

Minnesota Postsecondary Institutions' Tobacco-use Policies and Changes in Student Tobacco-use Rates (2007–2013)



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Executive Summary

Overview

Despite the steady national decline in current cigarette smoking, the highest rates of current tobacco-use are noted among 18–25 year-olds (38.1%).^{1,2} Within the state of Minnesota, tobacco-use rates are lower than the national average, but 18–24 year-olds remain the age-group with the highest proportion of current smokers (21.8%).³ Colleges and universities in Minnesota may have a unique opportunity to influence the tobacco-use behavior among this student-aged population as nearly half (46%) of all residents earn a degree from institutes of higher education.⁴ Recognizing that college campuses can reach large numbers of young adults, and in an effort to influence their tobacco-use patterns, more than 50 college and university campuses across the state of Minnesota have implemented tobacco-free or smoke-free policies since 2004.⁵ To determine whether the implementation of tobacco-free or smoke-free policies have reduced tobacco-use rates among Minnesota post-secondary students, the Minnesota Department of Health (MDH) sponsored an evaluation of campus tobacco-use policies and student tobacco-use rates in partnership with Boynton Health Service (BHS) at the University of Minnesota.

Methods

Campuses were selected for this analysis based on their participation in the College Student Health Survey (CSHS) at least twice between 2007 and 2013. The CSHS data was then paired with data from the campus tobacco-free policy assessment, conducted by local public health officials through an evaluation grant from the Minnesota State Health Improvement Program (SHIP), which examined the schools' tobacco-use policies. This selection process yielded 33 schools for analysis. For each year that a school participated in the CSHS, the campus tobacco-use policy was classified as either nonexistent, permitted tobacco use in designated areas, or was tobacco-/smoke-free. Over the years that schools participated in the CSHS, five types of campus tobacco-use policy transitions were observed:

1. The campus had no published tobacco-use policy at its first CSHS date and had implemented a designated tobacco-use area by its most recent CSHS date
2. The campus had no published tobacco-use policy at its first CSHS date and had implemented a tobacco-/smoke-free policy by its most recent CSHS date
3. The campus had a designated tobacco-use area from its first CSHS date through its most recent CSHS date
4. The campus had a designated tobacco-use area at its first CSHS date and had implemented a tobacco-/smoke-free policy by its most recent CSHS date
5. The campus had a tobacco-/smoke-free policy at its first CSHS date through its most recent CSHS date

Since only one school transitioned from not having any type of tobacco-use policy to a designated tobacco-use policy during the study period, this campus was combined with those that transitioned from not having any type of tobacco-use policy to having a tobacco-/smoke-free policy, yielding four analysis groups. Within each group, current tobacco use, daily tobacco use, current smokeless tobacco use, on-campus tobacco use and secondhand smoke exposure rates were examined over time for each school.

Differences in the proportion of students reporting the tobacco use or exposure outcomes over time for each school were assessed using the chi-square tests for proportions. Corresponding p-values for the chi-square tests can be found in the tables accompanying the reported tobacco use and exposure rates for each school. In addition, the average change in tobacco-use and exposure rates was examined for each of the analysis groups (described in greater detail on page 10). Due to the inherent differences in tobacco-use rates between four-year and two-year institutions, quantitative comparisons across these two groups were also conducted regardless of their tobacco-use policies at each time point.

Findings

Current Tobacco Use

- Across all four categories of campus tobacco-use policies over time, decreases in current tobacco use were noted
- Campuses that moved from a designated tobacco-use area policy to a tobacco-/smoke-free policy had the largest decline in the proportion of students reporting current tobacco use from the schools' first participation in the CSHS to their most recent CSHS participation date (-5.2%)
- Four-year institutions had a larger decline in current tobacco use (-4.0%) compared to two-year institutions (-1.0%) between 2007 and 2013

Daily Tobacco Use

- On average, there was very little change in daily tobacco use over time regardless of the campus tobacco-use policies at each time point
- Campuses that moved from a designated-use area policy to a tobacco-/smoke-free policy had the greatest decrease in daily tobacco use over time compared to the other groups (-1.3%) but only two of the individual schools' changes over time were borderline significant at the 0.05-level
- All of the four-year institutions experienced a decrease in daily tobacco-use rates between the CSHS dates, averaging -1.2% while the majority of the two-year institutions saw slight (non-significant) increases in daily tobacco-use rates between the CSHS survey points

Current Smokeless Tobacco

- On average, there was very little change in current smokeless tobacco use over time regardless of the campus tobacco-use policies at each time point
- Those campuses with tobacco-/smoke-free policies for the duration of the CSHS period had the greatest decrease, on average, in current smokeless tobacco use (-0.6%), but only two individual schools saw statistically significant decreases during this time
- There were no notable differences in current smokeless tobacco use between 2-year and 4-year institutions over time

On-campus Tobacco Use

- Reported use of tobacco products on campus decreased across all four policy groups over time, with the largest decrease noted among schools that transitioned from designated tobacco-use area policies to tobacco-/smoke-free policies (-6.0%)
- The smallest reduction in on-campus tobacco use was noted among schools that had a designated tobacco-use area policy in place for the duration of the CSHS (-1.6%)
- On average, four-year institutions had slightly greater reductions in reported on-campus tobacco use (-3.6%) compared to two-year institutions (-2.8%)

On-campus Secondhand Smoke Exposure

- The two groups of campuses that changed in their tobacco-use policies during the CSHS period and those that had a tobacco-/smoke-free policy for the duration of the CSHS period experienced a decrease in reported exposure to secondhand smoke on campus
- Those campuses that had a designated tobacco-use area for the duration of the CSHS period had an average 2.6% increase in exposure to secondhand smoke on their campuses
- The largest reported reduction in secondhand smoke exposure was among campuses that originally had a designated tobacco-use area policy and transitioned to a tobacco-/smoke-free policy during the CSHS period (-17.3%)
- On average, a slightly larger reduction in secondhand smoke exposure on campus was noted among four-year institutions (-5.1%) compared to two-year institutions (-3.9%) during the CSHS period

Description of SHIP

The purpose of the Statewide Health Improvement Program (SHIP) is to improve the health of Minnesotans and decrease health care costs through health improvement strategies that reach whole communities. SHIP focuses its health improvement efforts on programs that decrease obesity and reduce the number of people who use tobacco or who are exposed to tobacco smoke.

The tobacco industry works hard to promote their products to young adults. Their efforts to capture the young adult market are succeeding: among adults in Minnesota, 18–24 year-olds have the highest smoking rate. College health center directors have identified smoking as a major health problem that needs to be addressed on their campuses. The college years are a crucial time when many young adults either establish or abandon tobacco use. Campuses provide an opportune setting for community-based efforts that help young adults make healthy decisions about tobacco use.

During the second iteration of SHIP funding, grantees were asked to work with Minnesota's post-secondary academic institutions within their jurisdiction to adopt and implement comprehensive tobacco-free campus policies. The adoption and implementation of comprehensive tobacco-free campus policies promotes a healthier environment for students, staff, and visitors through decreased personal tobacco use and subsequent reduced secondhand smoke exposure.

Tobacco-free campus policies prohibit the use of all tobacco products including but not limited to: cigarettes, cigars, snuff and chewing tobacco on campus. The comprehensive tobacco-free policies recommended under SHIP also encouraged the inclusion of protocols on:

- Connecting students, staff, and faculty to cessation services
- Non-acceptance of tobacco industry funding
- Eliminating tobacco industry sponsorship on campus

Introduction

Tobacco Use Among College Students

Despite the steady national decline in current cigarette smoking, the highest rates of current tobacco-use are noted among 18–25 year-olds (38.1%).^{1,2} Within the state of Minnesota, tobacco-use rates are lower than the national average, but 18–24 year-olds remain the age-group with the highest proportion of current smokers (21.8%).³ Colleges and universities in Minnesota may have a unique opportunity to influence the tobacco-use behavior among this student-aged population as nearly half (46%) of all residents earn a degree from institutes of higher education.⁴ Recognizing that college campuses can reach large numbers of young adults, and in an effort to influence their tobacco-use patterns, more than 50 college and university campuses across the state of Minnesota have implemented tobacco-free or smoke-free policies since 2004.⁵ To determine whether the implementation of tobacco-free or smoke-free policies have reduced tobacco-use rates among Minnesota post-secondary students, the Minnesota Department of Health (MDH) sponsored an evaluation of campus tobacco-use policies and student tobacco-use rates in partnership with Boynton Health Service (BHS) at the University of Minnesota.

Young adults transitioning from high school to college have more opportunities to make personal and lifestyle decisions without parental input, and tobacco companies use the sentiments of choice, individuality, and self-expression to draw college-aged populations to their products.⁷ This marketing strategy appears to be successful as more than one in ten college smokers had their first cigarette at age 19 or older, and 28% began to smoke regularly while at college.⁸ Moreover, the academic pressures and new social networks of a college lifestyle can be overwhelming for students, leading to experimentation and subsequent addiction to tobacco products for the stress-relieving properties of nicotine.⁷

There are 15 million college students presently in the United States, and of those, an estimated 1.7 million will die prematurely due to smoking-related illnesses.⁹ In addition to the long-term harms of tobacco use that accumulate over a college student's lifetime, immediate negative consequences from risky behaviors associated with tobacco use are also relevant to the college-aged population. For example, current tobacco use (any use within the past 30 days) is associated with higher rates of binge drinking and increased numbers of sexual partners.¹⁰

Early prevention of tobacco use among young adults is critical to reducing the number of long-term users and the subsequent negative health effects. College campuses are in a unique position to influence students' tobacco use because just as students' behavior is able to be changed toward increased tobacco use, there is also evidence of successful reduction in tobacco use among this population over time.¹¹ Moreover, there is eagerness among current smokers to quit smoking, with 45.3% making at least one quit attempt within the preceding 12 months.¹² One critical component in smoking cessation is having a supportive environment in which to quit smoking.¹³ By implementing a smoke- or tobacco-free policy, college campuses may be able to influence the tobacco-use behavior of students, and reduce the substantive long-term health effects of tobacco use.

Introduction

Minnesota Tobacco-use Policy Changes

In addition to the national decline in current cigarette smoking, the State of Minnesota has implemented several laws that have been aimed at reducing tobacco use among its residents. The most notable of these policies was the passage of the Freedom to Breathe Act (enacted in October 2007) that prohibited smoking in bars, restaurants, workplaces and indoor public places.¹⁴ Although Minnesota had in place a Clean Indoor Air Act since 1975, and expanded to indoor offices and manufacturing facilities in 2003, the Freedom to Breathe Act represented a major shift in the public environment surrounding secondhand smoke exposure and may be reflected in the policies and tobacco-use trends in this analysis.

The other methods the State of Minnesota has utilized to reduce tobacco use have been restricting access and increasing taxes. In 2005, the State increased the taxes on cigarettes 75 cents by implementing a “health impact fee,” bringing the average total cost of a pack of cigarettes to between \$4 and \$5.¹⁵ More recently, in July 2013, a \$1.60 cigarette tax was implemented, raising the average cost of a pack to \$7.50.¹⁶ Minnesota ranks 6th in the nation now in cigarette taxation, and while the 2005 tax was implemented before CSHS data collection began, and the 2013 tax was implemented after CSHS data collection ended, the anticipation of the 2013 tax, and the lasting impacts of the 2005 tax could influence the tobacco-use trends seen during the 2007-2013 interval used in this study.

In an effort to reduce access to tobacco, the State of Minnesota also modified its tobacco sales and use laws in August 2010. The Tobacco Modernization and Compliance Act of 2010 increased the breadth of the definition of “tobacco products” to include “any tobacco product that can be ingested by any means” so that dissolvable products are also subjected to an excise tax as well as chewing and smoking tobacco products.¹⁷ Additionally, the law prohibited selling tobacco products in open displays such as rolling papers, pipes and hookah pipes, except in adult-only tobacco stores.¹⁷ This expansion of taxation coverage might have had an impact on smokeless and non-cigarette smoking tobacco use among college students during the CSHS data collection period.

Statement of Task

In conjunction with the national decline in smoking tobacco use, and Minnesota tobacco use and taxation legislation, since 2004, more than 50 postsecondary institutions in the State of Minnesota have implemented tobacco or smoke-free policies on their campuses.⁶ Across the country, more than 1,110 colleges and universities have established smoke-free and tobacco-free campus policies.⁶ However, few evaluations have been conducted to determine whether campuses experience subsequent reductions in student tobacco-use rates after tobacco-/smoke-free policy implementation.

