



Tobacco and Secondhand Smoke Survey of Administration, Faculty, and Staff: 2002

North Dakota State University

North Dakota State Data Center at
North Dakota State University
Fargo, North Dakota

FORWARD

The research presented in this report is part of a larger research effort designed to assess public opinion of tobacco use in a multi-county region that encompasses Cass and Richland counties in North Dakota and Clay, Wilkin, and Otter Tail counties in Minnesota. A coordinating committee comprised of representatives from the health and educational communities in the 5-county region collaborated on a common questionnaire that would be used to collect the data. Although there were independent research and evaluative efforts going on in the various counties, the committee made a concerted effort to utilize a common core of questions in order to have a regional data base. In brief, the two main groups targeted in the survey effort included: a) a generalizable survey of households in the region and b) a generalizable survey of the college campus community, particularly North Dakota State University in Fargo and North Dakota State College of Science in Wahpeton.

This report is part of the research effort that targeted specifically the campus community at North Dakota State University. There were two separate reports that were produced in this particular research project. This is the second of the two reports and it documents the findings from a generalizable survey of faculty, staff, and administration on the campus of North Dakota State University. Its companion document reports the findings from a generalizable survey of students on the campus of North Dakota State University.

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We also want to acknowledge the committee members who participated in the regional effort. They include:

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EXECUTIVE SUMMARY

Introduction

This study was designed to gather information from faculty, staff, and administration at North Dakota State University regarding their attitudes and perceptions of tobacco use on campus. In addition, it also gathered data regarding their opinions of secondhand smoke and its consequences. This study also was intended to serve as a baseline to measure possible changes in attitudes, perceptions, and behavior as a result of a nonsmoking campaign.

Data from 217 faculty members, 307 staff, and 57 administrators from North Dakota State University were collected during the Fall 2002 term. Surveys were sent to all faculty and administrators on the campus and a random selection of staff. The total number of surveys returned by staff ensures a sampling error rate of at most 5 percent. The surveys were distributed and collected through campus mail. The data collection started in mid-November 2002, and ended at the end of December 2002. The surveys were designed for electronic scanning to reduce coding and input error.

Survey Results

Opinions and Perceptions

- ▶ An overwhelming majority of respondents strongly agreed with respect to the negative physical impacts of tobacco use, specifically that nicotine is addictive, that tobacco use can lead to long-term physical illnesses, and that tobacco use has physical effects. A majority of respondents strongly disagreed that “smoking a cigarette or two” does not matter because of other causes of cancer.
- ▶ With respect to issues more social in nature, respondents’ opinions were less polarized, specifically regarding whether there is a relationship between tobacco use and alcohol use, perceptions regarding whether tobacco users can quit using if they want to, and whether tobacco use helps people feel more comfortable in social situations. However, half of respondents generally agreed that there is a relationship between the use of alcohol and tobacco, and that tobacco users can quit using if they want to.
- ▶ Nearly two-thirds of respondents estimated the proportion of students at NDSU who smoke to be between 25 and 49 percent. According to the North Dakota State University *Student Tobacco and Secondhand Smoke Survey: 2002*, the proportion of students at NDSU who smoke is 27.6 percent.
- ▶ Respondents strongly agreed that society has a responsibility to protect children, and to a lesser extent nonsmoking adults, from exposure to secondhand smoke. The majority of respondents thought the government has a responsibility to enact ordinances that protect workers and members of the community from exposure to secondhand smoke.
- ▶ Though one-third of respondents indicated they are not concerned about the health consequences of secondhand smoke on campus, 43.6 percent of respondents indicated they are concerned. Nearly half of respondents saw developing programs for persons who smoke as an effective method for reducing exposure to secondhand smoke. In addition, a majority of respondents favored reducing exposure to secondhand smoke by not permitting smoking within certain distances from campus buildings. Nearly half of respondents supported another option, permitting smoking only at certain entrances rather than all entrances to campus buildings.
- ▶ The majority of respondents agreed or strongly agreed that the litter caused by smoking detracts from the aesthetic appearance of the NDSU campus.

Media

- ▶ The majority of respondents indicated they had not seen or heard information about the costs of smoking to business owners through any type of media or were unsure if they had. For those who had been exposed to this information, television was the primary medium. Fewer respondents had never seen or heard information about the costs of smoking to taxpayers or were unsure if they had. For those who had been exposed, television was again the primary medium. Three-fourths of respondents had been exposed to information about the overall consequences of smoking on the smoker and the consequences of secondhand smoke on others through television. Radio, newspaper, and billboards were also common media through which respondents had received this information.

Policy

- ▶ Nearly half of respondents indicated that policies making NDSU a smoke-free campus would have no effect on student learning, while an additional 44.8 percent thought smoke-free policies would have a positive effect.
- ▶ A large majority of respondents indicated that smoke-free policies would have a positive effect on student quality of life.
- ▶ While half of respondents anticipated that student enrollments would not be affected by policies making NDSU a smoke-free campus, nearly one-third thought smoke-free policies would have a negative effect on enrollments.
- ▶ A large majority of respondents indicated that policies making NDSU a smoke-free campus would not influence their decision to work at NDSU, though 16.5 percent indicated that the policies would have an effect on their decision. Responses shared by these respondents showed that the influence would be a positive effect for some, and negative effect for others.
- ▶ Nearly half of respondents were very likely to support an ordinance making NDSU a smoke-free campus, while 14.1 percent of respondents would be not at all likely to support a smoke-free ordinance.
- ▶ Two-thirds of respondents expected difficulty in enforcing a smoke-free policy on the NDSU campus.
- ▶ With the exception of places of outdoor public amusement/recreation, having off-campus locations be smoke-free would influence the frequency of the majority of respondents' visits to those locations. More than half of respondents indicated they would more frequently visit restaurants that do not serve liquor, restaurants that do serve liquor, and places of indoor public amusement/recreation. With respect to bars and cocktail lounges, respondents were split between visiting more often or expecting no difference in the frequency of their visits.

Exposure to Secondhand Smoke

- ▶ For nearly two-thirds of respondents, the place they are most often regularly exposed to secondhand smoke is on campus when entering buildings. Off-campus locations, like restaurants and bars/cocktail lounges, were other places where the majority of respondents are regularly exposed.
- ▶ A large majority of respondents indicated their car and home are smoke-free at all times.

Cessation Programs

- ▶ Tobacco users expressed the greatest interest in medications as a cessation program. One-third of tobacco users indicated no interest in cessation programs.
- ▶ Some respondents who do not smoke or use tobacco products also expressed interest in cessation programs, potentially for friends or family members who are tobacco users.
- ▶ More than half of respondents are very supportive of programs and activities for cessation at this time, if NDSU becomes smoke-free, and if the Fargo/Moorhead community becomes smoke-free.

Usage of Tobacco Products

- ▶ A large majority of administration, faculty, and staff indicated they are not users of tobacco products, but 8.8 percent of respondents indicated they are users of tobacco products.
- ▶ One-third of all respondents used to use tobacco products but quit. More than half of all respondents indicated they have never used tobacco products.
- ▶ More than half of tobacco users are regular smokers, smoking 16 cigarettes in an average day.
- ▶ Nearly one-fourth of tobacco users use chewing tobacco and one-fifth indicated they use tobacco occasionally. The proportions of administration, faculty, and staff who only use tobacco when they drink alcohol (15.4 percent) or only when they are around others who use tobacco (9.6 percent) are lower than the proportions among the student population (see *Student Tobacco and Secondhand Smoke Survey: 2002*).
- ▶ The majority of tobacco users began their use before the age of 18. Peers were the leading factor influencing the start of tobacco use.
- ▶ Most tobacco users were interested in quitting their use, with only one in four indicating they have no plans to quit. Forty percent of respondents have tried to quit in the past and 15.4 percent are currently trying to quit, but these respondents have not been successful in their cessation efforts.
- ▶ The majority of tobacco users strongly agree that they dislike the smell of smoke in their hair, clothes, car, or home and try to minimize the odors from smoking.
- ▶ The majority of tobacco users were worried about longer-term impacts of their tobacco use, though fewer indicated they are worried about shorter-term impacts.
- ▶ Only one of five tobacco users indicated they are not at all self-conscious about secondhand smoke from their smoking when out in public. Nearly half of respondents were concerned about the effect of secondhand smoke from their smoking on friends and family, and one-third were concerned that their smoking negatively impacts their relationships with others.
- ▶ Half of tobacco users indicated they are not worried about the impact of their tobacco use on their appearance, and an even higher proportion were not concerned about gaining weight from quitting smoking.

Demographics

- ▶ The majority of the administration, faculty, and staff respondents were 45 years of age or older. More than half were staff members and 9.8 percent of respondents had administrative appointments at NDSU. The gender distribution among respondents was nearly even.

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INTRODUCTION

Study Objectives

The objectives of this study were threefold. First, this study focused on gathering information from faculty, staff, and administration at North Dakota State University regarding their attitudes and perceptions of tobacco use on campus. Second, it served as a baseline to measure possible changes in attitudes, perceptions, and behavior as a result of a nonsmoking campaign. Finally, information was gathered to gain insight into their views of secondhand smoke and its consequences.

Methodology

This study was designed to provide generalizable results regarding the views of faculty, staff, and administration on the campus of North Dakota State University (NDSU). This was accomplished in two ways. First, questionnaires were sent to all 710 full-time faculty who were on the main campus of NDSU during the Fall 2002 term. Second, a sampling frame of full-time staff and administration also on the main campus of NDSU was drawn. These employees were stratified by their major employment category. Surveys were sent to all 72 full-time administrators while a stratified random sample was used on the remaining staff. Overall, roughly two-thirds of the 1,105 full-time staff on the main campus were selected in the sample. This resulted in the distribution of 1,500 surveys to faculty, staff, and administration. The surveys were sent via campus mail with a return mailing label that was to be used also by campus mail.

Compliance with NDSU's Institutional Review Board (IRB) was obtained prior to the beginning of the data collection process. Faculty, staff, and administration were informed of their rights regarding human subjects through a letter attached with the survey. A total of 217 useable faculty surveys were returned for a response rate of 31 percent. In addition, 57 administrator surveys and 307 staff surveys were returned for response rates of 79 percent and 42 percent, respectively. The total number of surveys returned by the staff ensures the error rate for sampling was at most 5 percent. The questionnaire was designed for electronic scanning to reduce coding and input error.

SURVEY RESULTS

OPINIONS AND PERCEPTIONS

- An overwhelming majority of respondents strongly agreed that nicotine is an addictive substance (89.6 percent), tobacco use can lead to long-term physical illnesses (89.3 percent), and tobacco use has physical effects (71.1 percent) (Table 1).
- Half of respondents agreed or strongly agreed that there is a relationship between tobacco use and alcohol use (50.9 percent) and that tobacco users can quit if they want to (50.0 percent).
- More than one-third of respondents agreed or strongly agreed that tobacco use helps people feel more comfortable in social situations (40.1 percent), and another one-third of respondents were neutral on this statement (35.5 percent). More than half of respondents strongly disagreed that smoking a cigarette or two will not matter (52.1 percent) while nearly 12 percent agreed or strongly agreed with the statement.
- In general, respondents' opinions regarding physical issues are very consistent (e.g., nicotine is addictive, tobacco use can lead to long-term physical illnesses, tobacco use has physical effects, smoking a cigarette or two does matter). With respect to issues more social in nature (e.g., there is a relationship between tobacco use and alcohol use, tobacco use helps people feel more comfortable in social situations, and perceptions of whether tobacco users can quit using if they want to), respondents opinions are more diverse.

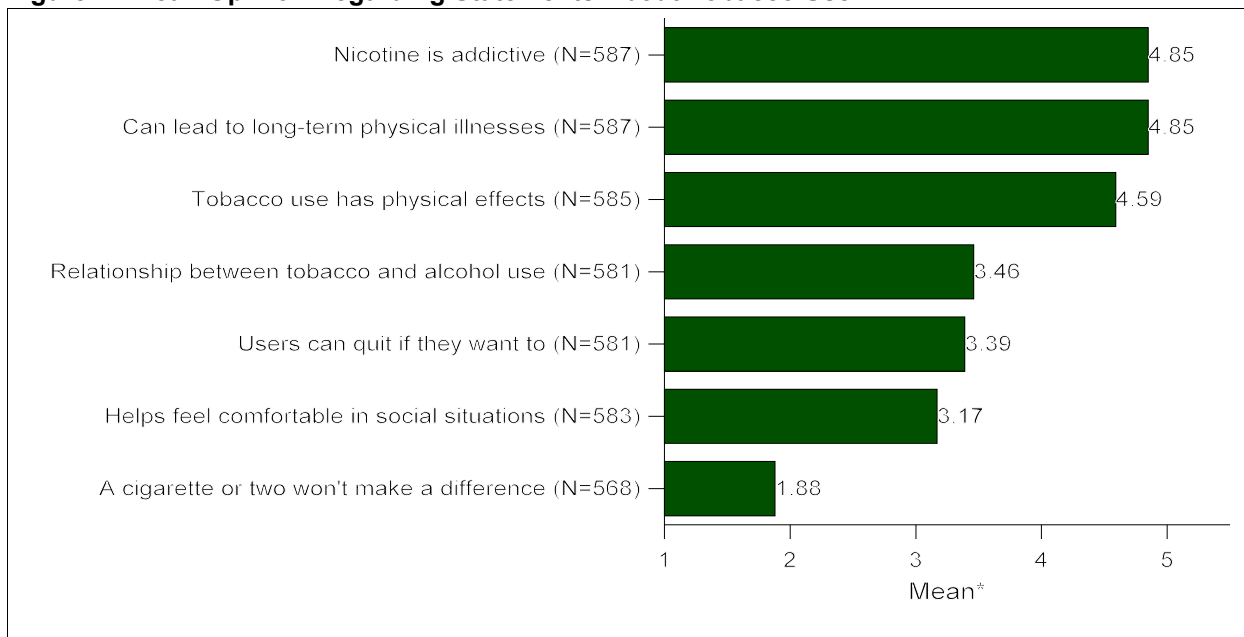
Table 1. Respondent's Opinions Regarding Statements About Tobacco Use

Statement	Mean	Percent of Respondents by Opinion (1=Strongly disagree, 5=Strongly agree)					Total*
		(1)	(2)	(3)	(4)	(5)	
Nicotine is an addictive substance. (N=587)	4.85	0.5	0.5	1.9	7.5	89.6	100.0
Tobacco use can lead to long-term physical illnesses (heart disease, cancer, emphysema). (N=587)	4.85	0.3	0.7	1.9	7.8	89.3	100.0
Tobacco use has physical effects, such as reduced endurance. (N=585)	4.59	0.5	2.2	6.3	19.8	71.1	99.9
There is a relationship between tobacco use and alcohol use. (N=581)	3.46	7.6	11.5	29.9	28.9	22.0	99.9
Tobacco users can quit using if they want to. (N=581)	3.39	9.8	18.1	22.2	23.1	26.9	100.1
Tobacco use helps people feel more comfortable in social situations. (N=583)	3.17	9.8	14.6	35.5	29.3	10.8	100.0
There are so many things that can cause cancer, smoking a cigarette or two won't matter. (N=568)	1.88	52.1	23.9	12.5	6.7	4.8	100.0

*Percentages do not always add to 100.0 due to rounding.

