

Tobacco Use

Minnesota College and University Students

**Data from a 2006 survey of students in
12 post-secondary schools**

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Background to this report

- Survey conducted in
 - 2005 (17 schools)
 - 2006 (12 schools)
- Included
 - Public (2 and 4 year)
 - Private (4 year)
- Funding through
 - Hennepin Medical Society
 - Blue Cross Blue Shield

Participating schools

- Alexandria Technical College
- Anoka Technical College
- Hennepin Technical College
- Lake Superior College
- Normandale Community College
- St. Cloud Technical College

- Augsburg College
- Hamline University
- Saint Mary's University of Minnesota



- St. Cloud State University
- University of Minnesota
- Winona State University



Methodology

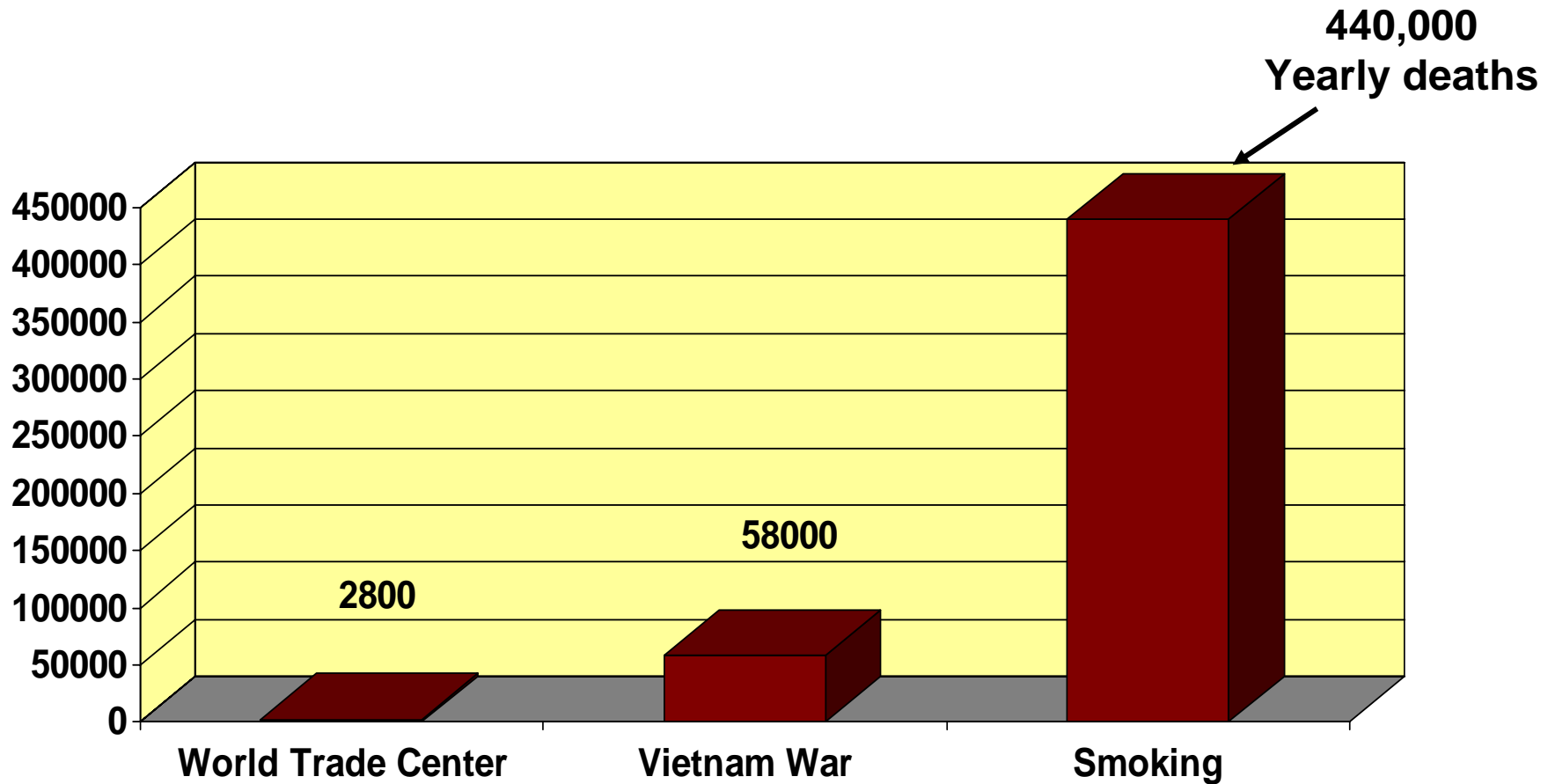
- Modified Core survey
 - Core short form and 21 additional questions
- Random sample at each school (25% to 66%)
- Mailed survey (March and April)
 - 20,491 surveys sent out
 - 409 undeliverable
 - 20,082 delivered (range 628 to 5,849)
 - 7,638 returned surveys
- Response Rate: **38.0%** (range 28.9% -46.0%)

Demographics

- Mean age: 22.2 years (range 18-64 years)
 - » 18-24 year olds (85.5% of sample)
 - » 25+ year olds (14.5% of sample)
- Gender:
 - » 36.1% male
 - » 58.3% female
 - » 5.6% not designated
- Race/ethnicity: 88.9% white
 - Non-white
 - 9.6% 2 year schools
 - 12.4% 4 year schools
 - 10.1% Private schools

Why look at Tobacco rates?

Simple --Tobacco Use Kills



List of ingredients...



Smoking is extremely addictive. Once you start, you may not be able to stop — ever.