In an effort to contribute to the body of knowledge on campus tobacco-use policies and corresponding student tobacco-use rates, the Minnesota Department of Health (MDH) sought to examine the potential impact of tobacco-free campus policies at Minnesota colleges and universities. Through the State Health Improvement Project (SHIP), in conjunction with Boynton Health Service (BHS), a tobacco-free policy evaluation was conducted at academic postsecondary institutions statewide. The evaluation data was then paired with information about tobacco use and exposure rates from the College Student Health Survey (CSHS) to determine whether having a smoke- or tobacco-free campus policy was associated with lower student tobacco-use and secondhand exposure rates. This cross-sectional evaluation found that schools with fully tobacco-/smoke-free policies had 3.6% fewer students reporting current tobacco use compared to schools with designated tobacco-use areas in 2013.¹⁸ Another important factor associated with current tobacco-use rates was the length of time that a designated tobacco-use area or a tobacco-/smoke-free policy had been in place on a campus. If a policy had been in place at least six years, the odds of an individual student reporting current tobacco use was 45% lower than for a student on a campus with a policy in place fewer than six years (after adjustment for student age and sex).¹⁸ This suggested that studying the effects of policies over time at the same institution might yield insights about changes in student tobacco-use rates as a campus moved from one type of policy to another.

Therefore, the purpose of this analysis was to examine changes in student tobacco-use, on-campus secondhand smoke exposure, and on-campus tobacco-use rates with respect to changes in tobacco-use policies over time. This task was accomplished using multiple cross-sectional examinations of the outcomes for each school as obtained in the CSHS between 2007 and 2013 as well as data from the SHIP tobacco-free policy evaluation conducted in 2013.

Methodology

Campus Tobacco Policy Evaluation

Funding through the State Health Improvement Program (SHIP) was allotted to local public health agencies to partner with college campuses in their jurisdiction to reduce tobacco-use rates among the 18–24 year old population. Prior to undertaking tobacco prevention and control measures, an evaluation of each campus' tobacco use policy was conducted. The Baseline Campus Tobacco-Free Policy Assessment (Appendix C) was adapted from the California Youth Advocacy Network, and was used to differentiate campuses with full smoke- and tobacco-free policies from those with designated tobacco-use areas. This tool also provided information on the methods of communication of the policies, the physical campus environment, enforcement protocols, and the length of time that a campus tobacco-use policy had been in place at the institution.

College Student Health Survey

The College Student Health Survey (CSHS), developed by Boynton Health Service, is made available to all postsecondary institutions in Minnesota annually and institutions voluntarily and independently elect to have their students participate. The number of students participating annually depends on the number of schools that elected to participate in that year. For the years 2007–2013, between 11 and 31 schools participated annually in the CSHS, consisting of 5,332 to 13,700 individual respondents. The response rates ranged from 30.4% to 41.6% over the seven study years.

In the most recent CSHS study period (2013), a total of 44,688 undergraduate and graduate students received a survey invitation across the state, of which 13,569 completed the survey, for an overall response rate of 30.4%. As an incentive, all students who responded to the survey were entered into a drawing for gift certificates valued at \$1,000 (one), \$500 (one), and \$250 (one) at a variety of stores. In addition, all students who responded to the survey were entered into six separate drawings for an iPad mini™, and one drawing for a \$100 Amazon gift card that included just students from their school.

Randomly selected students were contacted through multiple mailings and e-mails:

- Invitation postcard
- Invitation e-mail
- Reminder postcard and multiple reminder e-mails

Survey questions pertained to several different aspects of college student health, divided into sections as follows: health insurance and health care utilization, mental health, tobacco use, alcohol use and other drug use, personal safety and financial health, nutrition and physical activity, and sexual health (Appendix B).

Campus Selection and Participation

Among the institutions that had ever participated in the CSHS, those selected for inclusion in this analysis were required to have participated at least twice between 2007 and 2013. Additionally, schools needed to have been evaluated as part of the SHIP tobacco-free policy evaluation, or have had readily accessible policy information online to infer whether the school made changes in its tobacco-use policy between the two or more CSHS intervals, and if so, when that policy change occurred. Based on these criteria, 33 schools were used in the analyses. Aggregate demographic information of survey respondents for each year of the CSHS from 2007-2013 is provided in Appendix A.

Policy Types

For each year that an institution participated in the CSHS, the campus was classified as having one of four policy types:

None

The campus had no documented tobacco-use policy beyond those required by the State of Minnesota

Designated Tobacco-use Area

The campus permitted tobacco use in certain areas on campus defined as a specific distance from a doorway, rules about types of places tobacco could be used (i.e. parking lots, sports fields), or a site such as a plaza marked as a “designated use area”

Smoke-free

The use of smoking tobacco products was prohibited on all campus property

Tobacco-free

The use of any tobacco product, smoking or smokeless tobacco, was prohibited on all campus property

In order to ensure that no school was identifiable in the analysis, the smoke-free and tobacco-free policy categories were combined as only one school had a smoke-free policy in place. The categories used in the analyses are therefore: None, Designated Areas (DA), and Tobacco-/Smoke-free (TF).

Analysis Summary

Campus Classification

For each year that a campus was in the CSHS, the tobacco-use policy at that campus was classified as either None, Designated Area, or Tobacco-/Smoke-free. From that information, new categories were created that identified a campus' tobacco-use policy over time. Five types of campus tobacco-use policy transitions were observed:

1. The campus had no published tobacco-use policy at its first CSHS date and had implemented a designated tobacco-use area by its most recent CSHS date (abbreviated as: None-DA)
2. The campus had no published tobacco-use policy at its first CSHS date and had implemented a tobacco-/smoke-free policy by its most recent CSHS date (abbreviated as: None-TF)
3. The campus had a designated tobacco-use area from its first CSHS date through its most recent CSHS date (abbreviated as: DA-DA)
4. The campus had a designated tobacco-use area at its first CSHS date and had implemented a tobacco-/smoke-free policy by its most recent CSHS date (abbreviated as: DA-TF)
5. The campus had a tobacco-/smoke-free policy at its first CSHS date through its most recent CSHS date (abbreviated as: TF-TF)

Since only one school transitioned from not having any type of tobacco-use policy to a designated tobacco-use area policy during the study period, this campus was combined with those that transitioned from not having any type of tobacco-use policy to having a tobacco-/smoke-free policy (abbreviated jointly as: None-DA/TA), yielding four comparison groups for analysis.

Survey Data Used

For schools that had a designated tobacco-use area or were tobacco-/smoke-free for the duration of the 2007–2013 CSHS period, two data points were selected for analysis: the tobacco-use rates from the first year that the school participated in the CSHS and the most recent year that the school participated in the CSHS. This allowed for estimation of the change in tobacco-use over time in the absence of any policy changes.

For schools that either changed from not having any specified tobacco-use policy to having a designated tobacco-use area or tobacco-/smoke-free policy, or changed from having a designated tobacco-use area policy to a tobacco-/smoke-free policy, the survey year during which the new policy went into effect was identified. Tobacco-use rates from the schools' CSHS participation prior to the policy change were averaged to get one "before" estimate, and similarly, tobacco use rates from the schools' CSHS from dates after the policy change were averaged together to get one "after" estimate. These before and after rates were then compared to estimate the difference in tobacco-use rates due to the campus' tobacco-use policy change.

Outcomes Examined

Within each of the four policy trajectories, the following measures were examined at the individual school-level:

- Proportion of students who reported using any type of tobacco within the past 30 days (current tobacco users)
- Proportion of students who reported using any type of tobacco on a daily basis (daily tobacco users)
- Proportion of students who reported using smokeless tobacco products within the past 30 days (current smokeless tobacco users)
- Proportion of students who reported using tobacco products on campus grounds (on-campus tobacco use)
- Proportion of students who reported exposure to secondhand smoke while on campus (secondhand smoke exposure)

For the estimates of on-campus tobacco use and secondhand smoke exposure, a change in the wording of the corresponding questions on the CSHS was implemented in the 2009 iteration of the survey. Therefore, schools that did not have at least two time points after 2009 were removed from the analysis. This resulted in the removal of four schools from the analysis of those two tobacco-use measures, yielding 29 schools for comparison.

Chi-square Analyses

The first priority of this analysis was to examine the change in tobacco-use rates over time within a specific school. Despite known differences in tobacco-use rates by sex, age, and type of postsecondary institution, an individual school has generally the same student body demographics year after year. Therefore, a chi-square analysis was used to examine the difference in tobacco-use rates between either the “before” and “after” averages or the first and most recent years of CSHS data in the case of schools that did not change their policy. The corresponding p-values for each school’s chi-square analysis is provided in the results table for each of the five tobacco-use outcomes.

Quantitative Analyses

In addition to the school-level assessment, the broader question was to determine the effects of different trajectory categories as a whole. For those schools that had a consistent designated tobacco-use area policy between 2007 and 2013, the change in tobacco-use rates indicates the general trend in tobacco use among Minnesota college students in the absence of any smoke or tobacco-free campus policy. Those schools that had a constant tobacco-/smoke-free policy may see lingering effects of their policy even though it was in place prior to 2007, providing a sense of the longer-term benefits of a tobacco-/smoke-free policy. For those schools that initiated or changed their policy during the 2007 to 2013 period, the difference in tobacco-use rates would provide insight to the possible effect of that policy on tobacco-use rates.

However, since the years of CSHS data used were different for each school, and not all schools participated in consistent intervals, summaries are provided based on the average change within each trajectory. These written summaries are from the raw data, and no test has been performed to describe the statistical significance of these findings. However, these are the crude differences in tobacco-use rates observed over time in the CSHS dataset as categorized by the campuses’ tobacco-use policy. While adjustment for sex and age was not possible in the analysis, an assessment of each outcome by institution type (two-year or four-year) is also provided.

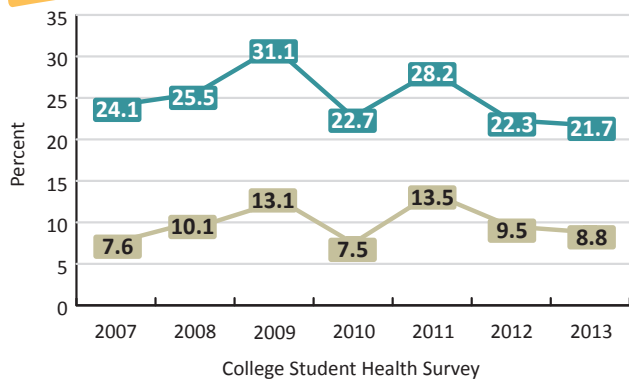
Tobacco Use Trends

Overall Tobacco Use Trends from the CSHS

Overall, there has been a slight decrease in current tobacco use among Minnesota college-aged students between 2007 and 2013 as described by findings of the College Student Health Survey (CSHS). In 2009 and 2011, there were increases in the current tobacco use rates, which can be explained by the makeup of the student population taking the survey in those years. Of the students participating in the CSHS in 2009, **67.1%** of them were from two-year institutions, and **61.6%** of students in 2011 were from two-year institutions. It has been well documented that two-year schools have higher rates of student tobacco use than four-year institutions, and in the other five years of the survey period, between **20.6%** and **37.0%** of students were from two-year institutions, contributing to the lower tobacco-use rates at those time points.¹⁹ Very little change in daily tobacco use was noted between 2007 and 2013 in the CSHS population.

As with daily tobacco use, current smokeless tobacco use (use of smokeless tobacco within the past 30 days) did not change much over the 2007–2013 CSHS periods. However, unlike the current and daily tobacco-use rates, there are no peaks at the 2009 and 2011 survey points, indicating that smokeless tobacco use does not appear to vary by the composition of two-year and four-year schools that were in the survey on a given year.

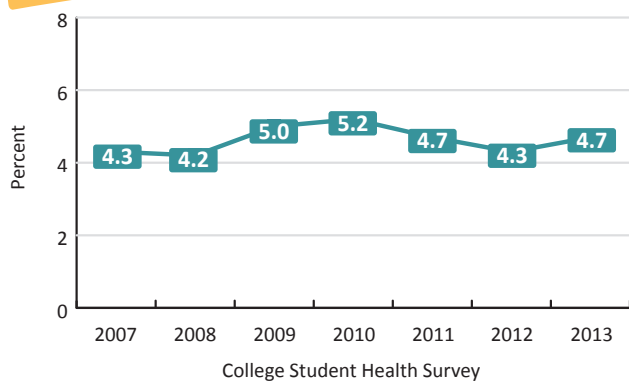
Current and Daily Tobacco Use Rates
Among CSHS Respondents (2007–2013)



	2007	2008	2009	2010	2011	2012	2013
n	2282	1893	1658	2665	3190	1356	2309
n	716	747	697	886	1524	577	938

■ Current Tobacco Use ■ Daily Tobacco Use

Current Smokeless Tobacco Rates
Among CSHS Respondents (2007–2013)

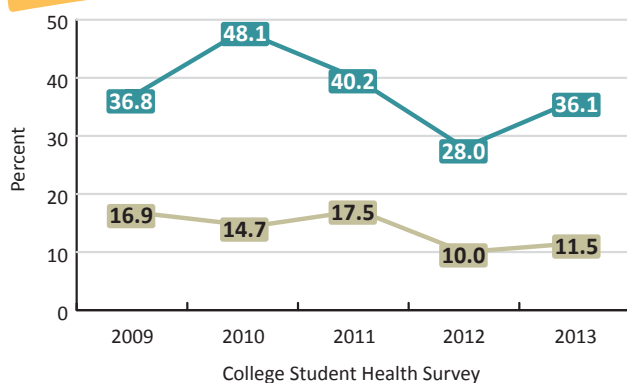


	2007	2008	2009	2010	2011	2012	2013
n	405	313	265	607	537	259	501

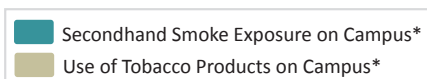
■ Current Smokeless Tobacco Use

Exposure to Secondhand Smoke and Use of Tobacco Products on Campus

Among CSHS Respondents (2009–2013)*



	2009	2010	2011	2012	2013
n	1962	5650	4545	1704	3847
n	903	1724	1981	611	1229



*Note that data from 2007 and 2008 is not shown due to a change in the question wording beginning with the 2009 CSHS.