- Of all these statements about tobacco use, respondents agreed most strongly about the addictive properties of nicotine and the ability of tobacco use to lead to long-term physical illnesses. The statement that smoking a cigarette or two will not matter was rated the lowest (Figure 1, Table 1).

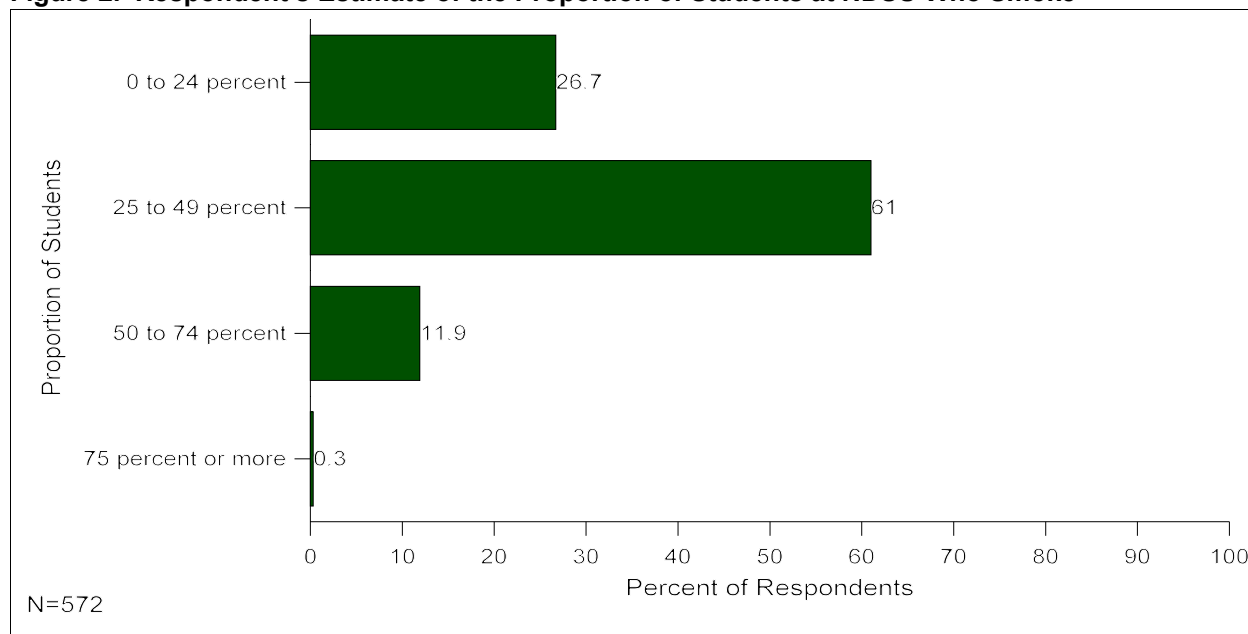
Figure 1. Mean Opinion Regarding Statements About Tobacco Use



*Means were based on a one to five scale, with one being "Strongly disagree" and five being "Strongly agree."

- Nearly two-thirds of respondents estimated the proportion of students at NDSU who smoke to be between 25 and 49 percent (61.0 percent). An overwhelming majority of respondents estimated the proportion to be less than half (87.7 percent) (Figure 2, Appendix Table 1). According to the North Dakota State University *Student Tobacco and Secondhand Smoke Survey: 2002*, the proportion of students at NDSU who smoke is 27.6 percent.

Figure 2. Respondent's Estimate of the Proportion of Students at NDSU Who Smoke



- Nearly three-fourths of respondents (74.0 percent) strongly agreed that society has a responsibility to protect children from exposure to secondhand smoke. More than three-fourths agreed/strongly agreed that society should protect nonsmoking adults (77.6 percent) (Table 2).
- More than three-fourths of respondents agreed/strongly agreed that the litter caused by smoking detracts from the aesthetic appearance of the NDSU campus (80.4 percent).
- Nearly 60 percent of respondents agreed/strongly agreed that not permitting smoking within certain distances from campus buildings would be an effective method for reducing exposure to secondhand smoke. Less than half of respondents supported another option, permitting smoking only at certain entrances rather than all entrances to campus buildings (44.5 percent).
- More than 60 percent of respondents agreed/strongly agreed that the government has a responsibility to enact ordinances that protect workers and members of the community from exposure to secondhand smoke.
- While nearly half of respondents agreed/strongly agreed that developing programs for persons who smoke would be an effective method for reducing exposure to secondhand smoke (48.9 percent), nearly one-third did not have an opinion regarding this method (30.6 percent).
- While one-third of respondents disagreed/strongly disagreed that they were concerned about the health consequences of secondhand smoke on this campus, 43.6 percent agreed/strongly agreed that they were concerned.
- Other opinions shared by respondents can be found in Appendix Table 2.

Table 2. Respondent's Opinions Regarding Statements About Tobacco and Secondhand Smoke

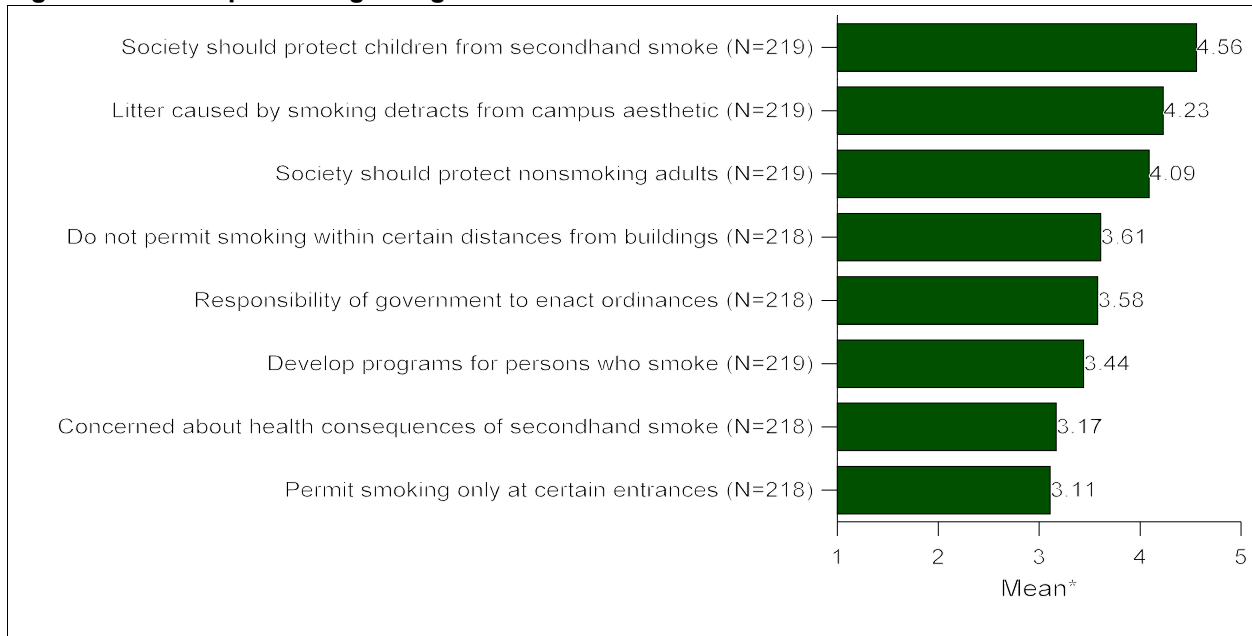
Statement**	Mean	Percent of Respondents by Opinion (1=Strongly disagree, 5=Strongly agree)					Total*
		(1)	(2)	(3)	(4)	(5)	
As a society, we have a responsibility to protect children from exposure to secondhand smoke. (N=219)	4.56	2.3	2.7	5.9	15.1	74.0	100.0
Litter caused by smoking (cigarette butts, empty packages, etc.) detracts from the aesthetic appearance of this campus. (N=219)	4.23	3.7	5.0	11.0	25.1	55.3	100.1
As a society, we have a responsibility to protect nonsmoking adults from exposure to secondhand smoke. (N=219)	4.09	5.9	5.5	11.0	29.2	48.4	100.0
Reducing exposure to secondhand smoke can best be achieved by not permitting smoking within certain distances from campus buildings. (N=218)	3.61	13.3	11.5	15.6	20.2	39.4	100.0
It is the responsibility of government to enact ordinances (policies, regulations) that protect workers and members of the community from exposure to secondhand smoke. (N=218)	3.58	13.8	7.8	16.5	30.3	31.7	100.1
Reducing exposure to secondhand smoke can best be achieved by developing programs for persons who smoke (such as education and quitting smoking/cessation programs). (N=219)	3.44	5.9	14.6	30.6	27.4	21.5	100.0
In general, I'm concerned about the health consequences of secondhand smoke on this campus. (N=218)	3.17	14.7	19.3	22.5	21.1	22.5	100.1
Reducing exposure to secondhand smoke can best be achieved by permitting smoking only at certain entrances rather than all entrances to campus buildings. (N=218)	3.11	20.2	15.6	19.7	21.6	22.9	100.0

*Percentages do not always add to 100.0 due to rounding.

**See Appendix Table 2 for respondent's opinions about other tobacco and secondhand smoke issues.

- Respondents rated their agreement strongest with the statement that society has a responsibility to protect children from exposure to secondhand smoke. Though still generally in agreement, respondents' agreement was lower with the statement that reducing exposure to secondhand smoke can best be achieved by permitting smoking only at certain entrances to campus buildings (Figure 3, Table 2).

Figure 3. Mean Opinion Regarding Statements About Tobacco and Secondhand Smoke

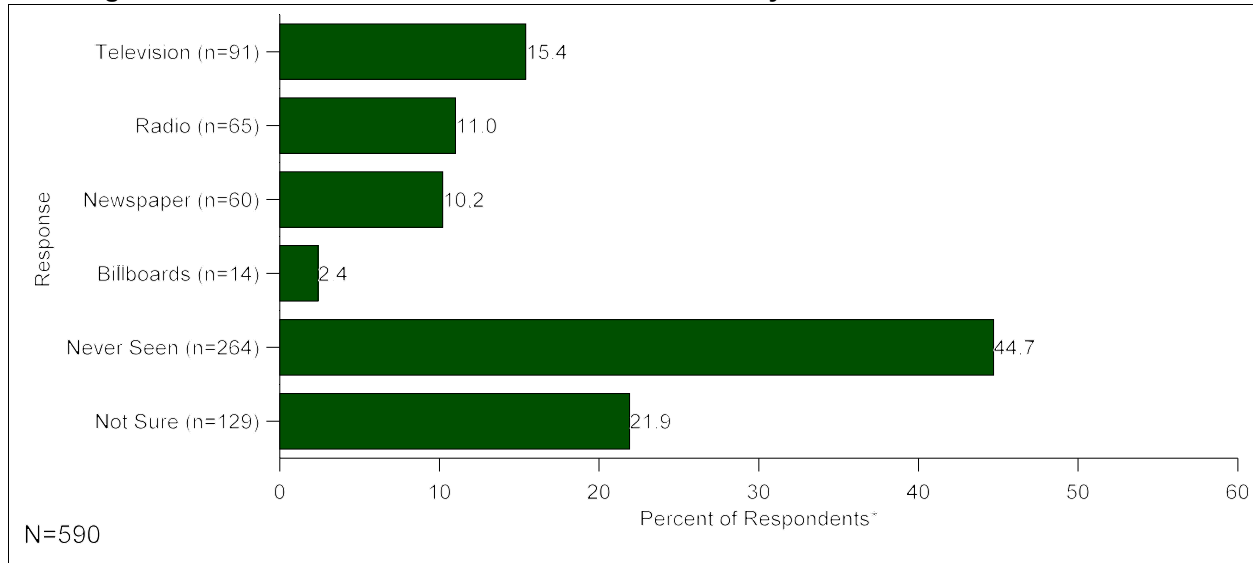


*Means were based on a one to five scale, with one being "Strongly disagree" and five being "Strongly agree."

MEDIA

- The majority of respondents had never seen or heard information about the costs of smoking to business owners or were unsure if they had seen or heard information (66.6 percent). Information about the costs of smoking to business owners was most likely to be seen on television, with 15.4 percent of respondents saying they remember seeing it (Figure 4, Appendix Table 3).

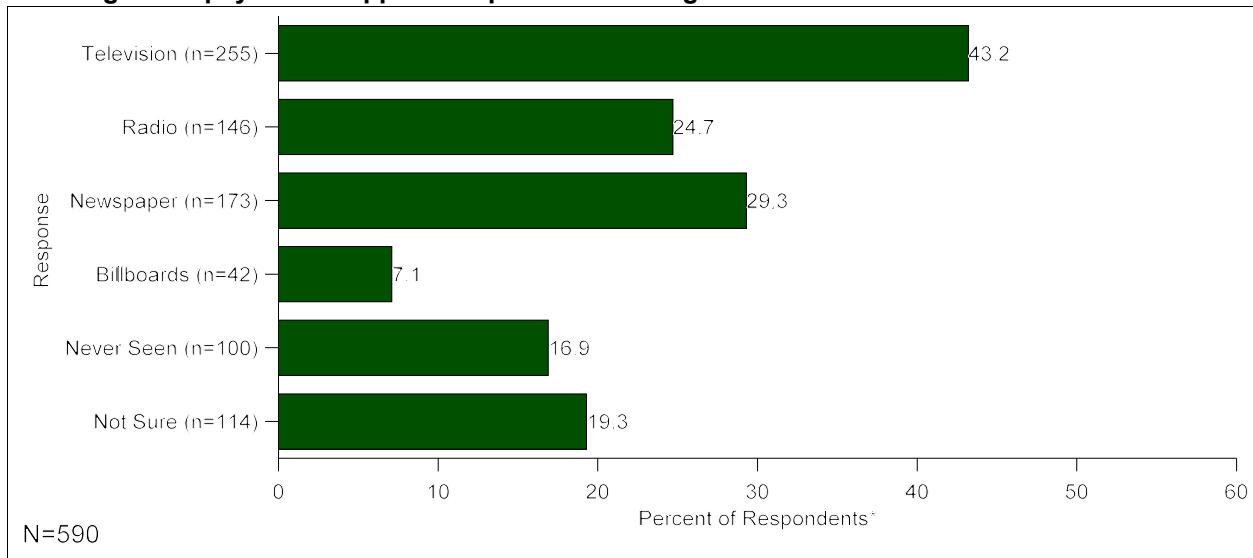
Figure 4. Types of Media Where Respondent Has Seen or Heard Information About the Costs of Smoking to Business Owners for Ventilation and Filtration Systems



*Percentages do not equal 100.0 due to multiple responses; N=590.

