

# 2006 MSCTC-Moorhead Secondhand Smoke Study of Students and Faculty/Staff



**Prepared for**

Clay County Public Health in Minnesota and  
Minnesota State Community and Technical College (MSCTC)-Moorhead

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## Foreword

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

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

### Acknowledgments

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## Executive Summary

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### Introduction

- This report presents the results of a survey of faculty/staff and a survey of students at the Moorhead campus of Minnesota State Community and Technical College (MSCTC-Moorhead). This report is one of two reports for a study commissioned by Clay County Public Health on attitudes and behaviors toward tobacco use and issues pertaining to smoking and secondhand smoke policies at MSCTC-Moorhead and Minnesota State University Moorhead.
- The methodological approach that was used for the MSCTC-Moorhead campus was a complete census of students and of faculty/staff. The institution's comprehensive email system allowed us to utilize an electronic web survey.
- The faculty/staff survey had 25 questions and the student survey had 26 questions. The two surveys covered opinions and perceptions of tobacco and secondhand smoke issues, exposure to secondhand smoke, smoke-free policies, education and cessation information, smoking status and follow-up questions of smokers, and general demographics. Data collection began Thursday, October 26, 2006, and ended Monday, November 13, 2006.
- Fall enrollment for 2006 was 2,313 students, of which 265 participated in the survey, for a response rate of 11.5 percent. Though the overall response rate among students was relatively low, the total response is large enough for the results to be generalized to the overall population and one should feel confident in using these results for policy decisions. The response rate for faculty/staff was excellent. There were 136 faculty/staff at MSCTC-Moorhead Fall 2006, of which 92 participated in the survey, for a response rate of 67.6 percent.

### Survey of Students

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

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

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

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

## Executive Summary (continued)

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- 55.5 percent of all students do not use tobacco products (38.1 percent never used tobacco products and 17.4 percent used to smoke but quit). *Among students who do not use tobacco products:*
  - 10.2 percent quit smoking within the last year.
  - 21.1 percent quit smoking more than one year ago.
  - 68.7 percent never used tobacco products.
- 43.0 percent of all students are smokers (26.0 percent are regular smokers and 17.0 percent are occasional smokers). *Among students who are smokers:*
  - 60.5 percent are regular smokers.
    - Students who are regular smokers smoke, on average, 15.08 cigarettes a day.
  - 19.3 percent smoke cigarettes occasionally (not every day).
  - 27.2 percent smoke only when drinking alcohol.
  - 16.7 percent smoke only when around others who smoke/use tobacco.
  - 15.8 percent smoke or use tobacco products other than cigarettes.
  - In addition to at least one of the above responses, 3.5 percent say they used to smoke but quit within the last year and 3.5 percent say they used to smoke but quit more than 1 year ago.
- The age at which students who smoke started smoking ranges from ages 8 to 27. The average age they started smoking is 15.51 years.
- Nearly two-thirds of students who smoke cite peers as an influence to begin smoking. One-third of students cite the fact that family members also smoked and one-third cite stress as important factors.
- One-fourth of students who smoke said all of their four closest friends smoke and an additional one-fourth said three of their four closest friends smoke. One-tenth of students who smoke said none of their closest friends are smokers.
- Two-thirds of students who smoke indicate some interest in quitting smoking. Among students who smoke, nearly two-fifths have tried to quit smoking within the last 12 months. The majority of these students who smoke and have tried to quit smoking have tried to quit more than once within the last 12 months; the average number of attempts is 2.14.
- On average, students who smoke generally agree that they are worried about the impacts of smoking on their health, that they are concerned about the effect of secondhand smoke from their smoking on their friends or family, that they are worried about the impact of their smoking on their appearance, and that they are concerned about how to handle stress if they quit smoking. They disagree that they are concerned that their smoking negatively impacts their relationships with others. They are neutral regarding being concerned about gaining weight if they quit smoking.

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

- On average, students agree that litter caused by smoking detracts from the appearance of the campus and that it is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke. Students somewhat disagree that they are concerned about the health consequences of secondhand smoke on campus.
- A little more than half of students at MSCTC-Moorhead think Policy B: "The campus buildings are smoke-free; smoking on the premises is prohibited except in designated outdoor areas. Smoking is prohibited in college or state-owned vehicles," is the current campus smoking policy, which is correct.
- On average, students are near the middle in their opinion regarding how well the campus smoking policy is enforced outdoors. One-fifth of students say it is enforced not at all well.

## Executive Summary (continued)

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- On average, students are somewhat likely to support a policy requiring a smoke-free campus. One-third of students say it is very likely they would support a smoke-free campus policy.
- On average, students believe a smoke-free campus policy would have a somewhat positive effect on student quality of life and student learning. Students believe a smoke-free campus policy would have a somewhat negative effect on student enrollments. However, nearly two-thirds of students indicate a smoke-free campus policy would not influence their decision to attend MSCTC-Moorhead. Nearly equal proportions indicate they would be more likely to attend MSCTC-Moorhead if a smoke-free campus policy was implemented as be less likely to attend.

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

- One-fourth of students say that health information about tobacco use has been made available on their campus. Two-thirds of students are not sure if health information about tobacco use has been made available. The vast majority of students say they are not sure if smoking cessation counseling or quit programs are offered on their campus or say no, they are not aware of programs offered on their campus.
- Regarding cessation/stopping smoking programs, the vast majority of students say they are not interested/it does not apply to them or declined to answer the question. *Among students who are smokers:*
  - 22.8 percent are interested in medications.
  - 5.3 percent are interested in one-on-one counseling; 4.4 percent are interested in support groups; 2.6 percent are interested in a phone hotline.
  - 49.1 percent say it does not apply to them/they are not interested; 20.2 percent declined to answer.

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

- Regarding visits to off campus smoke-free restaurants that DO NOT serve liquor:
  - 33.6 percent of students would want to go more often.
  - 44.7 percent indicate it would not make a difference.
  - 11.5 percent would want to go less often.
- Regarding visits to off campus smoke-free restaurants that DO serve liquor:
  - 28.5 percent of students would want to go more often.
  - 41.5 percent indicate it would not make a difference.
  - 17.0 percent would want to go less often.
- Regarding visits to off campus smoke-free bars/cocktail lounges:
  - 26.9 percent of students would want to go more often.
  - 32.0 percent indicate it would not make a difference.
  - 20.2 percent would want to go less often.

### *Students' Demographics*

- Approximately one-fourth of student respondents are male and two-thirds are female. A small proportion of students declined to indicate their gender. According to MSCTC-Moorhead administrative records, nearly half of MSCTC-Moorhead students are male.
- One-third of student respondents are ages 20 or younger, one-fourth are ages 21 to 24, and one-third are ages 25 and older. The average age of student respondents is 25.17 years. According to MSCTC-Moorhead administrative records, nearly half of MSCTC-Moorhead students are ages 20 or younger, while one-fourth are ages 21 to 24, and one-fourth are ages 25 and older.

## Executive Summary (continued)

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### Survey of Faculty/Staff

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

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

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

- The vast majority of faculty/staff indicate that they are regularly exposed to secondhand smoke. The most common places of exposure for faculty/staff are entrances into campus buildings and bars/cocktail lounges. On their way to classes/work on campus, places of public amusement, and entrances into buildings off campus are other common places of exposure.
- The largest proportion of faculty/staff estimate that "21 to 33 percent" of students at MSCTC-Moorhead smoke followed closely by the proportion who estimate that "34 to 50 percent" of students smoke.
- 72.9 percent of all faculty/staff do not use tobacco products (44.6 percent never used tobacco products and 28.3 percent used to smoke but quit). *Among faculty/staff who do not use tobacco products:*
  - 6.0 percent quit smoking within the last year.
  - 32.8 percent quit smoking more than one year ago.
  - 61.2 percent never used tobacco products.
- 24.0 percent of all faculty/staff are smokers (12.0 percent are regular smokers and 12.0 percent are occasional smokers). *Among faculty/staff who are smokers:*
  - 50.0 percent are regular smokers.
    - Faculty/staff who are regular smokers smoke, on average, 16.40 cigarettes a day.
  - 22.7 percent smoke cigarettes occasionally (not every day).
  - 31.8 percent smoke only when drinking alcohol.
  - 27.3 percent smoke only when around others who smoke/use tobacco.
  - 22.7 percent smoke or use tobacco products other than cigarettes.
- The age at which faculty/staff who smoke started smoking ranges from 10 to 21. The average age they started smoking is 16.12 years.
- Nearly two-thirds of faculty/staff who smoke cite peers as an influence to begin smoking. Nearly one-third of faculty/staff cite the fact that family members also smoked as another important factor.
- Half of faculty/staff who smoke indicate some interest in quitting smoking. Among faculty/staff who smoke, more than one-fourth have tried to quit smoking within the last 12 months. Two-thirds of these faculty/staff who smoke and have tried to quit smoking within the last 12 months have tried to quit more than once in the last 12 months; the average number of attempts is 2.17.

## Executive Summary (continued)

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

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

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

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

- More than one-third of faculty/staff say that health information about tobacco use has been made available on their campus. Half of faculty/staff are not sure if health information about tobacco use has been made available. The vast majority of faculty/staff say they are not sure if smoking cessation counseling or quit programs are offered on their campus or say no, they are not aware of programs offered on their campus.
- Regarding cessation/stopping smoking programs, the vast majority of faculty/staff say either they are not interested/it does not apply to them or declined to answer the question. *Among faculty/staff who are smokers:*
  - 9.1 percent are interested in medications.
  - 36.4 percent say it does not apply to them/they are not interested.
  - 36.4 percent declined to answer.

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

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

## Executive Summary (continued)

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- Regarding visits to off campus smoke-free restaurants that DO serve liquor:
  - 56.5 percent of faculty/staff would want to go more often.
  - 29.4 percent indicate it would not make a difference.
  - 8.2 percent would want to go less often.
- Regarding visits to off campus smoke-free bars/cocktail lounges:
  - 44.7 percent of faculty/staff would want to go more often.
  - 23.5 percent indicate it would not make a difference.
  - 16.5 percent would want to go less often.

### *Faculty/Staff's Demographics*

- Half of faculty/staff respondents are faculty, one-fourth are staff, and one-fifth of respondents did not indicate whether they are faculty or staff. According to MSCTC-Moorhead administrative records, nearly two-thirds of employees at MSCTC-Moorhead are faculty and one-fourth are staff.
- Faculty/staff respondents are evenly distributed between male and female. The gender proportions closely match MSCTC-Moorhead administrative records.
- Nearly one-third of faculty/staff respondents are ages 25 to 44, one-third are ages 45 to 64, and one-fifth of faculty/staff respondents did not identify their age. The average age of faculty/staff respondents is 39.70 years. Age information was not obtained from MSCTC-Moorhead administrative records for faculty/staff.

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

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

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

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

- Bars/cocktail lounges are a regular place of exposure to secondhand smoke for the majority of students and faculty/staff. Larger proportions of faculty/staff than students cite entrances into campus buildings as a place of regular exposure to secondhand smoke and on their way to classes/work on campus. In contrast, a much larger proportion of students than faculty/staff cite the homes of friends or family members as a place of regular exposure.
- Students estimate a larger proportion of students at MSCTC-Moorhead smoke than faculty/staff estimate.
- A larger proportion of students than faculty/staff are smokers (43.0 percent and 24.0 percent, respectively).
- Among respondents who are smokers, a larger proportion of students than faculty/staff are regular smokers. On average, faculty/staff who are regular smokers smoke slightly more cigarettes a day than students smoke (mean=16.40 and mean=15.08, respectively).
- The average age at which faculty/staff who smoke started smoking is slightly older than the average age at which students who smoke started smoking (mean=16.12 and mean=15.51, respectively).

## Executive Summary (continued)

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- Peers stand out as the most influential factor influencing both students and faculty/staff to begin smoking. However, stress was more of a factor for students than faculty/staff. Though cited by only a small minority for each, appetite suppressant was more of a factor for faculty/staff than students.
- A smaller proportion of faculty/staff than students indicate they have some interest in quitting smoking; a larger proportion of faculty/staff than students indicated “Do not know/refused.”
- A larger proportion of students who smoke than faculty/staff who smoke indicate they have tried to quit smoking within the last 12 months. The average number of quit attempts is similar between faculty/staff (mean=2.17) and students (mean=2.14).
- On average, students and faculty/staff have similar views regarding worries and concerns associated with smoking. However, while students agree that they are concerned about how to handle stress if they quit smoking, faculty/staff somewhat disagree.

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

- On average, faculty/staff agree much more strongly than students that litter caused by smoking detracts from the appearance of the campus. Faculty/staff agree more strongly than students that it is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke. Faculty/staff agree while students somewhat disagree that they are concerned about the health consequences of secondhand smoke on campus.
- Faculty/staff are much more confident than students that Policy B: “The campus buildings are smoke-free; smoking on the premises is prohibited except in designated outdoor areas. Smoking is prohibited in college or state-owned vehicles,” represents the current smoking policy at MSCTC-Moorhead.
- On average, faculty/staff rate the enforcement of the campus smoking policy outdoors more poorly than students. A larger proportion of faculty/staff than students say it is enforced not at all well.
- On average, faculty/staff show stronger support for a smoke-free campus policy than students. More than half of faculty/staff are very likely to support a smoke-free campus policy compared to one-third of students.
- On average, faculty/staff anticipate that a smoke-free campus policy would have a more positive effect on student quality of life and student learning than students anticipate. Faculty/staff also indicate a smoke-free campus policy would have a somewhat positive effect on student enrollments while students indicate a smoke-free campus policy would have a somewhat negative effect on student enrollments.
- Nearly equal proportions of faculty/staff and students indicate a smoke-free campus policy would not influence their decision to attend/work at MSCTC-Moorhead. However, a larger proportion of faculty/staff than students say they would be more likely to attend/work at MSCTC-Moorhead if the campus was smoke-free.

## Executive Summary (continued)

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

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

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

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

## Introduction

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### Overview of Study and Objectives

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

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

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

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

### Methodology

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

The institution's comprehensive email system allowed us to utilize an electronic web survey. The email system was also utilized for correspondence with the MSCTC-Moorhead campus community (see Appendix D). The campus community was notified of the survey in an email from MSCTC-Moorhead Provost Dr. Jerry Migler the week of October 16, 2006, that was distributed to everyone via the campus listservs. On Thursday, October 26, 2006, members of the campus community were sent a letter of invitation via the campus listservs which directed them to a specific website where they could complete the survey. Reminder emails were sent via the campus listservs on Tuesday, November 7, 2006, a few days prior to the final day of data collection on Monday, November 13, 2006. Data collection for the student survey and the faculty/staff survey began Thursday, October 26, 2006, and ended Monday, November 13, 2006.

An incentive to participate in the survey was used with the student survey. Upon completion of the web survey, students were given the opportunity to register in a drawing for a chance to receive one of 25 1GB computer flash drives. The 25 winners of the drawing were selected randomly from the list of students who entered. The students were emailed instructions regarding how to pick up their flash drive.

All students and faculty/staff at MSCTC-Moorhead were extended an opportunity via email to participate in the web survey. Because the survey design constituted a "census" and not a "sample," typical discussions of standard error and confidence levels are not applicable.

## Introduction (continued)

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Fall 2006 enrollment at MSCTC-Moorhead was 2,313 students, of which 265 participated in the survey, for a response rate of 11.5 percent. Even though the overall response rate among students was relatively low, the total response (N=265) is large enough for statistical generalizability. Therefore, one should feel confident in using these results for policy decisions. Approximately four in 10 student respondents are smokers, representing an excellent rate of participation by smokers.

The response rate for faculty/staff was excellent. There were 136 faculty/staff at MSCTC-Moorhead Fall 2006, of which 92 participated in the survey, for a response rate of 67.6 percent. Approximately one-fourth of faculty/staff respondents are smokers, representing an excellent rate of participation by smokers. However, this proportion translates into a relatively small number of smokers (N=22) and reflects the relatively small size of the faculty/staff at MSCTC-Moorhead. It is worth noting that the small number of smokers may suggest the need for caution in interpreting those results.

North Dakota State University Institutional Review Board (IRB) approval was obtained, ensuring that proper protocol was used and the rights of human subjects were maintained. A letter of support regarding protection of the rights of human subjects was obtained from MSCTC-Moorhead Provost Dr. Jerry Migler.

### Survey Instrument Design

The faculty/staff survey had 25 questions and the student survey had 26 questions. The two survey instruments were nearly identical. The surveys covered opinions and perceptions of tobacco and secondhand smoke issues, exposure to secondhand smoke, smoke-free policies, education and cessation information, smoking status and follow-up questions of smokers, and general demographics. The surveys took approximately 10 minutes to complete.

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

A subscription to Survey Monkey ([www.surveymonkey.com](http://www.surveymonkey.com)) was obtained for the duration of this study. The surveys were adapted to web form using the site's online tools, and data collection was hosted on the Survey Monkey servers.

### Presentation of Findings

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

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

## Introduction (continued)

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

The total number of respondents (i.e., the N) is noted with each figure and appendix table. The overall N changes between figures (and associated appendix tables) because some respondents quit the survey before completing it. The data from each respondent who dropped out were used where available. In the demographics section, those respondents who quit are labeled “missing” and combined with “DNK/refused” responses as necessary.

# Survey Results

## Opinions and Perceptions of Tobacco and Secondhand Smoke Issues

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

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

### Student responses:

- On average, students disagree with all the statements about the effects of smoking. Students somewhat disagree that smoking helps relieve stress (mean=2.86) and that smoking makes people feel more relaxed (mean=2.85). They disagree that smoking helps people feel more comfortable in social situations (mean=2.43). They strongly disagree that smoking is an effective way to keep weight down (mean=1.98).

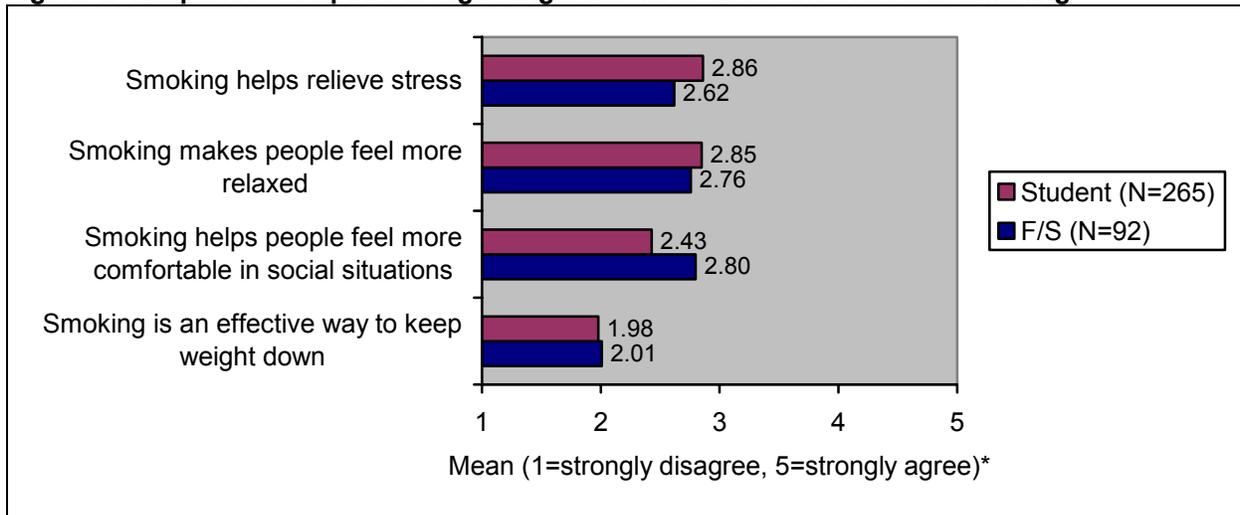
### Faculty/staff responses:

- On average, faculty/staff disagree with all the statements about the effects of smoking. Faculty/staff somewhat disagree that smoking helps relieve stress (mean=2.62), that smoking makes people feel more relaxed (mean=2.76), and that smoking helps people feel more comfortable in social situations (mean=2.80). They disagree that smoking is an effective way to keep weight down (mean=2.01).

