

# 2006 MSUM Secondhand Smoke Study of Students and Faculty/Staff



**Prepared for**

Clay County Public Health in Minnesota and  
Minnesota State University Moorhead (MSUM)

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## Foreword

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This report is one of two parts to a study commissioned by Clay County Public Health. The study involved surveys conducted at two college campuses in Moorhead, Minnesota. Two surveys were administered at each campus, one with students and one with faculty/staff. This report, entitled *2006 MSUM Secondhand Smoke Study of Students and Faculty/Staff*, presents the findings of the survey of students and the survey of faculty/staff at Minnesota State University Moorhead (MSUM). The results of the findings for the Moorhead campus of Minnesota State Community and Technical College (MSCTC-Moorhead) can be found in the companion document, *2006 MSCTC-Moorhead Secondhand Smoke Study of Students and Faculty/Staff*. Both reports are available on the North Dakota State Data Center website at [www.ndsu.edu/sdc/publications.htm](http://www.ndsu.edu/sdc/publications.htm).

The study was designed to gather information from faculty/staff and students at each college campus regarding their attitudes and behaviors toward tobacco use and issues pertaining to smoking and secondhand smoke policies. It was also designed to give decision makers insight into the campus community's perceptions, opinions, and attitudes regarding tobacco use on campus, current smoke-free policies on campus, and the various campus smoking cessation programs available to the campus community.

### Acknowledgments

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We would like to thank Gina Nolte, Director of Health Promotion, Clay County Public Health, and Cindy Borgen, Tobacco Prevention Specialist, Clay County Public Health, for their effort in coordinating this project.

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## Executive Summary

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### Introduction

- This report presents the results of a survey of faculty/staff and a survey of students at Minnesota State University Moorhead (MSUM). This report is one of two reports for a study commissioned by Clay County Public Health on attitudes and behaviors toward tobacco use and issues pertaining to smoking and secondhand smoke policies at MSUM and the Moorhead campus of Minnesota State Community and Technical College.
- The methodological approach that was used for the MSUM campus was a random sample of students and a census of faculty/staff. A two-staged stratified random design was used for the student survey at MSUM. A total of 1,000 surveys were printed and distributed to students enrolled in 80 randomly selected classes. The institution's comprehensive email system allowed us to utilize an electronic web survey for faculty/staff.
- The faculty/staff survey had 24 questions and the student survey had 25 questions. The two surveys covered opinions and perceptions of tobacco and secondhand smoke issues, exposure to secondhand smoke, smoke-free policies, education and cessation information, smoking status and follow-up questions of smokers, and general demographics. Data collection began Wednesday, October 25, 2006, and ended Friday, November 10, 2006, for faculty/staff and ended Friday, November 17, 2006, for students.
- Fall enrollment for 2006 was 7,454 students, of which 1,000 students were provided a survey, or 13.4 percent of the student body. A total of 184 surveys were returned, for a response rate of 18.4 percent. These results ensure a representative sample of students with an error rate of 7 percent and a confidence level of 95 percent. One can feel confident in using these results for policy decisions. The response rate for faculty/staff was good. There were 849 faculty/staff at MSUM Fall 2006, of which 272 participated in the survey, for a response rate of 32.0 percent; because the survey design constituted a "census" and not a "sample," typical discussions of standard error and confidence levels are not applicable.

### Survey of Students

#### *Students' Opinions and Perceptions of Tobacco and Secondhand Smoke Issues*

- On average, students strongly disagree that light cigarettes are less harmful than regular cigarettes and that smoking is an effective way to keep weight down. They generally disagree that they are not worried about the health effects of secondhand smoke, that smoking helps people feel more comfortable in social situations, that smoking helps relieve stress, and that smoking makes people feel more relaxed. Students are neutral regarding being tired of people telling them about secondhand smoke.
- On average, students strongly agree that smoking can lead to long-term physical illnesses, that smoking causes physical effects such as reduced endurance, and that secondhand smoke is a health issue. Students generally agree that they don't like being around people who smoke and that people who smoke can quit if they want to.

#### *Students' Experiences with Tobacco and Secondhand Smoke*

- The vast majority of students indicate that they are regularly exposed to secondhand smoke. The most common place of exposure for students is entrances into campus buildings, on their way to classes/work on campus, and bars/cocktail lounges. Entrances into buildings off campus, the homes of friends or family members, and places of public amusement are other common places of exposure.
- Students are split nearly evenly between estimating the proportion of students at MSUM who smoke to be "21 to 33 percent" and estimating "34 to 50 percent."

## Executive Summary (continued)

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- 64.1 percent of all students do not use tobacco products (51.6 percent never used tobacco products and 12.5 percent used to smoke but quit). *Among students who do not use tobacco products:*
  - 5.9 percent quit smoking within the last year.
  - 13.6 percent quit smoking more than one year ago.
  - 80.5 percent never used tobacco products.
- 34.2 percent of all students are smokers (12.5 percent are regular smokers and 21.7 percent are occasional smokers). *Among students who are smokers:*
  - 36.5 percent are regular smokers.
    - Students who are regular smokers smoke, on average, 9.59 cigarettes a day.
  - 27.0 percent smoke cigarettes occasionally (not every day).
  - 33.3 percent smoke only when drinking alcohol.
  - 20.6 percent smoke only when around others who smoke/use tobacco.
  - 27.0 percent smoke or use tobacco products other than cigarettes.
  - In addition to at least one of the above responses, 6.3 percent say they used to smoke but quit within the last year, 1.6 percent say they used to smoke but quit more than 1 year ago, and 1.6 percent say they have never smoked/used tobacco products.
- The age at which students who smoke started smoking ranges from ages 11 to 22. The average age they started smoking is 16.02 years.
- More than half of students who smoke cite peers as an influence to begin smoking. More than one-fourth cite other reasons, including relationship breakup, boredom, curiosity, and using tobacco products other than cigarettes.
- One-fifth of students who smoke said all of their four closest friends smoke and an additional one-fourth said three of their four closest friends smoke.
- More than half of students who smoke indicate some interest in quitting smoking. Among students who smoke, nearly half have tried to quit smoking within the last 12 months. Half of these students who smoke and have tried to quit smoking have tried to quit more than once within the last 12 months; the average number of attempts is 1.83.
- On average, students who smoke generally agree that they are worried about the impacts of smoking on their health and that they are worried about the impact of their smoking on their appearance. They strongly disagree that they are concerned about gaining weight if they quit smoking. They generally disagree that they are concerned about how to handle stress if they quit smoking and that they are concerned that their smoking negatively impacts their relationships with others. They are neutral about being concerned about the effect of secondhand smoke from their smoking on their friends or family.

### *Students' Preferences and Opinions Regarding Campus Smoking Policies*

- On average, students strongly agree that litter caused by smoking detracts from the appearance of the campus. Students agree that it is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke and that they are concerned about the health consequences of secondhand smoke on campus.
- More than two-thirds of students at MSUM think Policy A: "The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university," is the current campus smoking policy, which is correct.
- On average, students say the campus smoking policy outdoors is enforced poorly. Two-fifths of students say it is enforced not at all well.

## Executive Summary (continued)

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- On average, students are somewhat likely to support a policy requiring a smoke-free campus. Two-fifths of students say it is very likely they would support a smoke-free campus policy.
- On average, students believe a smoke-free campus policy would have a positive effect on student quality of life and student learning. Students believe a smoke-free campus policy would not have much of an effect on student enrollments. However, more than half of students indicate a smoke-free campus policy would not influence their decision to attend MSUM and nearly one-third indicate they would be more likely to attend MSUM.

### *Students' Awareness of and Interest in Education/Cessation*

- More than two-fifths of students say that health information about tobacco use has been made available on their campus. Half of students are not sure if health information about tobacco use has been made available. The vast majority of students say they are not sure if smoking cessation counseling or quit programs are offered on their campus or say no, they are not aware of programs offered on their campus.
- Regarding cessation/stopping smoking programs, the vast majority of students say they are not interested/it does not apply to them. *Among students who are smokers:*
  - 12.7 percent are interested in medications.
  - 11.1 percent are interested in one-on-one counseling; 6.3 percent are interested in support groups.
  - 81.0 percent say it does not apply to them/they are not interested.

### *Students' Impact of Smoking Preferences on Visits to Locations in the Community*

- Regarding visits to off campus smoke-free restaurants that DO NOT serve liquor:
  - 40.4 percent of students would want to go more often.
  - 42.7 percent indicate it would not make a difference.
  - 6.2 percent would want to go less often.
- Regarding visits to off campus smoke-free restaurants that DO serve liquor:
  - 35.2 percent of students would want to go more often.
  - 41.5 percent indicate it would not make a difference.
  - 9.7 percent would want to go less often.
- Regarding visits to off campus smoke-free bars/cocktail lounges:
  - 32.8 percent of students would want to go more often.
  - 35.0 percent indicate it would not make a difference.
  - 13.6 percent would want to go less often.

### *Students' Demographics*

- Three-fourths of students live off campus.
- Approximately two-fifths of student respondents are male and three-fifths are female. According to MSUM administrative records, a little more than two-fifths of students are male.
- Four-fifths of student respondents are ages 24 or younger, matching MSUM administrative records almost exactly. The average age of student respondents is 21.93 years.

## Executive Summary (continued)

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### Survey of Faculty/Staff

#### *Faculty/Staff's Opinions and Perceptions of Tobacco and Secondhand Smoke Issues*

- On average, faculty/staff strongly disagree that they are not worried about the health effects of secondhand smoke, that light cigarettes are less harmful than regular cigarettes, that smoking is an effective way to keep weight down, and that they are tired of people telling them about secondhand smoke. Faculty/staff generally disagree that smoking helps relieve stress, that smoking makes people feel more relaxed, and that smoking helps people feel more comfortable in social situations.
- On average, faculty/staff strongly agree that secondhand smoke is a health issue, that smoking can lead to long-term physical illnesses, that smoking causes physical effects such as reduced endurance, and that they don't like being around people who smoke. Faculty/staff generally agree that people who smoke can quit if they want to.

#### *Faculty/Staff's Experiences with Tobacco and Secondhand Smoke*

- The vast majority of faculty/staff indicate that they are regularly exposed to secondhand smoke. The most common place of exposure for faculty/staff is entrances into campus buildings. Bars/cocktail lounges, on their way to classes/work on campus, and entrances into buildings off campus are other common places of exposure.
- The largest proportion of faculty/staff estimate that "21 to 33 percent" of students at MSUM smoke. One-fourth estimate that "34 to 50 percent" of students smoke.
- 86.7 percent of all faculty/staff do not use tobacco products (58.8 percent never used tobacco products and 27.9 percent used to smoke but quit). *Among faculty/staff who do not use tobacco products:*
  - 1.3 percent quit smoking within the last year.
  - 30.9 percent quit smoking more than one year ago.
  - 67.8 percent never used tobacco products.
- 11.8 percent of all faculty/staff are smokers (7.0 percent are regular smokers and 4.8 percent are occasional smokers). *Among faculty/staff who are smokers:*
  - 59.4 percent are regular smokers.
    - Faculty/staff who are regular smokers smoke, on average, 17.50 cigarettes a day.
  - 15.6 percent smoke cigarettes occasionally (not every day).
  - 15.6 percent smoke only when drinking alcohol.
  - 9.4 percent smoke only when around others who smoke/use tobacco.
  - 12.5 percent smoke or use tobacco products other than cigarettes.
- The age at which faculty/staff who smoke started smoking ranges from 12 to 30. The average age they started smoking is 16.97 years.
- Nearly two-thirds of faculty/staff who smoke cite peers as an influence to begin smoking. More than one-third of faculty/staff cite the fact that family members also smoked as another important factor.
- Two-thirds of faculty/staff who smoke indicate some interest in quitting smoking. Among faculty/staff who smoke, nearly one-third have tried to quit smoking within the last 12 months. More than three-fourths of these faculty/staff who smoke and have tried to quit smoking within the last 12 months have tried to quit more than once in the last 12 months; the average number of attempts is 3.00.

## Executive Summary (continued)

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- On average, faculty/staff agree that they are worried about the impacts of smoking on their health and that they are concerned about the effect of secondhand smoke from their smoking on their friends or family. Faculty/staff generally disagree that they are concerned about gaining weight if they quit smoking, that they are concerned that their smoking negatively impacts their relationship with others, and that they are concerned about how to handle stress if they quit smoking. Faculty/staff are neutral regarding that they are worried about the impact of their smoking on their appearance.

### *Faculty/Staff's Opinions and Preferences Regarding Campus Smoking Policies*

- On average, faculty/staff strongly agree that litter caused by smoking detracts from the appearance of the campus, that it is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke, and that they are concerned about the health consequences of secondhand smoke on campus.
- More than three-fourths of faculty/staff think Policy A: "The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university," is the current campus smoking policy, which is correct.
- On average, faculty/staff say the campus smoking policy outdoors is enforced very poorly. Nearly half of faculty/staff say it is enforced not at all well.
- On average, faculty/staff are very likely to support a policy requiring a smoke-free campus. Nearly two-thirds of faculty/staff say it is very likely they would support a smoke-free campus policy.
- On average, faculty/staff believe a smoke-free campus policy would have a strong positive effect on student quality of life and student learning. Faculty/staff believe a smoke-free campus policy would have a somewhat positive effect on student enrollments. More than half of faculty/staff indicate a smoke-free campus policy would not influence their decision to work at MSUM and more than one-third indicate they would be more likely to work at MSUM.

### *Faculty/Staff's Awareness of and Interest in Education/Cessation*

- More than half of faculty/staff say that health information about tobacco use has been made available on their campus. Two-fifths of faculty/staff are not sure if health information about tobacco use has been made available. The vast majority of faculty/staff say they are not sure if smoking cessation counseling or quit programs are offered on their campus or say no, they are not aware of programs offered on their campus.
- Regarding cessation/stopping smoking programs, the vast majority of faculty/staff say either they are not interested/it does not apply to them or declined to answer the question. *Among faculty/staff who are smokers:*
  - 34.4 percent are interested in medications.
  - 6.3 percent are interested in one-on-one counseling; 6.3 percent are interested in support groups; 6.3 percent are interested in a phone hotline.
  - 31.3 percent say it does not apply to them/they are not interested.
  - 21.9 percent declined to answer.

### *Faculty/Staff's Impact of Smoking Preferences on Visits to Locations in the Community*

- Regarding visits to off campus smoke-free restaurants that DO NOT serve liquor:
  - 65.3 percent of faculty/staff would want to go more often.
  - 29.8 percent indicate it would not make a difference.
  - 3.0 percent would want to go less often.

## Executive Summary (continued)

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- Regarding visits to off campus smoke-free restaurants that DO serve liquor:
  - 67.5 percent of faculty/staff would want to go more often.
  - 25.7 percent indicate it would not make a difference.
  - 2.6 percent would want to go less often.
- Regarding visits to off campus smoke-free bars/cocktail lounges:
  - 57.0 percent of faculty/staff would want to go more often.
  - 20.8 percent indicate it would not make a difference.
  - 4.5 percent would want to go less often.

### *Faculty/Staff's Demographics*

- More than two-fifths of faculty/staff respondents are faculty and half are staff (including administration). A small proportion declined to indicate their gender or quit the survey prior to this question. According to MSUM administrative records, three-fifths of employees at MSUM are faculty and two-fifths are staff (including administration).
- One-third of faculty/staff respondents are male and two-thirds are female. According to MSUM administrative records, the gender distribution of faculty/staff is more evenly distributed.
- Half of faculty/staff respondents are ages 35 to 54. The average age of faculty/staff respondents is 46.84 years. Age information was not obtained from MSUM administrative records for faculty/staff.

### **Highlights of Differences Between Student and Faculty/Staff Responses**

#### *Differences in Opinions and Perceptions of Tobacco and Secondhand Smoke Issues*

- On average, students and faculty/staff have similar views regarding select tobacco and secondhand smoke issues. However, faculty/staff do not disagree as much as students that smoking helps people feel more comfortable in social situations. Faculty/staff disagree more than students that they are tired of people telling them about secondhand smoke and that they are not worried about the health effects of secondhand smoke. Faculty/staff are much more in agreement than students that they don't like being around people who smoke.

#### *Differences in Experiences with Tobacco and Secondhand Smoke*

- Entrances into campus buildings are a regular place of exposure to secondhand smoke for the majority of students and faculty/staff. Larger proportions of students than faculty/staff cite on their way to classes/work on campus and the homes of friends or family members as a place of regular exposure to secondhand smoke.
- Students estimate a larger proportion of students at MSUM smoke than faculty/staff estimate.
- A larger proportion of students than faculty/staff are smokers (34.2 percent and 11.8 percent, respectively).
- Among respondents who are smokers, a larger proportion of faculty/staff than students are regular smokers. In addition, faculty/staff who are regular smokers smoke more cigarettes a day than students smoke (mean=17.50 and mean=9.59, respectively).
- The average age at which faculty/staff who smoke started smoking is slightly older than the average age at which students who smoke started smoking (mean=16.97 and mean=16.02, respectively).

## Executive Summary (continued)

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- Peers stand out as the most influential factor influencing both students and faculty/staff to begin smoking. However, the fact that family members also smoked was much more of a factor for faculty/staff than students.
- A somewhat larger proportion of faculty/staff than students indicate they have some interest in quitting smoking.
- A larger proportion of students who smoke than faculty/staff who smoke indicate they have tried to quit smoking within the last 12 months. The average number of quit attempts for faculty/staff is higher than it is for students (mean=3.00 and mean=1.83, respectively).
- On average, students and faculty/staff have similar views regarding worries and concerns associated with smoking. However, while students are neutral regarding being concerned about the effect of secondhand smoke from their smoking on their friends or family, faculty/staff agree that they are concerned.

### *Differences in Opinions and Preferences Regarding Campus Smoking Policies*

- On average, faculty/staff agree more strongly than students that litter caused by smoking detracts from the appearance of the campus, that it is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke, and that they are concerned about the health consequences of secondhand smoke on campus.
- Faculty/staff are more confident than students that Policy A: "The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university," represents the current smoking policy at MSUM.
- On average, faculty/staff rate the enforcement of the campus smoking policy outdoors even more poorly than students.
- On average, faculty/staff show stronger support for a smoke-free campus policy than students. Nearly two-thirds of faculty/staff are very likely to support a smoke-free campus policy compared to two-fifths of students.
- On average, faculty/staff anticipate that a smoke-free campus policy would have a more positive effect on student quality of life and student learning than students anticipate. Faculty/staff also indicate a smoke-free campus policy would have a somewhat positive effect on student enrollments while students think a smoke-free campus policy would have very little effect on student enrollments.
- Faculty/staff and students have similar views in that a smoke-free campus policy either would not influence their decision to attend/work at MSUM or they would be more likely to attend/work at MSUM.

### *Differences in Awareness of and Interest in Education/Cessation*

- A somewhat larger proportion of faculty/staff than students say they know for sure that health information about tobacco use has been made available on their campus. A somewhat larger proportion of faculty/staff than students say they are aware of smoking cessation counseling or quit programs offered on their campus.
- Students and faculty/staff have similar views on smoking cessation counseling or quit programs offered on their campus. However, a larger proportion of faculty/staff who smoke than students who smoke indicate interest in medications.

## Executive Summary (continued)

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### *Differences in Impact of Smoking Preferences on Visits to Locations in the Community*

- A larger proportion of faculty/staff than students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO NOT serve liquor. A larger proportion of students than faculty/staff indicate smoke-free status would not make a difference in their visits to off campus restaurants that DO NOT serve liquor.
- A much larger proportion of faculty/staff than students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO serve liquor. A larger proportion of students than faculty/staff indicate smoke-free status would not make a difference in their visits to off campus restaurants that DO serve liquor.
- A much larger proportion of faculty/staff than students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free bars/cocktail lounges. A larger proportion of students than faculty/staff indicate smoke-free status would not make a difference in their visits to off campus bars/cocktail lounges. A somewhat larger proportion of students than faculty/staff indicate they would want to go less often.

## Introduction

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### Overview of Study and Objectives

This report is one of two parts to a study commissioned by Clay County Public Health and funded by a Tobacco-Free Communities Grant from the Minnesota Department of Health. The study involved surveys conducted at two major college campuses in Moorhead, Minnesota. Minnesota State Community and Technical College (MSCTC)-Moorhead is a two-year technical college with three other campuses in west-central Minnesota. Minnesota State University Moorhead (MSUM) is a four-year state university. Both colleges are part of the Minnesota State Colleges and Universities system.

This report presents the findings of the survey of students and the survey of faculty/staff at MSUM. The results of the findings for MSCTC-Moorhead can be found in the companion document, *2006 MSCTC-Moorhead Secondhand Smoke Study of Students and Faculty/Staff*. Both reports are available on the North Dakota State Data Center website at [www.ndsu.edu/sdc/publications.htm](http://www.ndsu.edu/sdc/publications.htm).

The study was designed to gather information from faculty/staff and students at each college campus regarding their attitudes and behaviors toward tobacco use and issues pertaining to smoking and secondhand smoke policies. It was also designed to give decision makers insight into the campus community's perceptions, opinions, and attitudes regarding tobacco use on campus, current smoke-free policies on campus, and the various campus smoking cessation programs available to the campus community.

This study dovetails with previous tobacco surveys conducted in Clay County. Those previous studies include the *Regional Tobacco and Secondhand Smoke Survey: 2002*, the *Secondhand Smoke Survey for Central and Western Minnesota: February 2005 Survey Results*, and the *City of Moorhead, Minnesota, Follow-up Tobacco Study* (available at [www.ndsu.edu/sdc/publications.htm](http://www.ndsu.edu/sdc/publications.htm)).

### Methodology

Different methodological approaches were used based on the different organizational structures and dynamics of the two campus communities. The methodological approach that was used for the MSUM campus was a random sample of students and a census of faculty/staff.

A two-staged stratified random design was used for the student survey at MSUM. The unit of data collection was the classroom. In the first stage, the Fall 2006 class schedule was used to group all class offerings (i.e., classrooms) by department using course classification (e.g., ACCT for accounting, BIOL for biology, SPAN for Spanish). In the second stage, departments were grouped by the number of class offerings according to four categories: fewer than 15 class offerings, 15 to 30 class offerings, 31 to 50 class offerings, and 51 or more class offerings. The total number of class offerings in each of the four size categories was used to determine the proportion each size category represented of the total class offerings in Fall 2006. These proportions were used to determine the number of classes to be randomly selected from each size category. A total of 1,000 surveys were printed and distributed to students, representing approximately 13 percent of the Fall 2006 enrollment of 7,454 students. To account for less than 100 percent class attendance when the surveys were handed out, enough classes were randomly selected to reach 1,000 students. In total, 80 randomly selected classes were contacted with a combined registered enrollment of 2,099 students.

An incentive to participate in the survey was used with the student survey. When students returned the survey to the Hendrix Health Center, they were given the opportunity to draw for one of 25 1GB computer flash drives. Students were sent a reminder email on Thursday, November 9, 2006, that extended the deadline for data collection from Friday, November 10, 2006, to Friday, November 17, 2006, in order to provide additional opportunity for students to turn in their surveys (see Appendix D).

## Introduction (continued)

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The institution's comprehensive email system allowed us to utilize an electronic web survey for faculty/staff. The email system was also utilized for correspondence with the MSUM campus community (see Appendix D). The faculty/staff were notified of the survey in an email from MSUM President Barden on October 24, 2006, that was distributed to everyone via the campus listservs. On Wednesday, October 25, 2006, faculty/staff were sent a letter of invitation via the campus listservs which directed them to a specific website where they could complete the survey. A reminder email was sent to faculty/staff via the campus listservs on Tuesday, November 7, 2006, a few days prior to the final day of data collection on Friday, November 10, 2006.

Data collection for the students and faculty/staff began Wednesday, October 25, 2006, and ended Friday, November 10, 2006, for faculty/staff and ended Friday, November 17, 2006, for students.

A random selection of MSUM students were invited to participate in the survey. Fall 2006 enrollment was 7,454 students, of which 1,000 students were provided a survey, or 13.4 percent of the student body. A total of 184 surveys were returned, for a response rate of 18.4 percent. These results ensure a representative sample of students with an error rate of 7 percent and a confidence level of 95 percent. One can feel confident in using these results for policy decisions. Approximately one-third of student respondents are smokers, representing an excellent rate of participation by smokers.

The response rate for faculty/staff was good. There were 849 faculty/staff at MSUM Fall 2006, of which 272 participated in the survey, for a response rate of 32.0 percent. All faculty/staff at MSUM were extended an opportunity via email to participate in the web survey. Because the survey design constituted a "census" and not a "sample," typical discussions of standard error and confidence levels are not applicable. Approximately one-tenth of faculty/staff respondents are smokers, representing a satisfactory rate of participation by smokers.

North Dakota State University (NDSU) Institutional Review Board (IRB) approval was obtained, ensuring that proper protocol was used and the rights of human subjects were maintained. IRB approval was also obtained from Minnesota State University Moorhead (MSUM), using the approval from NDSU to expedite the process.

### Survey Instrument Design

The faculty/staff survey had 24 questions and the student survey had 25 questions. The two survey instruments were nearly identical. The surveys covered opinions and perceptions of tobacco and secondhand smoke issues, exposure to secondhand smoke, smoke-free policies, education and cessation information, smoking status and follow-up questions of smokers, and general demographics. The surveys took approximately 10 minutes to complete.

