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<b>SMOKE, VAPOUR AND TOBACCO FREE PREMISES</b>		
<b><u>EXECUTIVE SPONSORSHIP:</u></b> Fraser Health Chief Medical Health Officer	<b><u>INITIALLY RELEASED:</u></b> February 2004	<b><u>VERSION:</u></b> December 2022

**INTENT / PURPOSE**

Commercial [tobacco](#) use is the number one preventable cause of morbidity and mortality in Canada and is responsible for billions in annual health care costs. Smoking tobacco (e.g., cigarettes, cigars, pipe) is the most common and the most harmful method of use. Tobacco [smoke](#) is harmful to health and healing both for people who smoke and for people exposed to second hand smoke. [E-cigarettes](#), while thought to be less harmful than combustible tobacco (cigarettes, pipes, cigars, etc.), pose a significant harm to health. Smoking [cannabis](#) is the most harmful form of cannabis use.

Smoking bans in public places are an effective means of reducing adverse effects of smoking on public health.

This policy is designed to:

- protect, promote and improve overall health;
- uphold Indigenous Peoples right to traditional spiritual and healing practices as part of the Indigenous cultural system of health and medicine;
- support opportunities to reduce or stop tobacco use, cannabis smoking, and/or [vaping](#);
- support those who want to stay quit;
- ensure the well-being of patients staying in hospital who use tobacco is addressed while receiving care;
- ensure that cessation programs and supports are consistently offered;
- protect our employees, physicians, volunteers, vulnerable patients, clients residents, and visitors
- promote de-normalization of smoking and other uses of tobacco and/or tobacco-like products;
- ensure our operational policies are consistent with our approach to promotion of health in the community;
- define individual roles and responsibilities in promoting and maintaining this policy;
- acknowledge the complexity of nicotine addiction and the resulting need for a multifaceted and consistent strategy to help people reduce or stop smoking and/or vaping.

**POLICY**

*In accordance with the [Truth and Reconciliation Call to Action #22](#), this policy acknowledges the holistic Indigenous traditional spiritual and healing practices as part of Indigenous cultural system of health and medicine. Therefore, cultural use of sacred medicines (e.g. prayers, ceremonies) is supported for Indigenous persons and family under the guidance and awareness of Indigenous Health. All precautions will be taken to minimize exposure to others and with appropriate protections for fire and smoke for the practice of ceremonial smudging.*

Fraser Health is a smoke, vapour and tobacco free organization, which includes all forms of tobacco and ‘tobacco-like’ products including electronic nicotine devices, smoked or vaped cannabis and all other vaped products.

All forms of tobacco, e-cigarettes and vapour products, and combustible cannabis, are prohibited in or on all Fraser Health owned and/or operated [premises](#), facilities and grounds, owned or [leased premises](#) and corporately owned or leased vehicles. This includes all indoor and outdoor areas, including parking lots.

Fraser Health actively promotes itself as a smoke, vapour and tobacco free organization (e.g., staff engagement, employment postings, advertisements, displays, etc.) and as such, will not accept funding, monies or gifts in any form from a tobacco, vape or cannabis company. The sale and promotion of tobacco

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and tobacco-like products on Fraser Health owned or a leased premise is prohibited. Fundraising initiatives that include any tobacco, vape or cannabis product are prohibited.

This policy applies to employees, physicians, volunteers, patients, residents, clients, visitors and contractors while they are on or in Fraser Health owned or leased premises and corporately owned or leased vehicles.

### **DEFINITIONS**

**Cannabis:** This policy applies to all forms of cannabis that can be burned, smoked or vapourized.

**E-cigarette / vapour product:** A device that consists of a battery, a mouth piece, a tank or reservoir (cartridge or pod) containing e-liquid (e-juice), and an atomizer that heats the liquid to turn it into vapour. They contain nicotine but can also contain THC, or other compounds. In B.C. e-cigarette juice has to contain nicotine - legally.

