

Smoking policy summary

[Health & Medicine](#), [Addiction](#)



y summSan Jose State University Smoking Policy Survey Results COUGH SJSU
(Campuses Organized & United for Good Health) Partners: Background
Purpose -To inquire about: Tobacco use behavior on campus Knowledge of
current policy on campus Attitudes about changing the SJSU smoking policy
Dissemination Student-led organizations (i. e., student clubs) Human
Resources listserve Faculty and Staff direct outreach (i. e., listserve, groups)
Student Affairs listserve University Housing Services Department Chairs
Background Timeframe Distributed from October 1 — November 6, 2011
Methods Email Hard copies: Classes Campus events Tabling events Findings
2, 312 individuals completed the survey Student: 72. 6% Staff: 16. 3%
Faculty: 8. 0% Administration: 1. 4% Visitor: 1. 7% Gender Female: 65. 6%
Male: 34. 2% Other: 0. 2% Age Under 18: 0. 8% 18-19: 15. 0% 20-24: 41. 1%
25-29: 13. 8% 30-39: 11. 6% 40-49: 6. 6% 50-59: 7. 7% 60 and over: 3. 4%
Secondhand Smoke Secondhand smoke is smoke from someone else's
cigarette, cigar, or pipe that you breathe. Reflecting on the current semester,
how often would you say are exposed to secondhand smoke on campus?
Multiple times a day: Every day: A few times a week: A few times a month:
Never: 19. 1% 23. 6% 31. 4% 19. 3% 6. 6% Secondhand Smoke Would you
say secondhand smoke on campus bothers you a lot, a little, not at all? A lot:
A little: Not at all: 52. 5% 32. 2% 15. 3% Comments Whenever I see a
smoker ahead of my walkway I have to cross the street or/and go out of my
way to avoid holding my breath . . . I do not want to get second hand smoking
and I feel like my chances increase tremendously every time I attend school
Walking from the garage to my building and back I am exposed to second
hand smoke every day. Also people smoke right outside of buildings, not 25

feet away. I am very concerned for my health. I feel like it is a sever hazard to have to endure this on a daily basis. I was also very concerned when I was pregnant and had to deal with this. Please do something. I came from a smoke-free campus, so the cigarette smoke really bothers me! Secondhand Smoke Do you have an allergy/sensitivity (e. g. asthma, sneezing, watery eyes, etc.) that is triggered by exposure to either indoor and/or outdoor tobacco smoke? Yes: 33. 5% No: 66. 5% Comments I have a heart condition, so any exposure to tobacco smoke directly affects my health more so than the average student I have asthma and I have been waiting for SJSU to become a Smoke Free Campus.... I have only been exposed as a result of walking by. but I am very sensitive and automatically cough While I do not have allergies, etc., myself, my boyfriend has asthma, so the smoking irritates it greatly. sometimes the smell triggers my asthma more than the smoking itself ...Those who smoke are greatly affecting those who do not smoke. Because of second-hand smoke, I always have a hard time breathing and gives me asthma Comments I was pregnant at the beginning of semester (before miscarrying) and was advised to completely avoid certain things--including second hand smoke--for the sake of the fetus. If people are smoking on campus, it makes it difficult to follow doctors' orders I am overwhelmed by the amount of secondhand smoke I am exposed to at SJSU coming from both student and non-student smokers. I've spent time on many college campuses and have never experienced this much secondhand smoke. I recently became very ill with lung infections and the secondhand smoke I encounter walking on campus causes me lung pain and difficulty breathing... Secondhand Smoke Are you aware that SJSU has a smoke-free