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

- On average, both students and faculty/staff disagree with all four statements about the effects of smoking. However, faculty/staff do not disagree as much as students that smoking helps people feel more comfortable in social situations (mean=2.80 and mean=2.43, respectively).

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



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

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

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

**Students:**

- On average, students strongly disagree that light cigarettes are less harmful than regular cigarettes (mean=1.52). Students strongly agree that smoking causes physical effects such as reduced endurance (mean=4.44), that smoking can lead to long-term physical illnesses (mean=4.66), and that secondhand smoke is a health issue (mean=4.35).

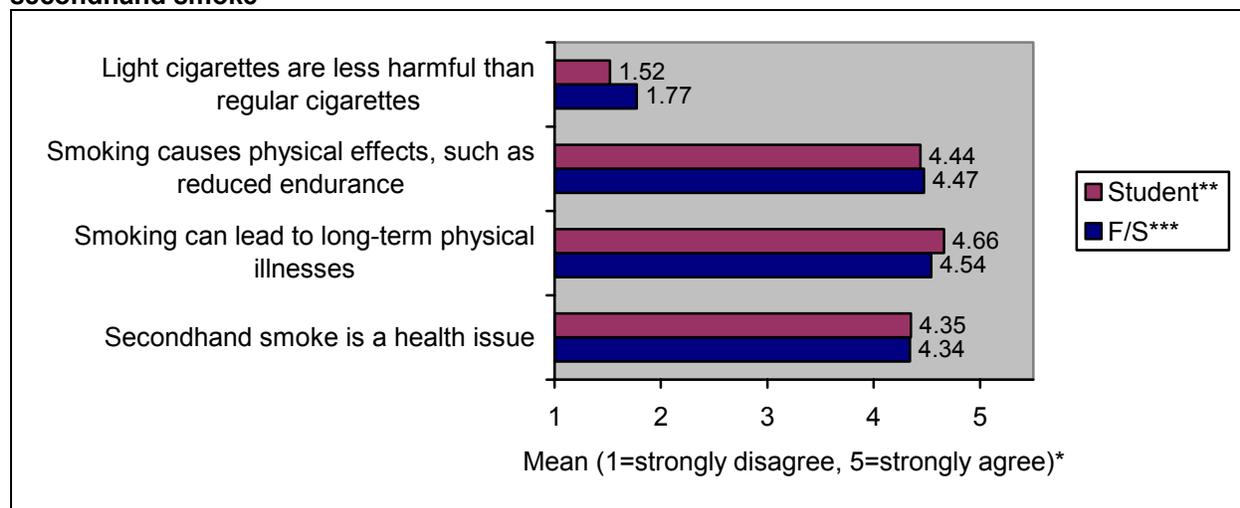
**Faculty/staff:**

- On average, faculty/staff strongly disagree that light cigarettes are less harmful than regular cigarettes (mean=1.77). Faculty/staff strongly agree that smoking can lead to long-term physical illnesses (mean=4.54), that smoking causes physical effects such as reduced endurance (mean=4.47), and that secondhand smoke is a health issue (mean=4.34).

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

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

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



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

\*\*From top to bottom, student N=265, 265, 265, and 257, respectively.

\*\*\*From top to bottom, faculty/staff N=92, 92, 92, and 87, respectively.

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

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

**Students:**

- On average, students agree that people who smoke can quit if they want to (mean=3.52). Students somewhat agree that they don’t like being around people who smoke (mean=3.35). Students somewhat disagree that they are tired of people telling them about secondhand smoke (mean=2.89) and disagree that they are just not worried about the health effects of secondhand smoke (mean=2.03).

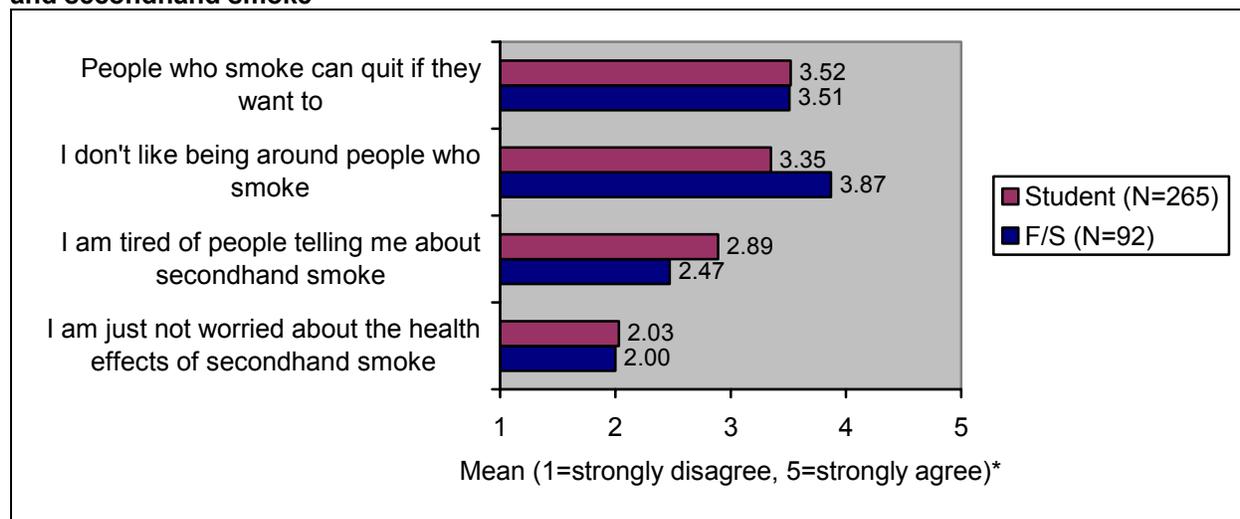
**Faculty/staff:**

- On average, faculty/staff agree that people who smoke can quit if they want to (mean=3.51) and that they don’t like being around people who smoke (mean=3.87). Faculty/staff disagree that they are tired of people telling them about secondhand smoke (mean=2.47) and that they are just not worried about the health effects of secondhand smoke (mean=2.00).

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

- On average, faculty/staff are more in agreement than students that they don’t like being around people who smoke (mean=3.87 and mean=3.35, respectively). Students do not disagree as much as faculty/staff that they are tired of people telling them about secondhand smoke (mean=2.89 and mean=2.47, respectively).

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



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

## Experiences with Tobacco and Secondhand Smoke

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

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

### **Students:**

- The vast majority of students indicate that they are regularly exposed to secondhand smoke (87.9 percent). The most common place of exposure for students is bars/cocktail lounges (55.5 percent), followed by the homes of friends or family members (44.9 percent) and entrances into campus buildings (42.6 percent). Other places of exposure include: entrances into buildings off campus (35.5 percent), places of public amusement (34.3 percent), on their way to classes/work on campus (29.4 percent), in public spaces off campus (28.7 percent), restaurants (22.3 percent), the grounds surrounding their workplace (18.5 percent), their workplace (14.3 percent), and inside campus buildings due to drifting/being brought in through the ventilation (7.2 percent).
- Other locations students cite as locations where they are regularly exposed to secondhand smoke include: at home, in cars, bingo/casino, bowling alleys, parties, and the backyard.

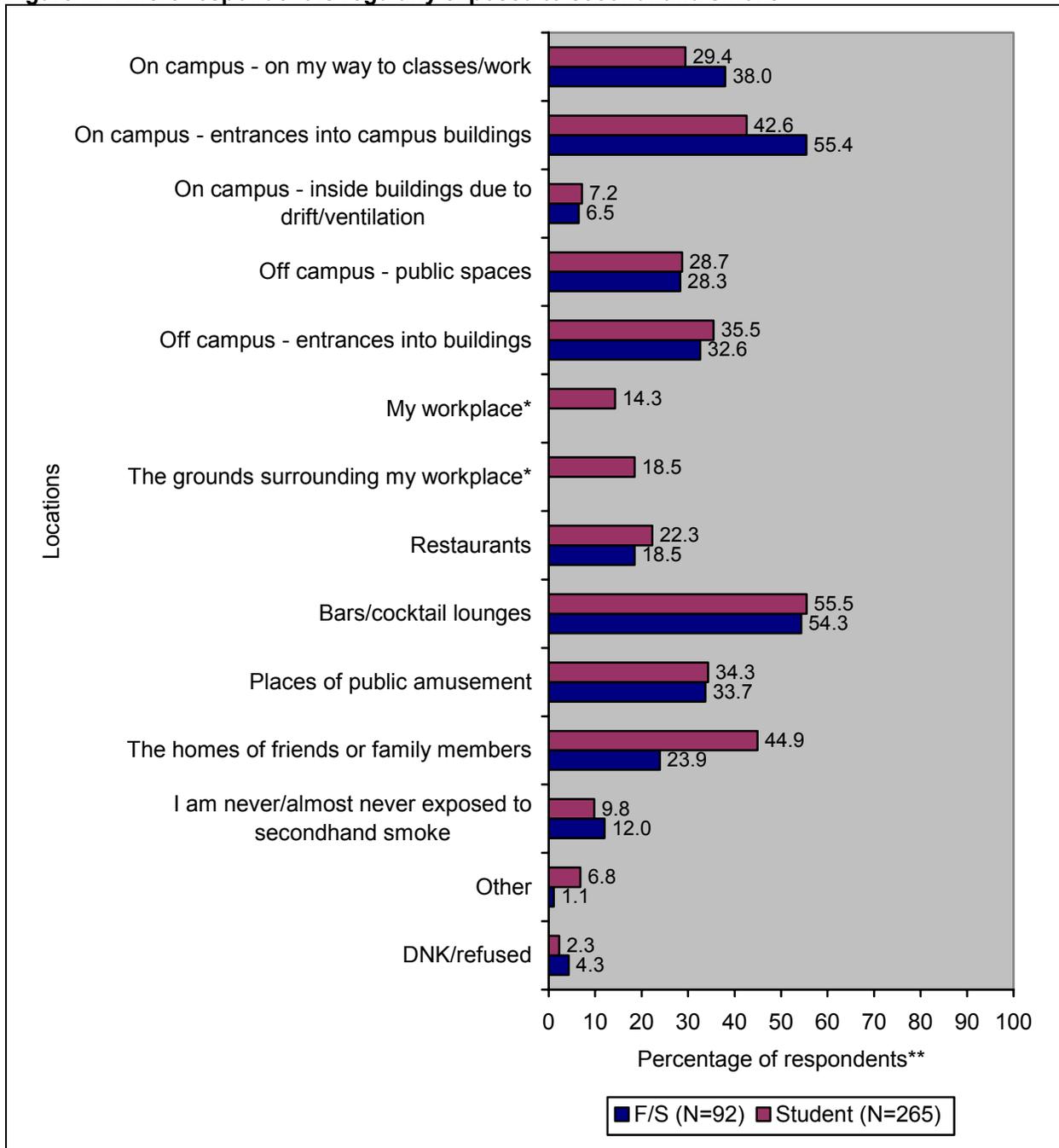
### **Faculty/staff:**

- The vast majority of faculty/staff indicate that they are regularly exposed to secondhand smoke (83.7 percent). The most common places of exposure for faculty/staff are entrances into campus buildings (55.4 percent) and bars/cocktail lounges (54.3 percent). Other places of exposure include: on their way to classes/work on campus (38.0 percent), places of public amusement (33.7 percent), entrances into buildings off campus (32.6 percent), in public spaces off campus (28.3 percent), the homes of friends or family members (23.9 percent), restaurants (18.5 percent), and inside campus buildings due to drifting/being brought in through the ventilation (6.5 percent).
- One other location faculty/staff cite as a location where they are regularly exposed to secondhand smoke is on the clothes of smokers who have just had a cigarette.

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

- Bars/cocktail lounges are a regular place of exposure to secondhand smoke for the majority of students and faculty/staff (55.5 percent and 54.3 percent, respectively). Entrances into campus buildings and on their way to classes/work on campus are significant places of exposure for students as well as faculty/staff. However, larger proportions of faculty/staff than students cite entrances into campus buildings as a place of regular exposure to secondhand smoke (55.4 percent and 42.6 percent, respectively) and on their way to classes/work on campus (38.0 percent and 29.4 percent, respectively). In contrast, a much larger proportion of students than faculty/staff cite the homes of friends or family members as a place of regular exposure (44.9 percent and 23.9 percent, respectively).

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



\*Question was not asked of faculty/staff.

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

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

See Figure 5 and Appendix Table 16 for overall distributions.

Among students who responded to this survey, 43.0 percent are regular or occasional smokers (see Figure 6).

**Students:**

- Students are split nearly evenly between estimating the proportion of students at MSCTC-Moorhead who smoke to be “21 to 33 percent” (33.2 percent) and “34 to 50 percent” (36.6 percent). Nearly one-fifth estimate that “51 percent or more” of students at MSCTC-Moorhead smoke (18.9 percent).

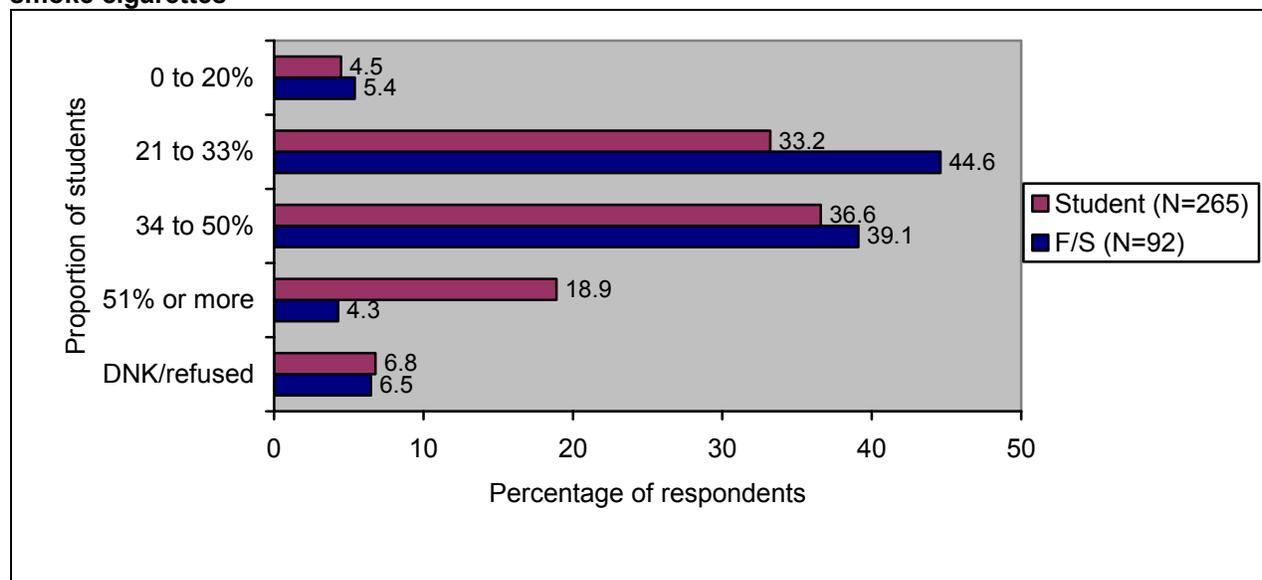
**Faculty/staff:**

- The largest proportion of faculty/staff estimate the proportion of students at MSCTC-Moorhead who smoke to be “21 to 33 percent” (44.6 percent). Another 39.1 percent estimate the proportion to be “34 to 50 percent.”

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

- Students estimate a larger proportion of students at MSCTC-Moorhead smoke than faculty/staff estimate. This difference is particularly noticeable in the highest category; 18.9 percent of students estimate “51 percent or more” of students smoke compared to only 4.3 percent of faculty/staff.

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



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

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

### **Students:**

- Of all students, 43.0 percent are smokers; 26.0 percent are regular smokers and 17.0 percent are occasional smokers.
- This rate is higher than the 25 percent of students at the University of Minnesota who reported using tobacco products within the past 30 days (2006 Core Survey data reported in “University of Minnesota Tobacco, Alcohol, and Other Drug Use”). According to a fact sheet on “College Students and Tobacco” (2003 American Legacy Foundation), 27 percent of college students nationwide smoke; they smoke at a higher rate than the general population (23 percent), but at a lower rate than those of the same age group who do not attend college (32 percent). Some of the differences in smoking rates can be attributed to the extent to which “social” smokers self-identify as smokers on respective surveys. According to the 2004 Minnesota Adult Tobacco Survey, the rate of smoking among all young adults ages 18-24 in Minnesota is 39 percent, comprised of 32 percent “established” smokers and 7 percent “previously unrecognized” smokers (2004 “Patterns of Smoking Among Minnesota’s Young Adults”). In general, groups with higher income and especially higher educational achievement demonstrate lower rates of smoking (2005 “Who Smokes? A Demographic Analysis of Wisconsin Smokers” published in *Wisconsin Medical Journal*).
- *Among students who are smokers:*
  - 60.5 percent are regular smokers.
  - 19.3 percent smoke cigarettes occasionally (not every day).
  - 27.2 percent smoke only when drinking alcohol.
  - 16.7 percent smoke only when around others who smoke/use tobacco.
  - 15.8 percent smoke or use tobacco products other than cigarettes.
  - In addition to at least one of the above responses, 3.5 percent say they used to smoke but quit within the last year and 3.5 percent say they used to smoke but quit more than 1 year ago.
- The majority of students are non-tobacco users (55.5 percent); 38.1 percent never used tobacco products and an additional 17.4 percent used to smoke but quit.
- *Among students who are non-tobacco users:*
  - 10.2 percent quit smoking within the last year.
  - 21.1 percent quit smoking more than one year ago.
  - 68.7 percent never used tobacco products.

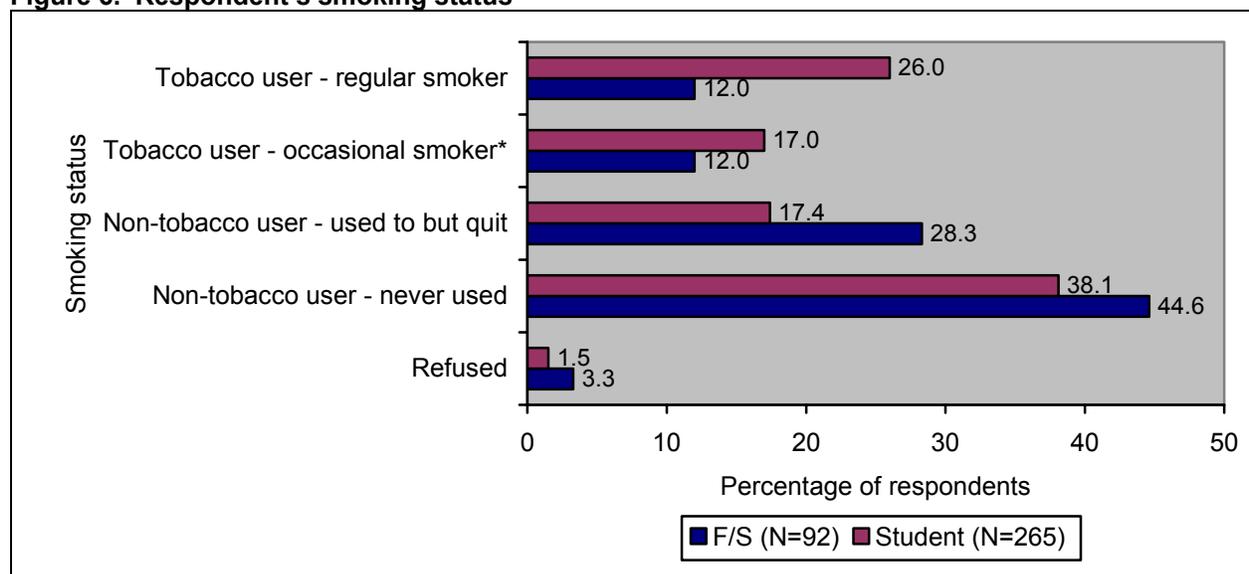
### Faculty/staff:

- Of all faculty/staff, 24.0 percent are smokers; 12.0 percent are regular smokers and 12.0 percent are occasional smokers.
- According to Behavioral Risk Factor Surveillance System data ([www.cdc.gov/brfss/](http://www.cdc.gov/brfss/)), 20 percent of all adults in Minnesota and North Dakota are smokers. The prevalence of smoking among the population with higher incomes and a college education is generally “low (about 10%)” (2005 “Who Smokes? A Demographic Analysis of Wisconsin Smokers” published in *Wisconsin Medical Journal*).
- *Among faculty/staff who are smokers:*
  - 50.0 percent are regular smokers.
  - 22.7 percent smoke cigarettes occasionally (not every day).
  - 31.8 percent smoke only when drinking alcohol.
  - 27.3 percent smoke only when around others who smoke/use tobacco.
  - 22.7 percent smoke or use tobacco products other than cigarettes.
- The large majority are non-tobacco users (72.9 percent); 44.6 percent never used tobacco products and an additional 28.3 percent used to smoke but quit.
- *Among faculty/staff who are non-tobacco users:*
  - 6.0 percent quit smoking within the last year.
  - 32.8 percent quit smoking more than one year ago.
  - 61.2 percent never used tobacco products.

