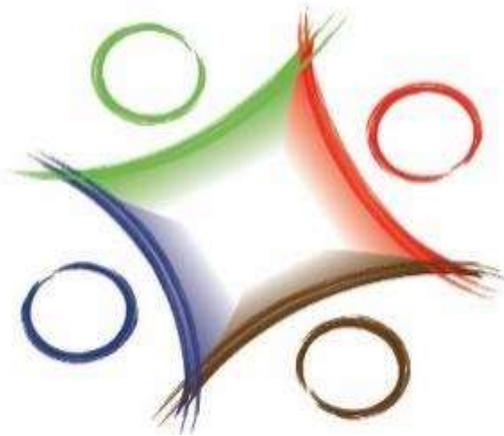




Be Part of *The Wellness Movement* with a Smoke-Free Campus!  
The NBATC Can Help!





NB anti-tobacco  
**COALITION**  
antitabac du N.-B.

# What Is the NBATC?

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# NBATC

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## **Who We Are**

The New Brunswick Anti-Tobacco Coalition (NBATC) is a group of stakeholders focused on coordinated action on tobacco and smoke-free living in New Brunswick.

# NBATC



- We facilitate collaboration and build capacity so that stakeholders, partners, and individuals in communities across the province can work towards achieving the goals and objectives set out in [\*New Brunswick's Tobacco-Free Living Strategy\*](#).
- We facilitate connections and networking as well as the sharing of ideas, best practices, and resources among our group of stakeholders and partners – health professionals, community leaders, government representatives, institutions and organizations who work to foster tobacco and smoke-free living in communities across New Brunswick. Our network is very active in tobacco education and prevention, tobacco control, and smoke-free environment policies, as well as offering smoking cessation support and services.
- We create fact sheets, toolkit, and other resources, as well as learning opportunities, for our network of stakeholders and partners.
- We promote the great work being accomplished throughout New Brunswick to help achieve the vision of making the province tobacco and smoke-free.
- We do public education via social media on the importance of supportive environments for tobacco and smoke-free living and the risks of tobacco and vaping product use.
- **We are a resource for all New Brunswickers who want to live tobacco and smoke-free and become Champions for tobacco and smoke-free living in their communities.**

> Vision

A tobacco and smoke-free province.



**New Brunswick Anti-Tobacco Coalition**

c/o Canadian Cancer Society New Brunswick - Moncton

272 St. George Street, Suite 130 Moncton, New Brunswick E1C 1W6

Tel.: (506) 381-6438

[www.nbatc.ca](http://www.nbatc.ca) [admin@nbatc.ca](mailto:admin@nbatc.ca) [facebook.com/LiveTobaccoFreeNB](https://www.facebook.com/LiveTobaccoFreeNB) [twitter.com/NBATC\\_CATNB](https://twitter.com/NBATC_CATNB)

# The Wellness Movement

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*“Wellness goes beyond the individual choices we make. It happens when the people and places around us, support us. When we work together to make healthy choices more available, accessible and desirable, they become, with time, the natural choice, every time.”*

The Wellness Movement is an ongoing effort in New Brunswick to inspire and support the creation of wellness-supporting environments that benefit all New Brunswickers.

The Wellness Movement supports, connects, and celebrates all New Brunswickers – individuals, families, community groups, schools and workplaces – working on enhancing one or more aspect of wellness, such as tobacco and smoke-free living.

The Wellness Movement website profiles community stories and directs stakeholders and New Brunswickers to tools and resources to help them, their family, community groups, schools and workplaces take the next step on their path to wellness.

Learn more at [www.wellnessnb.ca](http://www.wellnessnb.ca)



# The NBATC's role in The Wellness Movement

## The NBATC Helps New Brunswickers Take Action on Tobacco and Smoke- Free Living!

The New Brunswick Anti-Tobacco Coalition (NBATC) is proud to champion wellness in New Brunswick through the promotion and support of supportive environments for tobacco and smoke-free living. We facilitate collaboration and build capacity so that stakeholders, partners and individuals in communities across the province can work towards achieving the goals and objectives set out in *New Brunswick's Tobacco-Free Living Strategy*.

**Everyone in New Brunswick can be a champion! Together, we can work towards the vision of a tobacco and smoke-free province for everyone living in New Brunswick! Coordinated actions contribute to the development of healthier communities, workplaces, schools, homes, and individuals. By pooling our resources, expertise, knowledge and experience, we can make positive changes.**

Let's promote wellness for our children's sake.



Please, no vaping / no smoking during our event.



#SmokeFreeNB



The 6th edition of *New Brunswick's Tobacco-Free Living Strategy* was prepared by the NBATC with stakeholders and key partners engaged in the process.

The goal of the consultation process was to ensure the new Strategy accurately reflects the priorities of stakeholders whose work contributes to a common vision of making New Brunswick tobacco and smoke-free for all.

We also wanted to ensure the updated Strategy engages new and existing partners, community groups and individuals to collaborate and work towards achieving this vision.

**This new Strategy belongs to everyone living in New Brunswick who values the health, wellness, social and economic benefits of tobacco-free living and smoke-free environments.**



# New Brunswick's Tobacco-Free Living Strategy

A Tobacco and Smoke-Free Province for All

DRAFT  
2019-2023

# Goal 4

## Smoke-Free Environments



**GOAL 1**

**Increase the number of individuals taking action to support tobacco and smoke-free living.**

- A** Increase the skills and knowledge of stakeholders.
- B** Stimulate and disseminate research that will advance the goals of the Strategy.
- C** Increase collaborative partnerships focussed on implementing tobacco and smoke-free living initiatives for groups with high tobacco use rates.
- D** Encourage comprehensive tobacco and smoke-free policies, practices and activities by workplaces, organizations and communities.
- E** Promote an understanding of the impact contraband tobacco has on smoking prevention, cessation and the well-being of communities.



**GOAL 2**

**Increase prevention, by reducing the number of New Brunswickers who start using tobacco and vapour products.**

- A** Increase effective tobacco and smoke-free initiatives in educational settings through community partnerships.
- B** Promote an understanding of the impact of tobacco and vapour products on the health, well-being and learning outcomes of youth and young adults.
- C** Reduce access to tobacco and vapour products for youth and young adults, by promoting and supporting policies, by-laws, legislation and activities.
- D** Expose tobacco industry practices that promote the use of tobacco and vapour products.
- E** Increase access to information, resources and support for populations at risk of starting to use tobacco and vapour products.
- F** Reduce the uptake of tobacco and vapour products for all New Brunswickers through the promotion of wellness-supporting environments.



**GOAL 3**

**Increase the number of tobacco users who quit and remain tobacco free.**

- A** Increase the reach of a comprehensive and coordinated network of cessation supports and services.
- B** Increase equitable access to smoking cessation aids and services for those with high rates of tobacco use.
- C** Promote an understanding of the impact of social influences on smoking cessation within home, educational, workplace and community settings.
- D** Encourage New Brunswickers to create wellness-supporting environments that promote tobacco and smoke-free living.



**GOAL 4**

**Increase the number of 100% smoke-free spaces.**

- A** Foster respect for smoke-free policies through awareness and education on the impact of second and third-hand smoke.
- B** Encourage and support the adoption of 100% smoke-free policies in rental properties and multi-unit dwellings.
- C** Encourage and support the adoption of 100% smoke-free policies on all post-secondary campuses.
- D** Encourage and support the adoption of 100% smoke-free policies for public outdoor spaces not covered under New Brunswick's Smoke-Free Places Act.



