# Brief Report of Findings from the Deakin Smoke-Free Student 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. Overall, 5,854 students from all Faculties participated, representing 12% of total eligible students. Some key findings are reported below.

**86%** of your peers are **non- and ex-smokers** with 767 (14%) being current smokers (Figure 1). Further, **91%** of non-smokers and **28%** of smokers, preferred to **socialise in a smoke-free environment**.

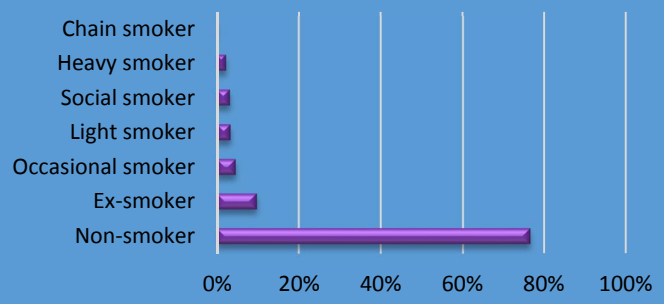


**Figure 1: Smoking Status of Deakin University Students**

Responses from the survey suggest students are supportive of the Deakin Smoke-Free policy. When asked if they believed restricting smoking in public places is unfair to smokers, 80% of non-smokers and 34% of smokers disagreed. Further evidence of support was shown when **79%** of non-smokers and **42%** of smokers responded that people **should not have the right to smoke when and where they want**.

**Figure 2: Student smoker's belief about cessation in the future**

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

Based on these results, we have implemented:

- 7 accredited quit educators to provide quit counselling;
- Nicotine replacement therapy via medical services;
- Management Plan (Supervisor advise 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.