- Just over one-third of respondents indicated they had never seen or heard information about the costs of smoking to taxpayers or were unsure (36.2 percent). The most likely media source for seeing or hearing information about costs was television (43.2 percent), followed by newspaper (29.3 percent), radio (24.7 percent), and billboards (7.1 percent) (Figure 5, Appendix Table 4).

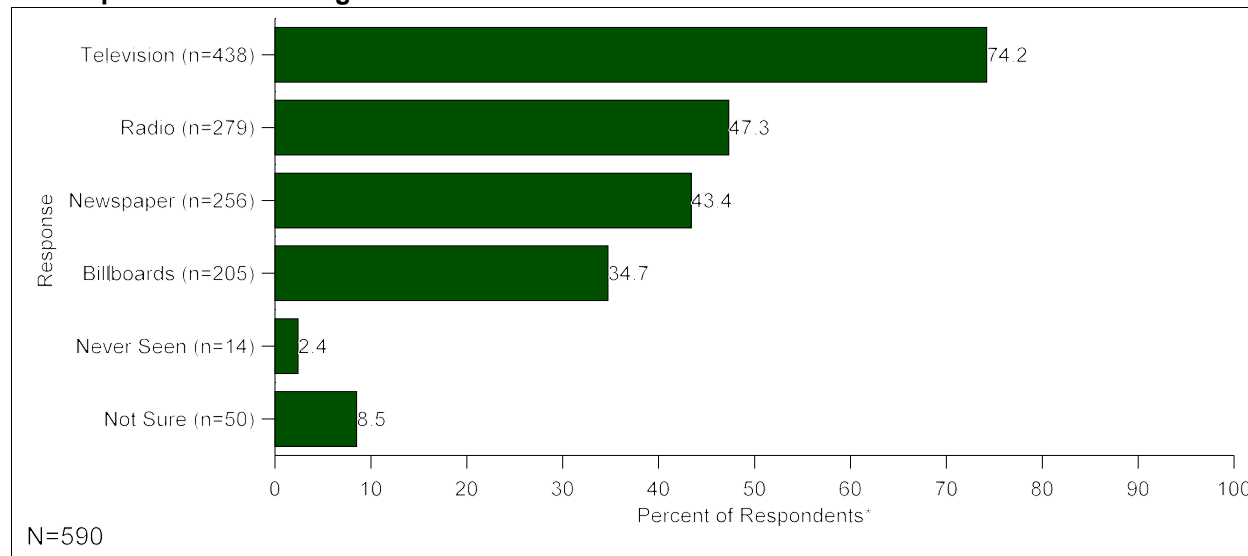
Figure 5. Types of Media Where Respondent Has Seen or Heard Information About the Costs of Smoking to Taxpayers to Support Hospitalization/Long-Term Care



*Percentages do not equal 100.0 due to multiple responses; N=590.

- Three-fourths of respondents had seen information about the overall consequences of smoking on the smoker on television (74.2 percent). Radio (47.3 percent) and newspaper (43.4 percent) were other common types of media for this information. One in three respondents had seen this information on billboards (34.7 percent) (Figure 6, Appendix Table 5).

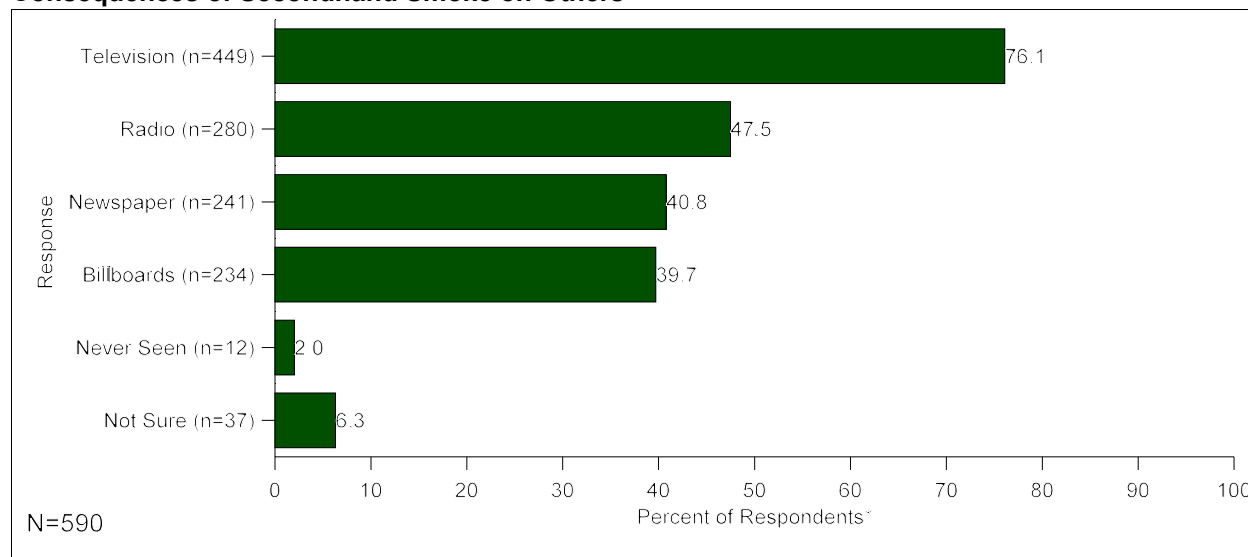
Figure 6. Types of Media Where Respondent Has Seen or Heard Information About the Overall Consequences of Smoking on the Smoker



*Percentages do not equal 100.0 due to multiple responses; N=590.

- More than three-fourths of respondents had seen information about the overall consequences of secondhand smoke on television (76.1 percent). The next most common medium was radio (47.5 percent), followed by newspaper (40.8 percent) and billboards (39.7 percent) (Figure 7, Appendix Table 6).

Figure 7. Types of Media Where Respondent Has Seen or Heard Information About the Overall Consequences of Secondhand Smoke on Others

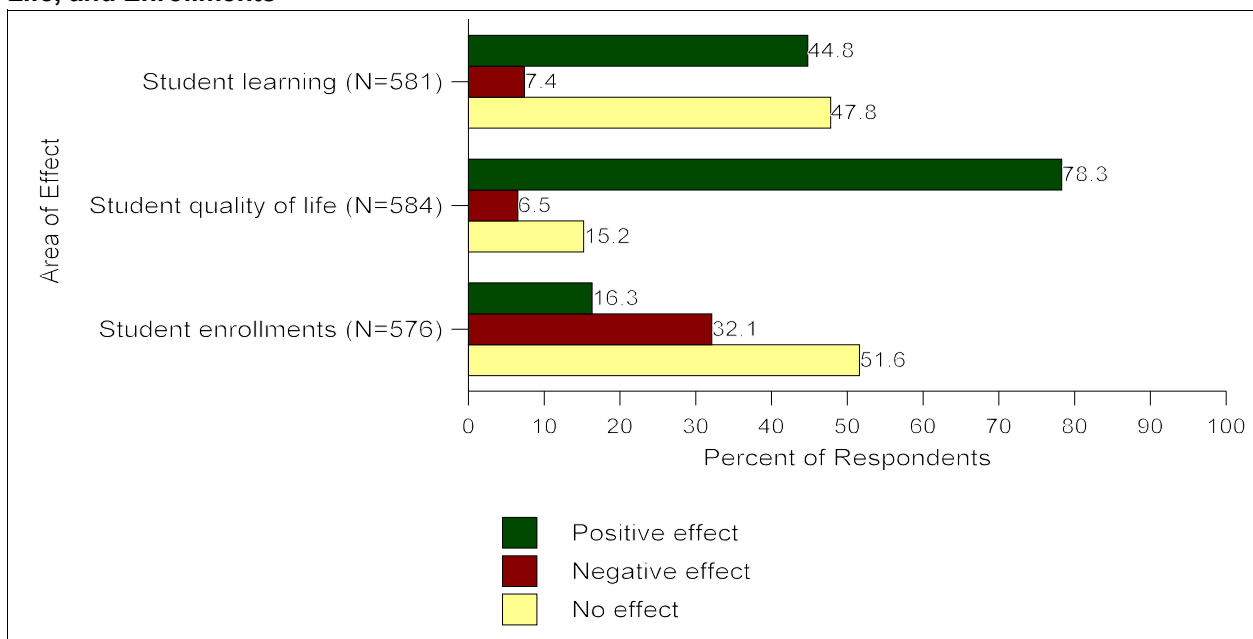


*Percentages do not equal 100.0 due to multiple responses; N=590.

POLICY

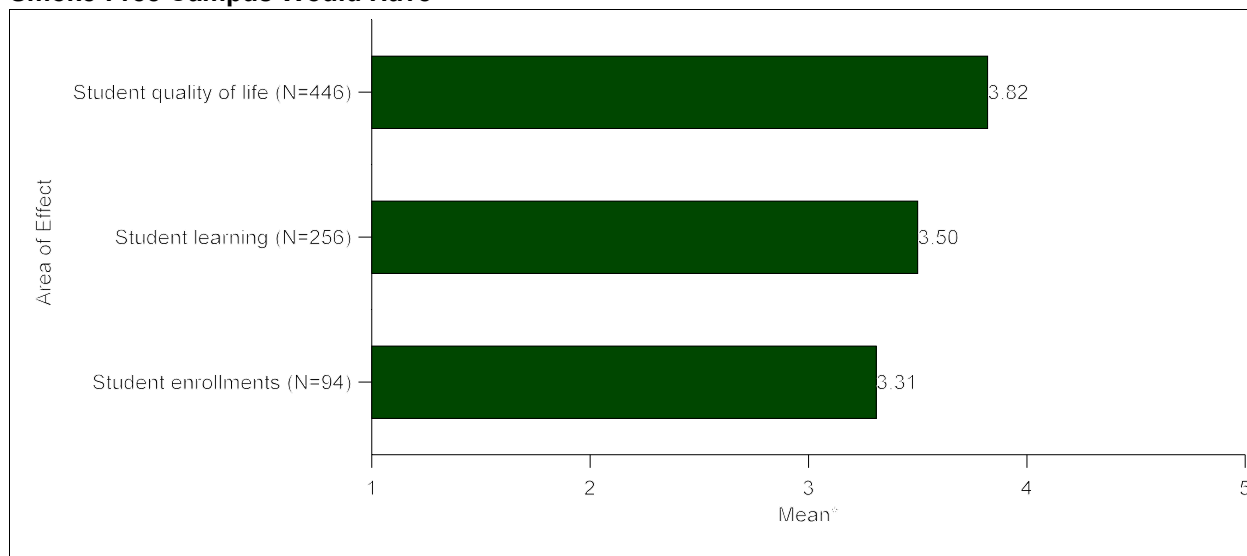
- Nearly half of respondents indicated that policies making NDSU a smoke-free campus would have no effect on student learning (47.8 percent), though nearly as many respondents thought that policies would have a positive effect (44.8 percent) (Figure 8, Appendix Table 7).
- More than three-fourths of respondents indicated that policies making NDSU a smoke-free campus would have a positive effect on student quality of life (78.3 percent).
- More than half of respondents indicated that student enrollments would not be affected by policies making NDSU a smoke-free campus (51.6 percent). Nearly one-third thought that policies would have a negative effect on enrollments (32.1 percent).
- Respondents indicated that policies making NDSU a smoke-free campus would have the greatest positive effect on student quality of life (78.3 percent) and the greatest negative effect on student enrollments (32.1 percent). The proportion of respondents who indicated smoke-free policies would have no effect was highest for student enrollments (51.6 percent), though nearly half indicated there would be no effect on student learning (47.8 percent).

Figure 8. Effects of Policies Making NDSU a Smoke-Free Campus on Student Learning, Quality of Life, and Enrollments



- Respondents who indicated that policies making NDSU a smoke-free campus would have a positive effect on student quality of life, learning, and enrollments were asked to rate how great of an effect the policies would have. Respondents thought that the greatest positive effect would be on student quality of life (mean=3.82). While still a positive effect, respondents thought the positive effect would not be as strong on student enrollments (mean=3.31) (Figure 9, Appendix Table 8).

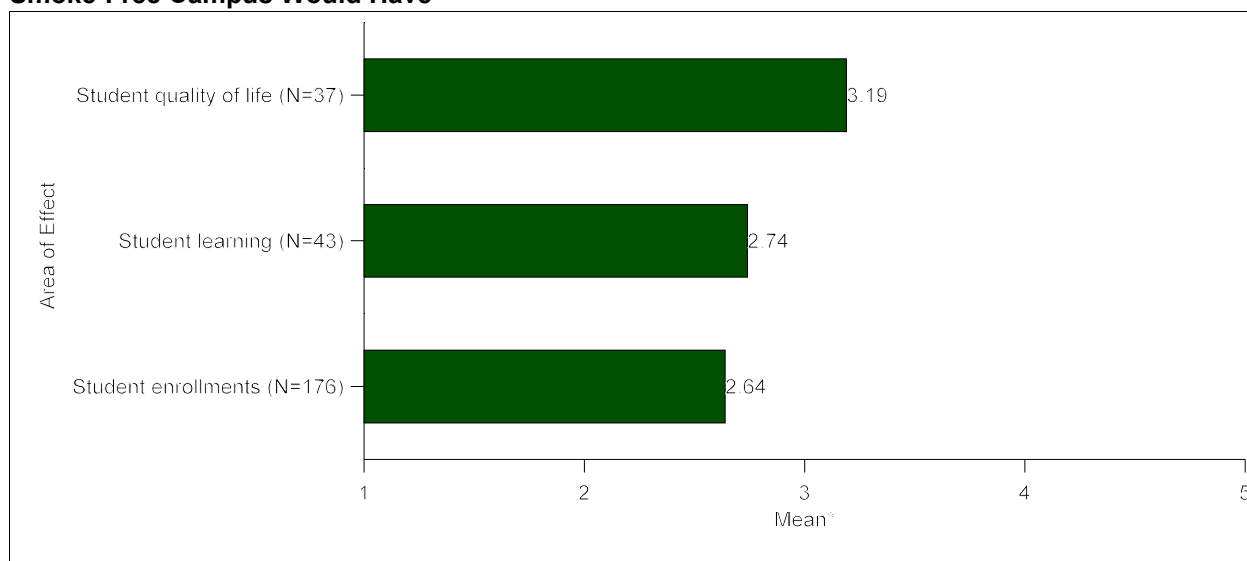
Figure 9. Mean Response Regarding How Much of a *Positive* Effect Policies Making NDSU a Smoke-Free Campus Would Have



*Means were based on a one to five scale, with one being "Not much of an effect" and five being "A great deal of an effect."

- Respondents who indicated that policies making NDSU a smoke-free campus would have a negative effect on student quality of life, learning, and enrollments were asked to rate how great of an effect the policies would have. Respondents thought that the greatest negative effect would be on student quality of life (mean=3.19). While still a negative effect, respondents thought the negative effect would not be as strong on student enrollments (mean=2.64) (Figure 10, Appendix Table 9).

