



E-NEWSLETTER ~ JULY 2009

Campus Office of Substance Abuse Prevention

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UNM's New Tobacco Policy...

What Does It Mean for U?

The new tobacco policy for UNM main campus will go into effect August 1, 2009. It will apply to all students, staff, faculty, vendors, and visitors and includes the use of cigarettes, cigars, pipes, smokeless tobacco, all other tobacco products, and other legal smoking preparations such as hookahs, clove cigarettes and e-cigarettes. The policy applies to all vehicles on UNM property as well as to property owned, leased, operated, or under the control of UNM except for branch campuses.

Smoking and the use of any tobacco will be limited to designated areas marked by signage. These locations will also be posted at smokefreeunm.edu. In using the designated areas, individuals are responsible for properly disposing of all smoking and tobacco litter in the receptacles provided. These designated areas are intended to provide a positive transition for individuals who currently use tobacco as UNM phases into a totally tobacco-free environment within five years.

UNM is committed to wellness as well as providing a healthy environment in which to learn, work, and visit. Tobacco use is the single, chief, avoidable cause of death and disease in the U.S. with thirty percent of all cancers

caused by tobacco use. Environmental Tobacco Smoke (ETS), also known as secondhand smoke, has been shown to contain over 4,000 harmful chemicals, including more than 50 known carcinogens. Exposure to ETS has been linked to lung cancer, coronary heart disease, and other respiratory problems in non-smoking adults and children, and the U.S. Surgeon General has concluded there is no risk-free level of exposure to ETS. Furthermore, the National Cancer Institute states that smokeless tobacco, including chewing tobacco and snuff, contains 28 different carcinogens proven to cause cancers of the lip, tongue, cheeks, gums, and the floor and roof of the mouth and other diseases of the mouth.

The success of the new tobacco-free campus policy will require thoughtfulness, consideration, and cooperation on the part of tobacco users and non-users. All members of the UNM community are encouraged to respectfully inform others about this policy in an ongoing effort to enhance awareness and encourage compliance.

For individuals interested in quitting, the Campus Office of Substance Abuse Prevention (COSAP), Student Health and Counseling (SHAC) and

Employee Health Promotion Program (EHPP) are offering free cessation services which include: nicotine replacement therapy (nicotine gum and patches), one-to-one cessation counseling, Freedom from Smoking classes, and referrals to community resources as appropriate. Research indicates that a combination of nicotine replacement therapy and cessation support increases the likelihood of a successful and permanent transition to being tobacco free. UNM proudly makes this type of comprehensive programming available to our campus.

To access free services and materials for quitting, contact:

SHAC – 277-7947

EHPP – 272-4460

COSAP – 277-2795

New Mexico Quit Line:

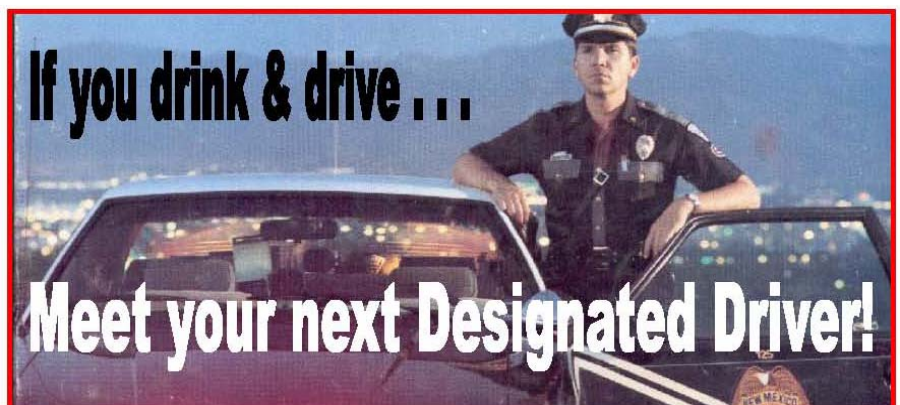
1-800 QUIT NOW

(800-784-8669)

also offers free cessation counseling and nicotine patches and gum.



The paw print we leave on the students that pass our way will not be blown away with the wind, but will have a lasting impression on their lives.



Teaching students their A.B.C.'s

In 2001, The University of New Mexico (UNM) tragically lost freshmen Kevin Johns to alcohol poisoning. It is estimated that upwards of fifty college students die each year in the United States this way. Alcohol poisoning occurs when a person drinks enough alcohol to cause the central nervous system to slow down. Breathing and heart rate become slower and slower, the person loses consciousness and may slip into a coma and die. Alcohol poisoning is most likely to happen when someone drinks a large amount of alcohol very quickly, as in popular college drinking games.

COSAP is committed to teaching as many UNM students the A.B.C.'s of alcohol poisoning as possible, and is training

RA's, Peer Educators, and New Student Orientation Leaders to also impart this important information. Furthermore, cards with the A.B.C.'s of alcohol poisoning are distributed during Student Orientation, Discover UNM, Welcome Back Days, and other events as part of the effort to educate UNM students about the dangers of excessive drinking. These cards outline the basic signs of alcohol poisoning one should be aware of and read as follows: "A is for *Awaken* - Don't assume the person is just "Sleeping it off"... try to wake them up! If you don't get a response, you have a serious problem requiring medical attention. B is for

Breathing - Better check it. A person who is in danger of alcohol poisoning will have shallow, slow, irregular breathing. C is for *Circulation* - Alcohol poisoning slows the heart, resulting in cold, bluish, or clammy skin. If you can't awaken the person and they exhibit these signs, you need to: 1) Call 911, 2) Do not leave the person alone, 3) Lay them on their side to prevent choking."

This A.B.C.'s project reflects the commitment of COSAP and it's UNM partners to create a healthy environment for our students to support their well being and academic success.

Alcohol Resources

Calculate Your BAC (Blood Alcohol Level):

<http://depts.washington.edu/mcsurvey/bal/index.php>

E-CHUG (eCheckup-To-Go):

<https://interwork.sdsu.edu/echug2/?id=UNM&hfs=true>

Rethinking Drinking:

<http://rethinkingdrinking.niaaa.nih.gov/>

Alcoholics Anonymous: <http://www.aa.org/>

Albuquerque ~ Call 24/hrs: 266-1900

Mothers Against Drunk Driving (MADD):

<http://www.madd.org/>

255-2955

UNM Addictions & Substance Abuse Programs (ASAP):

925-2400

Tobacco Resources

New Mexico Quit Line: 1-800 QUIT NOW (800-784-8669)

www.stopsmokingcenter.net

www.quitnet.com

www.chewfree.com

<http://www.lungnewmexico.org/QuitSmoking.htm>

Nicotine Anonymous: 265-8113 or 798-4595

FREE nicotine patches or gum available:

Students ~ SHAC Health Education: 277-7947

Students, Staff, & Faculty ~ UNM Pharmacy: 277-6306

Students & Staff ~ UNM COSAP: 277-2795

Staff & Faculty ~ EHPP - 272-4460

Other Drug Use

Online Drug Screening: <http://www.drugscreening.org> (For all community members)

Student Health And Counseling (SHAC): 277-4537 (For all Students)

Counseling, Assistance, & Referral Service (CARS): 277-6868 (For Staff and Faculty)

UNM Addictions & Substance Abuse Programs (ASAP): 925-2400 (For all community members)