**GOAL 5**

**Advance New Brunswick's Tobacco-Free Living Strategy by aligning tobacco and smoke-free initiatives with other strategies and networks.**

- A** Align efforts with Canada's Tobacco Strategy through resource and knowledge-sharing with national and provincial stakeholders.
- B** Encourage actions that create a culture of wellness through tobacco-free living and smoke-free environments in support of New Brunswick's Wellness Strategy.
- C** Support partners and stakeholders to integrate tobacco and smoke-free initiatives within the scope of their work.

# NB Smoke-Free Places Act

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“smoke” means

(a) to smoke, hold or otherwise have control over an ignited tobacco product or another ignited substance that is intended to be smoked, or

(b) to inhale or exhale vapour from, or to hold or otherwise have control over,

(i) an activated electronic cigarette,

(ii) an activated water pipe, or

(iii) another activated device containing a substance that is intended to be inhaled or exhaled.





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**Where is it prohibited to  
smoke/vape in  
New Brunswick?**

# NB Smoke-Free Places Act

Prohibits smoking and vaping tobacco, cannabis and all other substances in these places.

## INDOORS

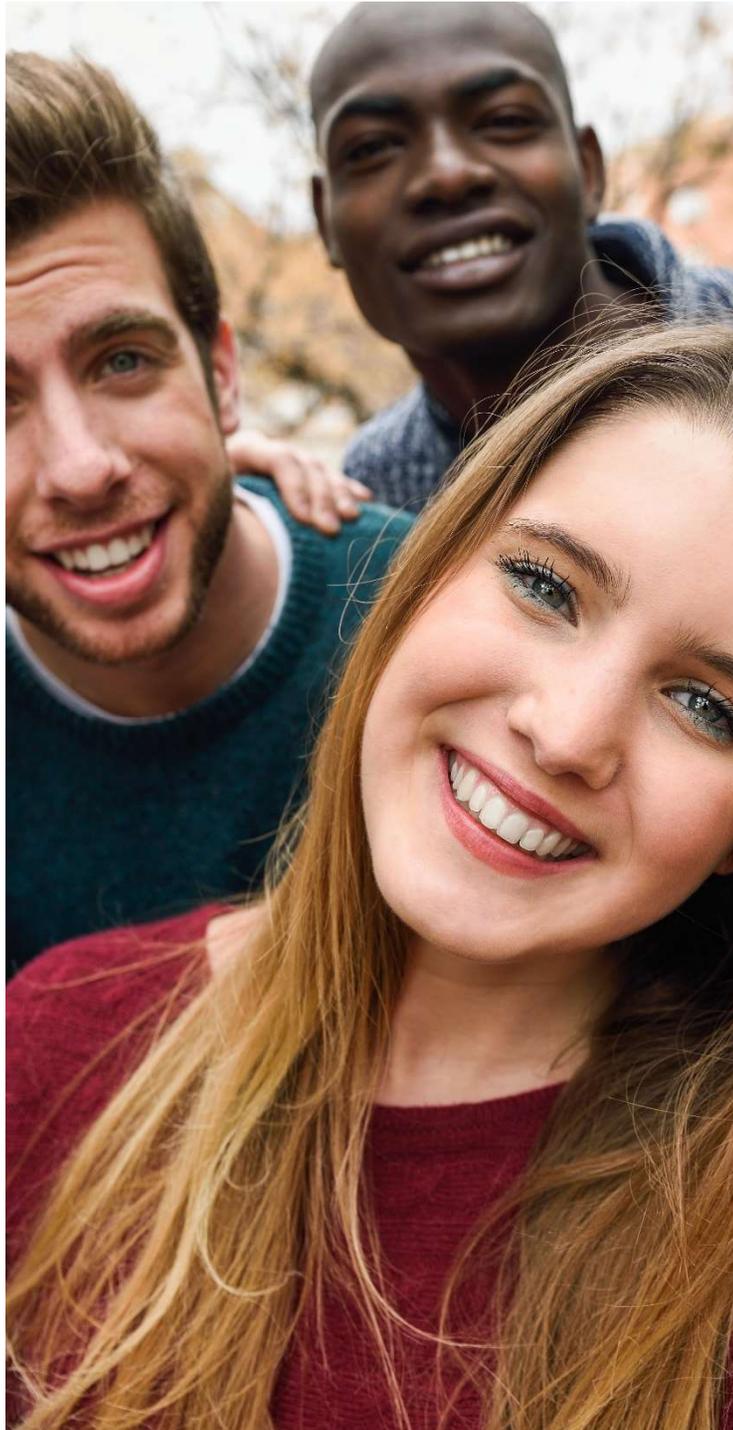
- **in enclosed public places;**
- **in indoor work spaces;**
- in a group living facility;
- In a public vehicle;
- In a vehicle while another person in the vehicle is under the age of 16;
- In a vehicle used in the course of employment while carrying two or more employees.

# NB Smoke-Free Places Act

Prohibits smoking and vaping tobacco, cannabis and all other substances in these places.

## OUTDOORS

- on the grounds of a school;
- on patios and all similar outdoor public facilities where food and/or alcohol is served and within three metres of the patio's boundary;
- **within nine metres of doorways, windows and air intakes of enclosed public places and indoor workplaces;**
- on or within 20 metres of children's equipment and sports areas located in an outdoor public place;
- on or within nine metres of a public walking or jogging trail in an outdoor public place;
- within the boundaries of provincial parks except within the boundaries of rented campsites, golf courses and designated areas within the park;
- all regional health authority grounds.



# Campuses

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In NB, all schools K-12 are required by law (NB Smoke-Free Places Act) to have 100% smoke-free grounds.

**This Is NOT the case for post-secondary institutions.** NB Smoke Free Places Act says they need to respect:

- ❑ **No smoking and vaping inside (enclosed public places/ indoor work space)**
- ❑ **No smoking and vaping within nine metres of doorways, windows and air intakes of enclosed public places and indoor workplaces**

Post-secondary schools are encouraged by the NBATC to develop and implement their own policy. We would love to see changes to the *NB Smoke-Free Places Act* eventually include post-secondary institution grounds.

# Cannabis

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## [Cannabis Control Act \(New Brunswick\)](#)

Controls the consumption and use of retail cannabis. Establishes the legal age for the purchase, consumption and cultivation of cannabis at 19. Outlines general restrictions on consumption and possession.

- **Only legal place to consume retail cannabis in New Brunswick is in a private dwelling or in the land adjacent to the private dwelling (home or backyard).**
- **Consuming retail cannabis in public is prohibited.**
- **Illegal to consume cannabis in a vehicle and to drive under the influence of cannabis.**
- **Medical cannabis can be smoked or vaped in public only in spaces not designed as smoke-free by the *Smoke-free Places Act*. The NBATC encourages campuses to include cannabis among their list of banned substances as part of their smoke-free policy!**

# THE LEGAL USES OF CANNABIS



Consumption in public is prohibited



Must be 19 to enter a Cannabis NB store



Can buy and carry up to 30g of cannabis



Can be given as a gift to adults 19 or older



You can legally grow four plants



Store your cannabis securely



Adults aged 19 or over may order online  
ID required on delivery



Impaired driving is illegal

Cannabis will only be available for purchase in Cannabis NB Stores.

Possession of adult-use cannabis by a minor is an offence under the Cannabis Control Act.



