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No Puffs: Penguins Go Smoke-Free

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No Puffs: Penguins Go Smoke-Free

Senior Public Health Capstone
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Background

Smoking on College Campuses

College Smokers

- **10% of 18-24 y.o. are smokers**
[1]
- **New generation of smokers**
- **1 in 5 deaths** due to smoking or secondhand smoke [2]
- Effect on **academics** and **health**



The Problem

University Policies & Stress

University Policies & Stress

- Find **relief in risky behaviors** (i.e. smoking and binge drinking)
- Administrations are taking an **active role** in health of their campus
- **1,827** smoke-free campuses ^[3]
 - UC Berkeley, SJSU, UC Davis

Dominican's Current Smoking Policy [4]

“Effective January 1, 2011, **Dominican** University of California has become a **smoke-free campus**. The use of cigarettes, cigars, cloves, pipes, medical marijuana and hookah is **prohibited on all property** and in all indoor or outdoor spaces owned, leased, licensed or otherwise controlled by Dominican University.”

“Smoking is **permitted** in one **designated area** located near the Palm Avenue driveway ~~in front of Fanjeaux and Pennafort dormitories.~~”

At the bottom of Edgehill Mansion parking lot.

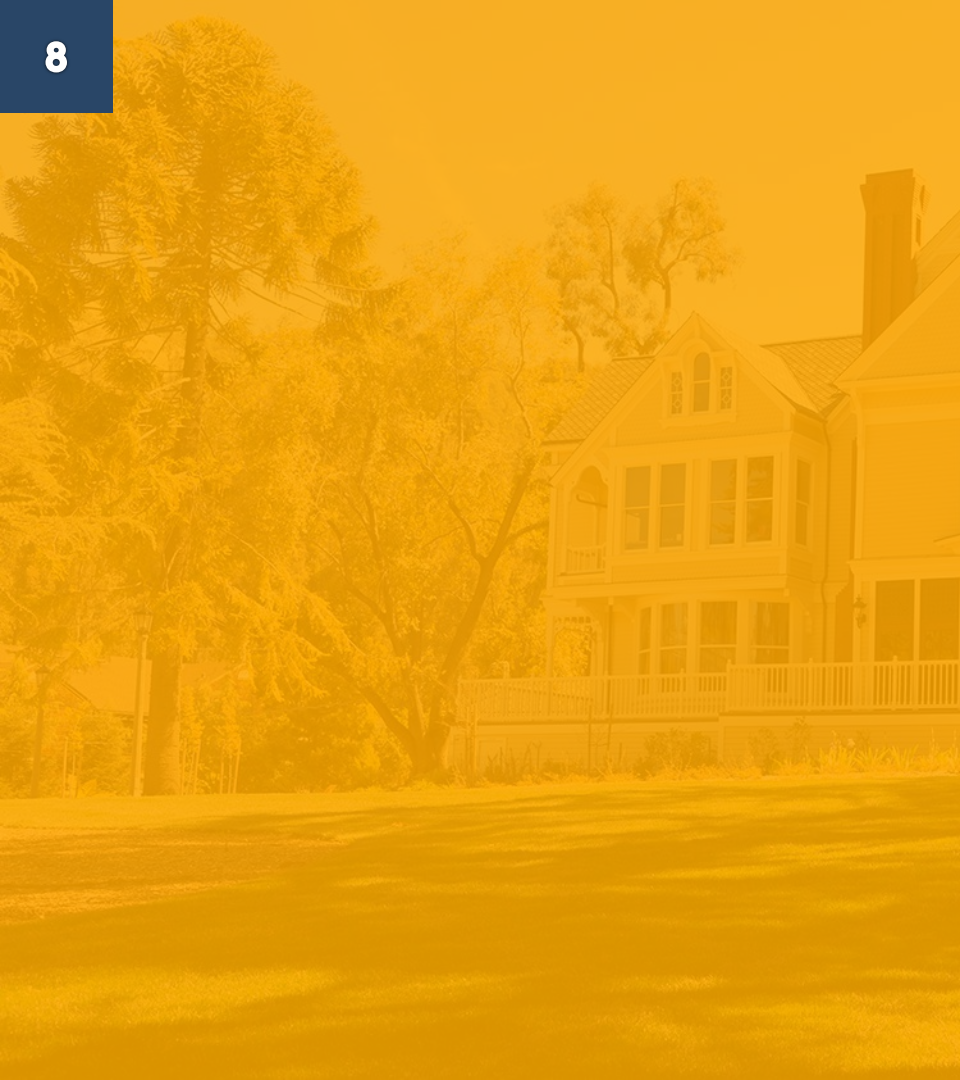
Purpose

To examine the **current campus smoking behavior**.

To assess the **opinion of college students, faculty, and staff** regarding a **no-smoking policy** at Dominican.

To examine the **awareness** of the **current campus smoking policy**.

Data could be used to determine **future policy implications**.



Methods

A cross-sectional survey

Study Design

- 25-item, cross-sectional survey
- Approved by IRB
- Partner with the University
 - Help from Dean of Students
- Campus-wide email sent to students, faculty and staff



Results

Will Dominican go Smoke-Free?