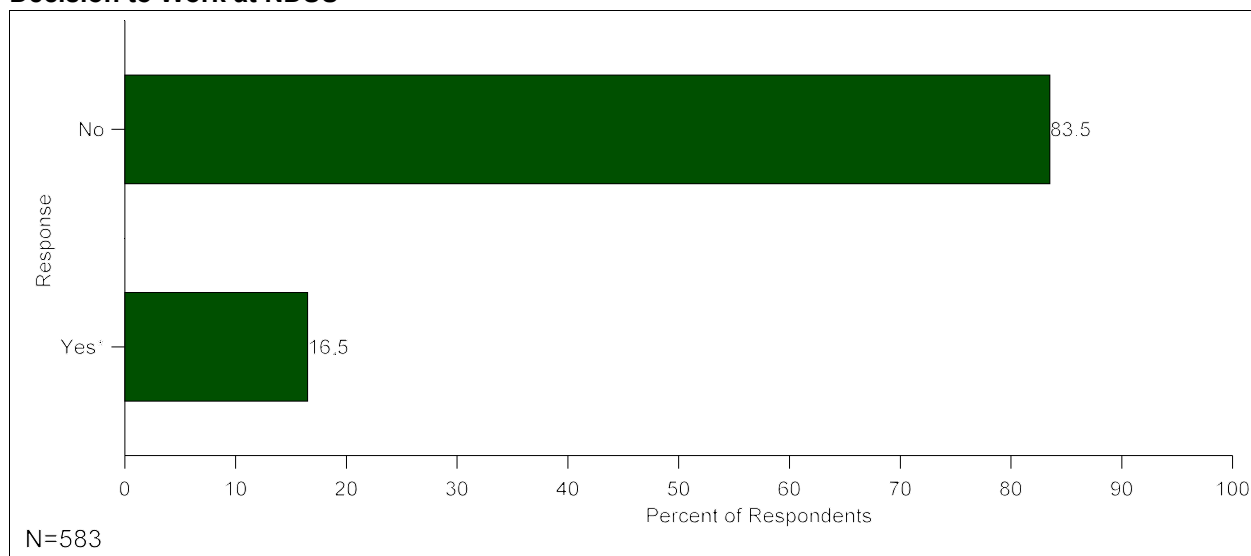
Figure 10. Mean Response Regarding How Much of a *Negative* Effect Policies Making NDSU a Smoke-Free Campus Would Have



*Means were based on a one to five scale, with one being "Not much of an effect" and five being "A great deal of an effect."

- A large majority of respondents indicated that policies making NDSU a smoke-free campus would not influence their decision to work at NDSU (83.5 percent), though 16.5 percent indicated that the policies would have an effect on their decision. The positive, negative, and neutral effects shared by respondents who answered “yes” can be found in Appendix Table 11 (Figure 11, Appendix Table 10, 11).

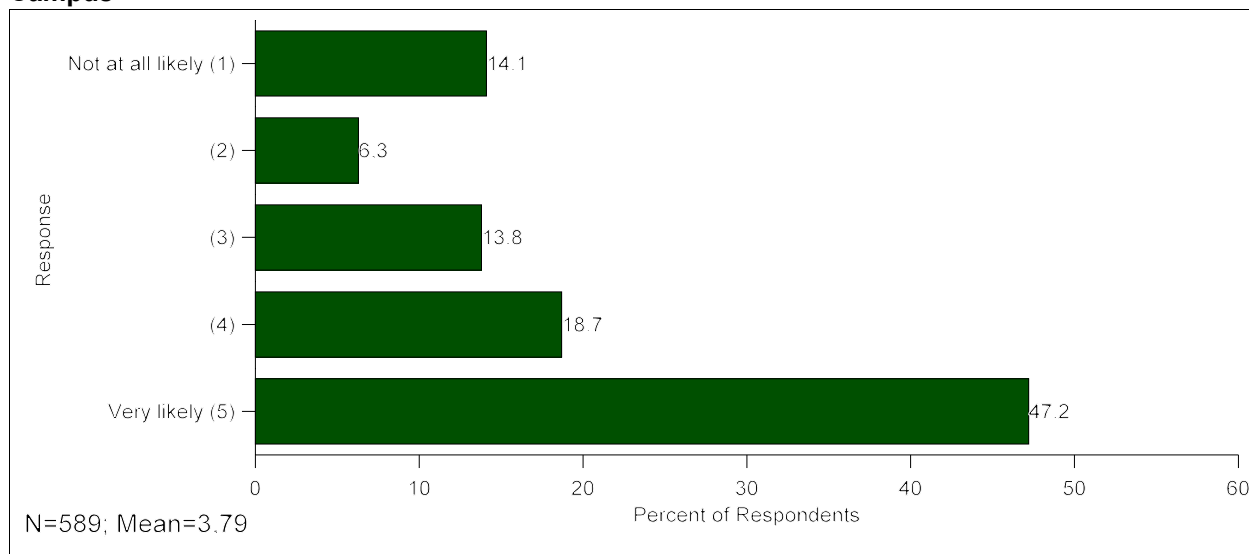
Figure 11. Whether Policies Making NDSU a Smoke-Free Campus Would Influence Respondent’s Decision to Work at NDSU



*See Appendix Table 11 to see how a smoke-free policy would influence respondent’s decision to work at NDSU.

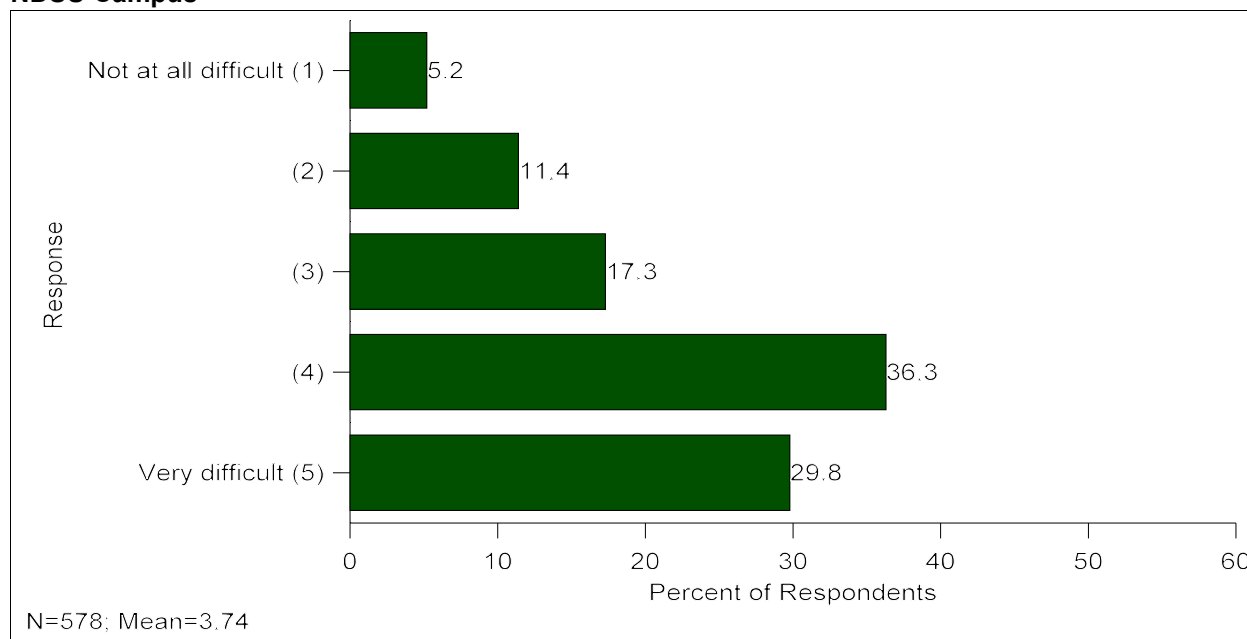
- Nearly half of all respondents were very likely to support an ordinance making NDSU a smoke-free campus (47.2 percent). Nearly two-thirds of respondents indicated some likelihood of supporting an ordinance (65.9 percent). One in five respondents would be unlikely to support an ordinance (20.4 percent) (Figure 12, Appendix Table 12).

Figure 12. Likelihood Respondent Would Support an Ordinance Making NDSU a Smoke-Free Campus



- Two-thirds of respondents indicated they expected difficulty in enforcing a smoke-free policy on the NDSU campus (66.1 percent) (Figure 13, Appendix Table 13).

Figure 13. Level of Difficulty Respondent Would Expect Enforcing a Smoke-Free Policy on the NDSU Campus



- With the exception of places of outdoor public amusement/recreation, having off-campus locations be smoke-free would influence the frequency of the majority of respondents' visits to those locations. More than half of respondents indicated they would visit restaurants that do not serve liquor (52.8 percent), restaurants that do serve liquor (52.0 percent), and places of indoor public amusement/recreation (63.0 percent) more often. Respondents were split between visiting bars/cocktail lounges more often (46.0 percent) and expecting no difference in the frequency of their visits (46.6 percent) (Table 3).

Table 3. How Smoke-Free Environments Would Affect Respondent's Visits to Off-Campus Locations

Location	Percent of Respondents by Frequency of Visits			
	Less often	More often	No difference	Total
Restaurants that <i>do not</i> serve liquor (N=587)	5.1	52.8	42.1	100.0
Restaurants that <i>do</i> serve liquor (N=587)	5.8	52.0	42.2	100.0
Bars/cocktail lounges (N=581)	7.4	46.0	46.6	100.0
Places of indoor public amusement/recreation (bowling alleys, entertainment and sports arenas/facilities) (N=586)	4.1	63.0	32.9	100.0
Places of outdoor public amusement/recreation (parks, fairgrounds, sports fields/stadiums) (N=585)	3.6	37.9	58.5	100.0

EXPOSURE TO SECONDHAND SMOKE

- Nearly two-thirds of respondents indicated the place they are most often regularly exposed to secondhand smoke is entering buildings on campus (64.9 percent). Restaurants (62.0 percent) and bars/cocktail lounges (59.8 percent) were other places the majority of respondents are regularly exposed to secondhand smoke (Table 4).
- Other places where respondents are regularly exposed to secondhand smoke can be found in Appendix Table 14.

Table 4. Where Respondents Are Regularly Exposed to Secondhand Smoke

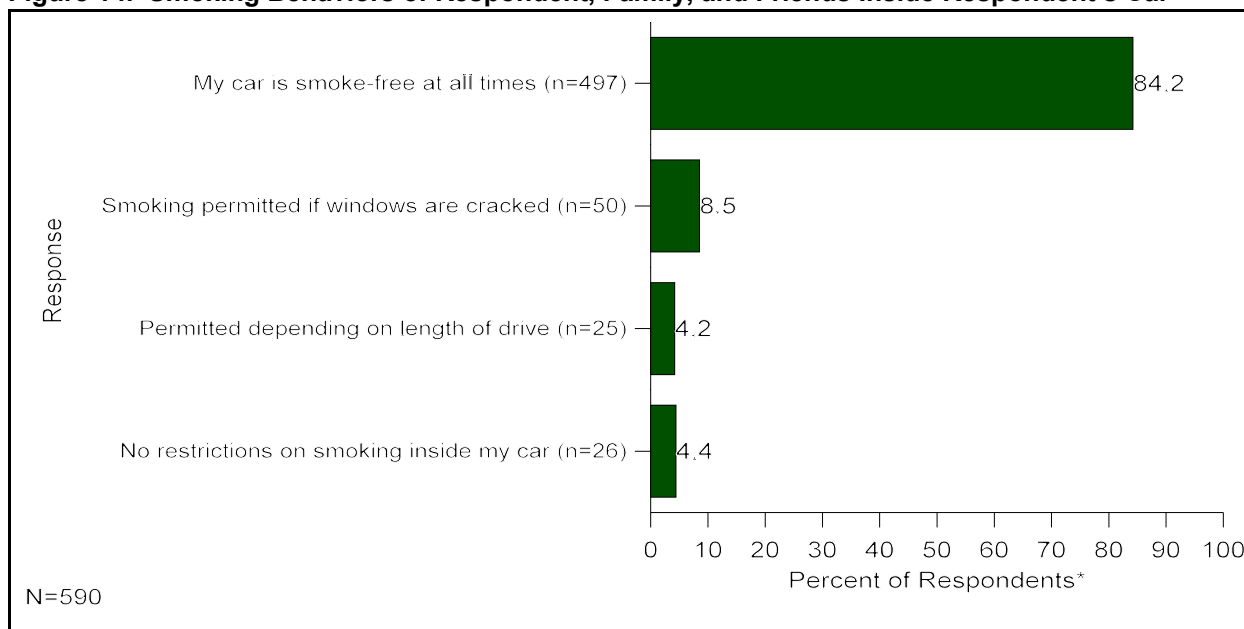
Location**	Respondents (N=590)	
	Number	Percent*
On campus - entrances into campus buildings	383	64.9
Restaurants	366	62.0
Bars/cocktail lounges	353	59.8
Off campus - entrances into buildings (such as businesses, apartment buildings)	270	45.8
On campus - on my way to classes/work (such as sidewalks, parking lots)	210	35.6
Places of public amusement (fairgrounds, outdoor concerts, etc.)	175	29.7
Off campus - public spaces (such as sidewalks, parking lots, bike paths)	166	28.1
The grounds surrounding my workplace	154	26.1
The homes of friends or family members	128	21.7
I am never or almost never exposed to secondhand smoke	69	11.7
My workplace	23	3.9

*Percentages do not equal 100.0 due to multiple responses; N=590.

**See Appendix Table 14 to see other places where respondents are regularly exposed to secondhand smoke.

- A large majority of respondents indicated their car is smoke-free at all times (84.2 percent) (Figure 14, Appendix Table 15).