Cannabis

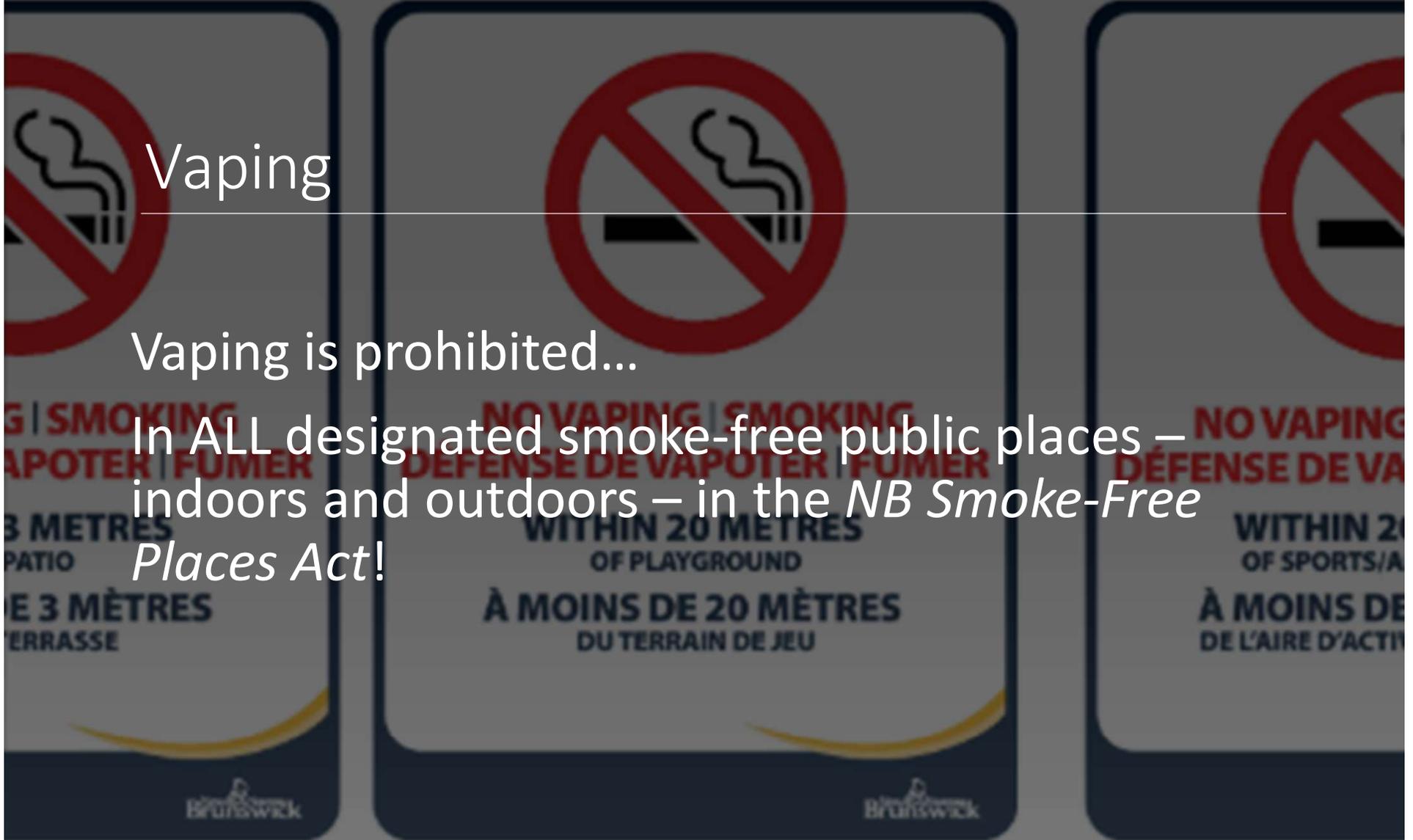
[InControlNB.ca](https://www2.gnb.ca/content/gnb/en/corporate/promo/cannabis.html)

Government of NB - Cannabis in Nouveau-Brunswick - <https://www2.gnb.ca/content/gnb/en/corporate/promo/cannabis.html>

# Vaping

Vaping is prohibited...

In ALL designated smoke-free public places – indoors and outdoors – in the *NB Smoke-Free Places Act!*



# Vaping

[Canada.ca/vaping](http://Canada.ca/vaping)

[Considertheconsequences.ca](http://Considertheconsequences.ca)

# VAPING

## THE MECHANICS

Components of a Vaping Device (e-cigarettes, vape pens, vapes, mods, tanks, e-hookahs)



Contents of Vaping Liquid (e-liquid, e-juice)



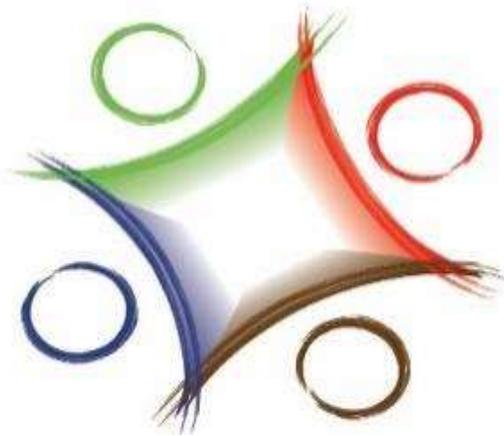
**A carrier solvent**  
Usually  
propylene glycol  
and/or glycerol

**Flavours**  
Consists of  
chemicals

**Nicotine (possibly)**  
Levels can vary

How it Works: From liquid to vapour





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Why a Smoke-Free Campus?



## Benefits of a 100% Smoke-Free Campus

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- ✓ Provides a healthier environment for everyone on campus.
- ✓ Helps smokers who are trying to quit succeed.
- ✓ Provides a cleaner campus with reduced litter.
- ✓ Reduces cost for cleaning up cigarette butts.
- ✓ Discourages tobacco, cannabis and vaping product use, especially among young people.

# Reducing exposure to second-hand smoke = healthier environment for all!

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- Tobacco smoke contains over 4,000 chemicals, including at least 70 known chemicals that cause, initiate or promote cancer. Many of these are also contained in second-hand smoke. Second-hand smoke also causes other disease such as heart disease, emphysema and asthma.
- There is no safe level of exposure to second-hand smoke, even in an outdoor setting. Contrary to popular belief, the wind doesn't simply blow smoke away. Research shows outdoor second-hand smoke can be as harmful as indoor second-hand smoke.

