

## Tobacco Use Survey

**Brief description of project:** The Tobacco Control Survey encompassed a needs assessment concerning tobacco use behaviors on campus among students, staff, and faculty such as frequency, tobacco product preference, and quitting attempts. Included were additional policy questions about levels of interest towards a tobacco-free campus. Finally, we also built-in demographic questions relating to age, class standing, race-ethnicity, gender identity, and sexual orientation. The purpose of the project was to initiate an evidence-based approach to programming created by the Center for Student Wellness and policy development recommendations for administrators and campus stake-holders.

**Who was asked to complete survey:** Our dissemination strategy involved approaching students, staff, and faculty during tabling opportunities such as Welcome Week, Plazafest, Crimson Nights, CESA Open House, PRIDE Week, and Wellness Fair.

**Responses:** 1310 responses

**Administration Type:** Campus Labs app on iPod Touches

### Summary of Key Findings:

70.69% of tobacco users consume manufactured cigarettes

50.89% of tobacco users consume hookah/water pipe tobacco

Total of 72.74% of non-tobacco users are generally in favor of a tobacco-free policy at the U

Total of 20.29% of tobacco users agree that a policy change will decrease the number of tobacco products consumed per day

Total of 18.02% of tobacco users agree that a policy change will encourage them to quit using tobacco products

Total of 58.14% of tobacco users use tobacco products on campus

Total of 54.84% of past tobacco users in favor of the University of Utah becoming a tobacco-free campus

**Actions Taken:** The Center for Student Wellness follow-up action is to develop qualitative focus-groups to add breadth and a narrative to the numbers. We have presented the data within the campus community to the Health and Safety Committee and the Healthcare Workers Health and Safety Committee to create awareness and buy-in for a possible tobacco-free policy.

### **Which department and/or program goals does this survey align with?**

Mission of Student Health: Our mission is to provide quality evidence based healthcare and wellness services, to advocate for students and to empower them in their health care decisions, and to be an integral part of the larger University of Utah community.

Mission of Center for Student Wellness: Our mission is to create, nurture, and promote a University environment supportive of healthy life-long behaviors and enhance academic and personal success. We are here to assist students in skill development that will enhance their personal wellness and ability to succeed, not only in the classroom, but in all areas of life: intellectual, physical, social, spiritual, and emotional.

### **Which Student Affairs goals does this project align with?**

1. Develop students as a whole through the cultivation and enrichment of the body, mind and spirit.
  - a. Promote physical, spiritual, and psychological health & wellness, collaborating across campus with multiple organizations