



# Student Tobacco and Secondhand Smoke Survey: 2002

North Dakota State University

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

## **FORWARD**

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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 first of the two reports and it documents the findings from a generalizable survey of students on the campus of North Dakota State University. Its companion document reports the findings from a generalizable survey of faculty, staff, and administration on the campus of North Dakota State University.

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## EXECUTIVE SUMMARY

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### Introduction

The purpose of this study was to gather information from students attending North Dakota State University regarding their attitudes and perceptions of tobacco use on campus. The study also gathered data regarding their opinions of secondhand smoke and its consequences. This study serves as a baseline to measure possible changes in attitudes, perceptions, and behavior as a result of a nonsmoking campaign.

Data from 322 students attending North Dakota State University during the Fall 2002 term were gathered through a random sampling process. This rate of return ensures the sampling error rate does not exceed 5 percent. Students were selected through a three-staged random sampling design of classrooms. The surveys were distributed to students either at the beginning or at the end of the class period, based on the instructors' wishes. The students were asked to complete the survey outside the classroom and return it for a modest monetary incentive at a drop-off location in the student union. The data collection started in mid-November 2002, and ended at the end of the second week in December 2002. The surveys were designed for electronic scanning to reduce coding and input error.

### Survey Results

#### *Opinions and Perceptions*

- ▶ A large majority of students strongly agreed that tobacco use can lead to long-term physical illnesses and that nicotine is an addictive substance, though a higher proportion of non-users strongly agreed with these statements than tobacco users. One-fourth of students strongly agreed that tobacco users can quit using if they want to.
- ▶ More than one-fourth of students indicated that tobacco use helps people feel more comfortable in social situations, while half indicated that there is a relationship between tobacco use and alcohol use.
- ▶ More than half of students agreed or strongly agreed that most college students are tired of people telling them about smoking.
- ▶ The majority of respondents estimated the proportion of students at NDSU who smoke to be between 25 and 49 percent.
- ▶ A large majority of students strongly agreed that society has a responsibility to protect children and, to a slightly lesser degree, nonsmoking adults from exposure to secondhand smoke. Two-thirds of students thought government has a responsibility to enact ordinances that protect workers and members of the community from exposure to secondhand smoke.
- ▶ The majority of students thought litter caused by smoking detracts from the aesthetic appearance of this campus. The majority of students were in favor of reducing exposure to secondhand smoke by not permitting smoking within certain distances from campus buildings and by permitting smoking only at certain entrances. More than half of students also thought developing programs for persons who smoke is an effective method for reducing exposure.
- ▶ Half of non-users of tobacco indicated they are concerned about the health consequences of secondhand smoke on this campus.

## **Media**

- ▶ The majority of respondents indicated they had not seen or heard information about the costs of smoking to business owners or were unsure if they had. For those who had been exposed to this information, television was the primary medium. Almost half of respondents had not 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. More than three-fourths of respondents had been exposed to information about the consequences of smoking on the smoker and the consequences of secondhand smoke on others through television. Radio, billboards, and newspaper were other common media through which respondents had received this information.

## **Policy**

- ▶ More than half of students thought policies making NDSU a smoke-free campus would have no effect on student learning, while one-third thought the effect would be positive. Nearly three-fourths of students said policies making NDSU a smoke-free campus would have a positive effect on student quality of life. Only 12.5 percent of tobacco users said the effect would be negative. More than half of all students thought the policies making NDSU smoke-free would have a negative effect on enrollments.
- ▶ Only about one in five students said policies making NDSU a smoke-free campus would influence their decision to attend NDSU, positively for some and negatively for others.
- ▶ Half of students indicated some likelihood of supporting an ordinance making NDSU a smoke-free campus, though less than one-third were very likely to support it. The proportion of non-users very likely to support a smoke-free ordinance was four times the proportion of tobacco users.
- ▶ A decision to offer a smoke-free environment in various locations would cause many non-users to go more often, or at least make no difference in their visits to various locations. Some tobacco users would visit smoke-free locations less often, but in every case nearly half or more of tobacco users indicated there would be no difference in the frequency of their visits.
- ▶ More than half of respondents said there would be no difference in the frequency of their visits to smoke-free restaurants that do not serve liquor, smoke-free restaurants that do serve liquor, and smoke-free bars/lounges. Approximately half of non-users said they would visit smoke-free restaurants and smoke-free bars/lounges more often.
- ▶ While one-third of respondents indicated they would visit places of indoor public amusement/recreation with the same frequency they currently do, nearly two-thirds would visit more often.
- ▶ More than one-third of respondents would visit places of outdoor public amusement/recreation more often, though a majority indicated the frequency of their visits would not be affected.

## **Exposure to Secondhand Smoke**

- ▶ The majority of students were regularly exposed to secondhand smoke at entrances to campus buildings, and on the way to classes or work on campus. The majority of respondents were also regularly exposed to secondhand smoke at restaurants and bars/lounges in the community. One-fourth of students were regularly exposed at the homes of friends or family members and at places of public amusement.
- ▶ Two-thirds of students indicated their car is smoke-free at all times, and the vast majority indicated their home is smoke-free.

### ***Cessation Programs***

- ▶ More than half of tobacco users said cessation programs do not apply to them. One-third indicated interest in medications, and equal proportions indicated interest in support groups and one-on-one counseling.
- ▶ Some interest in cessation programs was expressed by respondents who do not use tobacco products, potentially for friends or family members who are tobacco users.
- ▶ The proportion of respondents who were very supportive of programs and activities for cessation remained nearly the same for the current time, if NDSU becomes smoke-free, and if the Fargo/Moorhead community becomes smoke-free, at approximately one-third of respondents. Overall, non-users were more likely to be very supportive of cessation programs and activities than tobacco users.

### ***Usage of Tobacco Products***

- ▶ Approximately one-fourth of students reported using tobacco products. More than half of all respondents had never smoked or used tobacco products, while 16 percent indicated they used to use tobacco products but had quit.
- ▶ One-fourth of tobacco users indicated they are regular cigarette smokers. The number of cigarettes smoked by regular smokers in an average day was eight cigarettes. Nearly one in five respondents indicated they use chewing tobacco. One-third of respondents used tobacco only when drinking alcohol and said they use tobacco occasionally, while one in five respondents said they use tobacco only when around others who are using tobacco products.
- ▶ More than two-thirds of tobacco users began their use before the age of 18. Peers were the leading factor influencing respondents to begin using tobacco products, while stress was also an influential factor. Nearly one-third of tobacco users had only one or no close friends who use tobacco products.
- ▶ Most tobacco users were interested in quitting their use of tobacco products, with only about one in ten tobacco users indicating they have no plans to quit. Many respondents had tried to quit or were currently trying to quit, but had not been successful in their cessation efforts.
- ▶ More than half of tobacco users strongly agreed that they dislike the smell of smoke in their hair, clothes, car, and/or home, and 43.2 percent strongly agreed that they try to minimize the odors from smoking.
- ▶ Three-fourths of tobacco users are worried about the longer-term impacts of their tobacco use, but less than half indicated they are worried about the shorter-term impacts of their tobacco use.
- ▶ Nearly half of respondents are concerned about the effect of secondhand smoke from their smoking on their friends or family. Nearly one-third of respondents said they were concerned that their smoking negatively impacts their relationships with others.
- ▶ One-third of tobacco users indicated they are self-conscious about secondhand smoke from their smoking when out in public. More than one-third of tobacco users were concerned about the impact of tobacco use on their appearance. Almost half of tobacco users strongly disagreed that they were concerned about gaining weight from quitting tobacco use.

## ***Demographics***

- ▶ More than two-thirds of students work part-time; 6.8 percent of students indicated they work full-time and 13.4 percent work multiple jobs. One in three students said they receive student loans. Nearly half of students participate in extra-curricular activities. Only 4.3 percent of students indicated they have children under the age of 18.
- ▶ A majority of students live off-campus alone or with family or roommates. More than one-third live on-campus or at a sorority or fraternity. A majority of students were between the ages of 18 and 20. The single largest proportion of students were sophomores, at nearly one-third.
- ▶ Females represented 63.2 percent of the respondents. Twice the proportion of males indicated they were tobacco users compared to females.

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## **INTRODUCTION**

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### **Study Objectives**

The objectives of this study were threefold. First, this study focused on gathering information from students attending 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 students' views of secondhand smoke and its consequences.

### **Methodology**

This study was designed to provide generalizable results from the student community at North Dakota State University. This was accomplished by developing a probability sample of students attending North Dakota State University during the Fall 2002 term. A three-staged random sampling design was used to select students. In the first stage of the design, Fall 2002 classes were categorized by the day and time they were taught. All classes were grouped into two categories based on the first day of the week they were taught. The two categories were a) those classes beginning on a Monday, Wednesday, or Friday, and b) those that began on a Tuesday or Thursday. Next, classes in these two categories were grouped by the hour in which the class started. Three starting times were randomly selected for each category. In the second stage of the sampling design, classes were organized by size of class. Again, two categories were selected, a) large enrollment classes (i.e., those with at least 100 students), and b) small enrollment classes (i.e., all classes smaller than 100 students). Five large enrollment classes and 10 small enrollment classes were randomly selected from each of the three time periods and for each of the two categories of days taught. In the final stage, representation by college (e.g., Science and Math versus Pharmacy) was considered by randomly discarding classes representing the same college until a total of 40 classes remained. Instructors from these classes were then contacted and asked if they were willing to have the survey distributed to students in their class, either at the beginning or at the end of the class period. Only a few instructors either refused to participate or were late in agreeing to participate in the study until after data collection started. Surveys were distributed to 1,000 students, or approximately 10 percent of the student body. Roughly 30 classes participated in the study. The surveys were distributed during the second week in November 2002 and data collection was completed by the second week in December 2002.

Compliance with NDSU's Institutional Review Board (IRB) was obtained prior to the beginning of the data collection process. Students were informed of their rights regarding human subjects when the surveys were distributed. The students were asked to fill out their surveys outside of class and return the completed survey to a drop-off location inside the student union. A small monetary incentive was given to the student for returning the survey. A total of 322 useable surveys were returned for a response rate of 32 percent. This rate of return ensures the error rate for sampling was at most 5 percent. The questionnaire was designed for electronic scanning to reduce coding and input error.

### **Significance Testing**

Significant tests were conducted to determine if responses varied distinctly by those who used tobacco products relative to those who did not use tobacco products. Two types of tests were performed (i.e., T test and Chi-Square test) depending upon the type of data. In brief, significant tests indicate whether the distribution of responses are statistically different to the degree that one could not reasonably conclude that it was due to sampling. Indicators that revealed a statistically significant difference in responses are noted in the corresponding tables.

## **DIFFERENCES BETWEEN USERS AND NON-USERS OF TOBACCO PRODUCTS**

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### ***Opinions and Perceptions***

#### Respondent's Opinions Regarding Statements About Tobacco Use (Table 1)

- ▶ A large majority of students strongly agreed that tobacco use can lead to long-term physical illnesses. However, non-users of tobacco were more likely to strongly agree than were users of tobacco.
- ▶ A large majority of students strongly agreed that nicotine is an addictive substance. Again, non-users were more likely to strongly agree than were tobacco users. Only one-fourth of all students strongly agreed that tobacco users can quit using if they want to.
- ▶ Nearly equal proportions of respondents agreed or strongly agreed that most college students do not like being around people who smoke as had a neutral opinion. Nearly half of non-users agreed or strongly agreed, compared to only one-fourth of tobacco users.
- ▶ More than one-fourth of students agreed or strongly agreed that tobacco use helps people feel more comfortable in social situations. A higher proportion of tobacco users agreed or strongly agreed with this statement than non-users.
- ▶ More than two-thirds of all respondents disagreed or strongly disagreed that since there are so many things that can cause cancer, "smoking a cigarette or two won't matter." While more than three-fourths of non-users disagreed or strongly disagreed, less than half of tobacco users disagreed or strongly disagreed.

#### Respondent's Opinions Regarding Statements About Tobacco and Secondhand Smoke (Table 2)

- ▶ A large majority of students strongly agreed that society has a responsibility to protect children from exposure to secondhand smoke. Non-users were more likely to strongly agree with this statement than tobacco users.
- ▶ More than three-fourths of students agreed or strongly agreed that society has a responsibility to protect nonsmoking adults from exposure to secondhand smoke. Again, non-users were more likely to agree or strongly agree with this statement than tobacco users.
- ▶ Two-thirds of students agreed or strongly agreed that government has a responsibility to enact ordinances that protect members of the community from exposure to secondhand smoke. Non-users were more likely to agree or strongly agree with this statement than were tobacco users.
- ▶ The majority of students agreed or strongly agreed that litter caused by smoking, such as cigarette butts and empty packages, detracts from the aesthetic appearance of this campus. More than three-fourths of non-users agreed or strongly agreed that litter detracts from the aesthetic appearance, compared to less than half of tobacco users.
- ▶ Non-users were more in favor of not permitting smoking within certain distances from campus buildings than permitting smoking only at certain entrances. Tobacco users were more in favor of permitting smoking only at certain entrances of campus buildings than not permitting smoking within certain distances from campus buildings. Only 29.6 percent of tobacco users disagreed or strongly disagreed with reducing exposure by not permitting smoking within certain distances from campus buildings, and only 23.6 percent disagreed or strongly disagreed with reducing exposure by permitting smoking only at certain entrances of campus buildings.
- ▶ Half of non-users of tobacco agreed or strongly agreed that they are concerned, in general, about the health consequences of secondhand smoke on this campus, compared to only 21.4 percent of tobacco users. Overall, 42.6 percent of students agreed or strongly agreed that they are concerned about the health consequences of secondhand smoke on campus.

## **Policy**

### Effects of Policies Making NDSU a Smoke-Free Campus on Student Learning, Quality of Life, and Enrollments (Table 3)

- ▶ More than half of students said policies making NDSU a smoke-free campus would have no effect on student learning. Tobacco users were more likely to think it would have no effect than non-users.
- ▶ Nearly three-fourths of students said policies making NDSU a smoke-free campus would have a positive effect on student quality of life, though non-users were much more likely to say it would have a positive effect than tobacco users. Only 12.5 percent of tobacco users said the effect would be negative.
- ▶ More than half of all students said the policies making NDSU a smoke-free campus would have a negative effect on enrollments, while 11.5 percent said the effect would be positive.

### Likelihood Respondent Would Support an Ordinance Making NDSU a Smoke-Free Campus (Table 4)

- ▶ Half of students indicated some likelihood of supporting an ordinance making NDSU a smoke-free campus, though only 29.3 percent were very likely to support it. The proportion of non-users very likely to support a smoke-free ordinance was four times the proportion of tobacco users.

### How Smoke-Free Environments Would Affect Respondent's Visits to Off-Campus Locations (Table 5)

- ▶ A decision to offer a smoke-free environment in various locations would cause many non-users to go more often, or at least make no difference in their visits to various locations. Some tobacco users would visit smoke-free locations less often, but in every case nearly half or more of tobacco users indicated there would be no difference in their frequency of visits.
- ▶ More than half of respondents said there would be no difference in the frequency of their visits to smoke-free restaurants that do not serve liquor. While half of non-users indicated they would visit more often, two-thirds of tobacco users said the frequency of their visits would not change.
- ▶ With respect to restaurants that do serve liquor, more than half of respondents would not change the frequency of their visits. However, nearly half of non-users would visit more often and one-fourth of tobacco users would visit more often.
- ▶ Half of respondents would not change the frequency of their visits to smoke-free bars or lounges. Nearly half of non-users would visit more often, and while more than one-third of tobacco users would visit less often, nearly half of tobacco users indicated the frequency of their visits would not be affected.
- ▶ While one-third of respondents indicated they would visit places of indoor public amusement and recreation if they were smoke-free with the same frequency as before, 61.2 percent would visit more often. Many tobacco users would not change the frequency of their visits to places of indoor recreation, though 40.4 percent of tobacco users would visit more often. More than two-thirds of non-users would visit smoke-free places of indoor public amusement and recreation more often.
- ▶ While more than one-third of respondents would visit places of outdoor public amusement and recreation more often if they were smoke-free, a majority indicated the frequency of their visits would not be affected. Nearly three-fourths of tobacco users indicated there would not be a difference in the frequency of their visits to this location. Non-users were generally split between visiting more often (46.1 percent) or making no change to the frequency of their visits.

## **Cessation Programs**

### Respondent's Level of Support of Programs/Activities for Cessation Now and if Smoke-Free Policies Are Implemented (Table 7)

- ▶ The proportion of respondents who were very supportive of programs and activities for cessation remained nearly the same for the current time, if NDSU becomes smoke-free, and if the Fargo/Moorhead community becomes smoke-free. Overall, non-users were more likely to be very supportive of cessation programs and activities than tobacco users.