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

- A larger proportion of students than faculty/staff are smokers (43.0 percent and 24.0 percent, respectively). A larger proportion of faculty/staff than students used to smoke but quit (28.3 percent and 17.4 percent, respectively).
- Among respondents who are smokers, a larger proportion of students than faculty/staff are regular smokers (60.5 percent and 50.0 percent, respectively).

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



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

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

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

**Students:**

- Students who are regular smokers are split nearly evenly between smoking 1 to 10 cigarettes on an average day (39.7 percent) and smoking 11 to 20 cigarettes on an average day (39.8 percent).
- The number of cigarettes smoked on an average day by students who are regular smokers ranges from 5 to 40; the average number of cigarettes smoked on an average day is 15.08.

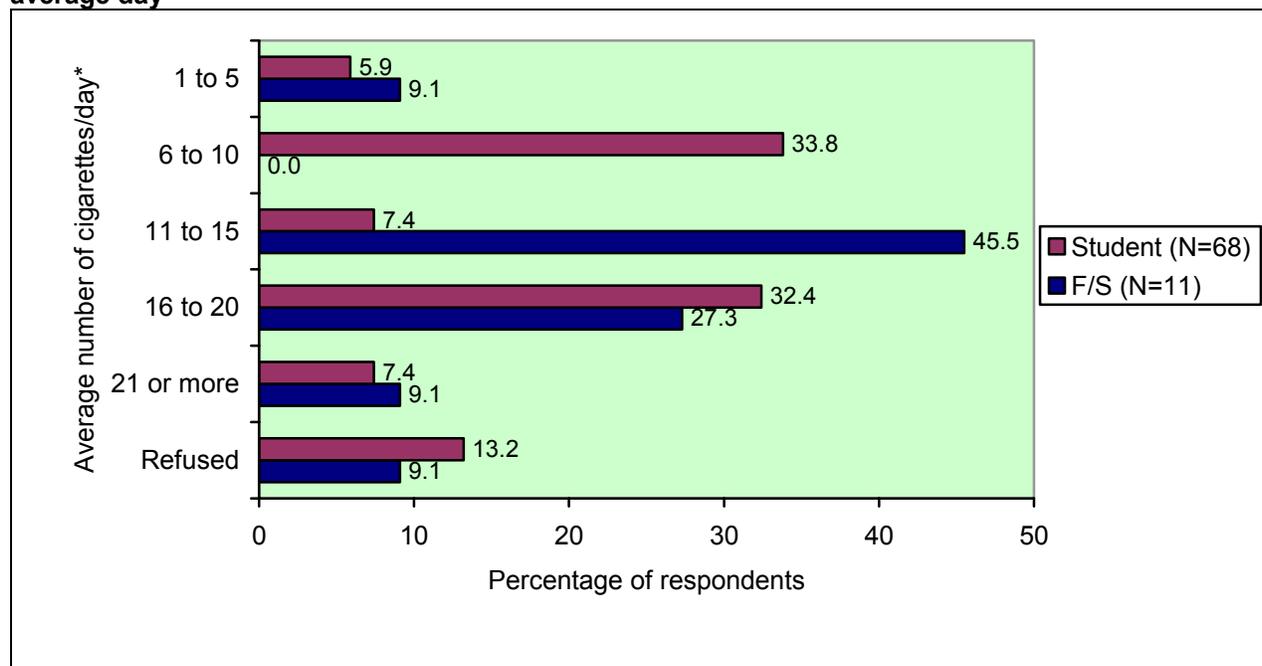
**Faculty/staff:**

- The large majority of faculty/staff who are regular smokers smoke 11 to 20 cigarettes on an average day (72.8 percent).
- The number of cigarettes smoked on an average day by faculty/staff who are regular smokers ranges from 5 to 25; the average number of cigarettes smoked on an average day is 16.40.

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

- A larger proportion of faculty/staff than students who are regular smokers indicate they smoke 11 to 20 cigarettes on an average day (72.8 percent and 39.8 percent, respectively). On average, faculty/staff who are regular smokers smoke slightly more cigarettes a day than students smoke (mean=16.40 and mean=15.08, respectively).

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



\*Student range=5 to 40, mean=15.08; faculty/staff range=5 to 25, mean=16.40. Means exclude "Refused" responses.

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

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

**Students:**

- The largest proportion of students who smoke started smoking between the ages of 15 and 17 (43.8 percent); 31.5 percent started smoking at age 14 or younger, while 17.1 percent started smoking at age 18 or older.
- The age at which students who smoke started smoking ranges from ages 8 to 27. The average age they started smoking was 15.51 years.

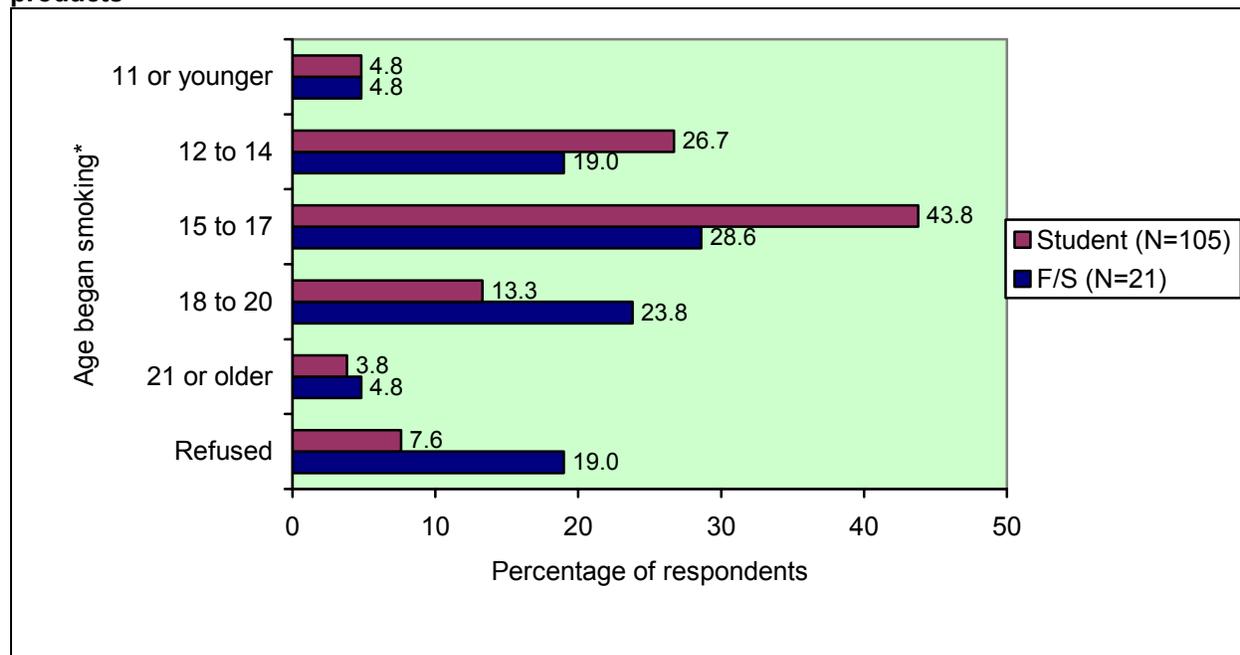
**Faculty/staff:**

- The age at which faculty/staff started smoking is distributed nearly evenly; 23.8 percent of faculty/staff started smoking at age 14 or younger, 28.6 percent started between the ages of 15 and 17, and 28.6 percent started smoking at age 18 or older. Nearly one-fifth of faculty/staff who smoke declined to say the age at which they started smoking (19.0 percent).
- The age at which faculty/staff who smoke started smoking ranges from 10 to 21. The average age they started smoking was 16.12 years.

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

- The average age at which faculty/staff who smoke started smoking is slightly older than the average age at which students who smoke started smoking (mean=16.12 and mean=15.51, respectively).

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



\*Student range=8 to 27, mean=15.51; faculty/staff range=10 to 21, mean=16.12. Means exclude "Refused" responses.

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

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

**Students:**

- The factor students who smoke cite the most as an influence to begin smoking is peers (64.0 percent). Other important influences include the fact that family members also smoked and stress (33.3 percent and 32.5 percent, respectively).
- Other influential factors for starting smoking students cite include curiosity, alcohol, and because they felt like it.

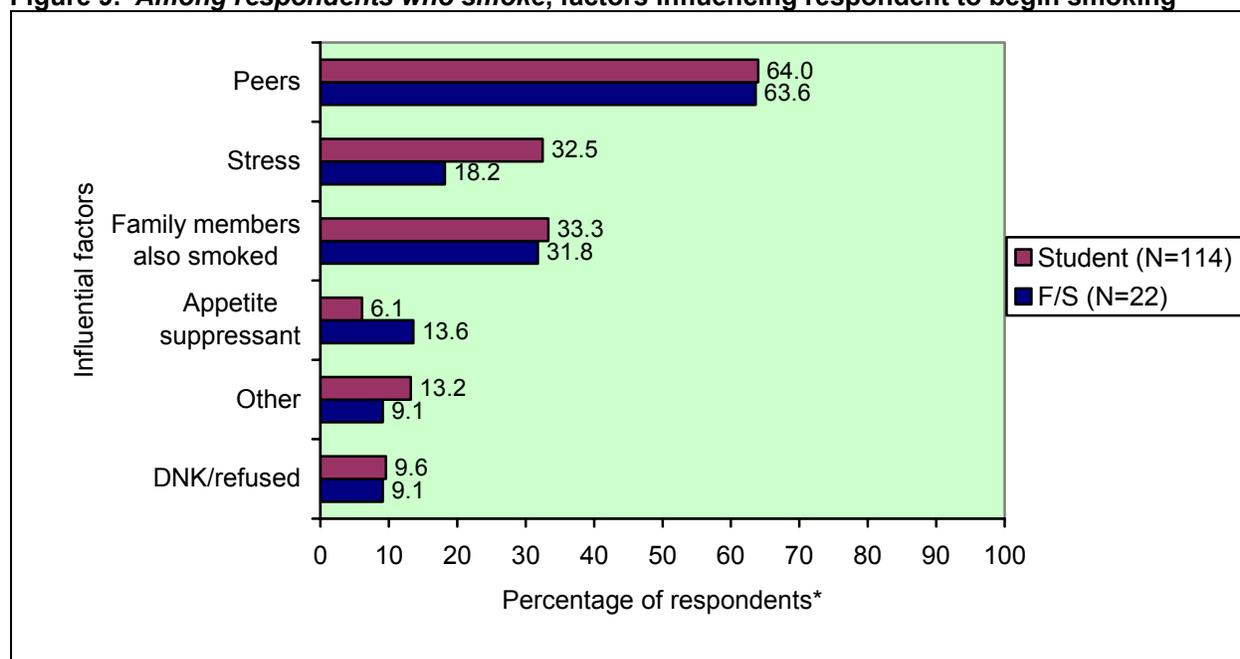
**Faculty/staff:**

- The factor faculty/staff who smoke cite the most as an influence to begin smoking is peers (63.6 percent). Another important factor is the fact that family members also smoked (31.8 percent). Other influential factors include stress and appetite suppressant (18.2 percent and 13.6 percent, respectively).
- Other influential factors for starting smoking cited by faculty/staff include curiosity.

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

- Peers stand out as the most influential factor influencing both students and faculty/staff to begin smoking (64.0 percent and 63.6 percent, respectively). However, stress was more of a factor for students than faculty/staff (32.5 percent and 18.2 percent, respectively), while appetite suppressant was more of a factor for faculty/staff than students (13.6 percent and 6.1 percent, respectively).

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



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

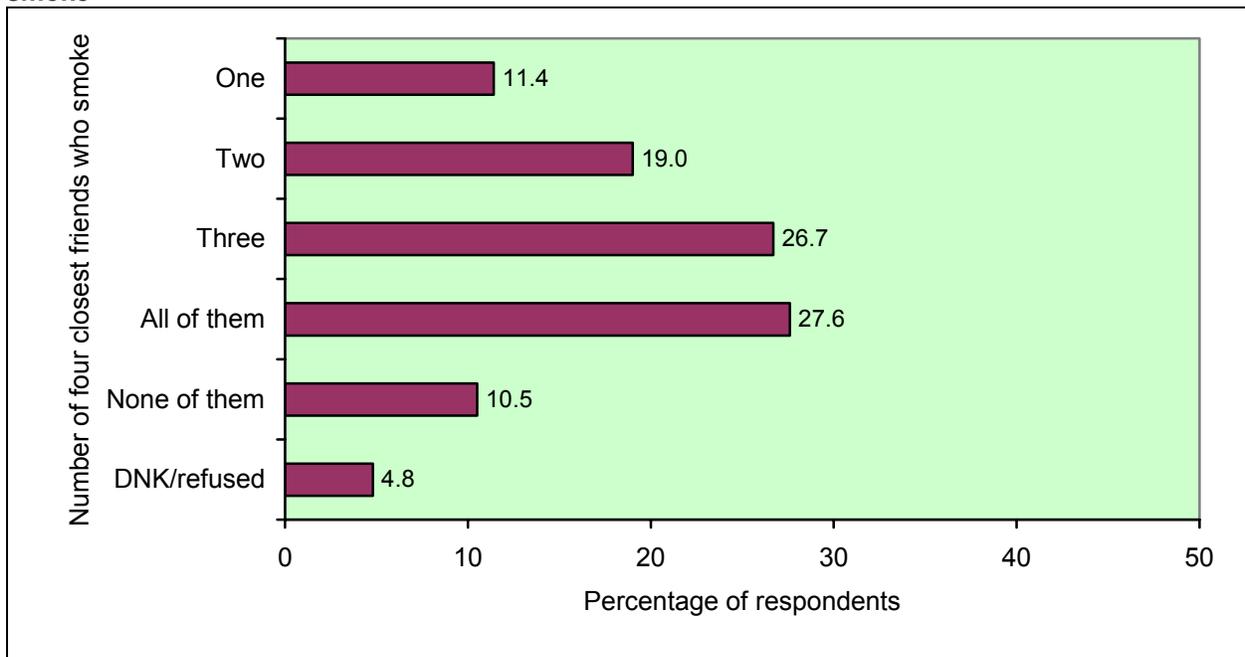
Student respondents who smoke were asked the number of their four closest friends who smoke.

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

**Students:**

- One-fourth of students who smoke say all of their four closest friends smoke (27.6 percent), and an additional 26.7 percent say three of their four closest friends smoke. One-tenth of students who smoke say none of their closest friends are smokers (10.5 percent).

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



N=105

Respondents who smoke were asked their interest in quitting smoking.

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

**Students:**

- Two-thirds of students who smoke indicate some interest in quitting smoking (67.6 percent; data calculated separately).
  - 34.2 percent want to quit smoking, but have no timeframe.
  - 21.1 percent plan to quit smoking within the next 6 months.
  - 4.4 percent plan to quit smoking when they graduate.
  - 14.0 percent plan to quit smoking when they become a parent.
  - 11.4 percent indicate they are not interested in quitting smoking.
  - 20.2 percent declined to answer.

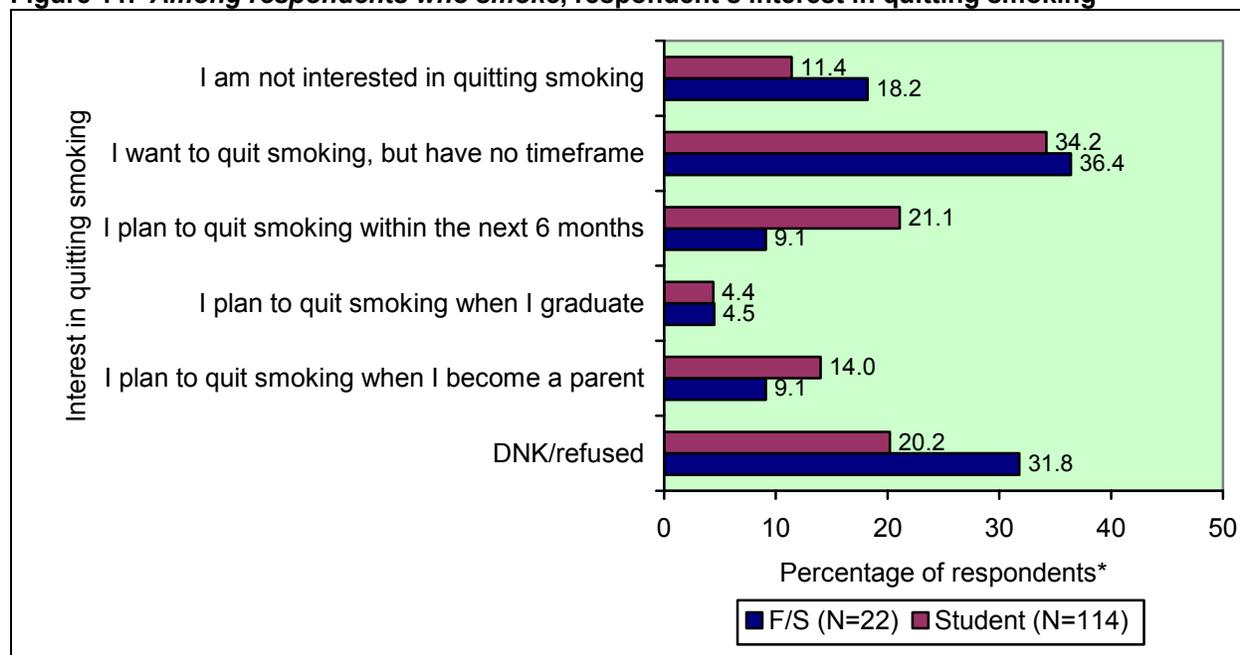
**Faculty/staff:**

- Half of faculty/staff who smoke indicate some interest in quitting smoking (52.4 percent; data calculated separately).
  - 36.4 percent want to quit smoking, but have no timeframe.
  - 9.1 percent plan to quit smoking within the next 6 months.
  - 9.1 percent plan to quit smoking when they become a parent.
  - 4.5 percent plan to quit smoking when they graduate.
  - 18.2 percent indicate they are not interested in quitting smoking.
  - 31.8 percent declined to answer.

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

- A smaller proportion of faculty/staff than students indicate they have some interest in quitting smoking (52.4 percent and 67.6 percent, respectively). A larger proportion of faculty/staff than students indicated “Do not know/refused” (31.8 percent and 20.2 percent, respectively).

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



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

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

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

**Students:**

- Among students who smoke, 38.1 percent have tried to quit smoking within the last 12 months.

