



Smoke-Free Campus Assessment



Department of Health & Kinesiology

FINAL GRANT REPORT

Table of Contents

Grant Summary	3
Event Descriptions	4-9
Freedom from Smoking Training.....	4
Blood Pressure, Weight, and BMI Screening Event.....	5
Wellness Coach Event.....	6
Eat Well.....	7
Student Focus Group.....	8
Faculty & Staff Focus Group.....	9
Appendices	10
Appendix A: Event Forms.....	11
Appendix B: Focus Group Guide.....	18
Appendix C: Survey.....	23
Appendix D: Focus Group Pictures.....	29
Appendix E: Survey Results.....	31
Appendix F: Focus Group Results.....	34

Grant Summary

The purpose of this grant funded project is to assess the organizational readiness for a smoke-free policy. The scope of this project will be limited to readiness assessment activities (focus groups, surveys) and building capacity for change (training smoking cessation facilitators using the American Lung Association's Freedom from Smoking (FFS) program). The product of the readiness assessment will be a report that will detail the focus group and survey findings regarding the "readiness" of the Mississippi University for Women to adopt a smoke-free policy.

The product of the capacity building activity will be the availability of smoking cessation facilitators in the university and the surrounding community. Also, in conjunction with all grant activities, the investigators will seek to increase the capacity of the Mississippi Partnership for Comprehensive Cancer Control (MP3C) in the Northeast region by actively recruiting members at events and/or meetings.

Event Description

American Lung Association's Freedom from Smoking Training

Event Location: Mississippi University for Women, Columbus, MS

Date: 3/06/2014 at 8:00 AM

Location Background:

The Mississippi University for Women is located in Columbus, MS

Summary:

This proposal calls for building capacity to enable adoption of a smoking policy in the future. One key enabling factor in adopting such a policy is providing assistance with smoking cessation to smokers (students, faculty, and staff). Freedom from Smoking (FFS) is a program of the American Lung Association (ALA). It is regarded as a highly effective program to help smokers quit the habit. The FFS training was facilitated by Amy Ellis, a trainer with the American Lung Association. The one-day workshop provided participants with knowledge and skills to successfully facilitate FFS smoking cessation sessions. The training provided to the participants has been proven to be successful across multiple populations. Although the actual training workshop is completed, the information attained does provide for ongoing Freedom from Smoking sessions, which can be facilitated by any member certified by the American Lung Association.

Objectives:

The objective of the American Lung Association's Freedom from Smoking training was to train individuals affiliated with the Mississippi University for Women to be Freedom from Smoking facilitators.

Results:

A total of 8 participants took part in the American Lung Association Freedom from Smoking Program training. All participants were certified to facilitate the Freedom from Smoking program.

Event Description

Blood Pressure, Weight, and BMI Screening Event

Event Location: Mississippi University for Women, Columbus, MS

Date: 4/07/2014 at 11:00 AM

Location Background:

The Mississippi University for Women is located in Columbus'

Summary:

The *Blood Pressure, Weight, and BMI Screening* event provided information and various screening opportunities to the students, faculty, and staff of the Mississippi University for Women. In addition to this, participants at the event were provided information directly relating screened numbers to numerous cancers. Those in attendance were very welcoming and very eager to receive the information. The format of the event was completely open, with participants able to come and go at anytime. Upon entering the event, public health education interns would take the participants blood pressure, weight, and calculate BMI. Once completed, those in attendance were provided information about the MP3C's initiatives and given an invitation to join the MP3C, and provided information packets relating to health disparities linked to high blood pressure and poor weight maintenance.

Objectives:

The objectives of the Blood Pressure, Weight, and BMI Screening event were to promote the MP3C (i.e., educate those attending about the MP3C and invite participants to join) and to education the participants on necessity of maintaining an adequate blood pressure level, weight and BMI.

Results:

A total of 15 participants attended the event. Those in attendance were very receptive to the information provided, which could aid in the establishing of a future partnership.

Event Description

Wellness Coaching Event

Event Location: Mississippi University for Women, Columbus, MS

Date: 4/08/2014 at 3:00 PM

Location Background:

The Mississippi University for Women is located in Columbus, MS.

Summary:

The *Wellness Coaching* event provided the students, faculty, and staff of the Mississippi University for Women the opportunity to learn about wellness coaching and the role it can play in enhancing the health and well-being of individuals and communities. The guest speaker for the event was Wellness Coach Patricia Heflin. Those in attendance were very welcoming to the presenter and very eager to receive the information. Graduate assistant Ashley Ushi opened the event by thanking those in attendance for participating and gave a brief introduction on wellness coaching. In addition to this, Ms. Ushi provided information about the MP3C's initiatives and gave an invitation to join the MP3C to those in attendance. The presenter for the event, Patricia Heflin, gave a presentation about her career path to wellness coaching and the influence wellness coaching can have on the health and well-being of individuals and communities.

