



**CAMPUS OFFICE OF  
SUBSTANCE AND ALCOHOL  
PREVENTION**

**277-2795**

**Mesa Vista Hall Room: 3059**

**Facebook, Instagram, Twitter: @UNMCOSAP**

# Items for Presentation

- Campus Office of Substance and Alcohol Prevention (COSAP)

## Data

- UNM Student Smoking/Vaping
- UNM Student Vaping Items

## What's Being Done

- Prevention
- Cessation

# COSAP - A Sample of What We Do

- Work with members of the campus community and with off-campus organizations on prevention and harm reduction approaches to alcohol and other substances
- COSAP is a New Mexico DOH Harm Reduction Provider and provides fentanyl testing strips, Narcan, and training in Narcan administration to members of the campus community and off-campus organizations
- Research
- Ensure UNM's compliance with federal regulations related to substance misuse including the Drug-Free Workplace Act and the higher education provisions of the Drug-Free Schools and Communities Act



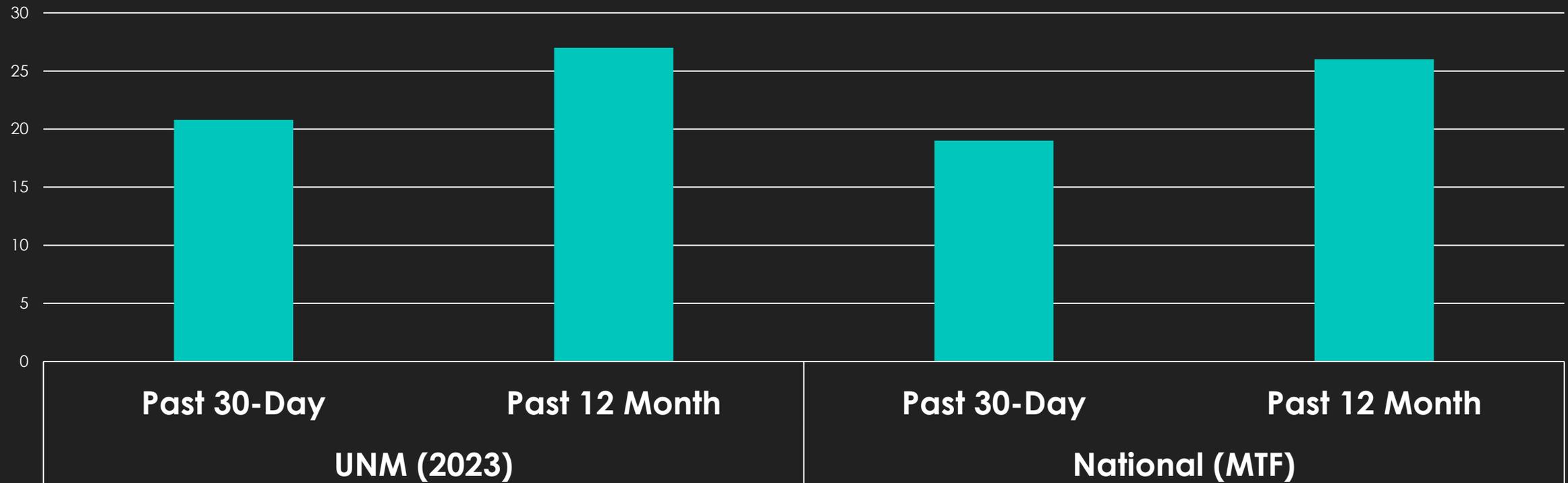
# Data

- UNM Student Smoking/Vaping
- UNM Vaping Items



# 18-22 Year Old UNM Student Tobacco/Nicotine Use vs National Data\*

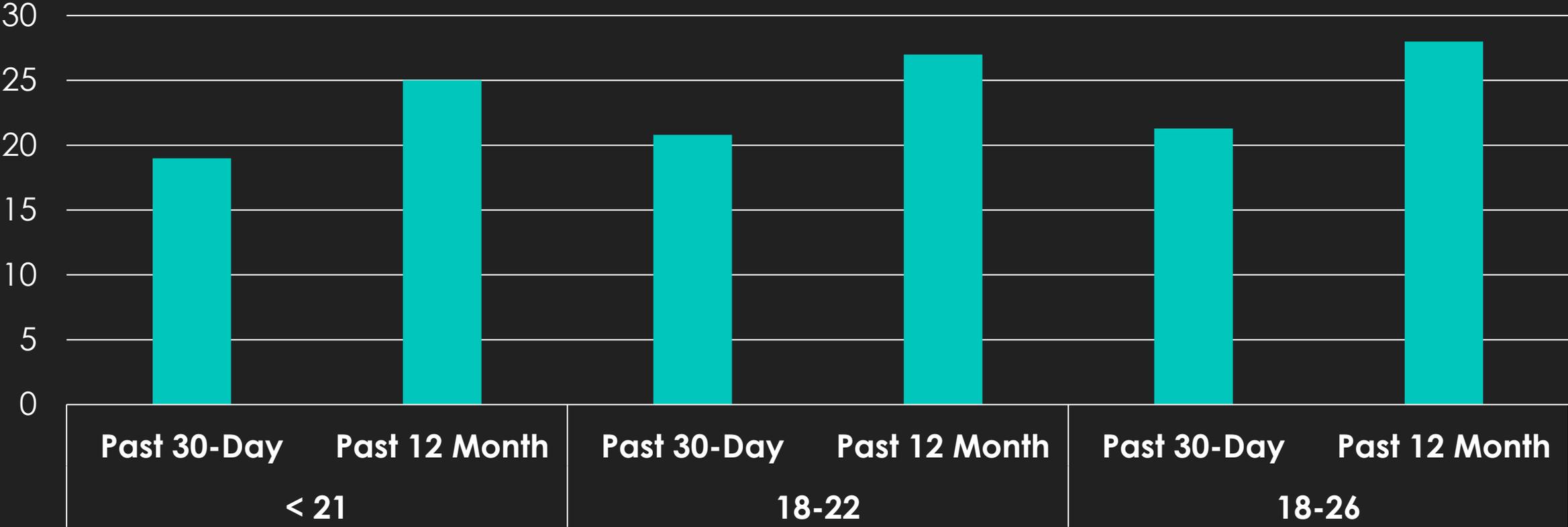
Tobacco/Nicotine Use UNM vs National



Patrick, M. E., Miech, R. A., Johnston, L. D., & O'Malley, P. M. (2023). Monitoring the Future Panel Study annual report: National data on substance use among adults ages 19 to 60, 1976-2022. Monitoring the Future Monograph Series. Ann Arbor, MI: Institute for Social Research, University of Michigan

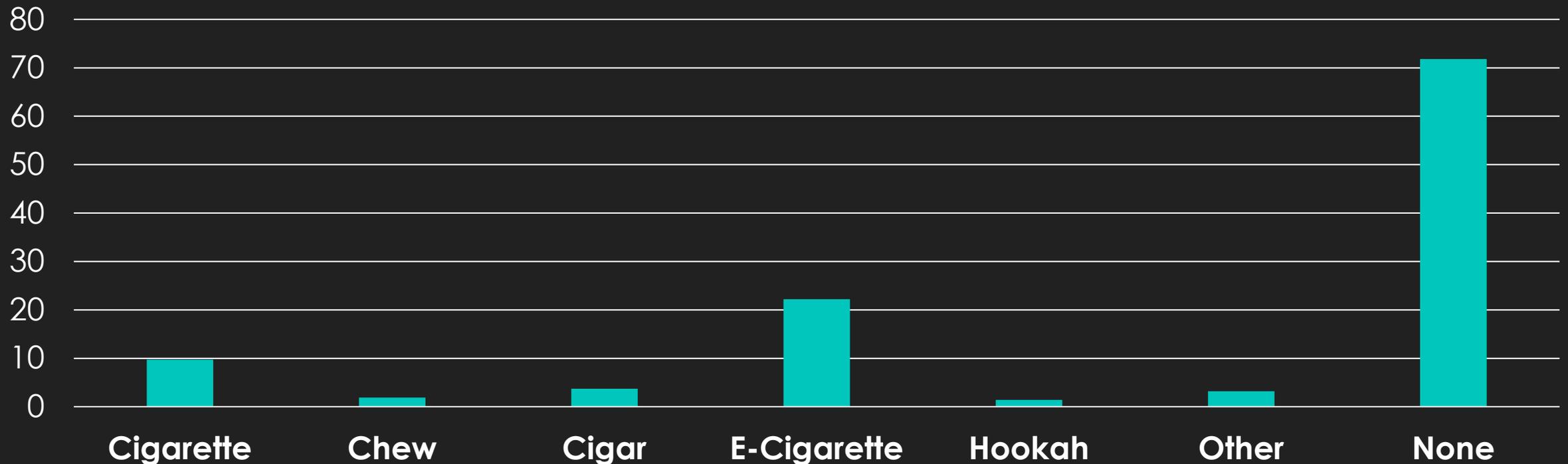
# UNM Nicotine/Tobacco Use by Age Group

UNM Nicotine/Tobacco by Age Group (UNM SLS 2023)



