

Camosun College Tobacco Use Survey

This survey is being conducted in order to obtain information about tobacco use and non-use amongst Camosun College members. All responses in this survey are confidential and individual results will not be reported.

This survey is being conducted by the Camosun College Joint Occupational Health and Safety Committee. If you have any questions or concerns about this project please contact the JOSH Committee via email: joshctte@camosun.bc.ca.

Thank you for participating in this survey.

SECTION 1: Policy

1.1. Are you aware of the "Smoking and Tobacco Product" policy at Camosun College which specifies locations where smoking is prohibited, prohibits the promotion and sale of tobacco products at the College and specifies locations of designated smoking areas?

- a) Yes
- b) No

1.2. Which areas are designated smoking areas at Camosun College?

- a) Bus Stops
- b) Any area designated as "No Smoking"
- c) Within any College owned or controlled building
- d) Within any College owned or leased vehicle
- e) Within 5 meters of an opening window, door or intake

SECTION 2: Issues with Smoking on Campus

2.1. In the past month, how often were you exposed to second-hand smoke while on campus (exclude your own smoking if you are a current smoker)?

- a) Frequently (every day or almost every day)
- b) Sometimes (1 to 3 days per week)
- c) Occasionally
- d) Not at All
- e) Don't know

2.2. For each statement below, circle the appropriate response that best fits your opinion of the statement. **Use the following scale to best match your opinion:**

1 (strongly agree), 2 (agree), 3 (neutral), 4 (disagree), 5 (strongly disagree).

- a) Free Nicotine Replacement Therapies (i.e. Nicorette gum, the Patch) should be available on campus for those who want to quit using tobacco products.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

- b) I support a 100% tobacco-free campus (tobacco prohibited on all campus grounds).

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

c) I support designated smoking areas located on campus.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

d) Camosun College should provide benches, tables, gazebos or other shelters in designated areas for smokers.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

e) Tobacco and smoking policies on campus should be enforced by Camosun College?

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

f) It does not bother me to be near someone who is smoking.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

g) Non-smokers have a right to a smoke-free environment.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

SECTION 3: Tobacco Use and Smoking

3.1. At the present time, do you smoke cigarettes every day, occasionally or not at all?

- a) Every day
- b) Occasionally
- c) Not at all

3.2. What tobacco products do you use? Please choose all that apply.

- a) Cigarettes
- b) Cigars
- c) Chew
- d) Snuff
- e) Pipe
- f) None

3.3. Are there certain occasions when you smoke more often? Please choose all that apply.

- a) When I am drinking alcohol
- b) When I am under pressure at exam times
- c) Other (please describe) _____
- d) I do not smoke

3.4. What would you like to see at Camosun College regarding smoking and designated smoking areas?

- a) 100% ban of smoking
- b) Smoking shelters
- c) Cessation programs to quit smoking
- d) Education / counseling programs
- e) Support groups
- f) Special presentations
- g) Other (please specify) _____

3.5. How would a 100% smoke-free campus policy affect you? Please choose all that apply.

- a) Help you to quit smoking or stay "quit"
- b) Cause difficulties for you
- c) Encourage you to help others quit
- d) Not affect you at all
- e) I am against a 100% smoke-free campus policy
- f) Other (please specify) _____

3.6. For each statement below, circle the appropriate response that best fits your opinion of the statement. **Use the following scale to best match your opinion:**

1 (strongly agree), 2 (agree), 3 (neutral), 4 (disagree), 5 (strongly disagree).

a) People have to smoke for many years before it will hurt their health.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

b) The occasional cigarette has an impact on one's health.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

c) Quitting smoking reduces health damage even after many years of smoking.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

d) Smoking helps people stay slim.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

e) People can become addicted to tobacco.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

f) Smokers can quit anytime they want to.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

g) Smoking impacts the health of others.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

h) The workplace plays an important role in the health of its employees.

Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

SECTION 4: Cessation Programs

4.1. Would you participate in smoking cessation assistance if it was offered through Camosun College?

- a) Yes
- b) No
- c) Not sure (please explain) _____
- d) I do not use tobacco products.

4.2. What strategies have you used to try to quit using tobacco products? Please select all that apply.

- a) I have made no attempts to quit
- b) Will power only (cold turkey, cutting down)
- c) Nicotine replacement therapy (gum, patch, intranasal spray, inhaler, lozenges)
- d) Prescription medication (e.g. Zyban, Varenicline etc.)
- e) Counselling (e.g. therapy, help lines)
- f) On-line support (quit smoking websites)
- g) A variety or combination of techniques
- h) I do not use tobacco products
- i) Other (please specify): _____

4.3. What do you think would prevent others from participating in “quit smoking” activities offered through Camosun College? Please choose all that apply.

- a) Cost
- b) Time
- c) Family member
- d) Spouses not participating
- e) Peer pressure
- f) Other (please specify) _____

SECTION 5: Participant Roles

5.1. I am:

- a) Male
- b) Female

5.2. My Age is:

- a) 18 or younger
- b) 19 – 29
- c) 30 – 39
- d) 40 – 55
- e) 56 - 65
- f) 65+

5.3. What group do you belong to at Camosun College?

- a) Student
- b) Support Staff
- c) Faculty Member
- d) Management

5.4. At which Camosun College campus do you spend most of your time?

- a) Lansdowne
- b) Interurban

5.5. Which of the following describes you best? (Check Only One)

- a) I am a non-smoker.
- b) I am an ex-smoker.
- c) I am a smoker who would like to quit.
- d) I am a smoker who does not want to quit.

5.6. Have you recently given serious thought about making a personal lifestyle change related to better health? (For example, lose weight, improve nutrition, exercise, reduce stress, and stop smoking.)

- a) yes, in the past year
- b) yes, a year or more ago
- c) no, not in a recent memory

5.7. Which healthy lifestyle choices interest you? Please choose all that apply.

- a) Nutrition
- b) Physical activities
- c) Stress management
- d) Other _____

5.8. What is your current program of study or area of expertise at Camosun College?

If you would like to be entered in a contest draw, please provide your name, email address and telephone number below.

This information will **NOT** be associated with your responses to the survey questions: it will be used only to contact randomly selected prize winner.

Name: _____

Email address: _____

Phone Number: _____

Thank you for taking the time to participate in this survey. Please use the space below for any further comments or suggestions.