Objectives:

The objectives of the Wellness Coaching event were to promote the MP3C (i.e., educate those attending about the MP3C and invite participants to join) and to education the participants on the impact wellness coaches have on individual and community health.

Results:

The Wellness Coaching event was attended by 10 attendees, all of which found the information to be very helpful and informative.

Event Description

Eat Well (Choose my Plate, Food portion and servings) Demonstration

Event Location: Mississippi University for Women, Columbus, MS

Date: 4/09/2014 at 11:00 AM

Location Background:

The Mississippi University for Women is located in Columbus, MS.

Summary:

The *Eat Well (Choose my Plate, Food portion, and servings)* demonstration event provided the students, faculty, and staff of the Mississippi University for Women the opportunity to learn about making healthy food choice decisions, food portions and serving size importance, and the role healthy eating plays in over all personal health. The Eat Well demonstration was presented by a group of public health education interns, as part of National Public Health week 2014. The objectives of the Eat Well demonstration were to promote the MP3C (i.e., educate those attending about the MP3C and invite participants to join) and to educate students, faculty, and staff at MUW on the recommended food portions and proper servings, based on the Choose My Plate program, using common household items. Those in attendance were very welcoming to the presenters and very eager to receive the information.

Objectives:

The objectives of the Eat Well demonstration were to promote the MP3C (i.e., educate those attending about the MP3C and invite participants to join) and to educate students, faculty, and staff at MUW on the recommended food portions and proper servings, based on the Choose My Plate program, using common household items.

Results:

The Eat Well (Choose my Plate, Food portion and servings) demonstration was presented to 14 participants, all of which found the information to be very helpful and informative.

Event Description

Student Focus Group

Event Location: Mississippi University for Women, Columbus, MS

Date: 5/05/2014 at 3:00 AM

Location Background:

The Mississippi University for Women is located in Columbus, MS.

Summary:

The *Student Focus Group* provided the students of the Mississippi University for Women the opportunity to share ideas and opinions on second hand smoke, smoking policy, and a smoke free college campus. The Student Focus Group was facilitated by Dr. Pintado and recorded by Dr. Murphy. The focus group began with Dr. Pintado reading the informed consent, and providing the participants with the researchers' contact information. Once all participants were made aware of the purpose of the focus group, Dr. Pintado proceeded to begin the focus group with simple questions to assist in transitioning the participants toward the major topics to be addressed. Participants in the focus group provided opinions, ideas, and personal insight into problems with second hand smoke on the MUW campus, the current smoking policy at MUW, and the possibility of a future smoke free MUW campus.

Objectives:

The objectives of the Student Focus Group were to promote the MP3C (i.e., educate those attending about the MP3C and invite participants to join) and to provide MUW students an opportunity to voice ideas and opinions relating to a possible smoke free campus policy on the MUW campus.

Results:

A total of 11 participants attended the Student Focus Group, all of which found the opportunity to share ideas to be rewarding indicated that they are much more aware of the issues surrounding second hand smoke and smoke free policies.

Event Description

Faculty and Staff Focus Group

Event Location: Mississippi University for Women, Columbus, MS

Date: 5/13/2014 at 4:00 AM

Location Background:

The Mississippi University for Women is located in Columbus, MS.

Summary:

The Faculty and Staff *Focus Group* provided the faculty and staff employed by the Mississippi University for Women the opportunity to share ideas and opinions on second hand smoke, smoking policy, and a smoke free college campus. The Faculty and Staff Focus Group was facilitated by Dr. Pintado and recorded by Dr. Murphy. The focus group began with Dr. Pintado reading the informed consent, and providing the participants with the researchers' contact information. Once all participants were made aware of the purpose of the focus group, Dr. Pintado proceeded to begin the focus group with simple questions to assist in transitioning the participants toward the major topics to be addressed. Participants in the focus group provided opinions, ideas, and personal insight into problems with second hand smoke on the MUW campus, the current smoking policy at MUW, and the possibility of a future smoke free MUW campus.

Objectives:

The objectives of the Faculty and Staff Focus Group were to promote the MP3C (i.e., educate those attending about the MP3C and invite participants to join) and to provide MUW faculty and staff an opportunity to voice ideas and opinions relating to a possible smoke free campus policy on the MUW campus.

Results:

A total of 9 participants attended the Faculty and Staff Focus Group, all of which found the opportunity to share ideas to be rewarding indicated that they are much more aware of the issues surrounding second hand smoke and smoke free policies.

Appendix A – Event Forms

FINAL REPORT FORM

DATE: 03/06/2014

TITLE OF EVENT/NAME: **American Lung Association Freedom from Smoking Training**

PLACE OF EVENT: Mississippi University for Women in Columbus, MS

TIME: 8:00 AM – 5:00 PM

PARTNERSHIPS, SPONSORS, IN-KIND: Dr. Pintado, Dr. Murphy, and Ms. Cranston provided in kind in the form of recruiting participants to take part in the training. The Department of Health and Kinesiology provided \$1,300.00 to assist with program cost.

