

Brief Report of Findings from the Deakin Smoke-Free Questionnaire

As you're aware, as of March 10, 2014, smoking was prohibited on all university properties. In response to the change of policy, a survey was conducted to measure the smoking behaviour and attitudes of Deakin staff and students. Who responded to the survey? 869 full-time/fractional full-time and casual staff and 5,854 students from all campuses, Faculties and Divisions, representing 11% of eligible staff and 12% of eligible students. Some key findings are reported below.

Overall, **91%** of staff members and **86%** of students reported being **ex- and non-smokers**. Only 9% of staff and 14% of students were current smokers (Figure 1).

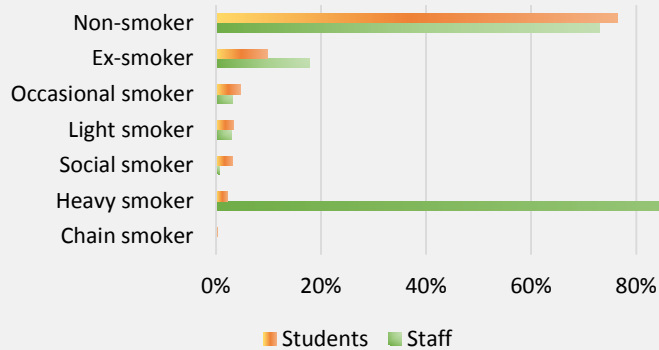


Figure 1: Smoking Status of Deakin Staff and Students

Responses suggest both staff and students are **supportive of the Deakin Smoke-Free policy**. When asked if they would **prefer to socialise in a smoke-free environment**, **90%** of staff and **82%** of students responded in the affirmative. 96% and 91% of these respondents were non- and ex-smokers. Further, **83%** and **77%** of staff and student smokers reported they agreed that people had a **basic right to breathe smoke-free air**. The vast majority of respondents recognised the danger of second-hand smoke as only **4%** staff (5% smokers and 4% non-smokers) and **4%** of students (10% smokers and 3% non-smokers) did not believe **that second-hand smoke was a legitimate health risk**. Finally, **80%** of staff and **74%** of students did not believe it is unfair to smokers to restrict smoking in public places.

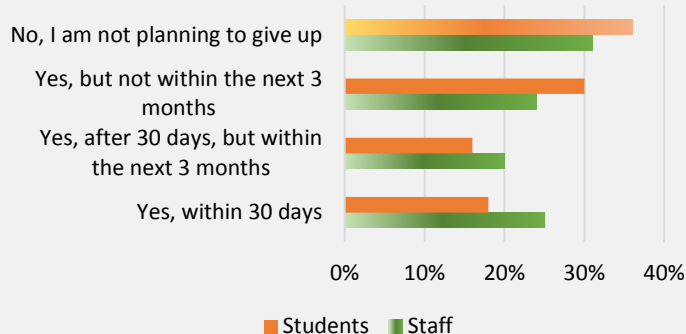


Figure 2: Staff and student smoker's intention to quit smoking

Another positive finding was that **more than half** of staff and student smokers (**68%** and **64%**) **planned to quit** in the future (Figure 2). For those who wanted to quit, nicotine patches, nicotine gum and help from a doctor were some of the preferred quitting strategies.

Based on these results, we have introduced:

- 7 accredited Quit Educators to provide quit counselling;
- Nicotine replacement therapy via medical services on campus;
- Management Plan (Advising supervisor through this transition);
- Informative website: <http://www.deakin.edu.au/campus-life/services-and-facilities/health-and-wellbeing/smoke-free/>;
- Staff ambassador blogging their quit success: <http://40yearoldsmoker.wordpress.com/>;
- Removal of cigarette sales from campus

Many participants have shown great interest and support in the Deakin Smoke-Free policy. The policy will help to create a healthy and safe environment for Deakin staff, students and visitors.