## Helps smokers who are trying to quit

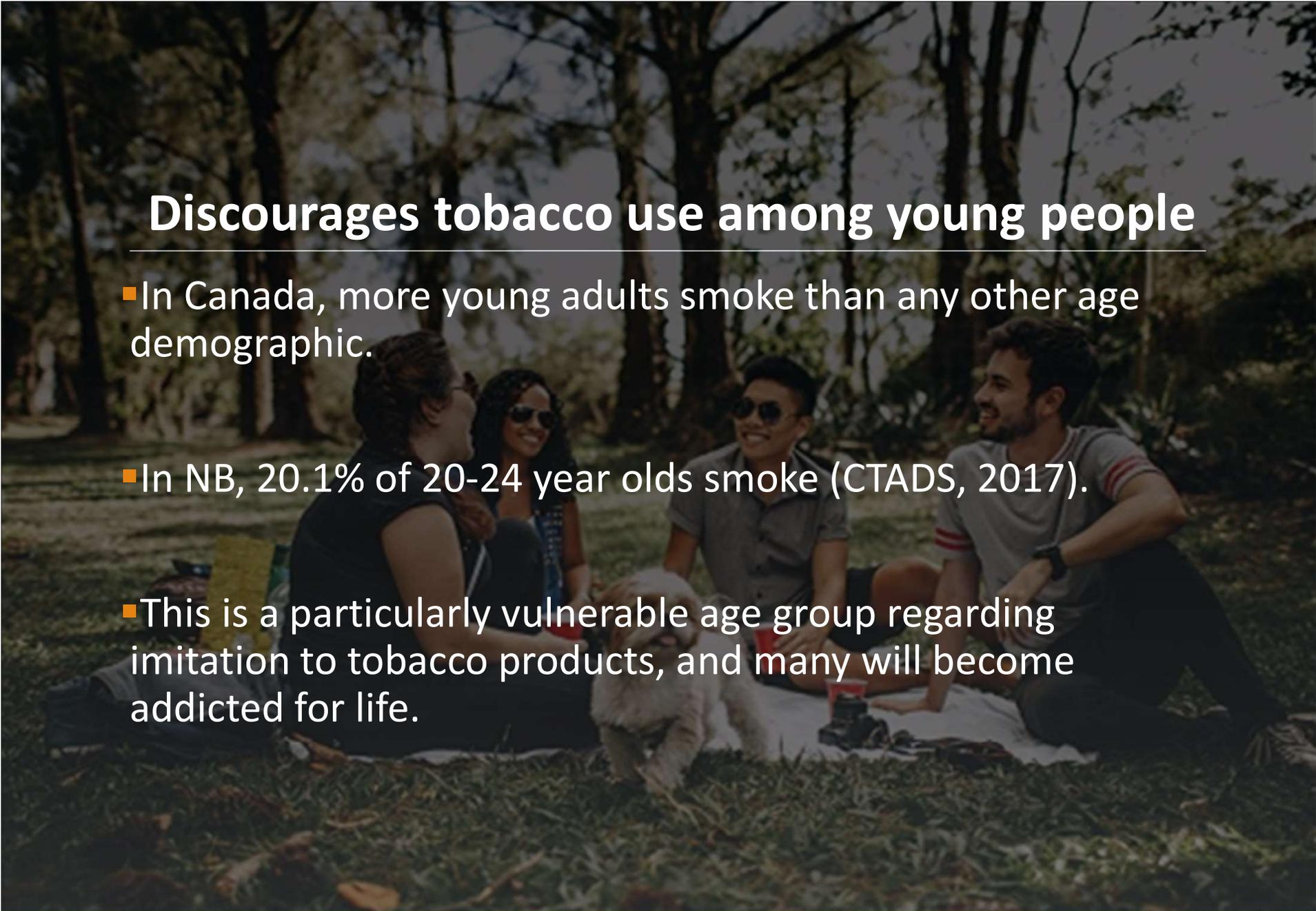
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- It can be very challenging for someone who is quitting smoking to be surrounded by second-hand smoke!

# Cleaner and more beautiful campus!

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- Cigarette butts are the number one most common source of litter in the world.
- Keeping your campus smoke-free means less litter to pick up, and a cleaner environment.
- Costs for cleaning up cigarette butts will be greatly reduced.
- May even see reduction in insurance policy – risk of fire diminishes on property!

A group of four young adults (three women and one man) are sitting on a white blanket on a grassy area in a park. They are smiling and talking to each other. A small, light-colored dog is sitting in the center of the group. The background shows trees and a clear sky. The image is overlaid with a semi-transparent dark grey layer.

## Discourages tobacco use among young people

- In Canada, more young adults smoke than any other age demographic.
- In NB, 20.1% of 20-24 year olds smoke (CTADS, 2017).
- This is a particularly vulnerable age group regarding imitation to tobacco products, and many will become addicted for life.

## Discourages cannabis use

---

Cannabis use among youth aged 15+ is second highest in Canada (13%) compared to the rest of the World's countries (WHO, 2016).

Although cannabis is now legal in Canada, it doesn't change the fact that all mind-altering substances — including cannabis — can impact the still-developing teen brain (up to 25).

Cannabis can lead to addiction. It has an affect on the brain's reward system — as do all other addictive drugs - the likelihood of developing problem use or addiction increases considerably for those who start young.

Source: [Cannabis Talk Kit - Know How to Talk with Your Teen](#)  
*DrugFreeKidsCanada.org - 2017*

# Helps to reduce the rising popularity of vaping

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Highly nicotine vaping products sleek and attractive designs have taken over the market and are particularly appealing to young people. Vaping is alarmingly on the rise among young people in New Brunswick!

Health Canada recognizes that vaping products can be used as a harm reduction approach for existing smokers, but strongly discourages use among youth and non-smokers.

Vaping often is a gateway to smoking tobacco and cannabis use.

High nicotine vaping products cause nicotine addiction.

Many concerns regarding the long-term health effects of vaping.

- [Canada.ca/vaping](https://Canada.ca/vaping)
- [Considertheconsequences.ca](https://Considertheconsequences.ca)
- NBATC has just launched a Provincial Vaping Working Group to look at how to tackle vaping among youth. [admin@nbatc.ca](mailto:admin@nbatc.ca)

