

UW-River Falls

Tobacco Free Survey Results

November 10, 2008

UWRF Tobacco Free Survey

- Purpose: Gain a better understanding of tobacco issues on campus related to use, cessation, exposure, policy, etc.
- Administered online in Spring 2008
- Response rate
 - Students- 19.1% (n=382, 2000 surveyed)
 - Faculty/Staff- 15.3% (n=138, 900 surveyed)
- Sponsored by UW-RF Alcohol, Tobacco, and Other Drug Coalition

UWRF Tobacco Free Survey

- Student Participation
 - Freshmen- 27.8%
 - Sophomore- 23.8%
 - Junior- 22.3%
 - Senior- 22.5%
 - Graduate Student- 1.8%
 - Other- .8%
- Faculty/Staff Participation
 - Faculty- 27.5%
 - Teaching Academic Staff- 8.7%
 - Non-Teaching Academic Staff- 21%
 - Classified Staff- 32.6%
 - Other (LTE)- 10.1%
- Gender
 - Male- 33.5%
 - Female- 65.7%
 - Refused- .8%
- Gender
 - Male- 41.3%
 - Female- 56.5%
 - Refused- 2.2%

Why Does This Matter?

Why Should We Care?

UW-River Falls Mission:

Help students learn so that they are successful as productive, creative, ethical, engaged citizens and leaders with an informed global perspective.

October 20, 2008

- U of M Study Finds Link Between Smoking, Other Bad Habits and Bad Grades (Fox News)
- Bad Habits Can Mean Bad Grades, University of Minnesota Study Finds (Pioneer Press)
- U of M Study Finds Poor Habits Lead to Poor Grades (Star Tribune)

Health and Academics

- University of Minnesota 2007
- The following student health behaviors were all associated with lower GPA:
 - Lack of health insurance
 - Gambling
 - Tobacco use
 - Alcohol use
 - Marijuana use
 - Chronic health condition
 - Mental health condition
 - Lack of sleep
 - Lack of exercise

University of MN Study Related to Tobacco 2007

- Students who report using smoking tobacco within the past 30 days have lower mean GPAs than students who report not using (3.12 versus 3.28 respectively)($p < 0.001$)
- Students who reported using smokeless tobacco within the 30 days have lower mean GPAs than students who report not using (3.02 versus 3.25 respectively)($p < 0.001$)

UWRF National College Health Assessment Survey Data 2009-Secondary Analysis by UWRF Survey Research Center

- Tobacco use has a significant negative impact on academic performance (GPA)
- GPAs of smokers (smoked cigarettes at all during the previous month) were significantly lower than non-smokers (1% significance)
- The GPAs of students using any tobacco at all in the previous month were also significantly lower than students not using any tobacco (2.98 vs. 3.25)

Impact of Health Related Concerns on Academics

**Within the Last School Year, Have the Following Affected Your Academic Performance (select most serious) (lower grade on exam or project, lower grade in course, incomplete or dropped course)
(NCHA 2003, 2006 UW-RF vs. Natl. 2006):**

- 27.1/33.5% Stress (32.0%)
- 19.1/31.5 % Cold/Flu/Sore Throat (25.9%)
- 17.8/28.4% Sleep Difficulties (23.9%)
- 17.9/18.9% Concern for Troubled Friend/Family Member (18.0%)
- 11.3/17.2% Relationship Difficulty (15.6%)
- 8.8/17.5% Depression/Anxiety/SAD (15.7%)
- 7.4/14.4% Internet Use/Computer Games (15.3%)
- 10.1/11.5% Alcohol Use (7.4%)
- 5.4/9.7% Sinus or Ear Infection/Bronchitis/Strep Throat (8.3%)
- 9/8.9% Death of Friend/Family Member (8.5%)

American College Health Association National College Health Survey UW-River Falls Spring 2000 Smokers (statistically significant differences) (versus Non-smokers):

- Earned a lower GPA
- Accumulate higher credit card debt
- Had a higher number of sexual partners in the last year
- Drank alcohol more frequently in the last 30 days
- Used marijuana more frequently in the last 30 days
- Reported a lower general health rating
- Experienced more feelings of helplessness, exhaustion, sadness, and depression in the last year
- Reported feeling suicidal more often
- Engaged less often in vigorous exercise
- Reported more anxiety disorders in the last year

***Smokers-smoked 3 or more days in the last 30 days**

***Non-smokers-have never smoked, have smoked but not in the last 30 days, or have smoked only 1-2 times in the last 30 days**