Reported exposure to secondhand smoke among students taking the CSHS between 2009 and 2013 was highest in 2010 and lowest in 2012. This cannot be explained by the institution type itself, but rather the policy type those institutions had. In 2010, nearly half of the participating schools had a designated tobacco-use area policy (46.3%) and would remain that way for the duration of the CSHS study period. In 2012, 23.9% of the participating schools were already tobacco-free as of 2009, and 71.0% had either already put in place a tobacco-/smoke-free policy or would have one by 2013 after having not had any policy or having a designated-use area policy in previous years. Therefore, more campuses in the 2010 survey permitted tobacco-use on campus than in 2012, contributing to the sharp decline in reported secondhand smoke exposure on campus.

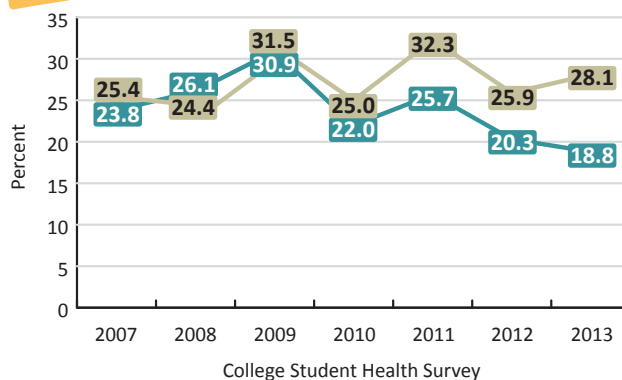
Despite the sharp decline in reported exposure to secondhand smoke on campus between 2010 and 2012, the reported use of tobacco products on campus did not decrease as dramatically. There were still fewer students that reported having used tobacco products on campus in the past year between 2010 and 2012, but the trend does not completely parallel the reduction in secondhand smoke exposure during that same time period.

Tobacco Use Trends from the CSHS by Age Group (18–24 and 25+)

The rate of current tobacco use among 18–24 year-olds has seen a steady decline throughout the CSHS years. Just as with the overall current tobacco use, a small increase is noted in years 2009 and 2011 due to the makeup of the population surveyed in those years having higher representation from the two-year colleges. Current tobacco use among students ages 25 and older has remained relatively constant over the CSHS periods with slight jumps in 2009 and 2011. Differences in current tobacco use between 18–24 year-olds and individuals ages 25 and older have been documented by the Centers for Disease Control and Prevention.¹

Daily tobacco use is stable throughout the CSHS years. As with the other measures of tobacco use, there is a peak in daily usage reported in 2009 and 2011 due to the greater proportion of two-year college students participating in the survey in those years. There is a notable separation between the rates of daily tobacco use among 18–24 year-olds and students 25 years-old or older that was not seen in the current tobacco use chart over time. This aligns with the idea that smokers progress from being casual users (use within the past 30 days as defined by CSHS) to regular and addicted users (daily tobacco users) over a period of time during young adulthood.²⁰ Therefore, older student CSHS respondents would be more likely to be daily users than younger CSHS respondents.

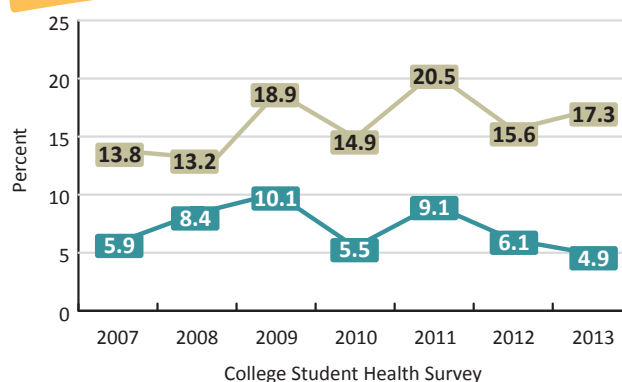
Current Tobacco Use
Among CSHS Respondents (2007–2013) by Age Group



	2007	2008	2009	2010	2011	2012	2013
n	1767	1275	1087	2016	1789	789	1376
n	505	616	569	647	1394	565	927

18–24 Year-Olds 25+ Year-Olds

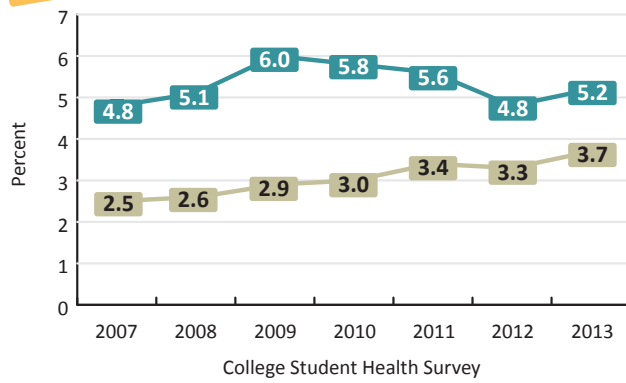
Reported Daily Tobacco Use
Among CSHS Respondents (2007–2013) by Age Group



	2007	2008	2009	2010	2011	2012	2013
n	439	412	355	499	634	236	363
n	275	333	341	386	886	340	571

18–24 Year-Olds 25+ Year-Olds

Reported Current Smokeless Tobacco Use Among CSHS Respondents (2007–2013) by Age Group



	2007	2008	2009	2010	2011	2012	2013
n	354	248	212	528	388	188	378
n	50	65	53	78	148	71	123

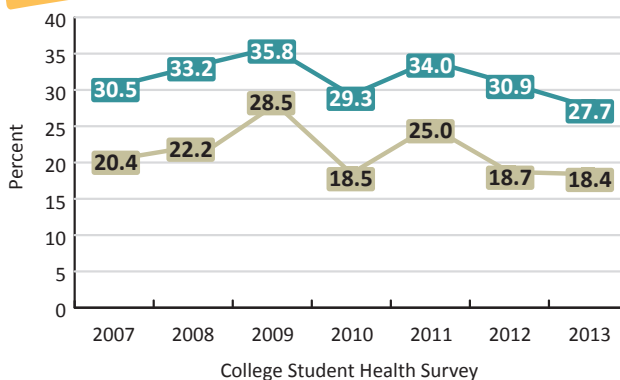
■ 18–24 Year-Olds
 ■ 25+ Year-Olds

While CSHS respondents ages 25 and older reported higher daily tobacco use rates, the 18–24 year-old student population reported consistently higher rates of smokeless tobacco use. Marketing of smokeless tobacco products to children and young adults includes techniques to make the products easier to conceal and more attractive as well as flavored, to help get kids hooked at a younger age.²¹ This new generation of tobacco products may influence younger students' smokeless tobacco use habits more than students ages 25 and older. However, the difference between 18–24 year-olds and 25-year-olds and older smokeless-tobacco-use rates appear to be smaller in 2012–2013 compared to prior years, suggesting that use of smokeless tobacco products may be taken up increasingly more in both age groups.

Tobacco Use Trends from the CSHS by Gender (Male and Female)

The rate of current tobacco use is consistently higher among males compared to females. The same peak is noted in 2009 and 2011 in both groups where a higher proportion of two-year colleges participated in the CSHS. There has been an overall reduction in the proportion of both males and females reporting current tobacco use between 2007 and 2013.

Current Tobacco Use
Among CSHS Respondents (2007–2013) by Gender

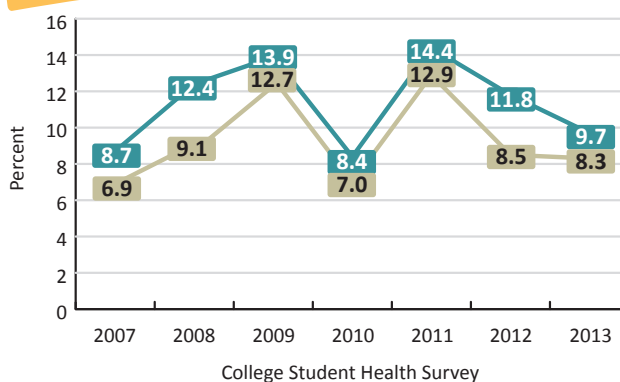


	2007	2008	2009	2010	2011	2012	2013
n	1070	754	684	1323	1364	544	1049
n	1206	1137	937	1334	1814	807	1256

Males Females

Similar to the overall trend in daily tobacco use, there is not a substantial change in male or female daily tobacco use from 2007 to 2013 as reported in the CSHS. There are distinct peaks again in 2009 and 2011 when there were more two-year schools surveyed. The female daily tobacco use rate is consistently lower than the male daily tobacco use rate, but the difference between the two is much smaller than the current tobacco use rate differences.

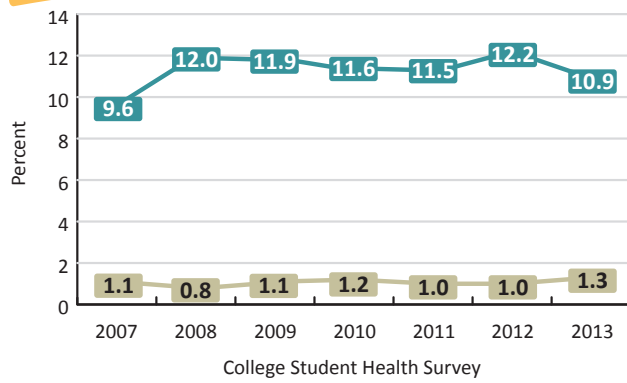
Reported Daily Tobacco Use
Among CSHS Respondents (2007–2013) by Gender



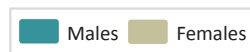
	2007	2008	2009	2010	2011	2012	2013
n	305	281	265	380	579	207	368
n	409	466	432	504	938	368	568

Males Females

Reported Current Smokeless Tobacco Use Among CSHS Respondents (2007–2013) by Gender



	2007	2008	2009	2010	2011	2012	2013
n	337	273	228	524	461	214	412
n	67	40	37	83	75	45	88



The most noticeable difference by gender is in the rates of current smokeless tobacco use. Males tend to use smokeless tobacco at roughly 10 times the rate of female CSHS respondents. This difference between male and female smokeless tobacco use was also thoroughly documented in a previous report.¹⁸ However, little change in smokeless tobacco use rates was noted in either male or female CSHS respondents between 2007 and 2013.

Current Tobacco Use (Smoking or Smokeless)

Table 1 provides an examination of the change in current tobacco-use rates between the CSHS dates used in this study. The p-values represent the statistical significance of school-level changes. The average change within each analysis group is noted in the last column of the table.

Table 1
Changes in Current Tobacco Use

School Number	Policy Change Category	Percent Change	p-value	Average Change
1	DA-DA	+1.6	0.60	-2.5%
2	DA-DA	-4.0	0.27	
3	DA-DA	-4.2	0.14	
4	DA-DA	-1.3	0.52	
5	DA-DA	+1.4	0.60	
6	DA-DA	-0.6	0.82	
7	DA-DA	-4.4	0.02*	
8	DA-DA	-5.8	0.06	
9	DA-DA	-4.7	<0.01*	
10	DA-DA	-5.3	0.01*	
11	DA-DA	-1.7	0.57	
12	DA-DA	-1.5	0.46	
13	DA-TF	-4.1	0.04*	-5.2%
14	DA-TF	-3.6	0.04*	
15	DA-TF	-9.9	<0.01*	
16	DA-TF	-3.6	0.19	
17	DA-TF	-4.8	<0.01*	
18	None-DA/TF	-4.1	0.25	-2.3%
19	None-DA/TF	-3.2	0.35	
20	None-DA/TF	-0.3	0.92	
21	None-DA/TF	-1.9	0.55	
22	None-DA/TF	+0.1	0.98	
23	None-DA/TF	-3.4	0.17	
24	None-DA/TF	-3.1	0.06	
25	TF-TF	-4.0	0.29	-1.8%
26	TF-TF	-4.2	0.18	
27	TF-TF	-1.8	0.66	
28	TF-TF	+1.3	0.75	
29	TF-TF	+1.8	0.62	
30	TF-TF	+17.9	<0.01*	
31	TF-TF	-9.6	0.02*	
32	TF-TF	-11.9	<0.01*	
33	TF-TF	-5.6	<0.01*	

- Designated area policy at both time points
- Change from designated area policy to tobacco-free or smoke-free policy between first and second time point
- Did not have a tobacco-use policy in place at the first time point, and had a designated area, tobacco-free, or smoke-free policy by the second time point
- Tobacco-free or smoke-free policy was in place at both time periods

*Statistically significant.