Considertheconsequences.ca



**VAPING CAN CAUSE  
LUNG DAMAGE**

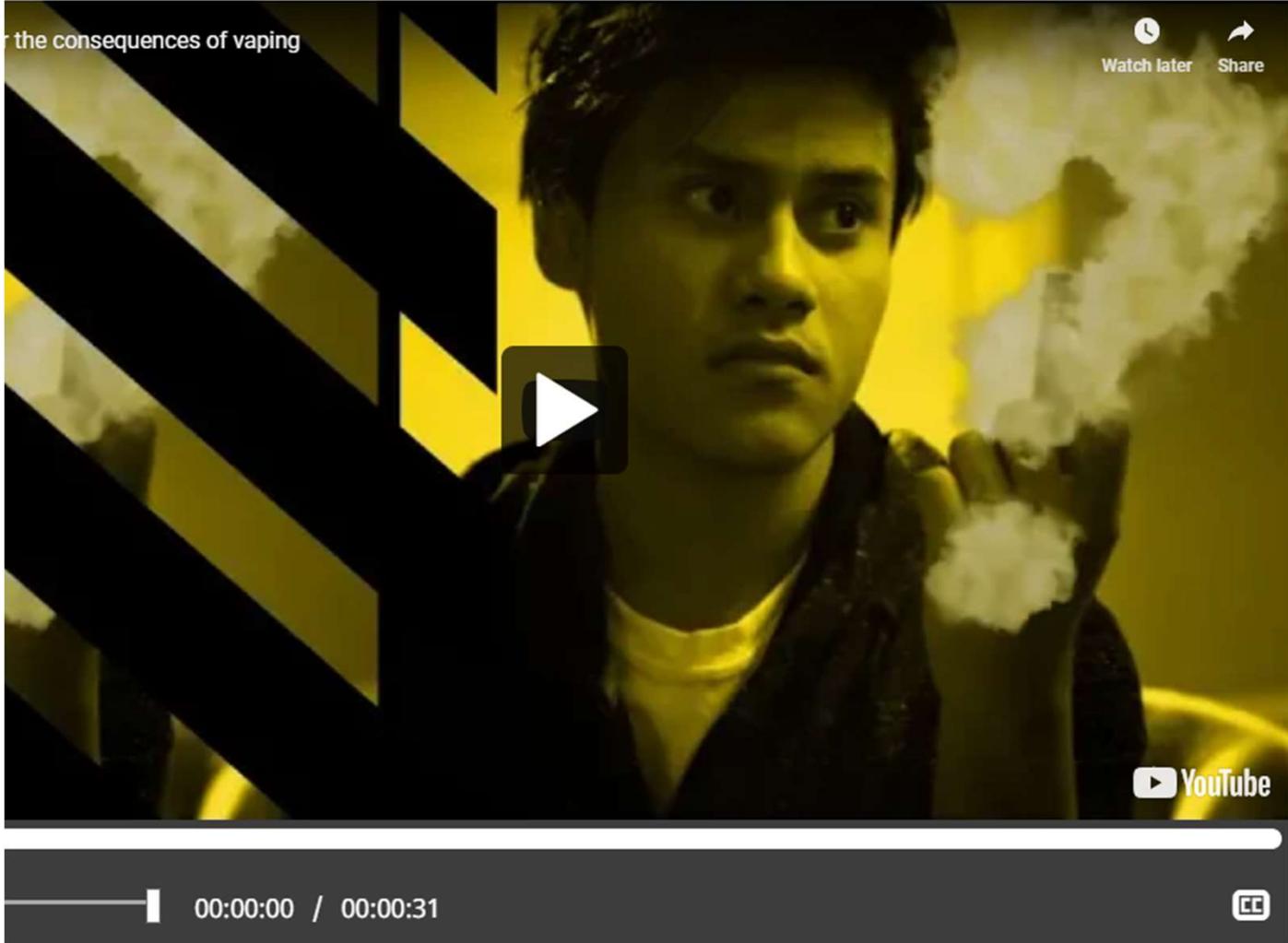
**CONSIDER THE CONSEQUENCES**

[Canada.ca/vaping-info](https://Canada.ca/vaping-info)

PH: TIGRIS

the consequences of vaping

Watch later Share



YouTube

00:00:00 / 00:00:31

CC

The image shows a YouTube video player interface. The video content features a man in a dark jacket and white t-shirt, looking intently at the camera while exhaling a large plume of white vapor from a vape. The background is dimly lit with a yellowish glow and a black and white diagonal hazard stripe pattern on the left. The video player includes a play button in the center, a progress bar at the bottom showing 00:00:00 / 00:00:31, and a Creative Commons license icon (CC) in the bottom right corner. In the top right corner of the video frame, there are icons for 'Watch later' and 'Share'. The text 'the consequences of vaping' is visible in the top left corner of the video frame.

# Health Canada website – section with information about vaping

## Canada.ca/vaping



Government  
of Canada

Gouvernement  
du Canada

[Français](#)



MENU ▾

[Home](#) > [Health](#) > [Healthy living](#) > [Smoking, vaping and tobacco](#)

## About vaping

About vaping

[Vaping and quitting smoking](#)

[Risks of vaping](#)

[Vaping in Canada: what we know](#)

[Vaping product regulation](#)

[Vaping and youth](#)

# Smoke Is Smoke!

## **Cannabis - like tobacco smoke - is harmful.**

People's perception towards cannabis and its potential harmful effects tends to be less negative than it is towards tobacco. But, be aware: smoke is smoke! Smoke from cannabis is similar to tobacco smoke. It contains many of the same toxic and cancer-causing chemicals, carbon monoxide and heavy metals.

## **Dual use of cannabis and tobacco increases health risks.**

Smoking cannabis with tobacco is especially harmful to your lungs and respiratory system. If you use the two substances in combination, you will increase your risks of developing adverse health effects. People who start using one substance - whether tobacco or cannabis - are also more likely to start using the other and to become addicted. This is particularly true for adolescents and young adults.



## **Vaping products also pose health risks.**

More research is needed on vaping as we continue to learn about its health repercussions.

Vaping is not intended for youth and non-smokers. While vaping is less harmful than smoking cigarettes, using vaping products can still expose you to chemicals that can harm your health, like formaldehyde and acrolein, as well as metals and contaminants like nickel, tin and aluminum. If you add nicotine or cannabis to your vaping device, you will expose your body to the addictive properties of these substances.

If you currently smoke cigarettes, switching completely to vaping is considered a less harmful option for your health. The best option for your health, is, of course, to quit smoking and vaping altogether.



### Sources:

- [Tobacco Use in Canada - Cannabis Supplement](#), Propel Centre for Population Health Impact, University of Waterloo (2017)
- [Canadian Cannabis Survey](#), Health Canada (2017)
- [Vaping](#), Health Canada (2018)
- [Chemical and biological analysis of marijuana smoke condensate](#). Research article by Sparacino, CM, Hyldborg PA & Hughes TJ. NIDA Res Monogr 99 (1990): 121-40

# We All Win With Smoke-Free Environments!

## Know the law!

Under New Brunswick's Cannabis Control Act, it is illegal to consume cannabis anywhere in public.

New Brunswick's Smoke-Free Places Act, which is meant to protect citizens from harmful second-hand smoke, also bans smoking and vaping tobacco, cannabis and other substances in all indoor public places, workplaces, as well as in vehicles when a person under the age of 16 is present.

It is illegal to smoke and vape in many outdoor public places too, like:

- restaurant and bar patios;
- near windows and doorways of public buildings;
- elementary, middle and high school grounds;
- playgrounds;
- outdoor sports and recreational areas;
- beaches;
- trails;
- provincial parks;
- regional health authority grounds (hospitals, health centres, etc.).



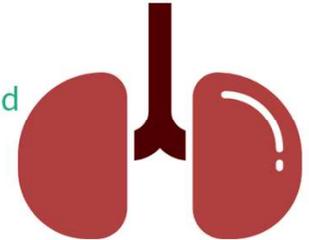
## Second-hand smoke from cannabis and/or tobacco is harmful.

Did you know that even in an outdoor setting, second-hand smoke can still be hazardous?

Depending on outdoor conditions such as how fast the wind is blowing, the number of people smoking and how close they are, people who are not smoking can be exposed to as much second-hand smoke as if they were indoors.

Protect yourself from second-hand smoke by ensuring no one smokes or vapes in your home, car and other personal environments.

If you see someone smoking or vaping in a smoke-free public place, you can politely remind them to respect the law or you can notify the appropriate authorities.



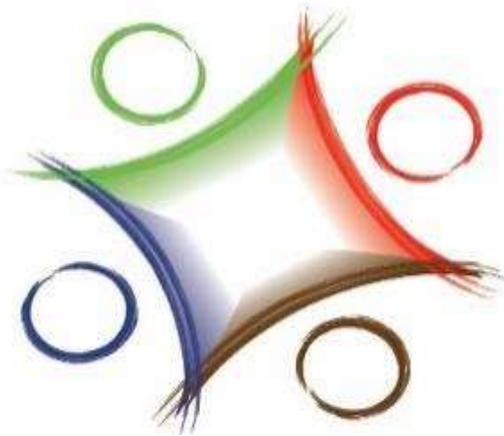
**If you smoke or vape, please respect smoke-free environments!**

Keep all smoking and vaping outside and away from designated smoke-free public places. Respect the law and other people's desire or request to not be exposed to second-hand smoke. We all win when we can live, work and play in 100% smoke-free environments!