## **Demographics**

### Gender by Tobacco Usage (Table 12)

- ▶ Twice the proportion of males indicated they were smokers compared to females.



## **SURVEY RESULTS**

## OPINIONS AND PERCEPTIONS

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In this section on Opinions and Perceptions, testing for statistical significance based on whether or not the respondent was a user of tobacco products was run on the statements about tobacco use in Table 1 and secondhand smoke in Table 2.

- A large majority of students strongly agreed that tobacco use can lead to long-term physical illnesses (85.7 percent). However, non-users of tobacco were more likely to strongly agree (90.5 percent) than were users of tobacco (73.0 percent). A large majority of all students agreed or strongly agreed that tobacco use has physical effects such as reduced endurance (86.4 percent) (Table 1).
- A large majority of students strongly agreed that nicotine is an addictive substance (80.4 percent). Again, non-users were more likely to strongly agree (86.3 percent) than were tobacco users (65.2 percent). Only one-fourth of all students strongly agreed that tobacco users can quit using if they want to (26.1 percent).
- Nearly equal proportions of respondents agreed or strongly agreed that most college students do not like being around people who smoke (40.8 percent) as had a neutral opinion (43.0 percent). Nearly half of non-users agreed or strongly agreed (46.6 percent), compared to only one-fourth of tobacco users (25.8 percent).
- More than one-fourth of students agreed or strongly agreed that tobacco use helps people feel more comfortable in social situations (26.8 percent). A higher proportion of tobacco users agreed or strongly agreed with this statement (32.6 percent compared to 24.5 percent of non-users). Half of all respondents agreed or strongly agreed that there is a relationship between tobacco use and alcohol use (49.6 percent).
- More than two-thirds of all respondents disagreed or strongly disagreed that since there are so many things that can cause cancer, "smoking a cigarette or two won't matter" (68.1 percent). While more than three-fourths of non-users disagreed or strongly disagreed (76.8 percent), less than half of tobacco users disagreed or strongly disagreed (44.9 percent).
- More than half of all students agreed or strongly agreed that most college students are tired of people telling them about smoking (52.4 percent).

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

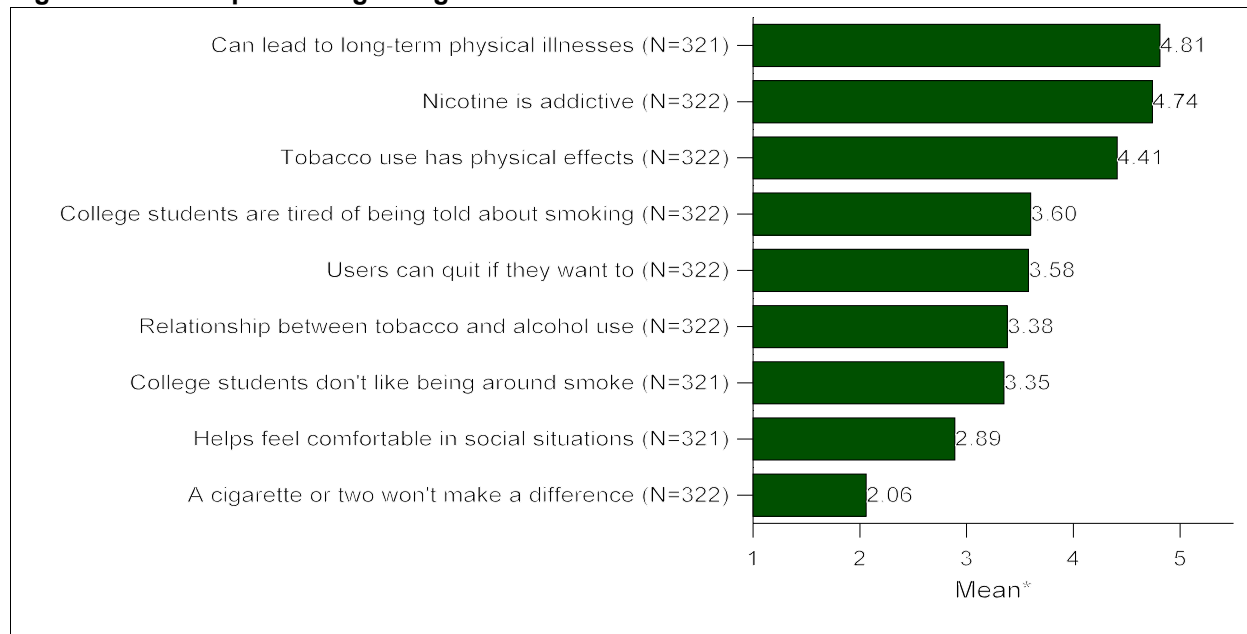
Statement	Mean	Percent of Respondents by Opinion (1=Strongly disagree, 5=Strongly agree)					Total*
		(1)	(2)	(3)	(4)	(5)	
<b>S</b> -Tobacco use can lead to long-term physical illnesses (heart disease, cancer, emphysema). (N=321)	4.81	1.2	0.0	1.2	11.8	85.7	99.9
Users of tobacco		0.0	0.0	4.5	22.5	73.0	100.0
Non-users of tobacco		1.7	0.0	0.0	7.8	90.5	100.0
<b>S</b> -Nicotine is an addictive substance. (N=322)	4.74	0.6	0.9	3.1	14.9	80.4	99.9
Users of tobacco		1.1	0.0	5.6	28.1	65.2	100.0
Non-users of tobacco		0.4	1.3	2.1	9.9	86.3	100.0
<b>S</b> -Most college students don't like being around people who smoke. (N=321)	3.35	1.9	14.3	43.0	28.7	12.1	100.0
Users of tobacco		2.2	28.1	43.8	21.3	4.5	99.9
Non-users of tobacco		1.7	9.1	42.7	31.5	15.1	100.1
<b>S</b> -Tobacco use helps people feel more comfortable in social situations. (N=321)	2.89	11.8	18.7	42.7	21.8	5.0	100.0
Users of tobacco		6.7	16.9	43.8	27.0	5.6	100.0
Non-users of tobacco		13.8	19.4	42.2	19.8	4.7	99.9
<b>S</b> -There are so many things that can cause cancer, smoking a cigarette or two won't matter. (N=322)	2.06	39.8	28.3	19.9	10.2	1.9	100.1
Users of tobacco		15.7	29.2	31.5	21.3	2.2	99.9
Non-users of tobacco		48.9	27.9	15.5	6.0	1.7	100.0
Tobacco use has physical effects, such as reduced endurance. (N=322)	4.41	1.6	3.1	9.0	25.5	60.9	100.1
Most college students are tired of people telling them about smoking. (N=322)	3.60	1.2	8.7	37.6	33.5	18.9	99.9
Tobacco users can quit using if they want to. (N=322)	3.58	4.7	15.5	23.3	30.4	26.1	100.0
There is a relationship between tobacco use and alcohol use. (N=322)	3.38	8.4	11.5	30.4	33.5	16.1	99.9

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

**S**-Significance based on whether or not respondent was a user of tobacco products has been found using the T-test statistic at the  $p < .05$  level.

- Respondents were fairly strong in their agreement that tobacco use leads to long-term physical illnesses, that nicotine is an addictive substance, and that tobacco use will have physical effects. In contrast, respondents generally disagreed that tobacco use helps people feel more comfortable in social situations and that a cigarette or two will not make a difference in one's chances of cancer in light of other causes of cancer (Figure 1, Table 1).

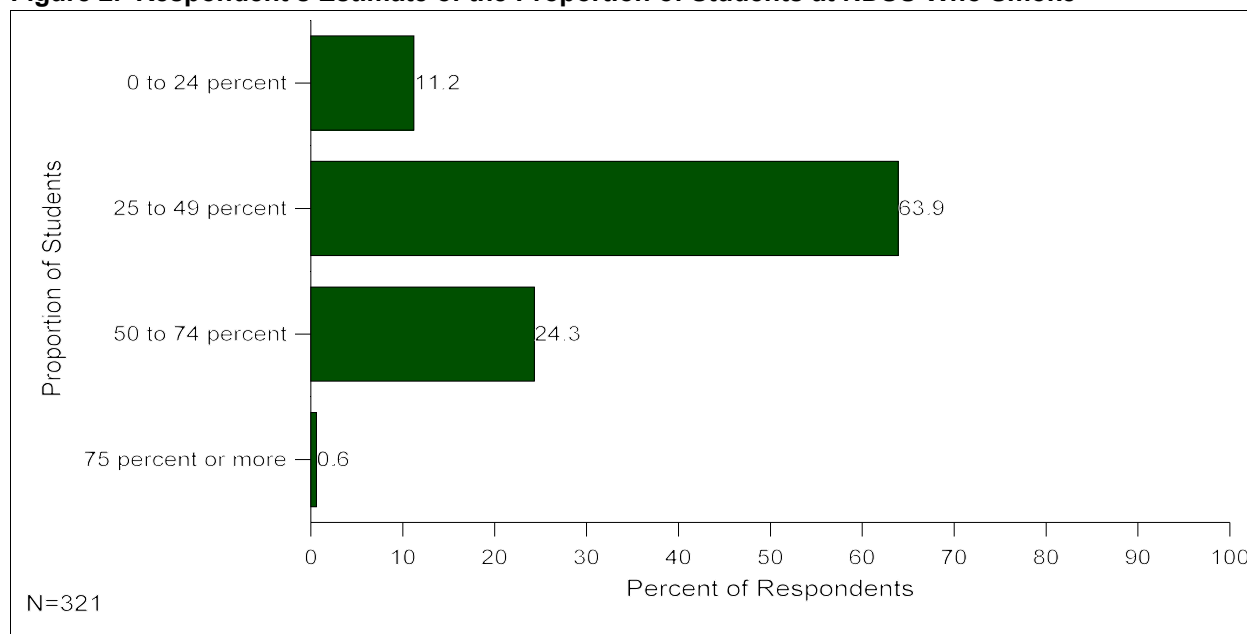
**Figure 1. Mean Opinion Regarding Statements About Tobacco Use**



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

- The majority of respondents estimated the proportion of students at NDSU who smoke to be between 25 and 49 percent (63.9 percent of respondents). One-fourth of respondents estimated that half or more of students at NDSU smoke (24.9 percent) (Figure 2, Appendix Table 1).

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



- A large majority of students strongly agreed that society has a responsibility to protect children from exposure to secondhand smoke (75.4 percent). Non-users were more likely to strongly agree (80.6 percent) with this statement than tobacco users (61.8 percent) (Table 2).
- More than three-fourths of students agreed or strongly agreed that society has a responsibility to protect nonsmoking adults from exposure to secondhand smoke as well (77.6 percent). Again, non-users were more likely to agree or strongly agree (83.2 percent) with this statement than tobacco users (62.9 percent).
- Two-thirds of students agreed or strongly agreed that it is the responsibility of government to enact ordinances that protect workers and members of the community from exposure to secondhand smoke (67.6 percent). Non-users were more likely to agree or strongly agree with this statement than were tobacco users (74.6 and 49.4 percent, respectively).
- The majority of students agreed or strongly agreed that litter caused by smoking, such as cigarette butts and empty packages, detracts from the aesthetic appearance of this campus (70.1 percent). More than three-fourths of non-users agreed or strongly agreed that litter detracts from the aesthetic appearance (78.1 percent), compared to slightly half of tobacco users (49.4 percent).
- The proportion of students who agreed or strongly agreed that reducing exposure to secondhand smoke can best be achieved by not permitting smoking within certain distances from campus buildings (62.6 percent) was the same as those who agreed or strongly agreed reducing exposure can best be achieved by permitting smoking only at certain entrances rather than all entrances to campus buildings (63.9 percent). However, non-users were more in favor of not permitting smoking within certain distances from campus buildings (37.7 percent who strongly agreed) than permitting smoking only at certain entrances (29.3 percent who strongly agreed). Tobacco users were more in favor of permitting smoking only at certain entrances of campus buildings (21.3 percent who strongly agreed) than not permitting smoking within certain distances from campus buildings (14.8 percent who strongly agreed). Only 29.6 percent of tobacco users disagreed or strongly disagreed with reducing exposure by not permitting smoking within certain distances from campus buildings, and only 23.6 percent disagreed or strongly disagreed with reducing exposure by permitting smoking only at certain entrances of campus buildings.
- More than half of all students agreed or strongly agreed that developing programs for persons who smoke is an effective method for reducing exposure to secondhand smoke (54.4 percent).
- Half of non-users of tobacco agreed or strongly agreed that they are concerned, in general, about the health consequences of secondhand smoke on this campus (50.9 percent), compared to only 21.4 percent of tobacco users. Overall, 42.6 percent of students agreed or strongly agreed that they are concerned about the health consequences of secondhand smoke on campus.

**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)	
<b>S</b> -As a society, we have a responsibility to protect children from exposure to secondhand smoke. (N=321)	4.66	0.9	1.6	3.7	18.4	75.4	100.0
Users of tobacco		1.1	2.2	6.7	28.1	61.8	99.9
Non-users of tobacco		0.9	1.3	2.6	14.7	80.6	100.1
<b>S</b> -As a society, we have a responsibility to protect nonsmoking adults from exposure to secondhand smoke. (N=321)	4.07	1.2	5.0	16.2	40.8	36.8	100.0
Users of tobacco		1.1	7.9	28.1	43.8	19.1	100.0
Non-users of tobacco		1.3	3.9	11.6	39.7	43.5	100.0
<b>S</b> -Litter caused by smoking (cigarette butts, empty packages, etc.) detracts from the aesthetic appearance of this campus. (N=321)	3.96	2.8	8.7	18.4	29.9	40.2	100.0
Users of tobacco		6.7	20.2	23.6	25.8	23.6	99.9
Non-users of tobacco		1.3	4.3	16.4	31.5	46.6	100.1
<b>S</b> -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=321)	3.82	5.0	5.9	21.5	37.1	30.5	100.0
Users of tobacco		11.2	7.9	31.5	33.7	15.7	100.0
Non-users of tobacco		2.6	5.2	17.7	38.4	36.2	100.1
<b>S</b> -Reducing exposure to secondhand smoke can best be achieved by not permitting smoking within certain distances from campus buildings. (N=319)	3.74	5.6	9.1	22.6	31.3	31.3	99.9
Users of tobacco		14.8	14.8	25.0	30.7	14.8	100.1
Non-users of tobacco		2.2	6.9	21.6	31.6	37.7	100.0
<b>S</b> -Reducing exposure to secondhand smoke can best be achieved by permitting smoking only at certain entrances rather than all entrances to campus buildings. (N=321)	3.71	5.0	10.3	20.9	36.8	27.1	100.1
Users of tobacco		9.0	14.6	22.5	32.6	21.3	100.0
Non-users of tobacco		3.4	8.6	20.3	38.4	29.3	100.0
<b>S</b> -In general, I'm concerned about the health consequences of secondhand smoke on this campus. (N=321)	3.24	8.1	19.9	29.3	25.5	17.1	99.9
Users of tobacco		15.7	30.3	32.6	13.5	7.9	100.0
Non-users of tobacco		5.2	15.9	28.0	30.2	20.7	100.0
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=320)	3.56	2.8	10.3	32.5	37.2	17.2	100.0

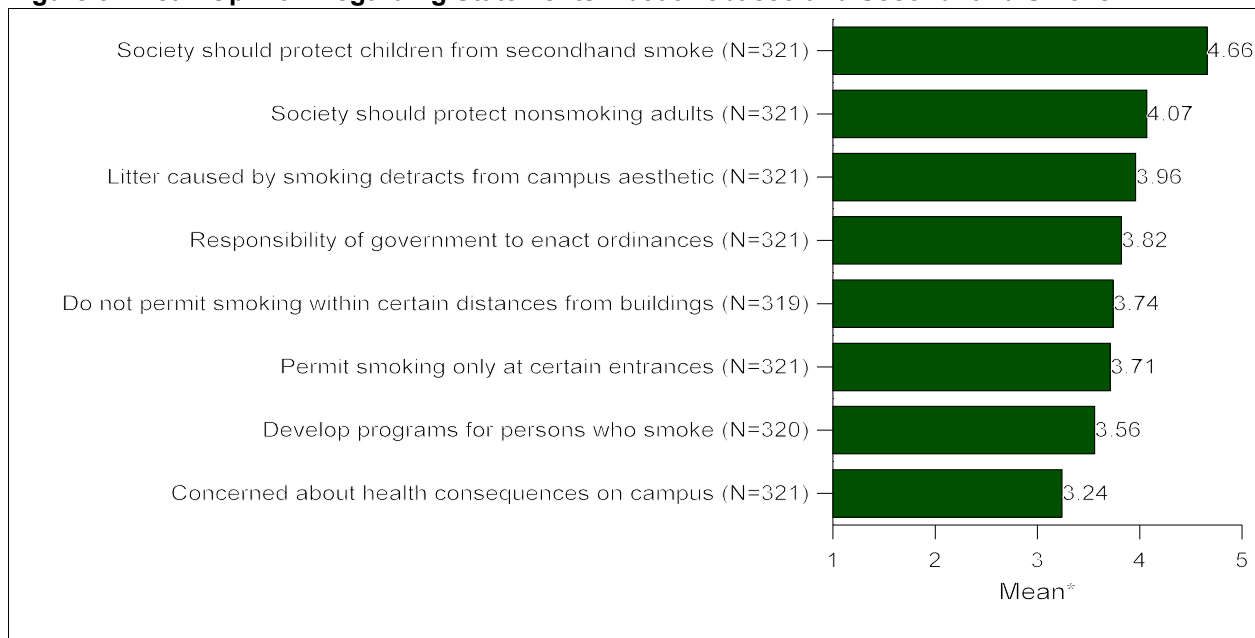
\*Percentages do not always add to 100.0 due to rounding.

