



Executive Summary

for

Tobacco Use at Camosun College, 2009

Spring/Summer 2009

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This report contains a detailed analysis of the results to the survey entitled Tobacco Use at Camosun College, 2009.

The results analysis includes answers from all respondents who took the survey in the 20 day period from Friday May 1st 2009 to Wednesday May 20th 2009. There were 1,583 respondents.

This report was compiled by Tony Webster (Centre for Sport and Exercise Education), Cathy Frost (School of Access) and Anny Schaefer (Educational Research and Planning), Camosun College, August 2009.

Acknowledgements to:

- The Camosun Joint Occupational Safety and Health (JOSH) Committee for initiating and implementing this survey. In particular, the efforts of Christine Mollerud (School of Trades and Technology) were instrumental in bringing this survey to fruition
- The BC Lung Association and the Canadian Cancer Society for assistance in construction and implementation of this survey
- The participating Post Secondary Institutions in the BC Tobacco Free Post Secondary Initiative for resources and previous survey tools, and
- Anny Schaefer of the Camosun College Educational Research and Planning for creation of the online survey format and compilation of the results

Survey results and analysis

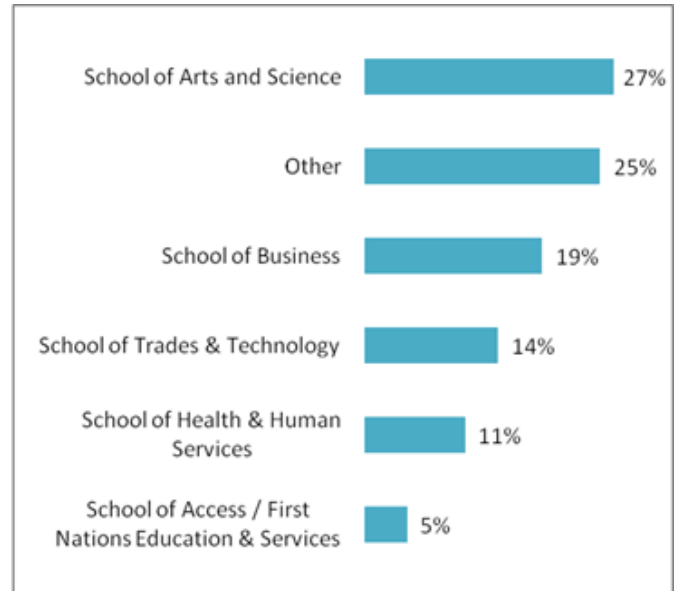
Demographics:

There were 1,583 responses to this survey. 54% of those that responded were based at the Lansdowne campus and 39% were based at the Interurban campus, while 7% were at both campuses or another location. Students provided two-thirds of the responses (66%) and employees provided one-third (34%).

Survey responders were 59% female and 41% male. 48% of responders were under 30 years old, 26% were 40-55 yrs and 15% were 30-39 yrs.

All Schools were represented, with the largest group coming from Arts and Science (27%), followed by Business (19%), Health and Human Services (11%), and Trades and Technology (14%).

Figure 1: Major affiliations of survey responders



Smoking in Canada and BC

In 1965, approximately 50% of Canadians aged 15+ smoked (either daily or occasionally). In 2007, this number had dropped to under 20%.

Young adults aged 20-24 have the highest rate of smoking in BC at 27% (BC Stats, 2006).

Smoking cessation has enormous economic benefits. If 10% of BC smokers were to quit, this would save the BC economy \$2.9 billion over their lifetimes through reduced health care costs and avoided productivity losses due to premature mortality and illness.

Tobacco use:

The vast majority of respondents (84%) do not currently use tobacco products at all, 7% use tobacco products occasionally and 9% use tobacco products every day. Cigarettes are the most used tobacco products (86%), while 18% smoke cigars and less than 5% report using chew or snuff.

When asked if certain occasions result in more smoking, use of alcohol was the most common occasion (46%), followed by being under pressure such as during exam time (39%).

Second- and third-hand smoke exposure:

More than one-quarter (28%) of respondents report being exposed to second-hand smoke on campus almost every day and an additional 58% report being exposed either “occasionally” or up to 3 times per week.

Lingering smoke odours (third-hand smoke) are reported as a frequent concern for more than one-quarter (26%) of respondents while more than half (53%) report it’s an issue either “occasionally” or up to 3 times per week.

Thinking of Quitting?

Here are some web resources to help you make your change:

Quitnow BC:

<http://www.quitnow.ca>

Quitters Unite:

<http://www.quittersunite.com>

VIHA Quitting Tobacco Resource List available at:

<http://www.viha.ca/mho/tobacco>

Did you know?

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

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

Smoking policies at Camosun College:

62% of all respondents indicated that they were aware of the Smoking and Tobacco Product policy at the College. The proportion that correctly identified the following as “no smoking” areas on campus were: within 5 metres of an opening, window, door or intake (91%); within any college owned or controlled building (86%); within any college owned or leased vehicle (77%); bus stops (64%).

When asked what they would like to see at Camosun College regarding smoking and designated smoking areas, the responses were as follows: cessation programs to help people quit using tobacco (54%); 100% ban of smoking on campus (46%); smoking shelters (45%); education/ counseling programs (37%); support groups (33%); special presentations (13%). On a separate question more than half (54%) of respondents agreed or strongly agreed with the statement “I support a 100% tobacco free campus”.