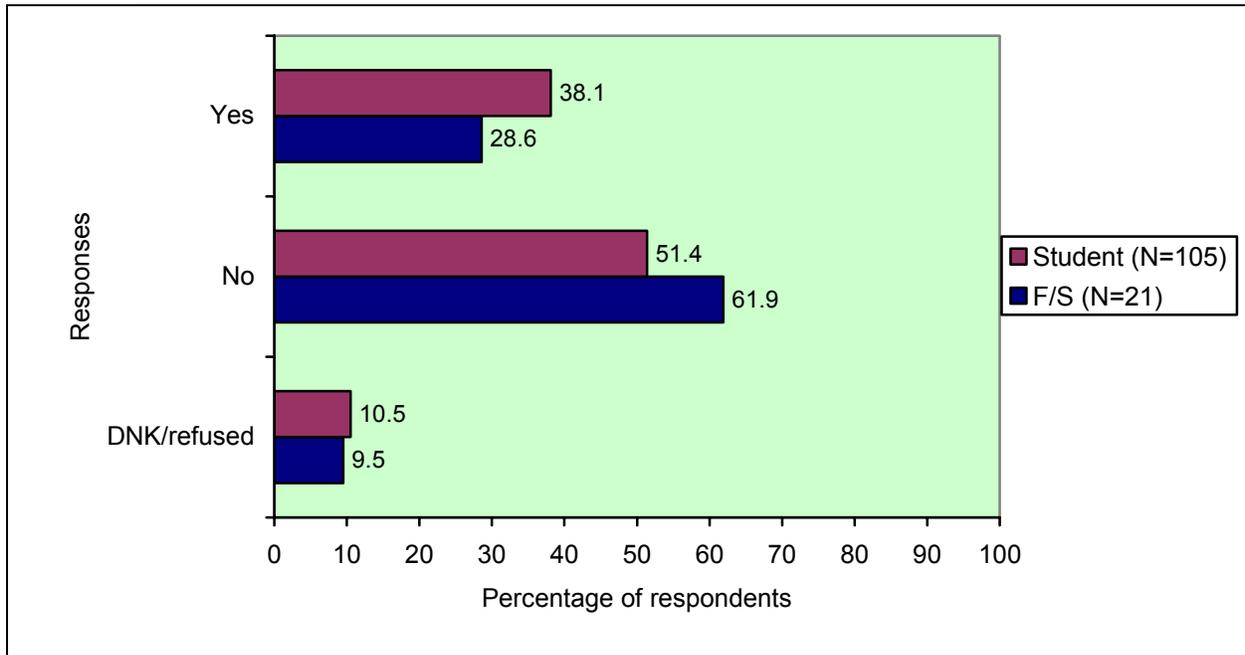
**Faculty/staff:**

- Among faculty/staff who smoke, 28.6 percent have tried to quit smoking within the last 12 months.

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

- A larger proportion of students who smoke than faculty/staff who smoke indicate they have tried to quit smoking within the last 12 months (38.1 percent and 28.6 percent, respectively).

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



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

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

**Students:**

- The largest proportion of students who smoke and have tried to quit smoking within the last 12 months have tried to quit once within the last 12 months (40.0 percent). Another 22.5 percent have tried to quit twice and 30.0 percent have tried to quit 3 or more times.
- The number of quit attempts among students who smoke and have tried to quit smoking within the last 12 months ranges from 1 to 9. The average number of attempts is 2.14.

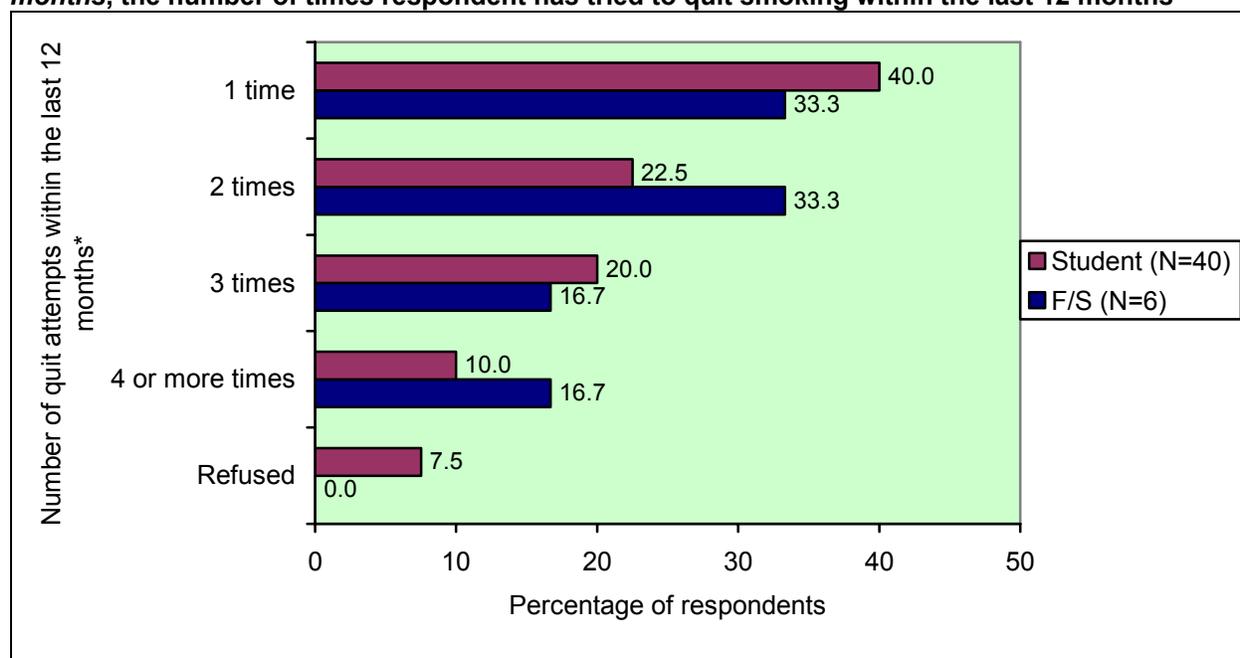
**Faculty/staff:**

- Faculty/staff who smoke and have tried to quit smoking within the last 12 months are evenly distributed in the number of times they have tried to quit within the last 12 months: 33.3 percent have tried to quit once within the last 12 months, another 33.3 percent have tried to quit twice, and 33.4 percent have tried to quit 3 or more times.
- The number of quit attempts among faculty/staff who smoke and have tried to quit smoking within the last 12 months ranges from 1 to 4. The average number of attempts is 2.17.

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

- Though the average number of quit attempts is similar between faculty/staff (mean=2.17) and students (mean=2.14), a slightly larger proportion of students than faculty/staff has tried to quit only once in the last 12 months (40.0 percent and 33.3 percent, respectively) and a slightly larger proportion of faculty/staff than students has tried to quit 4 or more times in the last 12 months (16.7 percent and 10.0 percent, respectively).

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



\*Student range=1 to 9, mean=2.14; faculty/staff range=1 to 4, mean=2.17. Means exclude "Refused" responses.

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

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

**Students:**

- On average, students agree that they are worried about the impacts of smoking on their health (mean=3.92), that they are concerned about the effect of secondhand smoke from their smoking on their friends or family (mean=3.44), that they are worried about the impact of their smoking on their appearance (mean=3.43), and that they are concerned about how to handle stress if they quit smoking (mean=3.39). They are neutral regarding being concerned about gaining weight if they quit smoking (mean=2.95). They disagree that they are concerned that their smoking negatively impacts their relationships with others (mean=2.58).

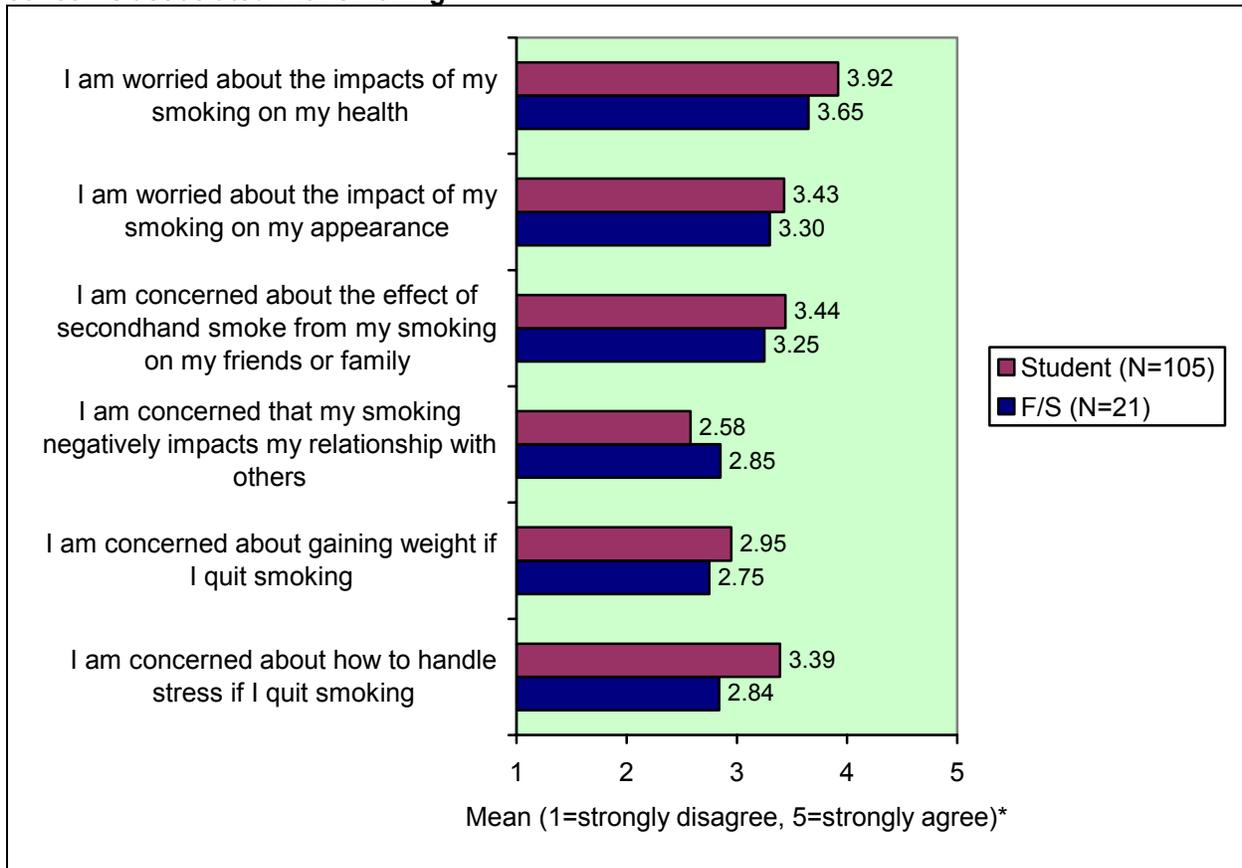
**Faculty/staff:**

- On average, faculty/staff agree that they are worried about the impacts of smoking on their health (mean=3.65). They somewhat agree that they are worried about the impact of their smoking on their appearance (mean=3.30) and that they are concerned about the effect of secondhand smoke from their smoking on their friends or family (mean=3.25). They disagree that they are concerned about gaining weight if they quit smoking (mean=2.75). They somewhat disagree that they are concerned about how to handle stress if they quit smoking (mean=2.84) and that they are concerned that their smoking negatively impacts their relationship with others (mean=2.85).

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

- On average, students and faculty/staff have similar views regarding worries and concerns associated with smoking. However, while students agree that they are concerned about how to handle stress if they quit smoking (mean=3.39), faculty/staff somewhat disagree (mean=2.84).

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



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

## Opinions and Preferences Regarding Campus Smoking Policies

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

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

### **Students:**

- On average, students somewhat disagree that they are concerned about the health consequences of secondhand smoke on campus (mean=2.81). Students agree that litter caused by smoking detracts from the appearance of the campus (mean=3.51) and that it is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke (mean=3.47).

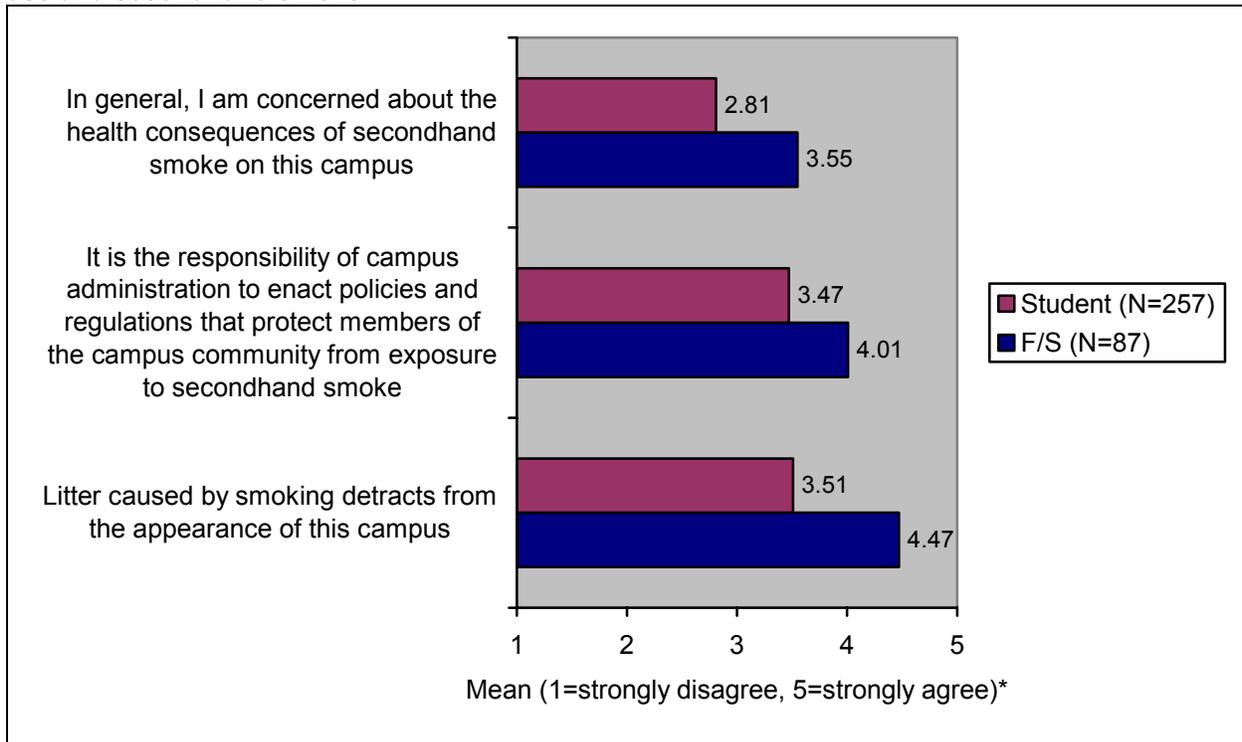
### **Faculty/staff:**

- On average, faculty/staff strongly agree that litter caused by smoking detracts from the appearance of the campus (mean=4.47) and that it is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke (mean=4.01). They agree that they are concerned about the health consequences of secondhand smoke on campus (mean=3.55).

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

- On average, faculty/staff agree while students somewhat disagree that they are concerned about the health consequences of secondhand smoke on campus (mean=3.55 and mean=2.81, respectively). Faculty/staff agree more strongly than students that it is the responsibility of campus administration to enact policies and regulations that protect members of the campus community from exposure to secondhand smoke (mean=4.01 and mean=3.47, respectively). Faculty/staff agree much more strongly than students that litter caused by smoking detracts from the appearance of the campus (mean=4.47 and mean=3.51, respectively).

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



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

Respondents were asked to indicate which policy best represents the current smoking policy at MSCTC-Moorhead. According to MSCTC-Moorhead administration, the current campus smoking policy for MSCTC-Moorhead corresponds to Policy B: “The campus buildings are smoke-free; smoking on the premises is prohibited except in designated outdoor areas. Smoking is prohibited in college or state-owned vehicles.”

The other two options respondents had to choose from were Policy A: “The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university,” and Policy C: “The campus buildings are smoke-free; there are no smoking restrictions on the grounds.”

See Figure 16 and Appendix Table 38 for overall distributions.

**Students:**

- A little more than half of students at MSCTC-Moorhead think Policy B represents the current campus smoking policy (54.5 percent), which is correct. One-fifth of students believe a different policy is correct (19.8 percent).

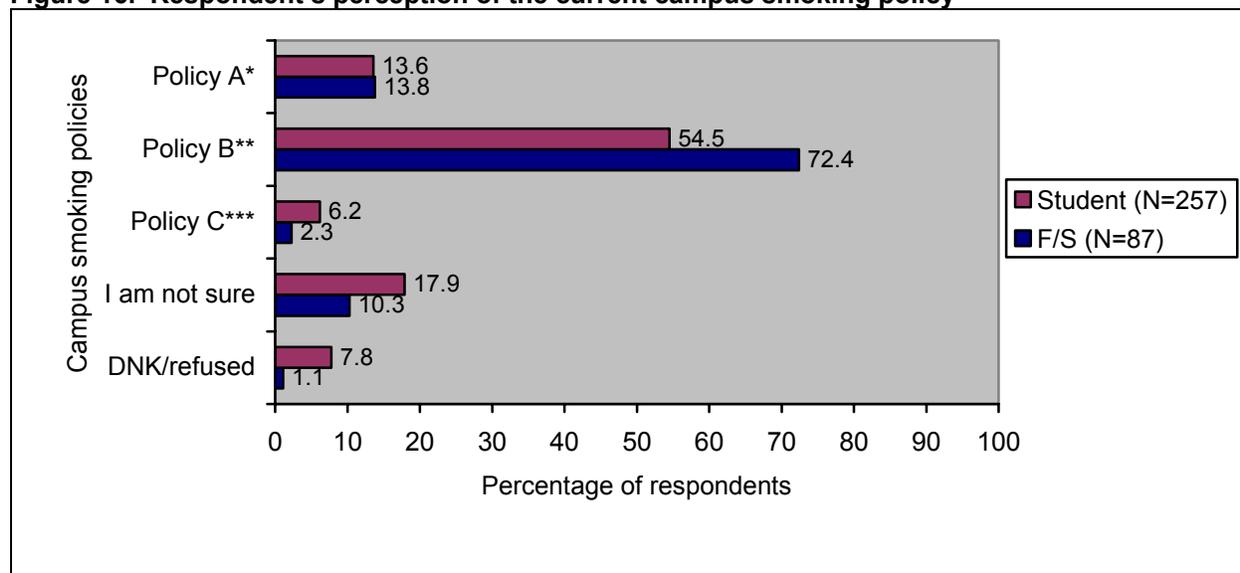
**Faculty/staff:**

- Nearly three-fourths of faculty/staff think Policy B represents the current campus smoking policy (72.4 percent), which is correct. One-sixth of faculty/staff believe a different policy is correct (16.1 percent).

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

- Faculty/staff are much more confident than students that Policy B represents the current smoking policy at MSCTC-Moorhead (72.4 percent and 54.5 percent, respectively). However, more than one-tenth of faculty/staff (13.6 percent) and students (13.8 percent) believe the current campus smoking policy is Policy A.

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



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

\*\*Policy B: “The campus buildings are smoke-free; smoking on the premises is prohibited except in designated outdoor areas. Smoking is prohibited in college or state-owned vehicles.”

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

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

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

**Students:**

- On average, students are near the middle in their opinion regarding how well the campus smoking policy is enforced outdoors (mean=2.84). Students are fairly evenly distributed in their opinion of how well the campus smoking policy is enforced outdoors; the largest proportion of students, one-fifth, say it is enforced not at all well (20.6 percent).

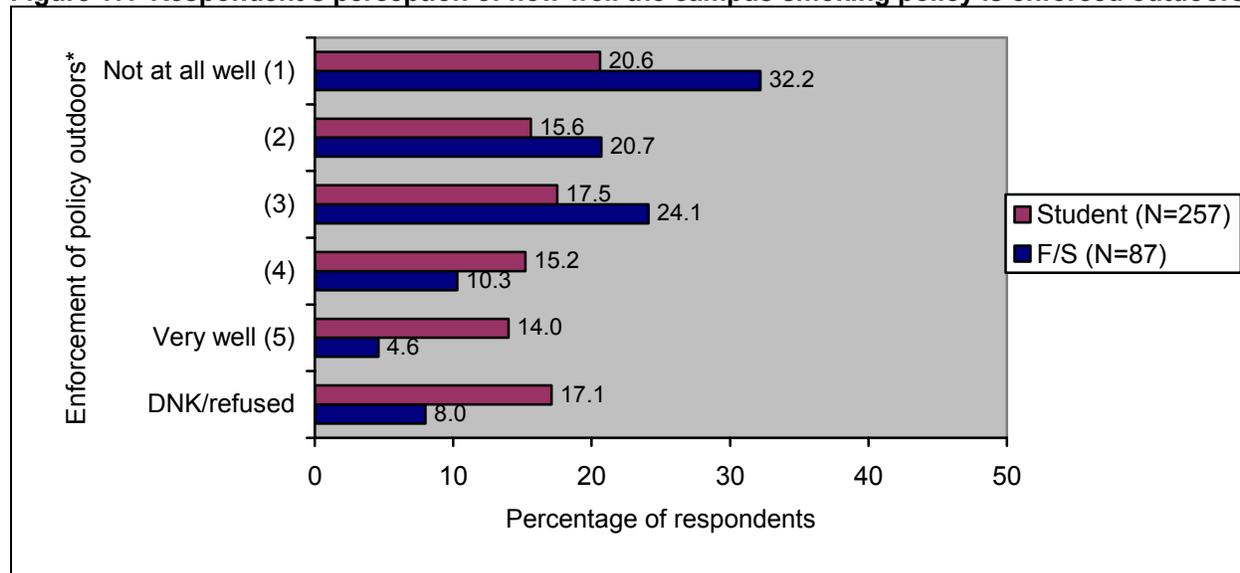
**Faculty/staff:**

- On average, faculty/staff say the campus smoking policy outdoors is not enforced well (mean=2.29). One-third of faculty/staff say it is enforced not at all well (32.2 percent).