Acetone - nail polish remover

Ammonia - floor/toilet cleaner

Arsenic - rat poison

Butane - cigarette lighter fluid

Cadmium - rechargeable batteries

Carbon Monoxide - car exhaust fumes

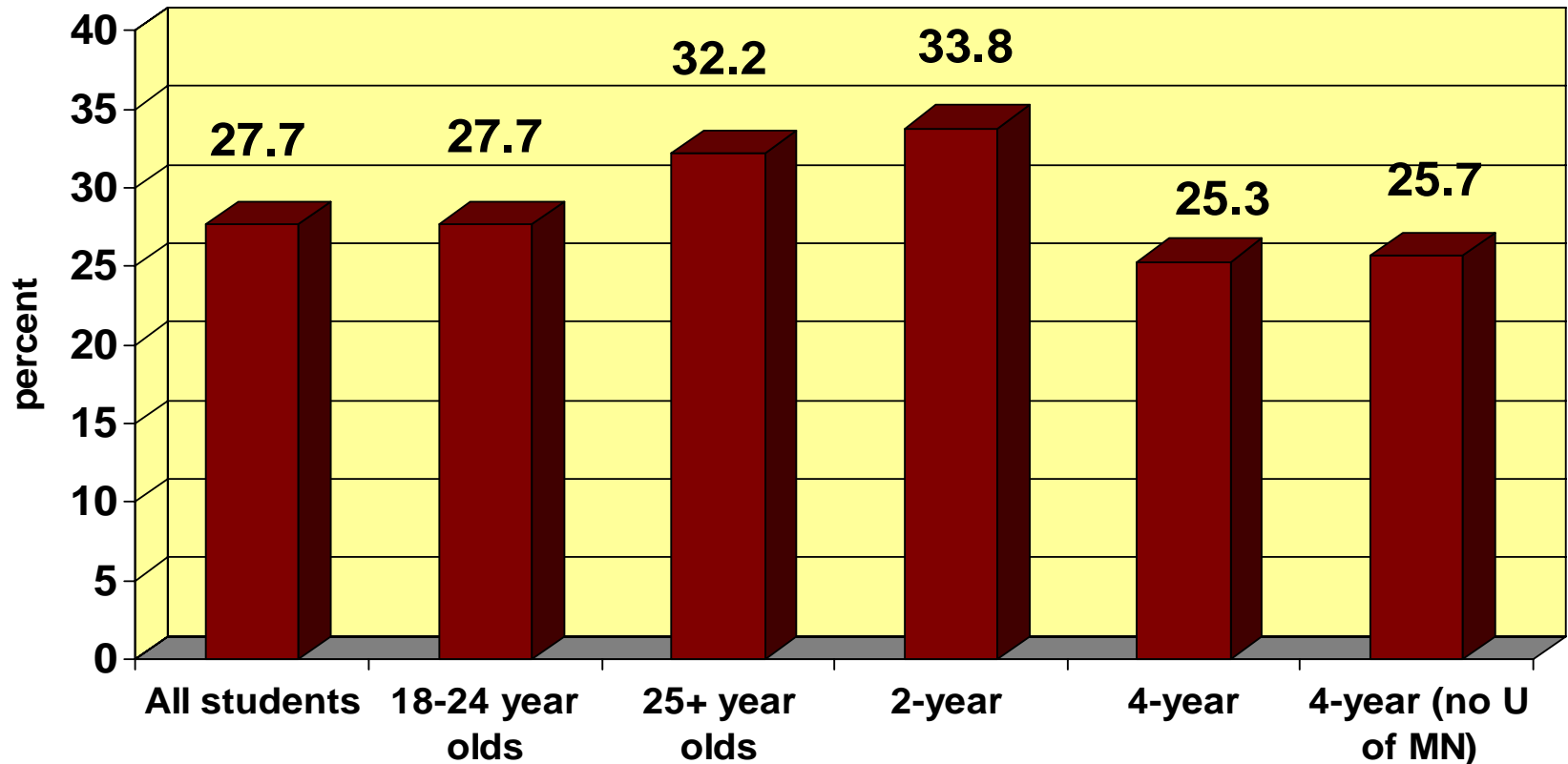
Methane - swamp gas