policy that prohibits smoking within 25-ft. of buildings? Yes: 71. 0% No: 29. 0% Secondhand Smoke In your opinion, the current smoke-free policy at SJSU is: Very effective: Somewhat effective: Not effective/ineffective: 11. 8% 39. 6% 48. 5% Comments No body enforces the 25 foot rule and everybody breaks it. I've seen UPD drive right past people smoking next to entry ways. That is one of the problems. I feel the smoking policy is often ignored not just by the students at SJSU but also by those who have the power to enforce it. The 25 feet is very ineffective, especially because the University placed ash trays right near the doors of SPX... if the smoking limit is 25 feet then why place ash trays 5 feet from a building???!! It is strange that although we have signs saying that smoking is prohibited 25 feet from the building however, we have cigarette butts and ash trays at almost every entrance and exit. Comments I see ppl smoking right in front of the signs all the time! I have a draft coming in from my window that has all the smoke coming in... it actually bugs me a lot because I thought the smoking policy was 25ft from a building and I know that's NOT 25 ft... nobody takes the policy seriously! The current policy doesn't work. I'm tired of going outside into a cloud of smoke along with cigarette butts littered on the ground. SJSU must go smoke free for everyone's health and as part of the sustainability initiative.

Secondhand Smoke Would you support SJSU becoming a " smoke-free campus with the exception of designated smoking areas?" Support: Neutral: Do Not Support: 77. 0% 13. 7% 9. 3% Comments “ In having a smoke free campus with a designated smoking areas is a great idea. Not only would they be respecting the people that don't smoke but we are also respecting those who need to smoke by providing them an area" Everywhere I walk on

campus the exposure to smoke is there. This semester I am expecting a child and I strongly believe this continuous smoke is not healthy. Not for me or anyone. It makes me uncomfortable to walk to class and have someone in front of me smoking. Or when I sit down to rest have someone smoking on the side of me. If people want to smoke they should have a designated area to keep the rest of the air clean. My concern is providing enough "designated smoking areas" on the campus for students and staff, especially if folks take smoking breaks during class time. I don't think it would be effective and fair to have people walk far to a designated area to smoke, particularly during the evening when it gets dark... I think that there needs to be a smoking zone for students who are in the process of quitting or who cannot quit.

Secondhand Smoke Would you support SJSU becoming a "100% smoke-free campus?" Support: 64.2% Neutral: 19.1% Do Not Support: 16.7%

Comments I would totally support a 100% smoke free campus. I strongly support SJSU becoming a 100% smoke-free campus secondhand smoke gives me severe headaches and asthma I cannot walk near my building without holding my breath. I really don't like this. Let's make SJSU smoke free! I'm only on campus one night a week but every time I'm there I'm choking on someone else's disgusting cigarette smoke! 100% smoke free campus! Let's do it! If campuses in the tobacco states can go 100% smoke free (e. g., University of Louisville), then SJSU can do it. More at <http://louisville.edu/smokefree/> People have the right to smoke, but I have the right to healthy lungs.

Tobacco Use In the past 30 days, did you use any tobacco products? Yes: 12.7% No: 87.3%

Tobacco Use During the past 30 days, on how many days did you use: Tobacco Use If you smoke, where

do you usually smoke on campus? (check all that apply) I do not smoke on campus: Walkways: 45.6% Parking lots/structures: 22.1% Outside buildings: 16.7% Other (please specify): 28.5% 9.1% Outside on-campus housing: 12.5% Additional Comments Responses to "other" from the question "If you smoke, where do you usually smoke on campus"? Majority of smokers seem to be respectful and aware of others while smoking: "I try to be in an area where there aren't other people around me" "Hidden from people" "in non-traffic areas away from other people" "21 feet from any doors or windows...usually find an area without foot traffic, although some individuals seem to go out of their way to invade the space I occupy to make a point of disapproval in my personal choice" Additional Comments Responses to "other" from the question "If you smoke, where do you usually smoke on campus"? However, other smokers don't seem to be as conscientious of where they smoke or might not know the current policy: "Everywhere" "In the hallways on my way to class" "21 feet from any doors or windows...usually find an area without foot traffic, although some individuals seem to go out of their way to invade the space I occupy to make a point of disapproval in my personal choice" Tobacco Use In the past 12 months, have you stopped using tobacco for 1 day or longer because you were trying to quit? Yes: 37.5% No: 62.5% Tobacco Use If yes, how many times in the past 12 months did you quit using tobacco? 1: 12.0% 2: 8.3% 3 or more: 21.2% Not Applicable: 58.5% Tobacco Use If you are interested in quitting tobacco, what methods would you be interested in trying? Additional Comments General Concerns Harm smoking & secondhand smoke has on everyone (smokers and nonsmokers) Enforcement (who, what, when, cost)