Schools that had designated tobacco-use areas at both time points:

- Of the 12 schools in this category, 10 saw decreases in current tobacco use, three of which were statistically significant at the 0.05-level
- The remaining two schools saw slight increases in current tobacco use, but those increases were not statistically significant at the 0.05-level
- There was an average decrease of **2.5%** in current tobacco use (22.7% - 20.2%) across these 12 schools
- Among the seven, 4-year schools in this category, the average decrease in current tobacco use was even larger (**3.4%**), three of which had statistically significant differences
- No statistically significant decreases were noted among the 2-year schools in this category

Schools that had a designated tobacco-use area at the first time point and a tobacco-/smoke-free policy at the second time point:

- All five schools in this category saw decreases in current tobacco use, four of which were statistically significant at the 0.05-level
- The average decrease in current tobacco use was **5.2%** (27.1% - 21.9%) across these five schools

Schools that did not have a tobacco-use policy at the first time point, and had a designated tobacco-use area or a tobacco-/smoke-free policy at the second time point:

- Six of the seven schools in this category saw decreases in current tobacco use, but none of the decreases were statistically significant at the 0.05-level
- The average decrease in current tobacco use was **2.3%** for this group (31.1% - 28.9%)
- Five of the seven schools in this category were 2-year institutions

Schools that had tobacco-/smoke-free policies at both time points:

- Of the nine schools in this category, six saw decreases in current tobacco use between the two study time points, four of which were statistically significant at the 0.05-level
- The average decrease in current tobacco use was **1.8%** for this group (32.1% - 30.3%)
- Seven of the nine schools in this category were 2-year institutions

Two-year versus four-year institutions:

- The average decrease in current tobacco use across all 2-year institutions regardless of policy type was **1.0%** (32.8% - 31.8%), with only two decreases significant at the 0.05-level. Six of the 18 institutions saw increases in current tobacco use during the course of the study period, one of which was statistically significant at the 0.05-level
- At 4-year institutions, the average decrease in current tobacco use was **4.7%** (21.7%-17.0%). All 15 schools in this category saw a decrease in current tobacco use over the course of the study period. Five of these decreases were statistically significant at the 0.05-level

Daily Tobacco Use

Table 2 provides an examination of the change in daily tobacco-use rates between the CSHS dates used in this study. The p-values represent the statistical significance of school-level changes. The average change within each analysis group is noted in the last column of the table.

Table 2
Changes in Daily Tobacco Use

School Number	Policy Change Category	Percent Change	p-value	Average Change
1	DA-DA	+1.2	0.65	-0.5%
2	DA-DA	-3.4	0.28	
3	DA-DA	+0.8	0.72	
4	DA-DA	+1.1	0.46	
5	DA-DA	+2.2	0.26	
6	DA-DA	-0.5	0.82	
7	DA-DA	-1.4	0.08	
8	DA-DA	-1.5	0.37	
9	DA-DA	-1.8	<0.01*	
10	DA-DA	-0.6	0.42	
11	DA-DA	-1.0	0.61	
12	DA-DA	-0.5	0.50	
13	DA-TF	-3.3	0.05*	-1.3%
14	DA-TF	-0.3	0.78	
15	DA-TF	-2.5	0.05*	
16	DA-TF	+0.3	0.84	
17	DA-TF	-0.8	0.27	
18	None-DA/TF	+3.1	0.31	+1.3%
19	None-DA/TF	+2.2	0.40	
20	None-DA/TF	+2.3	0.23	
21	None-DA/TF	+1.4	0.59	
22	None-DA/TF	+1.0	0.70	
23	None-DA/TF	-0.3	0.86	
24	None-DA/TF	-0.7	0.42	
25	TF-TF	-6.8	0.03*	-1.1%
26	TF-TF	-0.9	0.74	
27	TF-TF	-1.4	0.67	
28	TF-TF	-4.6	0.15	
29	TF-TF	+0.4	0.90	
30	TF-TF	+13.4	<0.01*	
31	TF-TF	-3.4	0.33	
32	TF-TF	-4.0	0.04*	
33	TF-TF	-2.6	0.11	

- Designated area policy at both time points
- Change from designated area policy to tobacco-free or smoke-free policy between first and second time point
- Did not have a tobacco-use policy in place at the first time point, and had a designated area, tobacco-free, or smoke-free policy by the second time point
- Tobacco-free or smoke-free policy was in place at both time periods

*Statistically significant.

Schools that had designated tobacco-use areas at both time points:

- Of the 12 schools in this category, eight saw decreases in daily tobacco use, only one school saw a statistically significant decrease at the 0.05-level
- The remaining four schools saw slight increases in daily tobacco use, but those increases were not statistically significant at the 0.05-level
- There was an average decrease of **0.5%** in daily tobacco use (8.8% - 8.3%) across these 12 schools that had designated areas at both study time points
- Among the seven, 4-year schools in this category, the average decrease in current tobacco use was even larger (**1.0%**), which included the school that had a statistically significant decrease in daily tobacco use
- No statistically significant decreases were noted among the 2-year schools in this category

Schools that had a designated tobacco-use area at the first time point and a tobacco-/smoke-free policy at the second time point:

- Four of the five schools in this category saw decreases in daily tobacco use, two of which were statistically significant at the 0.05-level
- The average decrease in daily tobacco use was **1.3%** (9.2% - 7.9%) across these five schools

Schools that did not have a tobacco-use policy at the first time point, and had a designated tobacco-use area or a tobacco-/smoke-free policy at the second time point:

- Five of the seven schools in this category saw increases in daily tobacco use, but none of the increases were statistically significant at the 0.05-level
- The average increase in daily tobacco use was **1.3%** for this group (14.2% - 15.5%)
- The two schools that witnessed decreases in daily tobacco use were 4-year institutions

Schools that had tobacco-/smoke-free policies at both time points:

- Of the nine schools in this category, seven saw decreases in daily tobacco use between the two study time points, two of which were statistically significant at the 0.05-level
- The average decrease in daily tobacco use was **1.1%** for this group (17.6% - 16.5%)
- Excluding the one school that had a 13.4% increase in daily tobacco use, the average decrease in daily tobacco use at these institutions was **2.9%**

Two-year versus four-year institutions:

- The average increase in daily tobacco use across all 2-year institutions regardless of policy type was **0.3%** (17.6% - 17.9%), only one increase was significant at the 0.05-level
- Excluding the outlying school that had a 13.4% increase in daily tobacco use, the 2-year institutions had a **0.5%** decrease in daily tobacco use, on average, between the two study time points. Two of these decreases were significant at the 0.05-level
- At 4-year institutions, the average decrease in daily tobacco use was **1.2%** (6.2% - 5.0%). All schools in this category saw a decrease in current tobacco use over the course of the study period. Three of these decreases were statistically significant at the 0.05-level

Current Smokeless Tobacco Use

Table 3 provides an examination of the change in current smokeless tobacco-use rates between the CSHS dates used in this study. The p-values represent the statistical significance of school-level changes. The average change within each analysis group is noted in the last column of the table.

Table 3
Changes in Current Smokeless Tobacco Use

School Number	Policy Change Category	Percent Change	p-value	Average Change
1	DA-DA	+0.7	0.49	0.6%
2	DA-DA	+0.2	0.35	
3	DA-DA	-0.7	0.47	
4	DA-DA	+1.1	0.20	
5	DA-DA	+1.2	0.22	
6	DA-DA	+1.6	0.12	
7	DA-DA	+1.7	0.04*	
8	DA-DA	+1.3	0.42	
9	DA-DA	+0.5	0.29	
10	DA-DA	-0.5	0.52	
11	DA-DA	+1.0	0.52	
12	DA-DA	-0.9	0.40	
13	DA-TF	+0.3	0.66	-0.3%
14	DA-TF	-0.7	0.54	
15	DA-TF	-2.8	0.02*	
16	DA-TF	+0.3	0.86	
17	DA-TF	+1.3	0.17	
18	None-DA/TF	0.0	0.98	-0.3%
19	None-DA/TF	+0.6	0.70	
20	None-DA/TF	-0.7	0.52	
21	None-DA/TF	-1.9	0.16	
22	None-DA/TF	+0.3	0.83	
23	None-DA/TF	+0.6	0.69	
24	None-DA/TF	-1.3	0.14	
25	TF-TF	-5.1	0.05*	-0.4%
26	TF-TF	-1.2	0.33	
27	TF-TF	+0.2	0.93	
28	TF-TF	+2.2	0.25	
29	TF-TF	-1.8	0.34	
30	TF-TF	+6.1	0.02*	
31	TF-TF	-0.4	0.85	
32	TF-TF	-4.1	0.01*	
33	TF-TF	+0.8	0.01*	

- Designated area policy at both time points
- Change from designated area policy to tobacco-free or smoke-free policy between first and second time point
- Did not have a tobacco-use policy in place at the first time point, and had a designated area, tobacco-free, or smoke-free policy by the second time point
- Tobacco-free or smoke-free policy was in place at both time periods

*Statistically significant.

Schools that had designated tobacco-use areas at both time points:

- Of the 12 schools in this category, nine saw increases in current smokeless tobacco use, one of which was statistically significant at the 0.05-level
- There was an average increase of **0.6%** in current smokeless tobacco use (2.6% - 3.2%) across these 12 schools
- The average increase in current smokeless tobacco use was similar for 2-year and 4-year institutions

Schools that had a designated tobacco-use area at the first time point and a tobacco-/smoke-free policy at the second time point:

- Only two of the five schools in this category saw decreases in current smokeless tobacco use, one of which was statistically significant at the 0.05-level
- The remaining three schools saw a slight increase in current smokeless tobacco use, but none of those increases were statistically significant at the 0.05-level
- The average decrease in current smokeless tobacco use was **0.3%** (6.9% - 6.6%) across these five schools

Schools that did not have a tobacco-use policy at the first time point, and had a designated tobacco-use area or a tobacco-/smoke-free policy at the second time point:

- Three of the seven schools in this category saw decreases in current smokeless tobacco use, three saw increases in current smokeless tobacco use, and one school did not have a change in its current smokeless tobacco use rate. None of the changes in current smokeless tobacco use rates were statistically significant at the 0.05-level
- The average decrease in current smokeless tobacco use was **0.3%** for this group (5.5% - 5.2%)
- No differences in current smokeless tobacco-use rates were noted between 2-year and 4-year institutions

Schools that had tobacco-/smoke-free policies at both time points:

- Of the nine schools in this category, five saw decreases in current smokeless tobacco use between the first and second time points
- Two schools that saw increases, and two schools that saw decreases in current smokeless tobacco use had changes that were statistically significant at the 0.05-level
- The average decrease in current smokeless tobacco use was **0.4%** for this group (6.3% - 5.9%)

Two-year versus four-year institutions:

- There were no notable differences in current smokeless tobacco use between 2-year and 4-year institutions between the two study time points

Use of Tobacco on Campus

Table 4 provides an examination of the change in the percent of students reporting tobacco use on campus between the CSHS dates used in this study. The p-values represent the statistical significance of school-level changes. The average change within each analysis group is noted in the last column of the table.

Table 4
Changes in Use of Tobacco on Campus

School Number	Policy Change Category	Percent Change	p-value	Average Change
1	DA-DA	0.0	0.98	-1.6%
2	DA-DA	-7.4	0.02*	
3	DA-DA	+1.1	0.68	
4	DA-DA	+2.1	0.22	
5	DA-DA	+0.8	0.71	
6	DA-DA	+2.5	0.30	
7	DA-DA	-6.6	<0.01*	
8	DA-DA	-2.1	0.23	
9	DA-DA	-3.8	0.01*	
10	DA-DA	-5.2	0.02*	
11	DA-DA	+0.7	0.81	
12	DA-DA	†	N/A	
13	DA-TF	-8.6	<0.01*	-6.0%
14	DA-TF	-3.7	0.01*	
15	DA-TF	-8.5	<0.01*	
16	DA-TF	-2.5	0.17	
17	DA-TF	-6.5	<0.01*	
18	None-DA/TF	-5.5	0.08	-4.3%
19	None-DA/TF	†	N/A	
20	None-DA/TF	-0.1	0.98	
21	None-DA/TF	†	N/A	
22	None-DA/TF	-8.4	<0.01*	
23	None-DA/TF	-5.4	<0.01*	
24	None-DA/TF	-2.0	0.19	
25	TF-TF	-7.6	0.01*	-2.8%
26	TF-TF	-3.8	0.05*	
27	TF-TF	-0.8	0.83	
28	TF-TF	-4.2	0.21	
29	TF-TF	-4.4	0.18	
30	TF-TF	+6.2	0.07	
31	TF-TF	-4.9	0.08	
32	TF-TF	-3.8	0.04*	
33	TF-TF	†	N/A	

- Designated area policy at both time points
- Change from designated area policy to tobacco-free or smoke-free policy between first and second time point
- Did not have a tobacco-use policy in place at the first time point, and had a designated area, tobacco-free, or smoke-free policy by the second time point
- Tobacco-free or smoke-free policy was in place at both time periods

†No data indicates that the school only had one survey date after 2009 when a change in the wording of the question was implemented, and therefore no comparisons could be made for that school.