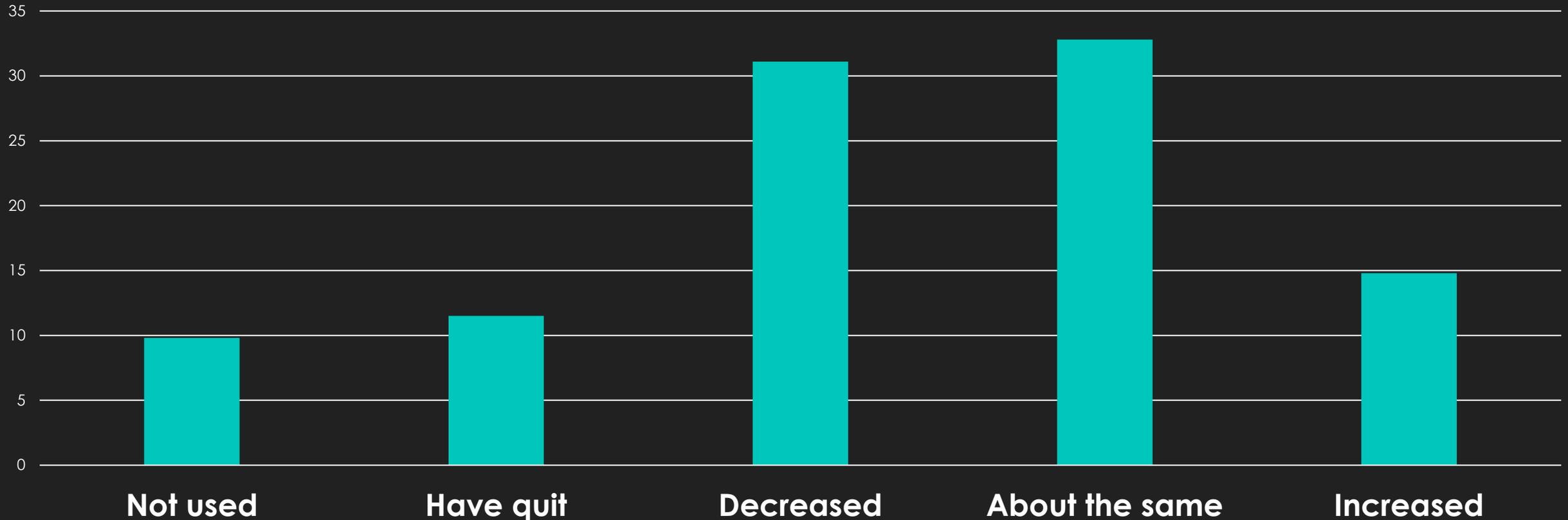
# What Forms of Tobacco/Nicotine Have you Used in the Past 12 Months? (18-26)

What forms of tobacco/nicotine have you used in the past 12 months? (UNM SLS 2023)