\*\*See Appendix Table 2 for "other" tobacco and secondhand smoke issues.

**S**-Significance based on whether or not respondent was a user of tobacco products has been found using the T-test statistic at the p< .05 level.

- Students were fairly strong in their agreement that society has a responsibility to protect children and nonsmoking adults from secondhand smoke. Students were generally in agreement that litter from smoking detracts from the campus aesthetic and that government has a responsibility to enact ordinances to protect members of the community from secondhand smoke. Overall, students had a similar level of agreement regarding the effectiveness of permitting smoking only at certain entrances, not permitting smoking within certain distances from buildings, and developing programs for persons who smoke as effective methods for reducing exposure to secondhand smoke. Students also did indicate concern about the health consequences of secondhand smoke on the NDSU campus (Figure 3, Table 2).

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

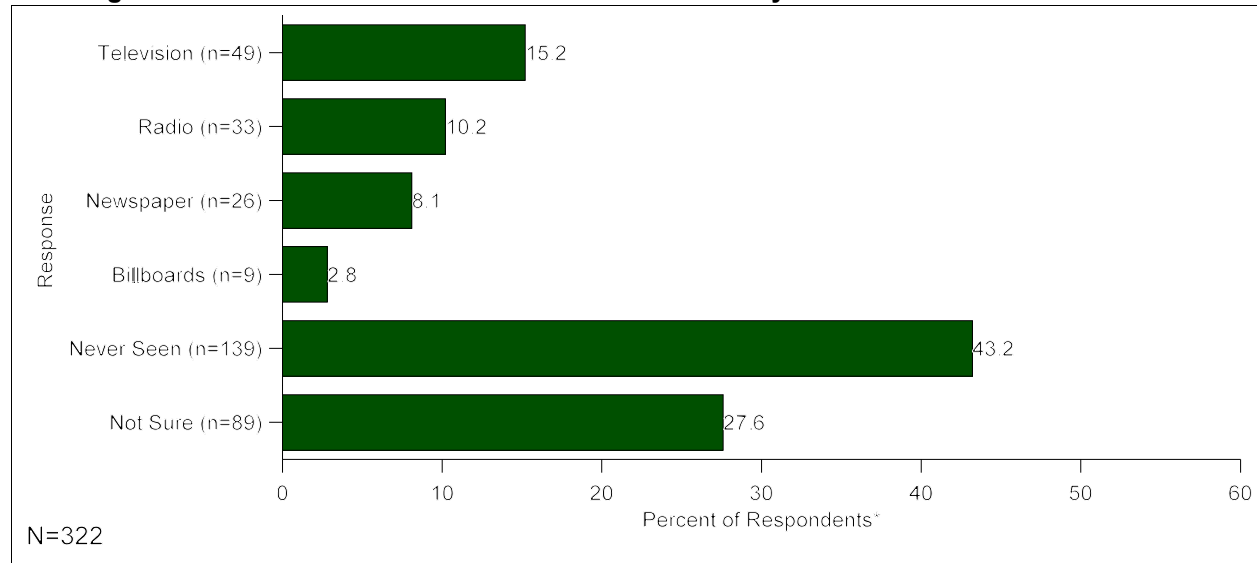


\*Means were based on a one to five scale, with one being "Strongly disagree" and five being "Strongly agree."

## 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 (70.8 percent). Information about the costs of smoking to business owners was most likely to be seen on television, with 15.2 percent of respondents saying they remember seeing it (Figure 4, Appendix Table 3).

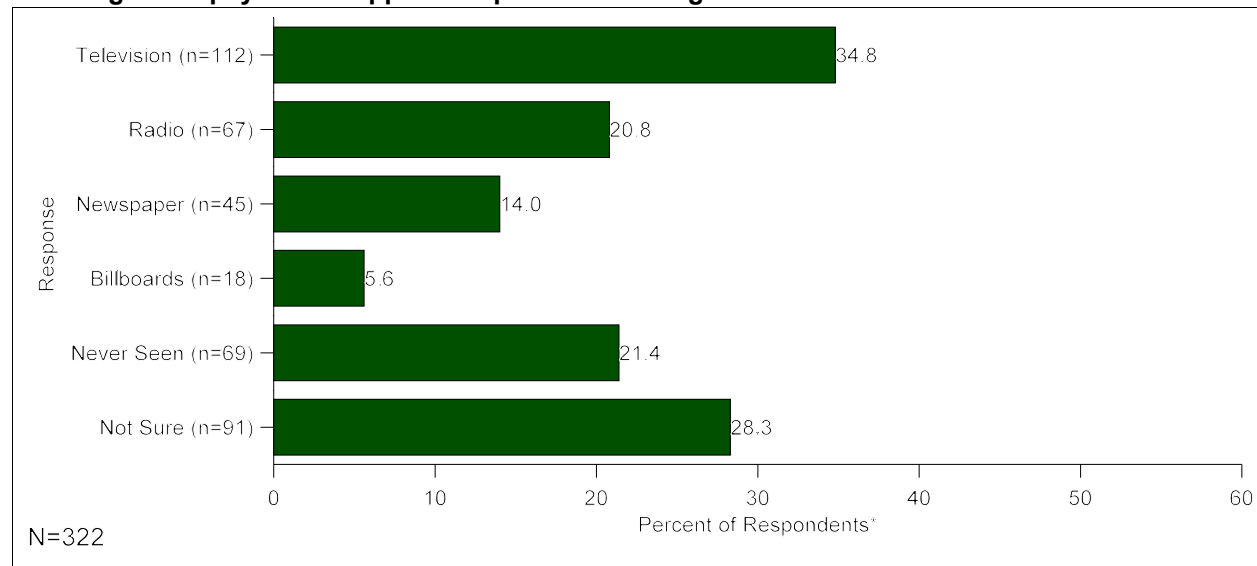
**Figure 4. Types of Media Where Respondent Has Seen or Heard Information About the Costs of Smoking to Business Owners for Ventilation and Filtration Systems**



\*Percentages do not equal 100.0 due to multiple responses; N=322.

- Not quite half of students indicated they had never seen or heard information about the costs of smoking to taxpayers or were unsure (49.7 percent). The most likely media source for seeing or hearing information about costs was television (34.8 percent), followed by radio (20.8 percent), newspaper (14.0 percent), and billboards (5.6 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**

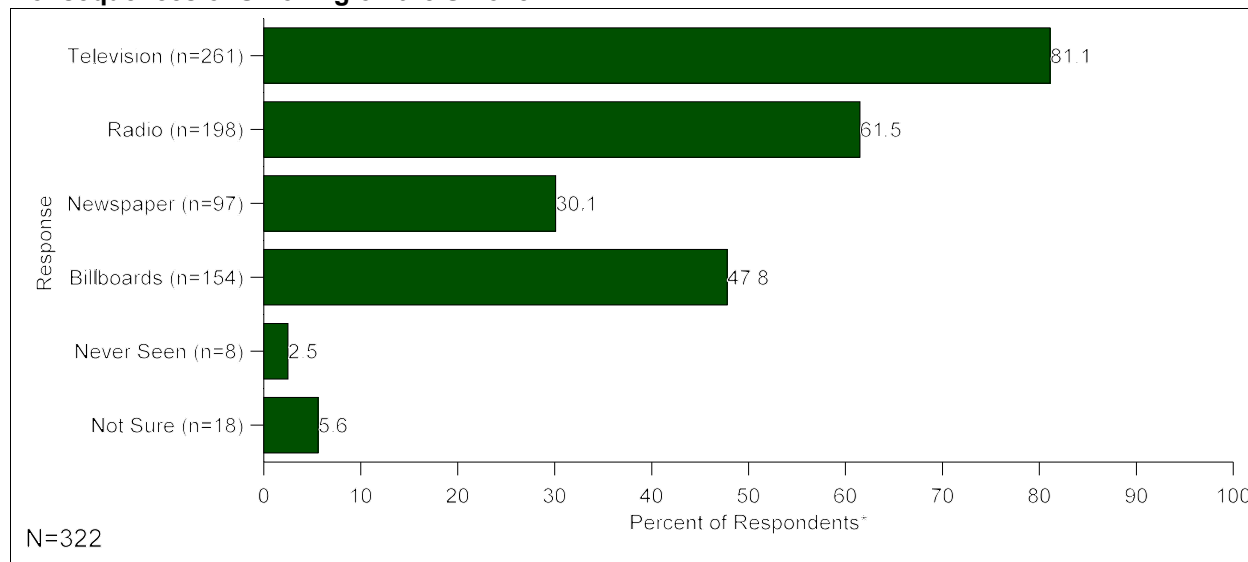


\*Percentages do not equal 100.0 due to multiple responses; N=322.



- More than three-fourths of respondents had seen information about the overall consequences of smoking on the smoker on television (81.1 percent). Radio (61.5 percent) and billboards (47.8 percent) were other common types of media for this information. One in three respondents had seen this information in newspapers (30.1 percent) (Figure 6, Appendix Table 5).

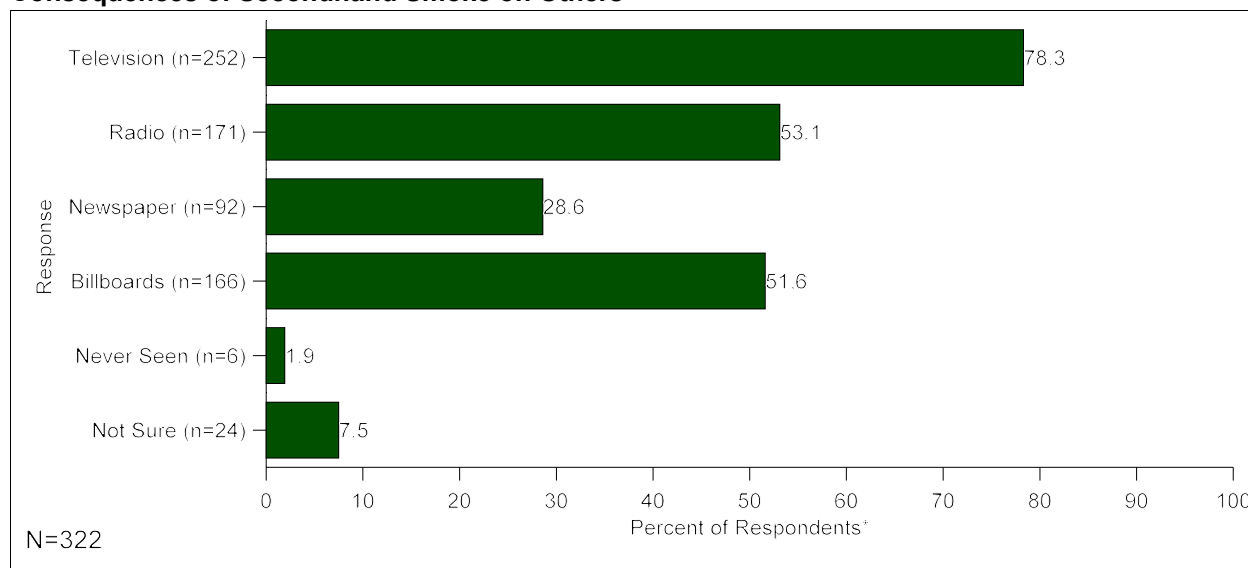
**Figure 6. Types of Media Where Respondent Has Seen or Heard Information About the Overall Consequences of Smoking on the Smoker**



\*Percentages do not equal 100.0 due to multiple responses; N=322.

- More than three-fourths of respondents had seen information about the overall consequences of secondhand smoke on television (78.3 percent). Radio (53.1 percent) and billboards (51.6 percent) were other common types of media for this information. One in four respondents had seen this information in newspapers (28.6 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=322.

## POLICY

In this section on Policy, testing for statistical significance based on whether or not the respondent was a user of tobacco products was run on the questions about the effects of smoke-free policies in Table 3, the likelihood of supporting an ordinance making NDSU a smoke-free campus in Table 4, and how smoke-free environments would affect respondent's visits to off-campus locations in Table 5.

- More than half of students said policies making NDSU a smoke-free campus would have no effect on student learning (55.0 percent). Tobacco users were more likely to say this (65.2 percent compared to 51.1 percent of non-users). One-third of students said the effect would be positive (34.5 percent) (Table 3).
- Nearly three-fourths of students said policies making NDSU a smoke-free campus would have a positive effect on student quality of life (72.6 percent), though non-users were much more likely to say this (80.3 percent compared to 52.3 percent of tobacco users). Only 12.5 percent of tobacco users said the effect would be negative.
- More than half of all students said the policies making NDSU a smoke-free campus would have a negative effect on enrollments (52.2 percent), while 11.5 percent said the effect would be positive.

**Table 3. Effects of Policies Making NDSU a Smoke-Free Campus on Student Learning, Quality of Life, and Enrollments**

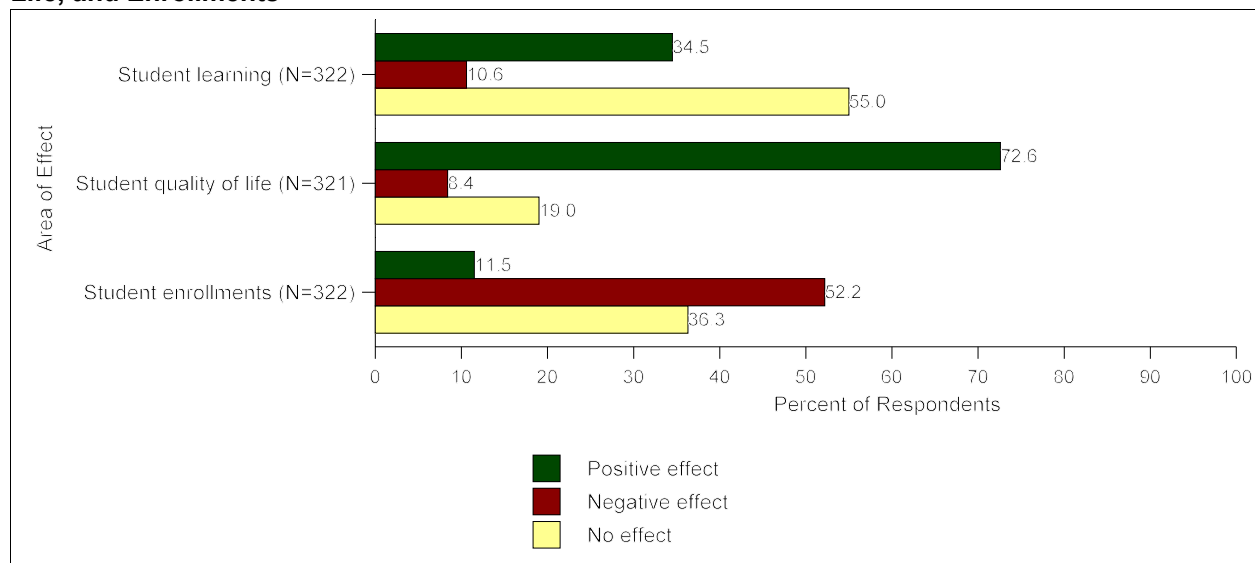
Effects of Policies on:	Percent of Respondents by Level of Effect			
	Positive	Negative	No Effect	Total*
<b>S</b> -Student learning (N=322)	34.5	10.6	55.0	100.1
Users of tobacco	20.2	14.6	65.2	100.0
Non-users of tobacco	39.9	9.0	51.1	100.0
<b>S</b> -Student quality of life (N=321)	72.6	8.4	19.0	100.0
Users of tobacco	52.3	12.5	35.2	100.0
Non-users of tobacco	80.3	6.9	12.9	100.1
Student enrollments (N=322)	11.5	52.2	36.3	100.0

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

**S**-Significance based on whether or not respondent was a user of tobacco products has been found using the Chi Square test statistic at the  $p < .05$  level.

