

TOBACCO AND SMOKE-FREE CAMPUS INITIATIVE

Informed Research Summary

Amerando, C., Becker, C. M., & Johnson, H. (2010). An evaluation of a university-based smoking policy: A student research project. *American Journal of Health Studies*, 25(2), 111-116.

A survey was conducted to determine the effectiveness of a new restrictive smoking policy on a particular university campus. This policy banned smoking within 25 ft from any building on campus. Over 300 students, faculty, and staff were surveyed to determine awareness, compliance and satisfaction of the policy. It was determined that the majority of students were aware of the policy, however many were not complying. The results demonstrate the difficulty of enforcing a policy that restricts smoking within 25 ft. The article suggests that a smoke-free approach may solve this problem.

Fallin, A. (2011). Implementation effectiveness of campus tobacco-free policies. *University of Kentucky Doctoral Dissertations*. Paper 167.

This dissertation seeks to assess implementation effectiveness and compliance with tobacco-free policies on campus. Analysis was done to ensure effectiveness of a new Tobacco-free Compliance Assessment Tool (TF-CAT), which tests smoker's compliance to campus tobacco-free policies. Compliance is tested by counting cigarette butts, observing smokers, and mapping out campus hot spots. The analysis found that the tool is both reliable and valid, however, it uses up a lot of time and resources. Secondly, the effects of an intervention messaging campaign were tested by counting the amount of cigarette butts found on the ground. Message cards about the tobacco-free policy were distributed on campus over a three day period. Results showed fewer cigarette butts were found after the intervention than before intervention. It is beneficial for schools implementing tobacco-free policies to follow similar effective procedures to ensure successful implementation and compliance.

Fallin, A., Roditis, M., & Glantz, S. A. (2015). Association of campus tobacco policies with secondhand smoke exposure, intention to smoke on campus, and attitudes about outdoor smoking restrictions. *American Journal of Public Health, 105(6), 1098-1100.*

Students were surveyed across 8 college campuses to examine if the strength of the college's smoking policy is related to the likelihood of being exposed to second-hand smoke and intention to smoke on campus. The variety policies included: no policy, designated outdoor smoking areas, and tobacco-free campuses. Smoking is most prevalent among schools with a designated outdoor smoking area. In addition, as policy strength increases, exposure to second-hand smoke, as well as seeing someone smoking on campus, decreases. Therefore, the strongest policies, such as tobacco-free campuses, are most effective in reducing exposure to second-hand smoke and intention to smoke on campus.

Glassman, T. J., Reindl, D. M., & Whewell, A. T. (2011). Strategies for implementing a tobacco-free campus policy. *Journal of American College Health, 59(8), 764-768.*

This report outlines the strategic steps a campus could take in order to implement a successful tobacco-free policy. Key strategies involve the creation of a committee to bring together resources such as time, different skillsets, and input from other groups such as the student body to ensure student support. Publicity can be generated through media and student debates. Lastly, committee members can draft potential policy for the stakeholders and Board of Trustees. Potential barriers to these strategies include limited resources, and little to no student and administrative involvement and support. These barriers can be overcome by ensuring that a comprehensive rationale is clearly communicated to all those that may be affected by the tobacco-free policy. Clear communication campaigns and enforcement plans help to increase compliance and agreement on campus. In addition, consistency in reinforcement of these plans increases compliance in establishing a successful tobacco-free campus.

Harris, K. J., Stearns, J. N., Kovach, R. G., & Harrar, S. W. (2009). Enforcing an outdoor smoking ban on a college campus: Effects of a multicomponent approach. *Journal of American College Health, 58(2), 121-126.*

This study examines effective strategies to increase compliance with a policy prohibiting smoking within 25 ft of buildings on college campuses. The study used a multiple component intervention strategy, consisting of: improving signage, moving receptacles outside the smoke-free zone, prominently marking the ground, and distributing positive reinforcements (voucher for a free beverage) and reminder cards. Smoker's compliance to these intervention strategies was observed. The study found a statistically significant increase in smoker's compliance moving from no interference to inference. A week after the intervention had taken place, although significantly higher than pre-intervention, compliance levels had dropped. In conclusion, the multiple component intervention strategy played a significant role in increasing compliance with the smoking policy on campus.

Lee, J. G., Ranney, L. M., & Goldstein, A. O. (2011). Cigarette butts near building entrances: What is the impact of smoke-free college campus policies? *Tobacco Control, 22(2), 107-112.*

To determine the effectiveness of multiple smoking policies across college campuses, cigarette butts were collected on campuses with a variety of different tobacco policies. These included: no tobacco policy, designated smoking areas, and tobacco-free policies. All tobacco-free college campuses had significantly less cigarette butts on the ground than campuses with little to no policy. This reduction in cigarette butts on the ground is reflective of fewer cigarettes smoked on campus and reduced exposure for those who are on campus. Therefore, tobacco-free college campuses are more effective in reducing the amount of smoking done on campus than any other policy.

Thompson, B., Coronado, G. D., Chen, L., Thompson, L. A., Hymer, J. C., & Peterson, A. K. (2006). Preferred smoking policies at 30 Pacific Northwest colleges. *Public Health Reports*, 121(5), 586-593.

Students from 30 colleges were surveyed about their opinions on different policies concerning tobacco use on campus. The majority of smokers and non-smokers are in favour of policies that state where smoking is and is not allowed. However, non-smokers are more likely to be in favour these smoke-free and smoking restrictive policies than smokers. In addition, both smokers and non-smokers support policies that favour clean air over the right to smoke, with smokers agreeing to a lesser extent. School administrators should be aware that enforcing restrictive smoking policies is well received by students, recognizing that not all smokers are as supportive as their non-smoking counterparts.