**You can report violations of the Smoke-Free Places Act by calling 1-866-234-4234.**

### Sources:

- Smoke-Free Places Act, Government of New Brunswick
- Cannabis Control Act, Government of New Brunswick
- Outdoor Spaces: Smoke-Free for All, New Brunswick Anti-Tobacco Coalition (2015)



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The movement across Canada  
for smoke-free campuses

# Smoke-Free Campuses

82 Canadian colleges and universities have enacted 100 per cent smoking bans on their campuses.

30 in 2017

13 in 2016

Most of the 82 universities that have enacted bans take their efforts beyond tobacco smoking to encompass marijuana, e-cigarettes and vaping products, hookahs and/or non-cigarette forms of tobacco.

**In New Brunswick, only 2 campuses reported being 100% smoke-free in New Brunswick:**

- Collège communautaire du Nouveau-Brunswick, Edmundston campus (Sept. 5, 2017)
- Kingswood University (Sussex)

(\*Statistics – Canadian Cancer Society – Nov 2018)



**DALHOUSIE  
UNIVERSITY**



NB anti-tobacco  
**COALITION**  
antitabac du N.-B.

What Is a Comprehensive  
100% Smoke-Free Campus Policy?



# Comprehensive 100% smoke-free policy

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- ✓ NO designated smoking and vaping areas. You must leave the campus grounds to smoke or vape.
- ✓ Prohibited to smoke AND vape ALL substances – tobacco, cannabis, e-liquids for vapes, etc.
- ✓ Signage all over campus as well as inside campus buildings indicating that it is a 100% smoke-free environment.
- ✓ Education and awareness for students, staff and visitors about the benefits of such a policy.
- ✓ Offer support to people who smoke – students and employees – to manage their nicotine cravings while on campus (have nicotine replacement therapies available).
- ✓ Support those who want to quit (free help and advice, cover access to smoking cessation drugs).
- ✓ Have guidelines in place to enforce the policy (how to handle people who do not respect it).
- ✓ Think of positive ways to support adherence to the policy (positive key messaging, contests, etc.).<sup>35</sup>

**80% OF SOCIAL SMOKERS  
CAN'T QUIT WHEN THEY WANT TO  
IF NOT NOW, WHEN?**




**wr:**  
wouldrather.ca  
the January contest

**WIN UP TO \$5,000 CASH!**  
QUIT, CUT BACK, OR STAY TOBACCO-FREE OPEN TO YOUNG ADULTS 18-29 · REGISTER NOV 15<sup>TH</sup> - JAN 22<sup>ND</sup>




**QUIT FOR GOOD**  
**2 PRIZES @ \$2,500**



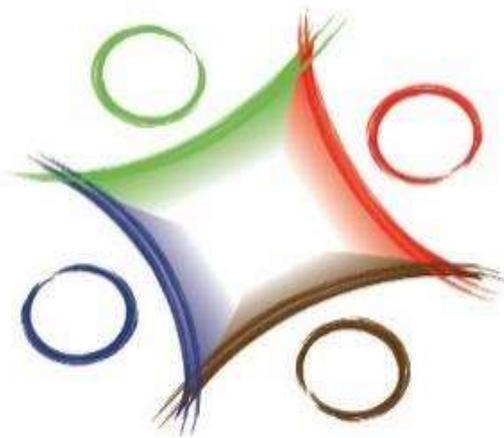
**KEEP THE COUNT**  
**2 PRIZES @ \$1,000**



**PARTY WITHOUT THE SMOKE**  
**2 PRIZES @ \$500**



**DON'T START AND WIN**  
**2 PRIZES @ \$250**



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antitabac du N.-B.

# How the NBATC Can Help You Implement a Successful 100% Smoke-Free Policy



## Smoke-Free Environments: College and Universities



- [NBATC Resources - Smoke-Free Campuses](#)
- [Other Resources - Smoke-Free Campuses](#)
- [Other Resources - Tobacco, Cannabis, Vaping](#)

Despite the relative decline of smoking rates in Canada, smoking among young adults aged 20-24 remains higher than any other age demographic. Policies for 100% smoke-free campuses not only provide protection from second-hand smoke, but also discourage tobacco and cannabis use among young people.

## Legislation in New Brunswick

### Smoke-Free Places Act

New Brunswick's *Smoke-Free Places Act* prohibits smoking and vaping tobacco, cannabis and all other substances in all enclosed public places, indoor workplaces, school grounds, as well as in vehicles when a person under the age of 16 is present. Many public outdoor settings, including the following, also prohibit smoking and vaping as per the Act:

- On patios where food and/or alcohol is served and within 3m from the patio boundary;
- 9m from doorways, windows and air intakes of buildings that are for public use;
- In outdoor playgrounds and within 20m of their perimeters (examples include outdoor slides, swings, climbing structures, splash pads, wading pools, sand boxes);
- On outdoor sports and

# Sign up to our e-newsletter at nbtac.ca!

Monthly

News, resources, etc. – all aspects of tobacco and smoke-free living!

Over 600 subscribers!

**Follow us on social media!**

Facebook: @LiveTobaccoFreeNB

Twitter: @NBTAC\_CATN

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**NEWSLETTER**

**BULLETIN**

**JULY 2019**

**JUILLET 2019**

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## Spotlight On



**Wellness Week Is Coming!  
October 1-7th 2019!**

### Start Planning Your Activities!

The Wellness Week Planning Kit was designed to help you through every step!

- Videos that show you how (and why) to enter your activities into the Wellness Events Calendar;
- Ideas and tips to help spread the word on social media;
- Idea-starters for events or activities;
- Poster templates to help promote your activity;
- Links to other useful resources.

**Celebrate wellness by making your event smoke-free!**



## Pleins feux sur



**La Semaine du mieux-être s'en vient du 1er au 7 octobre 2019!**

### Commencez à planifier vos activités!

La Trousse de planification de la Semaine du mieux-être a été conçue pour vous aider à chaque étape!

- des vidéos expliquant comment (et pourquoi) entrer vos activités dans le Calendrier d'activités sur le mieux-être;
- des suggestions et conseils pour promouvoir votre événement sur les médias sociaux;
- des idées d'événement ou activité à organiser;
- des modèles d'affiches pour promouvoir votre activité;
- Des liens vers d'autres ressources utiles.

**Célébrez le mieux-être en rendant votre événement sans fumée!**



## Success stories

nbatc.ca

Inspiration!

See what is happening  
across the province

Share your story with us!



### CCNB Edmundston Leads the Way in New Brunswick With Province's First Smoke-Free Campus



Published in March 2018

By Nathalie Landry - NBATC Communications Coordinator

The [Collège communautaire du Nouveau-Brunswick \(CCNB\) Edmundston Campus](#) became the first college campus in New Brunswick to implement a smoke-free environment policy in September 2017.

Under New Brunswick's [Smoke-Free Places Act](#), all elementary, middle and high schools must have smoke-free grounds. Post-secondary institutions are not required to be completely smoke-free, but they must enforce a 9m smoke-free zone around all campus entrances. The CCNB Edmundston Campus is a great example of how universities and colleges can be proactive and implement their own smoke-free policy – thus keeping up with the public's demand for healthier spaces and promoting health and wellbeing for their students and employees.

Students learned at the beginning of the school year that it was prohibited to smoke outside on the campus grounds. "We announced and explained the policy during information sessions at the beginning of the school year, so that all our students and our staff would be aware," says campus director François Boutot. "Posters have been placed at all entrances to the campus building and a large sign in the parking lot informs our students, staff, and visitors of this policy as they enter the campus. People who want to smoke must either go off the campus grounds or smoke in their cars."