*Statistically significant.

Schools that had designated tobacco-use areas at both time points:

- Of the 11 schools in this category, five saw decreases in students reporting tobacco use on campus, four of which were statistically significant at the 0.05-level
- Of the remaining six schools, five saw slight increases in students reporting tobacco use on campus, but those increases were not statistically significant at the 0.05-level, and one school did not have a change in students reporting tobacco use on campus
- There was an average decrease in the reported use of tobacco on-campus of **1.6%** (15.5% - 13.9%) across these 11 schools
- Among the six 4-year schools in this category, the average decrease in students reporting tobacco use on campus was even larger (**2.4%**), and three schools had decreases had statistically significant decreases
- Only one statistically significant decrease was noted among the 2-year schools in this category

Schools that had a designated tobacco-use area at the first time point and a tobacco-/smoke-free policy at the second time point:

- All five schools in this category saw decreases in students reporting tobacco use on campus, four of which were statistically significant at the 0.05-level
- The average decrease in the reported use of tobacco on-campus was **6.0%** (15.0% - 9.0%) across these five schools

Schools that did not have a tobacco-use policy at the first time point, and had a designated tobacco-use area or a tobacco-/smoke-free policy at the second time point:

- All five schools in this category saw decreases in students reporting tobacco use on campus, two of which were statistically significant at the 0.05-level
- The average decrease in students reporting tobacco use on campus was **4.3%** for this group (15.7% - 11.4%)
- The two statistically significant decreases were noted among the 4-year institutions in this category

Schools that had tobacco-/smoke-free policies at both time points:

- Of the eight schools in this category, three saw statistically significant decreases in students reporting tobacco use on campus at the 0.05-level
- The average decrease in reported tobacco use on-campus was **2.9%** for this group (17.4% - 14.5%)

Two-year versus four-year institutions:

- The average decrease in students reporting tobacco use on campus across all 2-year institutions regardless of policy type was **2.8%** (18.8% - 16.0%), with four schools having decreases significant at the 0.05-level.
- Four of the 16 2-year institutions saw increases in current use during the course of the study period, none of which was statistically significant at the 0.05-level.
- At 4-year institutions, the average decrease in students reporting tobacco use on campus was **3.6%** (12.5% - 8.9%)
- Of the 13 4-year institutions, 11 saw a decrease in students reporting tobacco use on campus between the two time points, eight of which were statistically significant at the 0.05-level

Secondhand Smoke Exposure on Campus

Table 5 provides an examination of the change in percent of students exposed to secondhand smoke on campus between the CSHS dates used in this study. The p-values represent the statistical significance of school-level changes. The average change within each analysis group is noted in the last column of the table.

Table 5
Changes in Secondhand Smoke Exposure on Campus

School Number	Policy Change Category	Percent Change	p-value	Average Change
1	DA-DA	+11.2	<0.01*	2.6%
2	DA-DA	-10.6	<0.01*	
3	DA-DA	+16.3	<0.01*	
4	DA-DA	+5.9	0.01*	
5	DA-DA	+8.6	<0.01*	
6	DA-DA	-1.1	0.71	
7	DA-DA	-0.7	0.75	
8	DA-DA	+4.1	0.14	
9	DA-DA	+1.1	0.46	
10	DA-DA	-2.3	0.37	
11	DA-DA	-3.8	0.36	
12	DA-DA	†	N/A	
13	DA-TF	-31.4	<0.01*	-17.2%
14	DA-TF	-16.2	<0.01*	
15	DA-TF	-21.2	<0.01*	
16	DA-TF	-2.6	0.23	
17	DA-TF	-14.9	<0.01*	
18	None-DA/TF	-19.6	<0.01*	-10.8%
19	None-DA/TF	†	N/A	
20	None-DA/TF	-2.5	0.34	
21	None-DA/TF	†	N/A	
22	None-DA/TF	-21.7	<0.01*	
23	None-DA/TF	-11.3	<0.01*	
24	None-DA/TF	+1.4	0.59	
25	TF-TF	-2.7	0.47	-2.1%
26	TF-TF	-3.7	0.05*	
27	TF-TF	-5.6	0.14	
28	TF-TF	+1.2	0.78	
29	TF-TF	+6.5	0.06	
30	TF-TF	-12.1	<0.01*	
31	TF-TF	-1.7	0.54	
32	TF-TF	+1.3	0.68	
33	TF-TF	†	N/A	

- Designated area policy at both time points
- Change from designated area policy to tobacco-free or smoke-free policy between first and second time point
- Did not have a tobacco-use policy in place at the first time point, and had a designated area, tobacco-free, or smoke-free policy by the second time point
- Tobacco-free or smoke-free policy was in place at both time periods

†No data indicates that the school only had one survey date after 2009 when a change in the wording of the question was implemented, and therefore no comparisons could be made for that school.

*Statistically significant.

Schools that had designated tobacco-use areas at both time points:

- Of the 11 schools in this category, five saw decreases in reported exposure to secondhand smoke on campus, one of which was statistically significant at the 0.05-level
- The remaining six schools saw increases in reported exposure to secondhand smoke on campus, four of which were statistically significant at the 0.05-level
- There was an average increase of **2.6%** in reported exposure to secondhand smoke on campus (38.6% - 41.2%) across these 11 schools
- Among the six, 4-year institutions in this category, there was an average decrease in reported exposure to secondhand smoke on campus of **0.5%** between the two study time points
- Among the five, 2-year institutions in this category, the increase in reported exposure to secondhand smoke on campus was **6.3%** (34.1% - 40.4%)

Schools that had a designated tobacco-use area at the first time point and a tobacco-/smoke-free policy at the second time point:

- All five schools in this category saw decreases in reported exposure to secondhand smoke on campus, four of which were statistically significant at the 0.05-level
- The average decrease in reported exposure to secondhand smoke on campus was **17.2%** (40.8% - 23.6%) across the five schools

Schools that did not have a tobacco-use policy at the first time point, and had a designated tobacco-use area or a tobacco-/smoke-free policy at the second time point:

- Four of the five schools in this category saw decreases in reported exposure to secondhand smoke on campus, three of which were statistically significant at the 0.05-level
- The average decrease in reported exposure to secondhand smoke on campus was **10.8%** for this group (36.1% - 25.3%)

Schools that had tobacco-/smoke-free policies at both time points:

- Of the eight schools in this category, five saw decreases in reported exposure to secondhand smoke on campus, one of which was statistically significant at the 0.05-level
- The average decrease in reported exposure to secondhand smoke on campus was **2.1%** for this group (27.3% - 25.2%)

Two-year versus four-year institutions:

- The average decrease in reported exposure to secondhand smoke on campus across all 2-year institutions regardless of policy type was **3.9%** (32.2% - 28.3%). Five of the 16 institutions saw decreases that were statistically significant at the 0.05-level
- At 4-year institutions, the average decrease in reported exposure to secondhand smoke was **5.1%** (39.4% - 34.3%). Nine of the 13 schools in this category saw a decrease in reported exposure to secondhand smoke on campus between the two study time points. Four of these decreases were statistically significant at the 0.05-level

Discussion

This report highlights the changes in tobacco use between 2007 and 2013 as measured by the College Student Health Survey (CSHS) of postsecondary institutions in the State of Minnesota and the impact of campus tobacco policies on those rates. Overall, the State of Minnesota has been witnessing a downward trend in tobacco use among adults since 1999.²² From 1999 to 2010, the current tobacco-use rate among Minnesota adults dropped from 22.1% to 16.1%.²² That trend holds irrespective of whether the adult is a college student or not. It is notable that in addition to declining tobacco use among all Minnesotans, averaging about 0.5% per year, reductions in current tobacco-use rates among college students was even more substantial. This suggests that Minnesota college campuses play a significant role in reducing current tobacco use among their student populations even though students often do not spend their entire days on campus property.

The fact that students do tend to come and go from campus throughout the day is reflected in the findings of this study. While there is a consistent decrease in current tobacco use across all campus types, and most notably among those campuses that moved from having a designated tobacco-use area to a tobacco-/smoke-free campus, daily tobacco-use rates remained less changed. Schools of all policy types had both increases and decreases in their campus' daily tobacco-use rate and for those analysis groups that saw an average decrease in daily tobacco use; the difference was much smaller than the difference reported for the decreased current tobacco-use rates. Daily smoking is a harder behavior to change than the more sporadic use of tobacco products among students who are considered current tobacco users.

The lack of notable increases or decreases in current smokeless tobacco use may indicate that the tobacco-/smoke-free policies are unable to impact that group of users. However, contrary to a previous study using the 2013 CSHS data that suggested that campuses with tobacco-/smoke-free policies had higher rates of smokeless tobacco use compared to campuses with designated tobacco-use areas, a lack of a notable increase in this evaluation is promising evidence that students are not substituting or supplementing smokeless tobacco for smoking tobacco during their time on tobacco-/smoke-free campuses.

One limitation to this study is the use of secondary data. The College Student Health Survey is conducted annually to provide individual postsecondary institutions with summaries of their students' health and health-related behaviors as well as provide a measure of the health of college students in Minnesota over time. However, schools may or may not participate in any given year, and the time between a school's participation may vary. A longitudinal assessment would require the survey to be given to the same schools at regular time intervals, as well as account for students' individual-level factors that influence their tobacco use.

Nonetheless, the analyses performed allow for some broad conclusions to be made about the impact of campus tobacco-use policies and corresponding student tobacco-use rates. The largest decreases in reported current tobacco use, on-campus tobacco use, and secondhand smoke exposure were among campuses that changed their policies from having designated tobacco-use areas to being completely tobacco-/smoke-free during the study period. Additionally, schools that did not have a tobacco-use policy at the start of their participation in the CSHS, but had either a designated tobacco-use area or were fully tobacco-/smoke-free by their final participation date in the CSHS also saw consistent reductions in those measures. These findings suggest that any move toward a more tobacco-/smoke-free policy from a less restrictive tobacco-use policy is associated with decreases in tobacco-use rates and secondhand smoke exposure among students on Minnesota college campuses.

Appendix A

Demographics of Participating CSHS Respondents by Year

	2007	2008	2009	2010	2011	2012	2013
Average Age (Years)	23.7	26.3	25.9	23.9	26.9	27.1	26.1
Age Range (Years)	18–83	18–89	18–88	18–89	18–99	18–92	18–99
18–24 Years	74.9%	60.8%	61.4%	73.8%	56.3%	56.8%	60.5%
25 Years or Older	25.1%	39.2%	38.6%	26.2%	43.7%	43.2%	39.5%
Male	37.7%	30.8%	36.1%	38.4%	35.4%	25.8%	33.9%
Female	62.0%	69.0%	63.7%	61.3%	64.1%	73.8%	65.8%
Transgender/Other	0.3%	0.2%	0.2%	0.3%	0.5%	0.5%	0.3%
Two-Year School	24.4%	24.6%	67.1%	20.6%	61.6%	37.0%	32.7%
Four-Year School	75.6%	75.4%	32.9%	79.4%	38.4%	63.0%	67.3%

Appendix B

College Student Health Survey (2013 Version)

Available in PDF format:

http://www.bhs.umn.edu/surveys/survey-questionnaires/2013_CollegeStudent_HealthSurvey_Questionnaire.pdf

SECTION: Health Care Coverage and Utilization		
1	ANSWER REVIEW PAGE: 1 of 26 pages	You have completed 0 of 4 Items on this page
Below are your saved responses for page 1. Please review before proceeding.		
<p>1 Other than health care services provided at your educational institution, do you have additional health insurance coverage?</p> <p> <input type="radio"/> Yes, through my educational institution <input type="radio"/> Yes, through my parent's health insurance plan <input type="radio"/> Yes, through another health insurance plan <input type="radio"/> Yes, through a public program (Medicare, state program, etc.) <input type="radio"/> No, I do not have health insurance <input type="radio"/> Don't know </p> <p>2 How many dependent children do you have? (If you have no dependent children, mark 0)</p> <p> <input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 or More </p> <p>3 Are your dependent children covered by health insurance?</p> <p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Not applicable - I do not have dependent children <input type="radio"/> Don't know </p> <p>4 Does your spouse/domestic partner have health insurance coverage?</p> <p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Not Applicable - I have no spouse/domestic partner <input type="radio"/> Don't know </p>		
CONTINUE		REVIEW
<input type="checkbox"/> CONTINUE Answering Survey - Page 2 <input type="checkbox"/> EDIT Re-open Page 1 and edit your responses <input type="checkbox"/> COMPLETE SURVEY LATER Responses will be saved		<input type="checkbox"/> OVERALL Survey summary <input type="checkbox"/> PREV - summary for Page 0 <input type="checkbox"/> NEXT - summary for Page 2

SECTION: Health Care Coverage and Utilization

2

ANSWER REVIEW PAGE:
2 of 26 pages

You have completed 0 of 16 Items on this page

Below are your saved responses for page 2. Please review before proceeding.