Litter on campus Ash trays locations (5 feet from doors) None or inadequate signage (Noncompliance) Effects secondhand smoke has on campus visitors (children) Support programs for individuals that smoke (i. e. cessation services, designated areas, etc.) Poor ventilation in high-traffic areas (by student union and construction areas) Additional Comments Support for change in policy /Concerns for non-smokers In our quest to produce wonderful college graduates, how can we let them leave here still puffing on the cancer sticks? “ Smokers really need to understand how dangerous smoking is to their health. My Father & Brother both died of Lung Cancer from smoking” “ I think that the campus should be educated on what it is like to have asthma and have to walk into buildings that have people smoking near the entrance” “.... Second hand smoke is the worst way someone can be effected by asthma/coughing. If people want to smoke, they should do it in certain areas but it should not harm the lives of people around them” Additional Comments Smokers are aware of the harmful impact smoking has on their bodies .. yet it is an addiction that is hard to get rid off. Despite the many resources offered to them to help them quit, they do not. It is a choice they make for themselves, however I do not want to pay for their choice with my health I got asthma from smoking when I was little. I don't want anyone to go through that. Additional Comments My main concern is there are students (also faculty/staff/nonuniversity people) who smoke too close to Duncan, Science, and Davidson. There are research groups and classes in those buildings that use highly combustible volatile organic reagents (volatile as in they travel through the air as vapors). My main concern would be Science because the organic chemistry labs are on the first floor and the

windows are usually open. I do not recommend putting smoking areas near those buildings due to the presence of flammable chemicals. Although nothing has happened yet, it is reckless to smoke (i. e. ignite a lighter) in that vicinity. Additional Comments Smoking is the anti-thesis of higher education. After losing my auntie to lung cancer last year, I am still forced to constantly be reminded of it every time I walk by the groups of smokers that huddle around the SU. It's ridiculous to me that an institution with the goal of higher education doesn't make the stand of banning smoking on it's campus. Instead, my health is jeopardized. The carcinogens in smoke do not fade with distance 25ft is not enough, and no one enforces it. The smoke is still able to permeate HVAC systems, open windows, and breezeways. There is no safe distance. Additional Comments Support for current policy/Concerns for smokers If this happens, I hope cigarette butts won't become an issue surrounding the campus in my neighborhood. I am not aware of any ongoing smoking cessation programs on campus (there may be some). If there are no programs - they should be offered. If there ARE programs, they are not promoted heavily enough for me to be aware. people will smoke just about any where they want or have to. I'ts just if you smoke and go for a smoke break it would not be productive to have to find a designated area. Would take away from work time. Additional Comments I have a big issue when someone is smoking indoors, but outside it's not a problem. I have been reading the book " easyway" by Allan Carr that was suggested by my brother in law who quit using it. My last cigarette is scheduled for this evening. I am confident I will be on track. Wish me the best! My concern is providing enough " designated smoking areas" on the campus for students and staff,

especially if folks take smoking breaks during classtime. I don't think it would be effective and fair to have people walk far to a designated area to smoke, particularly during the evening when it gets dark... Additional Comments A student who smokes and pays tuition has the same amount of rights as one who is a non-smoker. There should be designated smoking areas for those students, staff and faculty who choose to smoke. They are made to stand in the rain to smoke and If we treated any other group in this way they would be yelling Smoking is not a crime There are bigger issues on campus than second-hand smoke. People have their stress to release. We cant just kill their ways of releasing them. Additional Comments This is a free country so people should be able to smoke in places where the smoke will not be harmful to others. I am smoker. I do support having smoking designated areas because personally I do not wish to blow smoke in people's faces. "electronic" cigarettes purport to be smoke free -- not sure how true this is and where it fits in with smoke-free facility As much as I dislike cigarette smoke, I should point out that it would be grossly hypocritical of us to enforce a " 100% smoke-free campus" while allowing gas-powered vehicles and tools to operate on campus--often closer than the 25-ft. ban from building for smokers. Yet gas-powered vehicles and tools produce both a higher number and a greater amount of noxious chemicals per minute, not to mention the noise.