The CCNB campus is located in a part of the [City of Edmundston](#) called Édupôle. This site is home to three educational institutions: the [CCNB's Edmundston Campus](#), the [Université de Moncton's Edmundston Campus](#), and the [Cité des Jeunes A. M. Sormany high school](#). CCNB Edmundston Campus management had made the decision about a year earlier to work on the implementation of such a smoke-free policy, following the example of its neighbouring institution, the Cité des Jeunes A.M. Sormany, which had launched a smoke-free environment policy making its school and neighbouring properties, including various sports and arts facilities, 100% smoke-free in September 2016 (Learn more here: <http://nbatc.ca/en/index.php?page=success-story-cite-des-jeunes>). The policy intends not only to promote health and well-being for the CCNB Edmundston Campus students and employees, but also to work towards implementing smoke-free spaces for the entire Édupôle site.

"We are strong supporters of tobacco education, prevention and control, and we hope that one day the entire Édupôle site will be a smoke-free zone. Our colleagues from the Cité des Jeunes A.M. Sormany were the first to show leadership on this issue, and we have seen lots of benefits from their smoke-free policy. We knew it was important to follow their lead and contribute to this growing momentum. Moreover, several students who graduate from the Cité des Jeunes A. M. Sormany come to our college to pursue their post-secondary education. These young adults are accustomed to the idea of a smoking ban on school grounds. We wanted to implement our policy this fall just in time to welcome this first group of alumni from the Cité des Jeunes. Many of these students have even let us know that they really appreciate the fact that they can continue their academic career in a healthy and completely smoke-free environment."

# Contact Us!

Ideas, support, etc.

Can link to experts in the province and in Canada.

Can direct to resources available.

Can help brainstorm ideas.

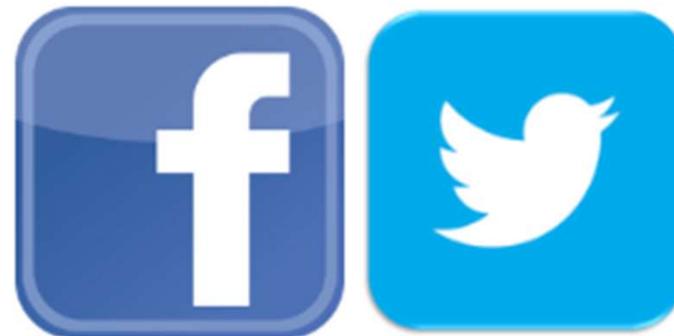
## Contact Us

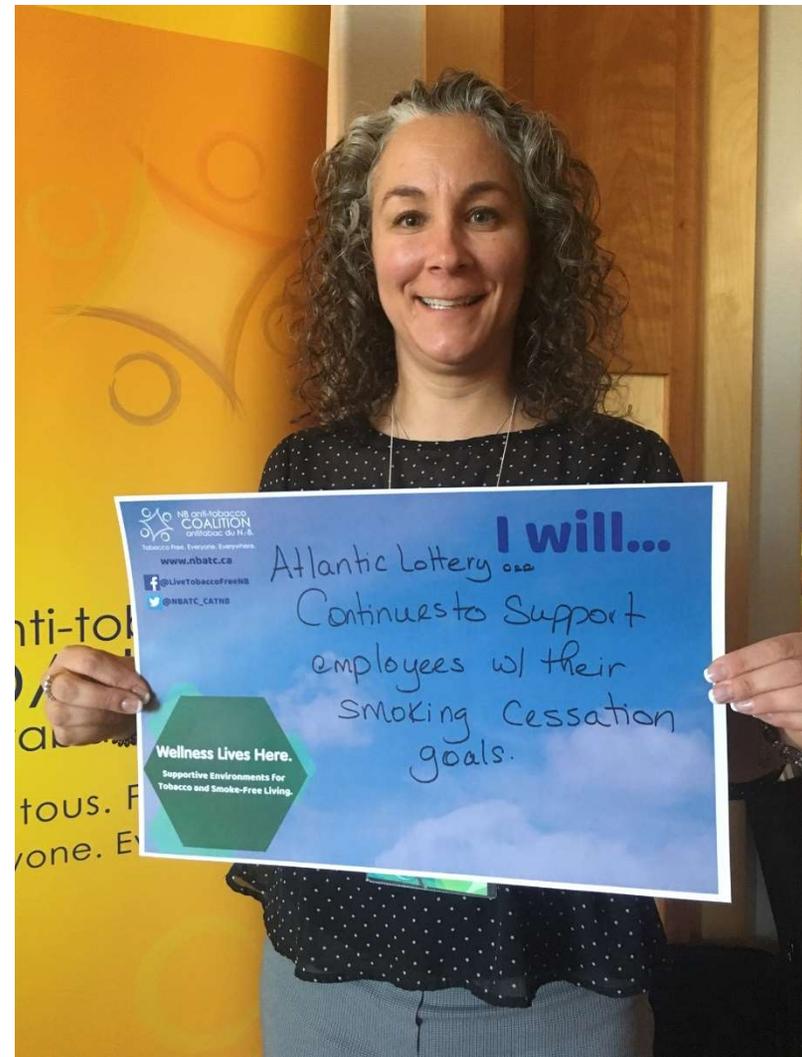
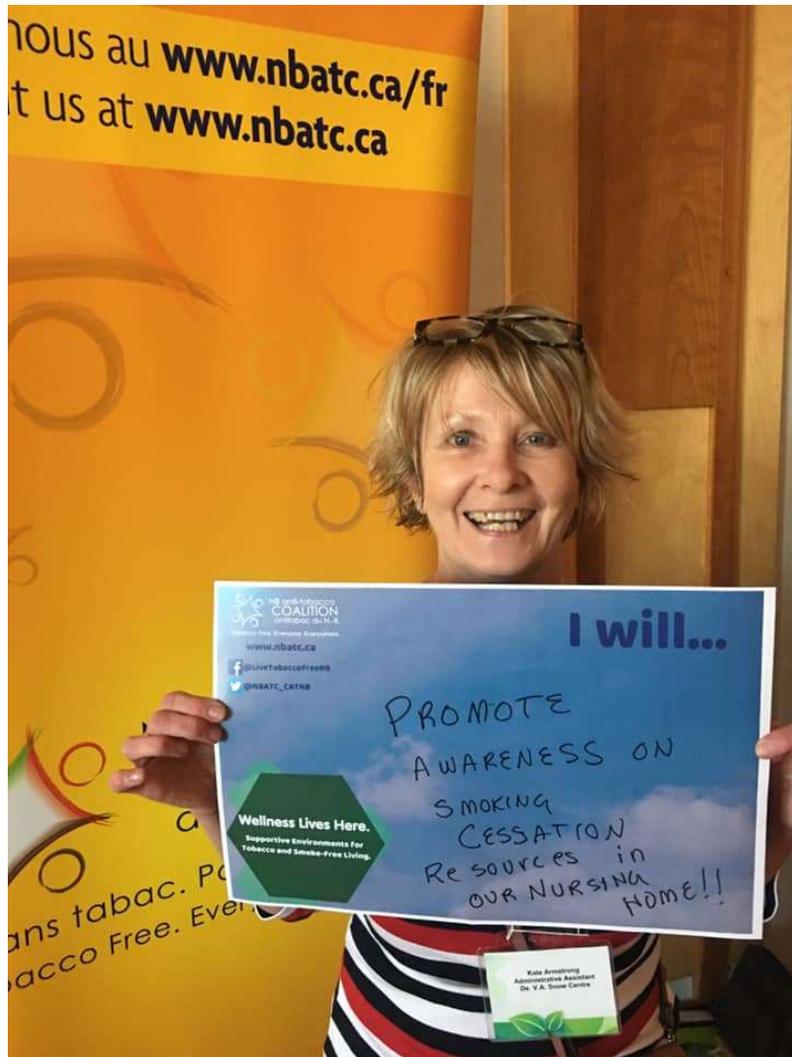
New Brunswick Anti-Tobacco Coalition  
c/o Canadian Cancer Society New Brunswick - Moncton  
272 St. George Street, Suite 130  
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NB anti-tobacco  
**COALITION**  
antitabac du N.-B.