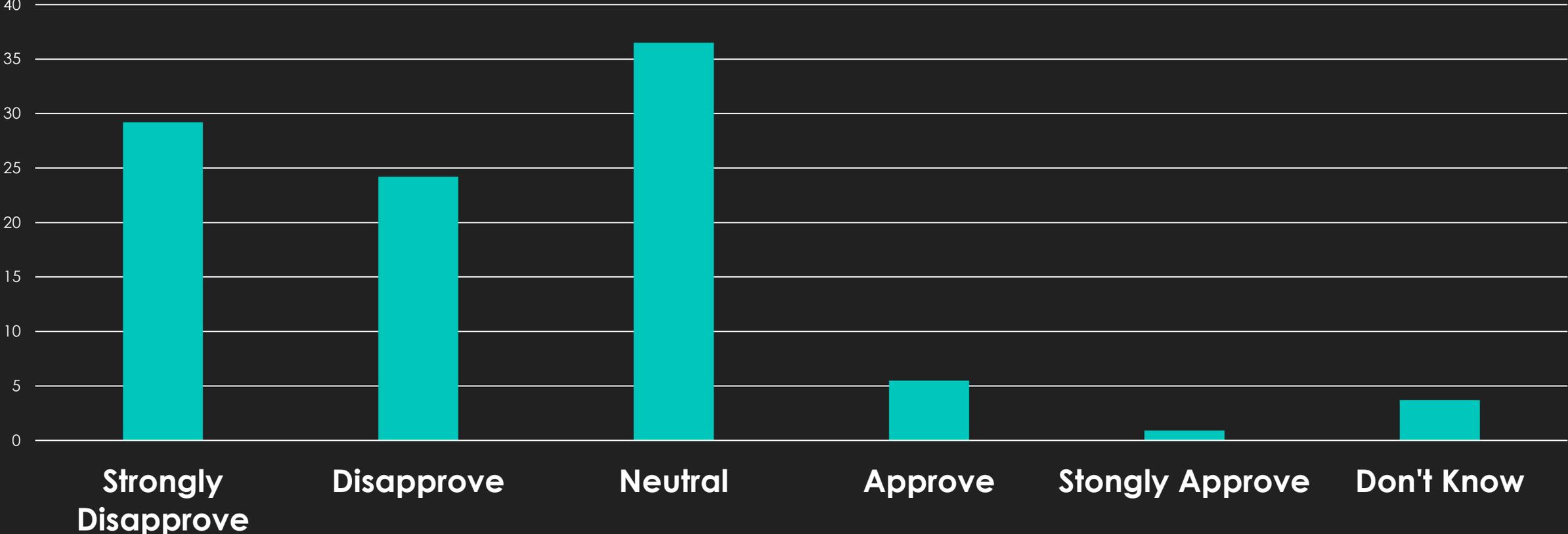
# Past 12 Month Change in Tobacco/Nicotine Use (Ages 18-26)

To what extent has your tobacco/nicotine use changed in the past 12 months? (UNM SLS 2023)



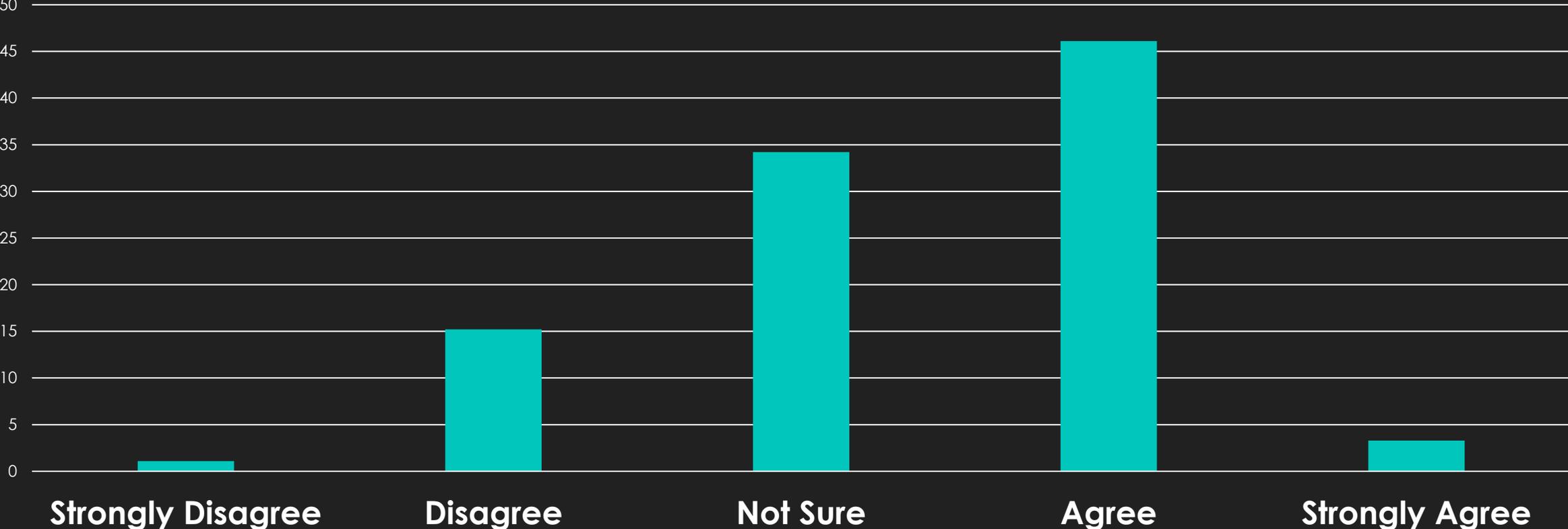
# How Do you Think Your Closest Friends Would Feel if You...