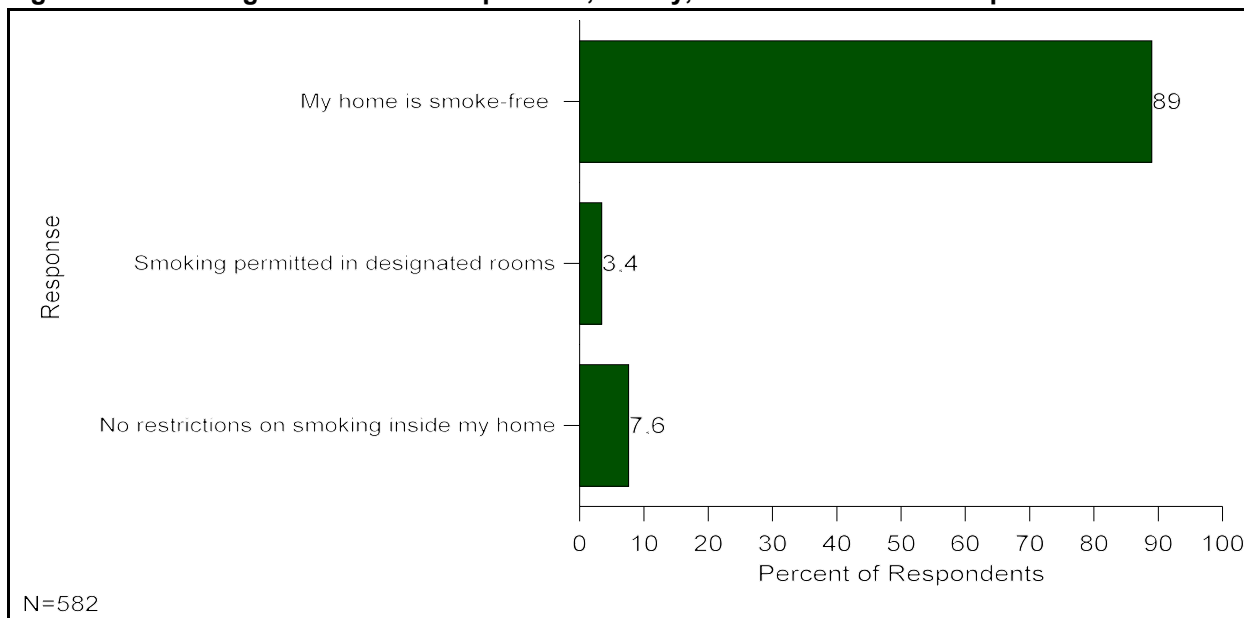
Figure 14. Smoking Behaviors of Respondent, Family, and Friends Inside Respondent's Car



*Percentages do not equal 100.0 due to multiple responses; N=590.

- A large majority of respondents indicated their home is smoke-free at all times as well (89.0 percent) (Figure 15, Appendix Table 16).

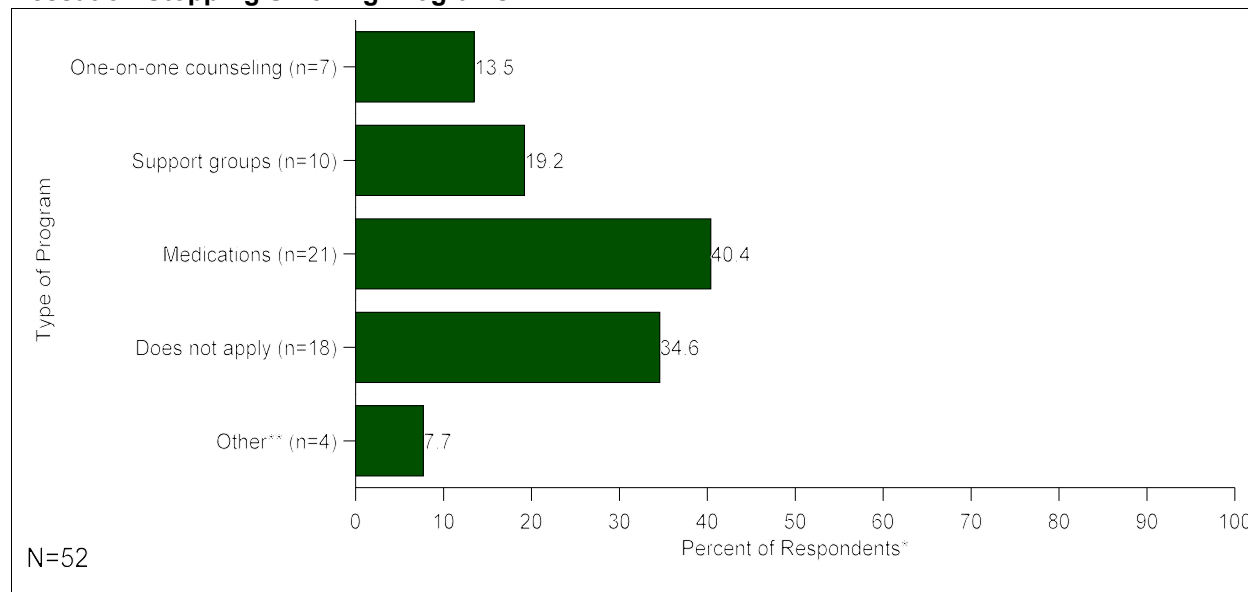
Figure 15. Smoking Behaviors of Respondent, Family, and Friends Inside Respondent's Home



CESSATION PROGRAMS

- Tobacco users expressed the greatest interest in medications as a cessation program (40.4 percent). Slightly more than one-third indicated cessation programs did not apply to them (34.6 percent) (Figure 16, Appendix Table 17).

Figure 16. Of Persons Who Do Smoke/Use Tobacco Products, Respondent's Interest in Cessation/Stopping Smoking Programs

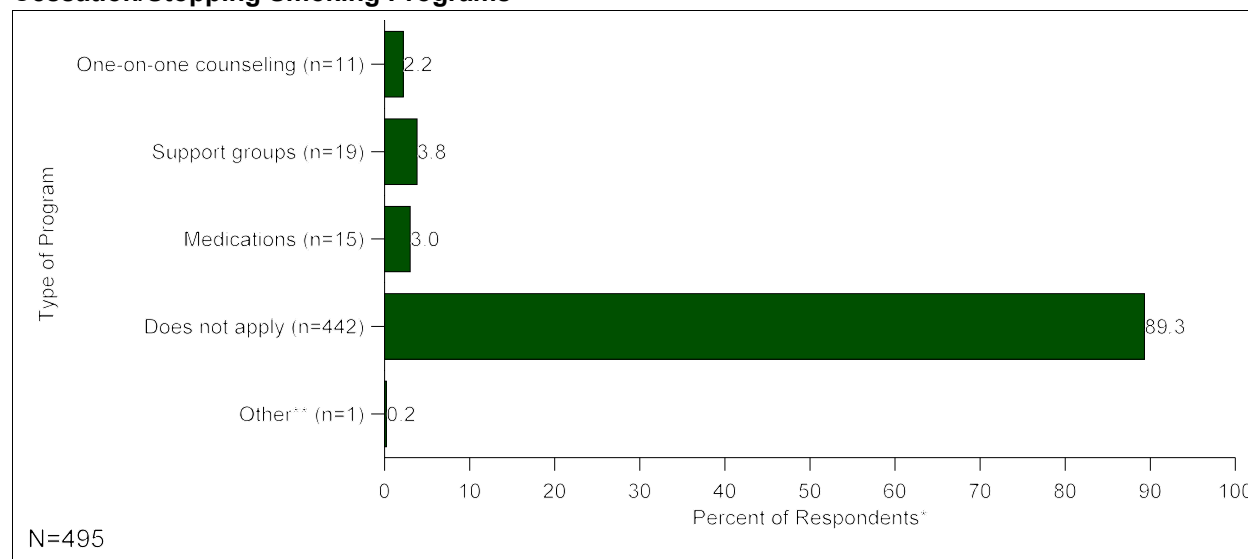


*Percentages do not equal 100.0 due to multiple responses; N=52.

**See Appendix Table 17 to see other types of cessation/stopping smoking programs.

- Most respondents who *do not* smoke or use tobacco products indicated cessation programs did not apply to them. However, some did express interest in cessation programs, potentially for friends or family members who are tobacco users (Figure 17, Appendix Table 18).

Figure 17. Of Persons Who Do Not Smoke/Use Tobacco Products, Respondent's Interest in Cessation/Stopping Smoking Programs

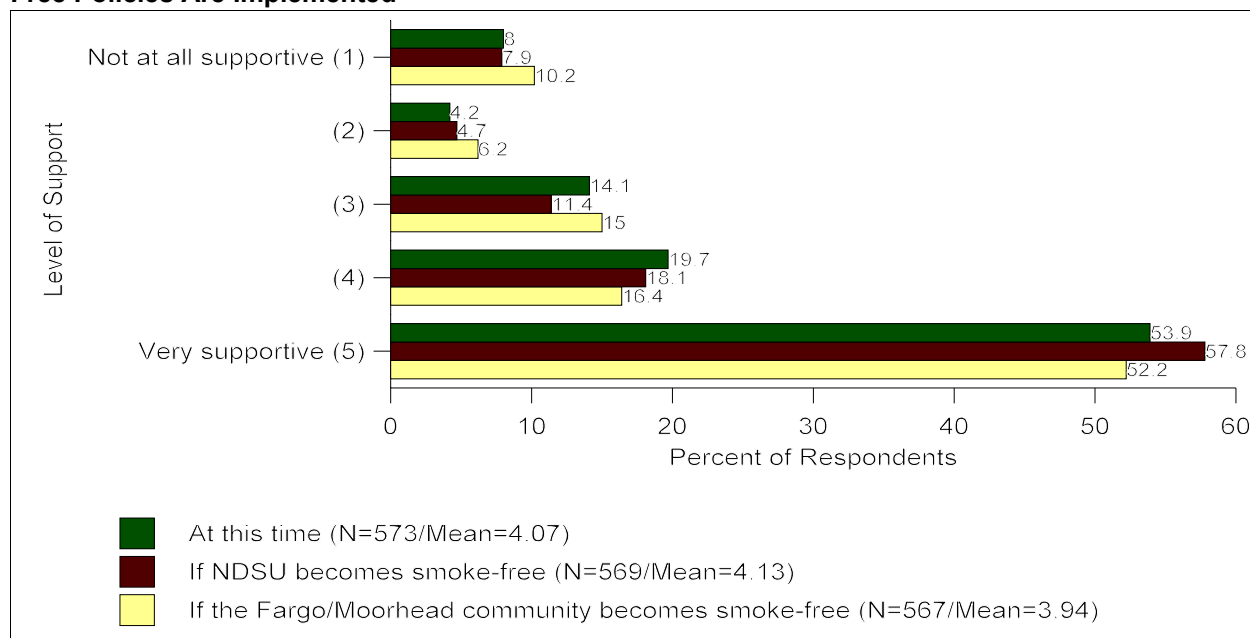


*Percentages do not equal 100.0 due to multiple responses; N=495.

**See Appendix Table 18 to see other types of cessation/stopping smoking programs.

- Respondents were asked to rate their level of support of programs and activities for cessation according to three scenarios: at this time, if policies are implemented making NDSU a smoke-free campus, and if policies are implemented making the Fargo/Moorhead community smoke-free. The majority of respondents were very supportive of cessation (53.9, 57.8, and 52.2 percent, respectively), though respondents rated their support of cessation slightly higher if NDSU becomes smoke-free (Figure 18, Appendix Table 19).

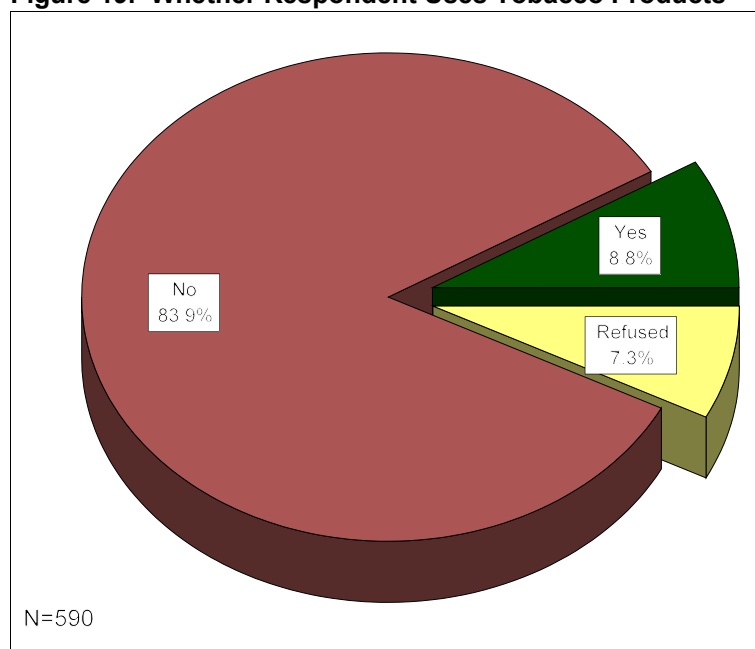
Figure 18. Respondent's Level of Support of Programs/Activities for Cessation Now and if Smoke-Free Policies Are Implemented



USAGE OF TOBACCO PRODUCTS

- A large majority of respondents indicated they are not users of tobacco products (83.9 percent). While 7.3 percent did not detail their usage, 8.8 percent of respondents indicated they are users of tobacco products. "Tobacco users" includes respondents who indicated one or more of the following: "I am a regular smoker," "I smoke tobacco products other than cigarettes," "I use chewing tobacco," "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/use tobacco occasionally" (Figure 19, Appendix Table 20).

Figure 19. Whether Respondent Uses Tobacco Products



- One-third of all respondents used to use tobacco products but quit (32.7 percent). More than half of all respondents indicated they have never used tobacco products (51.2 percent) (Table 5).

Table 5. Of All Respondents, Those Who Are Not Users of Tobacco Products

Statement	Respondents (N=590)	
	Number	Percent*
I used to smoke or use other tobacco products, but quit.	193	32.7
I have never smoked or used other tobacco products.	302	51.2

*Percentages do not equal 100.0 due to multiple responses; N=590.

- Of tobacco users, more than half indicated they are regular cigarette smokers (55.8 percent). Nearly one-fourth use chewing tobacco (23.1 percent). One-fifth indicated they use tobacco occasionally (21.2 percent) (Table 6).

Table 6. Usage of Tobacco Products

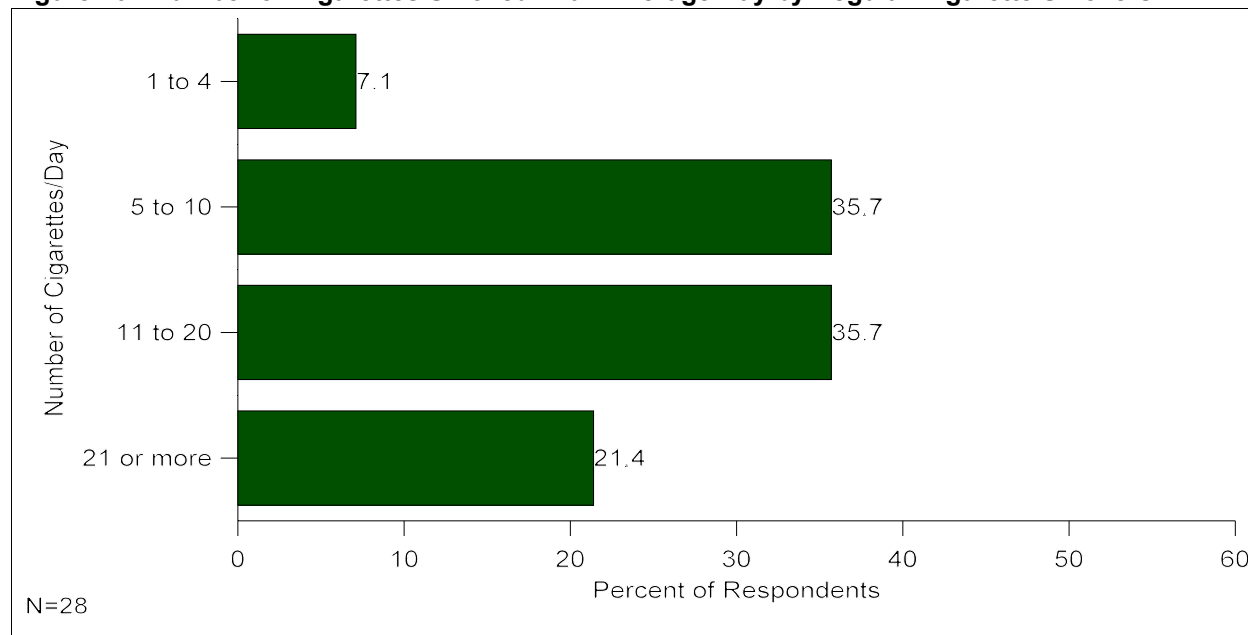
Statement	Respondents (N=52)	
	Number	Percent*
I am a regular cigarette smoker**.	29	55.8
I smoke tobacco products other than cigarettes (cigarillos, cigars, pipes).	10	19.2
I use chewing tobacco.	12	23.1
I smoke/use tobacco only when I drink alcohol.	8	15.4
I smoke/use tobacco only when I am around others who smoke/use tobacco.	5	9.6
I smoke/use tobacco occasionally (not every day).	11	21.2

*Percentages do not equal 100.0 due to multiple responses; N=52.