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

- On average, faculty/staff rate the enforcement of the campus smoking policy outdoors more poorly than students (mean=2.29 and mean=2.84, respectively). A larger proportion of faculty/staff than students say it is enforced not at all well (32.2 percent and 20.6 percent, respectively).

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



\*Student mean=2.84; faculty/staff mean=2.29. Means are based on a 1 to 5 scale, with 1 being “not at all well” and 5 being “very well,” and exclude “Do not know/refused” responses.

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

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

**Students:**

- On average, students are somewhat likely to support a policy requiring a smoke-free campus (mean=3.11). One-third of students say it is very likely they would support a smoke-free campus policy (35.0 percent).

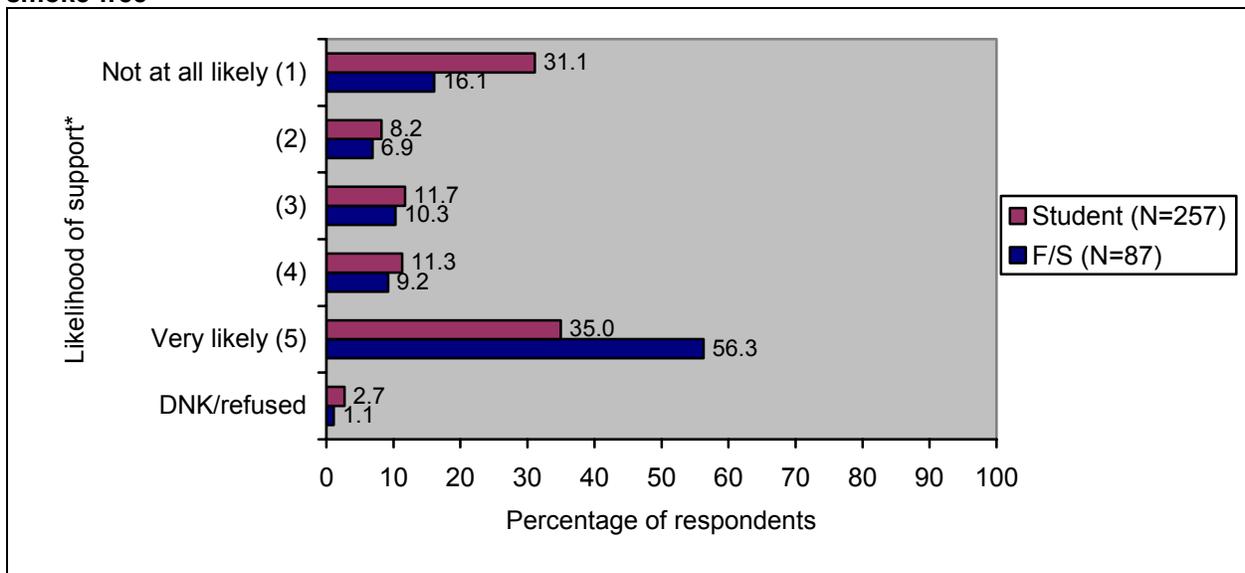
**Faculty/staff:**

- On average, faculty/staff are likely to support a policy requiring a smoke-free campus (mean=3.84). More than half of faculty/staff say it is very likely they would support a smoke-free campus policy (56.3 percent).

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

- On average, faculty/staff show stronger support for a smoke-free campus policy than students (mean=3.84 and mean=3.11, respectively). More than half of faculty/staff are very likely to support a smoke-free campus policy compared to one-third of students (56.3 percent and 35.0 percent, respectively).

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



\*Student mean=3.11; faculty/staff mean=3.84. Means are based on a 1 to 5 scale, with 1 being “not at all likely” and 5 being “very likely,” and exclude “Do not know/refused” responses.

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

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

**Students:**

- On average, students believe a smoke-free campus policy would have a somewhat positive effect on student quality of life (mean=3.33) and student learning (mean=3.18). Students believe a smoke-free campus policy would have a somewhat negative effect on student enrollments (mean=2.87).

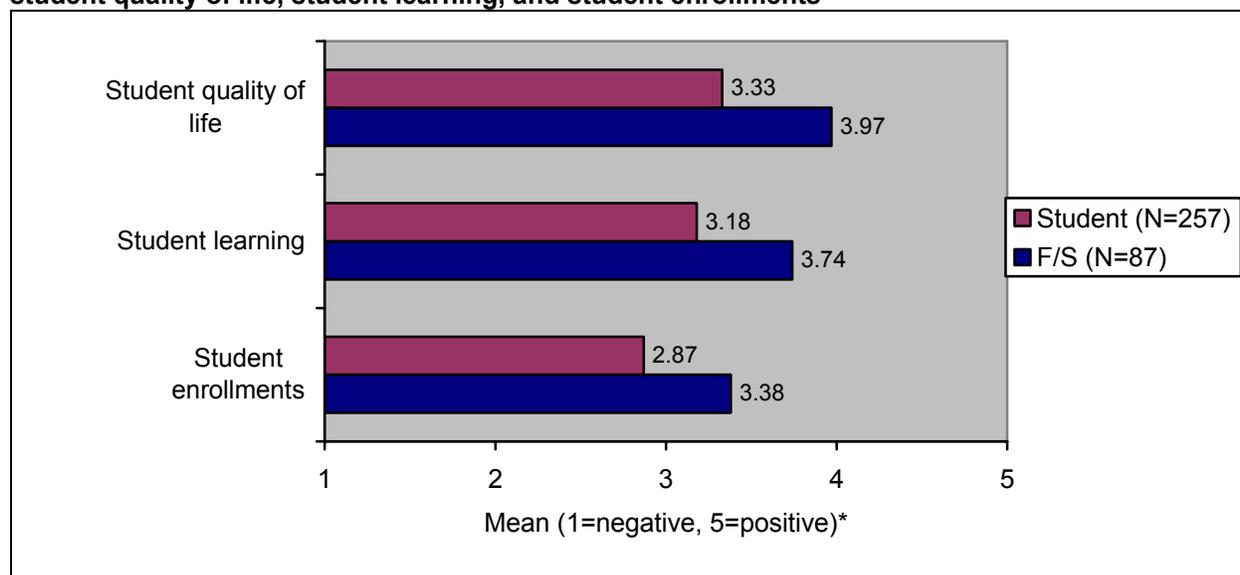
**Faculty/staff:**

- On average, faculty/staff believe a smoke-free campus policy would have a positive effect on student quality of life (mean=3.97) and student learning (mean=3.74). Faculty/staff believe a smoke-free campus policy would have a somewhat positive effect on student enrollments (mean=3.38).

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

- On average, faculty/staff anticipate that a smoke-free campus policy would have a more positive effect on student quality of life (mean=3.97 and mean=3.33, respectively) and student learning (mean=3.74 and mean=3.18, respectively) than students anticipate. Faculty/staff also indicate a smoke-free campus policy would have a somewhat positive effect on student enrollments (mean=3.38) while students indicate a smoke-free campus policy would have a somewhat negative effect on student enrollments (mean=2.87).

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



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

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

See Figure 20 and Appendix Table 44 for overall distributions.

**Students:**

- Nearly two-thirds of students indicate a smoke-free campus policy would not influence their decision to attend MSCTC-Moorhead (65.0 percent). Nearly equal proportions indicate they would be more likely (17.1 percent) and less likely (13.2 percent) to attend MSCTC-Moorhead if a smoke-free campus policy was implemented.

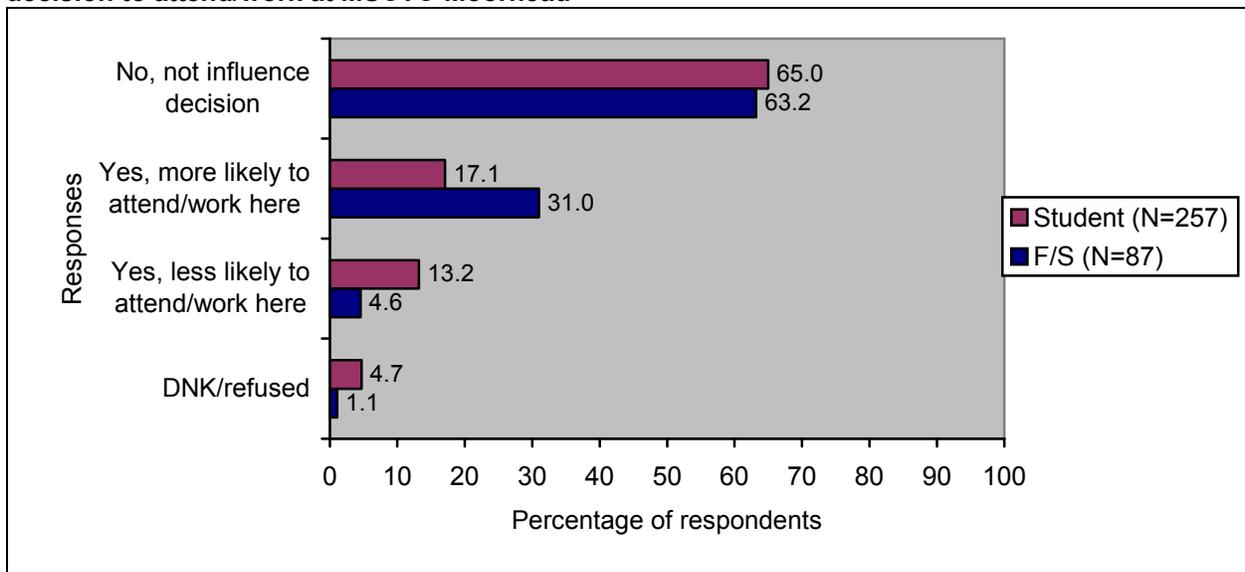
**Faculty/staff:**

- Nearly two-thirds of faculty/staff indicate a smoke-free campus policy would not influence their decision to work at MSCTC-Moorhead (63.2 percent). Nearly one-third indicate they would be more likely to work at MSCTC-Moorhead (31.0 percent).

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

- Nearly equal proportions of faculty/staff and students indicate a smoke-free campus policy would not influence their decision to attend/work at MSCTC-Moorhead. However, a larger proportion of faculty/staff than students say they would be more likely to attend/work at MSCTC-Moorhead if the campus was smoke-free (31.0 percent and 17.1 percent, respectively).

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



## Awareness of and Interest in Education/Cessation

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

See Figure 21 and Appendix Table 45 for overall distributions.

### Students:

- One-fourth of students say that health information about tobacco use has been made available on their campus (24.5 percent). Two-thirds of students are not sure if health information about tobacco use has been made available (68.0 percent).

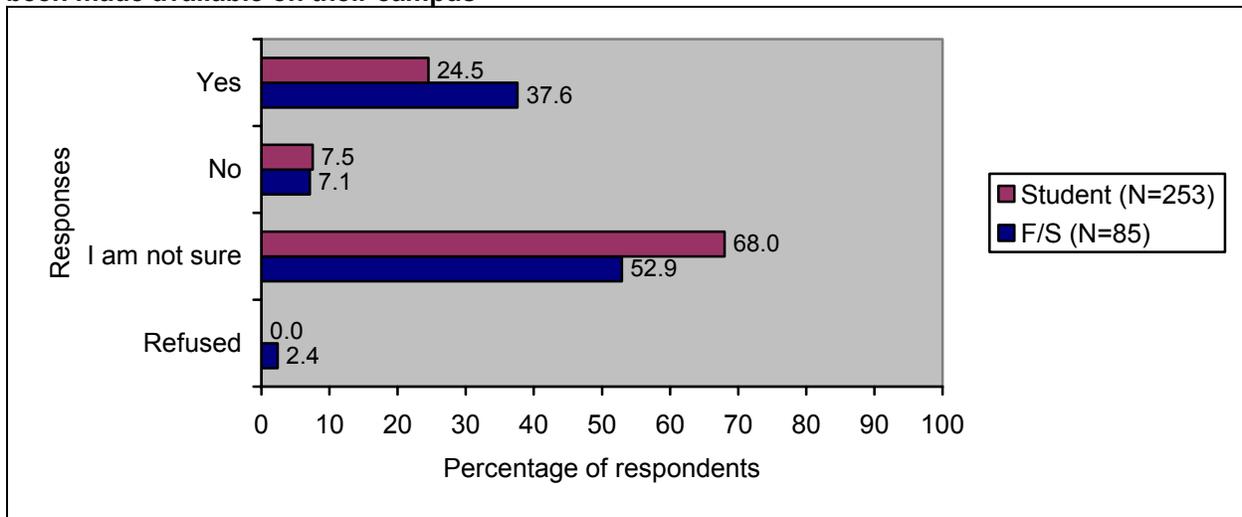
### Faculty/staff:

- More than one-third of faculty/staff say that health information about tobacco use has been made available on their campus (37.6 percent). Half of faculty/staff are not sure if health information about tobacco use has been made available (52.9 percent).

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

- A larger proportion of faculty/staff than students say they know for sure that health information about tobacco use has been made available on their campus (37.6 percent and 24.5 percent, respectively). A larger proportion of students than faculty/staff are not sure if health information about tobacco use has been made available (68.0 percent and 52.9 percent, respectively).

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



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

See Figure 22 and Appendix Table 46 for overall distributions.

**Students:**

- Half of students are not sure if smoking cessation counseling or quit programs are offered on their campus (50.6 percent), while 43.5 percent say no, they are not aware of programs offered on their campus. Only 4.7 percent of students say yes, they are aware of programs.

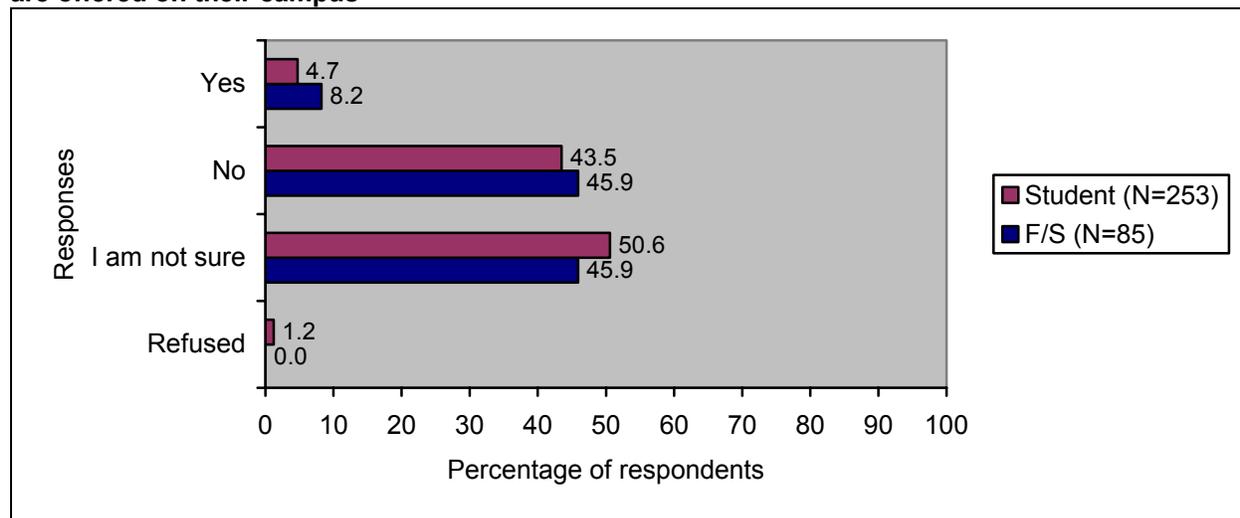
**Faculty/staff:**

- Faculty/staff are evenly split between saying they are not sure if programs are offered on their campus (45.9 percent) and saying no, they are not aware of smoking cessation counseling or quit programs offered on their campus (45.9 percent). Only 8.2 percent of faculty/staff say yes, they are aware of programs.

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

- Students and faculty/staff have similar views on smoking cessation counseling or quit programs offered on their campus; only a small minority say they are aware of programs (4.7 percent and 8.2 percent, respectively).

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



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

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

#### **Students:**

- Regarding cessation/stopping smoking programs, the vast majority of students say they are not interested/it does not apply to them or declined to answer the question (83.4 percent; data calculated separately). Students indicate the greatest interest in medications (9.8 percent).
- Other types of cessation/stopping smoking programs in which students indicate interest are hypnosis, chewing programs, and moderated support groups.
- *Among students who are smokers:*
  - 22.8 percent are interested in medications.
  - 5.3 percent are interested in one-on-one counseling.
  - 4.4 percent are interested in support groups.
  - 2.6 percent are interested in a phone hotline.
  - 49.1 percent say it does not apply to them/they are not interested.
  - 20.2 percent declined to answer.

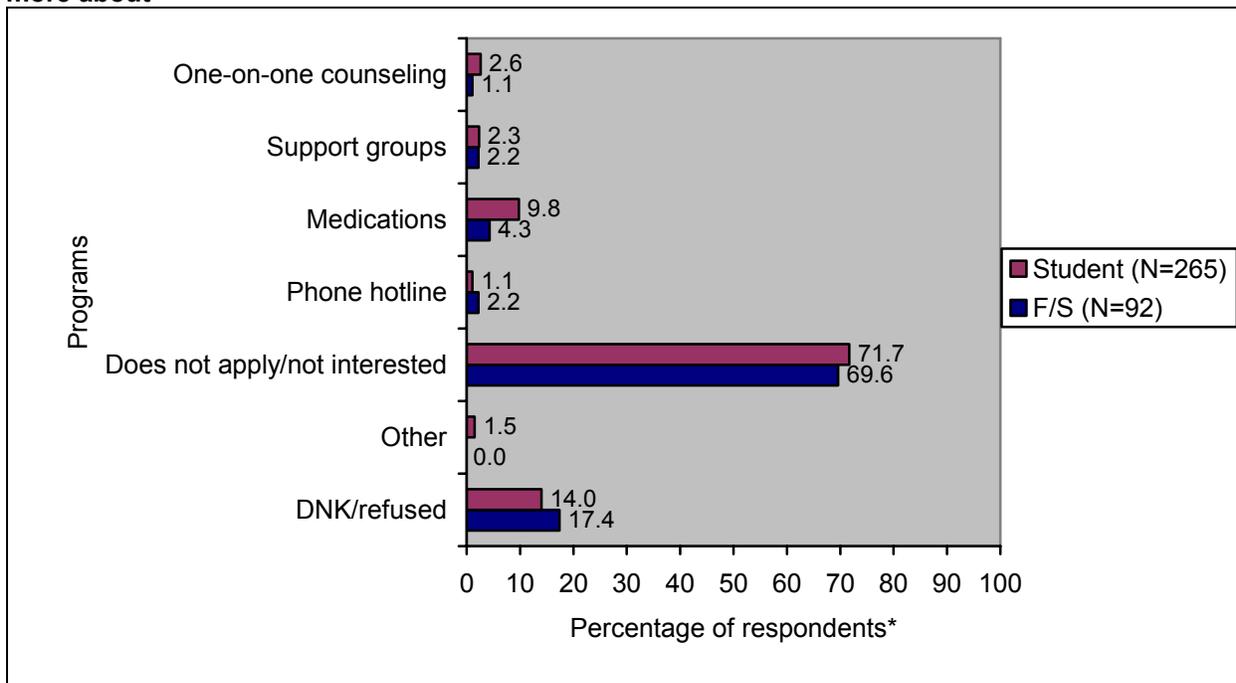
#### **Faculty/staff:**

- Regarding cessation/stopping smoking programs, the vast majority of faculty/staff say either they are not interested/it does not apply to them (69.6 percent) or declined to answer the question (17.4 percent). Small proportions of faculty/staff indicate interest in medications (4.3 percent), support groups (2.2 percent), a phone hotline (2.2 percent), and one-on-one counseling (1.1 percent).
- *Among faculty/staff who are smokers:*
  - 9.1 percent are interested in medications.
  - 36.4 percent say it does not apply to them/they are not interested.
  - 36.4 percent declined to answer.

