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## Smoking Cessation

### ACC is Tobacco Free

The 100% tobacco free campus policy demonstrates Alvin Community College's commitment to creating a healthy and sustainable environment for all students, faculty and visitors. As an institution of higher education, ACC believes that health is an essential key to promoting a better learning environment. Being a tobacco free campus helps ACC achieve its mission.

#### Why is Alvin Community College Tobacco Free?

According to the Tobacco Free College Campus Initiative (TFCCI) (2016), tobacco use is the leading cause of preventable death in the country, responsible for 480,000 deaths each year in the United States. Smoking kills more Americans than alcohol, car crashes, AIDS-related causes, fires, heroin, cocaine, homicide and suicide combined.

Research by TFCCI (2016), found that tobacco use and secondhand smoke cause illnesses such as lung cancer, coronary heart disease, stroke, and respiratory problems. One in every three cancer deaths is caused by smoking.

According to the American Lung Association (2016), cigarette smoke contains more than 7,000 chemicals, at least 69 of which are known to cause cancer. Smoking is directly responsible for approximately 90 percent of lung cancer deaths and approximately 80 percent of deaths caused by chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis.

#### Tobacco Free Campus FAQ's

**Q: What is the new tobacco policy at ACC?**

A: Smoking or the use of tobacco products or e-cigarettes is prohibited on College property, in College vehicles, or at College events.

**Q: What are is considered College property?**

A: College property is considered any land or facilities owned, used or leased by Alvin Community College. This includes all parking lots, buildings, sports areas and facilities, and recreational areas including the walking/jogging trails.

**Q: Does this policy apply to the baseball and softball fields, walking/jogging track or the Nolan Ryan Center?**

A: Yes, all areas of the college are included in this policy.

**Q: How will the tobacco free campus policy be enforced?**

A: Implementation of the policy will begin in the Fall 2016 semester. While ACC hopes for voluntary compliance, those who do not adhere to policy will receive a warning and then may be referred to the Vice President of Student Services of the Campus Police for disciplinary actions.

**Q: Does the policy apply to campus visitors and during community events?**

A. Yes, all campus visitors are expected to abide by the ACC Tobacco Free Campus policy.

**Q: Where can people smoke or use tobacco or e-cigarettes?**

A. The use of these products is strictly limited to personal vehicles.

**Q: Can I use smokeless or chewing tobacco?**

A. No, smokeless and/or chewing tobacco may only be used in personal vehicles.



Faces of ACC

#### Related Links

#### Contact Us

##### Main Campus

**Address:** 3110 Mustang Road, Alvin, TX 77511

**Telephone:** (281) 756-3500

**Email:** [info@alvincollege.edu](mailto:info@alvincollege.edu)

##### Continuing Education Workforce

##### Development (CEWD)

**Telephone:** (281) 756-3787

**Email:** [cewd@alvincollege.edu](mailto:cewd@alvincollege.edu)



**Q: I'm using an e-cigarette and/or clove cigarettes in an attempt to quit smoking regular cigarettes. Can I still use it on campus?**

A. No, e-cigarettes are also prohibited. Other forms of nicotine replacement therapy like gums and lozenges are allowed and available on a limited basis to ACC faculty, staff and students through the Office of Student Activities and the Mental Health Counseling departments.

**Q: Will ACC help me quit using tobacco?**

A. Yes, cessation programs and tools are available to all ACC faculty, staff and students through the Office of Student Activities. To learn more call 281-756-3688.

## Benefits of Not Using Tobacco

*There are countless benefits to quitting your tobacco habit and some of them can be felt almost immediately. These include:*

- **Healthier Heart:** Your heart rate drops to normal just 20 minutes after you quit smoking. Improved Lung Function.
- **Improved Lung Function:** Within two weeks to three months, your heart attack risk begins to drop and your lung function starts to improve.
- **Reduced risk of cancer & Chronic Illnesses:** In five years, the risk of developing many kinds of cancer, including lung, larynx, mouth, stomach, cervix and bladder decline to levels of someone who has never smoked.
- **Reduced risk of stroke:** Risk of stroke is about half of that compared to a person who is still smoking.
- **Improve Breathing:** After 72 hours breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.
- **Increased Energy:** After 72 hours your bronchial tubes begin to relax and energy levels increase.
- **Healthier Looking Skin :** You will start to notice fewer wrinkles and bags under your eyes.
- **An Appreciation of the Smaller Things Such as Clean Air, Fresher Smells and Better Tasting Food:** Nerve endings in the mouth and nose begin to regenerate, improving taste and smell.
- **A Longer Life:** Years will be added to your life: people who quit smoking, regardless of their age, are less likely than those who continue to smoke to die from smoking-related illness.

## Tobacco Free Event Schedule

Join the Office of Student Activities at events and informational sessions throughout the year. Learn more about the tobacco free campus policy and get help quitting. All events are free for ACC students, faculty and staff.