**See Figure 20 for the number of cigarettes smoked in an average day.

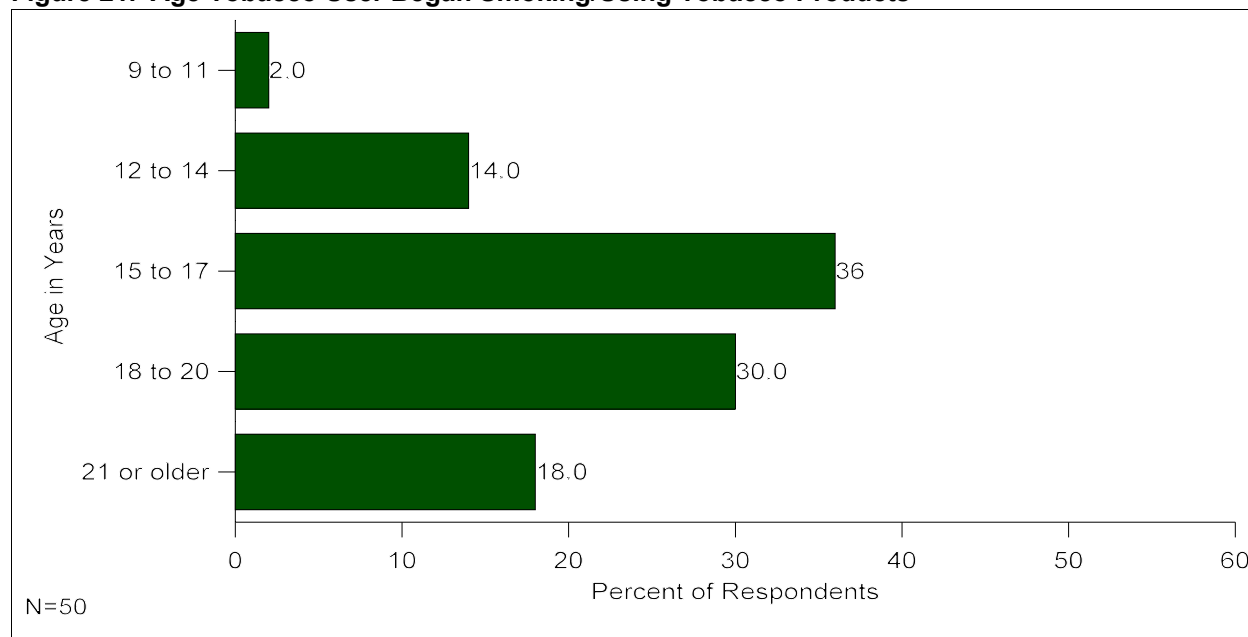
- The majority of regular cigarette smokers smoke at least a half a pack of cigarettes per day (11 cigarettes or more) (57.1 percent). An additional third of regular smokers have between five and 10 cigarettes per day (35.7 percent) (Figure 20, Appendix Table 21).
- The number of cigarettes smoked by regular smokers in an average day was 16 cigarettes (Mean=16.11). One pack of cigarettes has 20 cigarettes.

Figure 20. Number of Cigarettes Smoked in an Average Day by Regular Cigarette Smokers



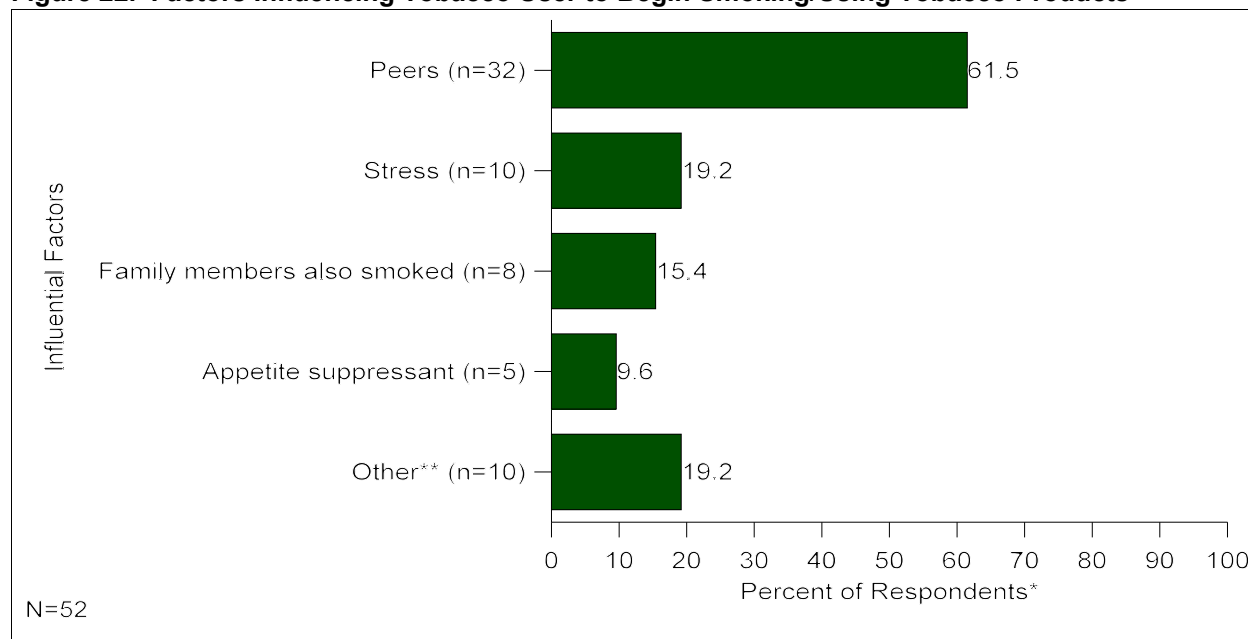
- The majority of tobacco users began their use before the age of 18 (52.0 percent) (Figure 21, Appendix Table 22).

Figure 21. Age Tobacco User Began Smoking/Using Tobacco Products



- Peers were the leading factor influencing tobacco users to begin use of tobacco products (61.5 percent) (Figure 22, Appendix Table 23).

Figure 22. Factors Influencing Tobacco User to Begin Smoking/Using Tobacco Products



*Percentages do not equal 100.0 due to multiple responses; N=52.

**See Appendix Table 23 for other factors influencing respondent to begin smoking/using tobacco products.

- Most tobacco users were interested in quitting their use of tobacco products, with only one in four indicating they have no plans to quit. Forty percent of respondents had tried to quit in the past and 15.4 percent were trying to quit, but these respondents had not been successful in their cessation efforts (Table 7).

Table 7. Statements That Apply to Respondent's Use of Tobacco Products

Statement	Respondents (N=52)	
	Number	Percent*
I like smoking/using tobacco, but want to quit.	23	44.2
I have tried to quit smoking/using tobacco in the past, but I still smoke/use tobacco.	21	40.4
I like smoking/using tobacco and currently have no plans to quit.	13	25.0
I am trying to quit smoking/using tobacco, but am still smoking/using tobacco.	8	15.4
I will quit smoking/using tobacco when I become a parent.	4	7.7
I would like to quit smoking/using tobacco, but have not tried.	4	7.7

*Percentages do not equal 100.0 due to multiple responses; N=52.

- The majority of tobacco users strongly agreed that they dislike the smell of smoke in their hair, clothes, car, or home (58.3) and try to minimize the odors from smoking (52.2 percent) (Table 8).
- The majority of tobacco users agreed/strongly agreed that they are worried about longer-term impacts of their tobacco use (e.g., on their heart, lungs, or mouth) (60.4 percent), though fewer indicated they are worried about shorter-term impacts of their tobacco use (e.g., endurance, coughing) (43.8 percent).
- Only one of five tobacco users disagreed/strongly disagreed that they are self-conscious about secondhand smoke from their smoking when out in public (20.0 percent). Nearly half of respondents agreed/strongly agreed they are concerned about the effect of secondhand smoke from their smoking on friends and family (47.8 percent). One-third of tobacco users agreed/strongly agreed they are concerned that their smoking negatively impacts their relationships with others (32.6 percent).
- Half of tobacco users disagreed/strongly disagreed that they are worried about the impact of their tobacco use on their appearance (50.0 percent), and an even higher proportion of tobacco users was not concerned about gaining weight from quitting smoking (56.2 percent). Other opinions shared by tobacco users regarding concerns about tobacco use can be found in Appendix Table 24.

Table 8. Opinions of Tobacco Users Regarding Concerns About Tobacco Use

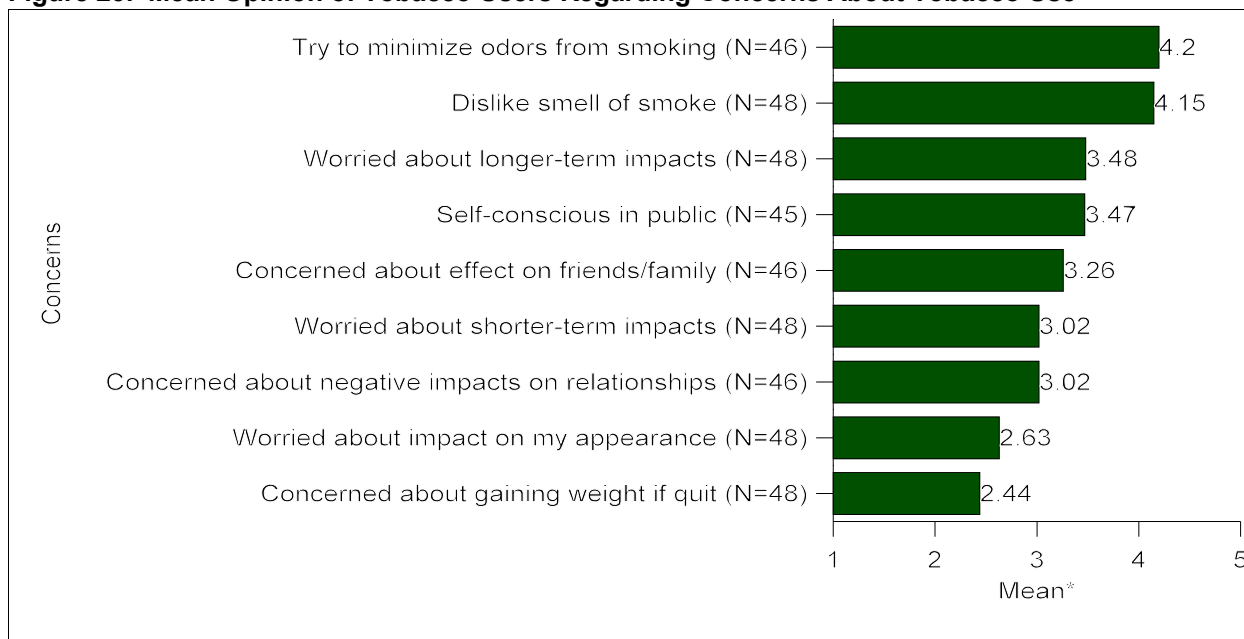
Statement**	Mean	Percent of Respondents by Opinion (1=Strongly disagree, 5=Strongly agree)					Total*
		(1)	(2)	(3)	(4)	(5)	
I try to minimize the odors from smoking in my hair, clothes, car, and/or home. (N=46)	4.20	4.3	6.5	6.5	30.4	52.2	99.9
I dislike the smell of smoke in my hair, clothes, car, and/or home. (N=48)	4.15	8.3	2.1	14.6	16.7	58.3	100.0
I am worried about the longer-term impacts of my smoking/using tobacco (heart, lungs, mouth). (N=48)	3.48	18.8	8.3	12.5	27.1	33.3	100.0
I am self-conscious about secondhand smoke from my smoking when I am out in public. (N=45)	3.47	13.3	6.7	33.3	13.3	33.3	99.9
I am concerned about the effect of secondhand smoke from my smoking on my friends or family. (N=46)	3.26	17.4	13.0	21.7	21.7	26.1	99.9
I am worried about the shorter-term impacts of my smoking/using tobacco (endurance, coughing). (N=48)	3.02	25.0	10.4	20.8	25.0	18.8	100.0
I am concerned that my smoking negatively impacts my relationships with others. (N=46)	3.02	17.4	15.2	34.8	13.0	19.6	100.0
I am worried about the impact of my smoking/using tobacco on my appearance. (N=48)	2.63	27.1	22.9	22.9	14.6	12.5	100.0
I am concerned about gaining weight if I quit smoking/using tobacco. (N=48)	2.44	45.8	10.4	14.6	12.5	16.7	100.0

*Percentages do not always add to 100.0 due to rounding.

**See Appendix Table 24 for other concerns tobacco users have about tobacco use.

- Respondents agreed the most with trying to minimize odors from smoking and disliking the smell of smoke. Respondents showed the least concern about gaining weight from quitting smoking (Figure 23, Table 8).