Methanol - rocket fuel

Napthalene - mothballs

Stearic Acid - candle wax

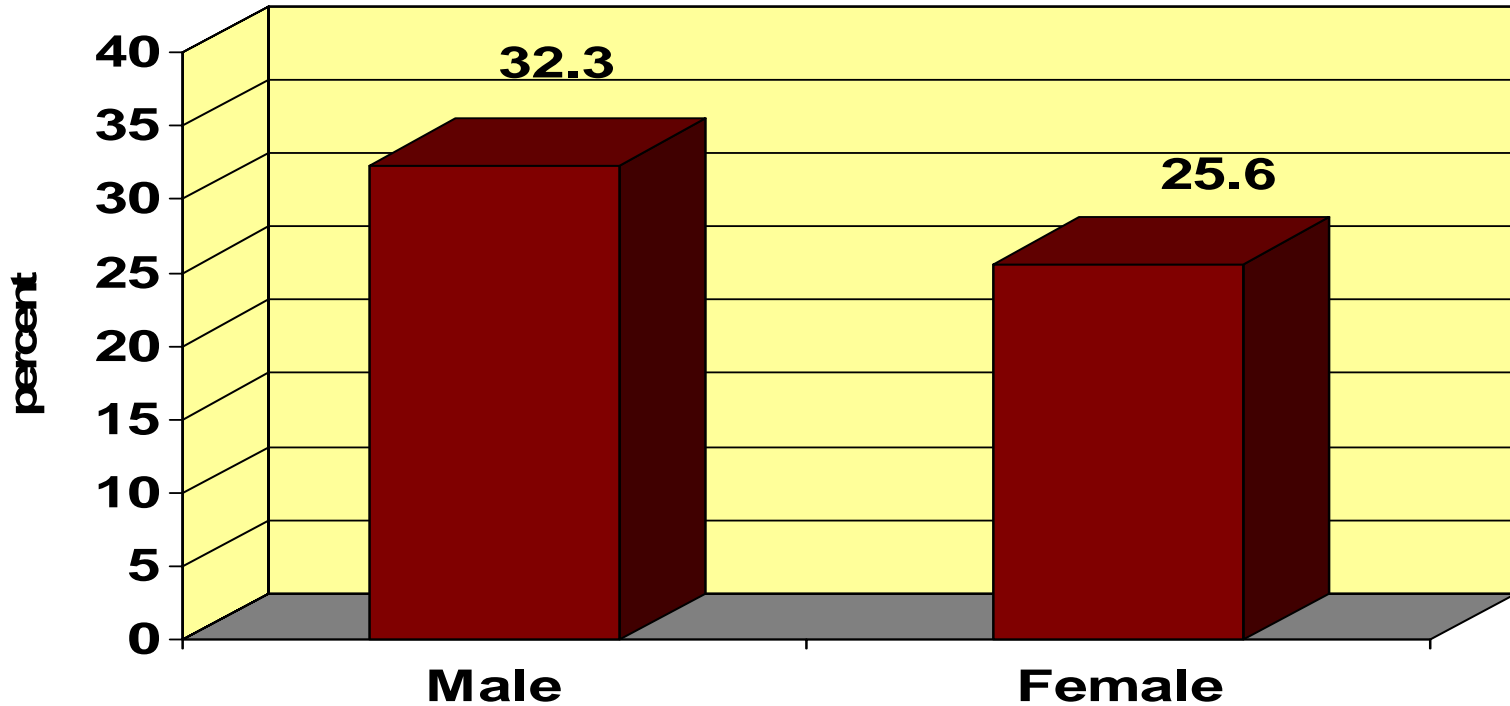
Current Tobacco Use



Range in rates: 2-year (29.0% to 37.6%)

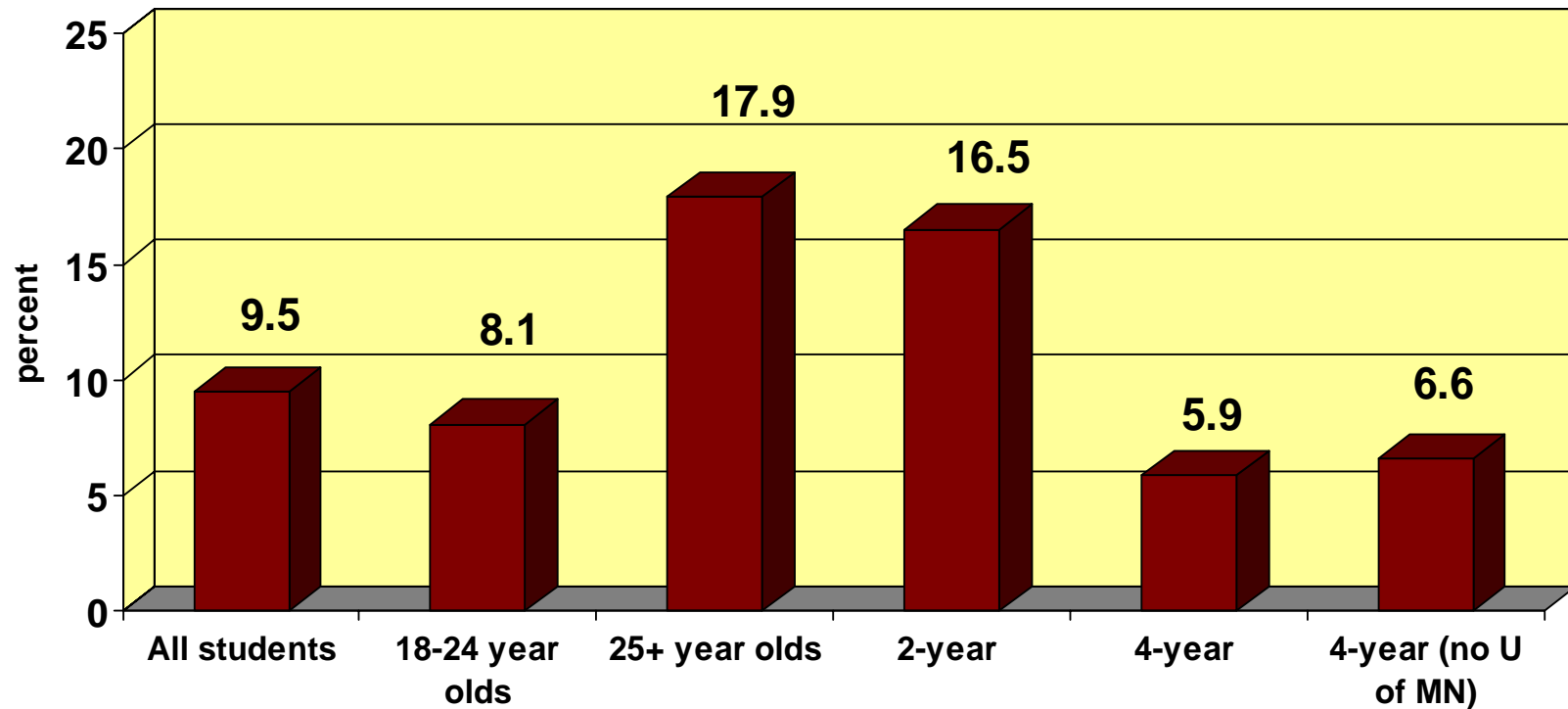
4-year (13.7% to 31.1%)

