

Positively Smokefree – All Campuses and Sites

Information on UCOL’s Smokefree Policy and Smoking Cessation

Why are we smokefree?

Being smokefree supports the New Zealand Health Strategy goal of reducing smoking and smoking-related diseases.

UCOL is committed to promoting healthy lifestyles and providing support and education to facilitate this.

Smoking is a major cause of preventable death in NZ with smoking related illness placing severe strain on those affected and their families.

- Smoking kills over 5,000 New Zealanders each year (refer [Tobacco Smoking Statistics web site](#)). That amounts to 13 people a day.
- Smoking can aggravate over 40 different medical conditions including cancer, heart and lung disease and diabetes. Treating these diseases costs **you**, as a tax payer.
- Smoking also affects a person’s dental hygiene, increasing tooth decay and gum diseases, and promotes early ageing of the skin.
- Smoking reduces the body’s fitness and ability to function well and heal.

Being smokefree- what it means to you –

All UCOL sites (including leased and other off campus sites used by UCOL to conduct its business) inside and out are smokefree

Which means:

NO SMOKING	Anywhere on UCOL property
NO SMOKING	In UCOL vehicles
NO SMOKING	At any UCOL sponsored or organised event (when this event is on UCOL premises or is advertised as a smokefree event).
NO-SMOKING	Includes tobacco smoking, e-cigarettes and vaping.

We need your help

If you are a smoker, please take the lead by **not smoking anywhere inside or outdoors on UCOL property or in UCOL vehicles.**

For help with smoking cessation contact:

Quitline: 0800 778 778

or

Many Medical Centres and GPs offer assistance to those wishing to quit smoking and are authorised to give out subsidised vouchers for nicotine replacement therapy.

Check with your doctor.