Figure 23. Mean Opinion of Tobacco Users Regarding Concerns About Tobacco Use

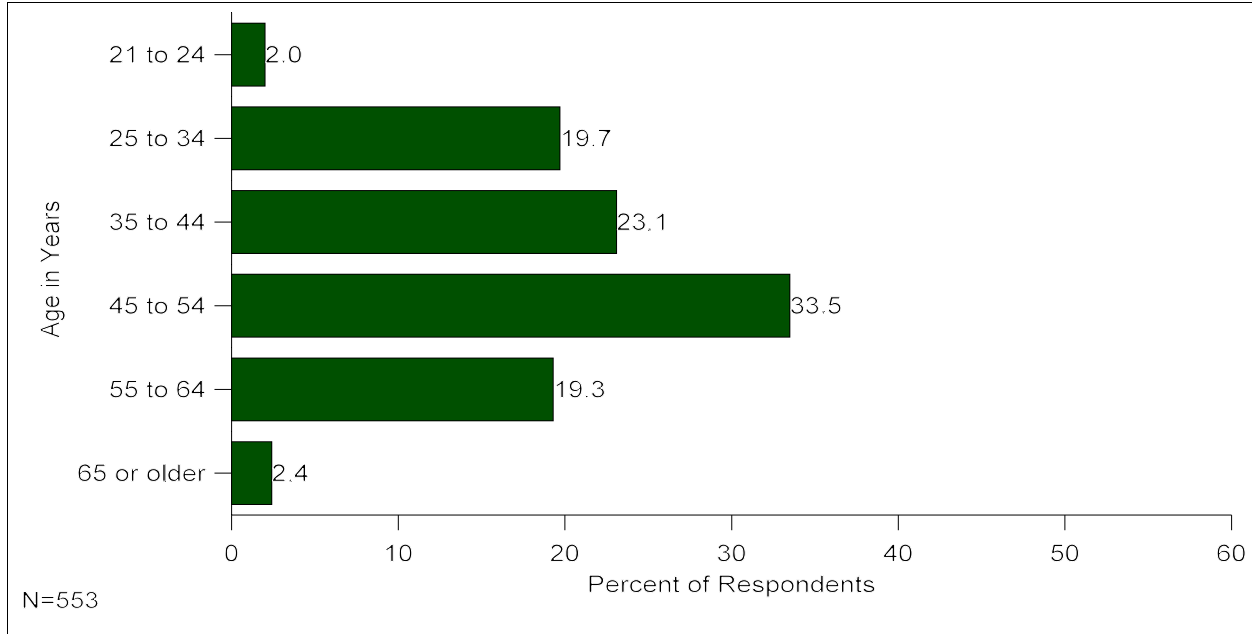


*Means were based on a one to five scale, with one being "Strongly disagree" and five being "Strongly agree."

DEMOGRAPHICS

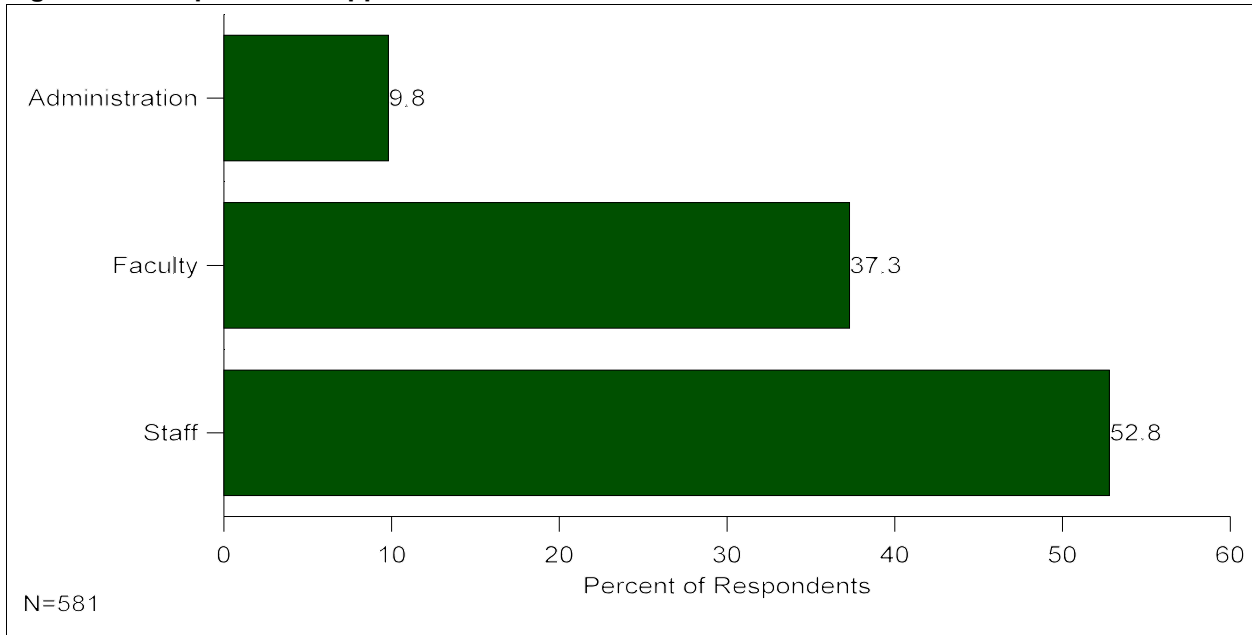
- None of the faculty, staff, or administration was younger than 21 years of age. The majority of respondents were 45 years of age or older (55.2 percent) (Figure 24, Appendix Table 25).

Figure 24. Respondent's Age



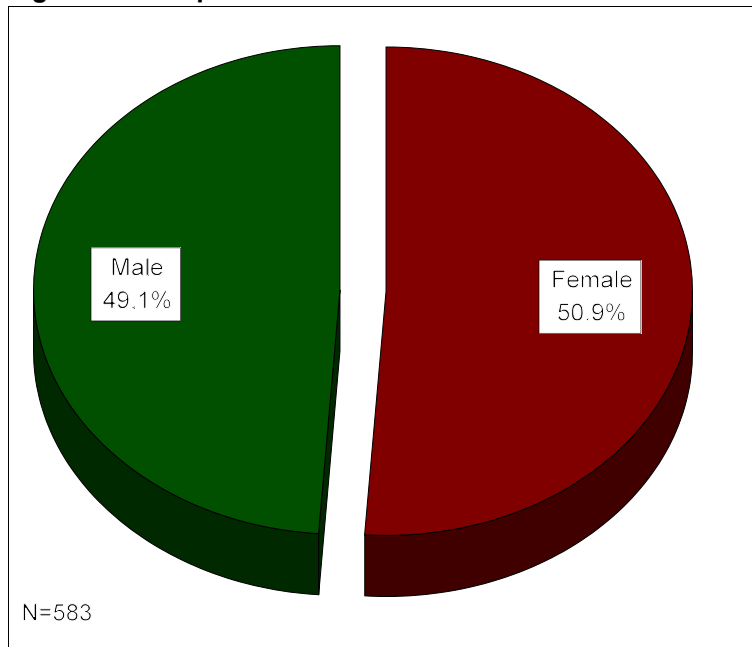
- The majority of respondents indicated their primary appointment at NDSU was as a staff member (Figure 25, Appendix Table 26).

Figure 25. Respondent's Appointment at NDSU



- There was a nearly equal proportion of male (49.1) and female (50.9) respondents (Figure 26, Appendix Table 27).

Figure 26. Respondent's Gender



APPENDIX TABLES

Appendix Table 1. Respondent's Estimate of the Proportion of Students at NDSU Who Smoke

Estimated Proportion	Respondents	
	Number	Percent*
0 to 24 percent	153	26.7
25 to 49 percent	349	61.0
50 to 74 percent	68	11.9
75 percent or more	2	0.3
Total	572	99.9

*Percentages do not add to 100.0 due to rounding.

Appendix Table 2. Respondent's Opinions About Other Tobacco and Secondhand Smoke Issues

Statement	Number of Responses
Should ban smoking on campus	5
Ban smoking at building entrances	4
Smokers do not care about the problems they cause	2
Smoking is an individual's choice	1
Must enforce the smoke-free policy well	1
Experience asthma problems from second hand smoke	1
Appearance of campus is detracted by smokers	1
Smell of smokers is unpleasant	1
Ashtrays need to be cleaned more frequently	1
Fire hazard from throwing cigarette butts out of vehicles	1
There needs to be a compromise by both sides	1
Government should stop supporting the tobacco industry	1
Cigarettes should not have filters	1
There are enough regulations	1
Do not criminalize smokers	1
More control is needed	1
Ban chewing tobacco on campus	1
Total	25

Appendix Table 3. Types of Media Where Respondent Has Seen or Heard Information About the Costs of Smoking to Business Owners for Ventilation and Filtration Systems

Type of Media	Respondents (N=590)	
	Number	Percent*
Television	91	15.4
Radio	65	11.0
Newspaper	60	10.2
Billboards	14	2.4
Never Seen	264	44.7
Not Sure	129	21.9

*Percentages do not equal 100.0 due to multiple responses; N=590.

Appendix Table 4. Types of Media Where Respondent Has Seen or Heard Information About the Costs of Smoking to Taxpayers to Support Hospitalization/Long-Term Care

Type of Media	Respondents (N=590)	
	Number	Percent*
Television	255	43.2
Radio	146	24.7
Newspaper	173	29.3
Billboards	42	7.1
Never Seen	100	16.9
Not Sure	114	19.3

*Percentages do not equal 100.0 due to multiple responses; N=590.

Appendix Table 5. Types of Media Where Respondent Has Seen or Heard Information About the Overall Consequences of Smoking on the Smoker

Type of Media	Respondents (N=590)	
	Number	Percent*
Television	438	74.2
Radio	279	47.3
Newspaper	256	43.4
Billboards	205	34.7
Never Seen	14	2.4
Not Sure	50	8.5

*Percentages do not equal 100.0 due to multiple responses; N=590.

Appendix Table 6. Types of Media Where Respondent Has Seen or Heard Information About the Overall Consequences of Secondhand Smoke on Others

Type of Media	Respondents (N=590)	
	Number	Percent*
Television	449	76.1
Radio	280	47.5
Newspaper	241	40.8
Billboards	234	39.7
Never Seen	12	2.0
Not Sure	37	6.3

*Percentages do not equal 100.0 due to multiple responses; N=590.

Appendix Table 7. Effects of Policies Making NDSU a Smoke-Free Campus

Type of Effect	Area of Effect					
	Student learning		Student quality of life		Student enrollments	
	Number	Percent	Number	Percent	Number	Percent
Positive effect	260	44.8	457	78.3	94	16.3
Negative effect	43	7.4	38	6.5	185	32.1
No effect	278	47.8	89	15.2	297	51.6
Total	581	100.0	584	100.0	576	100.0

Appendix Table 8. Degree of Positive Effect of Policies Making NDSU a Smoke-Free Campus

Degree of Positive Effect	Area of Effect					
	Student learning (Mean=3.50)		Student quality of life (Mean=3.82)		Student enrollments (Mean=3.31)	
	Number	Percent*	Number	Percent*	Number	Percent*
(1) Not much	11	4.3	20	4.5	11	11.7
(2)	29	11.3	38	8.5	12	12.8
(3)	81	31.6	92	20.6	25	26.6
(4)	92	35.9	150	33.6	29	30.9
(5) A great deal	43	16.8	146	32.7	17	18.1
Total	256	99.9	446	99.9	94	100.1

*Percentages do not add to 100.0 due to rounding.

Appendix Table 9. Degree of Negative Effect of Policies Making NDSU a Smoke-Free Campus

Degree of Negative Effect	Area of Effect					
	Student learning (Mean=2.74)		Student quality of life (Mean=3.19)		Student enrollments (Mean=2.64)	
	Number	Percent*	Number	Percent*	Number	Percent*
(1) Not much	9	20.9	3	8.1	37	21.0
(2)	9	20.9	7	18.9	41	23.3
(3)	13	30.2	12	32.4	61	34.7
(4)	8	18.6	10	27.0	23	13.1
(5) A great deal	4	9.3	5	13.5	14	8.0
Total	43	99.9	37	99.9	176	100.1

*Percentages do not add to 100.0 due to rounding.

Appendix Table 10. Whether Policies Making NDSU a Smoke-Free Campus Would Influence Respondent's Decision to Work at NDSU

Response	Respondents	
	Number	Percent
No	487	83.5
Yes*	96	16.5
Total	583	100.0

*See Appendix Table 11 to see how a smoke-free policy would influence respondent's decision to work at NDSU.

Appendix Table 11. How a Policy Making NDSU a Smoke-Free Campus Would Influence Respondent's Decision to Work at NDSU

Influence on Respondent's Decision	Number of Responses*
Positive Influence	
Secondhand smoke problems	14
Better work environment	11
Respondent would continue working at NDSU	11
Respondent is for a smoke free campus	8
Would like NDSU better	7
Healthier environment	7
Litter is a problem with cigarette butts	2
Negative Influence	
Would quit working at NDSU	6
Smoking is an individual's choice	5
There is too much restriction already	5
Respondent does not want to have to leave campus to smoke	3
Smoke-free campus does not leave the smoker any options	1
Negative feelings toward a smoke-free campus	1
There is a lack of understanding of nicotine addicts and addiction and this needs to change	1
Do not need a smoke-free campus, just smoke-free buildings	1
Neutral/Other Influence	
Would not quit working at NDSU	1
Very much	1
Would not affect working either way	1
May affect smokers	1
Put up ashtrays for smokers	1
Missing responses	8

*Some respondent's answers fit into more than one theme.

Appendix Table 12. Likelihood Respondent Would Support an Ordinance Making NDSU a Smoke-Free Campus

Rating	Respondents	
	Number	Percent*
(1) Not at all likely	83	14.1
(2)	37	6.3
(3)	81	13.8
(4)	110	18.7
(5) Very likely	278	47.2
Total	589	100.1

*Percentages do not add to 100.0 due to rounding.

Appendix Table 13. Level of Difficulty Respondent Would Expect Enforcing a Smoke-Free Policy on the NDSU Campus

Rating	Respondents	
	Number	Percent
(1) Not at all difficult	30	5.2
(2)	66	11.4
(3)	100	17.3
(4)	210	36.3
(5) Very difficult	172	29.8
Total	578	100.0

Appendix Table 14. Other Places Where Respondents Are Regularly Exposed to Secondhand Smoke

Location	Number of Responses
Vehicles	7
Building entrances/near buildings	5
Respondent avoids secondhand smoke	4
Bowling alleys	3
Other people's homes/own home	3
Convenience stores/gas stations	2
Bingo	1
Bars/restaraunts	1
FargoDome	1
Apartment hallways	1
Outdoor seating areas	1
Smoke on clothes	1
Smoke drifts across roads	1
Hunting/fishing trips	1
Total	32

Appendix Table 15. Smoking Behaviors of Respondent, Family, and Friends Inside Respondent's Car

Smoking Behaviors	Respondents (N=590)	
	Number	Percent*
My car is smoke-free at all times	497	84.2
Smoking is permitted inside my car if the windows are cracked open	50	8.5
Smoking is sometimes permitted in my car, depending on how long the drive is	25	4.2
There are no restrictions on smoking inside my car	26	4.4

*Percentages do not equal 100.0 due to multiple responses; N=590.