**Indigenous person and family:** Any person, family member or cultural support person that identifies as First Nations, Inuit, or Métis. Family is broadly understood to mean extended and chosen family.

**Indigenous spiritual and cultural healing practice:** Indigenous communities practice traditional healing methods as part of a cultural system of health and medicine. These practices have been rooted in a holistic approach to healing since the beginning of time. One of these practices may include the four sacred medicines used in Indigenous ceremonies, which can include tobacco, sage, cedar, and sweet grass. In a ceremonial 'smudging', one or more medicines are burned to cleanse and bless the mind, body, and spirit(s) by waving small plumes of smoke over the participants. Smudging is completed by cultural practitioners who are skilled in the ceremony and the care of the medicine

**Premises:** All Fraser Health property. This includes buildings, outbuildings, grounds, sitting or picnic areas, parking lots and Fraser Health owned vehicles.

**Leased premises:** All or part of a premises under a contract (a lease, a license or some other right to occupy), for a consideration (usually rent), which gives Fraser Health possession of the real property for a specified term.

**Smoke / smoking:** Inhaling, exhaling, burning, or carrying of a lighted cigarette, cigar, pipe, cannabis joint, water pipe, bong or other lighted smoking equipment burning tobacco, nicotine, cannabis or any other substance.

**Smoking cessation supports:** These may include self-help resources, telephone or internet counseling or nicotine replacement therapy (NRT) and/or prescription medications. NRT inhalers or any prescribed medical inhaler are excluded from this policy. NRT are approved and regulated cessation supports. E-cigarettes are not approved cessation devices. There is moderate evidence supporting e-cigarettes as harm reduction (less harmful than cigarettes), however, they are not harmless and we do not support use on property.

**Tobacco or tobacco-like products:** This policy applies to tobacco, in any processed or unprocessed form, that may be heated, burned, smoked, inhaled, or chewed.

**Truth and reconciliation call to action - number 22:** *"We call upon those who can effect change within the Canadian health-care system to recognize the value of Aboriginal healing practices and use them in the treatment of Aboriginal patients in collaboration with Aboriginal healers and Elders where requested by Aboriginal patients".*

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**Vape / vaping:** The action or practice of inhaling and exhaling vapour from of any e-cigarette or vapour device or vaping equipment of any substance.

## **PROCEDURE**

### **Supports**

Fraser Health provides a supportive environment for all patients, employees, physicians, contractors, residents, visitors and volunteers to be smoke, vapour and tobacco free. We implement the 3 'A's (Ask, Advise, Act) and promote access to smoking/vaping cessation resources and appropriate supports. Nicotine withdrawal management will be provided to inpatients to assist their adaptation to a smoke, vapour and tobacco free environment.

Fraser Health supports dissemination and use of the [Canada's Lower-Risk Nicotine Use Guidelines](#) and [Canada's Lower-Risk Cannabis Use Guidelines](#).

### **Clear Communication**

Appropriate signage communicating our status as a smoke, vapour and tobacco free organization is maintained in all facilities and promoted on social media. Requirements and expectations pursuant to this policy is regularly communicated to staff, visitors and patients as informed by a sustainable communication plan.

### **Indigenous Traditional Health Practice / Ceremony**

Requests for Indigenous spiritual and cultural ceremony will be supported and facilitated. For example, a patient may not be Indigenous but has Indigenous family that requests ceremony; this would be supported. Traditional healing practices are supported by Indigenous Health through contacting Indigenous Health Liaisons at 1-866-766-6960. Staff will seek support of management and facilities management for direction and to ensure that appropriate protections from fire and smoke during ceremonial smudging.

### **Defined Roles and Responsibilities**

Sustained compliance of this policy is the responsibility of all Fraser Health employees and is supported and monitored by Fraser Health Management.