SUMMARY OF EVENT (PURPOSE, ACTIVITY, OUTCOME): This proposal calls for building capacity to enable adoption of a smoking policy in the future. One key enabling factor in adopting such a policy is providing assistance with smoking cessation to smokers (students, faculty, and staff). Freedom from Smoking (FFS) is a program of the American Lung Association (ALA). It is regarded as a highly effective program to help smokers quit the habit. The FFS training was facilitated by Amy Ellis, a trainer with the American Lung Association. The objectives of the training event were to train attending participants to be FFS facilitators. The one-day workshop provided participants with knowledge and skills to successfully facilitate FFS smoking cessation sessions. The training provided to the participants has been proven to be successful across multiple populations.

A total of 8 participants took part in the Freedom from Smoking training.

DATES OF EVENTS IN CHRONOLOGICAL ORDER:

Thursday, March 6th 2014

Status of Activity:

Completed

Ongoing

OVERALL SUCCESSES: Those in attendance were very welcoming and very open to hear the information.

SUSTAINED/ONGOING PLANS: Although the actual training workshop is completed, the information attained does provide for ongoing Freedom from Smoking sessions, which can be facilitated by any member certified by the American Lung Association.

FINAL REPORT FORM

DATE: 04/07/2014

TITLE OF EVENT/NAME: **Blood Pressure, Weight, and BMI Screening**

PLACE OF EVENT: Mississippi University for Women in Columbus, MS

TIME: 11:00 AM – 1:00 PM

PARTNERSHIPS, SPONSORS, IN-KIND: Dr. Pintado, Dr. Murphy, and Ms. Cranston provided in kind in the form material development, assisting in the development of promotional material, aiding public health education interns in promoting the event, and time spent assessing evaluation data.

SUMMARY OF EVENT (PURPOSE, ACTIVITY, OUTCOME): The *Blood Pressure, Weight, and BMI Screening* event provided information and various screening opportunities to the students, faculty, and staff of the Mississippi University for Women. The objectives of the Blood Pressure, Weight, and BMI Screening event were to promote the MP3C (i.e., educate those attending about the MP3C and invite participants to join) and to education the participants on necessity of maintaining an adequate blood pressure level, weight and BMI. In addition to this, participants at the event were provided information directly relating screened numbers to numerous cancers. Those in attendance were very welcoming and very eager to receive the information. The format of the event was completely open, with participants able to come and go at anytime. Upon entering the event, public health education interns would take the participants blood pressure, weight, and calculate BMI. Once completed, those in attendance were provided information about the MP3C's initiatives and given an invitation to join the MP3C, and provided information packets relating to health disparities linked to high blood pressure and poor weight maintenance.

The Blood Pressure, Weight, and BMI event included 15 attendees.

DATES OF EVENTS IN CHRONOLOGICAL ORDER:

Monday, April 7th 2014**Status of Activity:** Completed Ongoing

OVERALL SUCCESSES: Those attending were very welcoming and very open to the information.

SUSTAINED/ONGOING PLANS: Although no plans for sustaining the program have been established, the warm welcome the group received does indicate that future partnerships could be a definite possibility.

FINAL REPORT FORM

DATE: 04/08/2014

TITLE OF EVENT/NAME: **Wellness Coaching Presentation**

PLACE OF EVENT: Mississippi University for Women in Columbus, MS

TIME: 3:00 PM – 4:15 PM

PARTNERSHIPS, SPONSORS, IN-KIND: Dr. Pintado, Dr. Murphy, and Ms. Cranston provided in kind in the form material development, assisting in the development of promotional material, aiding public health education interns in promoting the event, and time spent assessing evaluation data.

SUMMARY OF EVENT (PURPOSE, ACTIVITY, OUTCOME): The *Wellness Coaching* event provided the students, faculty, and staff of the Mississippi University for Women the opportunity to learn about wellness coaching and the role it can play in enhancing the health and well-being of individuals and communities. The guest speaker for the event was Wellness Coach Patricia Heflin. The objectives of the Wellness Coaching event were to promote the MP3C (i.e., educate those attending about the MP3C and invite participants to join) and to education the participants on the impact wellness coaches have on individual and community health. Those in attendance were very welcoming to the presenter and very eager to receive the information. Graduate assistant Ashley Ushi opened the event by thanking those in attendance for participating and gave a brief introduction on wellness coaching. In addition to this, Ms. Ushi provided information about the MP3C's initiatives and gave an invitation to join the MP3C to those in attendance. The presenter for the event, Patricia Heflin, gave a presentation about her career path to wellness coaching and the influence wellness coaching can have on the health and well-being of individuals and communities.

The Wellness Coaching session included 10 attendees.