5 Please indicate when you last had the following:

	Within the past 12 months	Within 13 months to 2 years	Within 3-5 years	6 or more years ago	Never
Routine medical exam (a physical)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dental exam and cleaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cholesterol checked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blood pressure checked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Routine gynecological exam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6 Where do you go for the following health care services while in school?
 (Please mark all that apply)

	School health service	Student counseling service	Hospital	Community clinic	HMO	Private practice	None - I don't obtain this service
Routine doctor's visit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dental care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental health services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Testing for sexually transmitted infections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Treatment for sexually transmitted infections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Testing for HIV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emergency care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7 Have you had any of the following immunizations?

	Yes	No	Don't Know
Hepatitis A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hepatitis B	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meningitis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flu vaccine within past 12 months	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Human Papillomavirus (HPV) (all three doses)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CONTINUE	REVIEW
<input type="checkbox"/> CONTINUE Answering Survey - Page 3	<input type="checkbox"/> OVERALL Survey summary
<input type="checkbox"/> EDIT Re-open Page 2 and edit your responses	<input type="checkbox"/> PREV - summary for Page 1
<input type="checkbox"/> COMPLETE SURVEY LATER Responses will be saved	<input type="checkbox"/> NEXT - summary for Page 3

SECTION: **Health Status**

3

SURVEY PAGE: 3 of 26 pages

You have completed 0 of 74 Items on this page

1	1.01 For each condition, indicate whether you have been diagnosed in your lifetime .		1.02 For each condition, indicate whether you have been diagnosed within the past 12 months .	
	Yes	No	Yes	No
Alcohol problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Allergies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anorexia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asthma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attention deficit disorder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bipolar disorder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bulimia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chlamydia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes (Type I)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes (Type II)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drug problems (other than alcohol)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Genital herpes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Genital warts/Human papillomavirus (HPV)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gonorrhea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hepatitis A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hepatitis B	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hepatitis C	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High blood pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High cholesterol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
HIV/AIDS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lyme disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mononucleosis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obsessive-compulsive disorder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Panic attacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Post-traumatic stress disorder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pubic lice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Repetitive stress injury (Carpal tunnel)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seasonal affective disorder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social phobia/Performance anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strep throat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Syphilis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuberculosis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Urinary tract infection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<input type="button" value="Submit Responses"/>	SUBMIT RESPONSES - Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.
<input type="button" value="Skip This Page"/>	SKIP THIS PAGE - No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: **Emotional and Mental Health**

5

SURVEY PAGE: 5 of 26 pages

You have completed 0 of 7 Items on this page

1 Have you experienced any of the following in the past 12 months?

** (Mark all that apply)**

- Getting married
- Failing a class
- Serious physical illness of someone close to you
- Death of someone close to you
- Being diagnosed as having a serious physical illness
- Being diagnosed as having a mental illness
- Spouse/Partner conflict (including divorce or separation)
- Termination of a personal relationship (not including marriage)
- Attempted suicide
- Being put on academic probation
- Excessive credit card debt
- Excessive debt other than credit card
- Being arrested
- Being fired or laid off from a job
- Roommate/Housemate conflict
- Parental conflict
- Lack of health care coverage
- Issues related to sexual orientation
- Bankruptcy
- Not applicable-None of the above happened to me

2 Are you currently taking medication for depression?

- Yes
- No

3 Are you currently taking medication for a mental health problem other than depression?

- Yes
- No

4 Are you currently seeing a mental health counselor/therapist?

- Yes

5 On a scale from one to ten, with one being not stressed at all and ten being very stressed, how would you rate your average level of stress in the past 30 days?

** (Please mark appropriate number corresponding with your average level of stress)**

Not stressed at all										Very stressed
1	2	3	4	5	6	7	8	9	10	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6 On a scale from one to ten, with one being ineffective and ten being effective, how would you rate your ability to manage your stress in the past 30 days?

** (Please mark appropriate number corresponding with your effectiveness in managing stress)**

Ineffective										Very effective
1	2	3	4	5	6	7	8	9	10	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7 On how many of the past seven days did you get enough sleep so that you felt rested when you woke up in the morning?

0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<input type="button" value="Submit Responses"/>	SUBMIT RESPONSES - Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.
<input type="button" value="Skip This Page"/>	SKIP THIS PAGE - No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: Personal Safety

6	ANSWER REVIEW PAGE: 6 of 26 pages	You have completed 0 of 17 Items on this page
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Below are your saved responses for page 6. Please review before proceeding.

1	1.01 Within your lifetime have you:		1.02 Within the past 12 months have you:	
	Yes	No	Yes	No
Had sexual intercourse with someone without that person's consent or against his/her will	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Touched someone sexually without that person's consent or against his/her will	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Slapped, kicked, or pushed your significant other or spouse/partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Threatened or "put-down" your significant other or spouse/partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Experienced actual or attempted sexual intercourse without your consent or against your will	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Experienced actual or attempted sexual touching without your consent or against your will	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been slapped, kicked, or pushed by your significant other or spouse/partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been hurt by threats, "put-downs", or yelling from your significant other or spouse/partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<p>2 If you experienced sexual intercourse/sexual touching against your will, did you report the incident to any of the following? **(Mark all that apply)**</p> <p><input type="checkbox"/> Not applicable - I was not involved in any incident</p> <p><input type="checkbox"/> Health care provider (e.g. Physician, Nurse, or Therapist)</p> <p><input type="checkbox"/> Hall director or community advisor</p> <p><input type="checkbox"/> Campus sexual violence office</p> <p><input type="checkbox"/> Police</p> <p><input type="checkbox"/> Other</p> <p><input type="checkbox"/> I did not report the incident</p>				

CONTINUE	REVIEW
<input type="checkbox"/> CONTINUE Answering Survey - Page 7	<input type="checkbox"/> OVERALL Survey summary
<input type="checkbox"/> EDIT Re-open Page 6 and edit your responses	<input type="checkbox"/> PREV - summary for Page 5
<input type="checkbox"/> COMPLETE SURVEY LATER Responses will be saved	<input type="checkbox"/> NEXT - summary for Page 7

SECTION: Personal Safety		
7	SURVEY PAGE: 7 of 26 pages	You have completed 0 of 4 Items on this page

The following questions pertain to issues related to personal safety. When answering the questions please use the following definitions: sexual intercourse - oral, vaginal, or anal penetration; sexual touching - touching of breasts, buttocks, or genitals.

3 What type of injuries have you sustained during the past 12 months?

**** (Mark all that apply) ****

- Not applicable - I was not injured
- Assaulted by another person (nonsexual)
- Burned by fire or a hot substance
- Motor vehicle related
- Team sports
- Individual sports
- Bicycle related
- Falls
- Other

4 While attending school, do you have immediate access to firearms?

- Yes
- No

5 What type of firearms do you have immediate access to?

**** (Mark all that apply) ****

- Not Applicable - I do not have access to a firearm
- Handgun
- Rifle
- Shotgun
- Other

6 Have you ever carried a weapon (gun, knife, etc.) within the past 12 months?

**** (Does not include carrying a weapon while hunting) ****

- Yes
- No

<input type="button" value="Submit"/>	SUBMIT RESPONSES - Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.
<input type="button" value="Skip"/>	SKIP THIS PAGE - No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: Personal Safety

8	ANSWER REVIEW PAGE: 8 of 26 pages	You have completed 0 of 5 Items on this page
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Below are your saved responses for page 8. Please review before proceeding.

7 Within the past 12 months, how often did you:
 (Mark the appropriate column for each of the three questions)

	N/A (Didn't do this activity within the last 12 months)	Never	Sometimes	Most of the time	Always
Wear a helmet when you rode a bicycle?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wear a helmet when you rode a motorized two-wheeled vehicle?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Text while driving?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9 Within the past 12 months have you ridden in a car with a driver who has been impaired due to alcohol consumption?

Yes
 No
 Don't know

10 Within the past 12 months were you in a physical fight?

Yes
 No

CONTINUE	REVIEW
<input type="checkbox"/> CONTINUE Answering Survey - Page 9	<input type="checkbox"/> OVERALL Survey summary
<input type="checkbox"/> EDIT Re-open Page 8 and edit your responses	<input type="checkbox"/> PREV - summary for Page 7
<input type="checkbox"/> COMPLETE SURVEY LATER Responses will be saved	<input type="checkbox"/> NEXT - summary for Page 9

SECTION: **Nutrition and Physical Activity**

9

SURVEY PAGE: 9 of 26 pages

You have completed 0 of 5 Items on this page

1 Your height in feet and inches

1.01 Feet

3 4 5 6 7

1.02 Inches

0 1 2 3 4 5 6 7 8 9 10 11

2 Approximate your current weight in pounds.

** (If less than 100 pounds, mark answers 096, 085, etc.)
(1 kilogram = 2.2 pounds)**

3				
digits				

3 How do you describe your weight?

- Very underweight
- Slightly underweight
- About the right weight
- Slightly overweight
- Very overweight

4 During the past 30 days, I felt satisfied with my body image/size:

** (Mark the most appropriate response)**

Never Sometimes Most of the time Always

<input type="button" value="SUBMIT RESPONSES"/>	SUBMIT RESPONSES - Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.
<input type="button" value="SKIP THIS PAGE"/>	SKIP THIS PAGE - No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: Nutrition and Physical Activity

10

ANSWER REVIEW PAGE:
10 of 26 pages

You have completed 0 of 6 Items on this page

Below are your saved responses for page 10. Please review before proceeding.

5 In the past 7 days, how many hours did you spend doing the following activities?

	None	Less than 1/2 hour	1/2 - 2 hours	2 1/2 - 4 hours	4 1/2 - 6 hours	6 1/2+ hours
Strenuous exercise (heart beats rapidly). Examples: biking fast, aerobics, dancing, running, basketball, swimming laps, rollerblading, tennis, soccer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moderate exercise (not exhausting). Examples: walking quickly, baseball, easy biking, volleyball, skateboarding, snowboarding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exercises to strengthen or tone your muscles. Examples: push-ups, sit-ups, weight lifting/training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6 On an average day, how many hours do you spend doing the following activities?

	None	Less than 1 hour	1 hour	2 hours	3 hours	4 hours	5+ hours
Watching television	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using a computer for something that is not for work or school work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using a handheld device for something that is not for work or school work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CONTINUE

- CONTINUE Answering Survey - Page 11
- EDIT Re-open Page 10 and edit your responses
- COMPLETE SURVEY LATER Responses will be saved

REVIEW

- OVERALL Survey summary
- PREV - summary for Page 9
- NEXT - summary for Page 11

SECTION: Nutrition and Physical Activity

11

SURVEY PAGE: 11 of 26 pages

You have completed 0 of 20 Items on this page

7 During the past 7 days, how many times did you eat/drink the following?

Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, school, restaurants, or anywhere else.

100% fruit juice (Do not include punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

Fruit (Do not include juice.)

Green salad

Potatoes (Do not include French fries, fried potatoes, or potato chips.)

Carrots

Other vegetables (Do not include green salad, potatoes, or carrots.)

I did not eat or drink this	1 to 3 times during the past 7 days	4 to 6 times during the past 7 days	1 time per day	2 times per day	3 times per day	4 or more times per day
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8 During the past 7 days, how many times did you drink the following?

Think about all the beverages you had from the time you got up until you went to bed. Be sure to include beverages you drank at home, school, restaurants, or anywhere else.

Can, bottle, or glass of soda or pop (Coke, Pepsi, or Sprite, etc.). (Do not include diet soda or diet pop.)

Can, bottle, or glass of diet soda or diet pop (Diet Coke, Diet Pepsi, or Diet Sprite, etc.)

Fruit-flavored drinks with sugar (Kool-aid, Hi-C, lemonade, cranberry cocktail, vitamin water, etc.)

Sports drinks (Gatorade, Powerade, etc.)

Coffee drinks with added sugar (lattes, mochas, Frappuccinos, Macchiatos, etc.)

Other sweetened beverages (energy drinks, sweetened teas, rice drinks, sugar can beverages, etc.)