The survey instruments were designed by staff at the North Dakota State Data Center with input from staff at Clay County Public Health and representatives from each of the colleges (see Appendix B for the student survey instrument and Appendix C for the faculty/staff survey instrument). The survey instruments were adapted from survey instruments developed for use in a 5-county regional collaborative project in 2002.

A subscription to Survey Monkey ([www.surveymonkey.com](http://www.surveymonkey.com)) was obtained for the duration of this study. The faculty/staff survey was adapted to web form using the site's online tools, and data collection was hosted on the Survey Monkey servers. The student survey was designed for electronic scanning to reduce coding and input error.

## Introduction (continued)

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### Presentation of Findings

Survey results are presented as figures throughout the report, with detailed distributions in the appendix tables. Student and faculty/staff responses are presented in the figures together. They are analyzed separately in the narrative and labeled as responses from “Students” and responses from “Faculty/staff.” Similarities and differences are discussed in “Comparison of student and faculty/staff responses.” In the figures, “DNK/refused” responses refer to “Do not know/refused” and “F/S” in the legend refers to “Faculty/staff.” Student data are presented in red in the figures and appendix tables; faculty/staff data are presented in blue in the figures and appendix tables.

Smokers are comprised of regular and occasional smokers. Respondents who answered “I am a regular smoker,” alone or in combination with other options, are considered regular smokers. Respondents who answered at least one of the following options: “I smoke cigarettes occasionally,” “I smoke/use tobacco only when I drink alcohol,” “I smoke/use tobacco only when I am around others who smoke/use tobacco,” and “I smoke or use tobacco products other than cigarettes” who did not answer “I am a regular smoker” are considered occasional smokers. Figures and appendix tables that present data representing smokers only are tinted green.

Non-tobacco users include respondents who indicated “I used to smoke or use other tobacco products, but quit within the last year” and “I used to smoke or use other tobacco products, but quit more than 1 year ago” as well as respondents who indicated “I have never smoked or used other tobacco products.” A handful of respondents indicated a “quit” response as well as a “regular” or “occasional” smoker response; these respondents were categorized as smokers.

Despite the fact that the two survey instruments were nearly identical, the two types of media, i.e., the printed paper survey for students and the web survey for faculty/staff, resulted in one primary difference in the data regarding “Do not know/refused” responses. As a paper survey, the student survey did not include “Do not know/refused” as an explicit response; in order to refuse to answer a question, students could skip the question. As a web survey for faculty/staff, it was preferable to provide “Do not know/refused” as a response so that every question had a relevant answer choice. Therefore, data for “Do not know/refused” are presented for faculty/staff where applicable and left blank for students.

The total number of respondents (i.e., the N) is noted with each figure and appendix table. The overall N changes between figures (and associated appendix tables) because some faculty/staff quit the survey before completing it, and some students either skipped individual questions or did not finish the survey before turning it in. The data from each respondent were used where available. In the demographics section, those respondents who quit are labeled “missing” and combined with “DNK/refused” responses as necessary.

# Survey Results

## Opinions and Perceptions of Tobacco and Secondhand Smoke Issues

Respondents were asked to indicate the extent to which they agree or disagree with a series of statements about the effects of smoking using a 5-point scale where 1 represents “strongly disagree” and 5 represents “strongly agree.”

See Figure 1 for means and Appendix Tables 1, 2, 3, and 4 for overall distributions.

### Student responses:

- On average, students disagree with all the statements about the effects of smoking. Students strongly disagree that smoking is an effective way to keep weight down (mean=1.75). They disagree that smoking helps people feel more comfortable in social situations (mean=2.24), that smoking helps relieve stress (mean=2.37), and that smoking makes people feel more relaxed (mean=2.51).

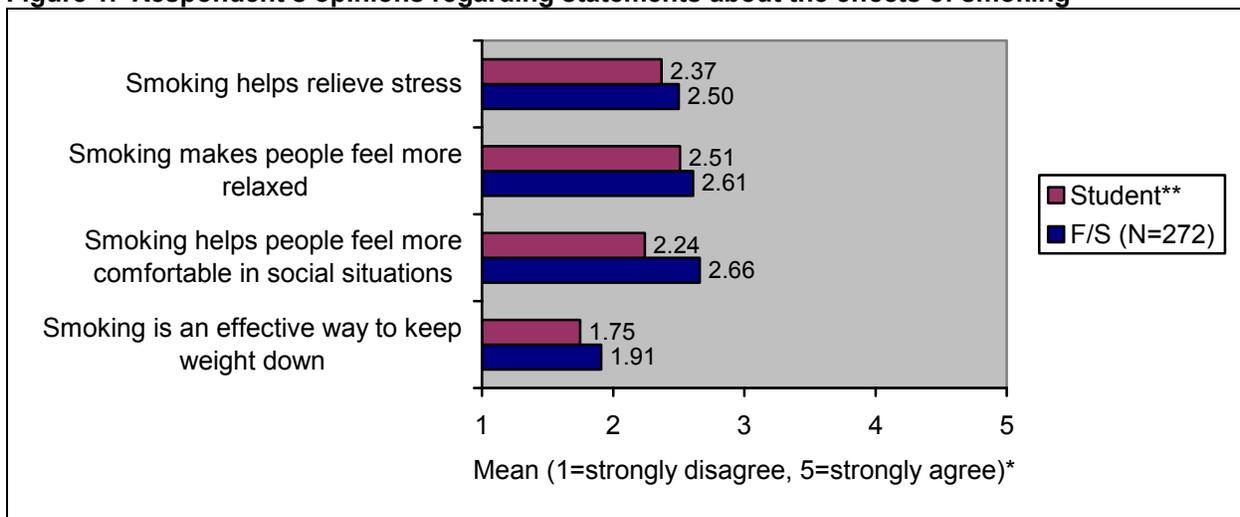
### Faculty/staff responses:

- On average, faculty/staff disagree with all the statements about the effects of smoking. Faculty/staff strongly disagree that smoking is an effective way to keep weight down (mean=1.91). They disagree that smoking helps relieve stress (mean=2.50), that smoking makes people feel more relaxed (mean=2.61), and that smoking helps people feel more comfortable in social situations (mean=2.66).

### Comparison of student and faculty/staff responses:

- On average, both students and faculty/staff disagree with all four statements about the effects of smoking. However, faculty/staff do not disagree as much as students that smoking helps people feel more comfortable in social situations (mean=2.66 and mean=2.24, respectively).

Figure 1. Respondent’s opinions regarding statements about the effects of smoking



\*Means are based on a 1 to 5 scale, with 1 being “strongly disagree” and 5 being “strongly agree,” and exclude “Do not know/refused” responses.

\*\*From top to bottom, student N=184, 183, 182, and 181, respectively.

Respondents were asked to indicate the extent to which they agree or disagree with a series of statements about health aspects of tobacco use and secondhand smoke using a 5-point scale where 1 represents “strongly disagree” and 5 represents “strongly agree.”

See Figure 2 for means and Appendix Tables 5, 6, 7, and 8 for overall distributions.

**Students:**

- On average, students strongly disagree that light cigarettes are less harmful than regular cigarettes (mean=1.65). Students strongly agree that smoking can lead to long-term physical illnesses (mean=4.68), that smoking causes physical effects such as reduced endurance (mean=4.43), and that secondhand smoke is a health issue (mean=4.40).

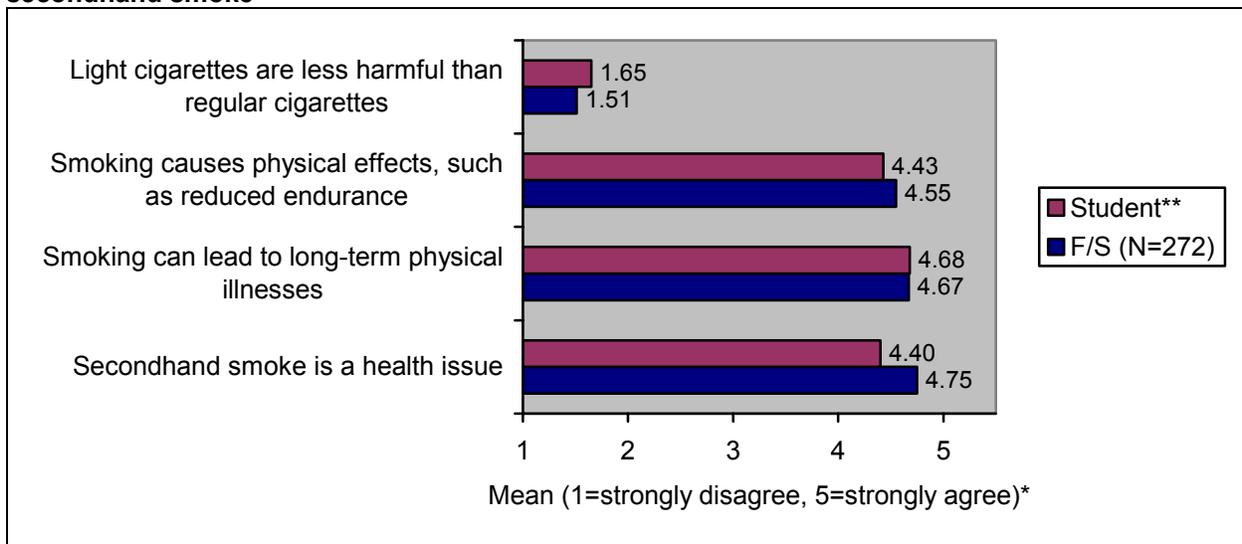
**Faculty/staff:**

- On average, faculty/staff strongly disagree that light cigarettes are less harmful than regular cigarettes (mean=1.51). Faculty/staff strongly agree that secondhand smoke is a health issue (mean=4.75), that smoking can lead to long-term physical illnesses (mean=4.67), and that smoking causes physical effects such as reduced endurance (mean=4.55).

**Comparison of student and faculty/staff responses:**

- On average, students and faculty/staff have very similar views on these statements about health aspects of tobacco use and secondhand smoke.

**Figure 2. Respondent’s opinions regarding statements about health aspects of tobacco use and secondhand smoke**



\*Means are based on a 1 to 5 scale, with 1 being “strongly disagree” and 5 being “strongly agree,” and exclude “Do not know/refused” responses.

\*\*From top to bottom, student N=181, 178, 181, and 184, respectively.

Respondents were asked to indicate the extent to which they agree or disagree with a series of statements about their feelings toward tobacco use and secondhand smoke using a 5-point scale where 1 represents “strongly disagree” and 5 represents “strongly agree.”

See Figure 3 for means and Appendix Tables 9, 10, 11, and 12 for overall distributions.

**Students:**

- On average, students agree that they don't like being around people who smoke (mean=3.58) and that people who smoke can quit if they want to (mean=3.43). Students are neutral regarding whether they are tired of people telling them about secondhand smoke (mean=2.97) and disagree that they are just not worried about the health effects of secondhand smoke (mean=2.06).

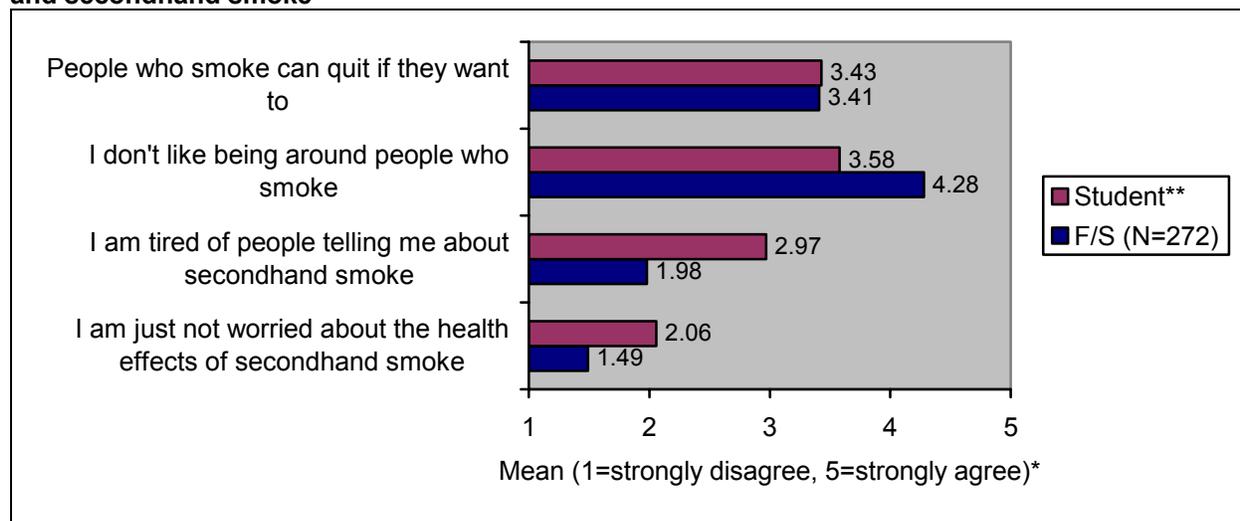
**Faculty/staff:**

- On average, faculty/staff strongly agree that they don't like being around people who smoke (mean=4.28). They agree that people who smoke can quit if they want to (mean=3.41). Faculty/staff strongly disagree that they are just not worried about the health effects of secondhand smoke (mean=1.49) and that they are tired of people telling them about secondhand smoke (mean=1.98).

**Comparison of student and faculty/staff responses:**

- On average, faculty/staff are much more in agreement than students that they don't like being around people who smoke (mean=4.28 and mean=3.58, respectively). Faculty/staff disagree more than students that they are just not worried about the health effects of secondhand smoke (mean=1.49 and mean=2.06, respectively) and that they are tired of people telling them about secondhand smoke (mean=1.98 and mean=2.97, respectively).

**Figure 3. Respondent's opinions regarding statements about their feelings toward tobacco use and secondhand smoke**



\*Means are based on a 1 to 5 scale, with 1 being “strongly disagree” and 5 being “strongly agree,” and exclude “Do not know/refused” responses.

\*\*From top to bottom, student N=181, 181, 183, and 181, respectively.

## Experiences with Tobacco and Secondhand Smoke

Respondents were asked to indicate whether they are regularly exposed to secondhand smoke at various on campus and off campus locations.

See Figure 4 and Appendix Table 13 for overall distributions. See Appendix Table 14 for “other” locations of exposure students cite and Appendix Table 15 for “other” locations of exposure faculty/staff cite.

### **Students:**

- The vast majority of students indicate that they are regularly exposed to secondhand smoke (97.3 percent). The most common places of exposure for students is entrances into campus buildings (70.7 percent), on their way to classes/work on campus (65.8 percent), and bars/cocktail lounges (56.5 percent). Other places of exposure include: the homes of friends or family members (42.4 percent), entrances into buildings off campus (42.9 percent), places of public amusement (41.8 percent), in public spaces off campus (38.0 percent), restaurants (27.7 percent), the grounds surrounding their workplace (17.9 percent), their workplace (10.9 percent), and inside campus buildings due to drifting/being brought in through the ventilation (8.2 percent).
- Other locations students cite as locations where they are regularly exposed to secondhand smoke include: in cars, entrances into apartment buildings, through their dorm window, outside the dormitories, and parties.

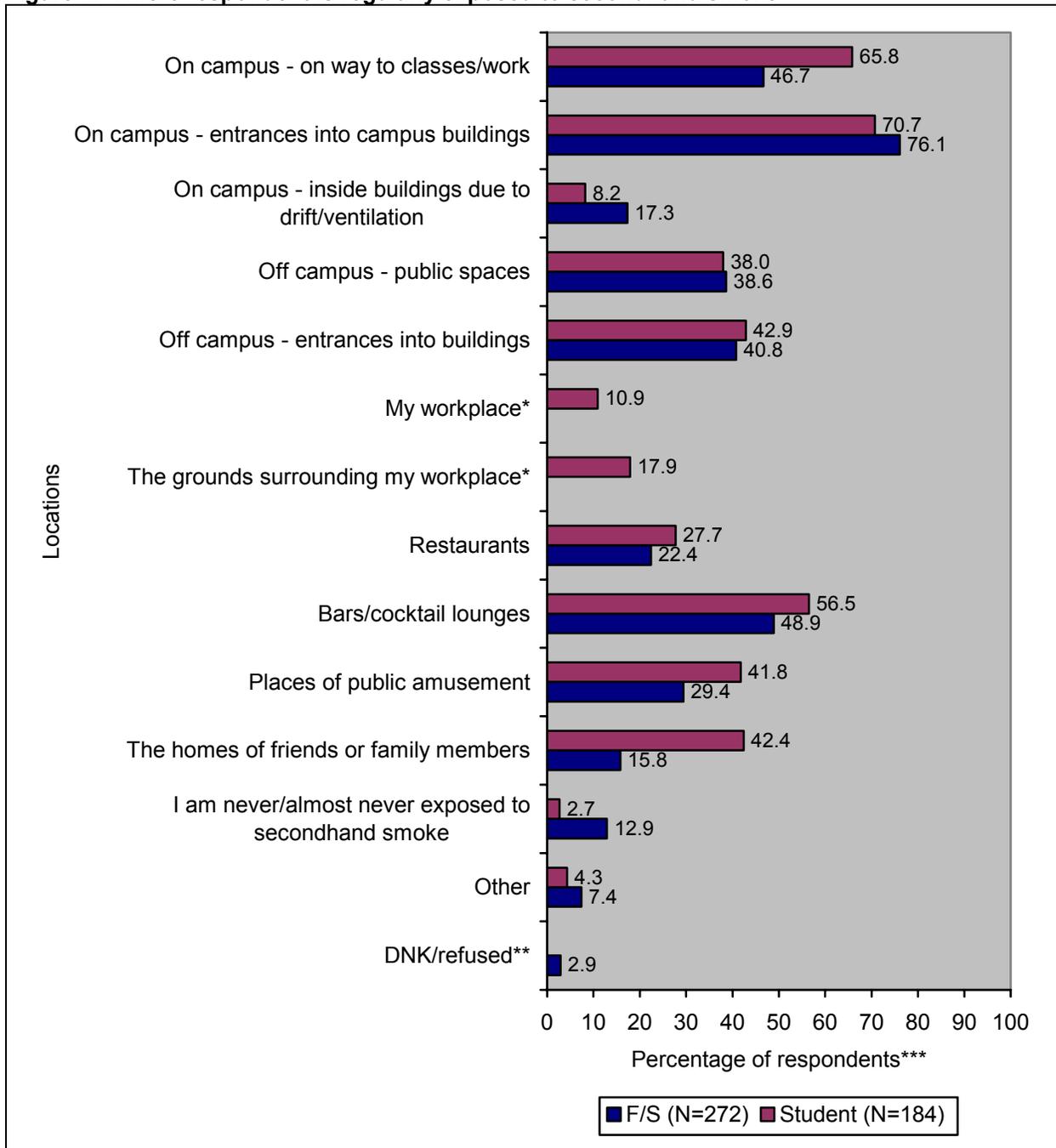
### **Faculty/staff:**

- The vast majority of faculty/staff indicate that they are regularly exposed to secondhand smoke (84.2 percent). The most common places of exposure for faculty/staff are entrances into campus buildings (76.1 percent). Bars/cocktail lounges (48.9 percent) and on their way to classes/work on campus (46.7 percent) are also common. Other places of exposure include: entrances into buildings off campus (40.8 percent), in public spaces off campus (38.6 percent), places of public amusement (29.4 percent), restaurants (22.4 percent), inside campus buildings due to drifting/being brought in through the ventilation (17.3 percent), and the homes of friends or family members (15.8 percent).
- Other locations faculty/staff cite as locations where they are regularly exposed to secondhand smoke include: casinos, fairgrounds, faculty who smoke in their offices after hours, in the cars of smokers, at home from a spouse who smokes, on the clothes of students when they approach in the office or classroom, from smokers' clothing and breath, inside state vans from other employees, at restaurants with smoking sections, through apartment vents, and from neighbors.

### **Comparison of student and faculty/staff responses:**

- Entrances into campus buildings are the most regular place of exposure to secondhand smoke for students and faculty/staff (70.7 percent and 76.1 percent, respectively). Bars/cocktail lounges are significant places of exposure for students and faculty/staff, as well (56.5 percent and 48.9 percent, respectively). However, larger proportions of students than faculty/staff cite on their way to classes/work on campus as a place of regular exposure to secondhand smoke (65.8 percent and 46.7 percent, respectively) as well as the homes of friends or family members (42.4 percent and 15.8 percent, respectively).

**Figure 4. Where respondent is regularly exposed to secondhand smoke**



\*Question was not asked of faculty/staff.

\*\*"Do not know/refused" was not a category choice on the student survey.

\*\*\*Percentages do not equal 100.0 due to multiple responses.

Respondents were asked to provide their best estimate of the proportion of students at MSUM who smoke cigarettes.

See Figure 5 and Appendix Table 16 for overall distributions.

Among students who responded to this survey, 34.2 percent are regular or occasional smokers (see Figure 6).

**Students:**

- Students are split nearly evenly between estimating the proportion of students at MSUM who smoke to be “21 to 33 percent” (37.2 percent) and “34 to 50 percent” (40.4 percent). Nearly one-fifth estimate that “51 percent or more” of students at MSUM smoke (17.5 percent).

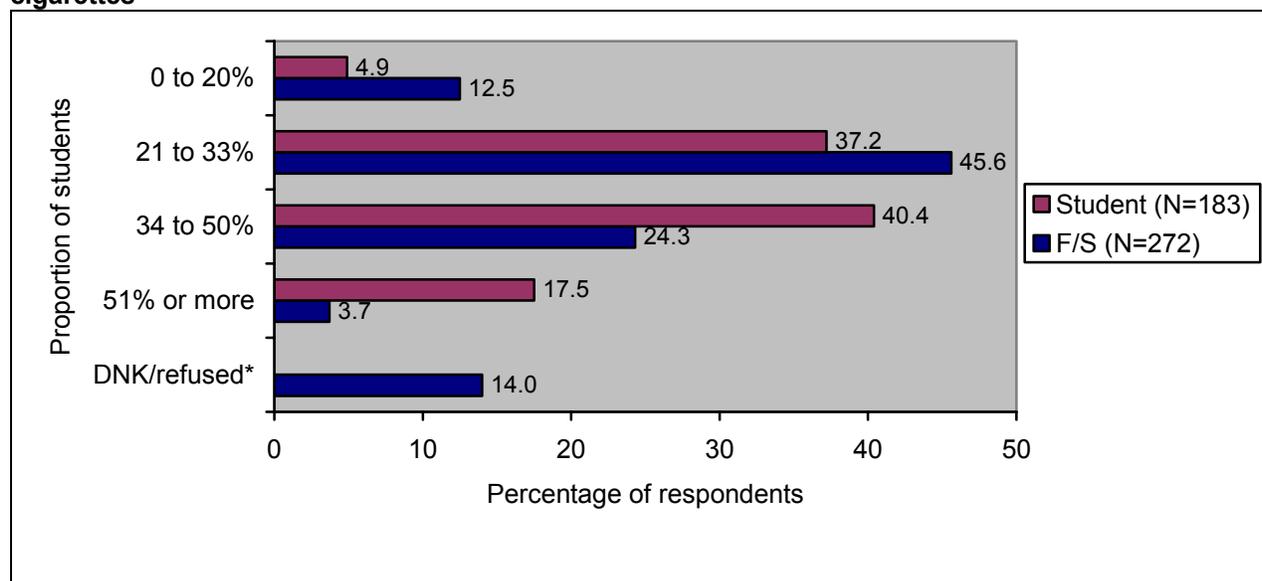
**Faculty/staff:**

- The largest proportion of faculty/staff estimate the proportion of students at MSUM who smoke to be “21 to 33 percent” (45.6 percent). One-fourth estimate the proportion to be “34 to 50 percent” (24.3 percent).

**Comparison of student and faculty/staff responses:**

- Students estimate a larger proportion of students at MSUM smoke than faculty/staff estimate. The differences are particularly noticeable in the two highest categories; 40.4 percent of students estimate “34 to 50 percent” compared to 24.3 percent of faculty/staff and 17.5 percent of students estimate “51 percent or more” smoke compared to only 3.7 percent of faculty/staff.

**Figure 5. Respondent’s best estimate of the proportion of students at MSUM who smoke cigarettes**



\*“Do not know/refused” was not a category choice on the student survey.

Respondents were asked to indicate their smoking status, and could select all of the choices that applied. Regular smokers include anyone who indicated “I am a regular smoker.” Occasional smokers include anyone who answered at least one of the following options: “I smoke cigarettes occasionally,” “I smoke/use tobacco only when I drink alcohol,” “I smoke/use tobacco only when I am around others who smoke/use tobacco,” and “I smoke or use tobacco products other than cigarettes” who did not answer “I am a regular smoker.” Non-tobacco users include respondents who indicated “I used to smoke or use other tobacco products, but quit within the last year” and “I used to smoke or use other tobacco products, but quit more than 1 year ago” as well as respondents who indicated “I have never smoked or used other tobacco products.” A handful of respondents indicated a “quit” response as well as a “regular” or “occasional” smoker response; these respondents were categorized as smokers.

See Figure 6 and Appendix Table 17 for overall distributions. See Appendix Table 18 for detailed distributions for non-tobacco users. See Appendix Table 19 for detailed distributions for smokers; this appendix table is tinted green to highlight that it is presenting data for smokers only.