Jake Hovden, McNair Scholar

Dr. Faye Perkins, McNair Mentor

UW-River Falls Smoking Data

- 2000 Spring NCHA - **24.1%** used cigarettes in the last 30 days
- 2002 Spring Core Added Question - **22.6%** smoked one day or more in the last 30 days
- 2002 Fall Campus Tobacco Survey - **22%** smoked in the past month
- 2003 Spring NCHA - **19.2%** used cigarettes in the last 30 days
- 2003 Fall Campus Tobacco Survey - **22%** smoked in the past month
- 2005 Spring UW System AODA Use Survey - **20%** smoked over the past 30 days
- Spring 2006 NCHA - **14.9%** used cigarettes in the last 30 days (Used daily for the past 30 days **3.9%**)
- 2007 Spring UW System AODA Use Survey – **19%** smoked over the past 30 days (On 26-30 of the past 30 days **6.07%**)
- Spring 2009 NCHA – **17.8%** used cigarettes in the last 30 days (Used daily for the past 30 days **6%**)



Inter-sectoral engagement in partnership with government. (Institute of Medicine-2003;
The Future of the Public's Health in the 21st Century)

Which of the following statements describe you? (Select all that apply) (Student, Faculty/Staff)

- I am a regular smoker- (6.3%, 2.9%)
- I smoke/use tobacco only when I drink alcohol- (9.4%, 2.2%)
- I smoke/use tobacco only when I am around other who smoke/use tobacco- (17.4%, .7%)
- I smoke or use tobacco products other than cigarettes (cigarillos, cigars, pipes, chewing tobacco) (9.4%, 3.6%)
- I used to smoke or use other tobacco products, but I quit- within the last year (2.6%, 2.2%)
- I used to smoke or use other tobacco products, but I quit-more than a year ago (8.1%, 18.8%)
- I have never smoked or used tobacco (67%, 67.3%)

Smokers-Which of the following statements describe you? (Select all that apply) (Student, Faculty/Staff)

- A. I am not interested in quitting smoking. **(16.6%, 27.3%)**
- B. I want to quit smoking, but have no timeframe. **(12.5%, 36.4%)**
- C. I plan to quit smoking within the next 6 months. **(18.1%, 0%)**
- D. I plan to quit smoking when I graduate. **(2.7%)**
- E. I plan to quit smoking when I become a parent. **(8.3%)**
- F. Do not know **(41.7%, 27.3%)**

Have you tried to quit smoking within the last 12 months? (Student, Faculty/Staff)

- A. Yes **(41.3%, 36.4%)**
- B. No **(49.3%, 45.5%)**
- C. Do not know

Please indicate the extent to which you agree or disagree with each of the following statements.
(Student, Faculty/Staff)

(Strongly Disagree) 1 2 3 4 5 (Strongly Agree) Do not know

- Secondhand smoke is a health issue. (94.5%, 91.3% somewhat agree or strongly agree)
- In general, I am concerned about the health consequences of secondhand smoke on this campus. (67.3%, 74.6%)

Please indicate the extent to which you agree or disagree with each of the following statements.

(Student, Faculty/Staff)

(Strongly Disagree) 1 2 3 4 5 (Strongly Agree) Do not know

- It is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke. (76.1%, 77.5%)
- Litter caused by smoking (cigarette butts, empty packages, etc.) detracts from the appearance of this campus. (88.2%, 92%)

**Where are you regularly exposed to secondhand smoke? (Select all that apply)
(Student, Faculty/Staff)**

- On campus-on my way to classes/work (such as sidewalks, parking lots) **(82.7%, 48.6%)**
- On campus-entrances into campus buildings. **(79%, 66%)**
- Bars/cocktail lounges **(60.7%, 57.2%)**
- Off campus-public spaces (such as sidewalks, parking lots, bike paths) **(49%, 30.4%)**
- Restaurants **(47.9%, 42%)**
- Places of public amusement (fairgrounds, outdoor concerts, etc.) **(44%, 28.3%)**
- Cars/Vehicles **(31%, 5.7%)**
- I am never or almost never exposed to secondhand smoke **(4.2%, 15.2%)**

Now we would like to know your preferences regarding the following off-campus locations. For each location, does/would a smoke-free environment influence you to visit less often, more often, or would not make a difference. (Student, Faculty/Staff)

- Restaurants that DO NOT serve Liquor (88.2%, 94.2% would visit more often or no difference)
- Restaurants that DO serve liquor (78.3%, 93.5% would visit more often or no difference)
- Bars/cocktail lounges (71.7%, 83.3% would visit more often or no difference)

**Has any health information about tobacco use been made available on your campus?
(Student, Faculty/Staff)**

- Yes **(58.9%, 72.5%)**
- No
- I am not sure **(35.9%, 23.9%)**

Enrollment

If this campus implemented a policy making it completely tobacco-free, would that influence your decision to go to school here or work here? (Student, Faculty/Staff)