I did not drink this	1 to 3 times during the past 7 days	4 to 6 times during the past 7 days	1 time per day	2 times per day	3 times per day	4 or more times per day
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9 In the past 7 days, on how many days did you eat breakfast

0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
--------	-------	--------	--------	--------	--------	--------	--------

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

10 Indicate how often you did the following in the past 12 months:

Eat fast food meals

Eat at any restaurant (do not include fast food establishments)

Use laxatives to control weight

Take diet pills

Binge eat

Induce vomiting to control weight

Never	Once a year or less	A few times a year	Once or twice per month	Once per week	Several times per week	Daily	Several times a day
-------	---------------------	--------------------	-------------------------	---------------	------------------------	-------	---------------------

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11 Do you regularly take a multivitamin?

- Yes
- No

<input type="checkbox"/>	SUBMIT RESPONSES - Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.
<input type="checkbox"/>	SKIP THIS PAGE - No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: Chemical Health

12

ANSWER REVIEW PAGE:
12 of 26 pages

You have completed 0 of 20 Items on this page

Below are your saved responses for page 12. Please review before proceeding.

1 During the past 12 months, how often have you used:
 (Mark one for each line)

	Did not use	Once/year	6 times/year	Once/month	More than once/month
Smoking tobacco	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smokeless tobacco	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol (beer, wine, liquor)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marijuana (pot, hash, hash oil)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cocaine (crack, rock, freebase)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Amphetamines (meth, speed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sedatives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hallucinogens (LSD, PCP)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opiates (heroin)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inhalants (glue, solvents, gas)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ecstasy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Performance enhancing steroids	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
GHB, Rohypnol (or other club drugs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prescription drug not prescribed for you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tobacco from a water pipe (hookah)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2 During the past 30 days, on how many days did you use:
 (Mark one for each line)

	0 days	1-2 days	3-5 days	6-9 days	10-19 days	20-29 days	All 30 days
Smoking tobacco	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smokeless tobacco	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol (beer, wine, liquor)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marijuana (pot, hash, hash oil)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tobacco from a water pipe (hookah)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CONTINUE		REVIEW	
<input type="checkbox"/>	CONTINUE Answering Survey - Page 13	<input type="checkbox"/>	OVERALL Survey summary
<input type="checkbox"/>	EDIT Re-open Page 12 and edit your responses	<input type="checkbox"/>	PREV - summary for Page 11
<input type="checkbox"/>	COMPLETE SURVEY LATER Responses will be saved	<input type="checkbox"/>	NEXT - summary for Page 13

SECTION: **Chemical Health**

13

SURVEY PAGE: 13 of 26 pages

You have completed 0 of 4 Items on this page

3 For questions 3 - 6 a drink is defined as: a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink

3.01 Average # of drinks you consume in a week:

Enter a number between 00 and 99 (If less than 10, mark as 09, 08, etc.)

2
digits

4 Think back over the last two weeks. How many times have you had five or more drinks in a sitting?

- I do not drink alcohol
- None
- Once
- Twice
- 3-5 times
- 6-9 times
- 10 or more times

5 The last time you "partied"/socialized, how many hours did you drink alcohol? State your best estimate.

**Enter a number between 00 and 99.

If you do not drink alcohol, please enter 00

If less than 10, mark as 09, 08, etc.**

2
digits

6 The last time you "partied"/socialized, how many alcoholic drinks did you have? State your best estimate.

**Enter a number between 00 and 99.

If you do not drink alcohol, please enter 00

If less than 10, mark as 09, 08, etc.**

2
digits

SUBMIT RESPONSES - Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.

SKIP THIS PAGE - No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: Chemical Health

14

ANSWER REVIEW PAGE:
14 of 26 pages

You have completed 0 of 19 Items on this page

Below are your saved responses for page 14. Please review before proceeding.

7 Please indicate how often you have experienced the following due to your drinking or drug use during the past 12 months

** (Mark one for each line)**

	Never	Once	Twice	3 - 5 times	6 - 9 times	10 or more times
Had a hangover	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Performed poorly on a test or important project	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been in trouble with police, residence hall, or other college authorities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Damaged property, pulled fire alarm, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Got into an argument or fight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Got nauseated or vomited	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Driven a car while under the influence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Missed a class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been criticized by someone I know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thought I might have a drinking or other drug problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had a memory loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Done something I later regretted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been arrested for DWI/DUI	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have been taken advantage of sexually	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have taken advantage of another sexually	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tried unsuccessfully to stop using	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seriously thought about suicide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seriously tried to commit suicide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been hurt or injured	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CONTINUE

REVIEW

- CONTINUE Answering Survey - Page 15
- EDIT Re-open Page 14 and edit your responses
- COMPLETE SURVEY LATER Responses will be saved

- OVERALL Survey summary
- PREV - summary for Page 13
- NEXT - summary for Page 15

SECTION: **Chemical Health**

15

SURVEY PAGE: 15 of 26 pages

You have completed 0 of 6 Items on this page

8 Do you consider yourself a smoker?

- Yes
- No

9.02 Average number of cigarettes you smoke per weekday (Monday through Thursday)

(enter a number between 00 and 99)

** (Non-smokers please enter 00. If less than 10, mark as 09, 08, etc. 1 pack=20 cigarettes)**

2
digits

9.03 Average number of cigarettes you smoke per weekend day (Friday through Sunday)

(enter a number between 00 and 99)

** (Non-smokers please enter 00. If less than 10, mark as 09, 08, etc. 1 pack=20 cigarettes)**

2
digits

10 Where have you used tobacco

** (Mark all that apply)**

- Not applicable - I do not use tobacco
- On campus (inside)
- On campus (outside)
- Residence hall (outside)
- Fraternity/Sorority (inside)
- Fraternity/Sorority (outside)
- Bar/Restaurant (outside)
- In a car
- Where I live (inside)
- Where I live (outside)
- Private parties (inside)
- Private parties (outside)
- Worksite (outside)
- Parking ramp/Garage
- Other (inside)
- Other (outside)

11 During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

- Yes
- No
- Not applicable - I do not smoke

12 How many times in the past 12 months did you try to quit smoking?

** (Enter a number between 00 and 99 - Non-smokers and smokers who have not attempted to quit please enter 00. If less than 10, mark as 09, 08, etc.)**

2
digits

<input type="button" value="Submit"/>	SUBMIT RESPONSES - Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.
<input type="button" value="Skip"/>	SKIP THIS PAGE - No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: Chemical Health

16	ANSWER REVIEW PAGE: 16 of 26 pages	You have completed 0 of 4 Items on this page
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Below are your saved responses for page 16. Please review before proceeding.

13 In an average week, how many hours are you in the same room with someone who is smoking tobacco?

0 hours
 Less than 30 minutes
 31 minutes - 1 hour
 2 - 3 hours
 4 - 6 hours
 7 or more hours

14 In an average week, where have you been exposed to secondhand smoke?
 (Mark all that apply)

- Not applicable - I am never exposed to secondhand smoke
- On campus (inside)
- On campus (outside)
- Residence hall (outside)
- Fraternity/Sorority (inside)
- Fraternity/Sorority (outside)
- Bar/Restaurant (outside)
- In a car
- Where I live (inside)
- Where I live (outside)
- Private parties (inside)
- Private parties (outside)
- Worksite (outside)
- Parking ramp/Garage
- Other (inside)
- Other (outside)

15 In the past two weeks, what percentage of students attending your institution do you think had 5 or more drinks at a sitting?
 (One drink equals one shot of alcohol, a 12-ounce can of beer, a mixed drink containing 1 or 1 1/2 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine) [Enter numerical percentage of 00 - 99] (If less than 10, mark as 09, 08, etc.)
 [not yet answered]

16 If a person has "passed out" from alcohol/drug use and you cannot wake them up, how likely is it you would call "911"?

Very likely
 Somewhat likely
 Somewhat unlikely
 Very unlikely

CONTINUE	REVIEW
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<ul style="list-style-type: none"> <input type="checkbox"/> CONTINUE Answering Survey - Page 17 <input type="checkbox"/> EDIT Re-open Page 16 and edit your responses <input type="checkbox"/> COMPLETE SURVEY LATER Responses will be saved 	<ul style="list-style-type: none"> <input type="checkbox"/> OVERALL Survey summary <input type="checkbox"/> PREV - summary for Page 15 <input type="checkbox"/> NEXT - summary for Page 17
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SECTION: **Chemical Health**

17

SURVEY PAGE: 17 of 26 pages

You have completed 0 of 2 Items on this page

17 On a scale from one to ten, with one being strongly disagree and ten being strongly agree, please indicate your opinion regarding a smoke-free or tobacco-free policy for your campus.

17.01 In my opinion, my campus should have a smoke-free policy prohibiting smoking both indoors and outdoors.

Not applicable-My campus currently has a smoke-free policy.

	1									10
(Strongly Disagree)		2	3	4	5	6	7	8	9	(Strongly Agree)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17.02 In my opinion, my campus should have a tobacco-free policy prohibiting any type of tobacco use both indoors and outdoors.

Not applicable-My campus currently has a tobacco-free policy.

	1									10
(Strongly Disagree)		2	3	4	5	6	7	8	9	(Strongly Agree)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<input type="checkbox"/>	SUBMIT RESPONSES - Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.
<input type="checkbox"/>	SKIP THIS PAGE - No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: **Sexual Health**

18

ANSWER REVIEW PAGE:
18 of 26 pages

You have completed 0 of 5 Items on this page

Below are your saved responses for page 18. Please review before proceeding.

1 Have you ever been sexually active? ****(Sexually active is defined as having engaged in vaginal or anal intercourse or oral sex)****

- Yes
- No

2 Was your reason for not being sexually active because you were intentionally choosing to be abstinent?

- Not Applicable - I have been sexually active
- Yes
- No

3 Have you been sexually active in the past 12 months?

- Yes
- No

4 Describe your most recent sexual partner ****(Select One)****

- Not applicable - I am not sexually active
- A stranger
- A casual acquaintance
- A close but not exclusive dating partner
- An exclusive dating partner
- Fiance(e), spouse, or spousal equivalent
- Other

5 Within the past 12 months, with how many partners, if any, have you had vaginal or anal intercourse or oral sex?

(Enter a number between 00 and 99. If less than 10, mark as 09, 08, etc.)

[*not yet answered*]

CONTINUE

- CONTINUE Answering Survey - Page 19
- EDIT Re-open Page 18 and edit your responses
- COMPLETE SURVEY LATER Responses will be saved

REVIEW

- OVERALL Survey summary
- PREV - summary for Page 17
- NEXT - summary for Page 19

SECTION: **Sexual Health**

19

SURVEY PAGE: 19 of 26 pages

You have completed 0 of 6 Items on this page

6 Within the past 12 months, were your sexual partner(s), if any,

- Not applicable - I was not sexually active
- Male
- Female
- Both male and female

7 Did you use a condom or dental dam the last time you had...

	I have never had this type of encounter	Yes	No	Don't know/Can't remember
Oral sex?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vaginal intercourse?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anal intercourse?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8 Were you intoxicated the last time you had vaginal or anal intercourse or oral sex?

- Not applicable - I have not been sexually active
- Yes
- No
- Not sure

9 The last time you had vaginal intercourse, what did you or your partner use as your method of pregnancy prevention?

**** (Mark all that apply)****

- Not applicable - I have not engaged in vaginal intercourse
- Not applicable - I/we are attempting to get pregnant
- I did not use any method of pregnancy prevention
- Birth control pills
- Depo-Provera (shots)
- Intrauterine device (IUD)
- Condoms (male, female)
- Diaphragm and spermicide
- Fertility awareness (calendar, basal body temperature, mucous, rhythm method)
- Withdrawal
- Ortho Evra (patch)
- NuvaRing
- Emergency contraception (Plan B, "morning after pill", etc.)
- Other
- Don't know/Can't remember

<input type="checkbox"/>	SUBMIT RESPONSES - Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.
<input type="checkbox"/>	SKIP THIS PAGE - No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: Sexual Health

20	ANSWER REVIEW PAGE: 20 of 26 pages	You have completed 0 of 6 Items on this page
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Below are your saved responses for page 20. Please review before proceeding.

10 Within the past 12 months, have you become pregnant or impregnated someone else?

- Not applicable-Not sexually active
- Yes
- No
- Don't know

11 Was this pregnancy:

- Not Applicable-Not involved in a pregnancy
- Intentional
- Unintentional

12 What was the outcome of that pregnancy?

- Not applicable - I have not been involved in a pregnancy
- Birth and parenting
- Birth and adoption
- Abortion
- Miscarriage
- Still pregnant
- Don't know

13 Within the past 12 months, have you or your partner used emergency contraception (Plan B, "morning after pill", etc.)?

- Not applicable-Not sexually active
- Yes
- No
- Don't know

14.01 Within the past 12 months, how many times have you or your partner used emergency contraception (Plan B, "morning after pill", etc.)?