DATES OF EVENTS IN CHRONOLOGICAL ORDER:

Tuesday, April 8th 2014**Status of Activity:** Completed Ongoing

OVERALL SUCCESSES: Those in attendance were very welcoming to the presenter and the public health education interns.

SUSTAINED/ONGOING PLANS: Although no plans for sustaining the program have been established, the warm welcome the group received does indicate that future partnerships could be a definite possibility.

FINAL REPORT FORM

DATE: 04/09/2014

TITLE OF EVENT/NAME: **Eat Well (Choose my Plate, Food portion and servings)**

PLACE OF EVENT: Mississippi University for Women in Columbus, MS

TIME: 11:00 AM – 1:00 PM

PARTNERSHIPS, SPONSORS, IN-KIND: Dr. Pintado, Dr. Murphy, and Ms. Cranston provided in kind in the form material development, assisting in the development of promotional material, aiding public health education interns in promoting the event, and time spent assessing evaluation data.

SUMMARY OF EVENT (PURPOSE, ACTIVITY, OUTCOME): The *Eat Well (Choose my Plate, Food portion, and servings)* demonstration event provided the students, faculty, and staff of the Mississippi University for Women the opportunity to learn about making healthy food choice decisions, food portions and serving size importance, and the role healthy eating plays in over all personal health. The Eat Well demonstration was presented by a group of public health education interns, as part of National Public Health week 2014. The objectives of the Eat Well demonstration were to promote the MP3C (i.e., educate those attending about the MP3C and invite participants to join) and to educate students, faculty, and staff at MUW on the recommended food portions and proper servings, based on the Choose My Plate program, using common household items. Those in attendance were very welcoming to the presenters and very eager to receive the information.

The Wellness Coaching session included 14 attendees.

DATES OF EVENTS IN CHRONOLOGICAL ORDER:

Wednesday, April 9th 2014

Status of Activity:

Completed

Ongoing

OVERALL SUCCESSES: Those in attendance were very welcoming to the presenter and the public health education interns.

SUSTAINED/ONGOING PLANS: Although no plans for sustaining the program have been established, the warm welcome the group received does indicate that future partnerships could be a definite possibility.

FINAL REPORT FORM

DATE: 05/05/2014

TITLE OF EVENT/NAME: **Student Focus Group**

PLACE OF EVENT: Mississippi University for Women in Columbus, MS

TIME: 3:00 PM – 3:45 PM

PARTNERSHIPS, SPONSORS, IN-KIND: Dr. Pintado, Dr. Murphy, and Ms. Cranston provided in kind in the form material development, assisting in the development of material, the recruiting of participants for the focus group, and time spent assessing evaluation data.

SUMMARY OF EVENT (PURPOSE, ACTIVITY, OUTCOME): The *Student Focus Group* provided the students of the Mississippi University for Women the opportunity to share ideas and opinions on second hand smoke, smoking policy, and a smoke free college campus. The Student Focus Group was facilitated by Dr. Pintado and recorded by Dr. Murphy. The focus group began with Dr. Pintado reading the informed consent, and providing the participants with the researchers' contact information. The objectives of the Student Focus Group were to promote the MP3C (i.e., educate those attending about the MP3C and invite participants to join) and to provide MUW students an opportunity to voice ideas and opinions relating to a possible smoke free campus policy on the MUW campus. Once all participants were made aware of the purpose of the focus group, Dr. Pintado proceeded to begin the focus group with simple questions to assist in transitioning the participants toward the major topics to be addressed. Participants in the focus group provided opinions, ideas, and personal insight into problems with second hand smoke on the MUW campus, the current smoking policy at MUW, and the possibility of a future smoke free MUW campus.

The Student Focus Group included 11 attendees.

DATES OF EVENTS IN CHRONOLOGICAL ORDER:

Thursday, May 5th 2014

Status of Activity:

Completed

Ongoing

OVERALL SUCCESSES: Those participating in the Student Focus Group reported that the opportunity to share ideas was rewarding and that they are much more aware of the issues surrounding second hand smoke and smoke free policies.

SUSTAINED/ONGOING PLANS: No future plans for sustaining program

FINAL REPORT FORM

DATE: 05/13/2014

TITLE OF EVENT/NAME: **Faculty and Staff Focus Group**

PLACE OF EVENT: Mississippi University for Women in Columbus, MS

TIME: 4:00 PM – 4:45 PM

PARTNERSHIPS, SPONSORS, IN-KIND: Dr. Pintado, Dr. Murphy, and Ms. Cranston provided in kind in the form material development, assisting in the development of material, the recruiting of participants for the focus group, and time spent assessing evaluation data.