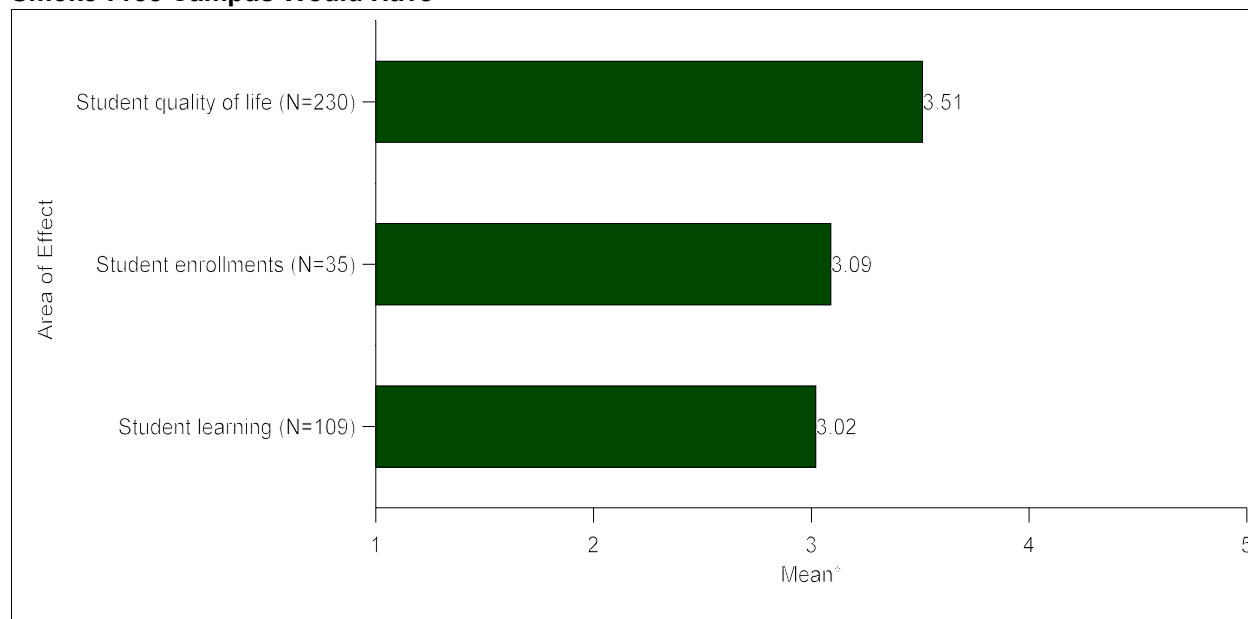
- The greatest positive effect is seen to be on student quality of life (72.6 percent). The greatest negative effect is seen to be on student enrollments (52.2 percent). The least effect, positive or negative, is seen to be on student learning (55.0 percent) (Figure 8, Appendix Table 7).

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



- Of those respondents who indicated smoke-free policies would have a *positive* effect, the effect on student quality of life was seen to be the largest. The effect on student enrollments and student learning was seen to be a moderate effect (Figure 9, Appendix Table 8).

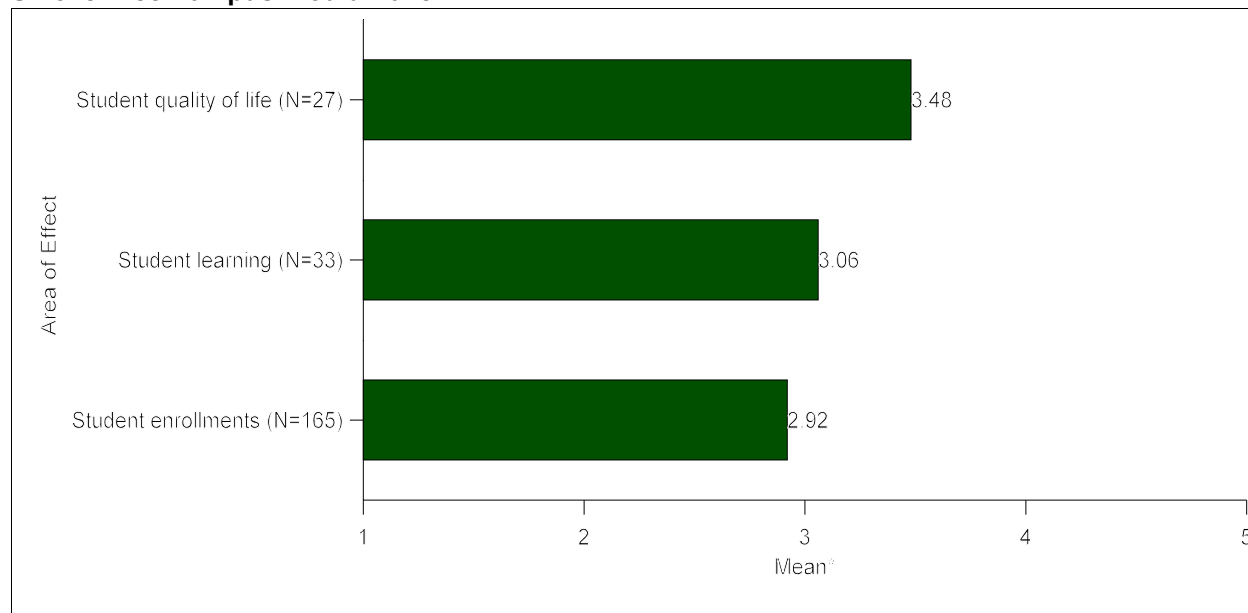
**Figure 9. Mean Response Regarding How Much of a *Positive* Effect Policies Making NDSU a Smoke-Free Campus Would Have**



\*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."

- Of those respondents who indicated smoke-free policies would have a *negative* effect, the effect on student quality of life was seen to be the largest. The effect on student learning was seen to be a moderate effect. The effect on student enrollments was seen to be a little less, though still moderate (Figure 10, Appendix Table 9).

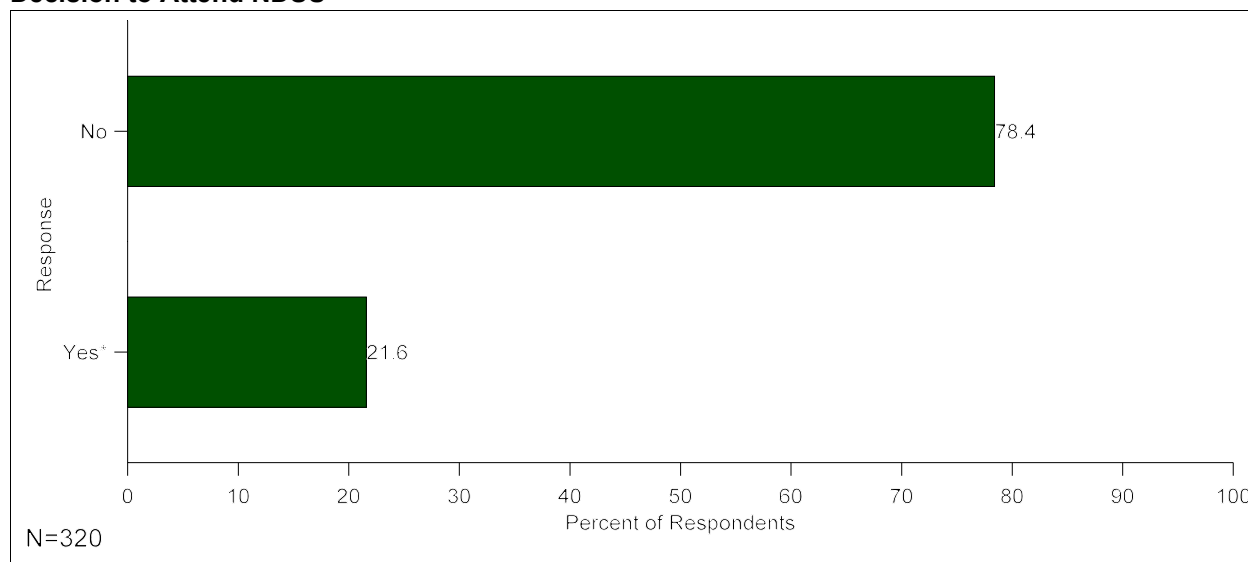
**Figure 10. Mean Response Regarding How Much of a *Negative* Effect Policies Making NDSU a Smoke-Free Campus Would Have**



\*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."

- Only about one in five students said policies making NDSU a smoke-free campus would influence their decision to attend NDSU. Positive influences included that they would be more likely to attend NDSU and that secondhand smoke would be less of a problem. Negative influences included that they would be less likely to attend NDSU and that banning smoking takes away freedom (Figure 11, Appendix Tables 10 and 11)

**Figure 11. Whether Policies Making NDSU a Smoke-Free Campus Would Influence Respondent's Decision to Attend NDSU**



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

- Half of students indicated some likelihood of supporting an ordinance making NDSU a smoke-free campus, though only 29.3 percent were very likely to support it. The proportion of non-users very likely to support a smoke-free ordinance was four times the proportion of tobacco users (37.1 and 9.0 percent, respectively) (Table 4).

**Table 4. Likelihood Respondent Would Support an Ordinance Making NDSU a Smoke-Free Campus**

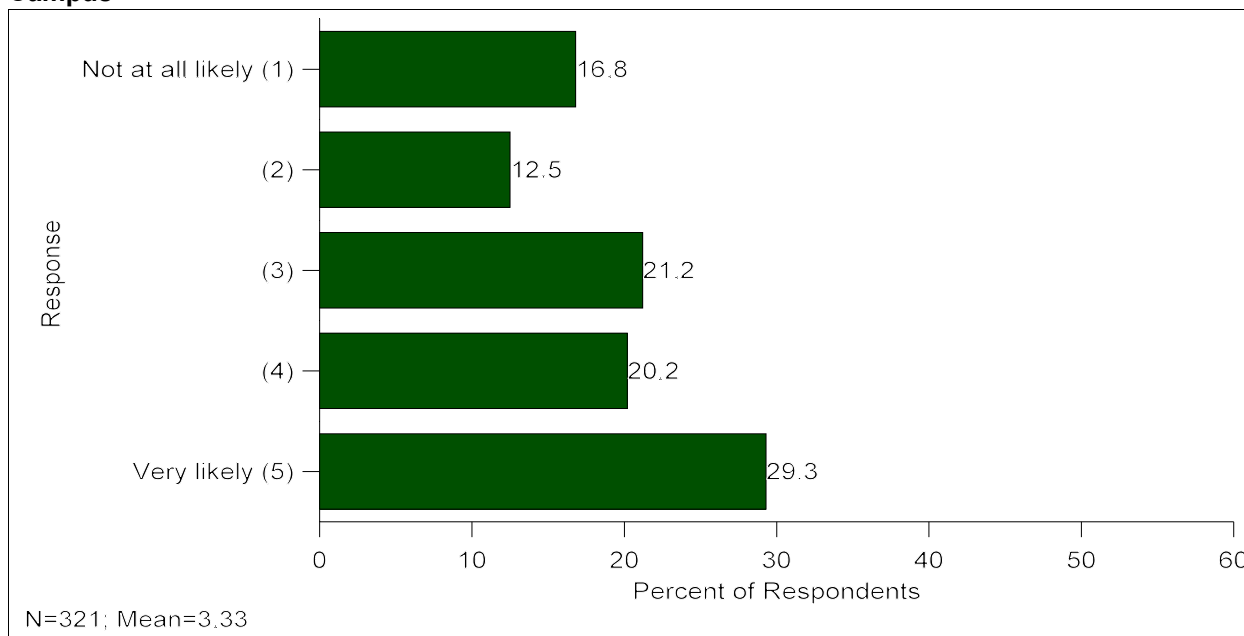
Statement	Mean	Percent of Respondents by Support (1=Not at all likely, 5=Very Likely)					Total*
		(1)	(2)	(3)	(4)	(5)	
<b>S</b> -How likely would you be to support an ordinance making NDSU a smoke-free campus? (N=321)	3.33	16.8	12.5	21.2	20.2	29.3	100.0
Users of tobacco		40.4	18.0	20.2	12.4	9.0	100.0
Non-users of tobacco		7.8	10.3	21.6	23.3	37.1	100.1

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

**S**-Significance based on whether or not respondent was a user of tobacco products has been found using the T-test statistic at the  $p < .05$  level.

- Overall, respondents indicated moderate support for an ordinance making NDSU a smoke-free campus (Figure 12, Appendix Table 12).

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



- A decision to offer a smoke-free environment in various locations would cause many non-users to go more often, or at least make no difference in their visits to various locations. Some tobacco users would visit smoke-free locations less often, but in every case nearly half or more of tobacco users indicated there would be no difference in their frequency of visits (Table 5).
- More than half of respondents said there would be no difference in the frequency of their visits to smoke-free restaurants that do not serve liquor (52.3 percent). While half of non-users indicated they would visit more often, two-thirds of tobacco users said the frequency of their visits would not change (66.3 percent).
- With respect to restaurants that do serve liquor, more than half of respondents would not change the frequency of their visits (50.9 percent). However, nearly half of non-users would visit more often (47.2 percent) and one-fourth of tobacco users would visit more often (25.8 percent).
- Half of respondents would not change the frequency of their visits to smoke-free bars or lounges. Nearly half of non-users would visit more often (46.4 percent), and while more than one-third of tobacco users would visit less often (35.2 percent), nearly half of tobacco users indicated the frequency of their visits would not be affected (47.7 percent).
- While one-third of respondents indicated they would visit places of indoor public amusement and recreation if they were smoke-free with the same frequency as before (34.2 percent), 61.2 percent would visit more often. Many tobacco users would not change the frequency of their visits to places of indoor recreation (48.3 percent), though 40.4 percent of tobacco users would visit more often. More than two-thirds of non-users would visit smoke-free places of indoor public amusement and recreation more often (69.1 percent).
- While more than one-third of respondents would visit places of outdoor public amusement and recreation more often if they were smoke-free (37.3 percent), a majority indicated the frequency of their visits would not be affected (58.3 percent). Nearly three-fourths of tobacco users indicated there would not be a difference in the frequency of their visits to this location (73.0 percent). Non-users were generally split between visiting more often (46.1 percent) or making no change to the frequency of their visits (52.6 percent) (Table 5).

**Table 5. 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*
<b>S</b> -Restaurants that <i>do not</i> serve liquor (N=321)	5.9	41.7	52.3	99.9
Users of tobacco	12.4	21.3	66.3	100.0
Non-users of tobacco	3.4	49.6	47.0	100.0
<b>S</b> -Restaurants that <i>do</i> serve liquor (N=322)	7.8	41.3	50.9	100.0
Users of tobacco	21.3	25.8	52.8	99.9
Non-users of tobacco	2.6	47.2	50.2	100.0
<b>S</b> -Bars/cocktail lounges (N=321)	12.1	38.3	49.5	99.9
Users of tobacco	35.2	17.0	47.7	99.9
Non-users of tobacco	3.4	46.4	50.2	100.0
<b>S</b> -Places of indoor public amusement/recreation (bowling alleys, entertainment and sports arenas/facilities) (N=322)	4.7	61.2	34.2	100.1
Users of tobacco	11.2	40.4	48.3	99.9
Non-users of tobacco	2.1	69.1	28.8	100.0
<b>S</b> -Places of outdoor public amusement/recreation (parks, fairgrounds, sports fields/stadiums) (N=319)	4.4	37.3	58.3	100.0
Users of tobacco	12.4	14.6	73.0	100.0
Non-users of tobacco	1.3	46.1	52.6	100.0

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

**S**-Significance based on whether or not respondent was a user of tobacco products has been found using the Chi Square test statistic at the  $p < .05$  level.

## EXPOSURE TO SECONDHAND SMOKE

- More than two-thirds of students were regularly exposed to secondhand smoke at entrances into campus buildings (67.7 percent). More than half of students were regularly exposed at restaurants (65.8 percent), bars or cocktail lounges (63.7 percent), and on their way to classes or work on campus (57.8 percent). Approximately one-fourth of students were exposed to secondhand smoke at the homes of friends or family members (27.6 percent) and places of public amusement (25.2 percent). Only 3.7 percent of students indicated they were never or almost never exposed to secondhand smoke (Table 6).