Current Tobacco Use



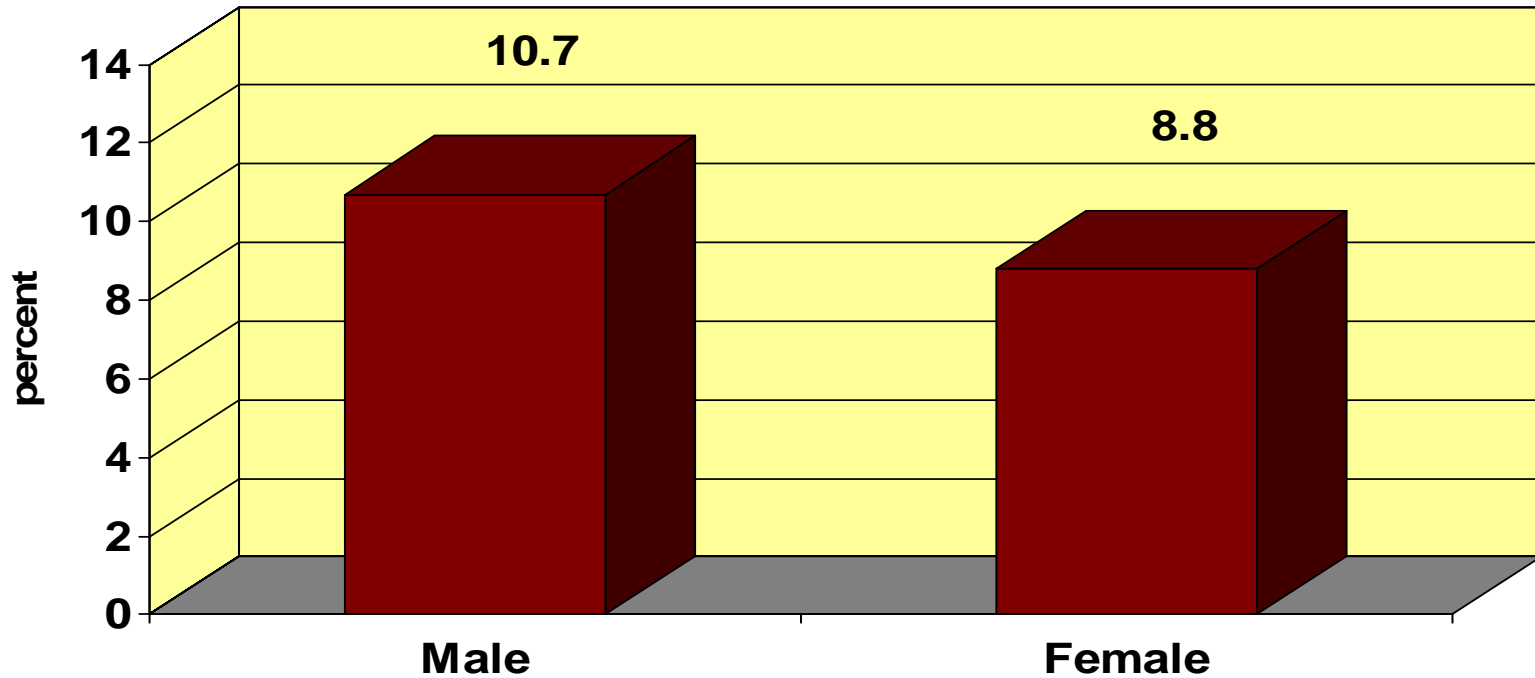
Range in rates: Males (21.7% to 43.2%)
Females (9.7% to 35.6%)

Daily Tobacco Use



**Range in rates: 2-year (11.5% to 19.2%)
4-year (1.5% to 9.4%)**

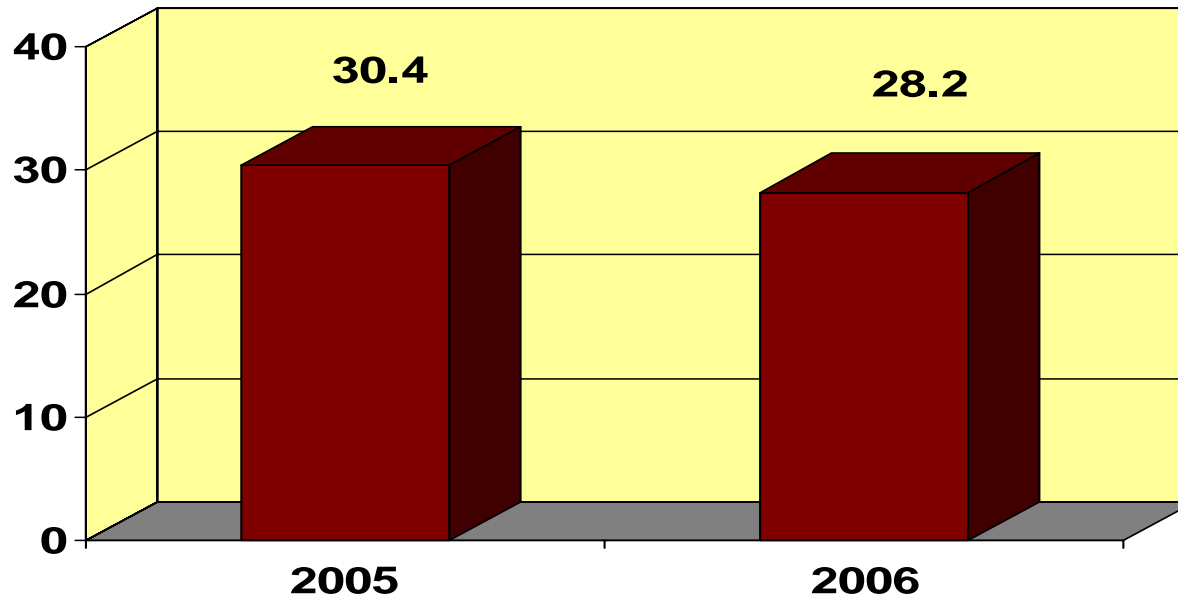
Daily Tobacco Use



Range in rates: Males (2.2% to 22.2%)
Females (1.4% to 21.7%)