Quitting tobacco:

13% of respondents described themselves as “ex-smokers”. Of those that used tobacco products, 38% reported that they would like to quit while 20% reported no interest in quitting.

The majority of current tobacco users indicate they have tried to quit smoking in the past (86%), with will power only (cold turkey, cutting down) being the most common technique (39%), followed by nicotine replacement therapy (NRT) (18%).

One-third (34%) of smokers would participate in tobacco cessation assistance if it were offered through Camosun College, while one-fifth (19%) were tentative or undecided. The most common perceived barriers to participation are time commitment, cost, and peer pressure.

More than half of all respondents (52%) either strongly agreed or agreed that free nicotine replacement therapies such as Nicorette gum or the Patch should be available on campus for those who want to quit using tobacco products.

The BC Lung Association and Canadian Cancer Society have partnered with Camosun College to reduce and prevent tobacco use among students and staff. 10 other Post Secondary Institutions in BC are involved in this project, started in April 08

Some Major Goals and Objectives of Camosun College's Tobacco Use Reduction Task Force:

- 1) To provide leadership and direction for the development and implementation of a tobacco use reduction campaign on campus
- 2) To develop new or strengthen existing tobacco related campus policies
- 3) To facilitate increased awareness of the health effects of tobacco use, cessation strategies and support resources for those who want to quit

If you have ideas or suggestions regarding tobacco use and policy at Camosun College, please contact the Tobacco Use Reduction Task Force at turf@camosun.bc.ca

Smoking policies at Camosun College (cont'd):

% of respondents that “strongly agreed” or “agreed” with the following statements:

- 86% that non-smokers have a right to a smoke-free environment
- 79% that Camosun College should enforce tobacco and smoking policies on campus
- 72% that it bothers them to be near someone who is smoking
- 59% that they support designated smoking areas on campus
- 54% that they support a 100% tobacco-free campus (prohibited on all campus grounds)
- 52% that free Nicotine Replacement Therapies should be available on campus for those wanting to quit using tobacco products
- 36% that Camosun College should provide benches, tables, gazebos or other shelters in designated areas for smokers

Smoking & health related knowledge:

% of respondents that “strongly agreed” or “agreed” with the following statements:

- 96% that people can become addicted to tobacco
- 93% that smoking impacts the health of others
- 90% that quitting smoking reduces health damage even after many years of smoking
- 89% that the workplace plays an important role in the health of its employees
- 86% that occasional use of tobacco has an impact on one’s health
- 20% that smokers can quit any time they want to
- 18% that smoking helps people stay slim
- 7% that people have to smoke for many years before it will hurt their health

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 can cause 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.

In Children...

Second-hand smoke is even more harmful because their lungs are still developing and more easily damaged. Exposure has been proven to cause Sudden Infant Death Syndrome (SIDS), fetal growth impairment, chronic respiratory symptoms, bronchitis, pneumonia, middle ear infections, asthma attacks and allergies. Research also indicates exposure is associated with decreased lung function, exacerbation of cystic fibrosis, brain cancer and lymphomas and impairment of a child's ability to learn.

"The scientific evidence is now indisputable: secondhand smoke is not a mere annoyance. It is a serious health hazard that can lead to disease and premature death in children and non-smoking adults."

Richard Carmona,
U. S. Surgeon General

From: Clean Air Coalition of BC

http://www.cleanaircoalitionbc.com/ktf_health_effects.html -retrieved August 13/09

Lifestyle improvement:

79% of respondents reported that they had considered improving a health-related factor in their lifestyle in the past year, and 20% reported this had been a consideration more than a year ago.

The following healthy lifestyle factors were of interest:

- exercise & physical activity (94% of respondents)
- nutrition (87%)
- rest, recreation and sleep (76%)
- stress management (66%)
- environmental concerns (55%).

Written comments:

Respondents provided many hundreds of extra written comments. These comments are too numerous to mention here in this brief summary. Many respondents expressed thanks for the survey and the ability to have their voice heard on this important issue.

Summary:

This survey yielded an excellent response and input from the Camosun College community with 1,583 responses submitted, one of the largest responses to an on-line survey performed to date at the College. The number of responses and the amount of additional comments would suggest that tobacco use and second hand smoke exposure on campus are issues in which students and employees have a keen interest.

The results of this survey will be used to inform the continued efforts of the Camosun College Tobacco Use Reduction Task Force and the Joint Occupational Health and Safety committee to address tobacco related concerns on both College campuses.

Any additional suggestions or ideas that individuals or groups have to address tobacco reduction at Camosun College are welcomed. Comments can be sent to turtf@camosun.bc.ca.

Act Now BC

(www.actnowbc.ca)

This is a cross-government health promotion initiative that seeks to improve the health of British Columbians by taking steps to address common risk factors and reduce chronic disease.

Research has shown that inactivity, poor nutrition, overweight and obesity, tobacco use and unhealthy choices in pregnancy are the key risk factors contributing to the main chronic disease categories in B.C.

The ActNowBC website has many excellent healthy living resources for all age groups.

Check it out!