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› [Blog](#)

› [Clean Air UNH](#)

Clean Air UNH

WEDNESDAY, APRIL 26, 2023

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Writing and Digital Studies

This semester, I had the opportunity to sit down with Belle Dee '26 ([Environmental Engineering](#)), the current Alcohol, Nicotine and Other Drug ([ANOD](#)) intern on campus. As part of her work with ANOD, Belle works to promote student and campus awareness about the policies implemented by the program at UNH. Read on to learn more about her role and the initiatives developed by ANOD to increase overall campus health.

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We're here today to talk about your internship work with the ANOD program at UNH. Could you tell us more about what that looks like, and what the program goals are?



Isabelle Dee '26

The goal of the Alcohol, Nicotine, and Other Drug program is to reduce harms associated with student alcohol, THC, and other drug use, assist in developing and supporting a collegiate recovery community at UNH, and facilitate outreach programming related to nicotine education and cessation recourses. I applied for this internship because I've witnessed many friends and family members deal with heartbreaks due to a loved one dealing with substance use. Although I have never experienced this hardship myself, I was

encouraged to join this team to prevent these situations and help others become their best self.

How does the ANOD program ensure that harms associated with substances are reduced?

One way is the [Tobacco, Smoke, and Nicotine Free Policy](#).

Can you tell us about the policy?

In order to protect the health, safety and comfort of University students, faculty and other academic appointees, staff, and visitors, and consistent with state law, the University of New Hampshire is committed to a policy of prohibiting the use of tobacco products, including, but not limited to: cigarettes (clove cigarettes, bidis, kreteks), electronic nicotine delivery system (ENDS, vaping), cigars and cigarillos, hookah-smoked products or any lighted or heated tobacco and nicotine products, and non-combustible tobacco products (dip, chew, tobacco substitutes) in facilities and on grounds owned and occupied or leased and occupied by the University (including UNH Manchester & UNH Law).

Why would a policy like this be implemented at our university?

Well, the policy supports UNH's commitment to sustainability, UNH earned the [STARS](#) Platinum rating for sustainability in 2022, supports health equality, reduces costs associated with waste clean up

For clarification for our viewers, what is STARS?

STARS is a voluntary, self-reporting framework for helping colleges and universities track and measure their sustainability progress. STARS encompasses long-term sustainability goals for already high-achieving institutions, as well as entry points of recognition for institutions that are taking first steps toward sustainability. The Association for the Advancement of Sustainability in Higher Education (AASHE) has renewed the University of New Hampshire's STARS Platinum rating—the highest possible—in recognition of its ongoing and increasing sustainability achievements. UNH is one of only a handful of higher education institutions in the nation to earn platinum from STARS, the Sustainability Tracking, Assessment & Rating System.

Awesome! How does the policy benefit students like us?

It helps to reduce exposure to second and third hand smoke, delays initiation of nicotine use by students, and supports individuals in the cessation process. We want to communicate that with this policy, students and our campus will be enabled to live freely, healthily, equitably, and to their full potential. All students will be able to breathe fresh air due to a decrease in first and secondhand smoke.

Thanks for joining us and learning more about ANOD!

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