Smoked and/or Used Tobacco Regularly? (Ages 18-26, UNM SLS 2023)



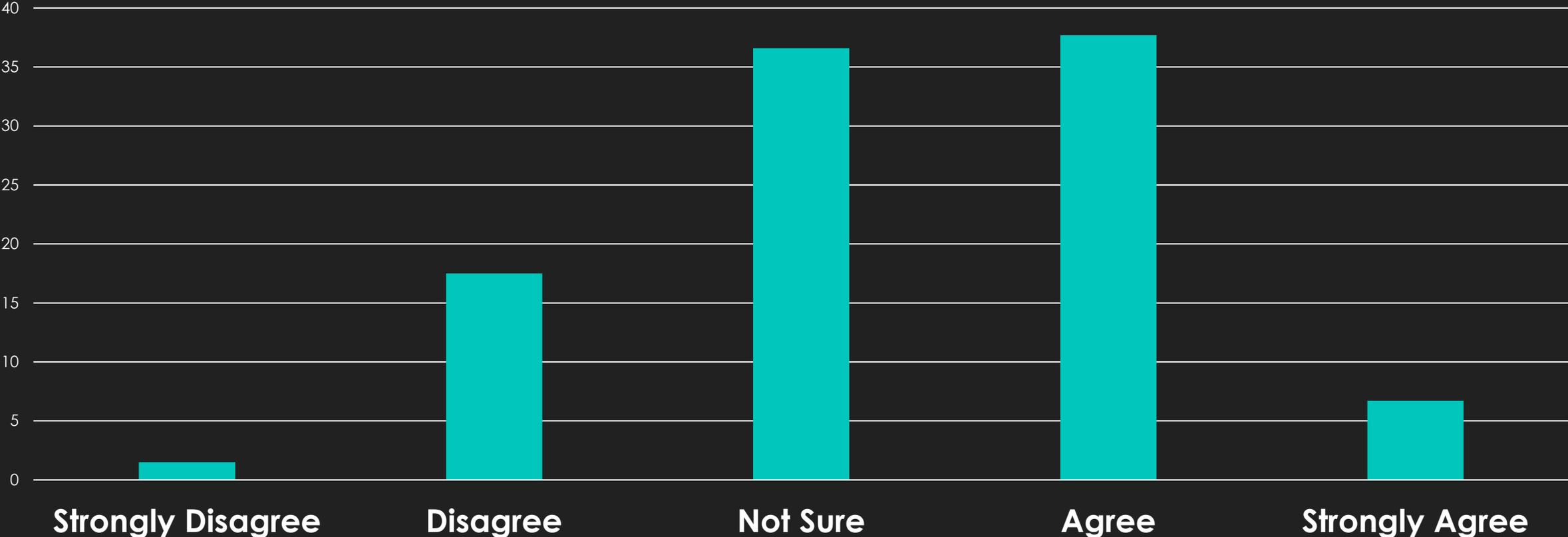
# Vaping At UNM - Attitude

Vaping is Harmful to My Health



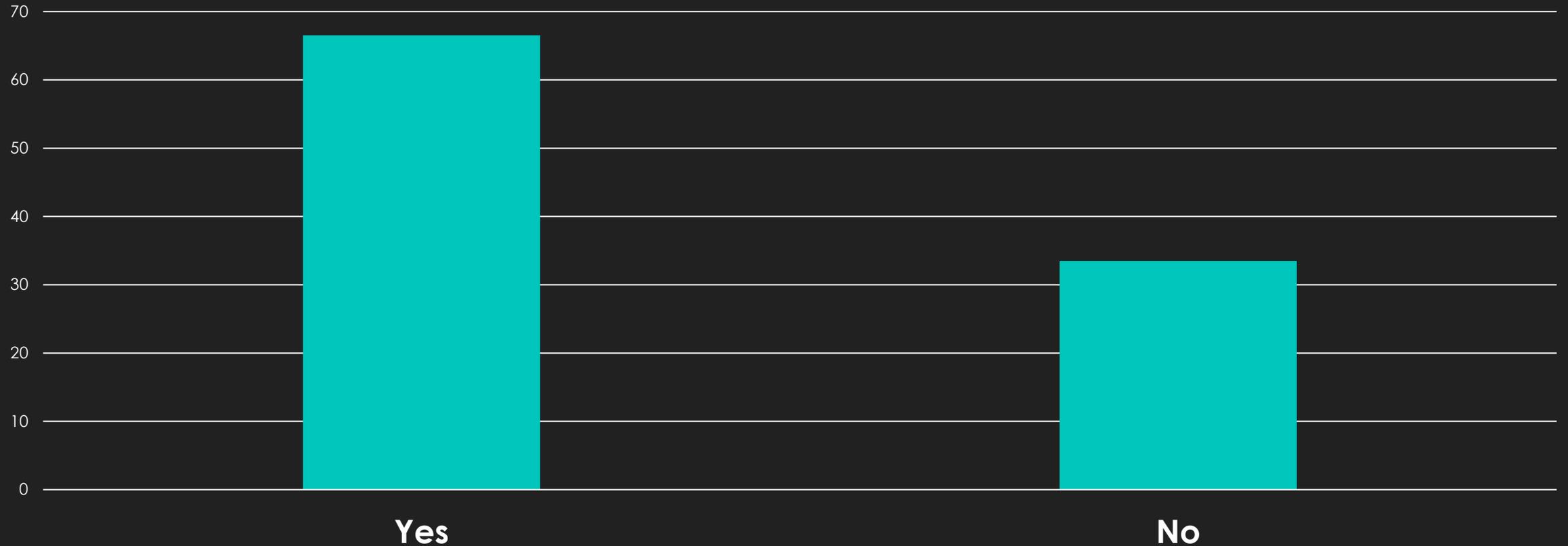
# Vaping at UNM - Belief

I Can Quit Anytime I Want



# Vaping at UNM - Intention

Have You Thought About Quitting?



# What's Being Done

- Prevention (Policy and Reinforcement)
- Cessation Efforts



## Facts on Tobacco Use



Kills more Americans than alcohol, car crashes, AIDS, fires, heroin, cocaine, homicide, and suicide combined!!

Smokers earn 20% less income than non-smokers

Nearly \$170 billion in direct medical care for adults annually in the US

The annual economic cost of smoking in the US is more than \$300 billion

Tobacco use costs NM \$1.8 billion in medical and lost productivity annually



1,300 (approx.) deaths everyday

44K (approx.) deaths among nonsmoking adults each year

Causes stroke, lung cancer, and coronary heart disease

480K (approx.) deaths per year in the US

Leading cause of preventable death in the United States

Big tobacco companies advertise 10X more in racial/ethnic neighborhoods than in other neighborhoods



# Policy and Reinforcement

UNM POLICY UAP 2250

SMOKE AND TOBACCO FREE CAMPUS

In compliance with state law, smoking and the use of tobacco (including e-cigarettes) are prohibited on all University of New Mexico campuses and property, except for a small number of designated outdoor smoking areas. Accordingly, smoking