

Smoking-Related Attitudes and Behaviors Among University of Hawai‘i -Mānoa Faculty and Clerical Employees

Prepared for the Community Partnership for Health and Fresh Air

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SUMMARY OF KEY FINDINGS

SMOKING STATUS

- **Only 8% of faculty and staff surveyed are current smokers**

SECOND HAND SMOKE EXPOSURE

- **90% surveyed are bothered by second hand smoke exposure**
 - **even 39% of current smokers bothered***
- **54% surveyed report exposure on campus within past week**
 - **74% exposed at building entrances, 73.5% in outdoor dining courtyards, and 73.5% in building courtyards**
- **28% have specific health problems affected by smoke exposure**
 - **16% have asthma or other respiratory illnesses**
 - **12% have allergies or other particular sensitivities**

POLICY SUPPORT

- **Over 75% of faculty and staff surveyed support prohibitions on**
 - **smoking near intake ducts**
 - **smoking in building entrances**
 - **smoking in dormitories**
 - **tobacco product promotions on campus**
- **Over 50% of faculty and staff surveyed support prohibitions on**
 - **smoking at UH-sponsored athletic events**
 - **tobacco product sales on campus**
 - **smoking in outdoor dining areas**

CESSATION SUPPORT

- **68% of smokers very or somewhat interested in quitting***
- **61% of smokers very or somewhat likely to use UH services***
- **86 – 87% of all respondents would support having UH-sponsored tobacco cessation services**

* Note: Analysis of opinions held by current smokers must be interpreted with caution owing to small sample size.

Background and Method

Telephone interviews were conducted with 289 faculty and staff members who work at the University of Hawai'i at Mānoa between April 10 and May 9, 2002. The interviews were conducted by 15 undergraduate students who attend UH-M as part of their class project for Research Method (Speech 302) class. All of the interviewers were trained to adhere to a standardized interview protocol to avoid biases. The survey questionnaire used in the study was developed cooperatively by all of the authors, pretested to ensure that questions are easy to understand, and reviewed by several researchers who have significant experiences in survey research.

The respondents were selected using systematic random sampling method using the faculty and staff directory as the sampling frame. A total of 454 respondents were contacted. Overall participation rate for the survey is 64%. A total of 124 respondents (27%) were unreachable after multiple phone calls and 41 people (9%) refused to participate in the survey. Of the 289 completed surveys, three surveys were lost by a student. Thus, this report is based on data from the remaining 286 surveys.

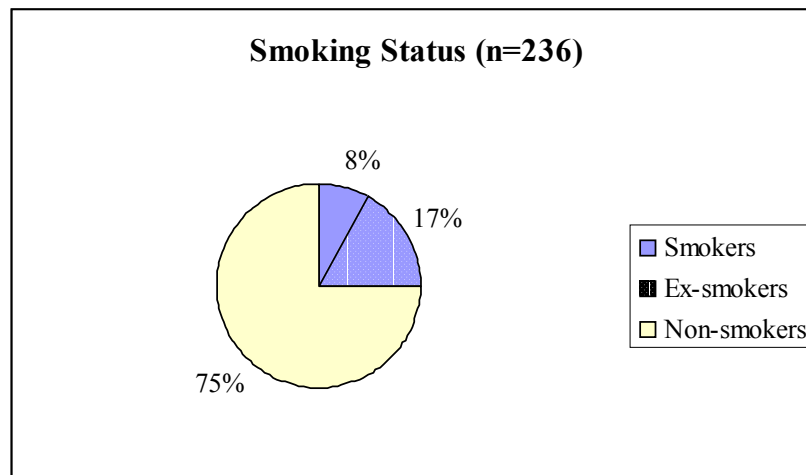
Sample Description

Of the 286 respondents, 45% were faculty and 55% were staff. The sample was balanced in terms of gender: 51% of the sample was female compared to 49% male. The length of time employed by UH-M ranged between 6 months and 44 years, and the average length of employment for the respondents was 11 years and 6 months.

Findings

Smoking

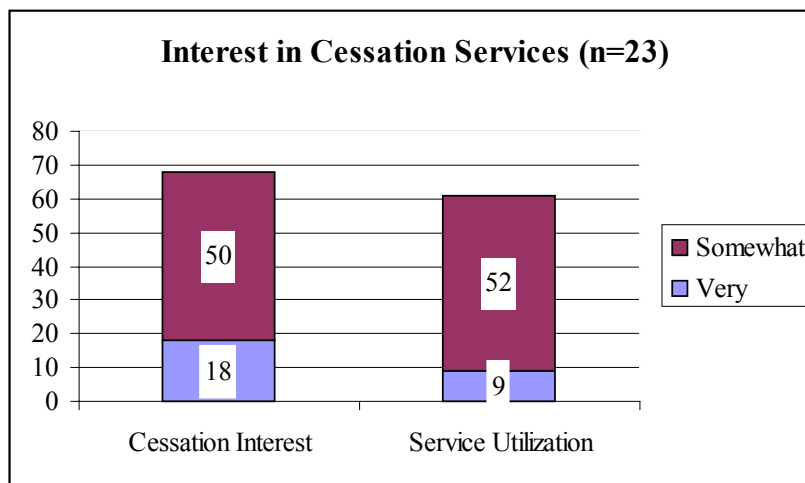
Twenty-three out of 286 respondents (8%) reported to be a current smoker compared to 17% ex-smokers and 75% non-smokers. Among the current smokers, the number of cigarettes smoked on a typical day ranged between 1 and 43 cigarettes. The average number of cigarettes smoked per day was 13 cigarettes.