### **Students:**

- Of all students, 34.2 percent are smokers; 12.5 percent are regular smokers and 21.7 percent are occasional smokers.
- This rate is higher than the 25 percent of students at the University of Minnesota who reported using tobacco products within the past 30 days (2006 Core Survey data reported in “University of Minnesota Tobacco, Alcohol, and Other Drug Use”). However, the rate is consistent with results of the 2003 Core Alcohol and Drug Survey administered at MSUM, in which 37 percent of students reported using tobacco products within the past 30 days. According to a fact sheet on “College Students and Tobacco” (2003 American Legacy Foundation), 27 percent of college students nationwide smoke; they smoke at a higher rate than the general population (23 percent), but at a lower rate than those of the same age group who do not attend college (32 percent). Some of the differences in smoking rates can be attributed to the extent to which “social” smokers self-identify as smokers on respective surveys. According to the 2004 Minnesota Adult Tobacco Survey, the rate of smoking among all young adults ages 18-24 in Minnesota is 39 percent, comprised of 32 percent “established” smokers and 7 percent “previously unrecognized” smokers (2004 “Patterns of Smoking Among Minnesota’s Young Adults”).
- *Among students who are smokers:*
  - 36.5 percent are regular smokers.
  - 27.0 percent smoke cigarettes occasionally (not every day).
  - 33.3 percent smoke only when drinking alcohol.
  - 20.6 percent smoke only when around others who smoke/use tobacco.
  - 27.0 percent smoke or use tobacco products other than cigarettes.
  - In addition to at least one of the above responses, 6.3 percent say they used to smoke but quit within the last year, 1.6 percent say they used to smoke but quit more than 1 year ago, and 1.6 percent say they have never smoked/used other tobacco products.
- The majority of students (64.1 percent) are non-tobacco users; 51.6 percent never used tobacco products and an additional 12.5 percent used to smoke but quit.
- *Among students who are non-tobacco users:*
  - 5.9 percent quit smoking within the last year.
  - 13.6 percent quit smoking more than one year ago.
  - 80.5 percent never used tobacco products.

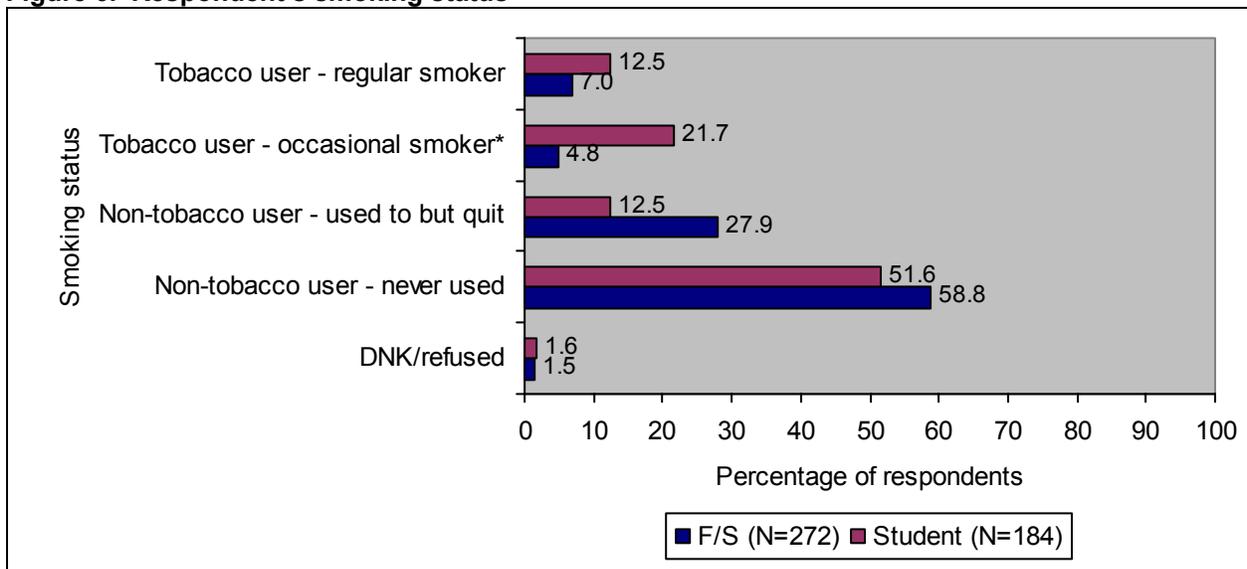
**Faculty/staff:**

- Of all faculty/staff, 11.8 percent are smokers; 7.0 percent are regular smokers and 4.8 percent are occasional smokers.
- Recent data published in the *Wisconsin Medical Journal* (2005) underscore that the prevalence of smoking among the population with higher incomes and a college education is “relatively low (about 10%)” (“Who Smokes? A Demographic Analysis of Wisconsin Smokers”).
- *Among faculty/staff who are smokers:*
  - 59.4 percent are regular smokers.
  - 15.6 percent smoke cigarettes occasionally (not every day).
  - 15.6 percent smoke only when drinking alcohol.
  - 9.4 percent smoke only when around others who smoke/use tobacco.
  - 12.5 percent smoke or use tobacco products other than cigarettes.
- The vast majority of faculty/staff are non-tobacco users (86.7 percent); 58.8 percent never used tobacco products and an additional 27.9 percent used to smoke but quit.
- *Among faculty/staff who are non-tobacco users:*
  - 1.3 percent quit smoking within the last year.
  - 30.9 percent quit smoking more than one year ago.
  - 67.8 percent never used tobacco products.

**Comparison of student and faculty/staff responses:**

- A larger proportion of students than faculty/staff are smokers (34.2 percent and 11.8 percent, respectively). A larger proportion of faculty/staff than students used to smoke but quit (27.9 percent and 12.5 percent, respectively).
- Among respondents who are smokers, a larger proportion of faculty/staff than students are regular smokers (59.4 percent and 36.5 percent, respectively).

**Figure 6. Respondent’s smoking status**



\*Category is a combination of respondents who answered at least one of the following options: “I smoke cigarettes occasionally,” “I smoke/use tobacco only when I drink alcohol,” “I smoke/use tobacco only when I am around others who smoke/use tobacco,” and “I smoke or use tobacco products other than cigarettes” who did not answer “I am a regular smoker.”

Respondents who are regular smokers were asked how many cigarettes they smoke on an average day.

See Figure 7 and Appendix Table 20 for means and overall distributions. The figure and appendix table are tinted green to highlight that they are presenting data for smokers only.

**Students:**

- Two-thirds of students who are regular smokers smoke 1 to 10 cigarettes on an average day (68.2 percent).
- The number of cigarettes smoked on an average day by students who are regular smokers ranges from 0 to 21; the average number of cigarettes smoked on an average day is 9.59.

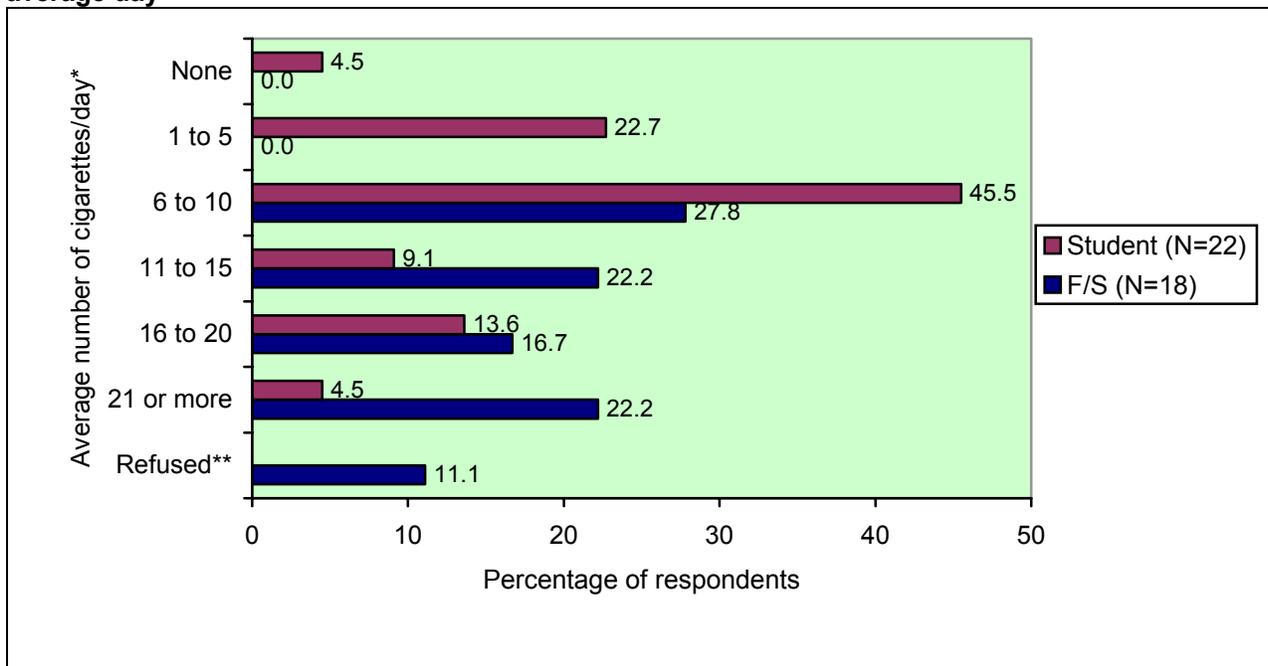
**Faculty/staff:**

- Two-thirds of faculty/staff who are regular smokers smoke 6 to 20 cigarettes on an average day (66.7 percent) while 22.2 percent smoke 21 or more cigarettes.
- The number of cigarettes smoked on an average day by faculty/staff who are regular smokers ranges from 10 to 30; the average number of cigarettes smoked on an average day is 17.50.

**Comparison of student and faculty/staff responses:**

- On average, faculty/staff who are regular smokers smoke many more cigarettes a day than students smoke (mean=17.50 and mean=9.59, respectively).

**Figure 7. Among respondents who are regular smokers, number of cigarettes smoked on an average day**



\*Student range=0 to 21, mean=9.59; faculty/staff range=10 to 30, mean=17.50. Means exclude "Refused" responses.

\*\*\*"Refused" was not a category choice on the student survey.

Respondents who smoke were asked the age at which they began smoking tobacco products.

See Figure 8 and Appendix Table 21 for means and overall distributions. The figure and appendix table are tinted green to highlight that they are presenting data for smokers only.

**Students:**

- The majority of students who smoke started smoking between the ages of 15 and 17 (58.5 percent); 20.8 percent started smoking at age 14 or younger and 20.8 percent started smoking at age 18 or older.
- The age at which students who smoke started smoking ranges from ages 11 to 22. The average age they started smoking is 16.02 years.

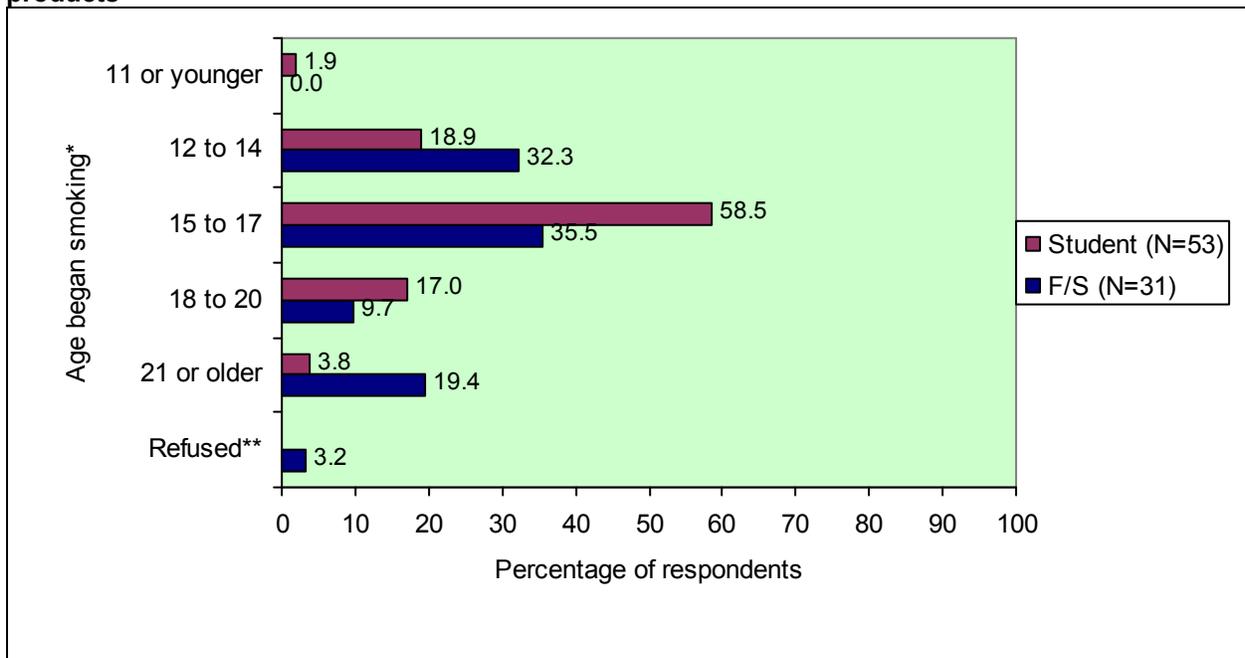
**Faculty/staff:**

- The age at which faculty/staff started smoking is distributed nearly evenly; 32.3 percent of faculty/staff started smoking at age 14 or younger, 35.5 percent started between the ages of 15 and 17, and 29.1 percent started smoking at age 18 or older.
- The age at which faculty/staff who smoke started smoking ranges from 12 to 30. The average age they started smoking is 16.97 years.

**Comparison of student and faculty/staff responses:**

- The average age at which faculty/staff who smoke started smoking is slightly older than the average age at which students who smoke started smoking (mean=16.97 and mean=16.02, respectively).

**Figure 8. Among respondents who smoke, age at which respondent began smoking tobacco products**



\*Student range=11 to 22, mean=16.02; faculty/staff range=12 to 30, mean=16.97. Means exclude "Refused" responses.

\*\*"Refused" was not a category choice on the student survey.

Respondents who smoke were asked what factors influenced them to begin smoking.

See Figure 9 and Appendix Table 22 for overall distributions. See Appendix Table 23 for “other” influential factors students cite and Appendix Table 24 for “other” influential factors faculty/staff cite. The figure and appendix tables are tinted green to highlight that they are presenting data for smokers only.

**Students:**

- The factor students who smoke cite the most as an influence to begin smoking is peers (55.6 percent). Other important factors include stress and the fact that family members also smoked (17.5 percent and 14.3 percent, respectively).
- More than one-fourth of students cite other influential factors for starting smoking (27.0 percent). Factors include: a relationship breakup, boredom, curiosity, thinking it was cool, and using tobacco products other than cigarettes.

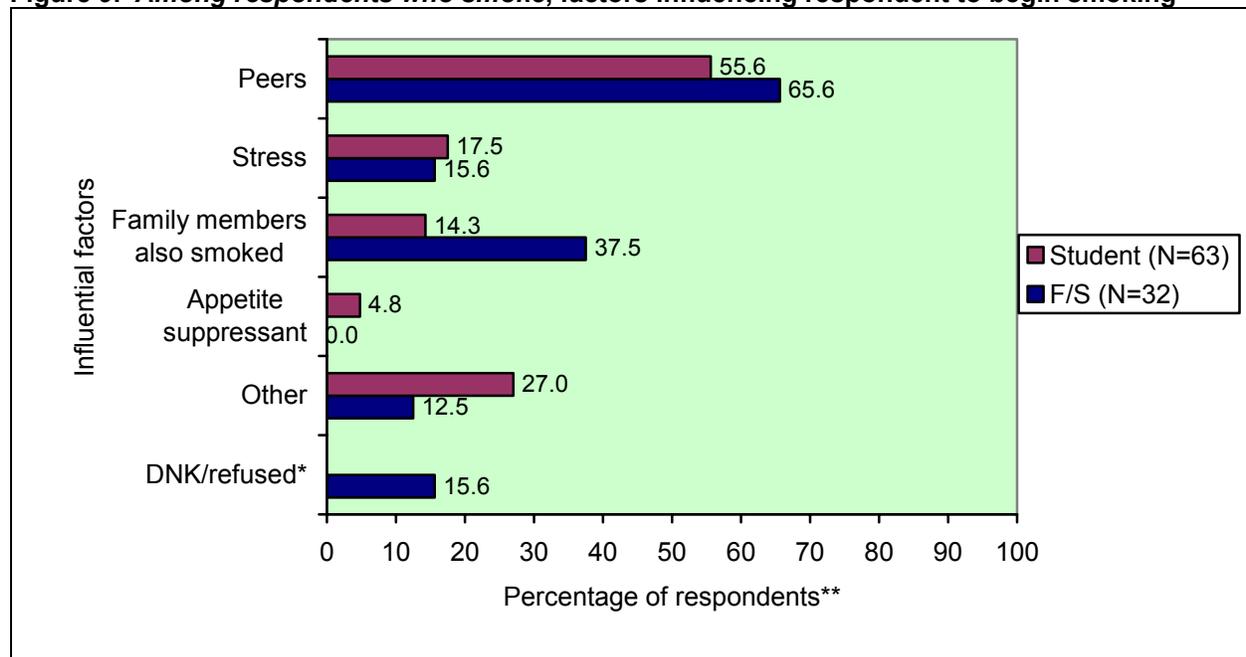
**Faculty/staff:**

- The factor faculty/staff who smoke cite the most as an influence to begin smoking is peers (65.6 percent). Another important factor is the fact that family members also smoked (37.5 percent). Stress was a factor for 15.6 percent of faculty/staff who smoke and 15.6 percent declined to say what influenced them to begin smoking.
- Other influential factors for starting smoking faculty/staff cite include thinking it was cool, wanting to try it, and the U.S. Army.

**Comparison of student and faculty/staff responses:**

- Peers stand out as the most influential factor influencing both students and faculty/staff to begin smoking (55.6 percent and 65.6 percent, respectively). The fact that family members also smoked was more of a factor for faculty/staff than students (37.5 percent and 14.3 percent, respectively).

**Figure 9. Among respondents who smoke, factors influencing respondent to begin smoking**



\*“Do not know/refused” was not a category choice on the student survey.

\*\*Percentages do not equal 100.0 due to multiple responses.

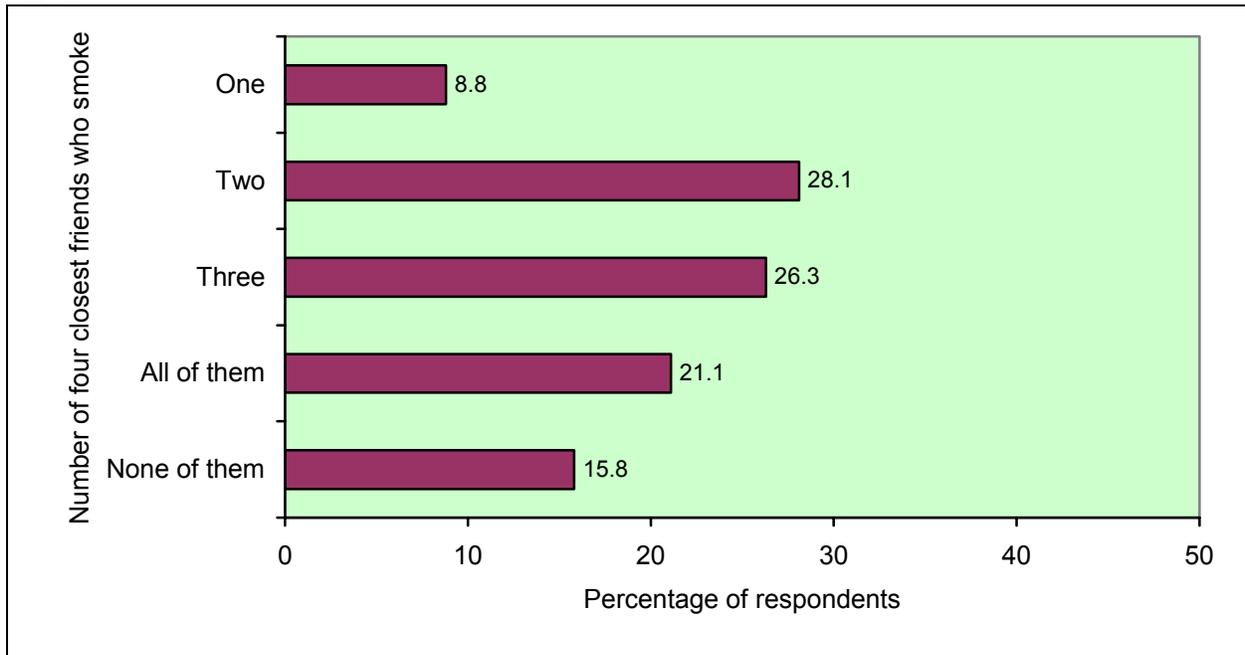
Student respondents who smoke were asked the number of their four closest friends who smoke.

See Figure 10 and Appendix Table 25 for overall distributions. The figure and appendix table are tinted green to highlight that they are presenting data for smokers only.

**Students:**

- One-fifth of students who smoke say all of their four closest friends smoke (21.1 percent), and an additional 26.3 percent say three of their four closest friends smoke. Approximately one-sixth of students who smoke say none of their closest friends are smokers (15.8 percent).

**Figure 10. Among student respondents who smoke, the number of four closest friends who smoke**



N=57

Respondents who smoke were asked their interest in quitting smoking.

See Figure 11 and Appendix Table 26 for overall distributions. The figure and appendix table are tinted green to highlight that they are presenting data for smokers only.

### Students:

- More than half of students who smoke indicate some interest in quitting smoking (57.2 percent; data calculated separately).
  - 28.6 percent want to quit smoking, but have no timeframe.
  - 15.9 percent plan to quit smoking within the next 6 months.
  - 6.3 percent plan to quit smoking when they graduate.
  - 11.1 percent plan to quit smoking when they become a parent.
  - 20.6 percent indicate they are not interested in quitting smoking.

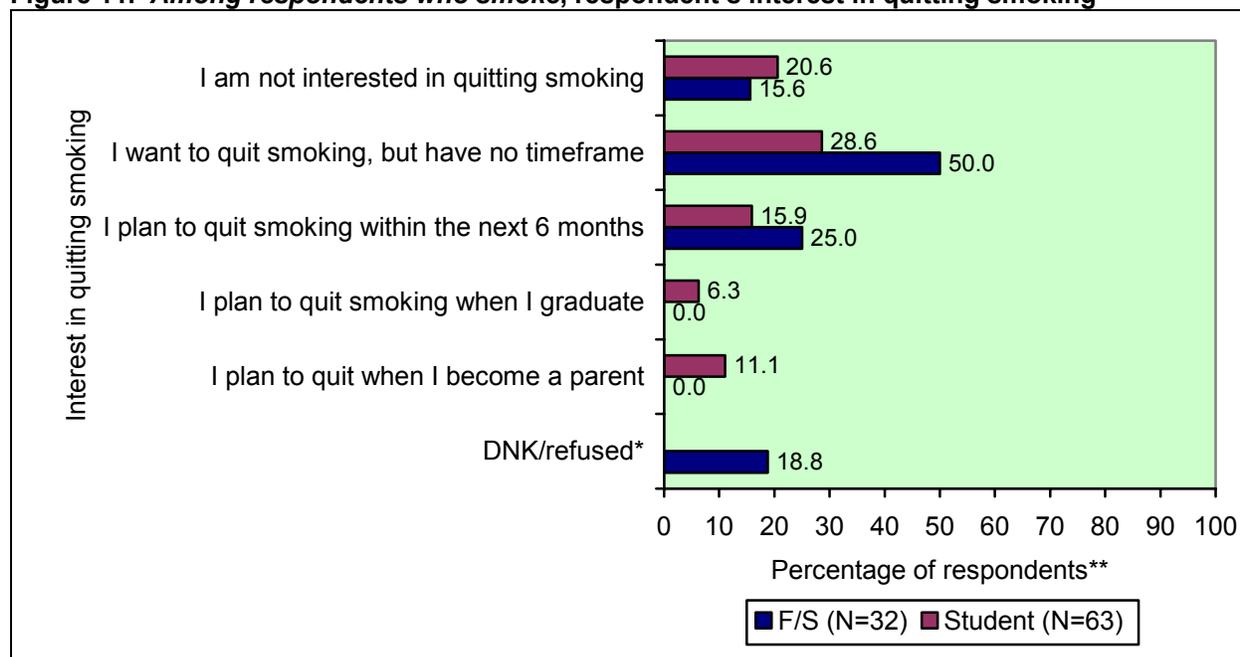
### Faculty/staff:

- Two-thirds of faculty/staff who smoke indicate some interest in quitting smoking (65.6 percent; data calculated separately).
  - 50.0 percent want to quit smoking, but have no timeframe.
  - 25.0 percent plan to quit smoking within the next 6 months.
  - 15.6 percent indicate they are not interested in quitting smoking.
  - 18.8 percent declined to answer.

### Comparison of student and faculty/staff responses:

- A somewhat larger proportion of faculty/staff than students indicate they have some interest in quitting smoking (65.6 percent and 57.2 percent, respectively). A much larger proportion of faculty/staff than students indicate they want to quit smoking, but have no timeframe (50.0 percent and 28.6 percent, respectively).