Tobacco Free. Everyone. Everywhere.

[www.nbatc.ca](http://www.nbatc.ca)



@LiveTobaccoFreeNB



@NBATC\_CATNB

# I will...

**Wellness Lives Here.**

Supportive Environments for  
Tobacco and Smoke-Free Living.

Resource –  
Smoke-Free  
Campuses –  
Policy  
Development  
& Student  
Mobilization

[Smokefreecampus.ca](http://Smokefreecampus.ca)



# Resource – TATU Grants

## Take Action Against Tobacco Use (TATU) Grants

*New Brunswick Department of  
Social Development*

This grant program provides up to \$5,000 to support community-led initiatives to increase tobacco-free living and strengthen community action with an emphasis on youth-led initiatives, partnerships and comprehensive actions.

[https://www2.gnb.ca/content/gnb/en/departments/social\\_development/services/services\\_rendezvous/201374.Take\\_Action\\_on\\_Tobacco\\_Use\\_Grant\\_Program.html](https://www2.gnb.ca/content/gnb/en/departments/social_development/services/services_rendezvous/201374.Take_Action_on_Tobacco_Use_Grant_Program.html)



# Resource – Micro-Grants from Health Canada

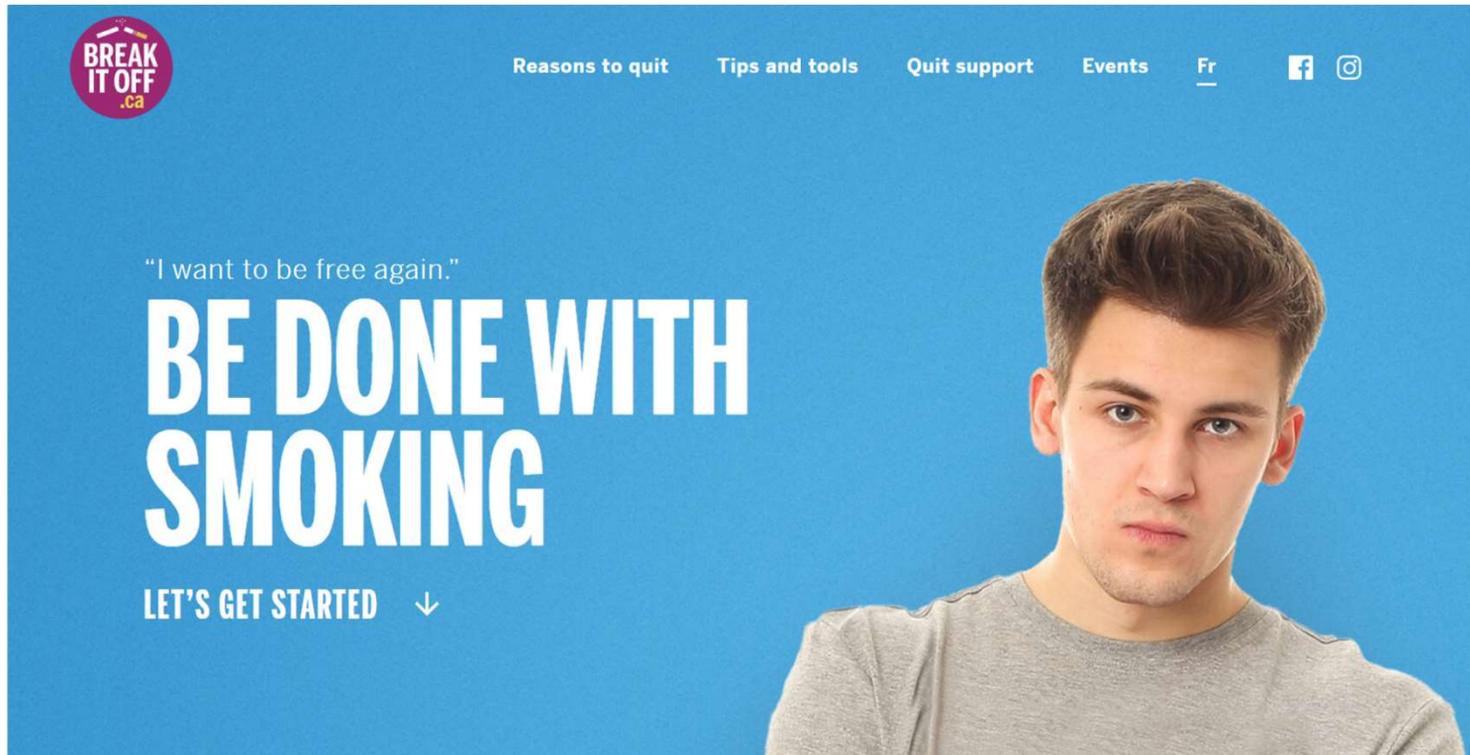
## Micro-Grants for Cannabis or Vaping Public Education

*Health Canada*

New micro-grants program to support public education about the health effects of cannabis and/or the risks of vaping. These micro-grants are offered up to \$1,000 to support smaller public education projects.

<https://www.canada.ca/en/health-canada/services/substance-use/canadian-drugs-substances-strategy/funding/substance-use-addictions-program/microfunding-cannabis-vaping-education.html>





## Resource – Quit Smoking

**BreakItOff.ca**

Quit smoking campaign focusing on young adults.

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## **Gosmokefree.gc.ca/quit**

Portal for provincial cessation websites

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## **Go Smoke-Free NB**

FREE one-on-one advice and guidance is available Monday to Friday from 8:00 am to 4:00 pm (excluding holidays). Anyone living in New Brunswick can call *Go Smoke-Free NB* at 1-866-366-3667 any time.

# Resources – Quit Smoking

# Clinique d'abandon du tabac Smoking Cessation Clinics

**Bathurst**

506-544-3234

**Caraquet**

506-726-2240

**Dieppe et/and Shédiac**

506-869-2446

**Grand-Sault/Grand Falls**

506-473-7450

**Lamèque**

506-344-3538

**Sainte-Anne-de-Kent**

506-743-7855

**Tracadie**

506-394-3090

**Campbellton**

506-789-5365

**Dalhousie**

506-684-7727

**Edmundston**

506-739-2411

**Jacquet River**

506-237-3222

**Moncton**

506-869-3597 ou/or 506-862-4542

**Saint-Quentin**

506-235-7119





NB anti-tobacco  
**COALITION**  
antitabac du N.-B.

**New Brunswick Anti-Tobacco Coalition**

c/o Canadian Cancer Society New Brunswick - Moncton

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**THANK YOU!**

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