff & residents of Trinity Hall	Total: 5, Staff: 1, Student: 1, Committee & Chair: 3

Appendix B

E-cigarettes

Trinity College Dublin and E-Cigarettes

E-cigarettes are becoming more popular in Ireland. Although, the TFT consultation did not include a debate about e-cigarettes, the TFT committee feels that the publication of this document offers an opportunity to nominate a position on their use in College.

Although the Department of Health have stated that they intend to regulate the sale of e-cigarettes, they have not, at time of writing, done so. In their document Tobacco Free Ireland[xii], they state that at a European level:

> "There appears to be general consensus that there is a lack of research in relation to the long term health effects of e-cigarettes and a lack of sufficient evidence that they aid with smoking cessation" (p.53).

Despite the lack of regulation, some Irish and international bodies have banned e-cigarettes.

Indoor bans

Organisations such as the Dublin Institute of Technology[xiii], Irish Rail[xiv] and Dublin Bus[xv] have banned the use of e-cigarettes. Where statements for the rationale for banning e-cigarettes are available, organisations cite reasons such as ensuring vapour-free air for all as well as the challenge of differentiating between a cigarette and an e-cigarette and how that makes enforcing the smoking policy difficult[xvi].

Outdoor bans

On the 1st of May 2014, the Health Service Executive (HSE) banned the use of e-cigarettes in any HSE building or on any HSE Tobacco-Free Campus[xvii]. They cited lack of evidence for the safety of e-cigarettes or of their effectiveness as smoking cessation aids as reasons for the ban as well as the difficulty they pose to tobacco-free campus policy enforcement. E-cigarettes are banned or partially banned in many countries[xviii].

Conclusions:

The TFT committee recommends banning e-cigarettes indoors to facilitate the enforcement of the current College smoking policy and to ensure vapour free air for all. Prohibiting their use outdoors may be seen by some as marginalisation of smokers, some of whom use e-cigarettes to reduce their smoking. Trinity should permit e-cigarette use on campus but this policy should be reviewed at all compliance review meetings to ensure that their use is not affecting College's ability to ensure compliance to the compromise solution. A review of evidence on e-cigarettes should also be done at each compliance meeting.

References

[i] http://www.tcd.ie/collegehealth/assets/documents/Smoking/TFT%20Consult%20Doc%201%20Town%20Hall%20Meetings.docx

[ii] Full version available for download from http://www.tcd.ie/collegehealth/promotion/smoking/tobacco-free-trinity.php

[iii] 2013 Smoking Prevalence Data downloaded on 12 March 2014 from http://www.hse.ie/eng/about/Who/TobaccoControl/Research/

[iv] http://epubs.rcsi.ie/psycholrep/12/

[v] Centre for Disease Control and Prevention (2011) Quitting Smoking Amongst Adults – United States 2001-2011. *CDC Morbidity and Mortality Weekly Report* 60(44);1513-1519 downloaded on 12th March 2014 from http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6044a2.htm?s_cid=mm6044a2_w

[vi] Seo D-C, Macy JT, Torabi MR & Middlestadt SE. 2011. The effect of a smoke-free campus policy on college students' smoking behaviors and attitudes. Prev Med, 53, 347-52.

[vii] Burns, S., Jancey, J., Bowser, N., Comfort, J., Crawford, G., Hallett, J., & Portsmouth, L. (2013). Moving forward: a cross sectional baseline study of staff and student attitudes towards a totally smoke free university campus. BMC Public Health, 13(1), 1-8. doi:10.1186/1471-2458-13-738

[viii] http://epubs.rcsi.ie/psycholrep/12/

[ix] Available for download from http://www.tcd.ie/collegehealth/promotion/smoking/tobacco-free-trinity.php

[x] Department of Health and Children. *Tobacco Free Ireland. Report of the Tobacco Policy Review Group.* 2013 Downloaded on 16/3/14 from http://konyvtar.eski.hu/tmpimg/153987867_0.pdf

[xi] National Center for Tobacco Policy. *Ten years of tobacco free campus policy.* 2014. Available on request from healthp@tcd.ie.

[xii] http://www.dohc.ie/publications/pdf/TobaccoFreeIreland.pdf?direct=1 downloaded on the 20th June 2014

[xiii] http://www.dit.ie/media/humanresources/documents/policiesprocedures/Smoking%20on%20Dublin%20Institute%20of%20Technology%20Campus%20Policy%20-%20HRP079.pdf downloaded on the 20th June 2014

[xiv] http://www.irishrail.ie/contact-us/faqs?i=4254 downloaded on the 20th June 2014

[xv] https://www.dublinbus.ie/en/Your-Journey1/Bus-Hire/Cancellation-Policy/ downloaded on the 20th June 2014

[xvi] http://www.irishtimes.com/life-and-style/attack-on-the-vapours-unfair-say-those-using-e-cigarettes-to-quit-1.1735368 downloaded on the 20th June 2014

[xvii] http://www.hse.ie/eng/services/Campaigns/ecigban.697857.shortcut.html downloaded on the 20th June 2014

[xviii] http://www.ecigarette-politics.com/electronic-cigarettes-global-legal-status.html downloaded on the 20th June 2014.