**Figure 11. Among respondents who smoke, respondent's interest in quitting smoking**



\*"Do not know/refused" was not a category choice on the student survey.

\*\*Percentages do not equal 100.0 due to multiple responses.

Respondents who smoke were asked whether they have tried to quit smoking within the last 12 months.

See Figure 12 and Appendix Table 27 for overall distributions. The figure and appendix table are tinted green to highlight that they are presenting data for smokers only.

**Students:**

- Among students who smoke, 46.2 percent have tried to quit smoking within the last 12 months.

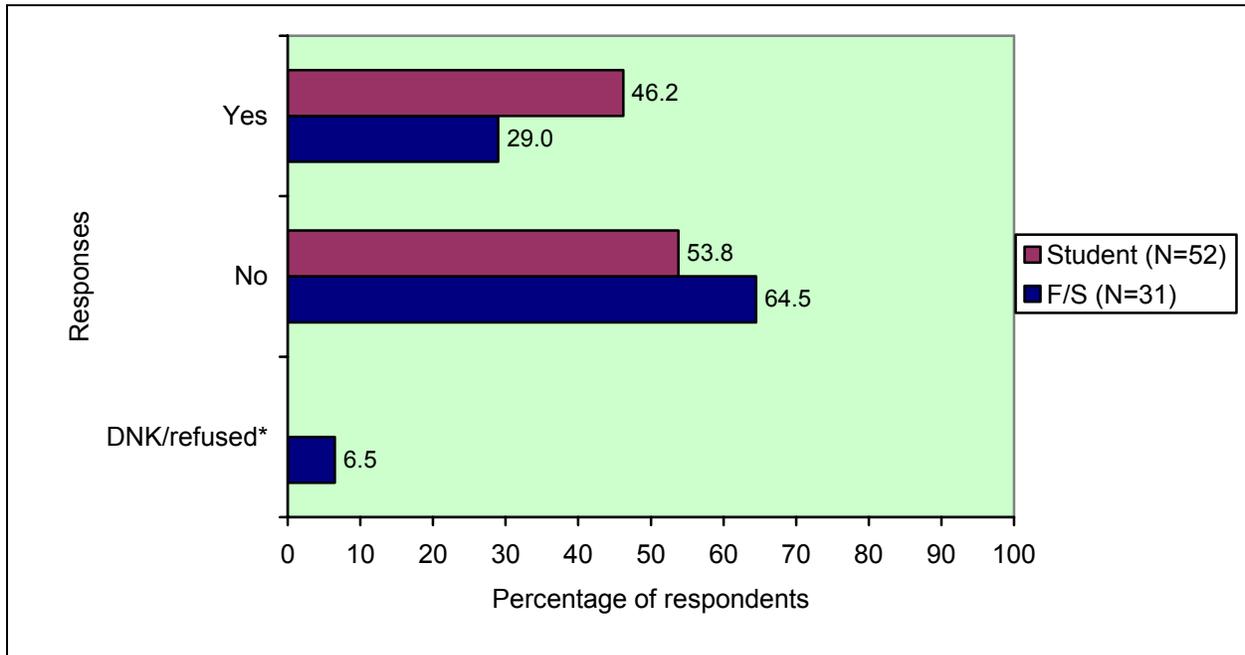
**Faculty/staff:**

- Among faculty/staff who smoke, 29.0 percent have tried to quit smoking within the last 12 months.

**Comparison of student and faculty/staff responses:**

- A larger proportion of students who smoke than faculty/staff who smoke indicate they have tried to quit smoking within the last 12 months (46.2 percent and 29.0 percent, respectively).

**Figure 12. Among respondents who smoke, whether respondent has tried to quit smoking within the last 12 months**



\*"Do not know/refused" was not a category choice on the student survey.

Respondents who smoke and have tried to quit smoking within the last 12 months were asked the number of times they have tried to quit smoking within the last 12 months.

See Figure 13 and Appendix Table 28 for means and overall distributions. The figure and appendix table are tinted green to highlight that they are presenting data for smokers only.

**Students:**

- The largest proportion of students who smoke and have tried to quit smoking within the last 12 months have tried to quit once within the last 12 months (47.8 percent). Another 39.1 percent have tried to quit twice and 13.0 percent have tried to quit 3 or more times.
- The number of quit attempts among students who smoke and have tried to quit smoking within the last 12 months ranges from 1 to 6. The average number of attempts is 1.83.

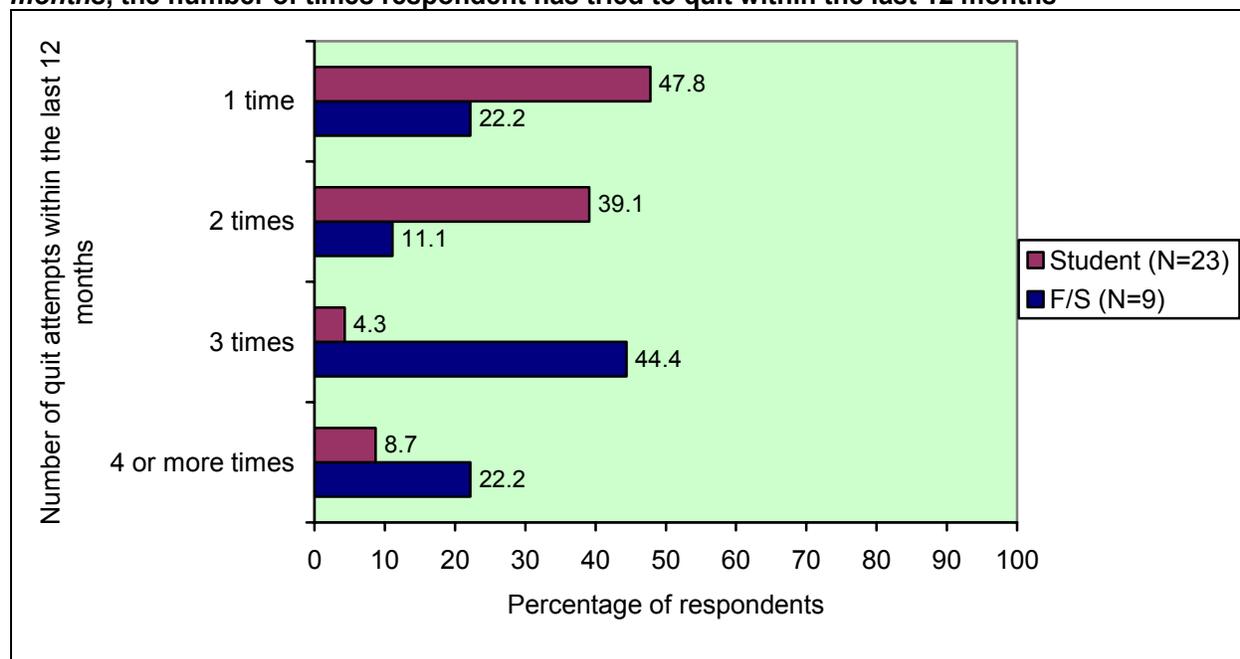
**Faculty/staff:**

- The largest proportion of faculty/staff who smoke and have tried to quit smoking within the last 12 months have tried to quit 3 times (44.4 percent) and another 22.2 percent have tried to quit 4 or more times within the last 12 months.
- The number of quit attempts among faculty/staff who smoke and have tried to quit smoking within the last 12 months ranges from 1 to 6. The average number of attempts is 3.00.

**Comparison of student and faculty/staff responses:**

- A much larger proportion of faculty/staff than students has tried to quit 4 or more times in the last 12 months (22.2 percent and 8.7 percent, respectively). Though the range of quit attempts is the same between faculty/staff and students (1 to 6 attempts), on average, faculty/staff have tried to quit more times than students within the last 12 months (mean=3.00 and mean=1.83, respectively).

**Figure 13. Among respondents who smoke and have tried to quit smoking within the last 12 months, the number of times respondent has tried to quit within the last 12 months**



\*Student range=1 to 6, mean=1.83; faculty/staff range=1 to 6, mean=3.00.

Respondents who smoke were asked their opinions regarding worries and concerns associated with smoking.

See Figure 14 for means and Appendix Table 29, 30, 31, 32, 33, and 34 for overall distributions. The figure and appendix tables are tinted green to highlight that they are presenting data for smokers only.

**Students:**

- On average, students agree that they are worried about the impacts of smoking on their health (mean=3.65). They somewhat agree that they are worried about the impact of their smoking on their appearance (mean=3.28). They strongly disagree that they are concerned about gaining weight if they quit smoking (mean=2.00) and disagree that they are concerned about how to handle stress if they quit smoking (mean=2.59). Students somewhat disagree that they are concerned that their smoking negatively impacts their relationships with others (mean=2.72). They are neutral regarding being concerned about the effect of secondhand smoke from their smoking on their friends or family (mean=2.98).

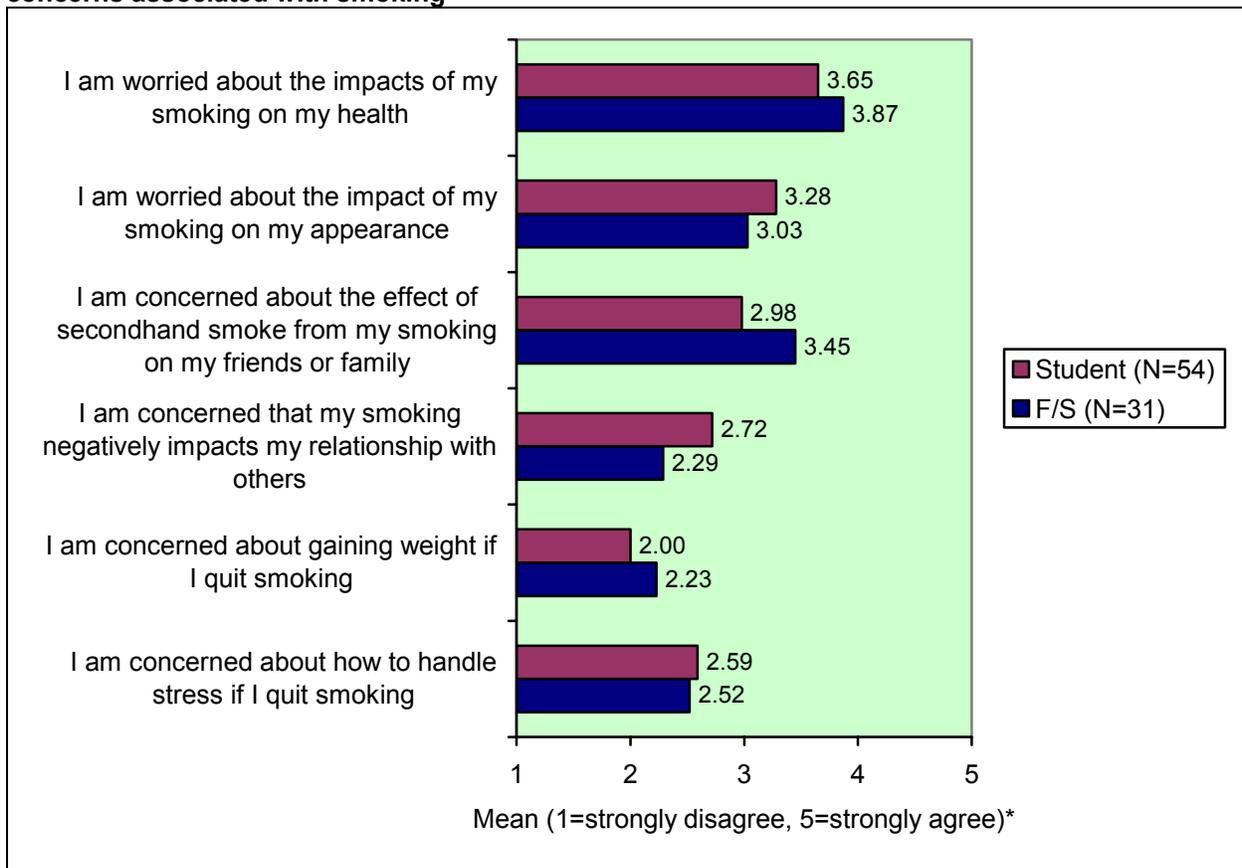
**Faculty/staff:**

- On average, faculty/staff agree that they are worried about the impacts of smoking on their health (mean=3.87) and that they are concerned about the effect of secondhand smoke from their smoking on their friends or family (mean=3.45). They disagree that they are concerned about gaining weight if they quit smoking (mean=2.23), that they are concerned that their smoking negatively impacts their relationships with others (mean=2.29), and that they are concerned about how to handle stress if they quit smoking (mean=2.52). Faculty/staff are neutral regarding that they are worried about the impact of their smoking on their appearance (mean=3.03).

**Comparison of student and faculty/staff responses:**

- On average, students and faculty/staff have similar views regarding worries and concerns associated with smoking. However, while students are neutral regarding being concerned about the effect of secondhand smoke from their smoking on their friends or family, faculty/staff agree that they are concerned (mean=2.98 and mean=3.45, respectively).

**Figure 14. Among respondents who smoke, respondent's opinions regarding worries and concerns associated with smoking**



\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

## Opinions and Preferences Regarding Campus Smoking Policies

Respondents were asked to indicate the extent to which they agree or disagree with a series of statements about campus issues relating to tobacco use and secondhand smoke using a 5-point scale where 1 represents “strongly disagree” and 5 represents “strongly agree.”

See Figure 15 for means and Appendix Tables 35, 36, and 37 for overall distributions.

### **Students:**

- On average, students strongly agree that litter caused by smoking detracts from the appearance of the campus (mean=4.23). Students agree that it is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke (mean=3.76) and that they are concerned about the health consequences of secondhand smoke on campus (mean=3.47).

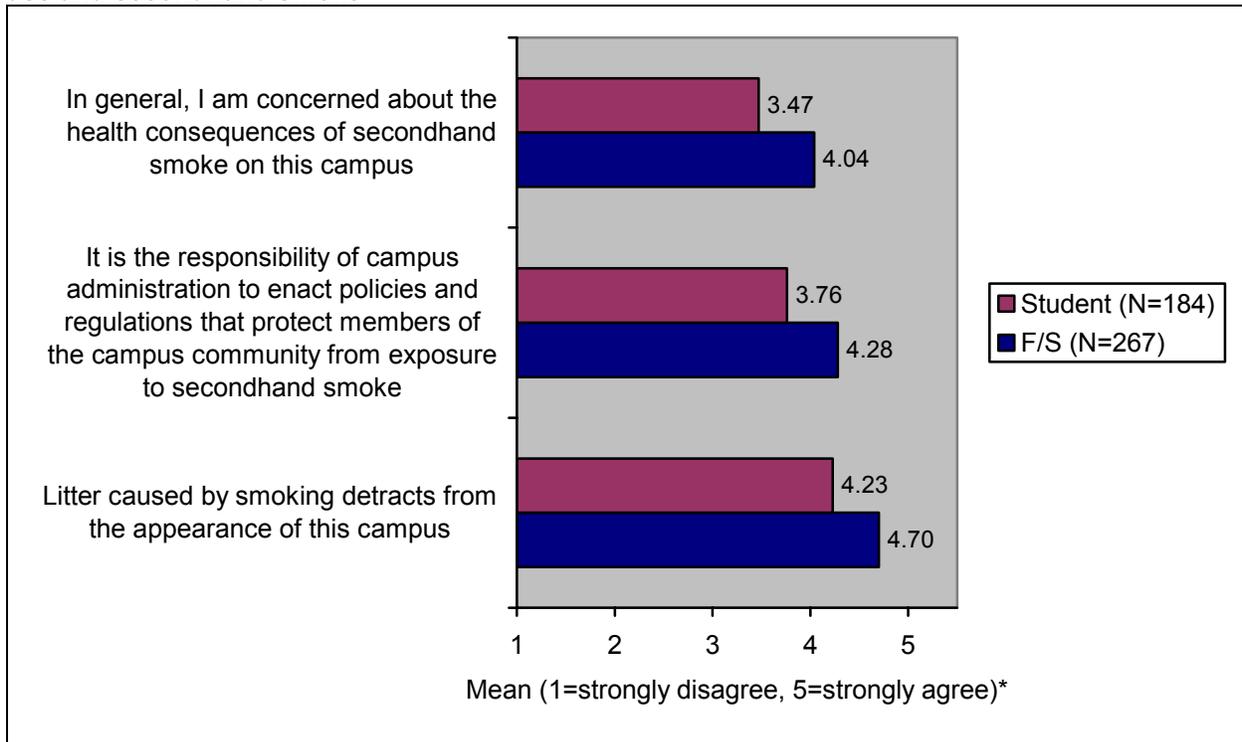
### **Faculty/staff:**

- On average, faculty/staff strongly agree that litter caused by smoking detracts from the appearance of the campus (mean=4.70), that it is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke (mean=4.28), and that they are concerned about the health consequences of secondhand smoke on campus (mean=4.04).

### **Comparison of student and faculty/staff responses:**

- On average, faculty/staff agree more strongly than students on all the statements about campus issues. Faculty/staff strongly agree while students agree that they are concerned about the health consequences of secondhand smoke on campus (mean=4.04 and mean=3.47, respectively). Faculty/staff strongly agree while students agree that it is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke (mean=4.28 and mean=3.76, respectively). Finally, faculty/staff agree even more strongly than students that litter caused by smoking detracts from the appearance of the campus (mean=4.70 and mean=4.23, respectively).

**Figure 15. Respondent's opinions regarding statements about campus issues relating to tobacco use and secondhand smoke**



\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

Respondents were asked to indicate which policy represents the current smoking policy at MSUM. According to MSUM administration, the current campus smoking policy for MSUM corresponds to Policy A: “The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university.”

The other two options respondents had to choose from were Policy B: “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,” and Policy C: “The campus buildings are smoke-free; there are no smoking restrictions on the grounds.”

See Figure 16 and Appendix Table 38 for overall distributions.

**Students:**

- More than two-thirds of students at MSUM think Policy A represents the current campus smoking policy (69.3 percent), which is correct. One-tenth of students believe the correct policy is Policy C, including no smoking restrictions on the grounds (10.1 percent).

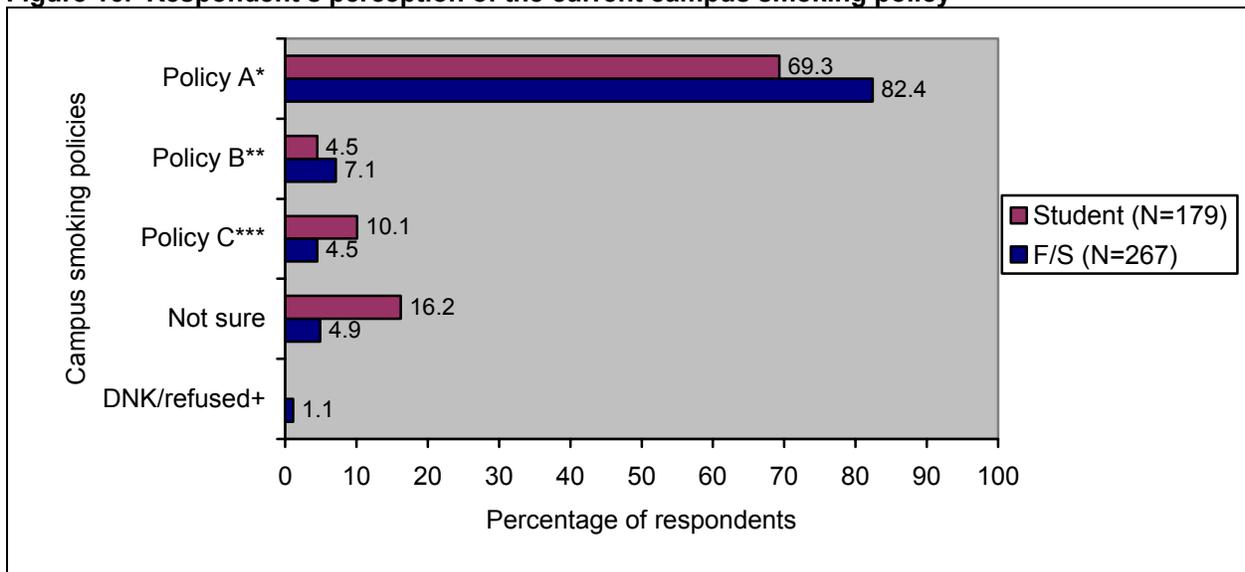
**Faculty/staff:**

- More than three-fourths of faculty/staff think Policy A represents the current campus smoking policy (82.4 percent), which is correct. One-tenth of faculty/staff believe a different policy is correct (11.6 percent).

**Comparison of student and faculty/staff responses:**

- Faculty/staff are more confident than students that Policy A represents the current smoking policy at MSUM (82.4 percent and 69.3 percent, respectively).

**Figure 16. Respondent’s perception of the current campus smoking policy**



\*Policy A: “The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university.”

\*\*Policy B: “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.”

\*\*\*Policy C: “The campus buildings are smoke-free; there are no smoking restrictions on the grounds.”

+“Do not know/refused” was not a category choice on the student survey.

Respondents were asked to rate how well the campus smoking policy is enforced outdoors using a 5-point scale where 1 represents “not at all well” and 5 represents “very well.”

See Figure 17 and Appendix Table 39 for means and overall distributions.

**Students:**

- On average, students say the campus smoking policy outdoors is enforced poorly (mean=2.10). Two-fifths of students say it is enforced not at all well (41.2 percent).

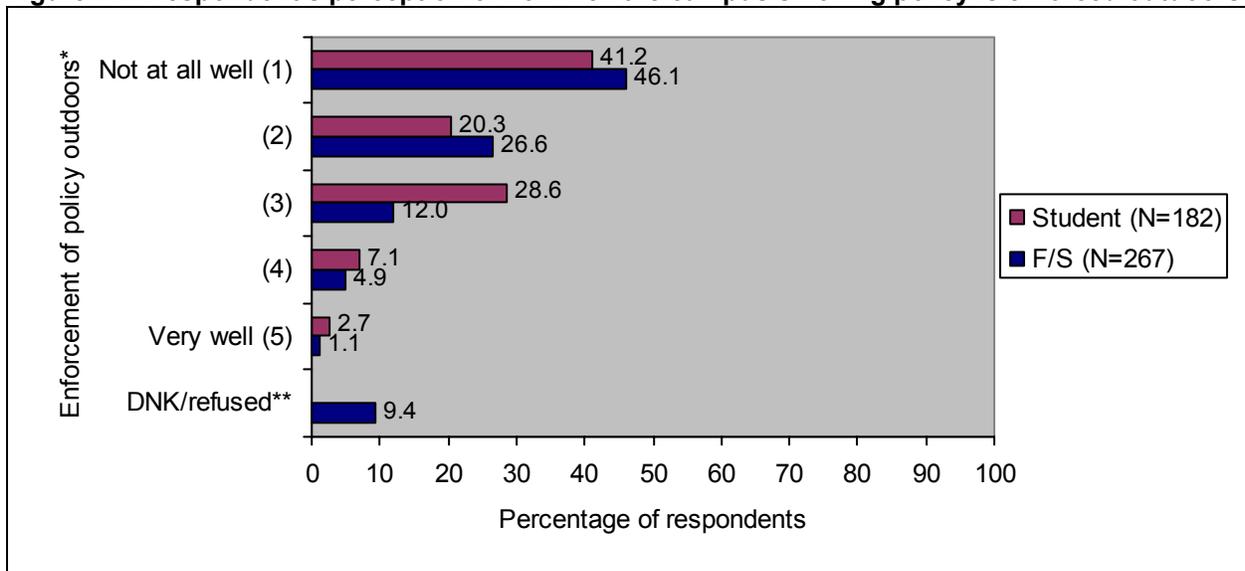
**Faculty/staff:**

- On average, faculty/staff say the campus smoking policy outdoors is enforced very poorly (mean=1.77). Nearly half of faculty/staff say it is enforced not at all well (46.1 percent).

**Comparison of student and faculty/staff responses:**

- On average, faculty/staff rate the enforcement of the campus smoking policy outdoors more poorly than students (mean=1.77 and mean=2.10, respectively). A larger proportion of students than faculty/staff rate enforcement as average (28.6 percent and 12.0 percent, respectively).

**Figure 17. Respondent’s perception of how well the campus smoking policy is enforced outdoors**



\*Student mean=2.10; faculty/staff mean=1.77. Means are based on a 1 to 5 scale, with 1 being “not at all well” and 5 being “very well,” and exclude “Do not know/refused” responses.

\*\*\*“Do not know/refused” was not a category choice on the student survey.

Respondents were asked to indicate the likelihood that they would support a policy requiring the campus to be completely smoke-free using a 5-point scale where 1 represents “not at all likely” and 5 represents “very likely.”

See Figure 18 and Appendix Table 40 for means and overall distributions.

**Students:**

- On average, students are somewhat likely to support a policy requiring a smoke-free campus (mean=3.39). Two-fifths of students say it is very likely they would support a smoke-free campus policy (42.6 percent).