Current Tobacco Use

Comparing 8 schools that participated
in the 2005 and 2006 Survey



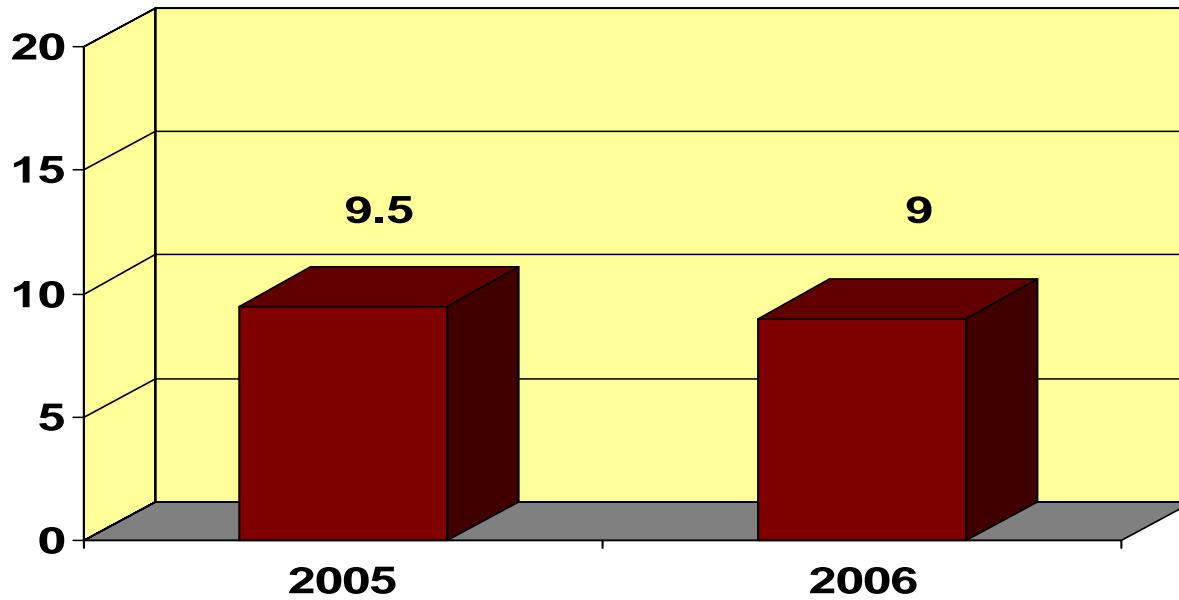
Range: 27.2% to 42.4%

Range: 24.7% to 39.0%

$P \leq 0.05$; $\chi^2 = 6.12$; $df = 1$

Daily Tobacco Use

Comparing 8 schools that participated in the 2005 and 2006 Survey