**Staff:** will inform persons they see smoking or vaping on Fraser Health premises that Fraser Health is a smoke, vapour, and tobacco free organization. Staff will facilitate nicotine withdrawal management protocol for inpatients and refer patients to assistance such as smoking cessation programs. Staff will work with Indigenous Health, managers and facilities management to uphold Indigenous Peoples rights to ceremonial and traditional healing practices.

**Management:** management will be accountable for communicating and supporting the Smoke, Vapour and Tobacco Free Premises - Policy. They will ensure the provision of supportive measures to assist staff to be a smoke, vapour and tobacco free organization. Management will work with Indigenous Health, staff and facilities management to uphold Indigenous Peoples rights to spiritual and cultural healing practices.

**Facilities:** facilities management are responsible for supporting the Smoke, Vapour and Tobacco Free Premises - Policy through any necessary facilities support, including ensuring that sufficient and appropriate signage is displayed. They will work with Indigenous Health and managers to uphold Indigenous Peoples rights to spiritual and cultural healing practices.

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**Security:** will support the Smoke, Vapour and Tobacco Free Premises policy as part of regular patrol functions at Fraser Health sites where there is the presence of contracted security service providers. For those found in contravention of this policy, security will remind them of the policy, orient them to the boundaries of the premises, and direct them to smoke off property. Security supports all staff by assisting to provide a safe work environment therefore any staff member met with belligerence or hostility while addressing policy violation with someone who is smoking, should immediately withdraw and advise security of the situation.

**Housekeeping:** is responsible for monitoring and reporting on the location of cigarette butts and for cleaning entranceways and patios on at least a weekly basis for the removal of cigarette butts.

**REFERENCES**

1. Worksafe B.C. Occupational Health and Safety Regulations section 4.81 September 2017.  
<https://www.worksafebc.com>
2. Surrey Public Health Smoking Protection By-law 16694 section 2.1  
[https://www.surrey.ca/sites/default/files/bylaws/BYL\\_reg\\_16694.pdf](https://www.surrey.ca/sites/default/files/bylaws/BYL_reg_16694.pdf)
3. *Tobacco and Vapour Products Control Act*, section 2.41.  
[https://www.bclaws.gov.bc.ca/civix/document/id/complete/statreg/96451\\_01](https://www.bclaws.gov.bc.ca/civix/document/id/complete/statreg/96451_01)
4. Tobacco and Vapour Products Control Regulation, section 4.23(2)(c).  
[https://www.bclaws.gov.bc.ca/civix/document/id/complete/statreg/232\\_2007](https://www.bclaws.gov.bc.ca/civix/document/id/complete/statreg/232_2007)
5. Truth and Reconciliation Commission of Canada. (2015). [Truth and Reconciliation Commission of Canada: Calls to Action](#). Winnipeg, Manitoba.
6. Fischer, B., Russell, C., Sabioni, P., van den Brink, W., Le Foll, B., Hall, W., Rehm, J. & Room, R. (2017). [Lower-Risk Cannabis Use Guidelines](#) (LRCUG): An evidence-based update. *American Journal of Public Health*, 107 (8). DOI: 10.2105/AJPH.2017.303818.
7. Center for Addiction and Mental Health (CAMH). (2019). [Lower-risk nicotine use guidelines](#). CAMH.

**DATE(S) REVISED / REVIEWED SUMMARY**

<b>Version</b>	<b>Date</b>	<b>Comments / Changes</b>
1.0	February 2004	Initial Policy Released
2.0	October 2007	
3.0	October 2014	Revised to include the prohibition of the use of medical marijuana and e-cigarettes in Fraser Health owned and/or operated premises, facilities, on owned or leased grounds and in corporately owned or leased vehicles.
4.0	December 2022	Title change to "Smoke, Vapour and Tobacco Free Premises"; increased clarity that the policy covers all tobacco products, all e-cigarettes and vapour products and all combustible cannabis and affirming the holistic Indigenous practice of traditional spiritual and cultural healing practices and upholding these practices with reference to Truth and Reconciliation Call to Action #22.