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

- Students and faculty/staff overall have similar views on smoking cessation counseling or quit programs offered on their campus. However, a somewhat larger proportion of students than faculty/staff indicate interest in medications (9.8 percent and 4.3 percent, respectively). The difference is more noticeable among respondents who are smokers; 22.8 percent of student smokers show interest in medications compared to 9.1 percent of faculty/staff smokers.

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



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

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

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

See Figure 24 and Appendix Table 50 for overall distributions.

### **Students:**

- One-third of students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO NOT serve liquor (33.6 percent); 44.7 percent indicate it would not make a difference. Approximately one-tenth indicate they would want to go less often (11.5 percent).

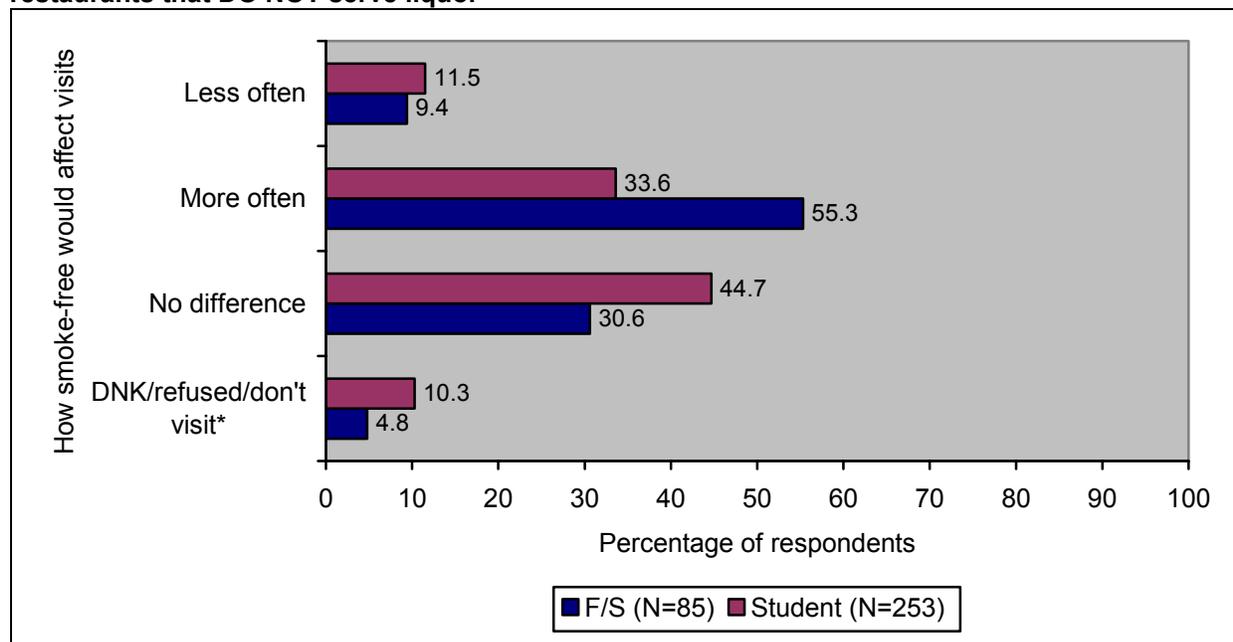
### **Faculty/staff:**

- More than half of faculty/staff indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO NOT serve liquor (55.3 percent); 30.6 percent indicate it would not make a difference. Approximately one-tenth indicate they would want to go less often (9.4 percent).

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

- A larger proportion of faculty/staff than students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO NOT serve liquor (55.3 percent and 33.6 percent, respectively). A larger proportion of students than faculty/staff indicate smoke-free status would not make a difference in their visits to off campus restaurants that DO NOT serve liquor (44.7 percent and 30.6 percent, respectively).

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



\*Category includes responses of "I would not visit this type of location," "Not applicable," and "Do not know/refused." See Appendix Table 50 for detailed responses.

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

See Figure 25 and Appendix Table 51 for overall distributions.

**Students:**

- More than one-fourth of students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO serve liquor (28.5 percent); 41.5 percent indicate it would not make a difference and 17.0 percent indicate they would want to go less often.

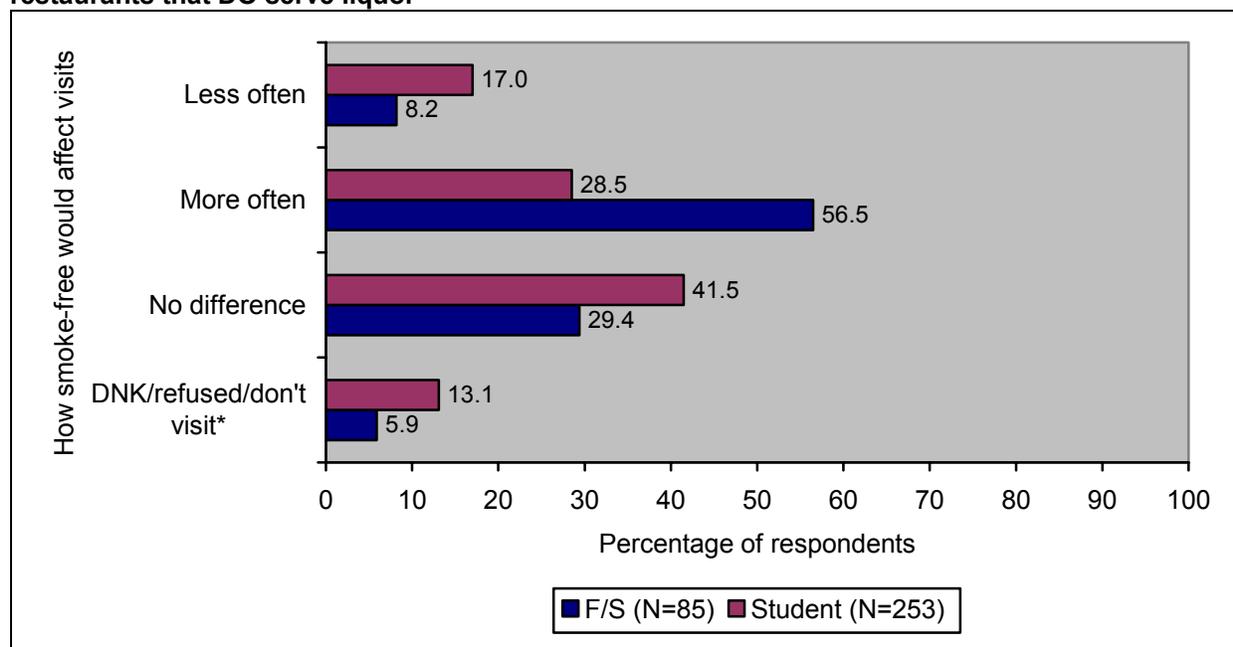
**Faculty/staff:**

- More than half of faculty/staff indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO serve liquor (56.5 percent); 29.4 percent indicate it would not make a difference and 8.2 percent indicate they would want to go less often.

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

- A larger proportion of faculty/staff than students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free restaurants that DO serve liquor (56.5 percent and 28.5 percent, respectively). A larger proportion of students than faculty/staff indicate smoke-free status would not make a difference in their visits to off campus restaurants that DO serve liquor (41.5 percent and 29.4 percent, respectively).

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



\*Category includes responses of “I would not visit this type of location,” “Not applicable,” and “Do not know/refused.” See Appendix Table 51 for detailed responses.

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

See Figure 26 and Appendix Table 52 for overall distributions.

**Students:**

- More than one-fourth of students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free bars/cocktail lounges (26.9 percent); 32.0 percent indicate it would not make a difference and 20.2 percent indicate they would want to go less often.

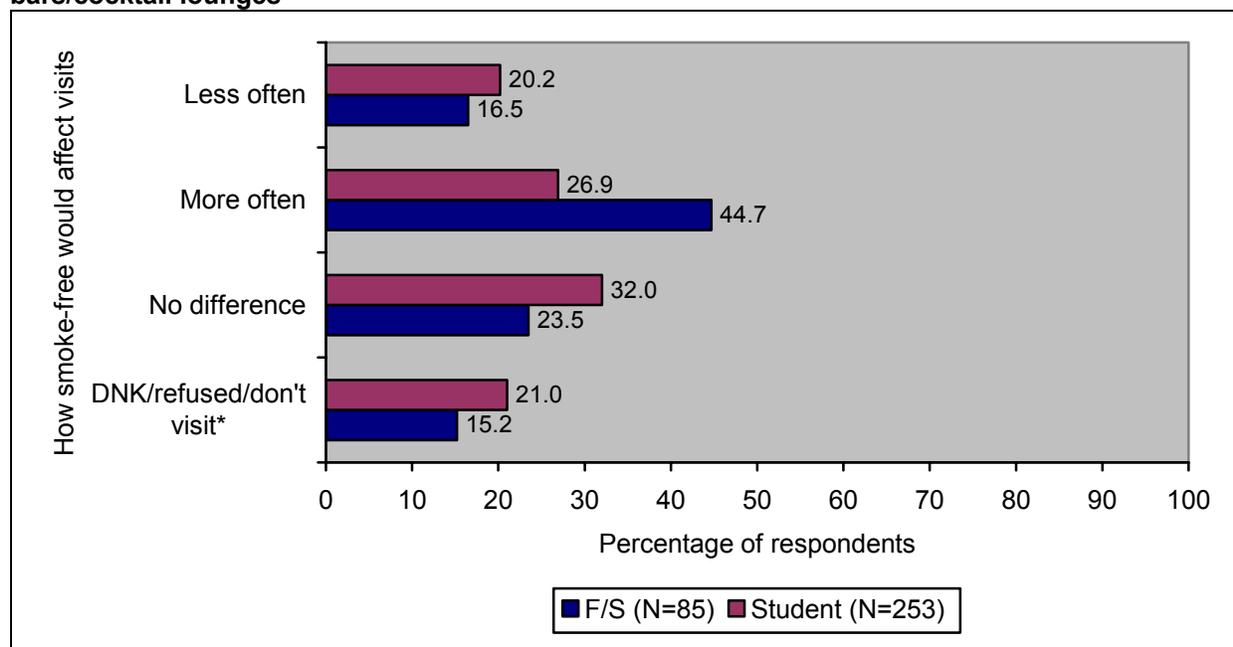
**Faculty/staff:**

- The largest proportion of faculty/staff indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free bars/cocktail lounges (44.7 percent); 23.5 percent indicate it would not make a difference and 16.5 percent indicate they would want to go less often.

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

- A larger proportion of faculty/staff than students indicate a preference for a smoke-free environment saying they would want to go more often to off campus smoke-free bars/cocktail lounges (44.7 percent and 26.9 percent, respectively). A larger proportion of students than faculty/staff indicate smoke-free status would not make a difference in their visits to off campus bars/cocktail lounges (32.0 percent and 23.5 percent, respectively).

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



\*Category includes responses of “I would not visit this type of location,” “Not applicable,” and “Do not know/refused.” See Appendix Table 52 for detailed responses.

## Demographics

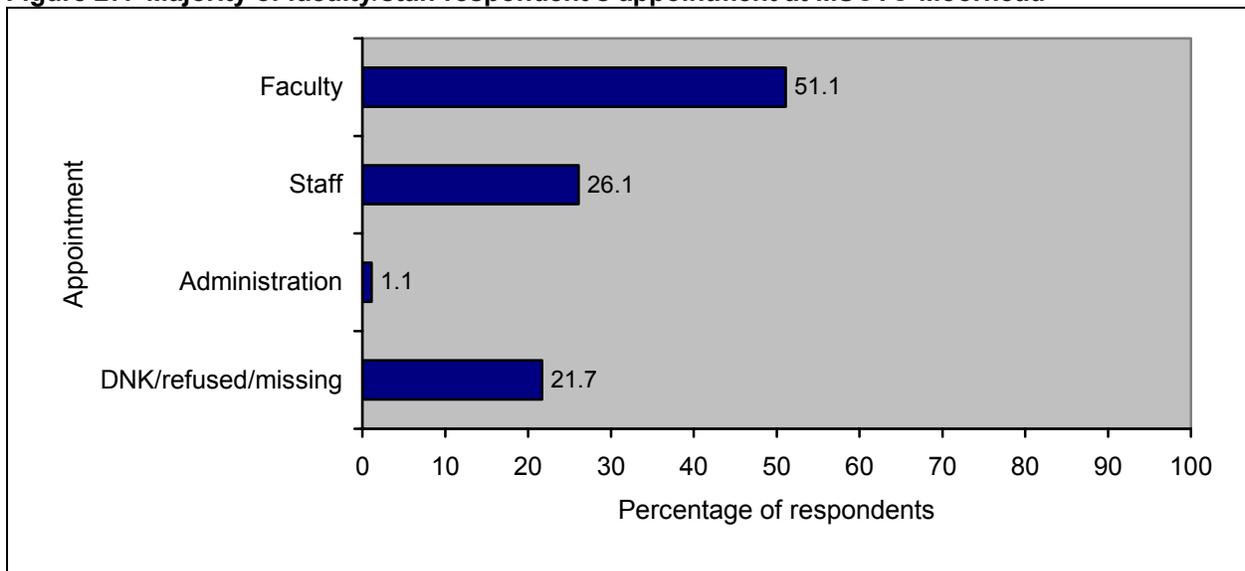
Faculty/staff respondents were asked to specify the majority of their appointment at MSCTC-Moorhead as faculty, staff, or administration.

See Figure 27 and Appendix Table 53 for overall distributions.

### Faculty/staff:

- Respondents to the faculty/staff survey consist of 51.1 percent faculty, 26.1 percent staff, and 1.1 percent administration. One-fifth of respondents indicated “Do not know/refused” or quit the survey prior to this question (21.7 percent).
- According to MSCTC-Moorhead administrative records, 64.7 percent of employees at MSCTC-Moorhead are faculty, 27.2 percent are general staff, and 8.1 percent are administration.

**Figure 27. Majority of faculty/staff respondent’s appointment at MSCTC-Moorhead**



N=92

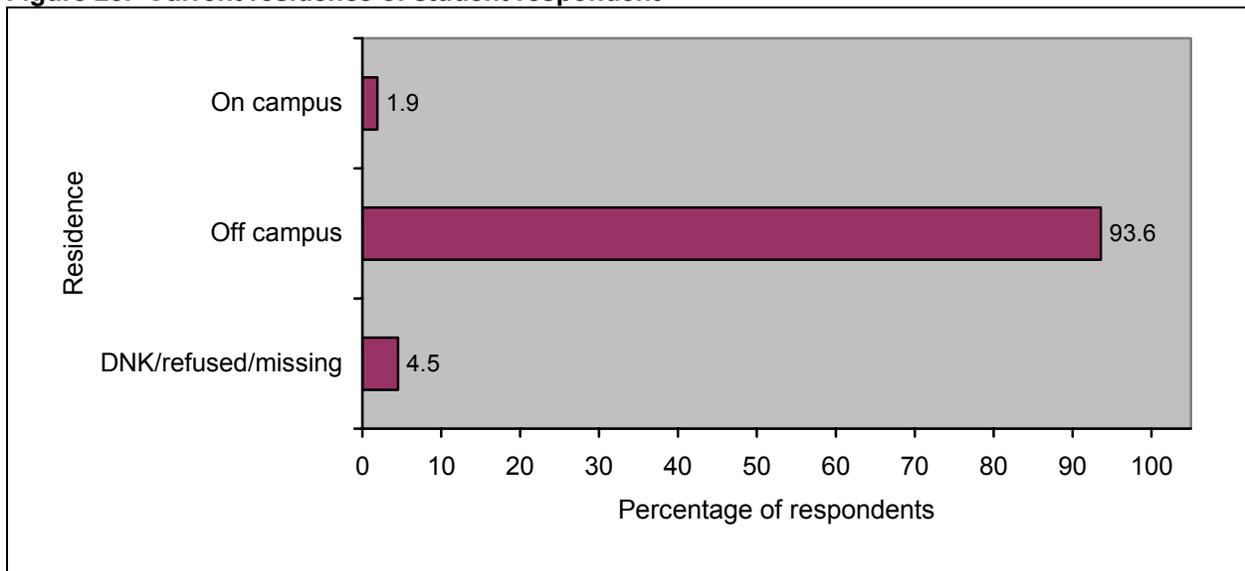
Student respondents were asked whether their current residence is on campus or off campus.

See Figure 28 and Appendix Table 54 for overall distributions.

**Students:**

- The vast majority of students live off campus (93.6 percent).
- According to MSCTC-Moorhead administration, MSCTC-Moorhead does not offer on-site campus housing. However, an arrangement has been made with Minnesota State University Moorhead that reserves space for up to 200 MSCTC-Moorhead students who wish to reside at the university.

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



N=265

Respondents were asked to specify their gender.

See Figure 29 and Appendix Table 55 for overall distributions.

**Students:**

- Approximately one-fourth of student respondents are male (26.8 percent) and two-thirds are female (68.7 percent). A small proportion of students declined to indicate their gender (4.5 percent).
- According to MSCTC-Moorhead administrative records, 47.0 percent of MSCTC-Moorhead students are male and 53.0 percent of MSCTC-Moorhead students are female.

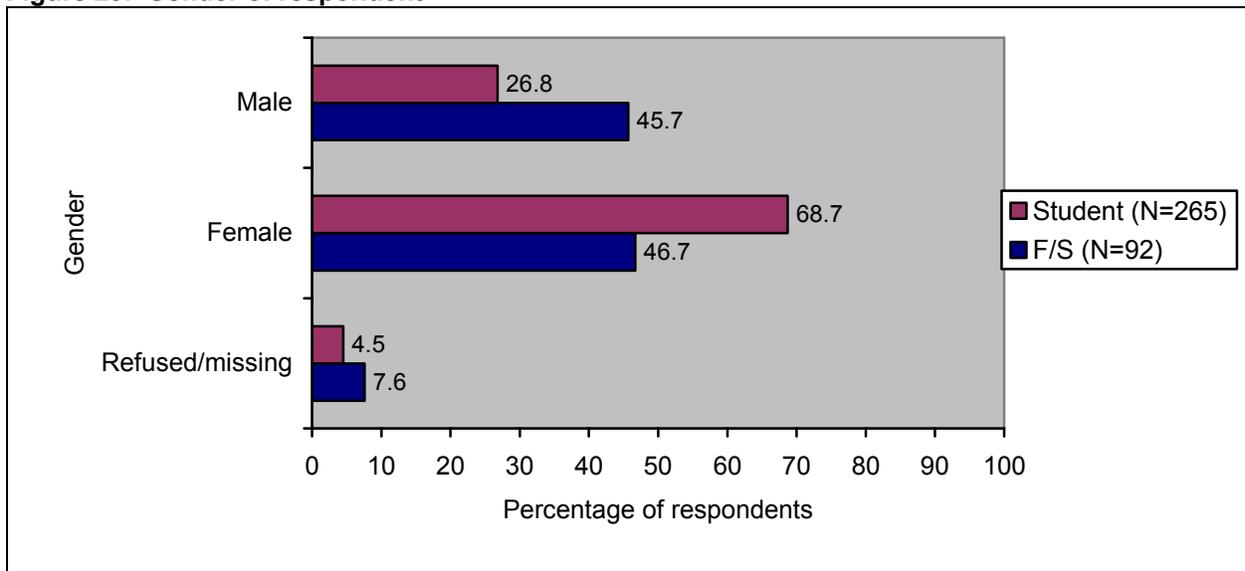
**Faculty/staff:**

- Faculty/staff respondents are evenly distributed between male (45.7 percent) and female (46.7 percent). A small proportion of faculty/staff declined to indicate their gender (7.6 percent).
- According to MSCTC-Moorhead administrative records, 44.9 percent of faculty/staff are male and 55.1 percent of faculty/staff are female.