**Table 6. Where Respondents Are Regularly Exposed to Secondhand Smoke**

Location**	Respondents (N=322)	
	Number	Percent*
On campus - entrances into campus buildings	218	67.7
Restaurants	212	65.8
Bars/cocktail lounges	205	63.7
On campus - on my way to classes/work (such as sidewalks, parking lots)	186	57.8
Off campus - entrances into buildings (such as businesses, apartment buildings)	132	41.0
The homes of friends or family members	89	27.6
Places of public amusement (fairgrounds, outdoor concerts, etc.)	81	25.2
Off campus - public spaces (such as sidewalks, parking lots, bike paths)	71	22.0
The grounds surrounding my workplace	38	11.8
My workplace	37	11.5
I am never or almost never exposed to secondhand smoke	12	3.7

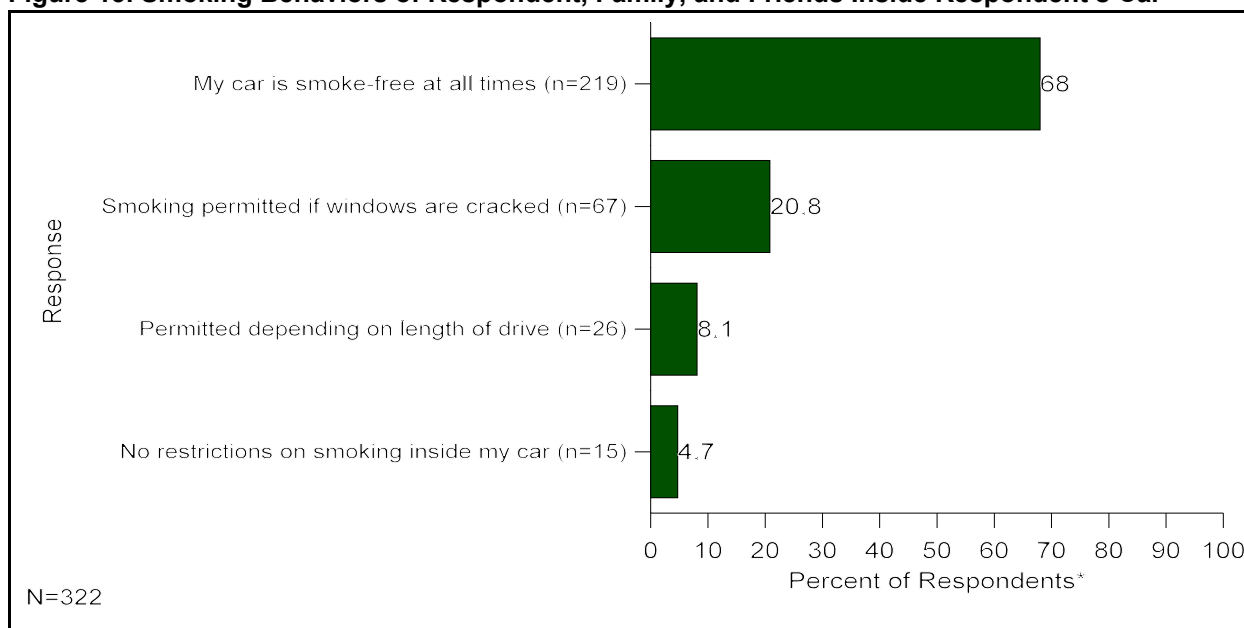
\*Percentages do not equal 100.0 due to multiple responses; N=322.

\*\*See Appendix Table 13 to see other places where respondents are regularly exposed to secondhand smoke.



- Two-thirds of students indicated their car is smoke-free at all times (68.0 percent). One in five students permitted smoking in their car if car windows are cracked (20.8 percent) (Figure 13, Appendix Table 14).

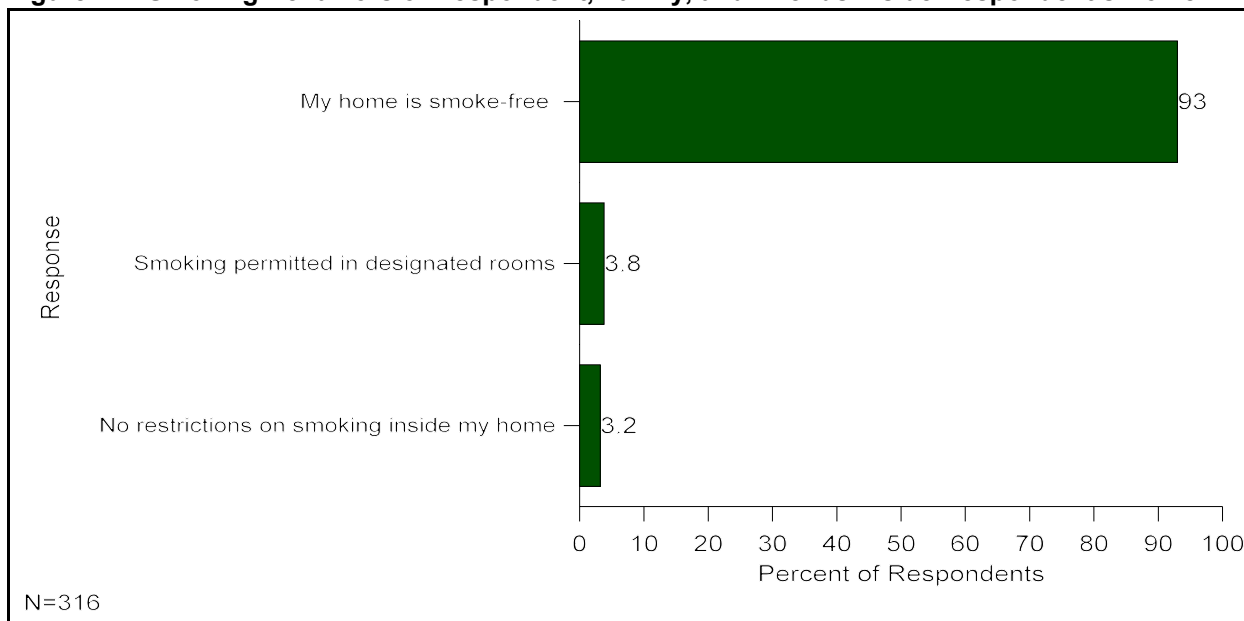
**Figure 13. Smoking Behaviors of Respondent, Family, and Friends Inside Respondent's Car**



\*Percentages do not equal 100.0 due to multiple responses; N=322.

- A large majority of students indicated their home is smoke-free (93.0 percent). Nearly equal proportions of respondents indicated they allow smoking in designated rooms (3.8 percent) or had no restrictions on smoking in their home (3.2 percent) (Figure 14, Appendix Table 15).

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

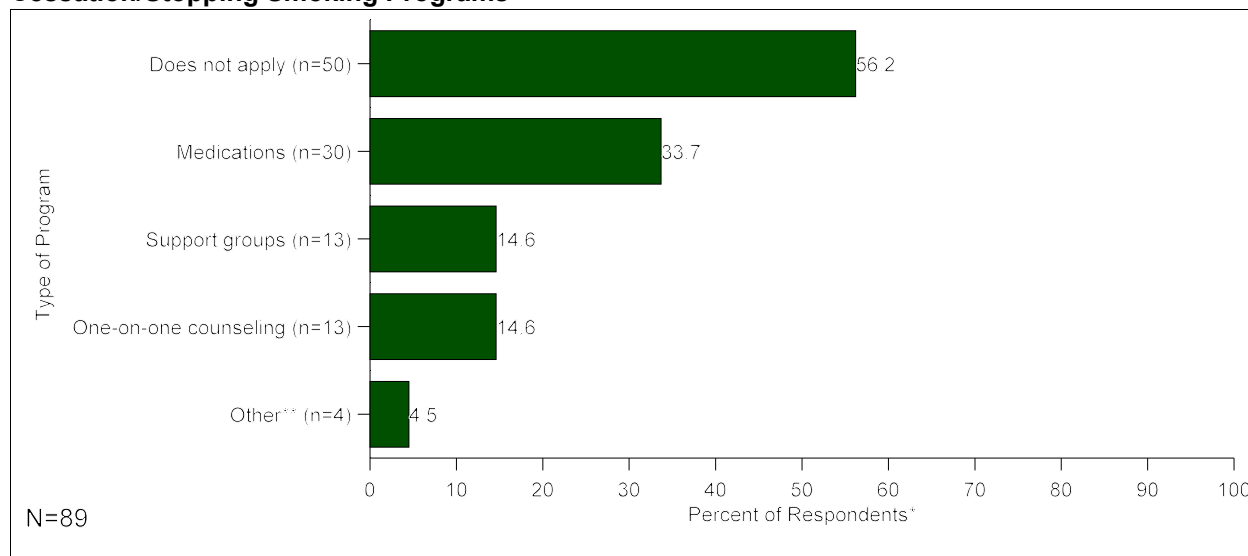


## CESSATION PROGRAMS

In this section on Cessation Programs, testing for statistical significance based on whether or not the respondent was a user of tobacco products was run on the question about the respondent's level of support of cessation programs in Table 7.

- More than half of those students who indicated they smoke or use tobacco products said that cessation programs do not apply (56.2 percent) (Figure 15).
- One-third indicated interest in medications, and equal proportions indicated interest in support groups and one-on-one counseling (14.6 percent each) (Figure 15, Appendix Table 16).

**Figure 15. Of Persons Who Do Smoke/Use Tobacco Products, Respondent's Interest in Cessation/Stopping Smoking Programs**

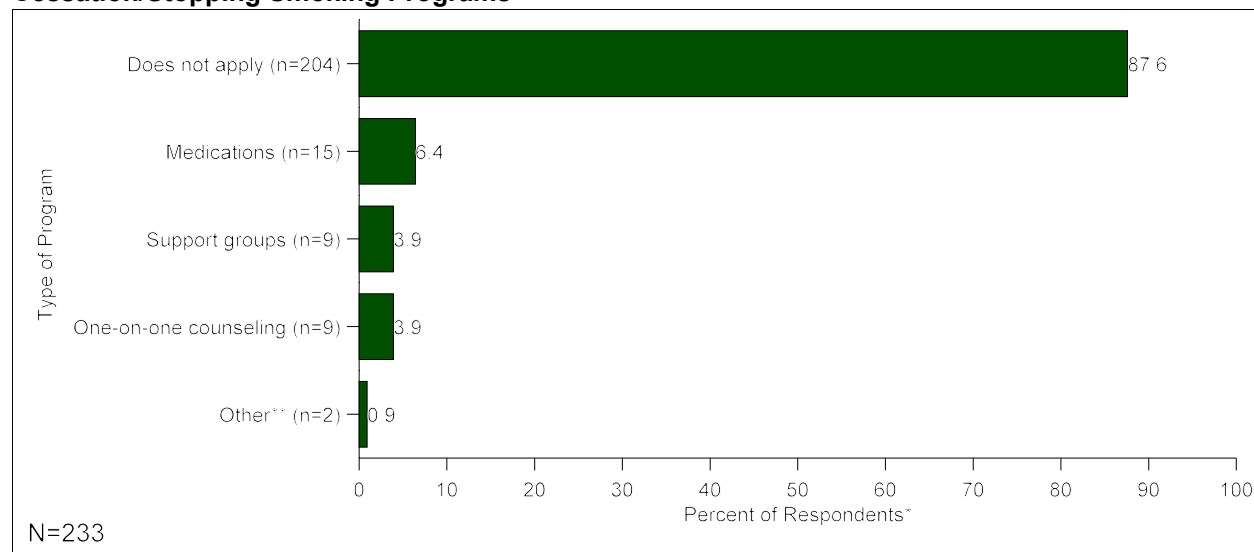


\*Percentages do not equal 100.0 due to multiple responses; N=89.

\*\*See Appendix Table 16 to see other types of cessation/stopping smoking programs.

- A large majority of students who do not smoke or use tobacco products said that cessation programs do not apply (87.6 percent). However, interest in cessation programs was expressed by some, potentially for friends or family members who are tobacco users (Figure 16, Appendix Table 17).

**Figure 16. 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=233.

\*\*Respondents did not specify "other" programs.

- The proportion of respondents who were very supportive of programs and activities for cessation remained nearly the same for the current time (30.3 percent), if NDSU becomes smoke-free (33.1 percent), and if the Fargo/Moorhead community becomes smoke-free (30.1 percent). Overall, non-users were more likely to be very supportive of cessation programs and activities than tobacco users (Table 7).

**Table 7. Respondent's Level of Support of Programs/Activities for Cessation Now and if Smoke-Free Policies Are Implemented**

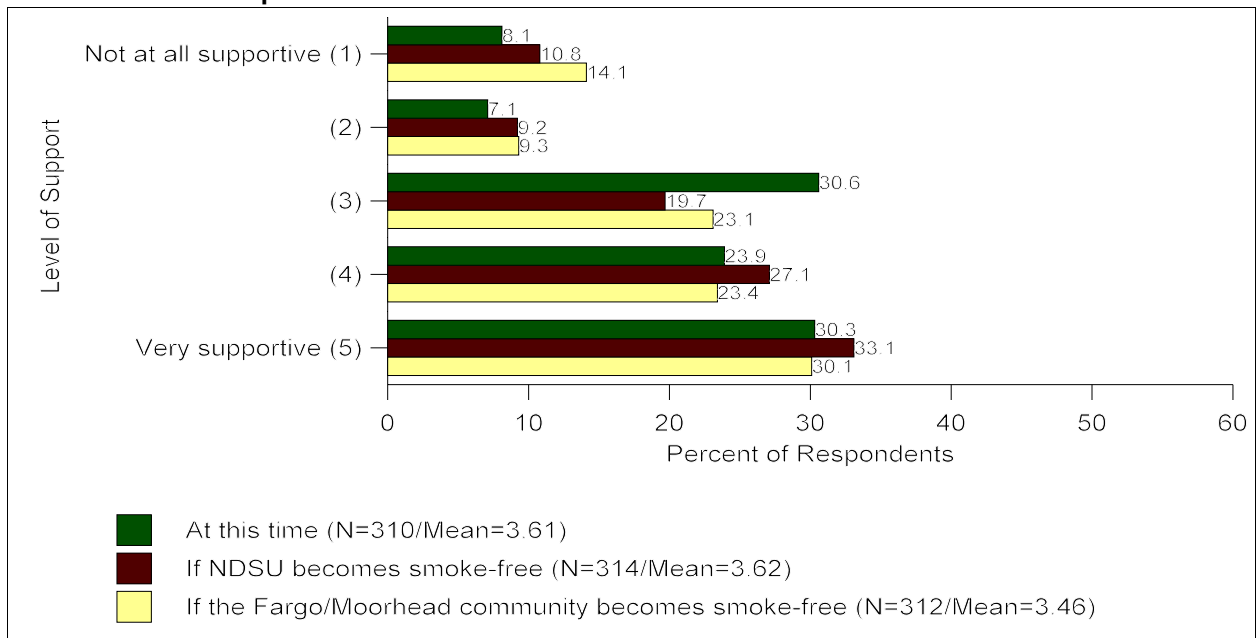
Variables	Mean	Percent of Respondents by Support (1=Not at all supportive, 5=Very supportive)					Total*
		(1)	(2)	(3)	(4)	(5)	
<b>S</b> -At this time (N=310)	3.61	8.1	7.1	30.6	23.9	30.3	100.0
Users of tobacco		16.5	9.4	36.5	21.2	16.5	100.1
Non-users of tobacco		4.9	6.2	28.4	24.9	35.6	100.0
<b>S</b> -If NDSU becomes smoke-free (N=314)	3.62	10.8	9.2	19.7	27.1	33.1	99.9
Users of tobacco		24.1	16.1	23.0	21.8	14.9	99.9
Non-users of tobacco		5.7	6.6	18.5	29.1	40.1	100.0
<b>S</b> -If the Fargo/Moorhead community becomes smoke-free (N=312)	3.46	14.1	9.3	23.1	23.4	30.1	100.0
Users of tobacco		32.6	10.5	29.1	12.8	15.1	100.1
Non-users of tobacco		7.1	8.8	20.8	27.4	35.8	99.9

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

**S**-Significance based on whether or not respondent was a user of tobacco products has been found using the T-test statistic at the p< .05 level.

- Respondents generally indicated support of programs and activities for cessation (Figure 17, Table 7).

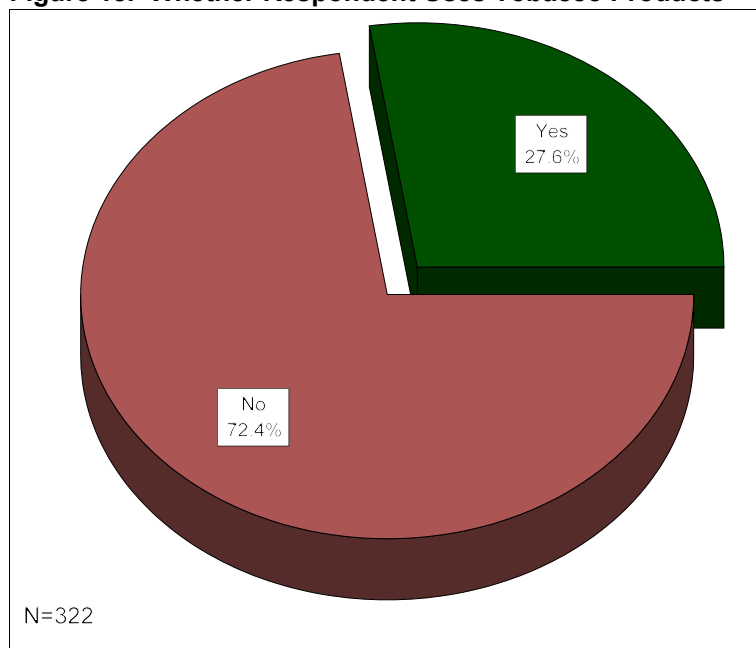
**Figure 17. Respondent's Level of Support of Programs/Activities for Cessation Now and if Smoke-Free Policies Are Implemented**



## USAGE OF TOBACCO PRODUCTS

- Approximately one-fourth of students reported using tobacco products (27.6 percent). “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 18, Appendix Table 19).

