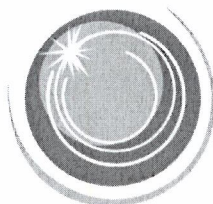


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TRU WELLNESS CENTRE
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Executive Summary

for

Thompson Rivers University: Tobacco Use and Policy Survey

Spring 2009

THOMPSON RIVERS  UNIVERSITY

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This report contains a detailed statistical analysis of the results to the survey titled Thompson Rivers University: Tobacco Use and Policy Survey .

The results analysis includes answers from all respondents who took the survey in the 41 day period from Friday, March 20, 2009 to Wednesday, April 29, 2009.

Survey results compiled by Vovici EFM www.vovici.com .

Acknowledgements to: TRU Tobacco Reduction Pilot Project Working Group for input on this survey, BC Healthy Living Alliance for Funding the TRU Tobacco Reduction Pilot Project, the participating Post Secondary Institutions in the BC Tobacco Free Post Secondary Initiative for use of previous survey tools, TRU Institutional Planning and Analysis Support for creation of the on-line survey format.

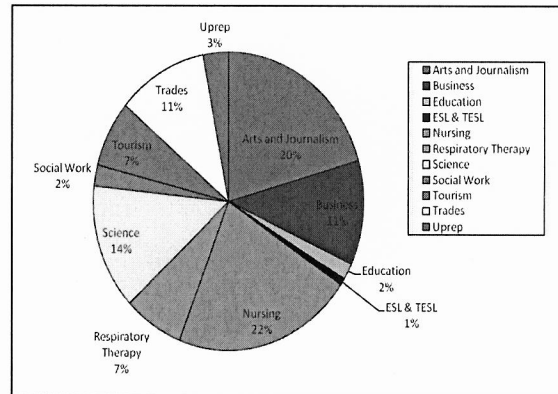
Report compiled by Tanya Sanders, TRU Wellness Centre, June 2009.

Survey Results & Analysis

Demographics:

549 responses were received to the survey, 90% of the responses were from the Kamloops campus and 10% were received from Williams Lake. Students provided the majority of responses (63%), employees provided 28% of the responses and 9% of the responses were from individuals who are both employees and students.

Survey responders were 69.5% female and 30.5% male. 64% of responders were 30 years old and younger and the remaining responders (36%) were 31 years and older. 6% of the responses were received from International Students. Programs of study from all disciplines were identified; students in Arts & Journalism and Nursing provided a large number of responses (42% of the total responses received were from these two program areas).



Tobacco use:

Cigarillos are individually packaged cigarette type cigars that are often flavoured and because of their individual packaging are not labelled with health warnings. They contain 3 times as much tobacco as one cigarette.

Source: Physicians for Smoke free Canada



82.4% of responders are not currently using tobacco products. 9.8% are currently using tobacco products and 7.8% are sometimes using tobacco products. Cigarettes and cigarillos are the most used tobacco products. When asked about previous use of tobacco 51.5% of respondents stated they had used tobacco in the past and 48.5% stated no they had not used tobacco in the past.

14 to 16 years of age was the most common age of first use of tobacco products (40.5% of respondents started), 17 to 19 years as a start age was the second most common (24%) followed by 20 to 22 years of age being the third most common age to start using tobacco products (6.8%).

33% of respondents smoke light or mild cigarettes, 92.8% do not believe that smoking light or mild cigarettes reduce the health risks of smoking. In a 30 day period respondents most often smoke 1 to 100 cigarettes (70%). When asked if certain occasions result in more smoking, use of alcohol was the most common occasion.

Only 10 respondents indicated they use smokeless tobacco products (chew, spit) with half using daily and half indicating irregular use of the products.

Quitting Tobacco:

Thinking of Quitting?
Access these resources to help
you make your change:

TRU Wellness Centre
250-828-5010

TRU Health Services
250-828-5126

Quit Now BC
<http://www.quitnow.ca>

Quitters Unite
<http://www.quittersunite.com>

Your local pharmacist
physician can help counsel in
use of Nicotine Replacement

The majority of responders indicated they have tried to quit smoking in the past (74.3%), 31.6% indicated they have tried to quit 2 to 4 times, 24.8% indicated they have tried to quit more than 5 times and 17.9% indicated they have tried once to quit smoking. 9.4% of respondents indicated they have not tried to quit before but are interested in quitting. While 16.2% indicated they have not tried and are not interested in quitting at this time.

The majority of responders when asked what strategies they will use to help quit using tobacco products selected will power only (cold turkey, cut down, etc) (57%) while some will look to use Nicotine Replacement or Prescription Medications to help quit (30.8%). If nicotine replacement therapy was provided free (i.e. through benefits plans) 61.3% of respondents indicated they would use it to help them quit.