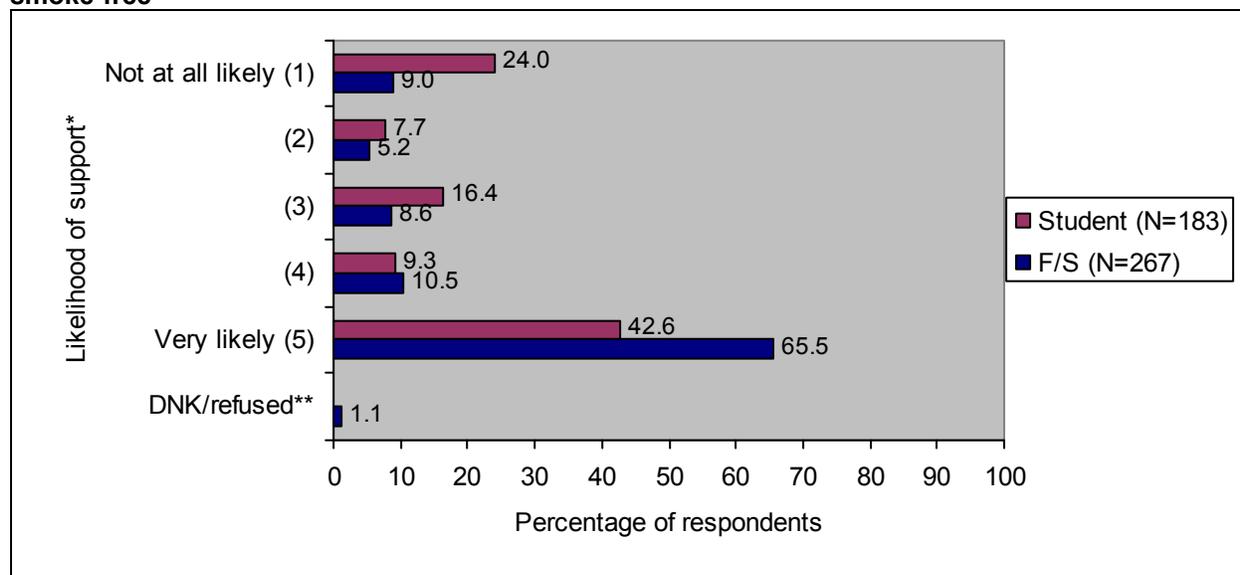
**Faculty/staff:**

- On average, faculty/staff are very likely to support a policy requiring a smoke-free campus (mean=4.20). Nearly two-thirds of faculty/staff say it is very likely they would support a smoke-free campus policy (65.5 percent).

**Comparison of student and faculty/staff responses:**

- On average, faculty/staff show stronger support for a smoke-free campus policy than students (mean=4.20 and mean=3.39, respectively). Nearly two-thirds of faculty/staff are very likely to support a smoke-free campus policy compared to two-fifths of students (65.5 percent and 42.6 percent, respectively).

**Figure 18. Likelihood respondent would support a policy requiring the campus to be completely smoke-free**



\*Student mean=3.39; faculty/staff mean=4.20. Means are based on a 1 to 5 scale, with 1 being “not at all likely” and 5 being “very likely,” and exclude “Do not know/refused” responses.

\*\*\*“Do not know/refused” was not a category choice on the student survey.

Respondents were asked to indicate what effect a smoke-free campus policy would have on student quality of life, student learning, and student enrollments using a 5-point scale where 1 represents a “negative” effect and 5 represents a “positive” effect.

See Figure 19 for means and Appendix Tables 41, 42, and 43 for overall distributions.

**Students:**

- On average, students believe a smoke-free campus policy would have a positive effect on student quality of life (mean=3.88) and student learning (mean=3.58). Students believe a smoke-free campus policy would not have much of a positive or negative effect on student enrollments (mean=3.08).

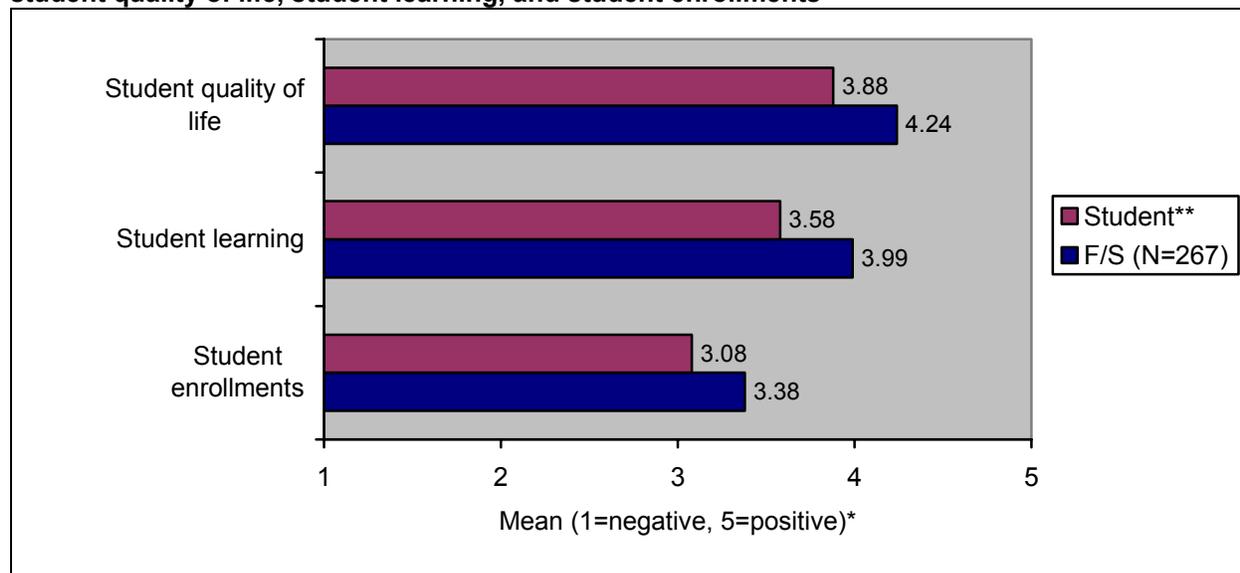
**Faculty/staff:**

- On average, faculty/staff believe a smoke-free campus policy would have a strong positive effect on student quality of life (mean=4.24) and student learning (mean=3.99). Faculty/staff believe a smoke-free campus policy would have a somewhat positive effect on student enrollments (mean=3.38).

**Comparison of student and faculty/staff responses:**

- On average, faculty/staff anticipate that a smoke-free campus policy would have a more positive effect on student quality of life (mean=4.24 and mean=3.88, respectively) and student learning (mean=3.99 and mean=3.58, respectively) than students anticipate. Faculty/staff also indicate a smoke-free campus policy would have a somewhat positive effect on student enrollments (mean=3.38) while students think a smoke-free campus policy would have very little effect on student enrollments (mean=3.08).

**Figure 19. Respondent’s perception of the effect a smoke-free campus policy would have on student quality of life, student learning, and student enrollments**



\*Means are based on a 1 to 5 scale, with 1 being “negative” and 5 being “positive,” and exclude “Do not know/refused” responses.  
 \*\*From top to bottom, student N=181, 183, and 176, respectively.

Students were asked whether a smoke-free campus policy would influence their decision to attend MSUM. Faculty/staff were asked whether a smoke-free campus policy would influence their decision to work at MSUM.

See Figure 20 and Appendix Table 44 for overall distributions.

**Students:**

- More than half of students indicate a smoke-free campus policy would not influence their decision to attend MSUM (57.9 percent). Nearly one-third indicate they would be more likely to attend MSUM if a smoke-free campus policy was implemented (31.1 percent) while one-tenth indicate they would be less likely to attend (10.9 percent).

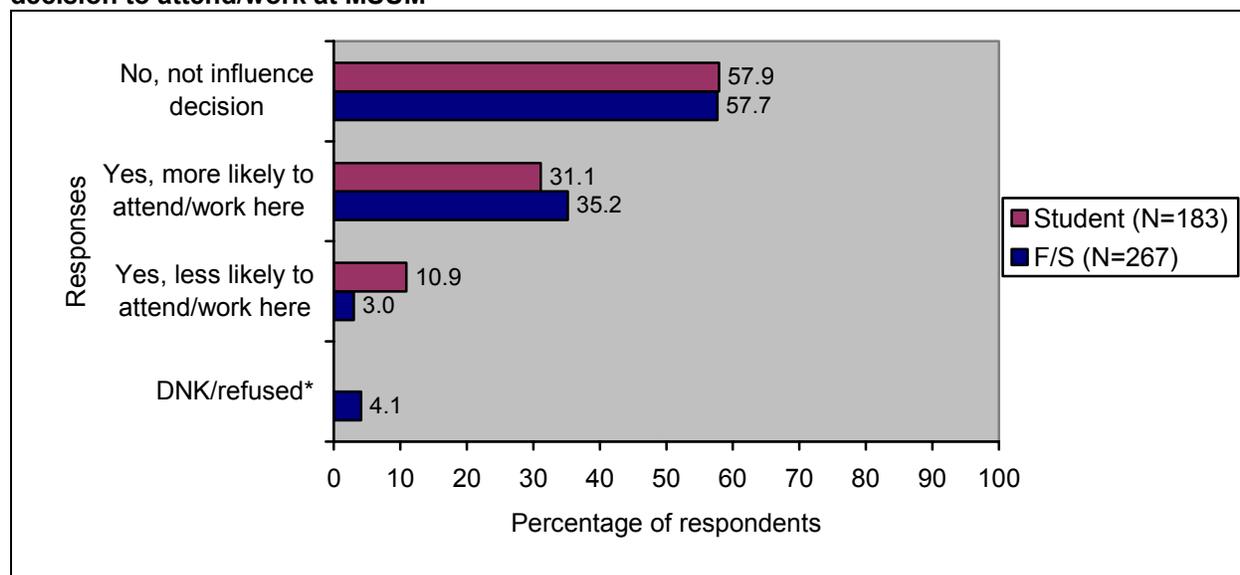
**Faculty/staff:**

- More than half of faculty/staff indicate a smoke-free campus policy would not influence their decision to work at MSUM (57.7 percent). More than one-third indicate they would be more likely to work at MSUM (35.2 percent).

**Comparison of student and faculty/staff responses:**

- Faculty/staff and students have similar views in that a smoke-free campus policy either would not influence their decision to attend/work at MSUM or they would be more likely to attend/work at MSUM. However, a slightly larger proportion of students than faculty/staff say they would be less likely to attend/work at MSUM if the campus was smoke-free (10.9 percent and 3.0 percent, respectively).

**Figure 20. Whether implementing a smoke-free campus policy would influence respondent’s decision to attend/work at MSUM**



\*“Do not know/refused” was not a category choice on the student survey.

## Awareness of and Interest in Education/Cessation

Respondents were asked whether any health information about tobacco use has been made available on their campus.

See Figure 21 and Appendix Table 45 for overall distributions.

### Students:

- More than two-fifths of students say that health information about tobacco use has been made available on their campus (44.7 percent). Half of students are not sure if health information about tobacco use has been made available (49.7 percent).

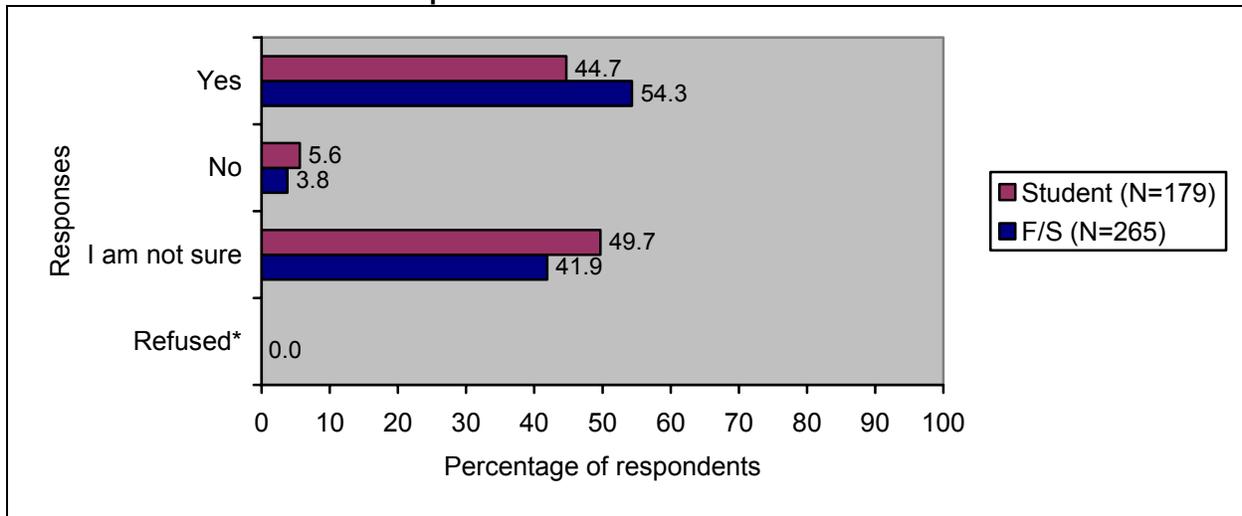
### Faculty/staff:

- More than half of faculty/staff say that health information about tobacco use has been made available on their campus (54.3 percent). Two-fifths of faculty/staff are not sure if health information about tobacco use has been made available (41.9 percent).

### Comparison of student and faculty/staff responses:

- A somewhat larger proportion of faculty/staff than students say they know for sure that health information about tobacco use has been made available on their campus (54.3 percent and 44.7 percent, respectively).

**Figure 21. Respondent's perception of whether any health information about tobacco use has been made available on their campus**



\*"Refused" was not a category choice on the student survey.

Respondents were asked whether they are aware of smoking cessation counseling or quit programs that are offered on their campus. According to MSUM administration, MSUM offers cessation counseling on an individual basis by request. Students and faculty/staff are also referred to the Minnesota Tobacco Helpline (1-800-270-STOP) available to all Minnesotans through the Minnesota Partnership for Action Against Tobacco.

See Figure 22 and Appendix Table 46 for overall distributions.

**Students:**

- Half of students are not sure if smoking cessation counseling or quit programs are offered on their campus (49.2 percent), while 37.4 percent say no, they are not aware of programs offered on their campus. Only 13.4 percent of students say yes, they are aware of programs.

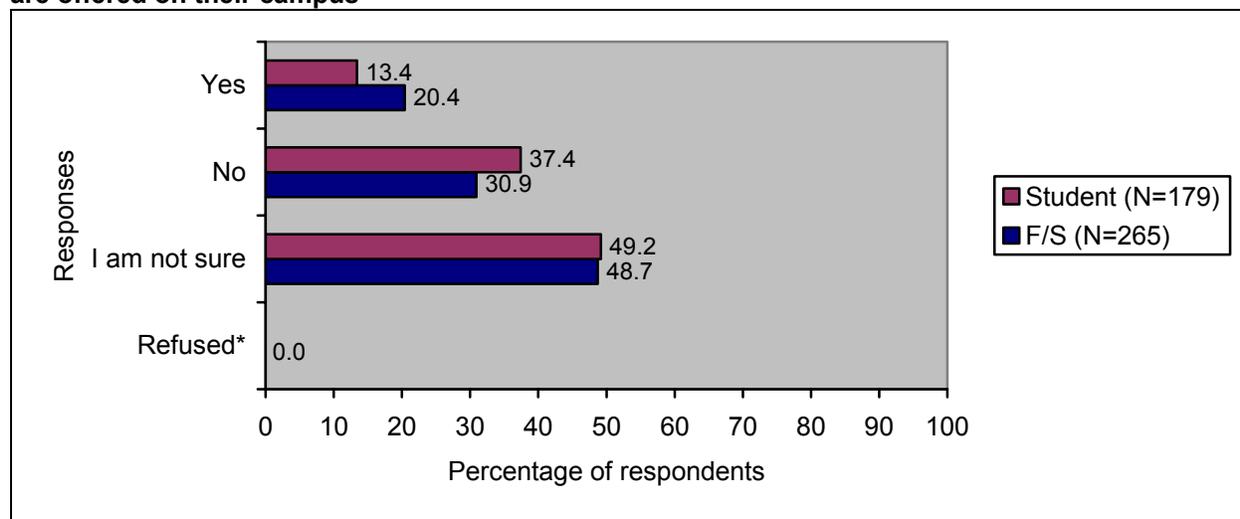
**Faculty/staff:**

- Half of faculty/staff are not sure if smoking cessation counseling or quit programs are offered on their campus (48.7 percent), while 30.9 percent say no, they are not aware of programs offered on their campus. One-fifth of faculty/staff say yes, they are aware of programs (20.4 percent).

**Comparison of student and faculty/staff responses:**

- Students and faculty/staff have similar views on smoking cessation counseling or quit programs offered on their campus. However, a somewhat larger proportion of faculty/staff than students say they are aware of programs (20.4 percent and 13.4 percent, respectively).

**Figure 22. Whether respondent is aware of smoking cessation counseling or quit programs that are offered on their campus**



\*"Refused" was not a category choice on the student survey.

All respondents were given an opportunity to express interest in learning about various types of cessation/stopping smoking programs, either for themselves as a smoker or for friends or family who are smokers.

See Figure 23 and Appendix Table 47 for overall distributions. See Appendix Table 48 for detailed distributions for smokers; this appendix table is tinted green to highlight that it is presenting data for smokers only. See Appendix Table 49 for “other” types of cessation/stopping smoking programs student respondents are interested in and Appendix Table 50 for “other” types of cessation/stopping smoking programs faculty/staff respondents are interested in.

#### **Students:**

- Regarding cessation/stopping smoking programs, the vast majority of students say they are not interested/it does not apply to them (86.4 percent). Students indicate some interest in medications (7.6 percent) and one-on-one counseling (7.1 percent).
- Other types of cessation/stopping smoking programs in which students indicate interest include testimonials, and help for friends and family members.
- *Among students who are smokers:*
  - 12.7 percent are interested in medications.
  - 11.1 percent are interested in one-on-one counseling.
  - 6.3 percent are interested in support groups.
  - 81.0 percent say it does not apply to them/they are not interested.

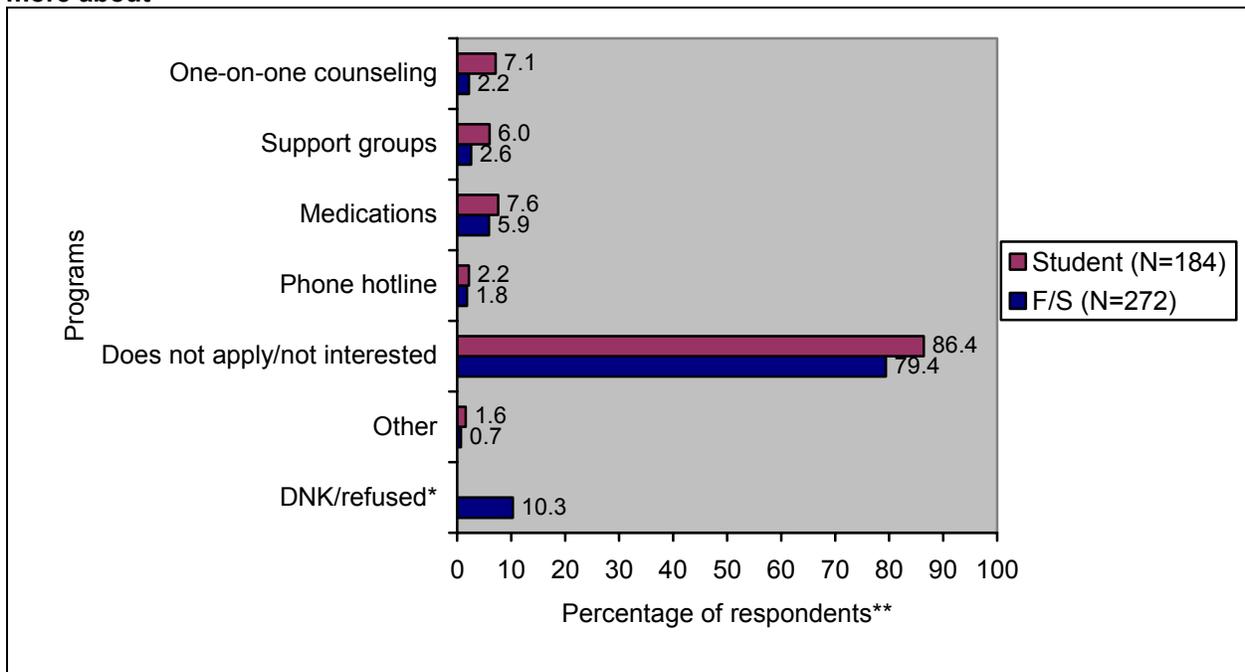
#### **Faculty/staff:**

- Regarding cessation/stopping smoking programs, the vast majority of faculty/staff say either they are not interested/it does not apply to them (79.4 percent) or declined to answer the question (10.3 percent). A small proportion of faculty/staff indicate interest in medications (5.9 percent).
- One faculty/staff person would like to see on campus counseling.
- *Among faculty/staff who are smokers:*
  - 34.4 percent are interested in medications.
  - 6.3 percent are interested in one-on-one counseling.
  - 6.3 percent are interested in support groups.
  - 6.3 percent are interested in a phone hotline.
  - 31.3 percent say it does not apply to them/they are not interested.
  - 21.9 percent declined to answer.

#### **Comparison of student and faculty/staff responses:**

- Students and faculty/staff have similar views on smoking cessation counseling or quit programs offered on their campus. However, a slightly larger proportion of students than faculty/staff indicate interest in one-on-one counseling (7.1 percent and 2.2 percent, respectively) and support groups (6.0 percent and 2.6 percent, respectively).
- Among respondents who are smokers, 12.7 percent of student smokers show interest in medications compared to 34.4 percent of faculty/staff smokers.

**Figure 23. Types of cessation/stopping smoking programs respondent is interested in learning more about**



\*"Do not know/refused" was not a category choice on the student survey.

\*\*Percentages do not equal 100.0 due to multiple responses.

## Impact of Smoking Preferences on Visits to Locations in the Community

Respondents were asked whether a smoke-free environment at off campus restaurants that DO NOT serve liquor does/would influence them to want to visit less often, more often, or would it not make a difference.

See Figure 24 and Appendix Table 51 for overall distributions.

### **Students:**

- Two-fifths of students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO NOT serve liquor (40.4 percent); 42.7 percent indicate it would not make a difference. A small proportion of students indicate they would want to go less often (6.2 percent).

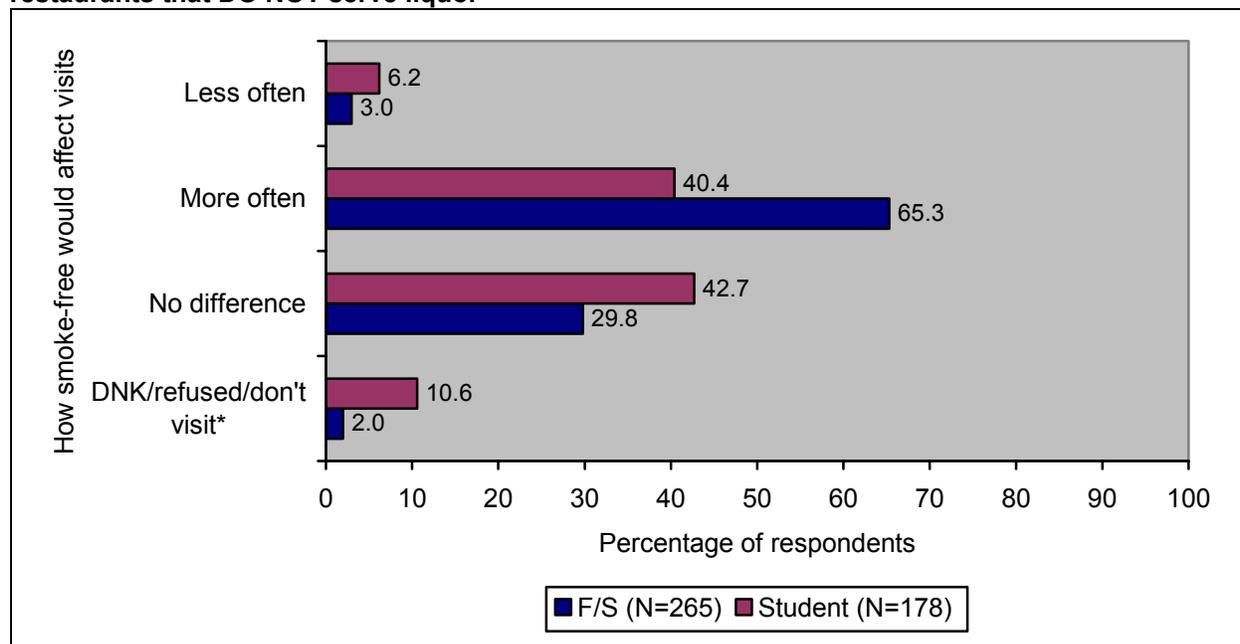
### **Faculty/staff:**

- Two-thirds of faculty/staff indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO NOT serve liquor (65.3 percent); 29.8 percent indicate it would not make a difference. A very small proportion of faculty/staff indicate they would want to go less often (3.0 percent).

### **Comparison of student and faculty/staff responses:**

- A larger proportion of faculty/staff than students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO NOT serve liquor (65.3 percent and 40.4 percent, respectively). A larger proportion of students than faculty/staff indicate smoke-free status would not make a difference in their visits to off campus restaurants that DO NOT serve liquor (42.7 percent and 29.8 percent, respectively).

**Figure 24. How smoke-free environments would affect respondent's visits to off campus restaurants that DO NOT serve liquor**



\*Category includes responses of "I would not visit this type of location," "Not applicable," and "Do not know/refused." "Do not know/refused" was not a category choice on the student survey. See Appendix Table 51 for detailed responses.