**Figure 18. Whether Respondent Uses Tobacco Products**



- More than half of all respondents indicated they have never used tobacco products (54.0 percent), while 16.1 percent used to use tobacco products, but quit (Table 8).

**Table 8. Of All Respondents, Those Who Are Not Users of Tobacco Products**

Statement	Respondents (N=322)	
	Number	Percent*
I used to smoke or use other tobacco products, but quit.	52	16.1
I have never smoked or used other tobacco products.	174	54.0

\*Percentages do not equal 100.0 due to multiple responses; N=322.

- Of tobacco users, one-fourth indicated they are regular cigarette smokers (27.0 percent). The proportion of tobacco users who indicated they smoke tobacco products other than cigarettes was 11.2 percent, while 18.0 percent use chewing tobacco (Table 9).
- One-third of tobacco users indicated they use tobacco only when drinking alcohol (33.7 percent) or use tobacco occasionally (32.6 percent). One in five use tobacco only when around others who are using tobacco.

**Table 9. Usage of Tobacco Products**

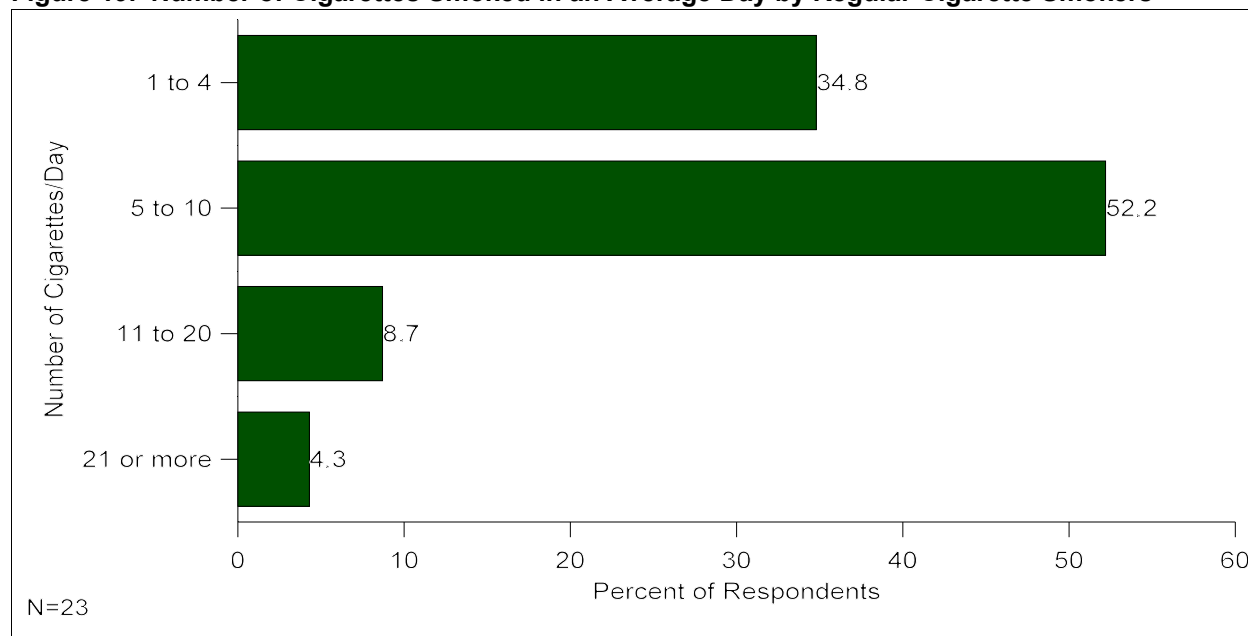
Statement	Respondents (N=89)	
	Number	Percent*
I am a regular cigarette smoker**.	24	27.0
I smoke tobacco products other than cigarettes (cigarillos, cigars, pipes).	10	11.2
I use chewing tobacco.	16	18.0
I smoke/use tobacco only when I drink alcohol.	30	33.7
I smoke/use tobacco only when I am around others who smoke/use tobacco.	18	20.2
I smoke/use tobacco occasionally (not every day).	29	32.6

\*Percentages do not equal 100.0 due to multiple responses; N=89.

\*\*See Figure 19 for the number of cigarettes smoked in an average day.

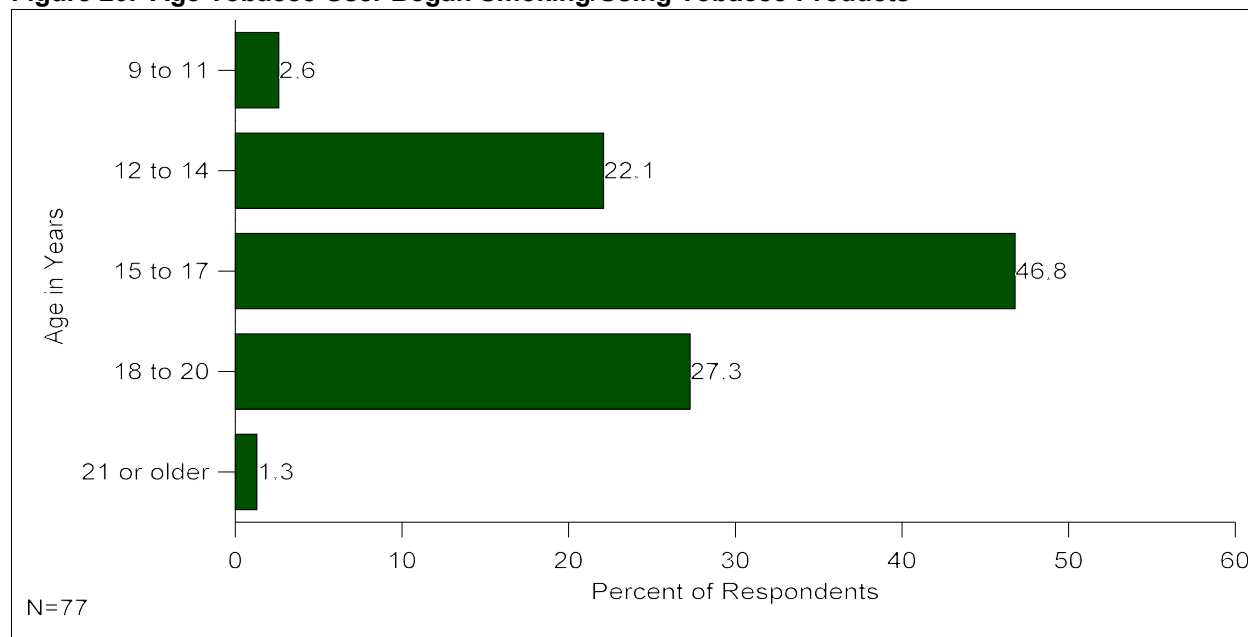
- More than half of regular cigarette smokers smoked 5 to 10 cigarettes in an average day (52.2 percent) (Figure 19).
- The number of cigarettes smoked by regular smokers in an average day was eight cigarettes (Mean=8.48). One pack of cigarettes has 20 cigarettes.

**Figure 19. Number of Cigarettes Smoked in an Average Day by Regular Cigarette Smokers**



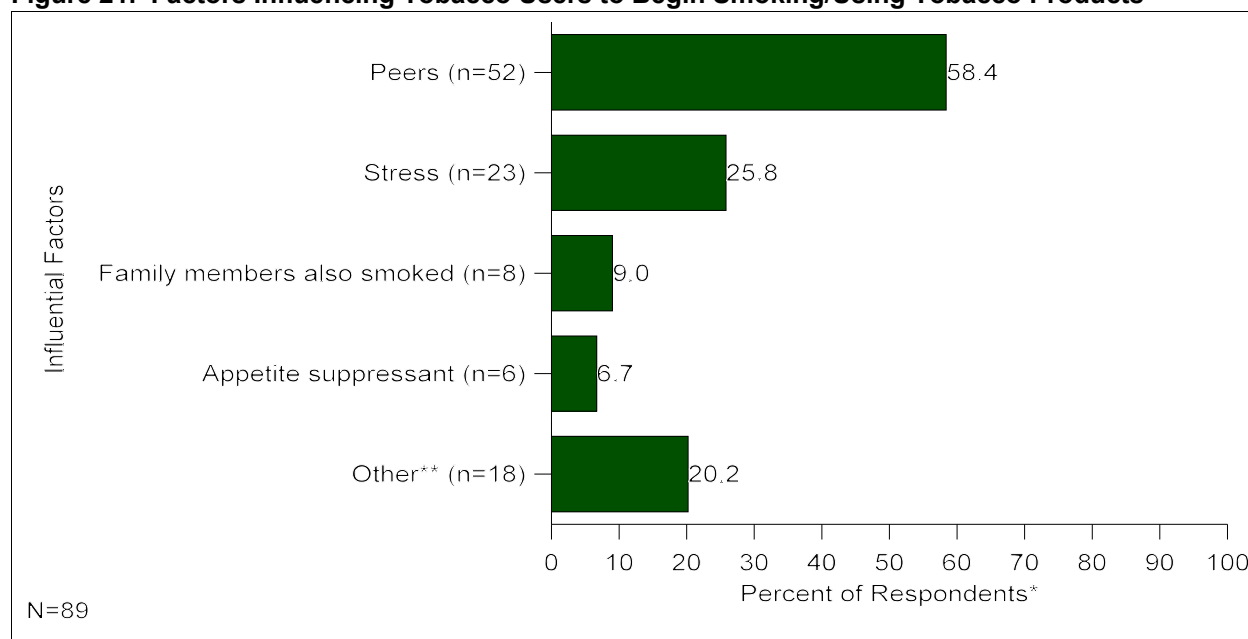
- A large majority of tobacco users began their use before the age of 18 (71.5 percent) (Figure 20, Appendix Table 21).

**Figure 20. Age Tobacco User Began Smoking/Using Tobacco Products**



- Peers were the leading factor influencing tobacco users to begin use of tobacco products (58.4 percent). One-fourth of respondents indicated stress was an influential factor (25.8 percent). Other influential factors shared by respondents include curiosity and because the respondent liked the smell and/or taste of tobacco products (Figure 21, Appendix Table 22).

**Figure 21. Factors Influencing Tobacco Users to Begin Smoking/Using Tobacco Products**

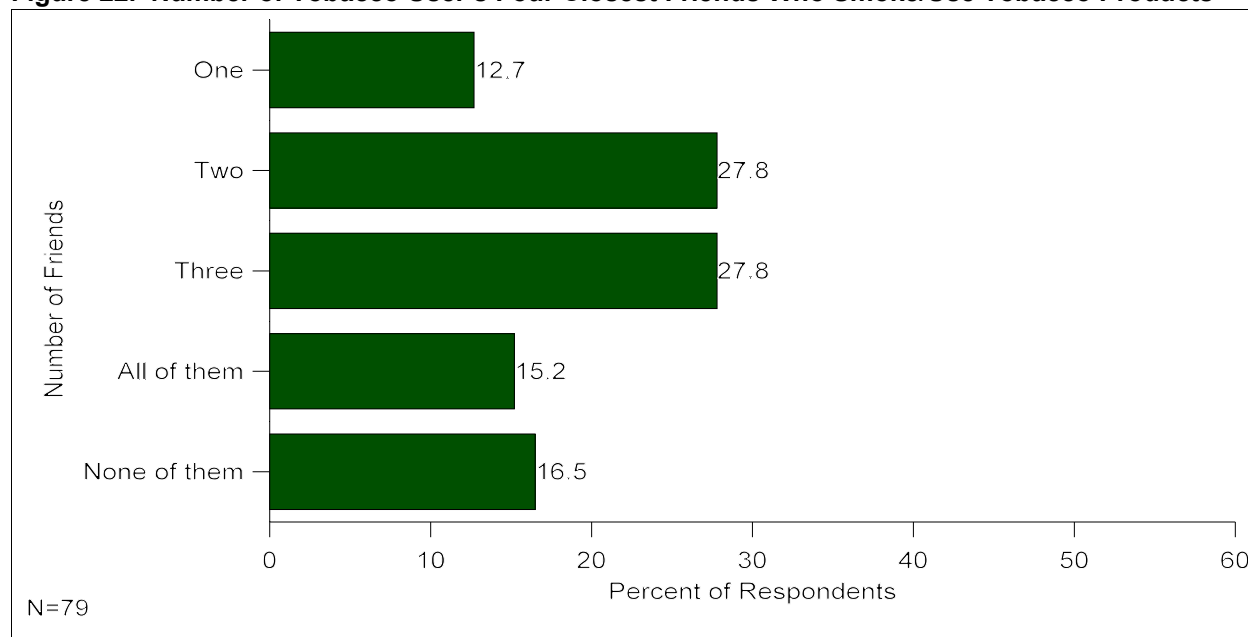


\*Percentages do not equal 100.0 due to multiple responses; N=89.

\*\*See Appendix Table 22 for other factors influencing respondent to begin smoking/using tobacco products.

- Nearly 30 percent of tobacco users had one or no close friends who smoke, reflecting a social network for the tobacco user in which peer influence could potentially be used to encourage cessation (29.2 percent) (Figure 22, Appendix Table 23).

**Figure 22. Number of Tobacco User’s Four Closest Friends Who Smoke/Use Tobacco Products**



- Most tobacco users were interested in quitting their use of tobacco products, with only 11.2 percent indicating they have no plans to quit. Approximately one in five respondents have been unsuccessful in their past cessation efforts (18.0 percent), and one in five respondents are currently trying to quit using tobacco products (19.1 percent) (Table 10).

**Table 10. Statements That Apply to Respondent’s Use of Tobacco Products**

Statement	Respondents (N=89)	
	Number	Percent*
I like smoking/using tobacco, but want to quit.	20	22.5
I am trying to quit smoking/using tobacco, but am still smoking/using tobacco.	17	19.1
I have tried to quit smoking/using tobacco in the past, but I still smoke/use tobacco.	16	18.0
I will quit smoking/using tobacco when I become a parent.	14	15.7
I like smoking/using tobacco and currently have no plans to quit.	10	11.2
I would like to quit smoking/using tobacco, but have not tried.	9	10.1

\*Percentages do not equal 100.0 due to multiple responses; N=89.



- More than half of tobacco users strongly agreed that they dislike the smell of smoke in their hair, clothes, car, and/or home (58.7 percent), and 43.2 percent strongly agreed that they try to minimize the odors from smoking (Table 11).
- More than three-fourths of tobacco users agreed or strongly agreed that they are worried about the longer-term impacts of their tobacco use (76.3 percent). By contrast, 48.0 percent of respondents agreed or strongly agreed that they are worried about the shorter-term impacts of their tobacco use.
- Respondents agreed that they are concerned about the effect of secondhand smoke from their smoking on their friends or family (28.4 percent “agreed” and 16.2 percent “strongly agreed”) but more than one-third of tobacco users expressed a neutral opinion about this (35.1 percent).
- Tobacco users were evenly split on the issue of being self-conscious about secondhand smoke from their smoking when out in public, with one-third disagreeing or strongly disagreeing with this statement and one-third agreeing or strongly agreeing (35.6 percent each).
- Tobacco users were split on their concern about the impact of tobacco use on their appearance as well, with one-third disagreeing or strongly disagreeing with this statement (36.9 percent) and one-third agreeing or strongly agreeing (39.5 percent).
- Tobacco users were somewhat split on their concern that their smoking negatively impacts their relationships with others. Though 31.5 percent agreed or strongly agreed that they were concerned that their smoking negatively impacts their relationships with others, a slightly higher proportion (37.0 percent) disagreed or strongly disagreed with this statement.
- Nearly half of tobacco users strongly disagreed that they were concerned about gaining weight from quitting tobacco use (46.1 percent).
- Other concerns tobacco users have regarding their tobacco use can be found in Appendix Table 24.

