

Brief Report of Findings from the Deakin Smoke-Free Staff 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 from all campuses, Faculties and Divisions, representing 11% of eligible staff. Some key findings are reported below.

Overall, 766 (91%) reported being **ex- and non-smokers** and 76 (9%) were current smokers. (Figure 1).

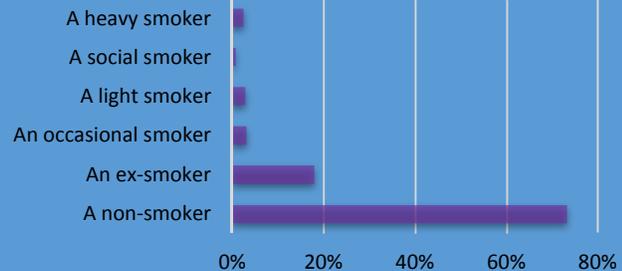


Figure 1: Smoking Status of Deakin University Staff

Responses from the questionnaire suggest staff members are supportive of the Deakin Smoke-Free policy. When asked if they would **prefer to socialise in a smoke-free environment**, 95.8% of non-smokers and 29.4% of smokers responded in the affirmative. Further, 82.6% of smokers reported they agreed that people had a **basic right to breathe smoke-free air**. While several respondents mentioned health issues that were exacerbated by cigarette smoke, such as allergies, 30 participants (4 smokers and 26 non-smokers) reported they disagreed that second-hand smoke was a legitimate health risk.

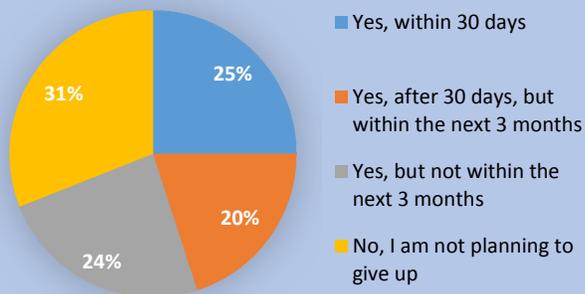


Figure 2: Staff smoker's belief about cessation in the future

A positive finding was that **more than half of staff smokers (68.4%) 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 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.