SUMMARY OF EVENT (PURPOSE, ACTIVITY, OUTCOME): The *Faculty and Staff Focus Group* provided the faculty and staff employed by the Mississippi University for Women the opportunity to share ideas and opinions on second hand smoke, smoking policy, and a smoke free college campus. The Faculty and Staff Focus Group was facilitated by Dr. Pintado and recorded by Dr. Murphy. The focus group began with Dr. Pintado reading the informed consent, and providing the participants with the researchers' contact information. The objectives of the Faculty and Staff Focus Group were to promote the MP3C (i.e., educate those attending about the MP3C and invite participants to join) and to provide MUW students an opportunity to voice ideas and opinions relating to a possible smoke free campus policy on the MUW campus. Once all participants were made aware of the purpose of the focus group, Dr. Pintado proceeded to begin the focus group with simple questions to assist in transitioning the participants toward the major topics to be addressed. Participants in the focus group provided opinions, ideas, and personal insight into problems with second hand smoke on the MUW campus, the current smoking policy at MUW, and the possibility of a future smoke free MUW campus.

The Faculty and Staff Focus Group included 9 attendees.

DATES OF EVENTS IN CHRONOLOGICAL ORDER:

Tuesday, May 13th 2014**Status of Activity:** Completed Ongoing

OVERALL SUCCESSES: Those participating in the Faculty and Staff Focus Group reported that the opportunity to share ideas was rewarding and that they are much more aware of the issues surrounding second hand smoke and smoke free policies.

SUSTAINED/ONGOING PLANS: Currently no plans for sustaining the program have been established.

Appendix B – Focus Group Guide

Mississippi University for Women Focus Groups Guide – MP3C Grant 2014

Study Question: What is the level of public interest/support for smoke-free campus policy?

(Introduction)

Thank you for agreeing to help us with this project. We appreciate your willingness to share your time and expertise. We are working on a grant funded project to understand beliefs about secondhand smoke and smoking on campus.

We are _____ (Irene Pintado/Chad Murphy/Katie Cranston) and will co-moderate this discussion. Ashley will be recording this discussion and taking notes. While this session will be recorded, all information given is anonymous and no names will be used in any reports.

(Informed Consent)

In front of you, you will see an informed consent form. Let's review it.

You are invited to participate in a research study about the level of public interest and support for a smoke-free campus policy. This study is being conducted by Drs. Irene Pintado, Chad Murphy, and Ms. Katie Cranston in the Department of Health and Kinesiology. The *Mississippi* Partnership for Comprehensive Cancer Control (*MP3C*) led by the Mississippi State Department of Health has provided funding for this study. You are invited to participate in this study because you are 18 years of age or older and an integral members of this university community.

Participation in this study is voluntary. Only the researchers will know whether or not you participate and not participating will not affect any benefits and services received now or in the future.

If you agree to participate in this study, you would participate in this focus group. A focus group is a small group discussion. The focus group will be led by the two of the researchers and there will also be a note taker, who will also run the recording equipment. The topics that will be discussed during the focus group include knowledge, beliefs, and attitudes of second hand smoke, experiences with smoking and second hand smoke, and knowledge, belief, and attitudes about campus policies regulating smoking. The focus group will last approximately 45 minutes.

The focus group will be audio-recorded in order to accurately capture what is said. If you participate in the study, you may request that the recording be paused at any time. You may choose how much or how little you want to speak during the group. You may also choose to leave the focus group at any time. The focus group will be audio recorded to ensure accuracy. You can ask to pause the recording at any time.

Participating in this study may not benefit you directly, but it will help us learn more about smoking on campus and how the university community feels about smoking and second hand smoke. We do not envision any significant risks related to participation in this study. Participants may feel some pressure

to reveal feelings or experiences to the group. If participants share their experiences with colleagues and peers, they may also feel vulnerable during or after the group.

The information you will share with us if you participate in this study will be kept completely confidential. Participants will be asked not to use any names during the focus group discussion. Reports of study findings will not include any identifying information. Audio-recordings of the focus groups will be kept on a password-protected computer in Dr. Pintado's locked office. After the focus group recording is typed it will be destroyed. The typed transcription will be kept on the password-protected computer and any printed copies will be kept in a locked file cabinet in Dr. Pintado's locked office. Only the following people will be able to listen to the recording or read the typed version of the recording.:

- Dr. Irene Pintado, Associate Professor Health Education
- Dr. Chad Murphy, Assistant Professor Health Education
- Ms. Katie Cranston, Instructor Public Health Education
- Ms. Ashley Ushi, Graduate Research Assistant
- Mr. Kenneth Durroh, Graduate Research Assistant

If you have any questions about this study, please contact Dr. Irene Pintado at 662-329-7259 or at itpintado@muw.edu. If you have questions about your rights as a research participant, please contact Dr. Tammie McCoy, Chair of the Mississippi University for Women Institutional Review Board at tmmcoy@muw.edu.

Your signature on this consent form indicates your agreement to participate in this study. You will be given a copy of this form to keep, whether you agree to participate or not. The second signed consent form will be kept by the researcher.

