



# 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 1<sup>st</sup> 2009 to Wednesday May day                      analysis

## 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

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 C903Fj61750TD0Tc001Tf

*Did you*

### **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.

## *Act Now BC* ([www.actnowbc.ca](http://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!***

### **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](mailto:turtf@camosun.bc.ca).