Prevalence of smoking did not differ significantly between faculty and staff. While male respondents were slightly more likely to be current smokers (11%) compared to female respondents (6%), due to a small sample size, this difference did not reach statistical significance. However, male smokers consume significantly more cigarettes (average 15 cigarettes per day) compared to female smokers (8 cigarettes).

Interest in Cessation Services among Current Smokers

A total of 68% of current smokers reported that they were “very interested” or “somewhat interested” in quitting smoking. When asked whether they would be likely to use a smoking cessation service if provided by the University, 61% reported that they are “very likely” or “somewhat likely” to use the service.



Note. Entries are percentages.

When asked what types of method they would consider using, 78% reported that they would be somewhat or very likely to use Nicotine Replacement Therapy (such as nicotine gum, patch or inhaler), 61% would be likely to use medicine that help with craving (such as Zyban), and 56% would be likely to use individual counseling. The most popular choice for the location of cessation service was on campus (57%), followed by at their doctor’s office or hospital (35%).

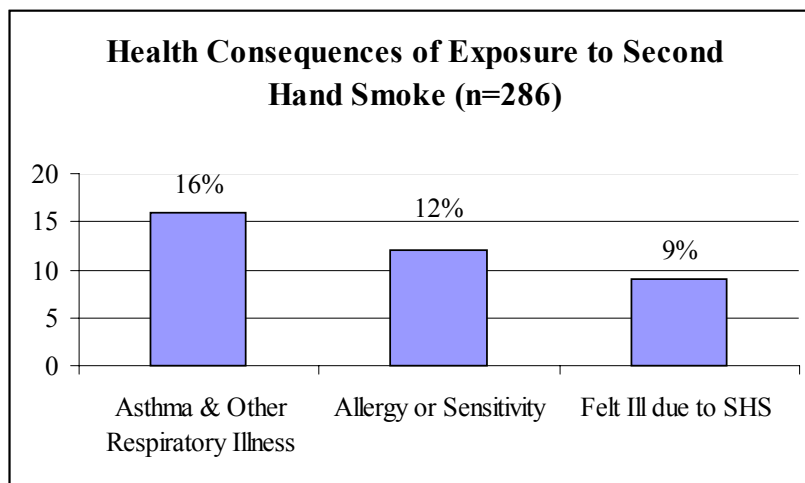
It is important to note that the total number of current smokers in the current sample is very small (23 respondents). Thus, this previous analysis using current smokers only should be interpreted with caution.

Exposure to Second Hand Smoke on Campus

Exposure to second hand smoke is prevalent on campus. A majority of the respondents (54%) reported that they were exposed to second hand smoke within the past week. Similarly, when asked about exposure within the past year, 60% reported that they were exposed to second hand smoke while entering their offices, classrooms, or other indoor areas of campus during the past year. Specifically, 3% reported that they are exposed “all the time,” 12% reported “frequently,” and another 46% reported “occasionally.”

As for the pattern of exposure to second hand smoke, the most frequent exposure is reported to be at building entrances (74%), followed by outdoor dining areas (73.5%) and building courtyards (73.5%).

Overall, 46% of the respondents reported that they are bothered “a great deal” about being exposed to second hand smoke; an additional 44% reported they are “somewhat” bothered by it. As shown in the following graph, 28% of the respondents reported that they have health problems affected by exposure to second hand smoke. Specifically, 16% of the respondents reported that they have asthma or other respiratory illness that is affected by exposure to tobacco smoke, and additional 12% reported that they have an allergy or sensitivity that is affected by exposure to tobacco smoke. Also, 9% of the respondents reported that they had an occasion where they felt ill due to the exposure to tobacco smoke on campus in the past year.



As expected, current smokers were significantly less bothered by exposure to second hand smoke. While 94% of non-smokers and ex-smokers reported that exposure to second hand smoke bothered them, 39% of current smokers reported that they are bothered by it. It is notable, however, a fairly significant proportion (39%) of the current smokers were also bothered by exposure to other peoples’ tobacco smoke. Female respondents were significantly more likely to report exposure to second hand smoke and are more bothered by the exposure.

Support for Regulating Smoking and Tobacco Products

Overall, the level of support varies significantly for various areas of regulation for tobacco product and smoking.

Support for Regulating Smoking and Tobacco Products

	Should be Prohibited(%)	Should be Permitted(%)	Not Sure(%)
Smoking near air intake ducts	91	7	2
Smoking in building entrances on campus	78	20	2
Distribution of tobacco promotional items on campus	77	17	6
Smoking in dormitories	77	17	6
Smoking at UH sponsored athletic events	68	23	9
Tobacco product sale on campus	56	41	3
Smoking in outdoor dining areas on campus	52	43	5
Smoking in building courtyards and breeze ways	46	51	3
Smoking in outdoor areas of campus	21	76	3

Results show that smoking status plays an important role in peoples' attitudes regarding various regulations for smoking and tobacco use. Specifically, compared to current smokers, non-smokers are significantly more likely to want to prohibit (1) tobacco product sale on campus, (2) smoking in dormitories, (3) smoking in outdoor dining areas, (4) smoking at UH sponsored athletic events, and (5) distribution of promotional items on campus.

The results also reflect a spirit of aloha towards smokers in the community even among the many non-smokers who are bothered by smoke exposure. For example, a very large majority of respondents regardless of their smoking status hope for tobacco cessation services for students (87%) and for employees (86%) on campus. Moreover, strongest support was seen for policy changes involving relatively smaller limits on smoking-permitted areas. As for broader areas, compassionate concerns may be apparent simply because the survey questions did not allow for the creation of appropriate new spaces for smokers, such as rain shelters, which would be highly advised in implementing these kinds of changes.