Demographics

Study Population = **303**

- Mean age = 26.81
- Females = 243 (80.2%)
- Majority were students (83.7%)
 - Seniors (22.7%)
 - Off-campus (40.9%)
- 36 (11.5%) were smokers

Smoker Demographics

Total Smokers = 36

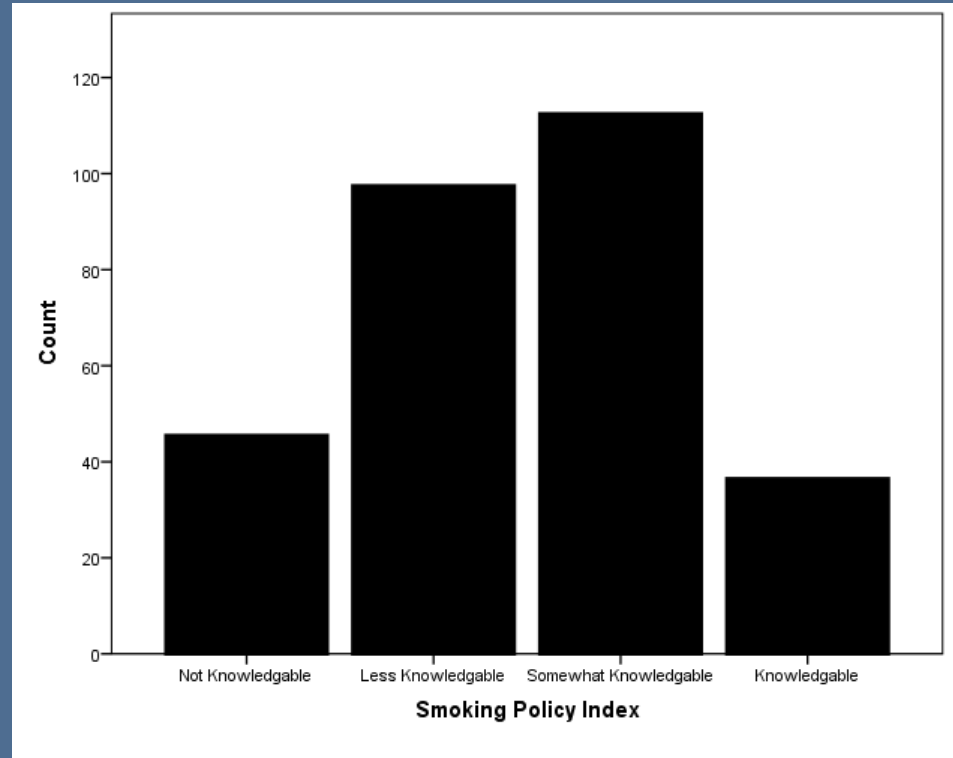
- 94.4% (34) of smokers on campus are students
- 44.4% smoke 1-3 cigarettes/day
- Majority (41.7%) would prefer a designated smoking area on-campus

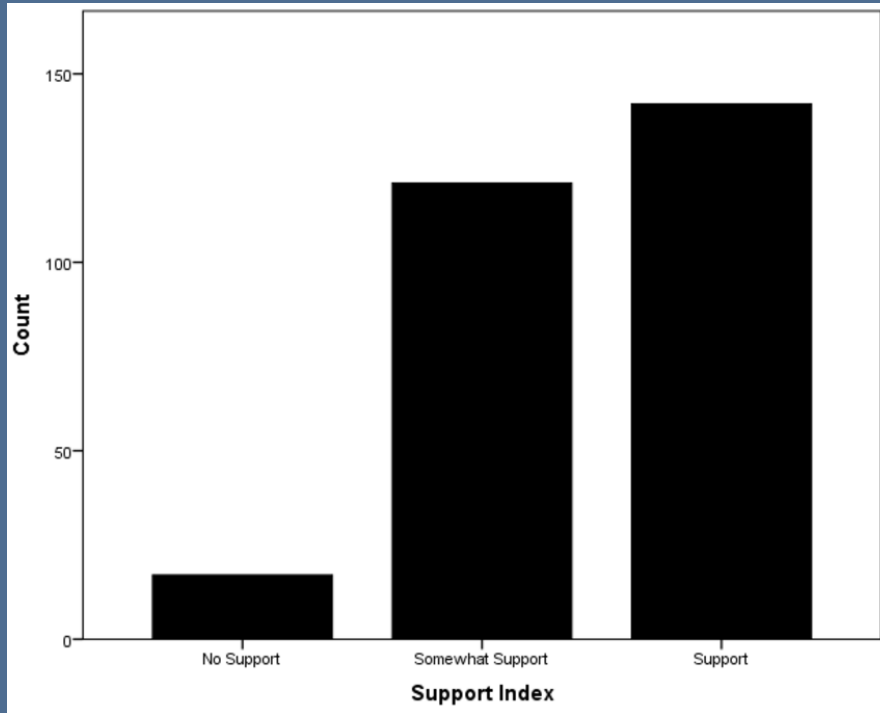


31% of participants indicated that **secondhand smoke** affects their **academics or work**.

Smoking Policy Index

- **Females** support policy more than **males**
- Majority of **females** and **students** support a **designated area with penalties**
 - 82.2% of females
 - 82.1% of students





Support Index

- **Significant difference** between **males** and **females** ($p < .001$)
- Majority of **females** and **students** want to see a **smoke-free** Dominican
 - 87.1% of females
 - 85.4% of students

Future

- Petition and Resolution
- University Executive Committee
- Possibly a **Smoke-Free Dominican!**
- Work on **implementation** and **enforcement** of the **policy**

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- Dr. Paul Raccanello
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Thank You!

Questions?

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