Respondents indicated they would like TRU to look at implementing on campus support groups (52.8%), information sessions (45.7%) and tobacco cessation counseling (1:1 35.9% and group 38.3%) to help with tobacco cessation.

Did you know? Using
nicotine replacement or
prescription medications
to assist in quitting
tobacco can help double
your chances of success.

Source: Quitnow.ca

**TRU Policy**

93.5% of responders are aware of the TRU smoking policy while only 75.9% are aware of the "Behind the Line" campaign at the Kamloops campus. 77.9% of responders believe the policy is not well enforced.

330 individuals provided suggestions on how to better enforce the tobacco policy, these suggestions included better signage and education, better security and patrols, penalties, improved lines, moving the areas away from the doorways and banning tobacco use on campus.

% of Respondents that "strongly agree" or "agree":

- 67.5% that free Nicotine Replacement Therapies should be available on campus for students and employees wanting to quit using tobacco.
- 74.7% that TRU should not accept donations or sponsorship from tobacco companies.
- 71.3% that tobacco products should be prohibited at all outdoor university events.
- 62% to support a 100% tobacco free campus.
- 68% to support designated smoking areas on campus.
- 42% that TRU should provide benches, tables, gazebos or other shelters for those who smoke
- 88% that tobacco policies on campus should be enforced by the university.

Second Hand Smoke Exposure

59% of respondents report being exposed to second hand smoke on campus daily or several times per day. 462 respondents wrote responses when asked about their thoughts on second hand smoke exposure on campus. The main themes of these responses were: move the smokers away from the doors, there is a concern about their own health as second hand smoke is dangerous, 3rd hand smoke (the smoke that lasts on a person's clothes or body after they have been smoking) is a concern and some reported that second hand smoke isn't a problem for them.

Additional Comments

It appears that tobacco and issues relating to second hand smoke are topics of great interest and opinion in the campus community. Through-out the survey when respondents were asked for any additional comments people wrote suggestions, concerns and thoughts.

In the additional comments section 165 individuals contributed additional comments. Some of the comments were repeated from previous open questions where suggestions were written by respondents. In the additional comments section the main themes of the responses were: there should be a ban on tobacco use on campus, cigarette butts are unsightly and are a problem on campus, there needs to be more supports for people who are currently using tobacco, enforcement on the tobacco policy needs to be improved, the "smoking areas" should be moved, thank you for doing the survey and there should not be a ban on campus.

Summary

This survey yielded a good response and input from the TRU community with 549 responses being submitted. From the number of surveys completed and the amount of additional comments written on the surveys it seems that tobacco and second hand smoke are issues that students and employees are keen to have a say on and want to see improvement in.

This survey will be used to inform the continued efforts of the TRU Tobacco Free Post-Secondary pilot initiative as well as the ongoing work of the TRU Wellness Centre, Joint Occupational Health and Safety committee and other groups working on campus to address health and tobacco reduction. The pilot initiative will be looking at developing a plan for tobacco prevention and cessation at TRU utilizing this information to inform next steps. Any additional suggestions or ideas that individuals or groups have to address tobacco reduction at TRU are welcomed.

Did you know? Second Hand Smoke Facts

Second-hand smoke...

releases thousands of toxic chemicals into the air, over 50 of which are known to cause cancer, including: benzene, formaldehyde, cadmium and lead.

In Adults...

Exposure to second-hand smoke causes lung cancer, nasal sinus cancer, heart disease, chronic respiratory symptoms, and asthma induction and exacerbation.

Research also indicates a strong association between second-hand smoke and breast cancer, cervical cancer, stroke, and miscarriage.

Breathing second-hand smoke for even a short time can have immediate adverse effects, causing physical reactions linked to heart and stroke disease.

Clean Air Coalition of BC
http://www.cleanaircoalitionbc.com/ktf_health_effects.html -retrieved June 22/09

TRU Tobacco Free Post-Secondary Initiative Fast Facts:

BC Lung Association and the BC Health Living Alliance partnered with TRU to reduce and prevent tobacco use among students and staff.

8 other Post Secondary Institutions in BC are involved in this project

Started in April 2008

Goals and Objectives

- 1) To develop a comprehensive tobacco policy for TRU
- 2) To develop a tobacco prevention and cessation plan to TRU
- 3) To be responsive to the health and wellness needs of the TRU community with regards to tobacco.

Ideas or suggestions, please contact the Wellness Centre at 250-828-5010
Website: www.tru.ca/wellness

References

Clean Air Coalition of BC . Know the Facts. Retrieved June 22/09, from http://www.cleanaircoalitionbc.com/ktf_health_effects.html

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