- **No, it would not influence my decision in any way (43%, 63.8%)**
- **Yes, I would be more likely to school here (40%, 28.3%)**
- **Yes, I would be less likely to school here (9.2%, 5.1%)**

Which of the following statements best represents the current smoking policy on your campus? (Student, Faculty/Staff)

- The campus buildings are smoke-free; smoking on the premises is limited to 25 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university. **(77%, 80.4%)**
- The campus buildings are smoke-free; smoking on the premises is prohibited except in designated outdoor areas. Smoking is prohibited in college or state-owned vehicles.
- The campus buildings are smoke-free; there are no smoking restrictions on the grounds.
- I am not sure what the current smoking policy is on my campus.
- Do not know

**How likely are you to support a policy that would require your campus to be completely tobacco-free?
(Student, Faculty/Staff)**

(Not at all likely) 1 2 3 4 5 (Very likely)
Do not know

- Fairly likely or very likely **(66%, 70.3%)**

Smoking Should Not Be Allowed Anywhere on Campus (2007 Employee Health and Wellness Survey)

- Somewhat or Strongly Agree 74%
- Somewhat or Strongly Disagree 26%
- 68% students somewhat or strongly agree (2009 NCHA), up from 60.1% students somewhat or strongly agree (2006 NCHA). Up from 47.4% from 2002 (Core Survey).

Enforcement

- To what degree do you think the smoking policy on your campus is enforced OUTDOORS? (Student, Faculty/Staff)
 - (Not at all well) 1 2 3 4 5 (Very well)
 - Do not know
 - Not at all well or not very well **(74.6%, 66.6%)**
- Completely tobacco-free versus some exceptions
- Voluntary versus citation compliance

Enforcement (con't)

- Most campuses emphasize education over enforcement.
- Most campuses encourage following the policy as an expectation for all students, faculty, and staff, including encouraging others to comply with the policy.
- At some campuses continued non-compliance with the policy is handled in the same manner as any other policy violation and is subject to the disciplinary process.
- Citations and fines were not the norm.
- Non-punitive focus.

Importance of Promoting Access to Cessation Resources

- **Wisconsin Tobacco Quit Line- 1-800-QUIT-NOW.** You'll talk to a friendly quit coach who will send you a free two-week supply of quit-tobacco medications, plus help you develop strategies on how to quit that are just right for you. It's all free!
- Counselor
- Health Care Provider
- Quit Kits
- Websites (quitplan.net)

Health Issue

- The **2006 U.S. Surgeon General's Report on *The Health Consequences of Involuntary Exposure to Tobacco Smoke*** concluded that there is "no risk-free level of exposure to secondhand smoke." The report states that "secondhand smoke contains many chemicals that can quickly irritate and damage the lining of the airways. Even brief exposure can result in upper airway changes in healthy persons and can lead to more frequent and more asthma attacks in children who already have asthma."

Health Issue

- Smoke from the burning end of a cigarette contains more than **4,000 chemicals** and, at least, **60 carcinogens** including: formaldehyde, cyanide, arsenic, carbon monoxide, methane, and benzene. The smoker, and anyone else nearby, inhales these chemicals (Environmental Protection Agency, Indoor Air Facts, No. 5, 1989).
- The effects of even **brief exposure** (minutes to hours) to secondhand smoke can be nearly as large (averaging 80% to 90%) as chronic active smoking (Barnoya, J. and Glantz, S.A., "Cardiovascular effects of secondhand smoke: nearly as large as smoking," *Circulation* 111(20): 2684-2698, May 24, 2005).

Litter

- It is estimated that several trillion cigarette butts are littered worldwide every year. That's billions of cigarettes flicked, one at a time, on our sidewalks, beaches, nature trails, gardens, and other public places every single day.
- In fact, **cigarettes are the most littered item in America** and the world. Cigarette filters are made of cellulose acetate tow, NOT COTTON, and they can take decades to degrade.
- Not only does cigarette litter ruin even the most picturesque setting, but the toxic residue in cigarette filters is damaging to the environment, and littered butts cause numerous fires every year, some of them fatal (cigarettelitter.org).

River Falls Main Street

- On October 20, 2008, 15 volunteers from River Falls Main Street spent an hour picking up cigarette butts on the UW-River Falls campus
- They picked up 5,525 cigarette butts on campus in one hour!



15 Volunteers
1 hour on Campus

Before



After



Health and Wellness Council

- Mission: To work collaboratively to identify and address health and wellness issues that affect UW-RF students, faculty, and staff.
- This group serves as a forum for discussing campus health-related issues, and forwarding recommendations.
- Membership includes, students, faculty and staff, and community members.

Health and Wellness Council

- October 29th 2008 the Council came to a consensus agreement to recommend supporting a tobacco-free campus and to move forward in this process.
- Recommend moving forward in a similar process as with the 25-foot smoke-free radius policy.