(Enter a number between 00 and 99)
(If not sexually active, please enter 00) (If less than 10, mark as 09, 08, etc.)
[*not yet answered*]

15 Are you (or your partner) planning on getting pregnant within the next two years?

- Yes
- No
- Unsure

CONTINUE	REVIEW
<ul style="list-style-type: none"> <input type="checkbox"/> CONTINUE Answering Survey - Page 21 <input type="checkbox"/> EDIT Re-open Page 20 and edit your responses <input type="checkbox"/> COMPLETE SURVEY LATER Responses will be saved 	<ul style="list-style-type: none"> <input type="checkbox"/> OVERALL Survey summary <input type="checkbox"/> PREV - summary for Page 19 <input type="checkbox"/> NEXT - summary for Page 21

SECTION: **Demographic Information**

21

SURVEY PAGE: 21 of 26 pages

You have completed 0 of 5 Items on this page

1 What is your gender?

- Male
- Female
- Transgender
- Other

2 How old are you?

** (Enter your age to the nearest year)**

2
digits

3 What is your race/ethnicity?

** (Mark all that apply)**

- American Indian/Alaskan Native
- Asian/Pacific Islander
- Black-Not Hispanic
- Latino/Hispanic
- White-Not Hispanic (Includes Middle Eastern)
- Other

4 Are you an international student?

- Yes
- No

5 How many years have you been enrolled at a postsecondary institution (college/university)?

** (Enter a number between 00 and 99. If less than 10, mark as 09, 08, etc.)**

2
digits



SUBMIT RESPONSES - Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.



SKIP THIS PAGE - No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: Demographic Information		
22	ANSWER REVIEW PAGE: 22 of 26 pages	You have completed 0 of 4 Items on this page

Below are your saved responses for page 22. Please review before proceeding.

6 What is your relationship status?

- Single
- Married/Domestic partner
- Separated
- Widowed
- Divorced
- Engaged/Committed dating relationship

7 Which of the following terms best describes you?

- Heterosexual
- Gay/Lesbian
- Bisexual
- Unsure

8 What is your grade point average? (A=4.00, B=3.00, etc.)







Enter your GPA as 3 numbers (4.00, 3.25, 2.50, 2.96, etc.)

[*not yet answered*]

9 Do you have any of the following:

(Select all that apply)

- I have no disability or impairment
- Attention deficit/hyperactivity disorder
- Deaf, hard-of-hearing, or deaf blind
- Learning disability (formally assessed)
- Mobility impairment
- Psychiatric disorder
- Systemic disability (diabetes mellitus, multiple sclerosis, etc.)
- Traumatic brain injury
- Visual impairment (not corrected by contacts or eyeglasses)
- Other

CONTINUE	REVIEW
 CONTINUE Answering Survey - Page 23	 OVERALL Survey summary
 EDIT Re-open Page 22 and edit your responses	 PREV - summary for Page 21
 COMPLETE SURVEY LATER Responses will be saved	 NEXT - summary for Page 23

SECTION: **Demographic Information**

23

SURVEY PAGE: 23 of 26 pages

You have completed 0 of 7 Items on this page

10 How many hours do you spend in a typical 7-day week doing each of the following?

	0 hours	1 - 5 hours	6 - 10 hours	11 - 15 hours	16 - 20 hours	21 - 25 hours	26 - 30 hours	31 - 40 hours	More than 40 hours
Preparing for class **(studying, reading, writing, doing homework, rehearsing, and other academic activities)**	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Working for pay <u>on</u> campus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Working for pay <u>off</u> campus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11 Over the past 12 months, how often have you engaged in any form of gambling (on-line, casino, poker, slot machine, lottery, etc.)?

Never	Once a year	2 - 6 times/year	Once/month	More than once per month
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12 In an average month how much do you spend on all forms of gambling?

- Not applicable - I do not gamble
- \$1 - \$24
- \$25 - \$49
- \$50 - \$99
- \$100 - \$249
- \$250 - \$499
- \$500 - \$749
- \$750 - \$999
- \$1,000 or more

13 How many credits are you taking this term? (00-99)

If no credits this term please enter 00. If less than 10, mark as 01, 02, etc.

2
digits

14 Last month, how much total credit card debt did you carry? That is, what was the total unpaid balance on all your credit cards?

- Not applicable - I do not have a credit card
- None, I pay the full amount each month
- \$1 - \$99
- \$100 - \$249
- \$250 - \$499
- \$500 - \$999
- \$1,000 - \$1,999
- \$2,000 - \$2,999
- \$3,000 - \$3,999
- \$4,000 - \$4,999
- \$5,000 - \$5,999
- \$6,000 or more

<input type="button" value="SUBMIT RESPONSES"/>	- Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.
<input type="button" value="SKIP THIS PAGE"/>	- No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: Demographic Information

24	ANSWER REVIEW PAGE: 24 of 26 pages	You have completed 0 of 6 Items on this page
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Below are your saved responses for page 24. Please review before proceeding.

15.01 Do you currently hold a bachelor's degree?

- Yes
- No

16 What degree program are you currently enrolled in?

- Associate's degree/Certificate program (A.A., A.S., etc.)
- Bachelor's degree (B.A., B.S., etc.)
- Master's degree (M.A., M.S., M.P.H., M.B.A., etc.)
- Doctoral or professional degree (J.D., M.D., Ph.D., etc.)
- Not enrolled in a degree program

17 On a scale from one to ten, with one being very unsupportive to ten being very supportive, how would you rate your relationship with the following:

	Very unsupportive									Very supportive
	1	2	3	4	5	6	7	8	9	10
Friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Institution Faculty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Institution Staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CONTINUE	REVIEW
<input type="checkbox"/> CONTINUE Answering Survey - Page 25	<input type="checkbox"/> OVERALL Survey summary
<input type="checkbox"/> EDIT Re-open Page 24 and edit your responses	<input type="checkbox"/> PREV - summary for Page 23
<input type="checkbox"/> COMPLETE SURVEY LATER Responses will be saved	<input type="checkbox"/> NEXT - summary for Page 25

SECTION: Residence/Special Demographics		
25	SURVEY PAGE: 25 of 26 pages	You have completed 0 of 5 Items on this page

1 What are your living arrangements?

- Parent's home
- Rent or share rent
- Residence hall
- Fraternity/Sorority
- Public/Subsidized housing
- Own a house
- Other

2 Please enter the 5-digit Zip Code number for the address where you are currently living.

5 digits									
-------------	--	--	--	--	--	--	--	--	--

3 Are you currently or have you ever served in the United States Armed Forces?

- Yes
- No

4 Are you an Operation Iraqi Freedom and/or Operation Enduring Freedom Veteran?

- Yes
- No
- Not applicable-I have never served in the United States Armed Forces

5 While serving in the United States Armed Forces how many deployments to Iraq or Afghanistan have you had?

- Not applicable-I have not served in the United States Armed Forces
- I did not deploy to Iraq or Afganistan while serving in the Armed Forces
- 1 deployment
- 2 deployments
- 3 deployments
- 4 deployments
- 5 or more deployments

<input type="button" value="Submit"/>	SUBMIT RESPONSES - Updates will be saved. You will be taken to the ANSWER REVIEW PAGE.
<input type="button" value="Skip"/>	SKIP THIS PAGE - No updates will be saved. You will be taken to the OVERALL SURVEY SUMMARY PAGE.

SECTION: Residence/Special Demographics

26

ANSWER REVIEW PAGE:
26 of 26 pages

You have completed 0 of 7 Items on this page

Below are your saved responses for page 26. Please review before proceeding.

6 What is the highest level of education your parents, step-parents or guardians completed?

	Did not finish high school	Finished high school (or got a GED)	Attended college but did not complete degree	Completed an associate's degree/certificate program (A.A., A.S., etc.)	Completed a bachelor's degree (B.A., B.S., etc.)	Completed a master's degree (M.A., M.S., M.P.H., M.B.A., etc.)	Completed a doctoral or professional degree (J.D., M.D., Ph.D., etc.)	I prefer not to answer or I do not know
MALE Parent, Step-Parent or Guardian	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FEMALE Parent, Step-Parent or Guardian	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7 Would you describe your parents'/guardians' yearly income as:

- \$0 - \$21,999
- \$22,000 - \$39,999
- \$40,000 - \$64,999
- \$65,000 - \$83,999
- \$84,000 - \$99,999
- \$100,000 or more
- I prefer not to answer

8 What would you estimate is the combined outstanding balance on all your student loans today?

- \$0
- \$1 - \$5,000
- \$5,001 - \$10,000
- \$10,001 - \$15,000
- \$15,001 - \$20,000
- \$20,001 - \$30,000
- \$30,001 - \$50,000
- \$50,001 or more

9 Who is primarily responsible for repayment of your student loans?

- Not applicable-I do not have a student loan
- Self
- Parent or guardian
- Other
- Don't know

10 Are you dependent on your parents/guardians for financial support?

- Yes
- No

11 How many online courses are you taking this term?

- None
- Some
- All

CONTINUE

REVIEW

EDIT Re-open Page 26 and edit your responses

COMPLETE SURVEY LATER Responses will be saved

OVERALL Survey summary

PREV - summary for Page 25

NEXT - Overall summary

Appendix C

Baseline Campus Tobacco-free Policy Evaluation

Instructions:

Complete this assessment for each campus with which you are collaborating. Your answers should reflect as accurately as possible the status of the policy on January 1, 2012. To ensure you have the necessary detail for completing the form, you may need to review the campus policy and other official documents, visually inspect the campus grounds, and/or interview a campus administrator.

Name of Institution: _____

City: _____ County: _____

Tobacco Use Policies

1. The campus:

- Has a written smoke-free policy (month and year of enactment: _____)
- Has a written tobacco-free policy (month and year of enactment: _____)
- Does not have a written policy related to tobacco use (skip to question 10)

2. If the campus is smoke-free or tobacco-free, are the following areas covered by the policy?

- a. All Campus Grounds (i.e., there are not any designated outdoor smoking areas) Yes No N/A
- b. Parking Lots Yes No N/A
- c. Outdoor Sporting Venues Yes No N/A
- d. Indoor Sporting Venues Yes No N/A
- e. Campus Vehicles Yes No N/A
- f. Dorms/Residence Halls (Indoors—including students' rooms and common areas) Yes No N/A
- g. Dorms/Residence Halls (Outdoors—including balconies, entrances and courtyards) Yes No N/A
- h. Rental Agreements Yes No N/A
- i. Other (please specify): _____

Implementation and Enforcement

3. Tobacco policies are communicated to students, faculty and staff at least three different ways: Yes No

- Class Catalog or Schedule Student Policy/Conduct Handbook Registration Materials Campus Newspaper
- Campus Website Recruitment Materials Staff Policy Handbook Other (please specify): _____

4. Posted signs reflect current tobacco use policy Yes No

5. Ash cans are placed in appropriate areas (complaint with campus policy) Yes No

6. An enforcement protocol is on file Yes No

7. The designated enforcement entity has been trained on the enforcement protocol Yes No

8. The enforcement protocol includes procedures for responding to complaints Yes No

9. How often is the enforcement protocol followed? Never Rarely Sometimes Usually Always

Sale of Tobacco Products

10. Tobacco products and tobacco paraphernalia are sold on campus Yes No

Tobacco Cessation Resources

11. Staff provide self-help materials to students, faculty or staff who want to quit using tobacco Yes No

12. Staff provide on-campus counseling to students, faculty or staff who want to quit using tobacco Yes No

If yes:
Are the staff providing the counseling trained Nicotene Dependence Counselors? Yes No

13. Staff provide referrals to off-campus cessation programs for students, faculty and staff who want to quit using tobacco (e.g., QUITPLAN, etc.) Yes No

14. Campus financially supports cessation efforts of students, faculty or staff (e.g., offers low-cost or free nicotine patches and cessation medicines, provides insurance coverage for cessation services, etc.) Yes No

Date completed: ____ / ____ / ____ Completed by: _____

Email: _____ Phone: (____) ____ - _____

This tool was adapted from the California Youth Advocacy Network.

Glossary

Current Tobacco Use

Reported use of smoking or smokeless tobacco within the past 30 days.

Daily Tobacco Use

Reported use of smoking or smokeless tobacco on a daily basis.

Designated Use Areas

Sites at which individuals may use tobacco products on campus. On campuses with designated use areas, the use of tobacco products is prohibited in certain areas of campus and permitted in others. This includes campuses which require individuals to use tobacco products a specified distance from building entrances.

On-Campus Secondhand Smoke Exposure

Reported exposure to secondhand smoke inside campus buildings or outside on campus grounds.

On-Campus Tobacco Use

Reported use of smoking or smokeless tobacco inside campus buildings or outside on campus grounds.

Smoke-Free

The use of smoking tobacco is prohibited on all campus grounds.

Tobacco-Free

The use of smoking and smokeless tobacco as well as any other tobacco product is prohibited on all campus grounds.

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