Do you have any questions?

(Pick up signed consent forms; leave copy for participant)

What you say here is confidential. Your response cannot be wrong or right. We are interested in hearing your experiences and opinions.

(Focus group ground rules)

As we start our discussion, let us go over what you expect. I want you talk to each other rather than just to me. I will start the conversation out with a question, but after that I will just jump in to get us back on track if we are getting off topic, to ask for clarification, or to bring up something we are interested in that we have yet not covered. Feel free to disagree with what others have said or give another opinion; the more different ideas we hear the more information we will have. Remember to be polite to each other. Take turns speaking and don't speak over each other. Everything each of you has to say is important, and we want the opportunity to write it all down. Again, we are interested in hearing your opinions, thought, and experiences, how you remember them.

I will let you know when we near the end of our time. If you have to use the bathroom, just slip out quietly and come back as quickly as you can. Are there any questions before we begin?

I. Focus group discussion begins – Introductions and Warm Up

- a. Please introduce yourself** – you are welcome to use only your first name, tell us your role (or roles) here on campus, and the first thing that comes to mind when you hear the words “second-hand smoke.”
- i. Probe: How do you define second-hand smoke? (or provide definition if not done during opening)
 - ii. Probe: How do you think second-hand smoke affects health?

II. Experience with smoking and second hand smoke on campus

a. What is your experience with smoking or people smoking on campus?

- i. Where are you allowed to smoke?
- ii. If you are a smoker, where do you smoke?

b. How many of you have ever experienced second-hand smoke on campus? (Ask for a show of hands).

c. What happens when someone smokes near you on campus?

- i. Probe: How are you affected when someone smokes near you on campus?
- ii. Probe: What kind of effects does smelling second-hand smoke have on you or others around you? **OR** How does smelling second-hand smoke affect you or others around you?
- iii. Probe: Does anyone that you know on campus have a health condition that gets worse as a result of smelling second-hand smoke? *If yes, please describe.* (Examples: asthma, allergies, migraines, chronic bronchitis, heart disease, high blood pressure, emphysema, diabetes, arthritis, cancer.)
- iv. Probe: Have you ever asked someone to stop smoking near your apartment? *If yes, what happened?*

d. Do you ever smell cigarette smoke around campus?

- i. Probe: If yes, where did it come from? (Examples: smokers walking around campus, area where smokers hang out, near windows, recreation area, parking area, entrance to buildings, etc.)
- ii. Probe: If yes, how often do you smell cigarette smoke around campus?
- iii. Probe: What have you done as a result of smelling cigarette smoke around campus building? (Examples: complain to smoker, or friends, or staff; nothing)

c. Is there anything else you would like to say about smoking on campus?

III. Tobacco Policies

a. What kinds of rules does the university have about smoking?

- i. Probe: How often do you ever notice someone breaking the rules about smoking?
- ii. Probe: What happens if someone breaks the smoking rules on campus?

b. Some universities are completely smoke-free. What are your thoughts about a smoke-free campus?

- i. Probe: If your apartment/building had a smoke-free policy, would you be in favor or opposed?
- ii. Probe: How do you think other students/faculty/staff would feel if there was a smoke-free policy for this campus?

c. What are the pros and cons of a smoke-free campus?

- i. Probe: What would be some benefits of having smoke-free rules for the campus?
- ii. Probe: What concerns would you have about having smoke-free rules on campus?

d. How would you feel about attending or working in a smoke-free campus?

- i. Probe: If MUW had a smoke-free policy, would you be in favor or opposed?

ii. Probe: How do you think others on campus would feel if there was a smoke-free policy at the university?

iii. Probe: What should happen if someone breaks the rules that limit smoking on campus?

e. What do you think will work best to educate everyone in the MUW community about the harms of second-hand smoke?

IV Closing

a. Is there anything else you would like us to know about your experience or opinions of second-hand smoke in your apartment building/complex?

b. Is there anything else you think is important for us to know about smoke-free campus policies?

Closing Remarks: Thank you for our time and willingness to share your experiences. The next steps in our project are to continue listen to the opinions of more campus members. Preliminary results of this study will be available in June 1st when our report to the Mississippi State Department of health is due. You can receive a copy of this preliminary report in June. We should have a final report by December 2015.

Definitions and Substitute words

Second-hand smoke: smoke from a cigarette, cigar, etc., that is inhaled by persons other than the smoker; smoke from someone else's cigarette or cigar; tobacco smoke that is inhaled by people who are not smoking themselves, but are near people who *are* smoking.

Policy: Rules; a set of principles and guidelines that provides direction for what we do/how we behave.

Appendix C- Survey

Demographical information is asked in order to have a more complete profile of participants.