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

- A larger proportion of student respondents than faculty/staff respondents are female (68.7 percent and 46.7 percent, respectively).

**Figure 29. Gender of respondent**



Respondents were asked to provide their age.

See Figure 30 and Appendix Table 56 for overall distributions.

**Students:**

- One-third of student respondents are ages 20 or younger (32.5 percent). An additional 26.8 percent are ages 21 to 24, and 32.1 percent are ages 25 and older.
- The age of student respondents ranges from 16 to 53. The average age of student respondents is 25.17 years.
- According to MSCTC-Moorhead administrative records, 46.0 percent of MSCTC-Moorhead students are ages 20 or younger, 28.3 percent are ages 21 to 24, and 25.1 percent are ages 25 and older.

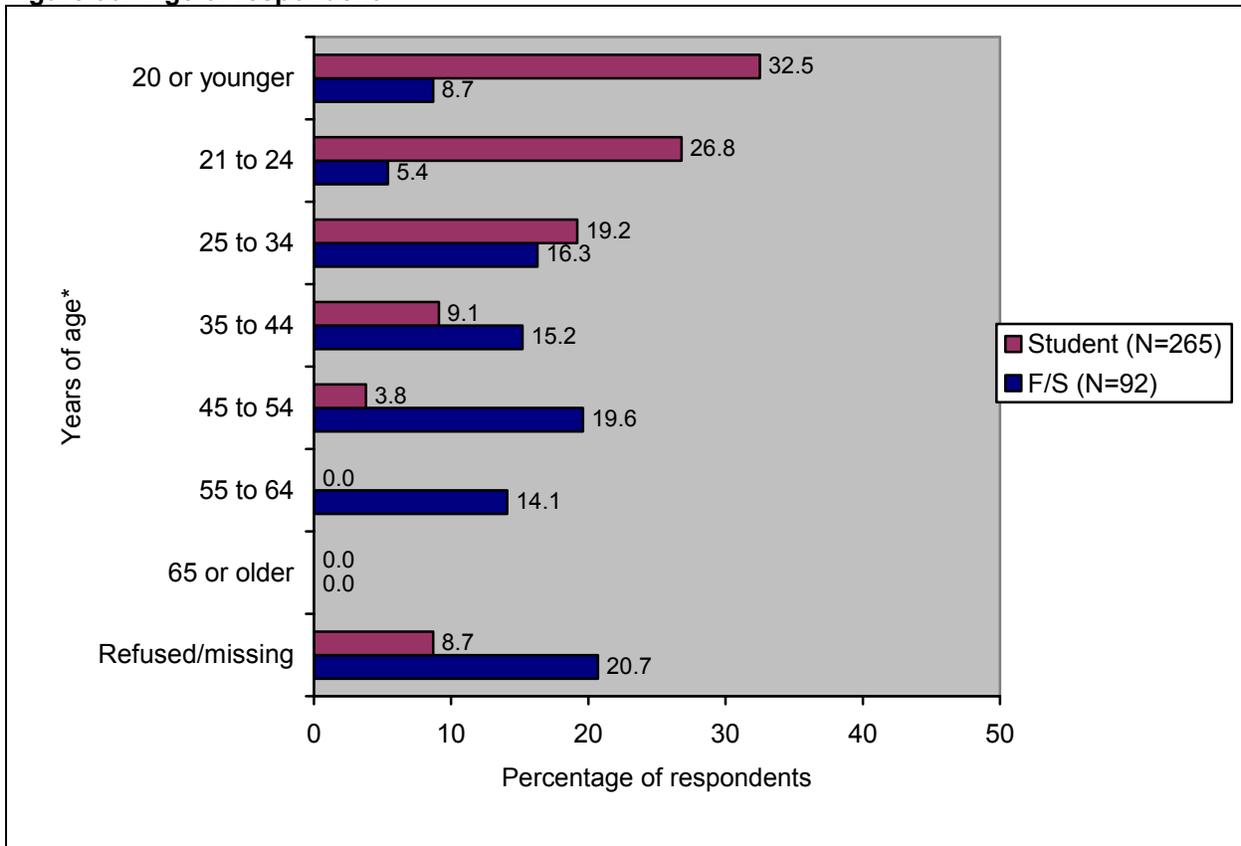
**Faculty/staff:**

- Nearly one-third of MSCTC-Moorhead faculty/staff respondents are ages 25 to 44 (31.5 percent) and one-third are ages 45 to 64 (33.7 percent). One-fifth of faculty/staff respondents indicated “Refused” or quit the survey prior to this question (20.7 percent).
- The age of faculty/staff respondents ranges from 18 to 61. The average age of faculty/staff respondents is 39.70 years.
- Age information was not obtained from MSCTC-Moorhead administrative records for faculty/staff.

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

- On average, faculty/staff respondents are older than student respondents (mean=39.70 and mean=25.17, respectively).

**Figure 30. Age of respondent**



\*Student range=16 to 53, mean=25.17; faculty/staff range=18 to 61, mean=39.70. Means exclude "Refused/missing" responses.

The invitation to participate in the survey was sent to students attending and faculty/staff working at the MSCTC-Moorhead campus. Other MSCTC campuses are located in Detroit Lakes, Fergus Falls, and Wadena. Students and faculty/staff may be taking classes/teaching at the Moorhead campus, yet were able to indicate a campus other than Moorhead as their primary campus.

See Figure 31 and Appendix Table 57 for overall distributions.

**Students:**

- The vast majority of students are enrolled at the MSCTC-Moorhead campus (94.0 percent).

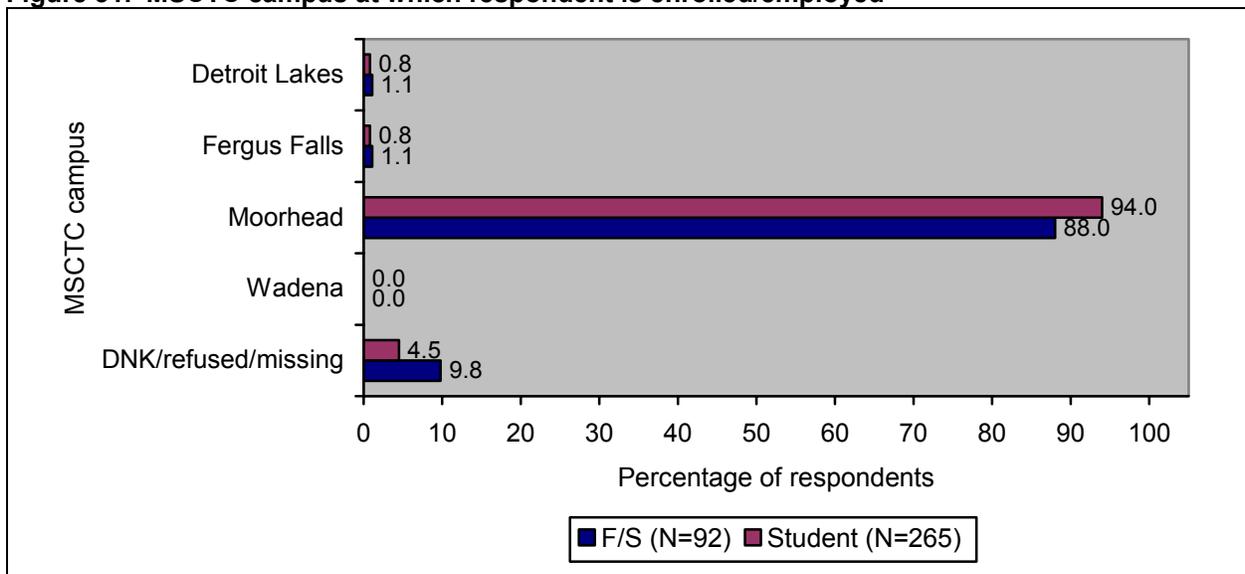
**Faculty/staff:**

- The vast majority of faculty/staff are employed at the MSCTC-Moorhead campus (88.0 percent).

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

- A slightly larger proportion of faculty/staff than students either indicated “Refused” or quit the survey prior to answering this question about their campus (9.8 percent and 4.5 percent, respectively).

**Figure 31. MSCTC campus at which respondent is enrolled/employed**



# Appendix A: Appendix Tables

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	77	29.1	24	26.1
(2)	23	8.7	13	14.1
(3)	42	15.8	12	13.0
(4)	50	18.9	15	16.3
(5) Strongly agree	47	17.7	9	9.8
Do not know/refused	26	9.8	19	20.7
Total	265	100.0	92	100.0
Mean*	2.86		2.62	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	64	24.2	19	20.7
(2)	31	11.7	12	13.0
(3)	56	21.1	15	16.3
(4)	53	20.0	19	20.7
(5) Strongly agree	35	13.2	7	7.6
Do not know/refused	26	9.8	20	21.7
Total	265	100.0	92	100.0
Mean*	2.85		2.76	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	86	32.5	19	20.7
(2)	47	17.7	16	17.4
(3)	52	19.6	9	9.8
(4)	47	17.7	23	25.0
(5) Strongly agree	15	5.7	8	8.7
Do not know/refused	18	6.8	17	18.5
Total	265	100.0	92	100.1
Mean*	2.43		2.80	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	115	43.4	40	43.5
(2)	60	22.6	19	20.7
(3)	32	12.1	7	7.6
(4)	20	7.5	8	8.7
(5) Strongly agree	13	4.9	6	6.5
Do not know/refused	25	9.4	12	13.0
Total	265	99.9	92	100.0
Mean*	1.98		2.01	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	178	67.2	55	59.8
(2)	31	11.7	9	9.8
(3)	18	6.8	10	10.9
(4)	8	3.0	4	4.3
(5) Strongly agree	9	3.4	6	6.5
Do not know/refused	21	7.9	8	8.7
Total	265	100.0	92	100.0
Mean*	1.52		1.77	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	16	6.0	8	8.7
(2)	4	1.5	2	2.2
(3)	18	6.8	2	2.2
(4)	29	10.9	5	5.4
(5) Strongly agree	184	69.4	72	78.3
Do not know/refused	14	5.3	3	3.3
Total	265	99.9	92	100.1
Mean*	4.44		4.47	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	14	5.3	7	7.6
(2)	1	0.4	1	1.1
(3)	4	1.5	3	3.3
(4)	18	6.8	4	4.3
(5) Strongly agree	215	81.1	75	81.5
Do not know/refused	13	4.9	2	2.2
Total	265	100.0	92	100.0
Mean*	4.66		4.54	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	12	4.7	4	4.6
(2)	10	3.9	4	4.6
(3)	25	9.7	11	12.6
(4)	37	14.4	7	8.0
(5) Strongly agree	170	66.1	61	70.1
Do not know/refused	3	1.2	0	0.0
Total	257	100.0	87	99.9
Mean*	4.35		4.34	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	26	9.8	10	10.9
(2)	43	16.2	16	17.4
(3)	50	18.9	14	15.2
(4)	45	17.0	20	21.7
(5) Strongly agree	91	34.3	31	33.7
Do not know/refused	10	3.8	1	1.1
Total	265	100.0	92	100.0
Mean*	3.52		3.51	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	54	20.4	7	7.6
(2)	34	12.8	10	10.9
(3)	44	16.6	17	18.5
(4)	22	8.3	10	10.9
(5) Strongly agree	105	39.6	46	50.0
Do not know/refused	6	2.3	2	2.2
Total	265	100.0	92	100.1
Mean*	3.35		3.87	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	64	24.2	40	43.5
(2)	46	17.4	13	14.1
(3)	57	21.5	11	12.0
(4)	27	10.2	4	4.3
(5) Strongly agree	59	22.3	21	22.8
Do not know/refused	12	4.5	3	3.3
Total	265	100.1	92	100.0
Mean*	2.89		2.47	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	133	50.2	55	59.8
(2)	54	20.4	7	7.6
(3)	32	12.1	9	9.8
(4)	17	6.4	8	8.7
(5) Strongly agree	25	9.4	10	10.9
Do not know/refused	4	1.5	3	3.3
Total	265	100.0	92	100.1
Mean*	2.03		2.00	

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

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

Locations	Respondents			
	Student (N=265)		Faculty/Staff (N=92)	
	Number	Percent*	Number	Percent*
On campus – on my way to classes/work (such as sidewalks, parking lots)	78	29.4	35	38.0
On campus – entrances into campus buildings	113	42.6	51	55.4
On campus – inside buildings due to smoke that has drifted/been brought in by ventilation	19	7.2	6	6.5
Off campus – public spaces (such as sidewalks, parking lots, bike paths)	76	28.7	26	28.3
Off campus – entrances into buildings (such as businesses, apartment buildings)	94	35.5	30	32.6
My workplace	38	14.3	NA	NA
The grounds surrounding my workplace	49	18.5	NA	NA
Restaurants	59	22.3	17	18.5
Bars/cocktail lounges	147	55.5	50	54.3
Places of public amusement (fairgrounds, outdoor concerts, etc.)	91	34.3	31	33.7
The homes of friends or family members	119	44.9	22	23.9
I am never or almost never exposed to secondhand smoke	26	9.8	11	12.0
Other**	18	6.8	1	1.1
Do not know/refused	6	2.3	4	4.3

Note: NA – question was not asked on the faculty/staff survey.

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

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

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

Other locations	Number
At home	2
Cars	2
Auctions	1
Bingo/casino	1
Bowling alleys	1
Bus depot, cabs	1
Designated smoking areas	1
Driving behind someone who is smoking	1
Friends' cars	1
I feel that I am only exposed to secondhand smoke when I am indoors not outdoors	1
I stay away from those who smoke, it stinks	1
Makes no difference to me	1
Parties	1
Secondhand smoke is NOT a health issue and DOES NOT in and of itself cause health problems, this is a myth perpetuated by the anti-smokers lobbying group	1
While trying to enjoy our backyard – have two neighbors smoking outside	1
[answer unclear]	1
Total	18

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

Other locations	Number
On the clothes of smokers who have just had a cigarette	1
Total	1

**Appendix Table 16. Respondent's best estimate of the proportion of students at MSCTC-Moorhead who smoke cigarettes**

Proportion of students	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
0 to 20 percent	12	4.5	5	5.4
21 to 33 percent	88	33.2	41	44.6
34 to 50 percent	97	36.6	36	39.1
51 percent or more	50	18.9	4	4.3
Do not know/refused	18	6.8	6	6.5
Total	265	100.0	92	99.9

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

Smoking status	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Tobacco user – regular smoker	69	26.0	11	12.0
Tobacco user – occasional smoker*	45	17.0	11	12.0
Non-tobacco user – used to but quit	46	17.4	26	28.3
Non-tobacco user – never used	101	38.1	41	44.6
Refused	4	1.5	3	3.3
Total	265	100.0	92	100.2

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

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

Detailed smoking status	Respondents			
	Student (N=147)		Faculty/Staff (N=67)	
	Number	Percent*	Number	Percent*
I am a regular smoker.	0	0.0	0	0.0
I smoke cigarettes occasionally (not every day).	0	0.0	0	0.0
I smoke/use tobacco only when I drink alcohol.	0	0.0	0	0.0
I smoke/use tobacco only when I am around others who smoke/use tobacco.	0	0.0	0	0.0
I smoke or use tobacco products other than cigarettes (cigarillos, cigars, pipes, chewing tobacco).	0	0.0	0	0.0
I used to smoke or use other tobacco products, but quit within the last year.	15	10.2	4	6.0
I used to smoke or use other tobacco products, but quit more than one year ago.	31	21.1	22	32.8
I have never smoked or used other tobacco products.	101	68.7	41	61.2

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

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

Detailed smoking status	Respondents			
	Student (N=114)		Faculty/Staff (N=22)	
	Number	Percent*	Number	Percent*
I am a regular smoker.	69	60.5	11	50.0
I smoke cigarettes occasionally (not every day).	22	19.3	5	22.7
I smoke/use tobacco only when I drink alcohol.	31	27.2	7	31.8
I smoke/use tobacco only when I am around others who smoke/use tobacco.	19	16.7	6	27.3
I smoke or use tobacco products other than cigarettes (cigarillos, cigars, pipes, chewing tobacco).	18	15.8	5	22.7
I used to smoke or use other tobacco products, but quit within the last year.**	4	3.5	0	0.0
I used to smoke or use other tobacco products, but quit more than 1 year ago.**	4	3.5	0	0.0
I have never smoked or used other tobacco products.	0	0.0	0	0.0

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

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

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

Average number of cigarettes/day	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
1 to 5	4	5.9	1	9.1
6 to 10	23	33.8	0	0.0
11 to 15	5	7.4	5	45.5
16 to 20	22	32.4	3	27.3
21 or more	5	7.4	1	9.1
Refused	9	13.2	1	9.1
Total	68	100.1	11	100.1
Mean (number of cigarettes)*	15.08		16.40	

\*Student range=5 to 40; faculty/staff range=5 to 25. Means exclude "Refused" responses.

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

Age began smoking	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
11 or younger	5	4.8	1	4.8
12 to 14	28	26.7	4	19.0
15 to 17	46	43.8	6	28.6
18 to 20	14	13.3	5	23.8
21 or older	4	3.8	1	4.8
Refused	8	7.6	4	19.0
Total	105	100.0	21	100.0
Mean (age in years)*	15.51		16.12	

\*Student range=8 to 27; faculty/staff range=10 to 21. Means exclude "Refused" responses.

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

Influential factors	Respondents			
	Student (N=114)		Faculty/Staff (N=22)	
	Number	Percent*	Number	Percent*
Peers	73	64.0	14	63.6
Stress	37	32.5	4	18.2
Family members also smoked	38	33.3	7	31.8
Appetite suppressant	7	6.1	3	13.6
Other**	15	13.2	2	9.1
Do not know/refused	11	9.6	2	9.1

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

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

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

Other influential factors	Number
Wanted to try it/curiosity	5
Alcohol	3
Felt like it	2
Liked smoking	1
No reason	1
Seemed cool, most peers didn't smoke	1
Cigarette commercials and advertising were big influences also	1
[answer unclear]	1
Total	15

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

Other influential factors	Number
Curiosity	1
Girls	1
Total	2

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

Number of four closest friends who smoke	Respondents	
	Number	Percent
One	12	11.4
Two	20	19.0
Three	28	26.7
All of them	29	27.6
None of them	11	10.5
Do not know/refused	5	4.8
Total	105	100.0

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

Interest in quitting smoking	Respondents			
	Student (N=114)		Faculty/Staff (N=22)	
	Number	Percent*	Number	Percent*
I am not interested in quitting smoking.	13	11.4	4	18.2
I want to quit smoking, but have no timeframe.	39	34.2	8	36.4
I plan to quit smoking within the next 6 months.	24	21.1	2	9.1
I plan to quit smoking when I graduate.	5	4.4	1	4.5
I plan to quit smoking when I become a parent.	16	14.0	2	9.1
Do not know/refused	23	20.2	7	31.8

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

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

Responses	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Yes	40	38.1	6	28.6
No	54	51.4	13	61.9
Do not know/refused	11	10.5	2	9.5
Total	105	100.0	21	100.0

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

Number of quit attempts within the last 12 months	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
1 time	16	40.0	2	33.3
2 times	9	22.5	2	33.3
3 times	8	20.0	1	16.7
4 or more times	4	10.0	1	16.7
Refused	3	7.5	0	0.0
Total	40	100.0	6	99.9
Mean (number of quit attempts)*	2.14		2.17	

\*Student range=1 to 9; faculty/staff range=1 to 4. Means exclude "Refused" responses.