Respondents were asked whether a smoke-free environment at off campus restaurants that DO serve liquor does/would influence them to want to visit less often, more often, or would it not make a difference.

See Figure 25 and Appendix Table 52 for overall distributions.

**Students:**

- More than one-third of students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO serve liquor (35.2 percent); 41.5 percent indicate it would not make a difference. One-tenth of students indicate they would want to go less often (9.7 percent).

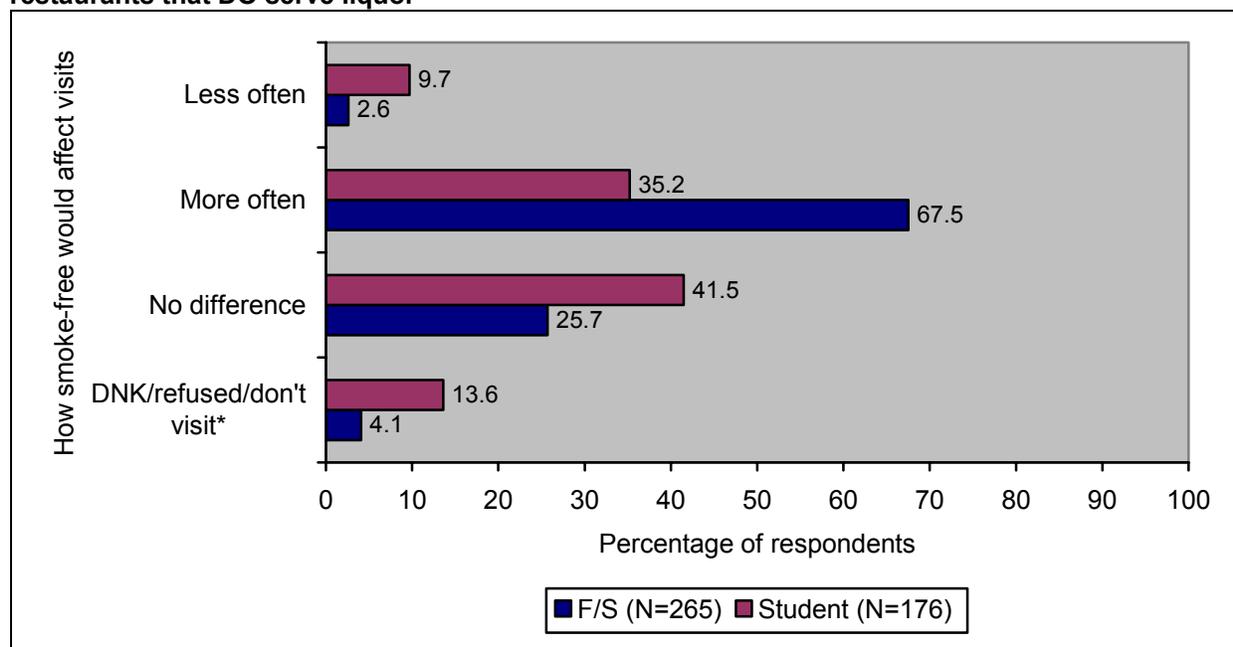
**Faculty/staff:**

- Two-thirds of faculty/staff indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO serve liquor (67.5 percent); 25.7 percent indicate it would not make a difference. A very small proportion of faculty/staff indicate they would want to go less often (2.6 percent).

**Comparison of student and faculty/staff responses:**

- A much larger proportion of faculty/staff than students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO serve liquor (67.5 percent and 35.2 percent, respectively). A larger proportion of students than faculty/staff indicate smoke-free status would not make a difference in their visits to off campus restaurants that DO serve liquor (41.5 percent and 25.7 percent, respectively).

**Figure 25. How smoke-free environments would affect respondent’s visits to off campus restaurants that DO serve liquor**



\*Category includes responses of "I would not visit this type of location," "Not applicable," and "Do not know/refused." "Do not know/refused" was not a category choice on the student survey. See Appendix Table 52 for detailed responses.

Respondents were asked whether a smoke-free environment at off campus bars/cocktail lounges does/would influence them to want to visit less often, more often, or would it not make a difference.

See Figure 26 and Appendix Table 53 for overall distributions.

**Students:**

- One-third of students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free bars/cocktail lounges (32.8 percent); 35.0 percent indicate it would not make a difference and 13.6 percent indicate they would want to go less often. Nearly one-fifth of students do not visit these types of locations or declined to answer the question (18.6 percent).

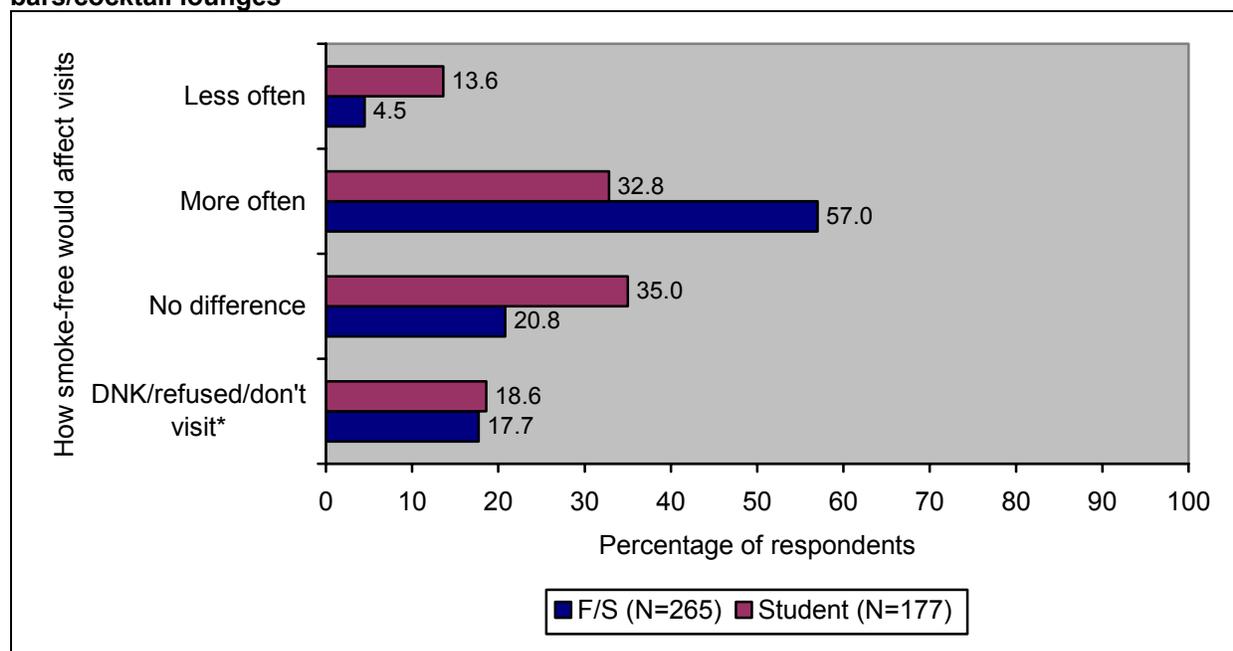
**Faculty/staff:**

- More than half of faculty/staff indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free bars/cocktail lounges (57.0 percent); 20.8 percent indicate it would not make a difference. A small proportion of faculty/staff indicate they would want to go less often (4.5 percent). Nearly one-fifth of faculty/staff do not visit these types of locations or declined to answer the question (17.7 percent).

**Comparison of student and faculty/staff responses:**

- A much larger proportion of faculty/staff than students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free bars/cocktail lounges (57.0 percent and 32.8 percent, respectively). A larger proportion of students than faculty/staff indicate smoke-free status would not make a difference in their visits to off campus bars/cocktail lounges (35.0 percent and 20.8 percent, respectively) and a somewhat larger proportion of students than faculty/staff indicate they would want to go less often (13.6 percent and 4.5 percent, respectively).

**Figure 26. How smoke-free environments would affect respondent’s visits to off campus bars/cocktail lounges**



\*Category includes responses of "I would not visit this type of location," "Not applicable," and "Do not know/refused." "Do not know/refused" was not a category choice on the student survey. See Appendix Table 53 for detailed responses.

## Demographics

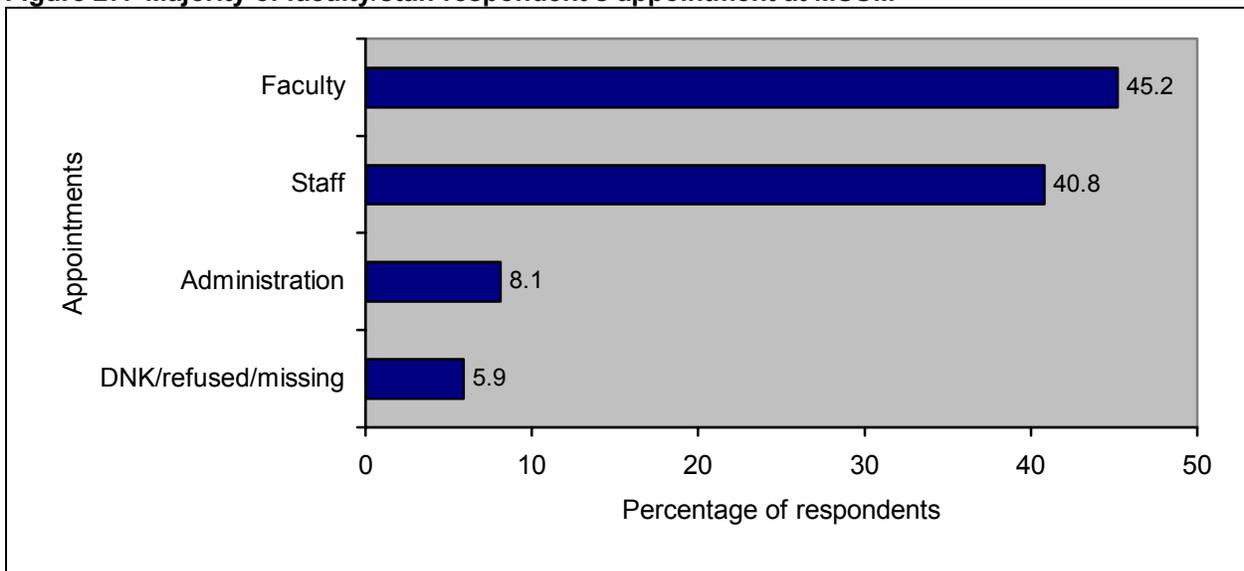
Faculty/staff respondents were asked to specify the majority of their appointment at MSUM as faculty, staff, or administration.

See Figure 27 and Appendix Table 54 for overall distributions.

### Faculty/staff:

- Respondents to the faculty/staff survey consist of 45.2 percent faculty, 40.8 percent staff, and 8.1 percent administration. A small proportion of respondents indicated “Do not know/refused” or quit the survey prior to this question (5.9 percent).
- According to MSUM administrative records, 61.0 percent of employees at MSUM are faculty and 39.0 percent are staff (including administration).

**Figure 27. Majority of faculty/staff respondent’s appointment at MSUM**



N=272

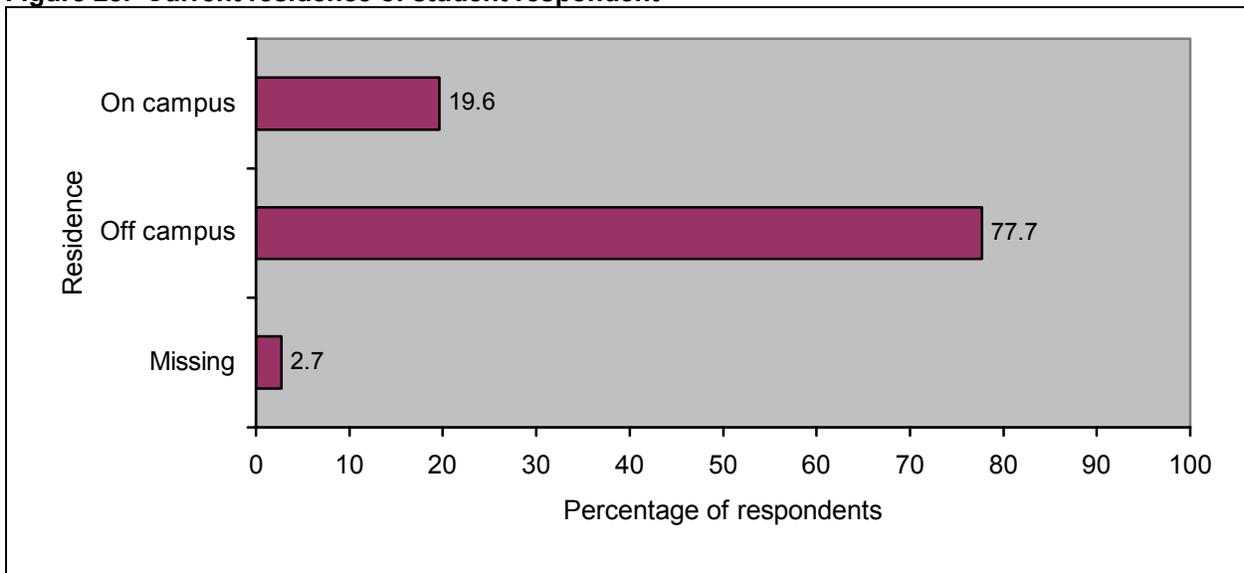
Student respondents were asked whether their current residence is on campus or off campus.

See Figure 28 and Appendix Table 55 for overall distributions.

**Students:**

- Three-fourths of students live off campus (77.7 percent).

**Figure 28. Current residence of student respondent**



N=184

Respondents were asked to specify their gender.

See Figure 29 and Appendix Table 56 for overall distributions.

**Students:**

- Approximately two-fifths of student respondents are male (38.0 percent) and three-fifths are female (58.7 percent). A small proportion declined to answer the question or quit the survey prior to this question (3.3 percent).
- According to MSUM administrative records, 41.8 percent of MSUM students are male and 58.2 percent of MSUM students are female.

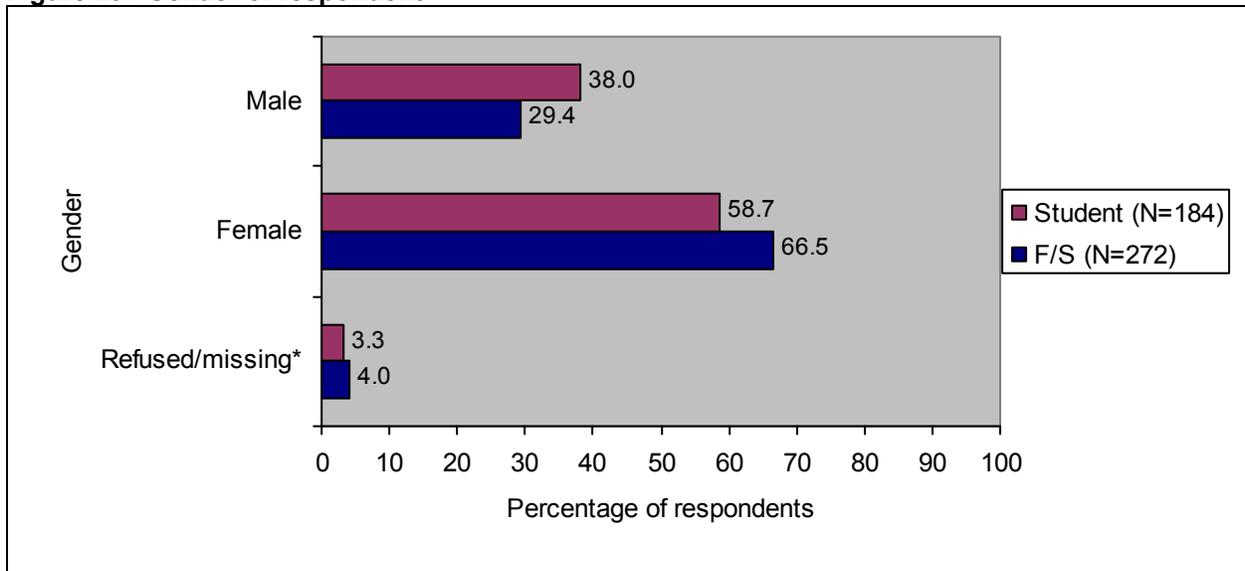
**Faculty/staff:**

- One in three faculty/staff respondents is male (29.4 percent), 66.5 percent are female, and 4.0 percent declined to answer the question or quit the survey prior to this question.
- According to MSUM administrative records, 45.0 percent of faculty/staff are male and 54.9 percent of faculty/staff are female.

**Comparison of student and faculty/staff responses:**

- A larger proportion of student respondents than faculty/staff respondents are male (38.0 percent and 29.4 percent, respectively).

**Figure 29. Gender of respondent**



\*"Refused" was not a category choice on the student survey.

Respondents were asked to provide their age.

See Figure 30 and Appendix Table 57 for overall distributions.

**Students:**

- More than two-fifths of student respondents are ages 20 or younger (42.9 percent). An additional 37.5 percent are ages 21 to 24 and 15.2 percent are ages 25 and older.
- The age of student respondents ranges from 18 to 49. The average age of student respondents is 21.93 years.
- According to MSUM administrative records, 81.0 percent of MSUM students are ages 24 or younger and 18.6 percent are ages 25 and older.

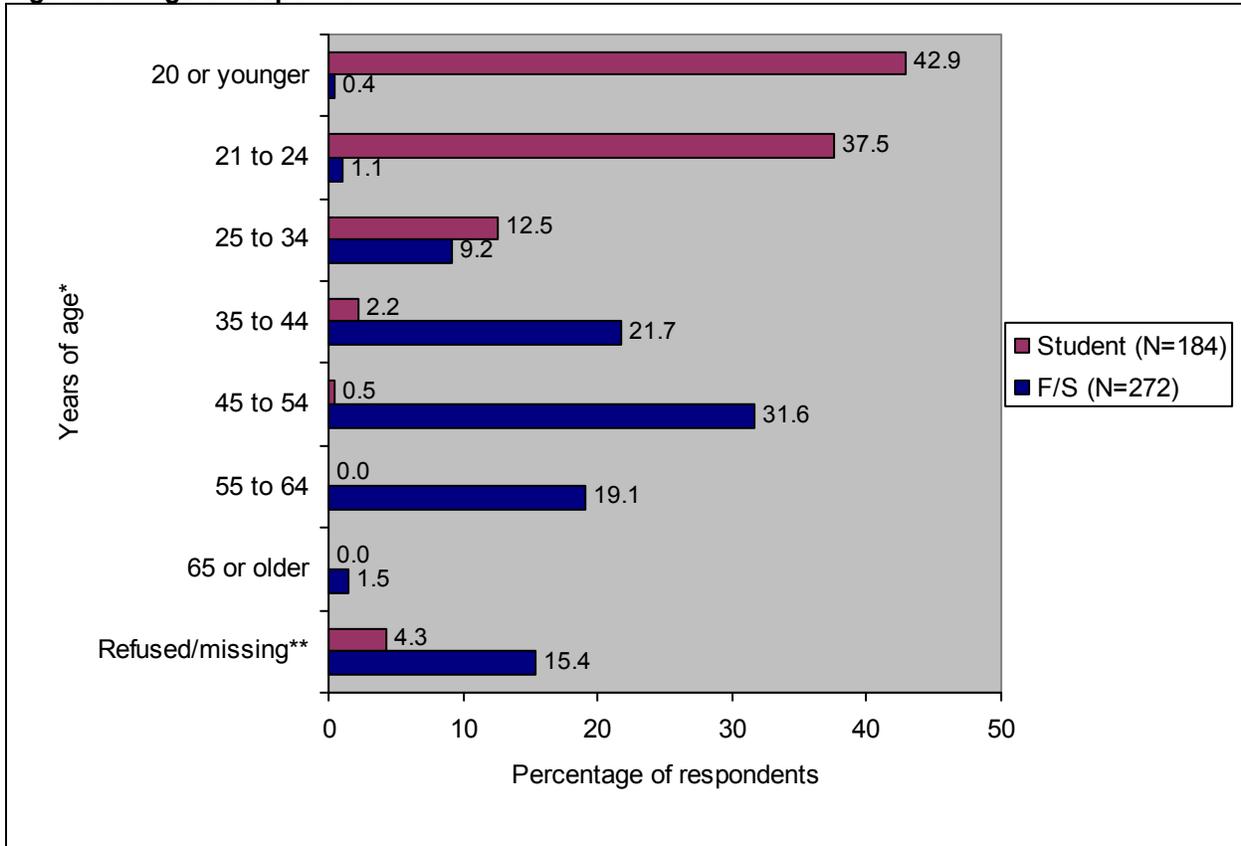
**Faculty/staff:**

- One-tenth of MSUM faculty/staff respondents are ages 25 to 34 (9.2 percent). Half are ages 35 to 54 (53.3 percent) and one-fifth are ages 55 to 64 (19.1 percent). Approximately one-sixth of faculty/staff respondents indicated "Refused" or quit the survey prior to this question (15.4 percent).
- The age of faculty/staff respondents ranges from 20 to 68. The average age of faculty/staff respondents is 46.84 years.
- Age information was not obtained from MSUM administrative records for faculty/staff.

**Comparison of student and faculty/staff responses:**

- On average, faculty/staff respondents are more than twice as old as student respondents (mean=46.84 and mean=21.93, respectively).

**Figure 30. Age of respondent**



\*Student range=18 to 49, mean=21.93; faculty/staff range=20 to 68, mean=46.84. Means exclude "Refused/missing" responses.  
\*\*"Refused" was not a category choice on the student survey.

# Appendix A: **Appendix Tables**

Note: Student data are presented in red in the appendix tables; faculty/staff data are presented in blue in the appendix tables. Appendix tables that present data representing smokers only are tinted green.

**Appendix Table 1. Respondent's opinion regarding statement: "Smoking helps relieve stress"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	75	40.8	78	28.7
(2)	27	14.7	29	10.7
(3)	37	20.1	45	16.5
(4)	29	15.8	46	16.9
(5) Strongly agree	16	8.7	16	5.9
Do not know/refused	NA	NA	58	21.3
Total	184	100.1	272	100.0
Mean*	2.37		2.50	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 2. Respondent's opinion regarding statement: "Smoking makes people feel more relaxed"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	60	32.8	70	25.7
(2)	30	16.4	26	9.6
(3)	46	25.1	60	22.1
(4)	33	18.0	44	16.2
(5) Strongly agree	14	7.7	18	6.6
Do not know/refused	NA	NA	54	19.9
Total	183	100.0	272	100.1
Mean*	2.51		2.61	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 3. Respondent's opinion regarding statement: "Smoking helps people feel more comfortable in social situations"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	66	36.3	66	24.3
(2)	42	23.1	35	12.9
(3)	48	26.4	48	17.6
(4)	17	9.3	61	22.4
(5) Strongly agree	9	4.9	15	5.5
Do not know/refused	NA	NA	47	17.3
Total	182	100.0	272	100.0
Mean*	2.24		2.66	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 4. Respondent's opinion regarding statement: "Smoking is an effective way to keep weight down"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	107	59.1	121	44.5
(2)	34	18.8	44	16.2
(3)	25	13.8	44	16.2
(4)	9	5.0	17	6.3
(5) Strongly agree	6	3.3	7	2.6
Do not know/refused	NA	NA	39	14.3
Total	181	100.0	272	100.1
Mean*	1.75		1.91	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 5. Respondent's opinion regarding statement: "Light cigarettes are less harmful than regular cigarettes"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	118	65.2	193	71.0
(2)	28	15.5	22	8.1
(3)	21	11.6	12	4.4
(4)	9	5.0	15	5.5
(5) Strongly agree	5	2.8	9	3.3
Do not know/refused	NA	NA	21	7.7
Total	181	100.1	272	100.0
Mean*	1.65		1.51	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 6. Respondent's opinion regarding statement: "Smoking causes physical effects, such as reduced endurance"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	9	5.1	18	6.6
(2)	3	1.7	4	1.5
(3)	11	6.2	9	3.3
(4)	35	19.7	15	5.5
(5) Strongly agree	120	67.4	213	78.3
Do not know/refused	NA	NA	13	4.8
Total	178	100.1	272	100.0
Mean*	4.43		4.55	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 7. Respondent's opinion regarding statement: "Smoking can lead to long-term physical illnesses (heart disease, cancer, emphysema)"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	9	5.0	19	7.0
(2)	1	0.6	0	0.0
(3)	4	2.2	4	1.5
(4)	11	6.1	4	1.5
(5) Strongly agree	156	86.2	238	87.5
Do not know/refused	NA	NA	7	2.6
Total	181	100.1	272	100.1
Mean*	4.68		4.67	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 8. Respondent's opinion regarding statement: "Secondhand smoke is a health issue"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	6	3.3	4	1.5
(2)	4	2.2	0	0.0
(3)	17	9.2	11	4.1
(4)	40	21.7	27	10.1
(5) Strongly agree	117	63.6	222	83.1
Do not know/refused	NA	NA	3	1.1
Total	184	100.0	267	99.9
Mean*	4.40		4.75	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 9. Respondent's opinion regarding statement: "People who smoke can quit if they want to"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	23	12.7	27	9.9
(2)	24	13.3	53	19.5
(3)	38	21.0	39	14.3
(4)	45	24.9	64	23.5
(5) Strongly agree	51	28.2	74	27.2
Do not know/refused	NA	NA	15	5.5
Total	181	100.1	272	99.9
Mean*	3.43		3.41	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 10. Respondent's opinion regarding statement: "I don't like being around people who smoke"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	21	11.6	15	5.5
(2)	29	16.0	18	6.6
(3)	28	15.5	22	8.1
(4)	30	16.6	32	11.8
(5) Strongly agree	73	40.3	177	65.1
Do not know/refused	NA	NA	8	2.9
Total	181	100.0	272	100.0
Mean*	3.58		4.28	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 11. Respondent's opinion regarding statement: "I am tired of people telling me about secondhand smoke"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	35	19.1	142	52.2
(2)	39	21.3	54	19.9
(3)	48	26.2	29	10.7
(4)	19	10.4	21	7.7
(5) Strongly agree	42	23.0	22	8.1
Do not know/refused	NA	NA	4	1.5
Total	183	100.0	272	100.1
Mean*	2.97		1.98	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 12. Respondent's opinion regarding statement: "I am just not worried about the health effects of secondhand smoke"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	87	48.1	204	75.0
(2)	40	22.1	36	13.2
(3)	27	14.9	12	4.4
(4)	10	5.5	3	1.1
(5) Strongly agree	17	9.4	16	5.9
Do not know/refused	NA	NA	1	0.4
Total	181	100.0	272	100.0
Mean*	2.06		1.49	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 13. Where respondent is regularly exposed to secondhand smoke**

Locations	Respondents			
	Student (N=184)		Faculty/Staff (N=272)	
	Number	Percent*	Number	Percent*
On campus – on my way to classes/work (such as sidewalks, parking lots)	121	65.8	127	46.7
On campus – entrances into campus buildings	130	70.7	207	76.1
On campus – inside buildings due to smoke that has drifted/been brought in by ventilation	15	8.2	47	17.3
Off campus – public spaces (such as sidewalks, parking lots, bike paths)	70	38.0	105	38.6
Off campus – entrances into buildings (such as businesses, apartment buildings)	79	42.9	111	40.8
My workplace	20	10.9	NA	NA
The grounds surrounding my workplace	33	17.9	NA	NA
Restaurants	51	27.7	61	22.4
Bars/cocktail lounges	104	56.5	133	48.9
Places of public amusement (fairgrounds, outdoor concerts, etc.)	77	41.8	80	29.4
The homes of friends or family members	78	42.4	43	15.8
I am never or almost never exposed to secondhand smoke	5	2.7	35	12.9
Other**	8	4.3	20	7.4
Do not know/refused	NA	NA	8	2.9

Note: NA – “Do not know/refused” was not a category choice on the student survey; question was not asked on the faculty/staff survey.