**Table 11. Opinions of Tobacco Users Regarding Concerns About Tobacco Use**

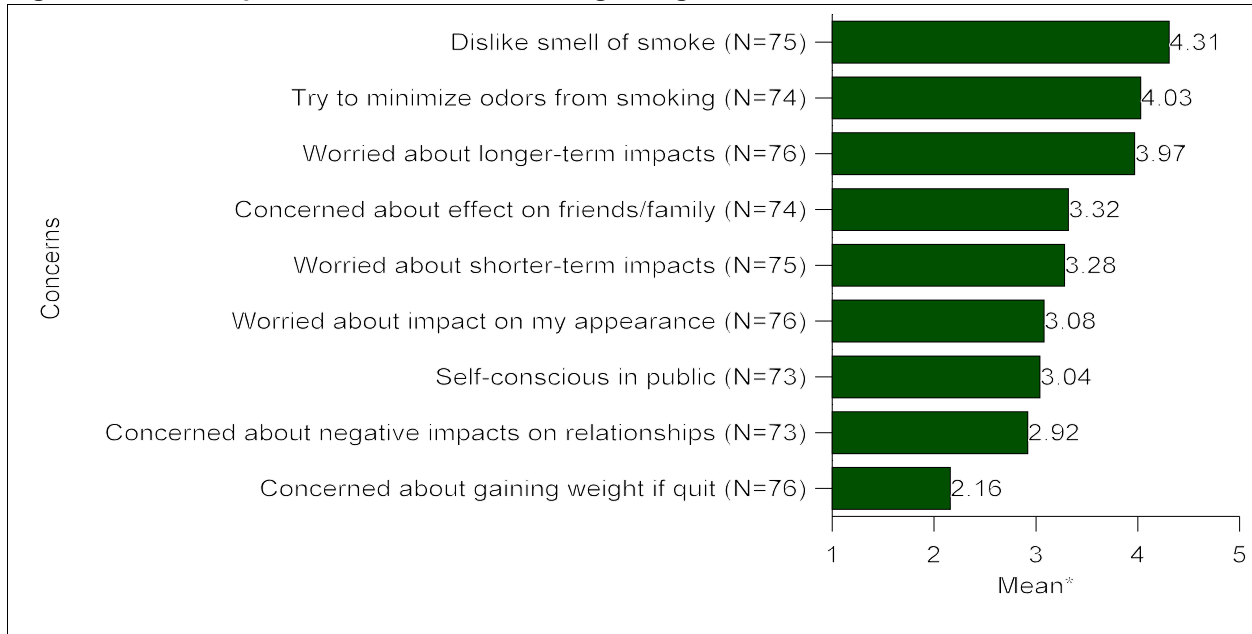
Statement**	Mean	Percent of Respondents Who Use Tobacco Products by Opinion (1=Strongly disagree, 5=Strongly agree)					
		(1)	(2)	(3)	(4)	(5)	Total*
I dislike the smell of smoke in my hair, clothes, car, and/or home. (N=75)	4.31	1.3	5.3	13.3	21.3	58.7	99.9
I try to minimize the odors from smoking in my hair, clothes, car, and/or home. (N=74)	4.03	4.1	4.1	20.3	28.4	43.2	100.1
I am worried about the longer-term impacts of my smoking/using tobacco (heart, lungs, mouth). (N=76)	3.97	5.3	9.2	9.2	35.5	40.8	100.0
I am concerned about the effect of secondhand smoke from my smoking on my friends or family. (N=74)	3.32	8.1	12.2	35.1	28.4	16.2	100.0
I am worried about the shorter-term impacts of my smoking/using tobacco (endurance, coughing). (N=75)	3.28	8.0	21.3	22.7	30.7	17.3	100.0
I am worried about the impact of my smoking/using tobacco on my appearance. (N=76)	3.08	13.2	23.7	23.7	21.1	18.4	100.1
I am self-conscious about secondhand smoke from my smoking when I am out in public. (N=73)	3.04	12.3	23.3	28.8	19.2	16.4	100.0
I am concerned that my smoking negatively impacts my relationships with others. (N=73)	2.92	17.8	19.2	31.5	16.4	15.1	100.0
I am concerned about gaining weight if I quit smoking/using tobacco. (N=76)	2.16	46.1	15.8	21.1	10.5	6.6	100.1

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

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

- Tobacco users were most likely to agree with the statement that they dislike the smell of smoke and that they are trying to minimize odors from smoking in their hair, clothes, car, and/or home. Tobacco users were most likely to disagree with the statements about being concerned that their smoking negatively impacts their relationships with others and about gaining weight if they quit using tobacco (Figure 23, Table 11).

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



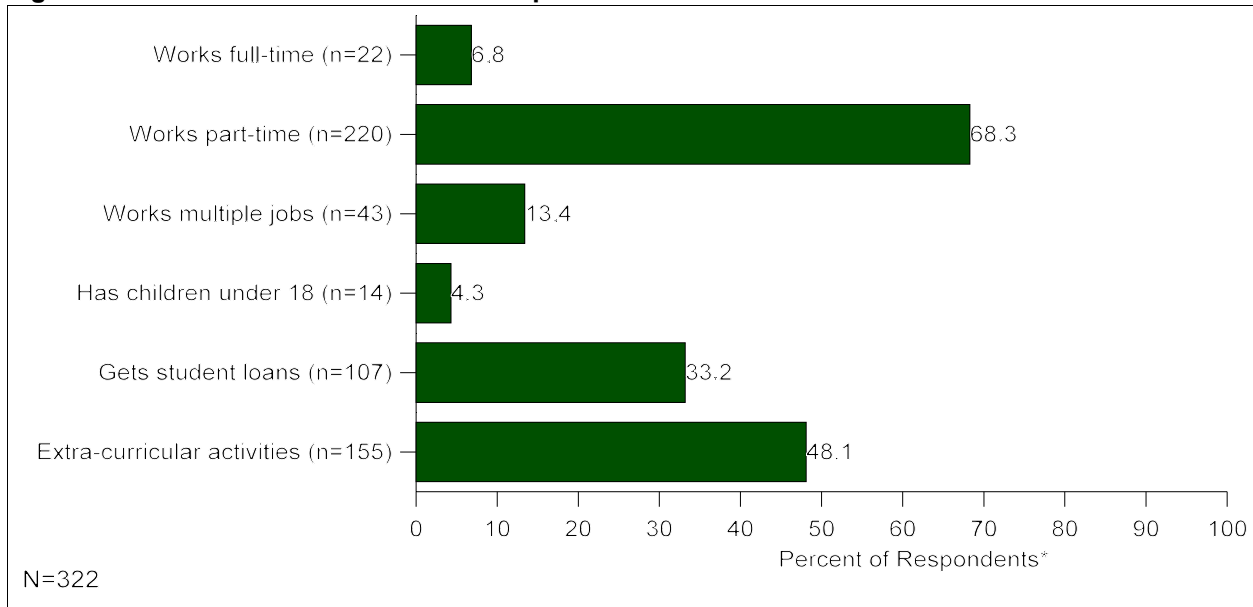
\*Means were based on a one to five scale, with one being "Strongly disagree" and five being "Strongly agree."

## DEMOGRAPHICS

In this section on Demographics, testing for statistical significance based on whether or not the respondent was a user of tobacco products was run on the respondent's gender in Table 12.

- More than two-thirds of students work part-time (68.3 percent), while 6.8 percent indicated they work full-time and 13.4 percent work multiple jobs. One-third of students receive student loans (Figure 24, Appendix Table 25).
- Nearly half of students participate in extra-curricular activities (48.1 percent).
- Only 4.3 percent of respondents indicated they have children under the age of 18.

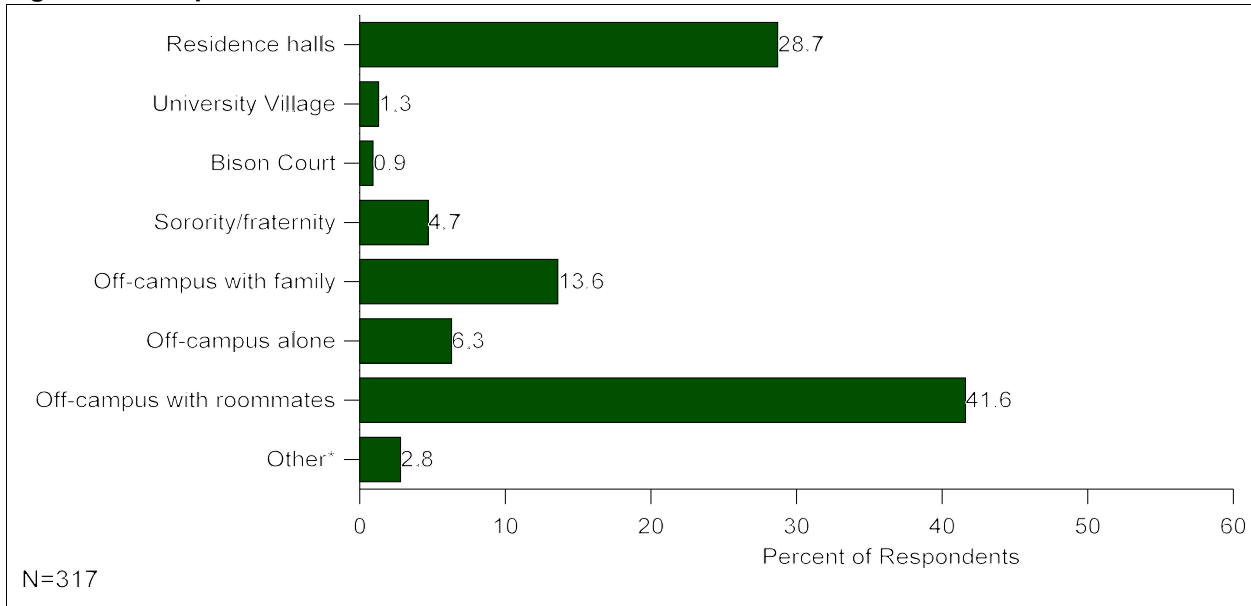
**Figure 24. General Characteristics of Respondents**



\*Percentages do not equal 100.0 due to multiple responses; N=322.

- A majority of students live off-campus alone or with family or roommates (61.5 percent). More than one-third live on campus (30.9 percent) or at a sorority or fraternity (4.7 percent) (Figure 25, Appendix Table 26). Other descriptions of respondent's place of residence are in Appendix Table 27.

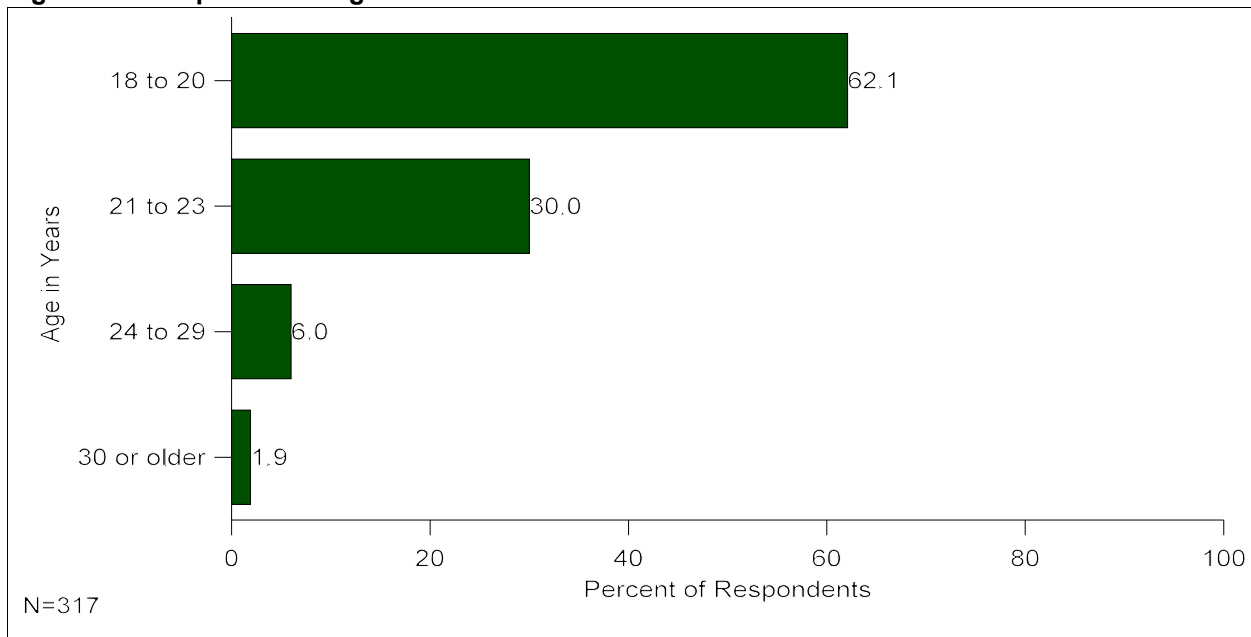
**Figure 25. Respondent's Place of Residence**



\*See Appendix Table 27 to see other descriptions of respondent's place of residence.

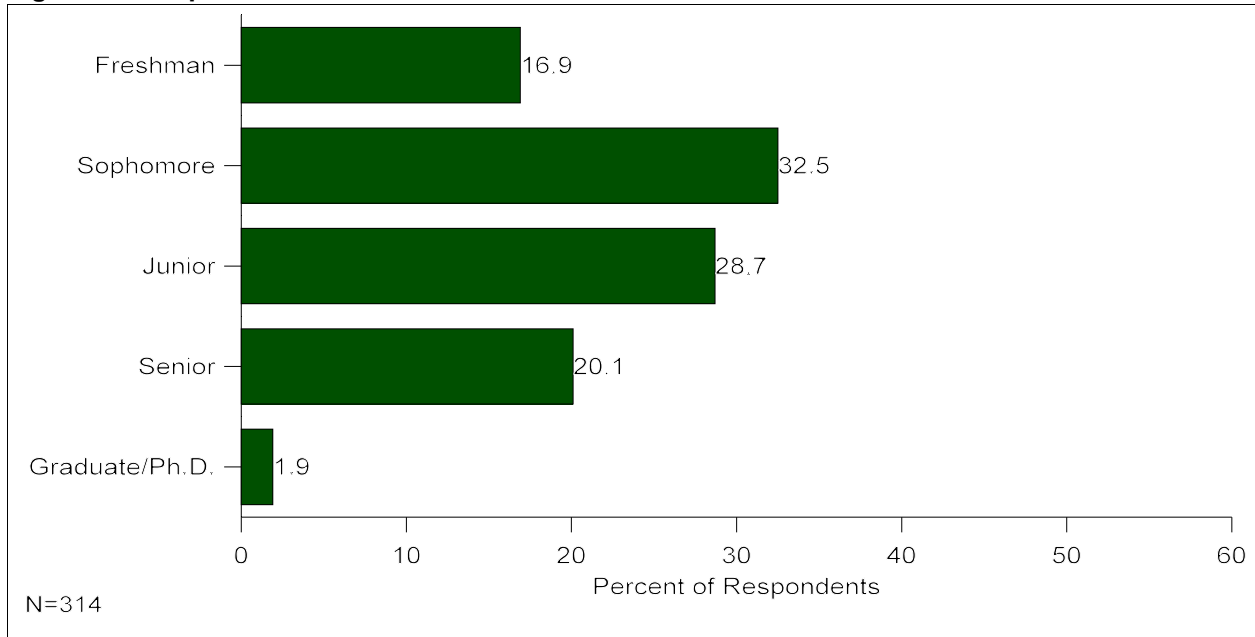
- A majority of students were between the ages of 18 and 20 (62.1 percent) (Figure 26, Appendix Table 28).

**Figure 26. Respondent's Age**



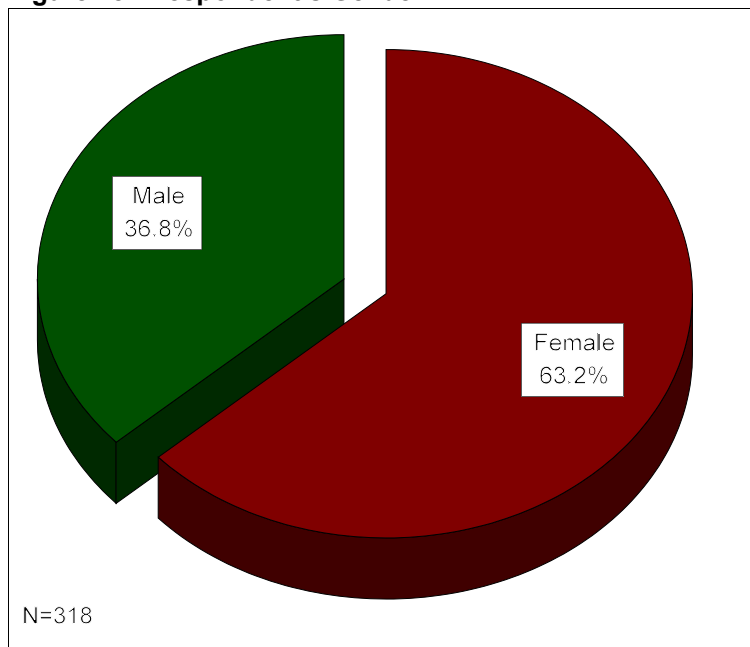
- The single largest proportion of students was sophomores (32.5 percent). Graduate and Ph.D. students represented 1.9 percent of the respondents (Figure 27, Appendix Table 29).