1. **What is your sex?** ___Female ___Male
2. **What is your age group?** ___18–21 ___22–24 ___25–29 ___30 years or older
3. **What is your ethnicity?** (U.S. Federal categories are listed)

___ Black or African American	___ Hispanic or Latino
___ White or Caucasian	___ Asian
___ Native American Indian	___ Native Hawaiian or other Pacific Islander
___ Alaskan Native	___ Other or mixed race
4. **What is your classification?**

___ Freshman	___ Sophomore	___ Junior	___ Senior	___ Graduate Student
--------------	---------------	------------	------------	----------------------
5. **What is your major?**

6. **Do you live on campus or off campus?** ___on campus ___off campus
7. **Are you a full-time student or a part-time student?** ___full-time ___part-time student
8. **Are you a member of: (Choose as many as apply)**

___ Club	___ Other college organization
___ Fraternity/Sorority	___ Academic Society
___ Student Government	
9. **What is your employment status?**

___ Work full-time (32 hours or more per week)
___ Work part-time (Less than 32 hours but at least 1 hour per week)
___ I do not work
10. **Do you currently smoke tobacco products (cigarettes, cigars, hookah, ect.) every day, some days, or not at all?**

___ I do not smoke
___ I smoke some days
___ I smoke every day
11. **Have you smoked at least 1 cigarette in the past 30 days?**

___ No	___ Yes
--------	---------
12. **How old were you when you smoked a whole cigarette for the first time?**

21. Please use the scale to assess the extent of smoking at the following locations:

Extent of Smoking	No Problem	Minor	Serious	Severe	No Opinion
Dormitories					
Classroom Buildings					
Cafeterias					
Indoor recreational/exercise areas					
Student Center					
Entrances/Exits to/from buildings					
Outside on the campus					
Off-campus housing					
Parties, student hangouts					
On-campus events (i.e., concerts or athletic events)					

22. When you've gone to the campus health center for service, were you asked if you used tobacco?

Yes No I've never gone to the health center

23. Were you advised to quit smoking?

Yes No I don't use any tobacco products

24. Were you referred to any service that might help you quit?

Yes No I don't use any tobacco products

25. Have you ever participated in a program to help you quit using tobacco?

Yes No I don't use tobacco products

26. Would you use NRT (Nicotine Replacement Therapy), such as nicotine gum, patches or inhalers to help you quit if they were offered at no cost to you?

