



OREGON COLLEGE *of* ORIENTAL MEDICINE



## Oregon College of Oriental Medicine is Oregon's First 100% Tobacco-Free Campus

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Portland, Ore. – As part of its commitment to provide students, staff, faculty, and visitors with an environment and the resources by which to optimize their health and well-being, the Oregon College of Oriental Medicine (OCOM) is now Oregon's first post-secondary educational institution to declare its entire campus 100% tobacco-free. The new policy was adopted as part of the American Lung Association of Oregon's Tobacco-Free College Initiative.

OCOM's campus is comprised of an 8,600 square foot college building and a 10,000 square foot teaching clinic where students treat patients using acupuncture, herbs and Oriental therapeutic massage. These buildings are situated on a one-acre campus 10 miles east of downtown Portland. By adopting this tobacco-free policy, OCOM has chosen not to permit the use of any tobacco products - including cigarettes, cigars, and smokeless tobacco – on any part of its campus.

"I was surprised to learn that other Oregon colleges hadn't already taken this important step," says OCOM president, Dr. Michael Gaeta. "Adopting this policy seems like a natural step for any college, particularly a college that emphasizes health and wellness in its curriculum."

Oregon Health & Science University (OHSU) has adopted a tobacco-free policy that will go into effect in September of this year. Several other Oregon colleges and universities are currently reviewing their campus tobacco policies.

"We congratulate OCOM for its leadership in becoming Oregon's first 100% tobacco-free college," said Andrew Epstein, School Policy Coordinator at the American Lung Association of Oregon. "The bottom line is that there is no safe tobacco product and no safe level of exposure to secondhand tobacco smoke. All students and staff deserve a tobacco-free campus, regardless of where they happen to be enrolled or employed."

### **About Oregon College of Oriental Medicine**

OCOM trains master's and doctoral students, conducts research, and treats patients at clinics on campus and in the community. Founded in Portland, Oregon in 1983, OCOM is one of the oldest Chinese medicine colleges in the United States. For more information about Oregon College of Oriental Medicine, please visit [www.ocom.edu](http://www.ocom.edu).

See [http://www.ocom.edu/page/766/Tobacco\\_free\\_Campus\\_Policy.htm](http://www.ocom.edu/page/766/Tobacco_free_Campus_Policy.htm) to view OCOM's tobacco-free policy.

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### **About the American Lung Association of Oregon**

The mission of the American Lung Association of Oregon (ALAO) is to prevent lung disease and promote lung health. Programs focus on the areas of asthma, clean air, tobacco prevention, and lung disease. For more information please visit [www.lungoregon.org](http://www.lungoregon.org). The Oregon Tobacco-Free College Initiative is working primarily with community colleges throughout Oregon to reduce tobacco use and eliminate secondhand smoke exposure on campus. For more information about this initiative: <http://www.lungoregon.org/tobacco/college.html>.

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