**Figure 27. Respondent's Year in School**



- Females represented 63.2 percent of the respondents (Figure 28, Appendix Table 30).

**Figure 28. Respondent's Gender**



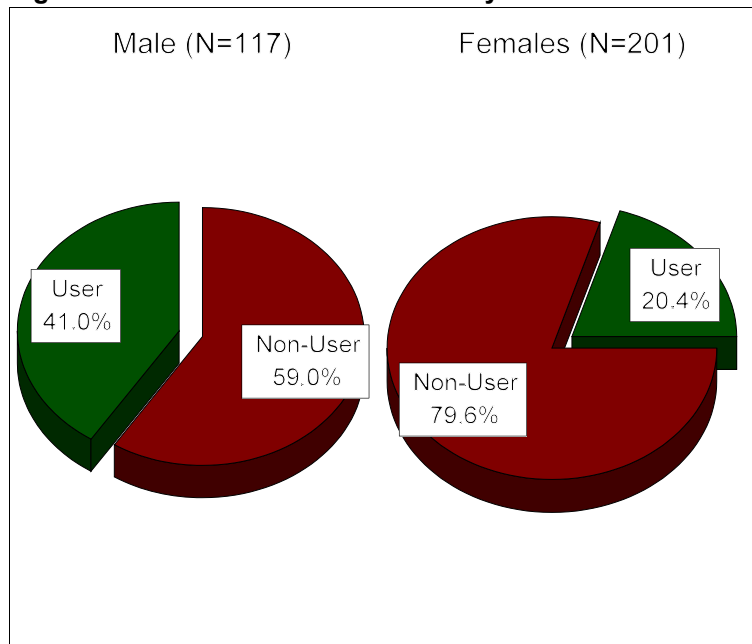
- Twice the proportion of males indicated they are smokers compared to females (41.0 percent and 20.4 percent, respectively) (Table 12, Figure 29).

**Table 12. Gender by Tobacco Usage**

Respondents	Percent of Respondents by Gender	
	Male (N=117)	Female (N=201)
<b>S</b> -All Respondents	100.0	100.0
Users of tobacco	41.0	20.4
Non-users of tobacco	59.0	79.6

**S**-Significance based on whether or not respondent was a user of tobacco products has been found using the Chi Square test statistic at the  $p < .05$  level.

**Figure 29. Use of Tobacco Products by Gender**



## **APPENDIX TABLES**



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

Estimated Proportion Who Smoke	Respondents	
	Number	Percent
0 to 24 percent	36	11.2
25 to 49 percent	205	63.9
50 to 74 percent	78	24.3
75 percent or more	2	0.6
Total	321	100.0

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

Response	Number of Respondents
Litter from cigarette butts is a problem	4
Ban smoking	3
Second hand smoke is a problem	3
The smell of smokers is a problem	2
Smoking is bad	1
Lit cigarettes in ashtrays is a problem	1
The more we see people smoke, the more acceptable it becomes	1
Appearance of campus is bad from cigarette butts	1
Appearance of campus is sad from the condition of buildings, not from cigarette butts	1
Smoking is an individual choice	1
Total	13

**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=322)	
	Number	Percent*
Television	49	15.2
Radio	33	10.2
Newspaper	26	8.1
Billboards	9	2.8
Never Seen	139	43.2
Not Sure	89	27.6

\*Percentages do not equal 100.0 due to multiple responses; N=322.

**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=322)	
	Number	Percent*
Television	112	34.8
Radio	67	20.8
Newspaper	45	14.0
Billboards	18	5.6
Never Seen	69	21.4
Not Sure	91	28.3

\*Percentages do not equal 100.0 due to multiple responses; N=322.

**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=322)	
	Number	Percent*
Television	261	81.1
Radio	198	61.5
Newspaper	97	30.1
Billboards	154	47.8
Never Seen	8	2.5
Not Sure	18	5.6

\*Percentages do not equal 100.0 due to multiple responses; N=322.

**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=322)	
	Number	Percent*
Television	252	78.3
Radio	171	53.1
Newspaper	92	28.6
Billboards	166	51.6
Never Seen	6	1.9
Not Sure	24	7.5

\*Percentages do not equal 100.0 due to multiple responses; N=322.

**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	111	34.5	233	72.6	37	11.5
Negative effect	34	10.6	27	8.4	168	52.2
No effect	177	55.0	61	19.0	117	36.3
Total	322	100.1	321	100.0	322	100.0

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

**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=3.02)		Student quality of life (Mean=3.51)		Student enrollments (Mean=3.09)	
	Number	Percent*	Number	Percent	Number	Percent
(1) Not much	12	11.0	11	4.8	7	20.0
(2)	25	22.9	28	12.2	0	0.0
(3)	35	32.1	74	32.2	16	45.7
(4)	23	21.1	67	29.1	7	20.0
(5) A great deal	14	12.8	50	21.7	5	14.3
Total	109	99.9	230	100.0	35	100.0

\*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=3.06)		Student quality of life (Mean=3.48)		Student enrollments (Mean=2.92)	
	Number	Percent	Number	Percent*	Number	Percent*
(1) Not much	3	9.1	1	3.7	30	18.2
(2)	6	18.2	4	14.8	34	20.6
(3)	13	39.4	9	33.3	41	24.8
(4)	8	24.2	7	25.9	39	23.6
(5) A great deal	3	9.1	6	22.2	21	12.7
Total	33	100.0	27	99.9	165	99.9

\*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 Attend NDSU**

Response	Respondents	
	Number	Percent
No	251	78.4
Yes*	69	21.6
Total	320	100.0

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

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

Influence on Respondent's Decision	Number of Responses*
<b>Positive Influence</b>	
More likely to attend NDSU	19
Positively in general	9
Second hand smoke would not be a problem then	6
Healthier campus	4
Campus appearance is detracted by cigarette butts	1
<b>Negative Influence</b>	
Banning smoking takes away freedom	8
Less likely to attend NDSU	7
Schools do not have that right	4
Smoking is an individual choice	4
Enrollment would decrease	3
Smoke-free campus is a bad idea	2
Smokers are discriminated against	1
Friends would not be able to attend	1
Smoking is a stress reliever	1
<b>Neutral Influence</b>	
Greatly	1
Respondent is not a smoker	1
Designate smoking areas on campus	1
Smoking outside should not bother others	1
Slight factor	1

\*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	54	16.8
(2)	40	12.5
(3)	68	21.2
(4)	65	20.2
(5) Very likely	94	29.3
Total	321	100.0

**Appendix Table 13. Other Places Where Respondents Are Regularly Exposed to Secondhand Smoke**

Place	Number of Respondents
Parties	2
Vehicles	1
Home	1
Dorm entrances	1
If it is outside it is not that bad	1
Total	6

**Appendix Table 14. Smoking Behaviors of Respondent, Family, and Friends Inside Respondent's Car**

Smoking Behaviors	Respondents (N=322)	
	Number	Percent*
My car is smoke-free at all times	219	68.0
Smoking is permitted inside my car if the windows are cracked open	67	20.8
Smoking is sometimes permitted in my car, depending on how long the drive is	26	8.1
There are no restrictions on smoking inside my car	15	4.7

\*Percentages do not equal 100.0 due to multiple responses; N=322.

**Appendix Table 15. 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)	294	93.0
Smoking is permitted in designated rooms within my home	12	3.8
There are no restrictions on smoking inside my home	10	3.2
Total	316	100.0

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

Cessation Programs	Respondents (N=89)	
	Number	Percent*
Does not apply to me	50	56.2
Medications (nicotine patches, gum, nasal spray, Zyban, Nicotrol inhaler)	30	33.7
Support groups	13	14.6
One-on-one counseling	13	14.6
Other:	4	4.5
<i>Hypnosis</i>	1	
<i>Individual needs to want to quit in order to quit</i>	1	
<i>Doing it yourself</i>	1	
<i>Missing response</i>	1	

\*Percentages do not equal 100.0 due to multiple responses; N=89.

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

Cessation Programs	Respondents (N=233)	
	Number	Percent*
Does not apply to me	204	87.6
Medications (nicotine patches, gum, nasal spray, Zyban, Nicotrol inhaler)	15	6.4
Support groups	9	3.9
One-on-one counseling	9	3.9
Other**	2	0.9

\*Percentages do not equal 100.0 due to multiple responses; N=233.

\*\*Respondents did not specify "other" programs.

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

Rating	Respondents					
	At this time (Mean=3.61)		If NDSU is smoke-free (Mean=3.62)		If Fargo/ Moorhead is smoke-free (Mean=3.46)	
	Number	Percent	Number	Percent*	Number	Percent
(1) Not at all supportive	25	8.1	34	10.8	44	14.1
(2)	22	7.1	29	9.2	29	9.3
(3)	95	30.6	62	19.7	72	23.1
(4)	74	23.9	85	27.1	73	23.4
(5) Very supportive	94	30.3	104	33.1	94	30.1
Total	310	100.0	314	99.9	312	100.0

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

**Appendix Table 19. Whether Respondent Uses Tobacco Products**

Response	Respondents	
	Number	Percent
Yes*	89	27.6
No	233	72.4
Total	322	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 20. Number of Cigarettes Smoked in an Average Day by Regular Cigarette Smokers**

Number of Cigarettes	Respondents	
	Number	Percent
1 to 4 cigarettes/day	8	34.8
5 to 10 cigarettes/day	12	52.2
11 to 20 cigarettes/day	2	8.7
21 or more cigarettes/day	1	4.3
Total	23	100.0

**Appendix Table 21. Age Tobacco User Began Smoking/Using Tobacco Products**

Age	Respondents	
	Number	Percent*
9 to 11 years old	2	2.6
12 to 14 years old	17	22.1
15 to 17 years old	36	46.8
18 to 20 years old	21	27.3
21 years old or older	1	1.3
Total	77	100.1

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

**Appendix Table 22. Factors Influencing Tobacco User to Begin Smoking/Using Tobacco Products**

Influential Factors	Respondents (N=89)	
	Number	Percent*
Peers	52	58.4
Stress	23	25.8
Family members also smoked	8	9.0
Appetite suppressant	6	6.7
Other:	18	20.2
<i>Taste/smell</i>	3	
<i>Curiosity</i>	2	
<i>Job</i>	1	
<i>To rebel</i>	1	
<i>Drinking</i>	1	
<i>Being of age</i>	1	
<i>Desire</i>	1	
<i>Buzz from smoking</i>	1	
<i>Friends</i>	1	
<i>Parents getting divorced</i>	1	
<i>No one</i>	1	
<i>Don't know</i>	2	
<i>Missing response</i>	2	

\*Percentages do not equal 100.0 due to multiple responses; N=89.

**Appendix Table 23. Number of Tobacco User's Four Closest Friends Who Smoke/Use Tobacco Products**

Number of Friends	Respondents	
	Number	Percent
One	10	12.7
Two	22	27.8
Three	22	27.8
All of them	12	15.2
None of them	13	16.5
Total	79	100.0

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

Concern	Number of Respondents
Respondent does not smoke	2
Smoking is not good	1
Respondent takes the filter off to get a better puff	1
Total	4

**Appendix Table 25. General Characteristics of Respondents**

Characteristics	Respondents (N=322)	
	Number	Percent*
I work full-time (32 or more hours/week)	22	6.8
I work part-time	220	68.3
I work multiple jobs	43	13.4
I'm a parent with children younger than 18	14	4.3
I supplement my income with student loans	107	33.2
I'm involved in extra-curricular activities (volunteer, athletics, Greek life, student government, etc.)	155	48.1

\*Percentages do not equal 100.0 due to multiple responses; N=322.

**Appendix Table 26. Respondent's Place of Residence**

Places of Residence	Respondents	
	Number	Percent*
Residence halls	91	28.7
University Village	4	1.3
Bison Court	3	0.9
Sorority/fraternity	15	4.7
Off-campus with family	43	13.6
Off-campus alone	20	6.3
Off-campus with roommates	132	41.6
Other**	9	2.8
Total	317	99.9

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

\*\*See Appendix Table 27 for other places of residence.

**Appendix Table 27. Other Places of Residence**

Place of Residence	Number of Respondents
Off-campus with significant other	6
Apartment	1
Off-campus with child	1
Missing response	1
<b>Total</b>	<b>9</b>

**Appendix Table 28. Respondent's Age**

Age Categories	Respondents	
	Number	Percent
18 to 20 years old	197	62.1
21 to 23 years old	95	30.0
24 to 29 years old	19	6.0
30 years old or older	6	1.9
<b>Total</b>	<b>317</b>	<b>100.0</b>

**Appendix Table 29. Respondent's Year in School**

Year in School	Respondents	
	Number	Percent*
Freshman	53	16.9
Sophomore	102	32.5
Junior	90	28.7
Senior	63	20.1
Graduate/Ph.D.	6	1.9
<b>Total</b>	<b>314</b>	<b>100.1</b>

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

**Appendix Table 30. Respondent's Gender**

<b>Gender</b>	<b>Respondents</b>	
	<b>Number</b>	<b>Percent</b>
Male	117	36.8
Female	201	63.2
Total	318	100.0

## **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

- Return the completed survey to the **Varsity Mart** or **Korner Mart** to receive your compensation. **Offer not valid on textbooks, electronics, or sale priced items.**

**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) |  | (1) (2) (3) (4) (5) | a. Nicotine is an addictive substance.  |
| (1) (2) (3) (4) (5) |  | (1) (2) (3) (4) (5) | b. There is a relationship between tobacco use and alcohol use.                             |
| (1) (2) (3) (4) (5) |  | (1) (2) (3) (4) (5) | c. Tobacco use helps people feel more comfortable in social situations.                     |
| (1) (2) (3) (4) (5) |  | (1) (2) (3) (4) (5) | d. Tobacco use has physical effects, such as reduced endurance.                             |
| (1) (2) (3) (4) (5) |  | (1) (2) (3) (4) (5) | e. Tobacco use can lead to long-term physical illnesses (heart disease, cancer, emphysema). |
| (1) (2) (3) (4) (5) |  | (1) (2) (3) (4) (5) | f. Tobacco users can quit using if they want to.  |
| (1) (2) (3) (4) (5) |  | (1) (2) (3) (4) (5) | g. Most college students don't like being around people who smoke.                          |
| (1) (2) (3) (4) (5) |  | (1) (2) (3) (4) (5) | h. Most college students are tired of people telling them about smoking.                    |
| (1) (2) (3) (4) (5) |  | (1) (2) (3) (4) (5) | i. 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 \_\_\_\_\_

Student.fsl

Q6. How many of your four closest friends smoke/use tobacco?

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

Q7. 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

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. 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: \_\_\_\_\_)

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. 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: \_\_\_\_\_)



**Q10. 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. <i>Student learning</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
b. <i>Student quality of life</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
c. <i>Student enrollments</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

**Q11. If NDSU implemented a policy making it a smoke-free campus, would that influence your decision to attend NDSU?**

1 No  
 2 Yes → How would that influence your decision? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Q12. 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)

**Q13. 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 <b>do not</b> serve liquor
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	b. Restaurants that <b>do</b> 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)

**Q14. 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

**Q15. 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

**Q16. Which of the following statements best describes the smoking behaviors of you, your family, and your friends inside your home?**

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

**Q17. 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"/>

**Q18. 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	1	2	3	4	5	Very supportive
<input type="checkbox"/> a. At this time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> b. If a policy making NDSU a smoke-free campus is implemented	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> c. If a policy making the Fargo-Moorhead community smoke-free is implemented	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Q19. Which of the following general characteristics apply to you? (Select all that apply)**

- a. I work full-time (32 or more hours/week)
- b. I work part-time
- c. I work multiple jobs
- d. I'm a parent with children younger than 18
- e. I supplement my income with student loans
- f. I'm involved in extra-curricular activities (volunteer, athletics, Greek life, student government, etc.)

**Q20. Which of the following best describes your current place of residence?**

- a. Residence Halls
- b. University Village
- c. Bison Court
- d. Sorority/Fraternity
- e. Off-campus with family
- f. Off-campus alone
- g. Off-campus with roommates
- h. Other (please specify: \_\_\_\_\_)

**Q21. What is your gender?**

- a. Male
- b. Female

**Q22. What is your age?**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Q23. What year in school are you?**

- a. Freshman
- b. Sophomore
- c. Junior
- d. Senior
- e. Graduate/Ph.D.

**Q24. 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