

UCR Campus Survey for Smoke/Tobacco-Free Policy

As you may know, the University of California will be implementing a system-wide Smoke/Tobacco-Free policy effective January 1, 2014. As we begin to develop our UCR policy and implementation plans, we would like your input.

You are invited to take part in a survey to express your behaviors and views related to tobacco use and second-hand smoke. This survey is expected to take no more than three minutes of your time.

Upon completion of the survey, you may elect to enter a drawing for a \$50 UCR Campus Store gift card by entering your email at the end of this survey. Please note, your email will not be associated with your survey response.

Your responses will not be used in any way to identify you and used for information/data analysis purposes. An overall summary of survey results will be made available and shared with the campus early 2013.

If you have any questions about this survey at any time, please contact Julie Chobdee at julie.chobdee@ucr.edu. Thank you in advance for participating in this survey.

Demographic Information

- Status (primary): ☐ Student ☐ Staff ☐ Faculty ☐ Prefer not to disclose
- Your gender: ☐ Female ☐ Male ☐ Other ☐ Prefer not to disclose
- Your age: ☐ Under 18 ☐ 18-24 ☐ 25-29 ☐ 30-39
☐ 40-49 ☐ 50-59 ☐ 60 and over
☐ Prefer not to disclose

Second-hand Smoke

Please mark the answer that most closely describes your feelings regarding second-hand smoke at UCR.

1. Second-hand smoke is smoke from someone else's cigarette, cigar or pipe that you breathe. How often would you say you are exposed to second-hand smoke on campus?
☐ Multiple times a day
☐ Once a day
☐ A few times a week
☐ A few times a month
☐ Never
2. How concerned are you about the health consequences of being exposed to second-hand smoke on this campus?
☐ Very concerned
☐ Somewhat concerned
☐ Not at all concerned

Tobacco Use

3. Please mark the answer that best describes your smoking/ tobacco use status:

- ☐ I am a NON smoker/tobacco user (Skip to Question 14)
- ☐ I am a former smoker/tobacco user (Skip to Question 14)
- ☐ I prefer not to say (Skip to Question 14)
- ☐ I am a current smoker/tobacco user

For current smoker/tobacco users:

4. During the past 30 days, how often did you use the following:

a) **Cigarettes:** During the past 30 days, on average, how often did you smoke per day?

- ☐ None
- ☐ Less than ½ pack/day
- ☐ ½ pack – 1 pack/day
- ☐ 1 pack -2 packs/day
- ☐ 2 packs or more/day

b) **Cigars:** During the past 30 days, on average, how many cigars did you smoke?

- ☐ None
- ☐ 1-2
- ☐ 3-4
- ☐ 5 or more

c) **Smokeless tobacco, e.g. chew:** During the past 30 days, on average, how many hours do you chew or dip?

- ☐ None
- ☐ Less than 1 hour/day
- ☐ 1-4 hours/day
- ☐ 4 or more hours/day

d) **Pipes, e.g. hookah:** During the past 30 days, on average, how many times did you use a pipe?

- ☐ None

- ☐ 1-2
- ☐ 3-4
- ☐ 5 or more

e) **E-cigarettes:** During the past 30 days, on average, how many times did you use an e-cigarette?

- ☐ None
- ☐ 1-5/day
- ☐ 6-10/day
- ☐ 11-15/day
- ☐ 16-20/day
- ☐ 20+/day

5. Do you smoke or use tobacco on campus? ☐ Yes ☐ No

6. If yes, where do you usually smoke or use tobacco on campus? (Check all that apply.)

- ☐ Walkways ☐ Parking lots/structures ☐ Outside buildings
- ☐ Outside on-campus housing ☐ Other: _____

7. When you smoke or use tobacco on campus, what are your main reasons? (Check all that apply.)

- ☐ Craving ☐ Break ☐ Stress ☐ Habit ☐ Social
- ☐ Other: _____

8. In the past 12 months, have you stopped smoking or using tobacco for at least a day or longer because you were trying to quit?

- ☐ Yes ☐ No

9. If yes, how many times have you attempted to quit smoking or using tobacco in the past 12 months?

- ☐ 1 ☐ 2 ☐ 3 or more

10. Are you planning to quit smoking and/or using tobacco?

- ☐ Yes
 - ☐ Within the next 30 days
 - ☐ Within the next six months
 - ☐ More than six months from now

☐ No

11. As part of the Smoke/Tobacco-Free implementation, cessation support resources will be made available. If you are interested in quitting smoking and/or using tobacco, what methods do you believe would be most effective in supporting your efforts? (Check all that apply.)

- | | |
|--|--|
| <input type="checkbox"/> On campus group program/support | <input type="checkbox"/> 1:1 quit coach |
| <input type="checkbox"/> Phone counseling | <input type="checkbox"/> Online program/support |
| <input type="checkbox"/> Local community program | <input type="checkbox"/> Mobile application |
| <input type="checkbox"/> Quit kits | <input type="checkbox"/> Personal physician visit |
| <input type="checkbox"/> Faculty Staff Assistance Program (FSAP) | <input type="checkbox"/> Student Counseling Center |
| <input type="checkbox"/> Cold Turkey | <input type="checkbox"/> Tapering |
| <input type="checkbox"/> Nicotine replacement therapies (e.g., the patch, gum, etc.) | |
| <input type="checkbox"/> Prescription medication (Zyban, Chantix) | |
| <input type="checkbox"/> Other: _____ | |

12. If programs are offered at UCR, when would be the best time for you to attend them?

- ☐ Mornings
☐ Afternoons
☐ Evenings
☐ Night

13. What methods would be most effective for continuing to promote the smoke/tobacco-free policy after 2014? (Check all the apply.)

- ☐ Informational card about policy and cessation
☐ Verbal reminder
☐ No Smoking Signs
☐ Other: _____

Smoking/Tobacco-Free Policy

14. We are preparing for a campus that is Smoke/Tobacco-Free by January 1, 2014. Are you aware that UCR already limits tobacco use?

☐ Yes ☐ No

15. What is most effective for changing behavior on campus? (Check all that apply.)

- ☐ Education/Awareness communications
☐ Reminder of potential disciplinary action
☐ Appropriate signage
☐ Other: _____

16. Would you be willing to remind colleagues/peers about the policy?

☐ Yes ☐ No

If yes, please check the reminder methods you would be willing to use. (Check all that apply.)

☐ Distribute informational card about policy and cessation

☐ Verbal reminder

☐ Other: _____

17. What communication/marketing methods do you believe would be the most effective? (Check all that apply.)

☐ Email

☐ Posters

☐ New Staff Orientation

☐ Flyers

☐ Newsletters

☐ Town Hall Meetings

☐ Staff Assembly

☐ Student Government

☐ Announcements at staff meetings

☐ Banners

☐ Website

☐ Announcements in classrooms

☐ Academic Senate

☐ New Student Orientation

☐ Manager/Supervisor training

☐ Signage

☐ Scotmail

☐ Communication from Chancellor

☐ Employee trainings/information sessions

☐ Rmail

☐ Other: _____

18. Do you think the new smoke/tobacco-free policy will impact the overall level of health on campus?

☐ Yes, very much

☐ Somewhat

☐ Not at all

19. Please provide any comments, suggestions here:

Thank you for taking your time to fill out this survey. Your feedback is appreciated.

For more information, please visit http://wellness.ucr.edu/smoke_free.html