\*Percentages do not equal 100.0 due to multiple responses.

\*\*See Appendix Table 14 for student “other” locations of exposure and Appendix Table 15 for faculty/staff “other” locations of exposure.

**Appendix Table 14. Other locations student respondents indicated they are exposed to secondhand smoke**

Other locations	Number
Cars/on rides with friends	1
Entrance to my apartment building	1
My dorm is right by the door – it [smoke] comes in the window	1
Outside dormitories	1
Parties	1
[answer missing]	3
Total	8

**Appendix Table 15. Other locations faculty/staff respondents indicated they are exposed to secondhand smoke**

Other locations	Number
Avoid – including going across campus at times other than between classes to avoid annoying smoke	1
Casinos	1
Faculty who smoke in their offices after hours	1
Fairgrounds	1
I avoid some places because of this: casinos, races	1
In cars of smokers while they are smoking	1
In my home – my husband smokes	1
In my office or classroom when students who smoke approach me. While they're not actually smoking at the time, their smoky body odor bothers me, and I don't like them making my office smell of smoke.	1
In office, by smoke carried on smokers clothing and breath	1
Inside state vans (other employees smoking while using vehicle)	1
Must limit exposure due to asthma	1
Other job	1
Personal vehicles	1
Rental cars	1
Smoke in building from people who smoke in the building	1
Some restaurants – those with smoking/nonsmoking sections. Even if I sit in a nonsmoking section, I can smell/breathe in smoke from the smoking section.	1
The smoky clothing of the smoker tends to permeate our area.	1
Through apt. vents	1
Upstairs neighbor	1
Ventilation in off campus buildings	1
Total	20

**Appendix Table 16. Respondent's best estimate of the proportion of students at MSUM who smoke**

Proportion of students	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
0 to 20 percent	9	4.9	34	12.5
21 to 33 percent	68	37.2	124	45.6
34 to 50 percent	74	40.4	66	24.3
51 percent or more	32	17.5	10	3.7
Do not know/refused	NA	NA	38	14.0
Total	183	100.0	272	100.1

Note: NA – "Do not know/refused" was not a category choice on the student survey.

**Appendix Table 17. Respondent's smoking status**

Smoking status	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Tobacco user – regular smoker	23	12.5	19	7.0
Tobacco user – occasional smoker*	40	21.7	13	4.8
Non-tobacco user – used to but quit	23	12.5	76	27.9
Non-tobacco user – never used	95	51.6	160	58.8
Refused	3	1.6	4	1.5
Total	184	99.9	272	100.0

\*Category is a combination of respondents who answered at least one of the following options: "I smoke cigarettes occasionally," "I smoke/use tobacco only when I drink alcohol," "I smoke/use tobacco only when I am around others who smoke/use tobacco," and "I smoke or use tobacco products other than cigarettes" who did not answer "I am a regular smoker."

**Appendix Table 18. Among respondents who are non-tobacco users, respondent's detailed smoking status**

Detailed smoking status	Respondents			
	Student (N=118)		Faculty/Staff (N=236)	
	Number	Percent*	Number	Percent*
I am a regular smoker.	0	0.0	0	0.0
I smoke cigarettes occasionally (not every day).	0	0.0	0	0.0
I smoke/use tobacco only when I drink alcohol.	0	0.0	0	0.0
I smoke/use tobacco only when I am around others who smoke/use tobacco.	0	0.0	0	0.0
I smoke or use tobacco products other than cigarettes (cigarillos, cigars, pipes, chewing tobacco).	0	0.0	0	0.0
I used to smoke or use other tobacco products, but quit within the last year.	7	5.9	3	1.3
I used to smoke or use other tobacco products, but quit more than one year ago.	16	13.6	73	30.9
I have never smoked/used other tobacco products.	95	80.5	160	67.8

\*Respondents had the option of indicating multiple responses, but percentages equal 100.0 because they did not choose more than one response.

**Appendix Table 19. Among respondents who smoke, respondent's detailed smoking status**

Detailed smoking status	Respondents			
	Student (N=63)		Faculty/Staff (N=32)	
	Number	Percent*	Number	Percent*
I am a regular smoker.	23	36.5	19	59.4
I smoke cigarettes occasionally (not every day).	17	27.0	5	15.6
I smoke/use tobacco only when I drink alcohol.	21	33.3	5	15.6
I smoke/use tobacco only when I am around others who smoke/use tobacco.	13	20.6	3	9.4
I smoke or use tobacco products other than cigarettes (cigarillos, cigars, pipes, chewing tobacco).	17	27.0	4	12.5
I used to smoke or use other tobacco products, but quit within the last year.	4	6.3	0	0.0
I used to smoke or use other tobacco products, but quit more than one year ago.	1	1.6	0	0.0
I have never smoked/used other tobacco products.	1	1.6	0	0.0

\*Percentages do not equal 100.0 due to multiple responses.

Note: Respondents who indicated a "quit" response as well as a "regular" or "occasional" smoker response were categorized as smokers.

**Appendix Table 20. Among respondents who are regular smokers, number of cigarettes smoked on an average day**

Average number of cigarettes/day	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
None	1	4.5	0	0.0
1 to 5	5	22.7	0	0.0
6 to 10	10	45.5	5	27.8
11 to 15	2	9.1	4	22.2
16 to 20	3	13.6	3	16.7
21 or more	1	4.5	4	22.2
Refused	NA	NA	2	11.1
Total	22	99.9	18	100.0
Mean (number of cigarettes)*	9.59		17.50	

Note: NA – “Do not know/refused” was not a category choice on the student survey.

\*Student range=0 to 21; faculty/staff range=10 to 30. Means exclude “Refused” responses.

**Appendix Table 21. Among respondents who smoke, age at which respondent began smoking tobacco products**

Age began smoking	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
11 or younger	1	1.9	0	0.0
12 to 14	10	18.9	10	32.3
15 to 17	31	58.5	11	35.5
18 to 20	9	17.0	3	9.7
21 or older	2	3.8	6	19.4
Refused	NA	NA	1	3.2
Total	53	100.1	31	100.1
Mean (age in years)*	16.02		16.97	

Note: NA – “Do not know/refused” was not a category choice on the student survey.

\*Student range=11 to 22; faculty/staff range=12 to 30. Means exclude “Refused” responses.

**Appendix Table 22. Among respondents who smoke, factors influencing respondent to begin smoking**

Influential factors	Respondents			
	Student (N=63)		Faculty/Staff (N=32)	
	Number	Percent*	Number	Percent*
Peers	35	55.6	21	65.6
Stress	11	17.5	5	15.6
Family members also smoked	9	14.3	12	37.5
Appetite suppressant	3	4.8	0	0.0
Other**	17	27.0	4	12.5
Do not know/refused	NA	NA	5	15.6

Note: NA – “Do not know/refused” was not a category choice on the student survey.

\*Percentages do not equal 100.0 due to multiple responses.

\*\*See Appendix Table 23 for student “other” factors and Appendix Table 24 for faculty/staff “other” factors.

**Appendix Table 23. Among student respondents who smoke, other factors that influenced respondent to begin smoking**

Other influential factors	Number
Big relationship breakup	1
Boredom	1
Cartoon character ads	1
Curiosity	2
I thought it was cool when I was younger	1
Liked cigars, mostly the look at age 16, now I like the taste and the complex flavors	1
My own choice	1
[I] quit doing drugs	1
Self motivated	1
The media, and it's fun sometimes	1
Used other tobacco products other than cigarettes	1
Wanted to try it	1
Anger at anti-smoking groups and target marketing/truth ads	1
None	1
[answer missing]	2
Total	17

**Appendix Table 24. Among faculty/staff respondents who smoke, other factors that influenced respondent to begin smoking**

Other influential factors	Number
I smoked 1 pack when 16, and just didn't like it. Although I never 'quit,' I haven't touched a cigarette since. I will occasionally accept a puff from a pipe, especially if the pipe is aromatic	1
It was cool	1
Just wanted to try it	1
U.S. Army	1
Total	4

**Appendix Table 25. Among student respondents who smoke, the number of four closest friends who smoke**

Number of four closest friends who smoke	Respondents	
	Number	Percent
One	5	8.8
Two	16	28.1
Three	15	26.3
All of them	12	21.1
None of them	9	15.8
Total	57	100.1

**Appendix Table 26. Among respondents who smoke, respondent's interest in quitting smoking**

Interest in quitting smoking	Respondents			
	Student (N=63)		Faculty/Staff (N=32)	
	Number	Percent*	Number	Percent*
I am not interested in quitting smoking.	13	20.6	5	15.6
I want to quit smoking, but have no timeframe.	18	28.6	16	50.0
I plan to quit smoking within the next 6 months.	10	15.9	8	25.0
I plan to quit smoking when I graduate.	4	6.3	0	0.0
I plan to quit smoking when I become a parent.	7	11.1	0	0.0
Do not know/refused	NA	NA	6	18.8

Note: NA – “Do not know/refused” was not a category choice on the student survey.

\*Percentages do not equal 100.0 due to multiple responses.

**Appendix Table 27. Among respondents who smoke, whether respondent has tried to quit smoking within the last 12 months**

Responses	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Yes	24	46.2	9	29.0
No	28	53.8	20	64.5
Do not know/refused	NA	NA	2	6.5
Total	52	100.0	31	100.0

Note: NA – “Do not know/refused” was not a category choice on the student survey.

**Appendix Table 28. Among respondents who smoke and have tried to quit smoking within the last 12 months, the number of times respondent has tried to quit**

Number of quit attempts within the last 12 months	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
1 time	11	47.8	2	22.2
2 times	9	39.1	1	11.1
3 times	1	4.3	4	44.4
4 or more times	2	8.7	2	22.2
Total	23	99.9	9	99.9
Mean*	1.83		3.00	

\*Student range=1 to 6; faculty/staff range=1 to 6.

**Appendix Table 29. Among respondents who smoke, respondent's opinion regarding statement: “I am worried about the impacts of my smoking on my health”**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	6	11.1	3	9.7
(2)	6	11.1	0	0.0
(3)	10	18.5	9	29.0
(4)	11	20.4	5	16.1
(5) Strongly agree	21	38.9	14	45.2
Do not know/refused	NA	NA	0	0.0
Total	54	100.0	31	100.0
Mean*	3.65		3.87	

Note: NA – “Do not know/refused” was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being “strongly disagree” and 5 being “strongly agree,” and exclude “Do not know/refused” responses.

**Appendix Table 30. Among respondents who smoke, respondent's opinion regarding statement: "I am worried about the impact of my smoking on my appearance"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	9	16.7	6	19.4
(2)	10	18.5	3	9.7
(3)	10	18.5	10	32.3
(4)	7	13.0	8	25.8
(5) Strongly agree	18	33.3	4	12.9
Do not know/refused	NA	NA	0	0.0
Total	54	100.0	31	100.1
Mean*	3.28		3.03	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 31. Among respondents who smoke, respondent's opinion regarding statement: "I am concerned about the effect of secondhand smoke from my smoking on my friends or family"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	13	24.1	8	25.8
(2)	10	18.5	0	0.0
(3)	9	16.7	7	22.6
(4)	9	16.7	2	6.5
(5) Strongly agree	13	24.1	14	45.2
Do not know/refused	NA	NA	0	0.0
Total	54	100.1	31	100.1
Mean*	2.98		3.45	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 32. Among respondents who smoke, respondent's opinion regarding statement: "I am concerned that my smoking negatively impacts my relationship with others"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	16	29.6	11	35.5
(2)	9	16.7	6	19.4
(3)	12	22.2	10	32.3
(4)	8	14.8	2	6.5
(5) Strongly agree	9	16.7	2	6.5
Do not know/refused	NA	NA	0	0.0
Total	54	100.0	31	100.2
Mean*	2.72		2.29	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 33. Among respondents who smoke, respondent's opinion regarding statement: "I am concerned about gaining weight if I quit smoking"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	29	53.7	17	54.8
(2)	8	14.8	2	6.5
(3)	8	14.8	6	19.4
(4)	6	11.1	0	0.0
(5) Strongly agree	3	5.6	6	19.4
Do not know/refused	NA	NA	0	0.0
Total	54	100.0	31	100.1
Mean*	2.00		2.23	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 34. Among respondents who smoke, respondent's opinion regarding statement: "I am concerned about how to handle stress if I quit smoking"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	20	37.0	14	45.2
(2)	7	13.0	3	9.7
(3)	12	22.2	4	12.9
(4)	5	9.3	4	12.9
(5) Strongly agree	10	18.5	6	19.4
Do not know/refused	NA	NA	0	0.0
Total	54	100.0	31	100.1
Mean*	2.59		2.52	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 35. Respondent's opinion regarding statement: "In general, I am concerned about the health consequences of secondhand smoke on this campus"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	19	10.3	10	3.7
(2)	25	13.6	22	8.2
(3)	47	25.5	46	17.2
(4)	36	19.6	56	21.0
(5) Strongly agree	57	31.0	130	48.7
Do not know/refused	NA	NA	3	1.1
Total	184	100.0	267	99.9
Mean*	3.47		4.04	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 36. Respondent's opinion regarding statement: "It is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	22	12.0	12	4.5
(2)	13	7.1	8	3.0
(3)	29	15.8	33	12.4
(4)	43	23.4	53	19.9
(5) Strongly agree	77	41.8	158	59.2
Do not know/refused	NA	NA	3	1.1
Total	184	100.1	267	100.1
Mean*	3.76		4.28	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 37. Respondent's opinion regarding statement: "Litter caused by smoking (cigarette butts, empty packages, etc.) detracts from the appearance of this campus"**

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	8	4.3	3	1.1
(2)	19	10.3	5	1.9
(3)	12	6.5	10	3.7
(4)	28	15.2	31	11.6
(5) Strongly agree	117	63.6	215	80.5
Do not know/refused	NA	NA	3	1.1
Total	184	99.9	267	99.9
Mean*	4.23		4.70	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "strongly disagree" and 5 being "strongly agree," and exclude "Do not know/refused" responses.

**Appendix Table 38. Respondent's perception of the current campus smoking policy**

Campus smoking policies	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Policy A: "The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university."	124	69.3	220	82.4
Policy B: "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."	8	4.5	19	7.1
Policy C: "The campus buildings are smoke-free; there are no smoking restrictions on the grounds."	18	10.1	12	4.5
I am not sure what the current smoking policy is on my campus.	29	16.2	13	4.9
Do not know/refused	NA	NA	3	1.1
Total	179	100.1	267	100.0

Note: NA – "Do not know/refused" was not a category choice on the student survey.

**Appendix Table 39. Respondent's perception of how well the campus smoking policy is enforced outdoors**

Enforcement of policy outdoors	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Not at all well	75	41.2	123	46.1
(2)	37	20.3	71	26.6
(3)	52	28.6	32	12.0
(4)	13	7.1	13	4.9
(5) Very well	5	2.7	3	1.1
Do not know/refused	NA	NA	25	9.4
Total	182	99.9	267	100.1
Mean*	2.10		1.77	

Note: NA – “Do not know/refused” was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being “not at all well” and 5 being “very well,” and exclude “Do not know/refused” responses.

**Appendix Table 40. Likelihood respondent would support a policy requiring the campus to be completely smoke-free**

Likelihood of support	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Not at all likely	44	24.0	24	9.0
(2)	14	7.7	14	5.2
(3)	30	16.4	23	8.6
(4)	17	9.3	28	10.5
(5) Very likely	78	42.6	175	65.5
Do not know/refused	NA	NA	3	1.1
Total	183	100.0	267	99.9
Mean*	3.39		4.20	

Note: NA – “Do not know/refused” was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being “not at all likely” and 5 being “very likely,” and exclude “Do not know/refused” responses.

**Appendix Table 41. Respondent's perception of the effect a smoke-free campus policy would have on student quality of life**

Perception of effect	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Negative	11	6.1	7	2.6
(2)	10	5.5	11	4.1
(3)	45	24.9	44	16.5
(4)	39	21.5	43	16.1
(5) Positive	76	42.0	149	55.8
Do not know/refused	NA	NA	13	4.9
Total	181	100.0	267	100.0
Mean*	3.88		4.24	

Note: NA – “Do not know/refused” was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being “negative” and 5 being “positive,” and exclude “Do not know/refused” responses.

**Appendix Table 42. Respondent's perception of the effect a smoke-free campus policy would have on student learning**

Perception of effect	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Negative	9	4.9	5	1.9
(2)	8	4.4	4	1.5
(3)	87	47.5	81	30.3
(4)	26	14.2	44	16.5
(5) Positive	53	29.0	102	38.2
Do not know/refused	NA	NA	31	11.6
Total	183	100.0	267	100.0
Mean*	3.58		3.99	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "negative" and 5 being "positive," and exclude "Do not know/refused" responses.

**Appendix Table 43. Respondent's perception of the effect a smoke-free campus policy would have on student enrollments**

Perception of effect	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Negative	22	12.5	12	4.5
(2)	24	13.6	28	10.5
(3)	81	46.0	92	34.5
(4)	16	9.1	39	14.6
(5) Positive	33	18.8	48	18.0
Do not know/refused	NA	NA	48	18.0
Total	176	100.0	267	100.1
Mean*	3.08		3.38	

Note: NA – "Do not know/refused" was not a category choice on the student survey.

\*Means are based on a 1 to 5 scale, with 1 being "negative" and 5 being "positive," and exclude "Do not know/refused" responses.

**Appendix Table 44. Whether implementing a smoke-free campus policy would influence respondent's decision to attend/work at MSUM**

Responses	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
No, it would not influence my decision in any way	106	57.9	154	57.7
Yes, I would be more likely to attend/work here	57	31.1	94	35.2
Yes, I would be less likely to attend/work here	20	10.9	8	3.0
Do not know/refused	NA	NA	11	4.1
Total	183	99.9	267	100.0

Note: NA – "Do not know/refused" was not a category choice on the student survey.

**Appendix Table 45. Respondent's perception of whether any health information about tobacco use has been made available on their campus**

Responses	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Yes	80	44.7	144	54.3
No	10	5.6	10	3.8
I am not sure	89	49.7	111	41.9
Refused	NA	NA	0	0.0
Total	179	100.0	265	100.0

Note: NA – “Do not know/refused” was not a category choice on the student survey.

**Appendix Table 46. Whether respondent is aware of smoking cessation counseling or quit programs that are offered on their campus**

Responses	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Yes	24	13.4	54	20.4
No	67	37.4	82	30.9
I am not sure	88	49.2	129	48.7
Refused	NA	NA	0	0.0
Total	179	100.0	265	100.0

Note: NA – “Do not know/refused” was not a category choice on the student survey.

**Appendix Table 47. Types of cessation/stopping smoking programs respondent is interested in learning more about**

Programs	Respondents			
	Student (N=184)		Faculty/Staff (N=272)	
	Number	Percent*	Number	Percent*
One-on-one counseling	13	7.1	6	2.2
Support groups	11	6.0	7	2.6
Medications (nicotine patches, gym, nasal spray, Zyban, Nicotrol inhaler)	14	7.6	16	5.9
Phone hotline (e.g., Minnesota Quitline)	4	2.2	5	1.8
Does not apply to me/not interested	159	86.4	216	79.4
Other**	3	1.6	2	0.7
Do not know/refused	NA	NA	28	10.3

Note: NA – “Do not know/refused” was not a category choice on the student survey.

\*Percentages do not equal 100.0 due to multiple responses.

\*\*See Appendix Table 49 for student “other” types and Appendix Table 50 for faculty/staff “other” types.

**Appendix Table 48. Among respondents who smoke, types of cessation/stopping smoking programs respondent is interested in learning more about**

Programs	Respondents			
	Student (N=63)		Faculty/Staff (N=32)	
	Number	Percent*	Number	Percent*
One-on-one counseling	7	11.1	2	6.3
Support groups	4	6.3	2	6.3
Medications (nicotine patches, gym, nasal spray, Zyban, Nicotrol inhaler)	8	12.7	11	34.4
Phone hotline (e.g., Minnesota Quitline)	0	0.0	2	6.3
Does not apply to me/not interested	51	81.0	10	31.3
Other**	0	0.0	0	0.0
Do not know/refused	NA	NA	7	21.9

Note: NA – “Do not know/refused” was not a category choice on the student survey.

\*Percentages do not equal 100.0 due to multiple responses.

\*\*Written in “other” responses on the student survey are not associated with individual respondents.

**Appendix Table 49. Other types of cessation/stopping smoking programs student respondents are interested in**

Other types of programs	Number
For my friends	1
Help for family members	1
Personal experience [testimonials]	1
Total	3

**Appendix Table 50. Other types of cessation/stopping smoking programs faculty/staff respondents are interested in**

Other types of programs	Number
Would like to see on campus counseling	1
I have quit many times without help and have lasted 1-5 years without a cigarette	1
Total	2

**Appendix Table 51. How smoke-free environments would affect respondent’s visits to off campus restaurants that DO NOT serve liquor**

How smoke-free would affect visits	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Less often	11	6.2	8	3.0
More often	72	40.4	173	65.3
No difference	76	42.7	79	29.8
I would not visit this type of location	12	6.7	1	0.4
Not applicable	7	3.9	2	0.8
Do not know/refused	NA	NA	2	0.8
Total	178	99.9	265	100.1

Note: NA – “Do not know/refused” was not a category choice on the student survey.

**Appendix Table 52. How smoke-free environments would affect respondent's visits to off campus restaurants that DO serve liquor**

How smoke-free would affect visits	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Less often	17	9.7	7	2.6
More often	62	35.2	179	67.5
No difference	73	41.5	68	25.7
I would not visit this type of location	15	8.5	7	2.6
Not applicable	9	5.1	3	1.1
Do not know/refused	NA	NA	1	0.4
Total	176	100.0	265	99.9

Note: NA – "Do not know/refused" was not a category choice on the student survey.

**Appendix Table 53. How smoke-free environments would affect respondent's visits to off campus bars/cocktail lounges**

How smoke-free would affect visits	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Less often	24	13.6	12	4.5
More often	58	32.8	151	57.0
No difference	62	35.0	55	20.8
I would not visit this type of location	22	12.4	34	12.8
Not applicable	11	6.2	10	3.8
Do not know/refused	NA	NA	3	1.1
Total	177	100.0	265	100.0

Note: NA – "Do not know/refused" was not a category choice on the student survey.