Appendix Table 16. Smoking Behaviors of Respondent, Family, and Friends Inside Respondent's Home

Smoking Behaviors	Respondents	
	Number	Percent
My home is smoke-free (any person who smokes has to go outside)	518	89.0
Smoking is permitted in designated rooms within my home	20	3.4
There are no restrictions on smoking inside my home	44	7.6
Total	582	100.0

Appendix Table 17. Of Persons Who Do Smoke/Use Tobacco Products, Respondent's Interest in Cessation/Stopping Smoking Programs

Cessation Programs	Respondents (N=52)	
	Number	Percent*
One-on-one counseling	7	13.5
Support groups	10	19.2
Medications (nicotine patches, gum, nasal spray, Zyban, Nicotrol inhaler)	21	40.4
Does not apply to me	18	34.6
Other:	4	7.7
<i>Hypnosis</i>	2	
<i>Exercise program</i>	1	
<i>Missing response</i>	1	

*Percentages do not equal 100.0 due to multiple responses; N=52.

Appendix Table 18. Of Persons Who Do Not Smoke/Use Tobacco Products, Respondent's Interest in Cessation/Stopping Smoking Programs

Cessation Programs	Respondents (N=495)	
	Number	Percent*
One-on-one counseling	11	2.2
Support groups	19	3.8
Medications (nicotine patches, gum, nasal spray, Zyban, Nicotrol inhaler)	15	3.0
Does not apply to me	442	89.3
Other:	1	0.2
<i>Would be willing to share experience with quitting smoking</i>	1	

*Percentages do not equal 100.0 due to multiple responses; N=495.

Appendix Table 19. Respondent's Level of Support of Programs/Activities for Cessation Now and if Smoke-Free Policies Are Implemented

Rating	Respondents					
	At this time (Mean=4.07)		If NDSU is smoke-free (Mean=4.13)		If Fargo/Moorhead is smoke-free (Mean=3.94)	
	Number	Percent*	Number	Percent*	Number	Percent
(1) Not at all supportive	46	8.0	45	7.9	58	10.2
(2)	24	4.2	27	4.7	35	6.2
(3)	81	14.1	65	11.4	85	15.0
(4)	113	19.7	103	18.1	93	16.4
(5) Very supportive	309	53.9	329	57.8	296	52.2
Total	573	99.9	569	99.9	567	100.0

*Percentages do not add to 100.0 due to rounding.

Appendix Table 20. Whether Respondent Uses Tobacco Products

Response	Respondents	
	Number	Percent
Yes*	52	8.8
No	495	83.9
Missing response/refused	43	7.3
Total	590	100.0

*Includes respondents who indicated one or more of the following: "I am a regular smoker," "I smoke tobacco products other than cigarettes," "I use chewing tobacco," "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/use tobacco occasionally."

Appendix Table 21. Number of Cigarettes Smoked in an Average Day by Regular Cigarette Smokers

Number of Cigarettes	Respondents	
	Number	Percent*
1 to 4 cigarettes/day	2	7.1
5 to 10 cigarettes/day	10	35.7
11 to 20 cigarettes/day	10	35.7
21 or more cigarettes/day	6	21.4
Total	28	99.9

*Percentages do not add to 100.0 due to rounding.

Appendix Table 22. Age Tobacco User Began Smoking/Using Tobacco Products

Age	Respondents	
	Number	Percent
9 to 11 years old	1	2.0
12 to 14 years old	7	14.0
15 to 17 years old	18	36.0
18 to 20 years old	15	30.0
21 years old or older	9	18.0
Total	50	100.0

Appendix Table 23. Factors Influencing Tobacco User to Begin Smoking/Using Tobacco Products

Influential Factors	Respondents (N=52)	
	Number	Percent*
Peers	32	61.5
Stress	10	19.2
Family members also smoked	8	15.4
Appetite suppressant	5	9.6
Other:	10	19.2
<i>Curiosity</i>	4	
<i>Liked the smell/taste</i>	2	
<i>Acting in plays where character smokes</i>	1	
<i>Missing responses</i>	3	

*Percentages do not equal 100.0 due to multiple responses; N=52.

Appendix Table 24. Other Concerns Tobacco Users Have About Tobacco Use

Response	Number of Respondents
Worry about influence as a role model while smoking	2
Enjoys smoking	1
Smoking is not good	1
Does not smoke enough to be a problem	1
Total	5

Appendix Table 25. Respondent's Age

Age Categories	Respondents	
	Number	Percent
18 to 20 years old	0	0.0
21 to 24 years old	11	2.0
25 to 34 years old	109	19.7
35 to 44 years old	128	23.1
45 to 54 years old	185	33.5
55 to 64 years old	107	19.3
65 years old or older	13	2.4
Total	553	100.0

Appendix Table 26. Respondent's Appointment at NDSU

Type of University Appointment	Respondents	
	Number	Percent*
Administration	57	9.8
Faculty	217	37.3
Staff	307	52.8
Total	581	99.9

*Percentages do not add to 100.0 due to rounding.

Appendix Table 27. Respondent's Gender

Gender	Respondents	
	Number	Percent
Male	286	49.1
Female	297	50.9
Total	583	100.0

Appendix Table 28. Additional Comments

Response
I'm against smoke-free policies that go outdoors like campus's or communities. Buildings and work places are fine for smoke-free designations. If people want to smoke and kill themselves, it's fine with me.
No one ever talks about deaths from fires related to smoke. Also [the] awful sight of [cigarette] butts everywhere and [the] stink.
Other communities have been smoke-free for years and it works.

SURVEY INSTRUMENT

Tobacco and Secondhand Smoke Survey

This survey is sponsored by the Wellness Education Program at NDSU and should take approximately 10 minutes to complete. Your participation is voluntary. The survey is confidential. Please do not leave any identifying marks. If you have questions about the survey, you may call Barb Lonbaken at 231-6315. If you have questions about the rights of human research subjects, please call the Institutional Review Board at 231-8908. Thank you for your participation in this important study.

- Select only **one** answer unless the instructions specify otherwise.
- Fill out the survey using either a #2 pencil or a pen (**black or blue ink**). **Fill in 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	2	3	4	5	6	7	8	9
4	0	1	2	3	4	5	6	7	8	9

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 | Strongly agree | | | | |
|-------------------|----------------|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | a. Nicotine is an addictive substance. |
| 1 | 2 | 3 | 4 | 5 | b. There is a relationship between tobacco use and alcohol use. |
| 1 | 2 | 3 | 4 | 5 | c. Tobacco use helps people feel more comfortable in social situations. |
| 1 | 2 | 3 | 4 | 5 | d. Tobacco use has physical effects, such as reduced endurance. |
| 1 | 2 | 3 | 4 | 5 | e. Tobacco use can lead to long-term physical illnesses (heart disease, cancer, emphysema). |
| 1 | 2 | 3 | 4 | 5 | f. Tobacco users can quit using if they want to. |
| 1 | 2 | 3 | 4 | 5 | g. There are so many things that can cause cancer, smoking a cigarette or two won't matter |

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

- 1 0 to 24 percent 2 25 to 49 percent 3 50 to 74 percent 4 75 percent or more

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

- I am a regular cigarette smoker → On an *average* day, I smoke ___ cigarettes →

0	1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---	---
- I smoke tobacco products other than cigarettes (cigarillos, cigars, pipes)

0	1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---	---
- I use chewing tobacco
- 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/use tobacco occasionally (not every day)
- I used to smoke or use other tobacco products, but quit (**Skip to Q9**)
- I have never smoked or used other tobacco products (**Skip to Q9**)

IF YOU CURRENTLY SMOKE/USE TOBACCO, PLEASE ANSWER QUESTIONS 4 - 8.

Q4. At what age did you begin smoking/using 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/using tobacco products? (Fill in ovals of all that apply)

- Peers
- Stress
- Family members also smoked
- Appetite suppressant
- Other _____

Faculty/ist

Q6. Which of the following statements apply to you? (Fill in all that apply)

- I LIKE SMOKING/USING TOBACCO and currently have NO PLANS to quit
- I LIKE SMOKING/USING TOBACCO, but WANT TO QUIT
- I WOULD LIKE to quit smoking/using tobacco, but have NOT TRIED
- I AM TRYING to quit smoking/using tobacco, but am STILL SMOKING/USING TOBACCO
- I have tried to quit smoking/using tobacco in the past, but I still smoke/use tobacco
- I will quit smoking/using tobacco when I become a parent

Q7. 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 concerned about gaining weight if I quit smoking/using tobacco |
| (1) | (2) | (3) | (4) | (5) | b. I am worried about the shorter-term impacts of my smoking/using tobacco (endurance, coughing) |
| (1) | (2) | (3) | (4) | (5) | c. I am worried about the longer-term impacts of my smoking/using tobacco (heart, lungs, mouth) |
| (1) | (2) | (3) | (4) | (5) | d. I am worried about the impact of my smoking/using tobacco on my appearance |
| (1) | (2) | (3) | (4) | (5) | e. I am concerned about the effect of secondhand smoke from my smoking on my friends or family |
| (1) | (2) | (3) | (4) | (5) | f. I am self-conscious about secondhand smoke from my smoking when I am out in public |
| (1) | (2) | (3) | (4) | (5) | g. I dislike the smell of smoke in my hair, clothes, car, and/or home |
| (1) | (2) | (3) | (4) | (5) | h. I try to minimize the odors from smoking in my hair, clothes, car, and/or home |
| (1) | (2) | (3) | (4) | (5) | i. I am concerned that my smoking negatively impacts my relationships with others |
| (1) | (2) | (3) | (4) | (5) | j. Other (please specify: _____) |

Q8. 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. It is the responsibility of government to enact ordinances (policies, regulations) that protect workers and members of the community from exposure to secondhand smoke. |
| (1) | (2) | (3) | (4) | (5) | b. As a society, we have a responsibility to protect nonsmoking adults from exposure to secondhand smoke. |
| (1) | (2) | (3) | (4) | (5) | c. As a society, we have a responsibility to protect children from exposure to secondhand smoke. |
| (1) | (2) | (3) | (4) | (5) | d. Reducing exposure to secondhand smoke can best be achieved by developing programs for persons who smoke (such as education and quitting smoking/cessation programs). |
| (1) | (2) | (3) | (4) | (5) | e. Reducing exposure to secondhand smoke can best be achieved by permitting smoking only at certain entrances rather than all entrances to campus buildings. |
| (1) | (2) | (3) | (4) | (5) | f. Reducing exposure to secondhand smoke can best be achieved by not permitting smoking within certain distances from campus buildings. |
| (1) | (2) | (3) | (4) | (5) | g. In general, I'm concerned about the health consequences of secondhand smoke on this campus. |
| (1) | (2) | (3) | (4) | (5) | h. Litter caused by smoking (cigarette butts, empty packages, etc.) detracts from the aesthetic appearance of this campus. |
| (1) | (2) | (3) | (4) | (5) | i. Other (please specify: _____) |

Q9. If NDSU implemented policies making it a smoke-free campus, please tell us WHAT EFFECT, if any, you think those policies would have on *student learning*, *student quality of life*, and *student enrollments*. If you think smoke-free policies would have a positive or negative effect, please tell us HOW MUCH OF AN EFFECT (using a one to five scale, with one being "not much" and five being "a great deal").

AREA OF EFFECT	WHAT TYPE OF EFFECT?			HOW MUCH OF AN EFFECT?				
	Positive effect	Negative effect	No effect	Not much				A great deal
a. Student learning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
b. Student quality of life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
c. Student enrollments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Q10. If NDSU implemented a policy making it a smoke-free campus, would that influence your decision to work at NDSU?

- 1 No
 2 Yes → How would that influence your decision? _____

Q11. Using a one to five scale, with one being "not at all likely" and five being "very likely," how likely would you be to support an ordinance making NDSU a smoke-free campus?

- 1 (Not at all likely) 2 3 4 5 (Very likely)

Q12. If the following locations, OFF CAMPUS, were smoke-free, would you visit or use them *less often*, *more often*, or would it *not make a difference*? Answer for each location.

Less often	More often	No difference	Location
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	a. Restaurants that do not serve liquor
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	b. Restaurants that do serve liquor
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	c. Bars/cocktail lounges
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	d. Places of indoor public amusement/recreation (bowling alleys, entertainment and sports arenas/facilities)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	e. Places of outdoor public amusement/recreation (parks, fairgrounds, sports fields/stadiums)

Q13. Where are you REGULARLY exposed to secondhand smoke? (fill in the ovals of all that apply)

- ON CAMPUS - on my way to classes/work (such as sidewalks, parking lots)
 ON CAMPUS - entrances into campus buildings
 OFF CAMPUS - public spaces (such as sidewalks, parking lots, bike paths)
 OFF CAMPUS - entrances into buildings (such as businesses, apartment buildings)
 My workplace
 The grounds surrounding my workplace
 Restaurants
 Bars/cocktail lounges
 Places of public amusement (fairgrounds, outdoor concerts, etc.)
 The homes of friends or family members
 Other (please specify: _____)
 I am never or almost never exposed to secondhand smoke

Q14. Which of the following statements best describes the smoking behaviors of you, your family, and your friends inside your car? (Fill in ovals of all that apply)

- My car is smoke-free at all times
- Smoking is permitted inside my car if the windows are cracked open
- Smoking is sometimes permitted in my car, depending on how long the drive is
- There are no restrictions on smoking inside my car

Q15. Which of the following statements best describes the smoking behaviors of you, your family, and your friends inside your home?

- 1 My home is smoke-free (any person who smokes has to go outside)
- 2 Smoking is permitted in designated rooms within my home
- 3 There are no restrictions on smoking inside my home

Q16. In the past 12 months, do you recall seeing or hearing any information about the consequences or costs related to smoking or secondhand smoke through any of the following types of media? (Fill in ovals of all that apply)

	Television	Radio	Newspaper	Billboards	Never Seen	Not Sure
<input type="checkbox"/> a. costs of smoking to business owners for ventilation and filtration systems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> b. costs of smoking to taxpayers to support hospitalization/long-term care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> c. overall consequences of smoking on the smoker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> d. overall consequences of secondhand smoke on others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q17. Using a one to five scale, with one being "not at all" supportive and five being "very" supportive, how supportive would you be of programs or activities that assist persons who smoke with cessation/stopping smoking at this time, if a policy making NDSU a smoke-free campus is implemented, and if a policy making the Fargo-Moorhead community smoke-free is implemented.

Not at all				Very supportive	
1	2	3	4	5	
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	a. At this time
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	b. If a policy making NDSU a smoke-free campus is implemented
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	c. If a policy making the Fargo-Moorhead community smoke-free is implemented

Q18. Using a one to five scale, with one being "not at all" difficult and five being "very" difficult, how difficult would it be to enforce a smoke-free policy on campus if one was implemented?

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

Q19. What is the majority of your appointment at NDSU?

- a. Administration
- b. Faculty
- c. Staff

Q20. What is your gender?

- a. Male
- b. Female

Q21. What is your age?

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

Q22. I am interested in the following types of cessation/stopping smoking programs. (Fill ovals of all that apply)

- a. One-on-one counseling
- b. Support groups
- c. Medications (nicotine patches, gum, nasal spray, Zyban, Nicotrol inhaler)
- d. Other (please specify: _____)
- e. Does not apply to me