

Healthy Communities Strategy #8 Smoke-free/Tobacco-free Policies:

Eliminate exposure to secondhand smoke by increasing the number of evidence-based 100% smoke-free or tobacco-free local policies, regulations, and ordinances in communities, colleges, health and behavioral health facilities, and/or multi-unit housing.

Expected Outcomes:

Increased number of new 100% smoke-free, smoke-free/e-cigarette-free, and tobacco-free policies covering:

- a. Government buildings, grounds, parks and recreation and/or enclosed public places through ordinances or Board of Health rules or an administrative policy for local government buildings and grounds or
- b. Colleges and universities (Note: State law allows local community colleges to prohibit the use of all tobacco products on their campuses. State law allows the UNC System universities to prohibit smoking only within 100 linear feet of the campus buildings. Private and independent colleges and universities can prohibit the use of all tobacco products on their campuses).
- c. Behavioral health properties, including buildings, grounds, and vehicles. (Note: Implementation requires a tobacco-free policy covering any portion of the property that is owned or leased by the behavioral health provider and prohibits smoking combustible tobacco products and the use of non-combustible tobacco products, including electronic cigarettes.)
- d. Multi-unit housing properties with a minimum coverage of all indoor spaces, as well as balconies, patios, and porches.

Health Equity Planning Principals:

Groups that use tobacco at higher rates, and/or are at risk for and disproportionately affected by tobacco use and secondhand smoke exposure, include but are not limited to people with low income, less educated, males, adults from the ages of 18 to 24, African Americans, American Indians, people with mental illness, substance use disorders and/or disability issues, lesbian, gay, bisexual and transgender (LGBT) populations, rural populations, and pregnant women. Local health departments should engage priority populations in the planning, implementation and/or evaluation of evidence-based policies.

Recommended Partners:

• organizations and community groups • survivors of tobacco use and others with personal stories to tell about the health hazards of tobacco use and secondhand tobacco smoke • youth empowerment organizations and youth leaders • Boards of Health and/or Human Services Boards • County Commissioners and municipalities • local businesses • Chambers of Commerce • Parks and Recreation • tourism, housing, retail, businesses, including service industry businesses • School Board and/or School System • universities, colleges, and community colleges • public venues and recreational facilities • health systems serving the community • medical societies, dental societies, mental health/substance use disorder services, and other health and behavioral health care professional organizations • Local Health Department management

Intervention Examples:

- A. [Policy Protects People: Tobacco Advocacy in Gaston County](#)
- B. [Bessemer City: A Leader on Tobacco-Free Policy in NC](#)



- C. [Region 8 Private Behavioral Health Providers Adopt Tobacco-free/Smoke-free Policies](#)
- D. [Ayden City Parks: Pitt County](#)
- E. [Dare County: “Vapor-Free” Restaurants and Bars](#)
- F. [Iredell County: Smoke-Free Government Buildings, Grounds, Parks](#)
- G. [Mecklenburg County: Tobacco-Free Parks Compliance](#)
- H. [Waccamaw Siouan Youth: Leading the Way to a Tobacco-Free Tribe](#)
- I. [Taking a Different Route to Make Chatham County Tobacco-Free](#)

Related Programs:

The North Carolina Tobacco Prevention and Control Branch (NC TPCB) provides support for proven strategies to:

1. [Prevent the initiation](#) of smoking and other tobacco use
2. Eliminate exposure to [secondhand smoke](#)
3. Help tobacco-users [quit](#); and
4. Identify and eliminate [tobacco-related health disparities](#) among N.C. populations by addressing health equity in each goal area.

Recommended Tools/Resources:

- A. CDC’s Best Practices for Comprehensive Tobacco Control Programs 2014, www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2014/comprehensive.pdf
- B. Smoking Cessation: A Report of the Surgeon General, 2020, <https://www.hhs.gov/sites/default/files/2020-cessation-sgr-full-report.pdf>
- C. The Guide to Community Preventive Services (The Community Guide), Tobacco www.thecommunityguide.org/topic/tobacco
- D. CDC’s Best Practices User Guide: Health Equity in Tobacco Prevention and Control 2015, www.cdc.gov/tobacco/stateandcommunity/best-practices-health-equity/pdfs/bp-health-equity.pdf
- E. E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General, https://e-cigarettes.surgeongeneral.gov/documents/2016_sgr_full_report_non-508.pdf

North Carolina Resources:

- A. NC TPCB Model Policies, Presentation and Policy Resources: <https://tobaccopreventionandcontrol.ncdhhs.gov/lgtoolkit/>
- B. QuitlineNC, North Carolina’s evidence-based telephone and online cessation service for those who want to quit tobacco: www.quitlinenc.com/
- C. NC TPCB State Staff: <https://tobaccopreventionandcontrol.ncdhhs.gov/about/contact.htm>
- D. NC TPCB Regional Manager staff technical assistance: <https://tobaccopreventionandcontrol.ncdhhs.gov/about/localtpcgroups.htm>
- E. NC TPCB Policy Resources: <https://tobaccopreventionandcontrol.ncdhhs.gov/lgtoolkit/>
- F. Healthy Communities Strategy: [100% Tobacco-Free/Smoke-Free Policies infographic](#)

Data Sources

- A. Behavioral Risk Factor Surveillance System 2018 Results: <https://schs.dph.ncdhhs.gov/data/brfss/2018/nc/risk/topics.htm>
- B. Focusing on Equity and Inclusion When We Work on Public Health Laws: www.publichealthlawcenter.org/sites/default/files/resources/Focusing-on-Equity-and-Inclusion-2018.pdf



C. Smoke-free and Tobacco-free Maps and Dashboards:
www.tobaccopreventionandcontrol.ncdhhs.gov/maps/maps.htm