**Appendix Table 54. Majority of faculty/staff respondent's appointment at MSUM**

Appointment	Respondents	
	Number	Percent
Faculty	123	45.2
Staff	111	40.8
Administration	22	8.1
Do not know/refused/missing	16	5.9
Total	272	100.0

**Appendix Table 55. Current residence of student respondent**

Residence	Respondents	
	Number	Percent
On campus	36	19.6
Off campus	143	77.7
Missing	5	2.7
Total	184	100.0

**Appendix Table 56. Gender of respondent**

Gender	Respondents			
	Student		Faculty/Staff	
	Number	Percent*	Number	Percent
Male	70	38.0	80	29.4
Female	108	58.7	181	66.5
Refused/missing	6	3.3	11	4.0
Total	184	100.0	272	99.9

**Appendix Table 57. Age of respondent**

Years of age	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
20 or younger	79	42.9	1	0.4
21 to 24	69	37.5	3	1.1
25 to 34	23	12.5	25	9.2
35 to 44	4	2.2	59	21.7
45 to 54	1	0.5	86	31.6
55 to 64	0	0.0	52	19.1
65 or older	0	0.0	4	1.5
Refused/missing	8	4.3	42	15.4
Total	184	99.9	272	100.0
Mean (years of age)*	21.93		46.84	

\*Student range=18 to 49; faculty/staff range=20 to 68. Means exclude "Refused/missing" responses.

# Appendix B: **Student Survey Instrument**

### Clay County Public Health Student Tobacco and Secondhand Smoke Survey

This research study is sponsored by the Clay County Public Health Department and is being conducted by North Dakota State Data Center at North Dakota State University. This class was selected at random. Your participation is voluntary, and you may withdraw from the survey at any time. The survey will take approximately 10 minutes.

The information you provide is strictly confidential and no identifying information is being requested. If you have questions about the study, please call Gina Nolte, Director of Clay County Public Health at 218-299-7205. If you have questions about your rights as a human research subject, please call the North Dakota State University Institutional Review Board at 231-8908.

- Select only one answer unless the instructions specify otherwise.
- Fill out the survey using either a #2 pencil or a pen (**blue or black ink**). Fill in the ovals completely.
- When filling out the following grids, please write the number in the appropriate boxes, stacked from top to bottom, then fill in the appropriate ovals. An example for the number 24: 

2	0	1	3	4	5	6	7	8	9	
4	0	1	2	3	4	5	6	7	8	9

Once you have completed the survey, return it to the front desk at the Hendrix Health Center where you will find a locked box in which to put your completed survey. In return, you may enter a drawing to receive one of 25 flash drives (1GB). We will accept surveys through **Friday, November 10, 2006**.

**Q1. Using a one to five scale, with one being "strongly disagree" and five being "strongly agree," please indicate the extent to which you agree or disagree with each of the following statements.**

Strongly disagree	1	2	3	4	5	Strongly agree	
1	2	3	4	5			a. Smoking helps relieve stress
1	2	3	4	5			b. Smoking makes people feel more relaxed
1	2	3	4	5			c. Smoking helps people feel more comfortable in social situations
1	2	3	4	5			d. Smoking is an effective way to keep weight down
1	2	3	4	5			e. Light cigarettes are less harmful than regular cigarettes
1	2	3	4	5			f. Smoking causes physical effects, such as reduced endurance
1	2	3	4	5			g. Smoking can lead to long-term physical illnesses (health disease, cancer, emphysema)
1	2	3	4	5			h. People who smoke can quit if they want to
1	2	3	4	5			i. I don't like being around people who smoke
1	2	3	4	5			j. I am tired of people telling me about secondhand smoke
1	2	3	4	5			k. I am just not worried about the health effects of secondhand smoke

**Q2. What is your best estimate of the proportion of students at your campus who smoke cigarettes?**

- 1 0 to 20%     
  2 21 to 33%     
  3 34 to 50%     
  4 51% or more

**Q3. Which of the following statements describe you? (Fill in ovals of all that apply)**

- a. I am a regular smoker → On an average day I smoke \_\_\_ cigarettes → 

0	1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---	---
- b. I smoke cigarettes occasionally (not every day)
- c. I smoke/use tobacco only when I drink alcohol
- d. I smoke/use tobacco only when I am around others who smoke/use tobacco
- e. I smoke or use tobacco products other than cigarettes (cigarillos, cigars, pipes, chewing tobacco)
- f. I used to smoke or use other tobacco products, but quit - within the last year (SKIP TO Q10)
- g. I used to smoke or use other tobacco products, but quit - more than 1 year ago (SKIP TO Q10)
- h. I have never smoked or used other tobacco products (SKIP TO Q10)

#### IF YOU CURRENTLY SMOKE/USE TOBACCO, PLEASE ANSWER QUESTIONS 4 - 9

**Q4. At what age did you begin smoking tobacco products?**

0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9

**Q5. What factors influenced you to begin smoking?**

- Peers  
 Stress  
 Family members also smoked  
 Appetite suppressant  
 Other \_\_\_\_\_

**Continued** →

Q6. How many of your four closest friends smoke?

- One
- Two
- Three
- All of them
- None of them

Q7. Which of the following statements applies to you? (Select all that apply)

- a. I am not interested in quitting smoking
- b. I want to quit smoking, but have no timeframe
- c. I plan to quit smoking within the next 6 months
- d. I plan to quit smoking when I graduate
- e. I plan to quit smoking when I become a parent

Q8. Have you tried to quit smoking within the last 12 months?

- Yes → How many times? →
- No

Q9. Using a one to five scale, with one being "strongly disagree" and five being "strongly agree," please indicate the extent to which you agree or disagree with each of the following statements.

- | Strongly disagree | Strongly agree |   |   |   |  |
|-------------------|----------------|---|---|---|--|
| 1                 | 2              | 3 | 4 | 5 | a. I am worried about the impacts of my smoking on my health                                   |
| 1                 | 2              | 3 | 4 | 5 | b. I am worried about the impact of my smoking on my appearance                                |
| 1                 | 2              | 3 | 4 | 5 | c. I am concerned about the effect of secondhand smoke from my smoking on my friends or family |
| 1                 | 2              | 3 | 4 | 5 | d. I am concerned that my smoking negatively impacts my relationship with others               |
| 1                 | 2              | 3 | 4 | 5 | e. I am concerned about gaining weight if I quit smoking                                       |
| 1                 | 2              | 3 | 4 | 5 | f. I am concerned about how to handle stress if I quit smoking                                 |

PLEASE CONTINUE WITH QUESTION 10

Q10. Using a one to five scale, with one being "strongly disagree" and five being "strongly agree," please indicate the extent to which you agree or disagree with each of the following statements.

- | Strongly disagree | Strongly agree |   |   |   |  |
|-------------------|----------------|---|---|---|--|
| 1                 | 2              | 3 | 4 | 5 | a. Secondhand smoke is a health issue.   |
| 1                 | 2              | 3 | 4 | 5 | b. In general, I am concerned about the health consequences of secondhand smoke on this campus.  |
| 1                 | 2              | 3 | 4 | 5 | c. It is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke. |
| 1                 | 2              | 3 | 4 | 5 | d. Litter caused by smoking (cigarette butts, empty packages, etc.) detracts from the appearance of this campus.   |

**Q11. Where are you regularly exposed to secondhand smoke? (Select all that apply)**

- a. On campus - on my way to classes/work (such as sidewalks, parking lots)
- b. On campus - entrances to campus buildings
- c. On campus - inside buildings due to smoke that has drifted/been brought in by ventilation
- d. Off campus - public spaces (such as sidewalks, parking lots, bike paths)
- e. Off campus - entrances into buildings (such as businesses, apartment buildings)
- f. My workplace
- g. The grounds surrounding my workplace
- h. Restaurants
- i. Bars/cocktail lounges
- j. Places of public amusement (fairgrounds, outdoor concerts, etc.)
- k. The homes of friends or family members
- l. Other (please specify) \_\_\_\_\_
- m. I am never or almost never exposed to secondhand smoke

**Q12. Which of the following statements best represents the current smoking policy on your campus?**

- a. The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university.
- b. 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.
- c. The campus buildings are smoke-free; there are no smoking restrictions on the grounds.
- d. I am not sure what the current smoking policy is on my campus.

**Q13. To what degree do you think the smoking policy on your campus is enforced OUTDOORS?**

- 1. Not at all well
- 2.
- 3.
- 4.
- 5. Very well

**Q14. How likely are you to support a policy that would require your campus to be completely smoke-free?**

- 1. Not at all likely
- 2.
- 3.
- 4.
- 5. Very likely

**Q15. Using a one to five scale, with one being "negative" and five being "positive," what effect, if any do you think a policy making this campus completely smoke-free would have on . . .**

Negative		Positive			
<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	a. Student quality of life
<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	b. Student learning
<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	c. Student enrollments

**Q16. If this campus implemented a policy making it completely smoke-free, would that influence your decision to attend?**

- No, it would not influence my decision in any way
- Yes, I would be more likely to attend
- Yes, I would be less likely to attend

Continued →

**Q17. 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 want to visit *less often*, *more often*, or would it *not make a difference*?**

Less often	More often	No difference	I wouldn't visit this type of location	Not applicable	Location
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	a. Restaurants that DO NOT serve liquor
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	b. Restaurants that DO serve liquor
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	c. Bars/cocktail lounges

**Q18. Has any health information about tobacco use been made available on your campus?**

- Yes
- No
- I am not sure

**Q19. Are you aware of any smoking cessation counseling or quit programs that are offered on your campus?**

- Yes
- No
- I am not sure

**Q20. Are you interested in learning more about any of the following types of cessation/stopping smoking programs? (Select all that apply)**

- a. One-on-one counseling
- b. Support groups
- c. Medications (nicotine patches, gum, nasal spray, Zyban, Nicotrol inhaler)
- d. Phone hotline (e.g., Minnesota Quitline)
- e. Other (specify) \_\_\_\_\_
- f. Does not apply to me/Not interested

**Q21. Which of the following best describes your current place of residence?**

- On campus
- Off campus

**Q22. What is your gender?**

- Male
- Female

**Q23. What is your age?**

.	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>	<input type="text" value="6"/>	<input type="text" value="7"/>	<input type="text" value="8"/>	<input type="text" value="9"/>
	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>	<input type="text" value="6"/>	<input type="text" value="7"/>	<input type="text" value="8"/>	<input type="text" value="9"/>

*Thank you for your participation!*

# Appendix C: **Faculty/Staff Survey Instrument**

**1. Introduction**

You are invited to participate in a research study sponsored by the Clay County Public Health Department. The study is being conducted by the North Dakota State Data Center at North Dakota State University. Your participation is voluntary, and you may withdraw from the survey at any time. The survey will take approximately 10 minutes. You are being asked to participate so that we may gather information about attitudes and perceptions regarding tobacco usage and issues surrounding secondhand smoke on this campus. The information you provide will assist in developing appropriate programs that may enhance the well being of members of the campus community. The questions on the survey are general and there is no known risk to your participation.

The information you provide is strictly confidential and no identifying information is being requested. If you have questions about the sponsorship of the study, please call Gina Nolte, Director of Health Promotion at Clay County Public Health, at 218-299-7185. If you have questions about the study itself, call Dr. Richard Rathge, Director of the North Dakota State Data Center, at 701-231-8621. If you have questions about your rights as a human research subject, please call the North Dakota State University Institutional Review Board at 701-231-8908.

The survey will be available through Friday, November 10, 2006.

To begin the survey, please click "Next>>".

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First, we would like to ask you your opinions on some general statements.

\* 1. Using a one to five scale, with one being "strongly disagree" and five being "strongly agree," please indicate the extent to which you agree or disagree with each of the following statements.

	1 - Strongly disagree	2	3	4	5 - Strongly agree	Do not know/Refused
A. Smoking helps relieve stress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. Smoking makes people feel more relaxed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. Smoking helps people feel more comfortable in social situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D. Smoking is an effective way to keep weight down.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E. Light cigarettes are less harmful than regular cigarettes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F. Smoking causes physical effects, such as reduced endurance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
G. Smoking can lead to long-term physical illnesses (heart disease, cancer, emphysema).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
H. People who smoke can quit if they want to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I. I don't like being around people who smoke.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
J. I am tired of people telling me about secondhand smoke.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
K. I am just not worried about the health effects of secondhand smoke.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* 2. What is your best estimate of the proportion of students at your campus who smoke cigarettes?

0 to 20%	21 to 33%	34 to 50%	51% or more	Do not know/Refused
<input type="radio"/>				

\* 3. Which of the following statements describe you? (Select all that apply)

- I am a regular smoker.
- I smoke cigarettes occasionally (not every day).
- I smoke/use tobacco only when I drink alcohol.
- I smoke/use tobacco only when I am around others who smoke/use tobacco.
- I smoke or use tobacco products other than cigarettes (cigarillos, cigars, pipes, chewing tobacco).
- I used to smoke or use other tobacco products, but quit - within the last year (survey will skip to Q11).
- I used to smoke or use other tobacco products, but quit - more than 1 year ago (survey will skip to Q11).
- I have never smoked or used other tobacco products (survey will skip to Q11).
- Do not know/Refused

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As a current smoker/user of tobacco, please answer questions 4 through 10.

\* 4. On an average day, how many cigarettes do you smoke? (Enter number of cigarettes; if you wish to refuse, enter 999)

\* 5. At what age did you begin smoking tobacco products? (Enter age in years; if you wish to refuse, enter 999)

\* 6. What factors influenced you to begin smoking? (Select all that apply)

- Peers
- Stress
- Family members also smoked
- Appetite suppressant
- Do not know/Refused
- Other (please specify)

\* 7. Which of the following statements applies to you? (Select all that apply)

- I am not interested in quitting smoking.
- I want to quit smoking, but have no timeframe.
- I plan to quit smoking within the next 6 months.
- I plan to quit smoking when I graduate.
- I plan to quit smoking when I graduate.
- I plan to quit smoking when I become a parent.
- Do not know/Refused

\* 8. Have you tried to quit smoking within the last 12 months?

- Yes -->please answer Q9 at right
- No
- Do not know/Refused

9. How many times have you tried to quit smoking within the last 12 months? (Enter number of attempts)

\* 10. Using a one to five scale, with one being "strongly disagree" and five being "strongly agree," please indicate the extent to which you agree or disagree with each of the following statements.

	1 - Strongly disagree	2	3	4	5 - Strongly agree	Do not know/Refused
A. I am worried about the impacts of my smoking on my health.	<input type="radio"/>					
B. I am worried about the impact of my smoking on my appearance.	<input type="radio"/>					
C. I am concerned about the effect of secondhand smoke from my smoking on my friends or family.	<input type="radio"/>					
D. I am concerned that my smoking negatively impacts my relationship with others.	<input type="radio"/>					
E. I am concerned about gaining weight if I quit smoking.	<input type="radio"/>					
F. I am concerned about how to handle stress if I quit smoking.	<input type="radio"/>					

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4. Page 4 of 5

\* 11. Using a one to five scale, with one being "strongly disagree" and five being "strongly agree," please indicate the extent to which you agree or disagree with each of the following statements.

	1 - Strongly disagree	2	3	4	5 - Strongly agree	Do not know/Refused
A. Secondhand smoke is a health issue.	<input type="radio"/>					
B. In general, I am concerned about the health consequences of secondhand smoke on this campus.	<input type="radio"/>					
C. It is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke.	<input type="radio"/>					
D. Litter caused by smoking (cigarette butts, empty packages, etc.) detracts from the appearance of this campus.	<input type="radio"/>					

\* 12. Where are you regularly exposed to secondhand smoke? (Select all that apply)

- On campus – on my way to classes/work (such as sidewalks, parking lots)
- On campus – entrances into campus buildings
- On campus – inside buildings due to smoke that has drifted/been brought in by ventilation
- Off campus – public spaces (such as sidewalks, parking lots, bike paths)
- Off campus – entrances into buildings (such as businesses, apartment buildings)
- Restaurants
- Bars/cocktail lounges
- Places of public amusement (fairgrounds, outdoor concerts, etc.)
- The homes of friends or family members
- I am never or almost never exposed to secondhand smoke
- Do not know/Refused
- Other (please specify)

\* 13. Which of the following statements best represents the current smoking policy on your campus?

- The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university.
- 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/Refused

\* 14. To what degree do you think the smoking policy on your campus is enforced OUTDOORS?

1 - Not at all well	2	3	4	5 - Very well	Do not know/Refused
<input type="radio"/>					

\* 15. How likely are you to support a policy that would require your campus to be completely smoke-free?

1 - Not at all likely	2	3	4	5 - Very likely	Do not know/Refused
<input type="radio"/>					

\* 16. Using a one to five scale, with one being "negative" and five being "positive," what effect, if any, do you think a policy making this campus completely smoke-free would have on...

	1 - Negative	2	3	4	5 - Positive	Do not know/Refused
A. Student quality of life	<input type="radio"/>					
B. Student learning	<input type="radio"/>					
C. Student enrollments	<input type="radio"/>					

\* 17. If this campus implemented a policy making it completely smoke-free, would that influence your decision to work here?

- No, it would not influence my decision in any way
- Yes, I would be more likely to work here
- Yes, I would be less likely to work here
- Do not know/Refused

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\* 18. 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 want to visit *less often*, *more often*, or would it *not make a difference*?

	Less often	More often	No difference	I would not visit this type of location	Not applicable	Do not know/Refused
Restaurants that DO NOT serve liquor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restaurants that DO serve liquor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bars/cocktail lounges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\* 19. Has any health information about tobacco use been made available on your campus?

- Yes
- No
- I am not sure
- Refused

\* 20. Are you aware of any smoking cessation counseling or quit programs that are offered on your campus?

- Yes
- No
- I am not sure
- Refused

\* 21. Are you interested in learning more about any of the following types of cessation/stopping smoking programs? (Select all that apply)

- One-on-one counseling
- Support groups
- Medications (nicotine patches, gum, nasal spray, Zyban, Nicotrol inhaler)
- Phone hotline (e.g., Minnesota Quitline)
- Does not apply to me/Not interested
- Do not know/Refused
- Other (please specify)

\* 22. What is the majority of your appointment on campus?

- Faculty
- Staff
- Administration
- Do not know/Refused

\* 23. What is your gender?

- Male
- Female
- Refused

\* 24. What is your age? (Enter age in years; if you wish to refuse, enter 999)

## Faculty/Staff: Thank You

Thank you for participating

[Exit this survey >>](#)

Thank you very much from Clay County Public Health and Minnesota State University Moorhead for completing the Faculty and Staff Tobacco and Secondhand Smoke Survey. We look forward to sharing the results of the study with the campus community later this fall. If you have questions about the sponsorship of the study, please call Gina Nolte, Director of Health Promotion at Clay County Public Health, at 218-299-7185. If you have questions about the study itself, call Dr. Richard Rathge, Director of the North Dakota State Data Center, at 701-231-8621.

Your survey has been submitted. You may exit this window at any time.

# Appendix D: **MSUM** **Correspondence**

## Student informed consent script

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*Read to students while survey was handed out at the beginning of randomly selected classes between October 25, 2006, and November 8, 2006. Additional information was printed on the survey itself (see student survey instrument in Appendix B).*

You are invited to participate in a research study sponsored by the Clay County Public Health Department. The study is being conducted by North Dakota State Data Center at North Dakota State University. This class was selected at random. Your participation is voluntary, and you may withdraw from the survey at any time without loss of benefits. If you do not wish to participate, simply discard the survey. The survey will take approximately 10 minutes. You are being asked to participate so that we may gather information about students' attitudes and perceptions regarding tobacco usage and issues surrounding secondhand smoke. The information you provide will assist in developing appropriate programs that may enhance students' well being. The questions on the survey are general and there is no known risk to your participation.

The information you provide is strictly confidential and no identifying information is being requested. If you have questions about the study, please call Gina Nolte, Director of Health Promotion at Clay County Public Health at 218-299-7205. If you have questions about your rights as a human research subject, please call the North Dakota State University Institutional Review Board at 231-8908.

Once you have completed the survey, return it to the front desk at the Hendrix Health Center where you will find a locked box in which to put your completed survey. In return, you may enter a drawing to receive one of 25 flash drives (1GB). The last day to enter the drawing is **Friday, November 10, 2006**.

## Student reminder/extension email

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Date: Thu, 09 Nov 2006 13:12:48 -0600  
From: Susanne Williams <susanne@mnstate.edu>  
Organization: MSU Moorhead  
To: student listservs  
Subject: Tobacco Survey: Deadline Extended for MSUM Students

This is a reminder about the Tobacco and Secondhand Smoke Survey being sponsored by the Clay County Public Health Department. We distributed surveys to randomly selected classes--Did you receive a survey in one of your classes? Have you already turned it in? If you have, thank you very much for participating.

If you have not turned your completed survey in yet, it's not too late. Please bring your survey to the front desk at the **Hendrix Health Center** (open 8:00 to 4:30 Monday through Friday). We have extended the deadline -- you have until **Friday, November 17** to turn in your survey and draw to **win one of 25 flash drives (1GB)**.

Remember - the information you provide is strictly confidential and no identifying information is being requested. If you have questions about the sponsorship of the study, please call Gina Nolte, Director of Health Promotion at Clay County Public Health, at 218-299-7185. If you have questions about the study itself, call Dr. Richard Rathge, Director of the North Dakota State Data Center, at 701-231-8621. If you have questions about your rights as a human research subject, please call the North Dakota State University Institutional Review Board at 231-8908.

Thank you,  
Dr. Susanne Williams  
Assistant to the President  
Minnesota State University Moorhead

## Faculty/staff preletter email

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Date: Tue, 24 Oct 2006 11:47:41 -0500  
From: Susanne Williams <susannew@mnstate.edu>  
Organization: MSU Moorhead  
To: official@lists.mnstate.edu  
Subject: [Official] From President Barden: Upcoming Survey

October 10, 2006  
To: MSUM's Faculty, Staff, and Administrators  
From: President Barden  
Re: Tobacco Survey

Clay County Public Health is sponsoring a comprehensive tobacco study for Moorhead's three higher education institutions: Minnesota State University Moorhead, Concordia College, and Minnesota State Community and Technical College. This is an opportunity for us to examine an important health issue on our campus and to partner with the county and other educational institutions to better understand tobacco use and people's perceptions of second-hand smoke and smoke-free policies.

Two separate surveys will be conducted; one of students and one of faculty, staff, and administration. The focus of each survey is to gather information regarding current tobacco use, attitudes toward tobacco use, knowledge of the current campus smoke-free policies and interest in changing those policies, and awareness of the various smoking-cessation programs.

This coordinated effort will assist our campus in understanding tobacco habits, identify environments where people are exposed to secondhand smoke, and evaluate our current policies regarding secondhand smoke. In addition, it will help us assess our current approach to educational programs aimed at assisting our institution's students, faculty, and staff in making healthy choices.

The Surgeon General's 2006 report concluded that there is no risk-free level of exposure to secondhand smoke and remind us of the health importance of this issue. Therefore, I encourage you to participate in this upcoming survey.

\*Beginning this week, please watch your email for the survey and promptly complete it\*. Doing so should take no longer than 10 minutes of your time. Thank you for participating in this important study.

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Official mailing list  
Official@lists.mnstate.edu  
<http://lists.mnstate.edu/mailman/listinfo/official>

## Faculty/staff invitation email

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Date: Wed, 25 Oct 2006 13:43:10 -0500  
From: Susanne Williams <susanne@mnstate.edu>  
Organization: MSU Moorhead  
To: official@lists.mnstate.edu  
Subject: [Official] Tobacco Survey: Invitation/Link to Participate

To all MSUM employees:

You are invited to participate in a research study sponsored by the Clay County Public Health Department. The study is being conducted by the North Dakota State Data Center at North Dakota State University. The survey will take approximately 10 minutes.

You are being asked to participate so that we may gather information about attitudes and perceptions regarding tobacco usage and issues surrounding secondhand smoke on this campus. The information you provide will assist in developing appropriate programs that may enhance the well being of members of the campus community.

If you have questions about the sponsorship of the study, please call Gina Nolte, Director of Health Promotion at Clay County Public Health, at 218-299-7185. If you have questions about the study itself, call Dr. Richard Rathge, Director of the North Dakota State Data Center, at 701-231-8621. If you have questions about your rights as a human research subject, please call the North Dakota State University Institutional Review Board at 701-231-8908.

The survey will be available through Friday, November 10, 2006.

To begin the survey, please go to: <http://www.surveymonkey.com/s.asp?u=372932713171>

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Dr. Susanne Williams  
Assistant to the President  
Minnesota State University Moorhead

## Faculty/staff reminder email

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Date: Tue, 07 Nov 2006 11:31:15 -0600  
From: Susanne Williams <susanne@mnstate.edu>  
Organization: MSU Moorhead  
To: dragonews@lists.mnstate.edu  
Subject: [Dragonews] Reminder: Complete the Tobacco Survey

This is a reminder about the research study being sponsored by the Clay County Public Health Department. If you have already completed the survey, thank you very much for participating. If you have not yet completed the survey, please go to <http://www.surveymonkey.com/s.asp?u=372932713171>.

You are being asked to participate so that we may gather information about attitudes and perceptions regarding tobacco usage and issues surrounding secondhand smoke on this campus. The information you provide will assist in developing appropriate programs that may enhance the well being of members of the campus community. The survey will take approximately 10 minutes, and will be available through Friday, November 10, 2006.

If you have questions about the sponsorship of the study, please call Gina Nolte, Director of Health Promotion at Clay County Public Health, at 218-299-7185. If you have questions about the study itself, call Dr. Richard Rathge, Director of the North Dakota State Data Center, at 701-231-8621. If you have questions about your rights as a human research subject, please call the North Dakota State University Institutional Review Board at 701-231-8908.

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Dragonews mailing list  
Dragonews@lists.mnstate.edu  
<http://lists.mnstate.edu/mailman/listinfo/dragonews>