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	5	4.8	1	4.8
(2)	8	7.6	3	14.3
(3)	20	19.0	5	23.8
(4)	25	23.8	4	19.0
(5) Strongly agree	43	41.0	7	33.3
Do not know/refused	4	3.8	1	4.8
Total	105	100.0	21	100.0
Mean*	3.92		3.65	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	11	10.5	2	9.5
(2)	19	18.1	3	14.3
(3)	20	19.0	6	28.6
(4)	18	17.1	5	23.8
(5) Strongly agree	33	31.4	4	19.0
Do not know/refused	4	3.8	1	4.8
Total	105	99.9	21	100.0
Mean*	3.43		3.30	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	13	12.4	1	4.8
(2)	13	12.4	3	14.3
(3)	20	19.0	9	42.9
(4)	27	25.7	4	19.0
(5) Strongly agree	28	26.7	3	14.3
Do not know/refused	4	3.8	1	4.8
Total	105	100.0	21	100.1
Mean*	3.44		3.25	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	37	35.2	2	9.5
(2)	20	19.0	5	23.8
(3)	13	12.4	8	38.1
(4)	13	12.4	4	19.0
(5) Strongly agree	19	18.1	1	4.8
Do not know/refused	3	2.9	1	4.8
Total	105	100.0	21	100.0
Mean*	2.58		2.85	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	32	30.5	5	23.8
(2)	16	15.2	4	19.0
(3)	9	8.6	5	23.8
(4)	13	12.4	3	14.3
(5) Strongly agree	31	29.5	3	14.3
Do not know/refused	4	3.8	1	4.8
Total	105	100.0	21	100.0
Mean*	2.95		2.75	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	19	18.1	4	19.0
(2)	10	9.5	3	14.3
(3)	19	18.1	5	23.8
(4)	19	18.1	6	28.6
(5) Strongly agree	34	32.4	1	4.8
Do not know/refused	4	3.8	2	9.5
Total	105	100.0	21	100.0
Mean*	3.39		2.84	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	53	20.6	11	12.6
(2)	62	24.1	14	16.1
(3)	58	22.6	14	16.1
(4)	36	14.0	12	13.8
(5) Strongly agree	42	16.3	36	41.4
Do not know/refused	6	2.3	0	0.0
Total	257	99.9	87	100.0
Mean*	2.81		3.55	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	38	14.8	7	8.0
(2)	25	9.7	5	5.7
(3)	48	18.7	11	12.6
(4)	49	19.1	20	23.0
(5) Strongly agree	83	32.3	43	49.4
Do not know/refused	14	5.4	1	1.1
Total	257	100.0	87	99.8
Mean*	3.47		4.01	

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

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

Level of agreement	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Strongly disagree	37	14.4	4	4.6
(2)	33	12.8	2	2.3
(3)	45	17.5	9	10.3
(4)	35	13.6	6	6.9
(5) Strongly agree	100	38.9	66	75.9
Do not know/refused	7	2.7	0	0.0
Total	257	99.9	87	100.0
Mean*	3.51		4.47	

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

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

Campus smoking policies	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Policy A: "The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university."	35	13.6	12	13.8
Policy B: "The campus buildings are smoke-free; smoking on the premises is prohibited except in designated outdoor areas. Smoking is prohibited in college or state-owned vehicles."	140	54.5	63	72.4
Policy C: "The campus buildings are smoke-free; there are no smoking restrictions on the grounds."	16	6.2	2	2.3
I am not sure what the current smoking policy is on my campus.	46	17.9	9	10.3
Do not know/refused	20	7.8	1	1.1
Total	257	100.0	87	99.9

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

Enforcement of policy outdoors	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Not at all well	53	20.6	28	32.2
(2)	40	15.6	18	20.7
(3)	45	17.5	21	24.1
(4)	39	15.2	9	10.3
(5) Very well	36	14.0	4	4.6
Do not know/refused	44	17.1	7	8.0
Total	257	100.0	87	99.9
Mean*	2.84		2.29	

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

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

Likelihood of support	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Not at all likely	80	31.1	14	16.1
(2)	21	8.2	6	6.9
(3)	30	11.7	9	10.3
(4)	29	11.3	8	9.2
(5) Very likely	90	35.0	49	56.3
Do not know/refused	7	2.7	1	1.1
Total	257	100.0	87	99.9
Mean*	3.11		3.84	

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

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

Perception of effect	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Negative	39	15.2	4	4.6
(2)	26	10.1	5	5.7
(3)	64	24.9	19	21.8
(4)	33	12.8	9	10.3
(5) Positive	74	28.8	39	44.8
Do not know/refused	21	8.2	11	12.6
Total	257	100.0	87	99.8
Mean*	3.33		3.97	

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

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

Perception of effect	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Negative	43	16.7	4	4.6
(2)	22	8.6	6	6.9
(3)	72	28.0	28	32.2
(4)	35	13.6	8	9.2
(5) Positive	57	22.2	32	36.8
Do not know/refused	28	10.9	9	10.3
Total	257	100.0	87	100.0
Mean*	3.18		3.74	

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

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

Perception of effect	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
(1) Negative	48	18.7	5	5.7
(2)	28	10.9	9	10.3
(3)	88	34.2	30	34.5
(4)	29	11.3	10	11.5
(5) Positive	33	12.8	18	20.7
Do not know/refused	31	12.1	15	17.2
Total	257	100.0	87	99.9
Mean*	2.87		3.38	

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

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

Responses	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
No, it would not influence my decision in any way	167	65.0	55	63.2
Yes, I would be more likely to attend/work here	44	17.1	27	31.0
Yes, I would be less likely to attend/work here	34	13.2	4	4.6
Do not know/refused	12	4.7	1	1.1
Total	257	100.0	87	99.9

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

Responses	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Yes	62	24.5	32	37.6
No	19	7.5	6	7.1
I am not sure	172	68.0	45	52.9
Refused	0	0.0	2	2.4
Total	253	100.0	85	100.0

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

Responses	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Yes	12	4.7	7	8.2
No	110	43.5	39	45.9
I am not sure	128	50.6	39	45.9
Refused	3	1.2	0	0.0
Total	253	100.0	85	100.0

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

Programs	Respondents			
	Student (N=265)		Faculty/Staff (N=92)	
	Number	Percent*	Number	Percent*
One-on-one counseling	7	2.6	1	1.1
Support groups	6	2.3	2	2.2
Medications (nicotine patches, gym, nasal spray, Zyban, Nicotrol inhaler)	26	9.8	4	4.3
Phone hotline (e.g., Minnesota Quitline)	3	1.1	2	2.2
Does not apply to me/not interested	190	71.7	64	69.6
Other**	4	1.5	0	0.0
Do not know/refused	37	14.0	16	17.4

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

\*\*See Appendix Table 49 for student "other" types.

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

Programs	Respondents			
	Student (N=114)		Faculty/Staff (N=22)	
	Number	Percent*	Number	Percent*
One-on-one counseling	6	5.3	0	0.0
Support groups	5	4.4	0	0.0
Medications (nicotine patches, gym, nasal spray, Zyban, Nicotrol inhaler)	26	22.8	2	9.1
Phone hotline (e.g., Minnesota Quitline)	3	2.6	0	0.0
Does not apply to me/not interested	56	49.1	8	36.4
Other**	4	3.5	0	0.0
Do not know/refused	23	20.2	8	36.4

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

\*\*See Appendix Table 49 for student "other" types.

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

Other types of programs	Number
Hypnosis	2
Chewing programs	1
Moderated support groups	1
Total	4

**Appendix Table 50. How smoke-free environments would affect respondent's visits to off campus restaurants that DO NOT serve liquor**

How smoke-free would affect visits	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Less often	29	11.5	8	9.4
More often	85	33.6	47	55.3
No difference	113	44.7	26	30.6
I would not visit this type of location	3	1.2	2	2.4
Not applicable	15	5.9	0	0.0
Do not know/refused	8	3.2	2	2.4
Total	253	100.1	85	100.1

**Appendix Table 51. How smoke-free environments would affect respondent's visits to off campus restaurants that DO serve liquor**

How smoke-free would affect visits	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Less often	43	17.0	7	8.2
More often	72	28.5	48	56.5
No difference	105	41.5	25	29.4
I would not visit this type of location	7	2.8	3	3.5
Not applicable	19	7.5	0	0.0
Do not know/refused	7	2.8	2	2.4
Total	253	100.1	85	100.0

**Appendix Table 52. How smoke-free environments would affect respondent's visits to off campus bars/cocktail lounges**

How smoke-free would affect visits	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Less often	51	20.2	14	16.5
More often	68	26.9	38	44.7
No difference	81	32.0	20	23.5
I would not visit this type of location	22	8.7	7	8.2
Not applicable	25	9.9	3	3.5
Do not know/refused	6	2.4	3	3.5
Total	253	100.1	85	99.9

**Appendix Table 53. Majority of faculty/staff respondent's appointment at MSCTC-Moorhead**

Appointment	Respondents	
	Number	Percent
Faculty	47	51.1
Staff	24	26.1
Administration	1	1.1
Do not know/refused/missing	20	21.7
Total	92	100.0

**Appendix Table 54. Current residence of student respondent**

Residence	Respondents	
	Number	Percent
On campus	5	1.9
Off campus	248	93.6
Do not know/refused/missing	12	4.5
Total	265	100.0

**Appendix Table 55. Gender of respondent**

Gender	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Male	71	26.8	42	45.7
Female	182	68.7	43	46.7
Refused/missing	12	4.5	7	7.6
Total	265	100.0	92	100.0

**Appendix Table 56. Age of respondent**

Years of age	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
20 or younger	86	32.5	8	8.7
21 to 24	71	26.8	5	5.4
25 to 34	51	19.2	15	16.3
35 to 44	24	9.1	14	15.2
45 to 54	10	3.8	18	19.6
55 to 64	0	0.0	13	14.1
65 or older	0	0.0	0	0.0
Refused/missing	23	8.7	19	20.7
Total	265	100.1	92	100.0
Mean (age in years)*	25.17		39.70	

\*Student range=16 to 53; faculty/staff range=18 to 61. Means exclude "Refused/missing" responses.

**Appendix Table 57. MSCTC campus at which respondent is enrolled/employed**

MSCTC campus	Respondents			
	Student		Faculty/Staff	
	Number	Percent	Number	Percent
Detroit Lakes	2	0.8	1	1.1
Fergus Falls	2	0.8	1	1.1
Moorhead	249	94.0	81	88.0
Wadena	0	0.0	0	0.0
Do not know/refused/missing	12	4.5	9	9.8
Total	265	100.1	92	100.0

# Appendix B: **Student Survey Instrument**

### 1. Introduction

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

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

Once you have submitted the survey, you will be offered the opportunity to enter into a drawing to win one of 50 flash drives (1GB). We expect your odds of winning to be around one in 15 respondents. To enter, you will need to provide your name but it will not be associated with your specific survey responses. The last day to complete the survey and enter the drawing will be Monday, November 13, 2006. The drawing will be held mid-November, and winners of the drawing will be notified by email.

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

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

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

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

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

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

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

- I am a regular smoker.
- I smoke cigarettes occasionally (not every day).
- I smoke/use tobacco only when I drink alcohol.
- I smoke/use tobacco only when I am around others who smoke/use tobacco.
- I smoke or use tobacco products other than cigarettes (cigarillos, cigars, pipes, chewing tobacco).
- I used to smoke or use other tobacco products, but quit - within the last year (survey will skip to Q12).
- I used to smoke or use other tobacco products, but quit - more than 1 year ago (survey will skip to Q12).
- I have never smoked or used other tobacco products (survey will skip to Q12).
- Do not know/Refused

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As a current smoker/user of tobacco, please answer questions 4 through 11.

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

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

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

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

\* 7. How many of your four closest friends smoke?

- One     
  Two     
  Three     
  All of them     
  None of them     
  Do not know/Refused

\* 8. Which of the following statements applies to you? (Select all that apply)

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

\* 9. Have you tried to quit smoking within the last 12 months?

- Yes -->please answer Q10 at right
- No
- Do not know/Refused

\* 10. How many times have you tried to quit smoking within the last 12 months? (Enter number of attempts)

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

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

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\* 12. Using a one to five scale, with one being "strongly disagree" and five being "strongly agree," please indicate the extent to which you agree or disagree with each of the following statements.

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

\* 13. Where are you regularly exposed to secondhand smoke? (Select all that apply)

- On campus – on my way to classes/work (such as sidewalks, parking lots)
- On campus – entrances into campus buildings
- On campus – inside buildings due to smoke that has drifted/been brought in by ventilation
- Off campus – public spaces (such as sidewalks, parking lots, bike paths)
- Off campus – entrances into buildings (such as businesses, apartment buildings)
- 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
- I am never or almost never exposed to secondhand smoke
- Do not know/Refused
- Other (please specify)

\* 14. Which of the following statements best represents the current smoking policy on your campus?

- The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university.
- The campus buildings are smoke-free; smoking on the premises is prohibited except in designated outdoor areas. Smoking is prohibited in college or state-owned vehicles.
- The campus buildings are smoke-free; there are no smoking restrictions on the grounds.
- I am not sure what the current smoking policy is on my campus.
- Do not know/Refused

\* 15. To what degree do you think the smoking policy on your campus is enforced OUTDOORS?

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

\* 16. How likely are you to support a policy that would require your campus to be completely smoke-free?

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

\* 17. Using a one to five scale, with one being "negative" and five being "positive," what effect, if any, do you think a policy making this campus completely smoke-free would have on...

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

\* 18. If this campus implemented a policy making it completely smoke-free, would that influence your decision to attend?

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

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\* 19. Now we would like to know your preferences regarding the following off campus locations. For each location, does/would a smoke-free environment influence you to want to visit *less often*, *more often*, or would it *not make a difference*?

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

\* 20. Has any health information about tobacco use been made available on your campus?

- Yes
- No
- I am not sure
- Refused

\* 21. Are you aware of any smoking cessation counseling or quit programs that are offered on your campus?

- Yes
- No
- I am not sure
- Refused

\* 22. Are you interested in learning more about any of the following types of cessation/stopping smoking programs? (Select all that apply)

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

\* 23. Which of the following best describes your current place of residence?

- On campus
- Off campus
- Do not know/Refused

\* 24. What is your gender?

- Male
- Female
- Refused

\* 25. What is your age? (Enter age in years; if you wish to refuse, enter 999)

\* 26. At which campus are you enrolled?

- Detroit Lakes
- Fergus Falls
- Moorhead
- Wadena
- Do not know/Refused

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[Submit \(please click only once\) >>](#)

## Student: Thank You/Drawing

THANK YOU from Clay County Public Health and MSCTC

[Exit this survey >>](#)

Thank you very much from Clay County Public Health and Minnesota State Community and Technical College for completing the Student Tobacco and Secondhand Smoke Survey. We look forward to sharing the results of the study with the college community later this fall. If you have questions about the sponsorship of the study, please call Gina Nolte, Director of Health Promotion at Clay County Public Health, at 218-299-7185. If you have questions about the study itself, call Dr. Richard Rathge, Director of the North Dakota State Data Center, at 701-231-8621. If you are interested in learning more about cessation, please get in touch with Student Services to set up an appointment with one of the counselors.

We invite you to enter the drawing to win one of 50 flash drives (1GB). We expect your odds of winning to be around one in 15 respondents. If you do not wish to enter the drawing, you may exit this window at any time.

We ask you to provide your name, student email address, and mailing address so that we can contact you if you are a winner. Your name will NOT be associated with your specific survey responses. The last day to complete the survey and enter the drawing will be Monday, November 13, 2006. One entry per person will be accepted. The drawing will be held mid-November and winners of the drawing will be notified by email.

**\* 1. Please type your FIRST AND LAST NAME**

**\* 2. Please type your STUDENT EMAIL ADDRESS**

**\* 3. Please type your MAILING ADDRESS**

**\* 4. Please type your CITY**

**\* 5. Please type your STATE**

**\* 6. Please type your ZIP CODE**

[Enter drawing >>](#)

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

### 1. Introduction

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

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

The survey will be available through Monday, November 13, 2006.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

- The campus buildings are smoke-free; smoking on the premises is limited to 20 feet from all building entrances. Smoking is prohibited in vehicles owned or leased by the college or university.
- The campus buildings are smoke-free; smoking on the premises is prohibited except in designated outdoor areas. Smoking is prohibited in college or state-owned vehicles.
- The campus buildings are smoke-free; there are no smoking restrictions on the grounds.
- I am not sure what the current smoking policy is on my campus.
- Do not know/Refused

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

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

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

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

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

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

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

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

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\* 18. Now we would like to know your preferences regarding the following off campus locations. For each location, does/would a smoke-free environment influence you to want to visit *less often*, *more often*, or would it *not make a difference*?

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

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

- Yes
- No
- I am not sure
- Refused

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

- Yes
- No
- I am not sure
- Refused

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

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

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

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

\* 23. What is your gender?

- Male
- Female
- Refused

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

\* 25. For which campus are you employed?

- Detroit Lakes
- Fergus Falls
- Moorhead
- Wadena
- Do not know/Refused

[<< Prev](#)      [Submit \(please click only once\) >>](#)

## Faculty/Staff: Thank You

Thank you for participating

[Exit this survey >>](#)

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

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

# Appendix D: **MSCTC–Moorhead Correspondence**

## Student preletter email

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October, 2006

Dear MSCTC Student,

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

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

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

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

Please check your email for the survey next week and promptly complete it. It should take no longer than ten minutes of your time. Thank you for participating in this important study.

Best Regards,

Ann Valentine, PhD  
President  
Minnesota State Community and Technical College

## Student invitation email

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TO: MSCTC-Moorhead Students  
FROM: Jerry Migler, Provost  
DATE: 10/26/06  
RE: Tobacco Survey

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

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

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

Once you have submitted the survey, you will be offered the opportunity to enter into a drawing to win one of 50 flash drives (1GB). We expect your odds of winning to be around one in 15 respondents. The last day to complete the survey and enter the drawing will be Monday, November 13, 2006. The drawing will be held mid-November, and winners of the drawing will be notified by email.

To begin the survey, please go to:  
<http://www.surveymonkey.com/s.asp?u=857212744622>

## Student reminder email

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TO: MSCTC-Moorhead Students  
FROM: Jerry Migler, Provost  
DATE: 11/07/06  
RE: Tobacco Survey

This is a reminder about the research study being sponsored by the Clay County Public Health Department. If you have already completed the survey, thank you very much for participating. If you have not yet completed the survey, please go to <http://www.surveymonkey.com/s.asp?u=857212744622>.

If you are unable to click the link, please copy and paste just the URL into the address bar of a web browser window.

You are being asked to participate so that we may gather information about attitudes and perceptions regarding tobacco usage and issues surrounding secondhand smoke on this campus. The information you provide will assist in developing appropriate programs that may enhance the well being of members of the campus community. The survey will take approximately 10 minutes. Once you have submitted the survey, you will be offered the opportunity to enter into a drawing to win one of 50 flash drives (1GB). We expect your odds of winning to be around one in 15 respondents. The last day to complete the survey and enter the drawing will be Monday, November 13, 2006. The drawing will be held mid-November, and winners of the drawing will be notified by email.

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

Jerry Migler, PhD

Provost  
Minnesota State Community and Technical College  
1900 28th Ave. South  
Moorhead, MN 56560  
218-299-6506

## Faculty/staff preletter email

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October, 2006

Dear Colleagues,

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

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Best Regards,

Ann Valentine, PhD  
President  
Minnesota State Community and Technical College

## Faculty/staff invitation email

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

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

The survey will be available through Monday, November 13, 2006.

To begin the survey, please go to:  
<http://www.surveymonkey.com/s.asp?u=389152744655>

## Faculty/staff reminder email

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Date: Tue, 07 Nov 2006 16:12:14 -0600  
From: "Jerome Migler" <Jerome.Migler@minnesota.edu>  
Subject: Research Study

This is a reminder about the research study being sponsored by the Clay County Public Health Department. If you have already completed the survey, thank you very much for participating. If you have not yet completed the survey, please go to <http://www.surveymonkey.com/s.asp?u=389152744655>.

If you are unable to click the link, please copy and paste just the URL into the address bar of a web browser window.

You are being asked to participate so that we may gather information about attitudes and perceptions regarding tobacco usage and issues surrounding secondhand smoke on this campus. The information you provide will assist in developing appropriate programs that may enhance the well being of members of the campus community. The survey will take approximately 10 minutes, and will be available through Monday, November 13, 2006.

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

Jerry Migler, PhD

Provost  
Minnesota State Community and Technical College  
1900 28th Ave. South  
Moorhead, MN 56560  
218-299-6506