and tobacco use are prohibited inside University buildings, in University owned vehicles, and in privately owned vehicles on University property. A state law, the Dee Johnson Clean Indoor Air Act, establishes smoke-free areas that extend within a reasonable distance from doorways, windows, and ventilation system intakes. It also prohibits situations where people must pass through tobacco smoke to enter or exit a building. UNM Police officers are authorized to enforce the Dee Johnson Clean Indoor Air Act by issuing citations for smoking and tobacco use outside of the designated areas. Fines for non-compliance are graduated and start at \$100.00.

For more information about the possible effects and health risks associated with the use of illicit drugs, alcohol, and tobacco contact the Campus Office of Substance and Alcohol Prevention (COSAP) at 277-2795. For more detailed information about all applicable policies, faculty, staff, students, and visitors can visit <http://cosap.unm.edu/alcohol-and-other-drug-information/unm-alcohol-and-drug-policies.html> or consult University Administrative Policies at <http://policy.unm.edu/university-policies/2000/>.

# Cessation Efforts

## ○ COSAP

### **Quit Smoking**

Thinking about quitting smoking or vaping? Use these resources to help you quit and stay quit!

- SHAC
- QUIT NOW NM
- quitSTART
- Freedom From Smoking
- SmokefreeTXT
- Smokefree Woman
- Live Vape Free

## ○ Student Health and Counseling (SHaC) process

# Thank you!