Tuesday, Sept. 13	Carbon Monoxide Testing	9:30 a.m. - 11:00 a.m.	E Bldg. Parking Lot
Wednesday, Sept. 21	Carbon Monoxide Testing	9:30 a.m. - 11:00 a.m.	S Bldg. Parking Lot
Wednesday, Oct. 5	Annual Dolphin Wing Fling	10:30 a.m. - 12:30 p.m.	Outside the Student Center
Saturday, Oct. 29	Fall Festival	5:00 - 7:00 p.m.	ACC Campus
Thursday, Nov. 17	Great American Smoke Out	10:30 a.m. - 12:30 p.m.	Student Center

## Resources to Help You be Tobacco Free

### Truth Initiative

The Truth Initiative is dedicated to deterring tobacco usage especially among young adults. This website exposes reasons why teens and adolescents should not smoke. You can sign up to receive emails and texts message on ways to stop smoking. There are also fun and interesting quizzes.

<https://www.thetruth.com/>

### American Heart Association

The American Heart Association is an organization that is focused on preventing cardiovascular disease and stroke. Test your knowledge about smoking by taking the American Heart Association

quiz.

<https://media.heart.org/fc/quiz/index-3.html?xmlHash=5ce5a1cf6a8947ae76ef00761dbfa119>

### The Real Cost

Check out the fast facts, quizzes and games that can help you learn more about the dangers of tobacco use.

<https://therealcost.betobaccofree.hhs.gov/?g=t>

### Smoke Free.gov

The Tobacco Control Research Branch of the National Cancer has a smoke-free web page to help individuals personalize a plan on how to stop smoking. There is a free app and you can subscribe to daily text messages to get tips on how to refrain from smoking.

<https://smokefree.gov/>

### Fresh Empire

Get quit tips and information about how you can kick the habit from Fresh Empire, a youth organization sponsored by the U.S Department of Health and Human Services.

<https://freshempire.betobaccofree.hhs.gov/#sm.0000yx02qjruhfnbvi6253dhfinm1>

### The Cost of Smoking

#### The American Cancer Society:

The American Cancer Society is committed to preventing and treating cancer. This link provides a flyer from the American Cancer Society that describes the financial and health cost of smoking.

<http://www.cancer.org/acs/groups/content/documents/image/acspc-045341.pdf>

Pfizer is sponsored by the American Cancer Society which both focus on preventing and treating illnesses such as cancer. This link provides a financial break down on the cost of smoking over time. In addition, a work-sheet is available to help you determine how much money can be saved by not smoking.

[https://www.quitcircle.com/sites/default/files/Cigarette%20Time\\_Cost%20Calculator.pdf](https://www.quitcircle.com/sites/default/files/Cigarette%20Time_Cost%20Calculator.pdf)

#### Reference

Health Effects of Smoking. (2016). Retrieved from <http://www.lung.org/stop-smoking/smoking-facts/health-effects-of-smoking.html>

Lee, J. G., Ranney, L. M., & Goldstein, A. O. (2011). Cigarette butts near building entrances: What is the impact of smoke-free college campus policies? *Tobacco Control Tob Control*, 22(2), 107-112. doi:10.1136/tobaccocontrol-2011-050152

Tobacco Facts. (2016). Retrieved from <http://tobaccofreecampus.org/tobaccofacts>

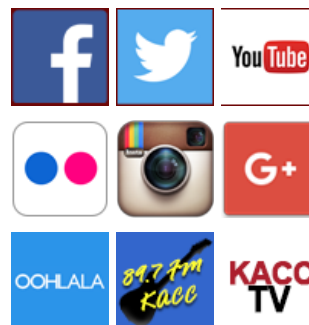
## Featured Items

ACC Foundation  
ACC Softball  
ACC Baseball  
Active Shooter Response  
Art Department/Exhibits  
Campus Life  
Campus Technology  
College President  
Computer Lab  
Drama/Theatre Season  
Course Evaluations  
Learning Lab  
Library  
Parking Permits/Student I.D.'s

## Quick Links

- ACC Marketplace
- Admissions Office
- Athletics/Sports
- Bookstore
- Campus Calendar
- Campus Police
- Catalogs
- Class Schedules
- Counseling & Wellness
- Course Syllabi
- Faculty & Staff Directory
- Mini Semester Schedules
- NCES College Navigator
- NetPrice Calculator
- New Student Orientation
- Quality Enhancement Plan (QEP)
- Registration Info
- Strategic Plan
- Testing Registration & Info
- Transcript Requests

## Media Networks



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Email  \*

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Message  \*

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- Disability Services/ADA
- Employee eMail
- Employees Ad Astra
- FERPA
- Financial Aid
- **IMPORTANT DATES**
- Library
- Tuition & Fees
- Tutoring/Learning Lab
- What is Title IX?
- Withdrawal Info

**FACULTY & STAFF**