Range: 5.9% to 26.3%

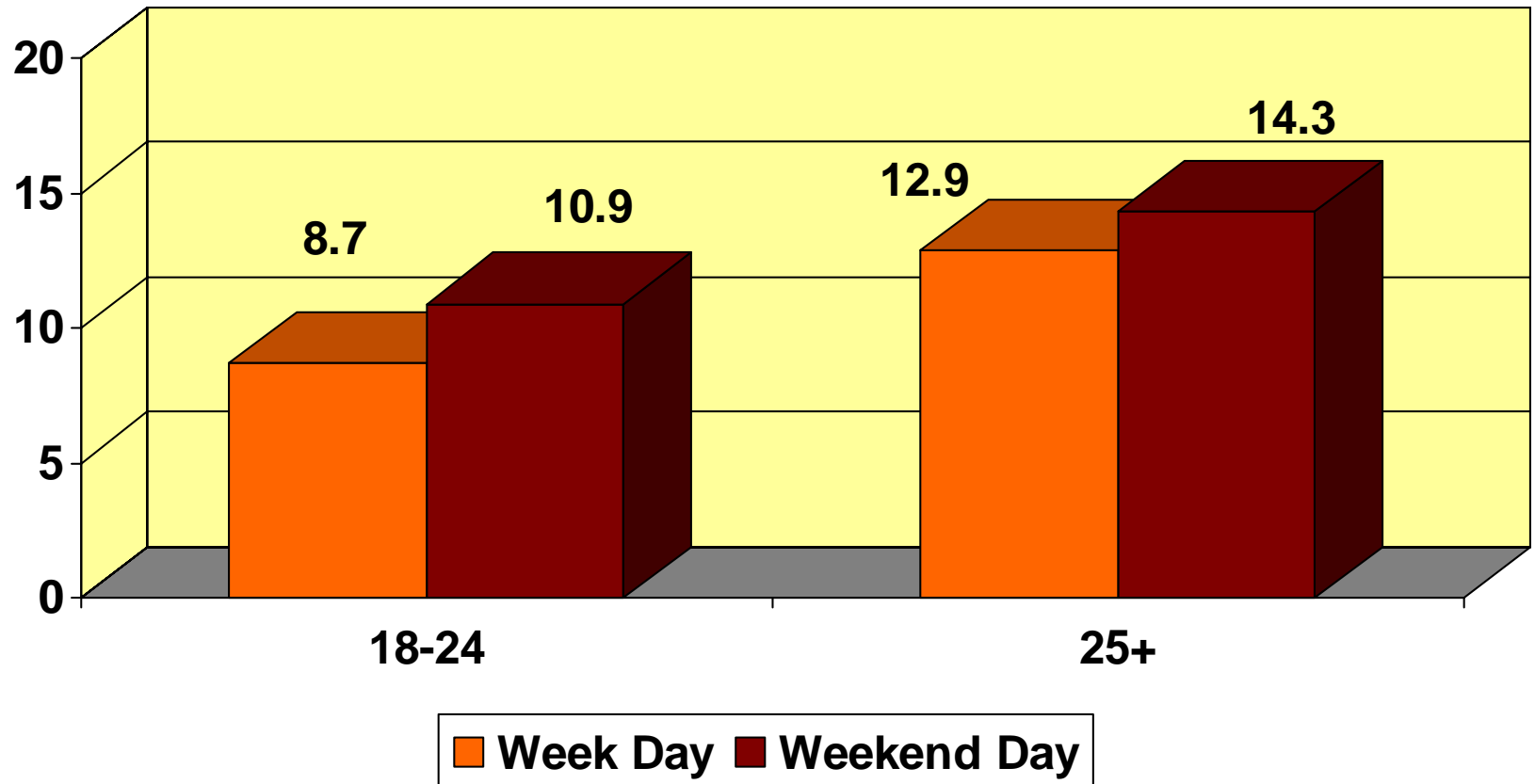
Range: 5.2% to 19.2%

Not statistically different

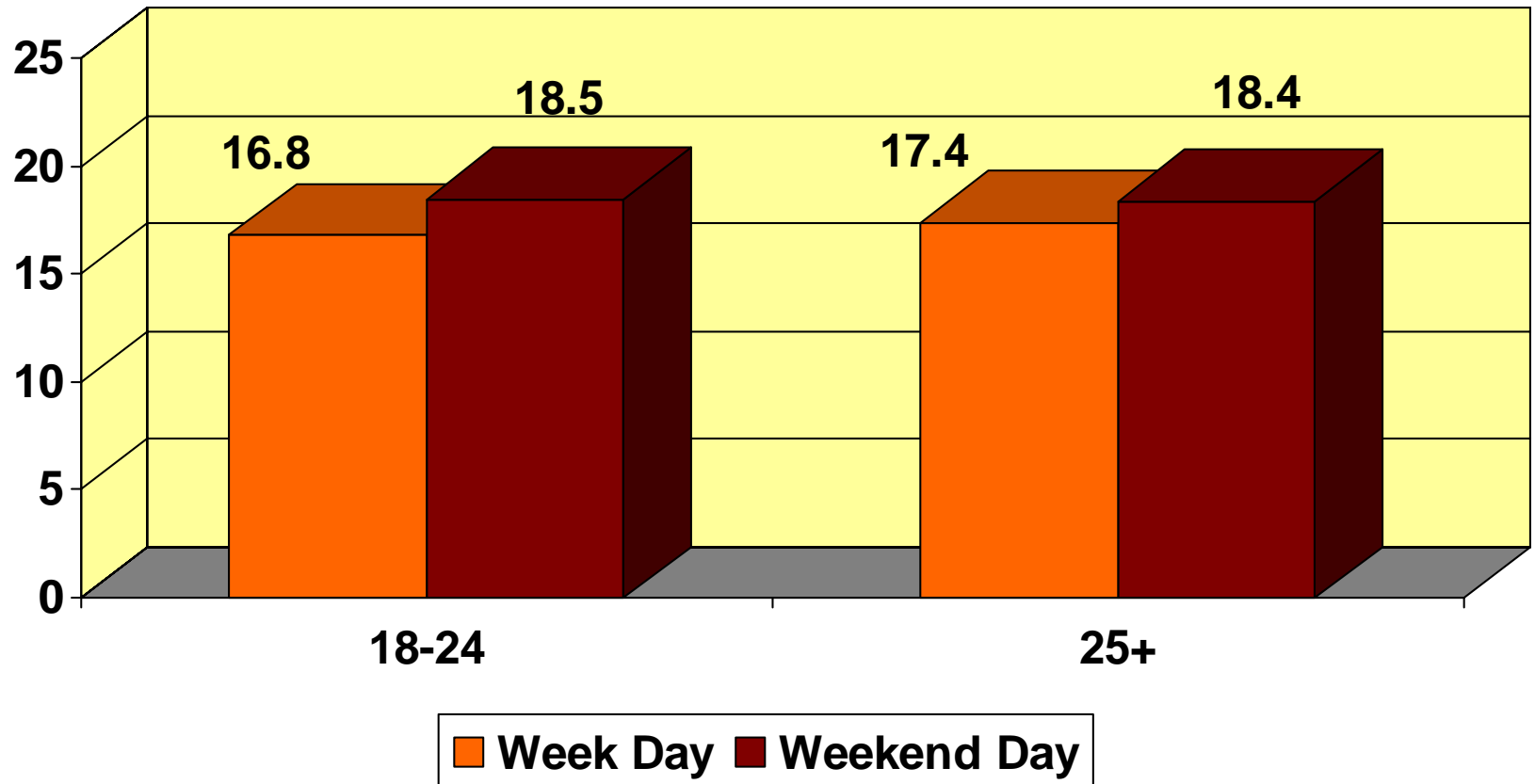
**So on average how many cigarette's a day
do you smoke?**



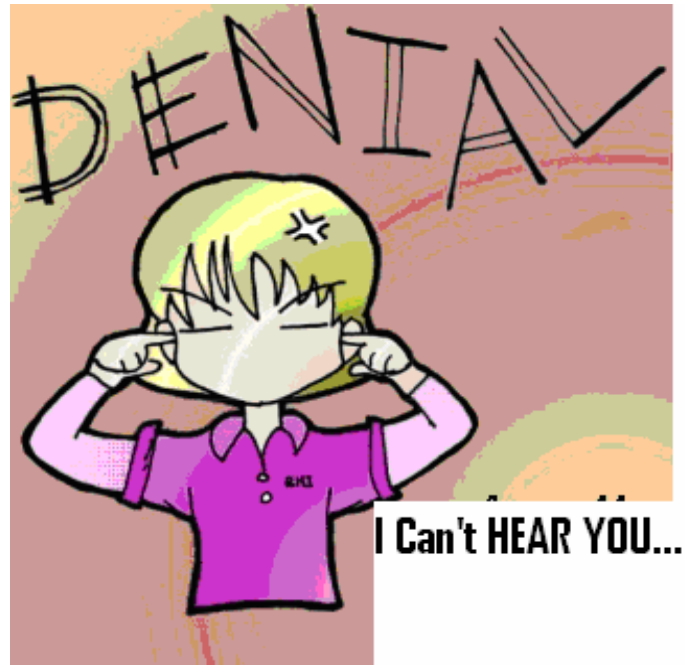
Average Number of Cigarettes Smoked Current Tobacco Users