Yes No I don't use tobacco products

___ totally
at all

___ mostly

___ somewhat

___ not

36. Please share your opinions on the benefits of a smoke-free campus.

37. Barriers to establishing a smoke-free campus.

38. Please provide any ideas and thoughts about a smoke-free campus.

Appendix D – Focus Group Pictures



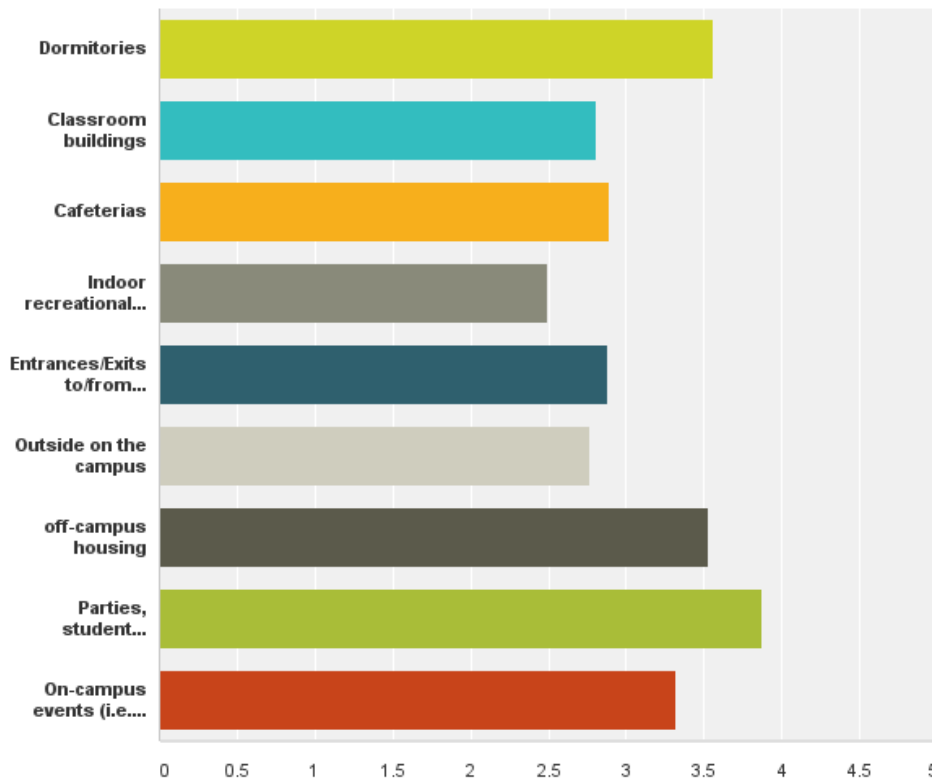
Appendix E – Survey Results

Approximately 161 individuals (faculty, staff, and students) participated in the online survey addressing smoking opinions on the Mississippi University for Women campus, with 158 (98.1%) agreeing to allow individual results be included in the current study. The majority of those taking the survey were female (78.26%), White or Caucasian (77.14%) (Black or African American 18.57%, Asian .71%, Other or Mixed Race 3.57%), and age 30 or older (51.77%) (18-21 years 19.86%, 22-24 years 14.89%, 25-29%, 13.48%). Interestingly, the ratio of student to faculty/staff taking the survey was almost equal, with faculty/staff making up slightly more than half (52.48%) of those taking the survey; however, this slight difference does provide for an excellent “snapshot” of campus opinion.

The majority of the participants reported “I do not smoke” (82.98%), with occasional and daily smokers making up 5.67% and 11.35% of the participants respectively. In terms of second hand smoke, over 50% (62.14%) of participants indicated that second-hand smoke is a concern, with approximately 60.72% of the participants reporting that second-hand smoke is at least “sometimes” a problem (38.57%, Often 17.86%, Always 4.29%). The chart below indicates locations that are “problem areas for second-hand smoking” (1=no problem, 2=minor problem, 3=moderate problem, 4= sever problem, 5= no opinion).

Q22 Please use the scale to assess the extent of smoking at the following location:

Answered: 138 Skipped: 23



In terms of the college's responsibility to regulate tobacco use on campus, the majority of participants indicated that it is the college's responsibility to regulate tobacco use on campus (50.72%) and to ensure a "safe environment, which discourages tobacco addiction" (43.48%).

Appendix F- Focus Group Results

In addition to an email survey, faculty, staff, and students were given the opportunity to take part in focus groups. The goals of the focus groups were to assess the level of public interest and support for a smoke-free campus policy. Focus groups were conducted by Drs. Irene Pintado, Chad Murphy, and Ms. Katie Cranston (MUW Department of Health and Kinesiology faculty). The *Mississippi Partnership for Comprehensive Cancer Control (MP3C)* led by the Mississippi State Department of Health provided funding for the study. Participation in the study was completely voluntary.

A focus group is a small group discussion. The focus group will be led by the two of the researchers and there will also be a note taker, who will also run the recording equipment. The topics discussed during the focus group(s) included knowledge, beliefs, and attitudes of second hand smoke, experiences with smoking and second hand smoke, and knowledge, belief, and attitudes about campus policies regulating smoking. The focus groups lasted approximately 45 minutes each.

The focus group(s) were audio-recorded in order to accurately capture what was said. Participants in the study were given the option to request that the recording be paused at any time. Participants could choose how much or how little they wanted to speak during the group. Participants were instructed that they could leave the focus group at any time.

Upon completion of the informed consent, focus group participants responded as follows:

I. Focus group discussion begins – Introductions and Warm Up

Participants provided introductions and discussed what came to mind when hearing the words “second-hand smoke”. Although the participants did provide numerous responses, the common idea was that second-hand smoke does lead to adverse health conditions and can be bothersome to those that do not smoke.

II. Experience with smoking and second hand smoke on campus

Participants describe multiple experiences with smoking on the MUW campus. Many non-smokers expressed the same areas as “problem areas” for second-hand smoke, suggesting that smokers do not follow the current smoking policy established by the university.

The areas specifically expressed to be problem areas included the dorms, outside computer lab, and areas between recreation center and education building (expressed by faculty, staff, and students) Additionally, it was noted that smoking on campus could also be related to:

- Litter issues
 - Flower pots in front of Education building, common area to extinguish cigarettes
- Smoking gives a poor image
 - Seeing smoking outside of a building “looks bad”
 - Places that do not allow smoking around building more appealing
- Current smoking policy is not designated well
 - Many probably do not know what the actual policy says

III. Tobacco Policies

Both faculty/staff and student focus groups discussed the universities current smoking policy, the pros and cons of a smoke-free campus, and what it would be like to have a smoke-free campus. In both groups, it was suggested that the current policy is not enforced and that future policies must be strictly enforced in order to be effective. The overwhelming consensus was that a smoke free campus would be much healthier and would promote a cleaner atmosphere, but some did indicate that a distinction between smoking and tobacco use must be made, as smokers may take offence to a “smoke-free” and not “tobacco-free” message.

Overall, both groups indicated that a smoke free campus would be strongly supported but that the initial steps must be taken to ensure that everyone involved is aware of the policy and consequences for noncompliance. Furthermore, it would be paramount that the university holds fast to the policy, so that it is firmly established and followed by all.

IV Closing

In closing, both groups indicated that a change in policy would be something that must be gradually established, as “policy change is not something that happens overnight”. Furthermore, it was suggested that going “smoke-free” would lead to a healthier, cleaner campus.