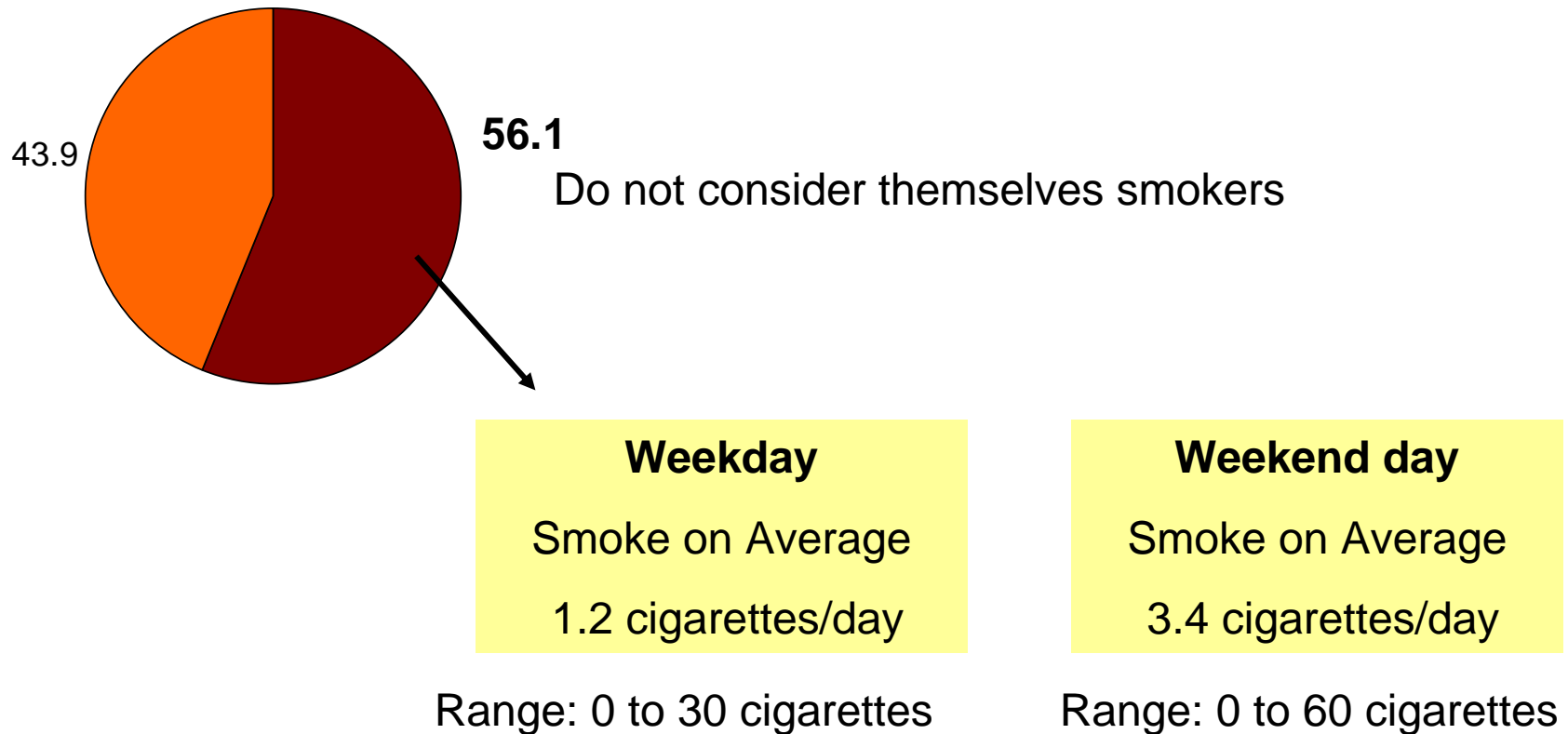
Average Number of Cigarettes Smoked Daily Tobacco Users



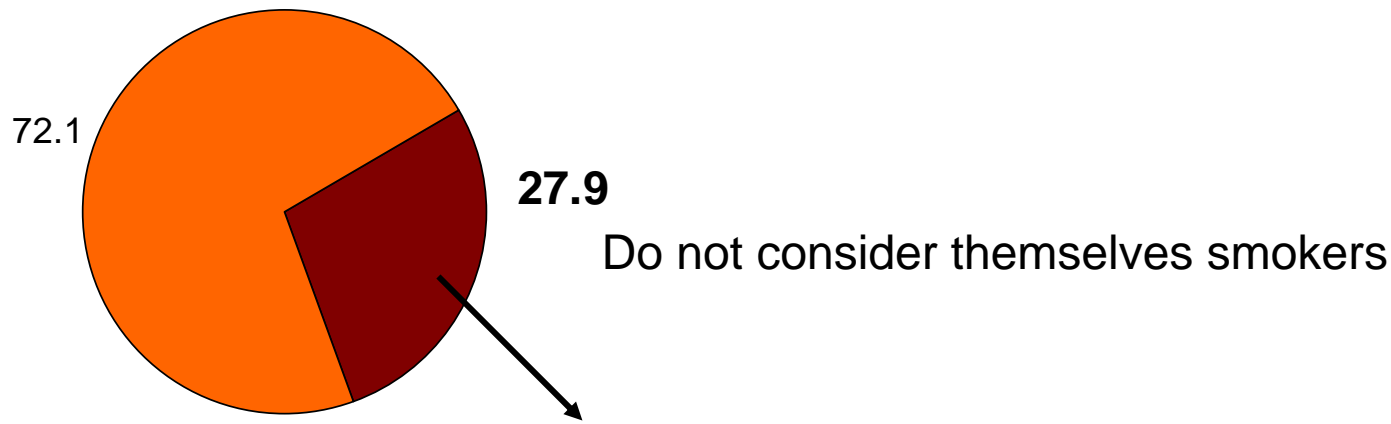
Do I consider myself a smoker????



Perception of Smoking Status Among Current Tobacco Users 18-24 year olds



Perception of Smoking Status Among Current Tobacco Users 25+ year olds



Weekday

Smoke on Average
1.4 cigarettes/day

Range: 0 to 8 cigarettes

Weekend day

Smoke on Average
3.8 cigarettes/day

Range: 0 to 35 cigarettes

Quit Attempts Among Students who Consider Themselves Smokers



18-24 year olds



43.9% consider themselves smokers



57.4% attempted to quit



3.8 attempts

25+ year olds



72.1% consider themselves smokers



56.6% attempted to quit



3.7 attempts

Where is Tobacco Used?



Where Tobacco is used

| | 2 year public | 4 year public | 4 year private |
|----------------------|---------------|---------------|----------------|
| Residence halls | 10.1% | 27.8% | 39.2% |
| Bars/ Restaurants | 77.9% | 69.0% | 63.5% |
| In a car | 86.9% | 73.4% | 68.8% |
| Where I live | 78.9% | 68.6% | 58.5% |
| Private parties | 80.1% | 79.6% | 74.6% |
| Work site | 59.7% | 41.8% | 33.8% |

Exposure To Second Hand Smoke

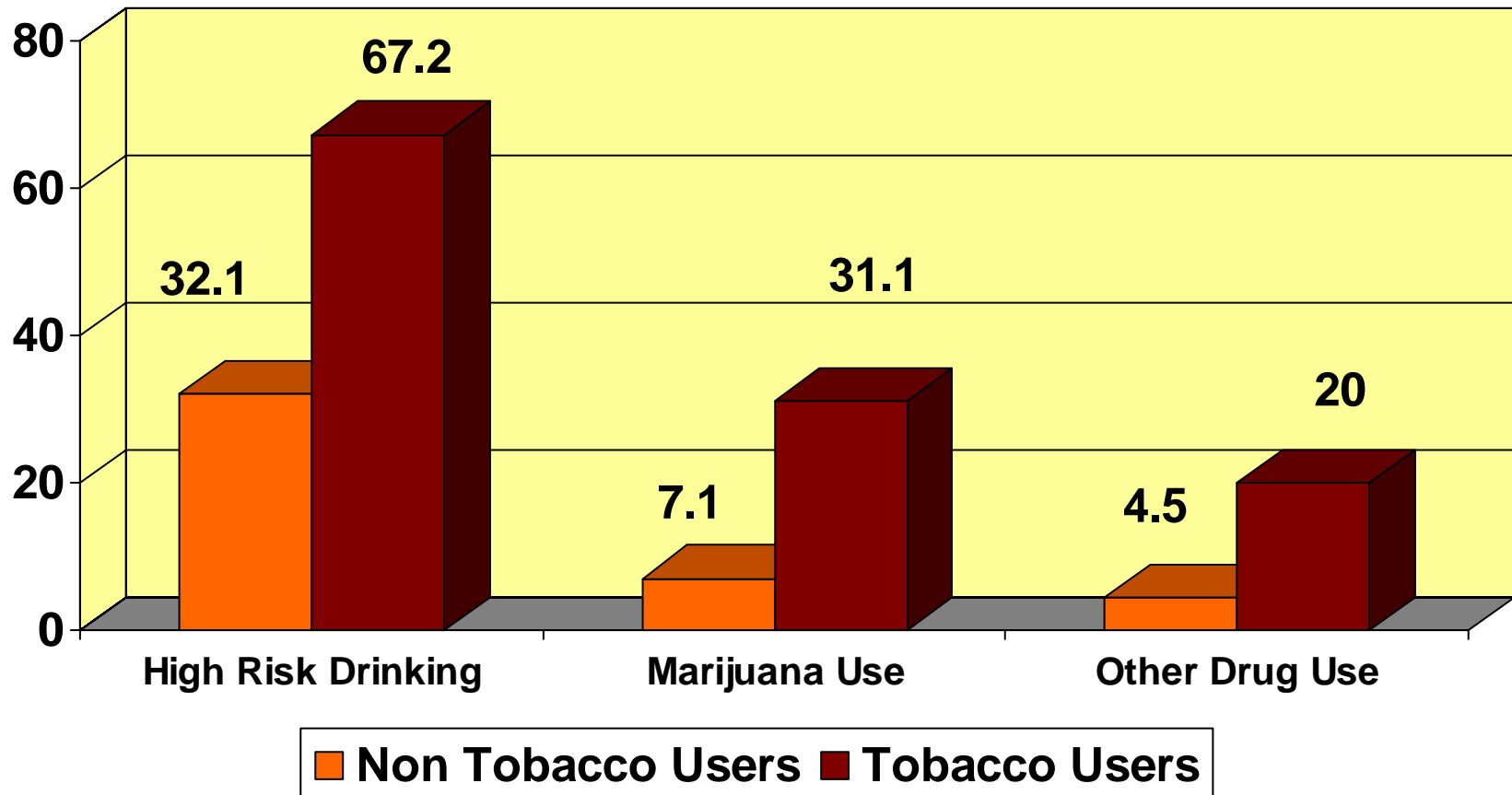
- Secondhand smoke kills as many as 62,000 Americans annually from heart disease. (CalEPA, 1997).
- Tobacco smoke is as dangerous to non-smokers as firsthand smoke is to smokers themselves. The EPA has classified tobacco smoke (containing 43 carcinogens) as a Class A carcinogen - a known cause of human cancer.
- ETS is responsible for at least 3,000 lung cancer deaths annually in the U.S.

(Office of Research and Development, and Office of Air and Radiation
EPA Document Number 43-F-93-003, January 1993)

Exposure to Second Hand Smoke

| | Weekday | Weekend Day |
|----------------------|---------|-------------|
| Non Smoker | | |
| Any exposure | 46.7% | 58.4% |
| 2+ hours/day | 9.1% | 17.7% |
| Current Tobacco User | | |
| Any exposure | 66.3% | 81.5% |
| 2+ hours | 26.5% | 44.1% |

Tobacco Use Relationship to Alcohol, Marijuana and Other Drug Use (all students)



Findings

- Higher tobacco use rates (30 day and daily) in older students
- Males have higher rates than females
- Higher number of cigarettes being smoked on weekends
- High percentage of 30 day users DO NOT consider themselves smokers (more true for younger students)
- Percent who attempt to quit similar between 18-24 and 25+ year olds; number of quit attempts similar
- Strong link between tobacco use and alcohol, marijuana and other drug use



New Behaviors in Tobacco Use

- A **hookah** (also known by many other names) is a traditional Middle Eastern or South Asian device for smoking which operates by water-filtration and indirect heat. It can be used for smoking many substances, such as herbal fruits.
- <http://www.youtube.com/watch?v=cilRs5MgD8A>

Thank You