

Phase 1 Smoke Free ECU research findings summary

Edith Cowan University has continued its commitment to reviewing smoking obligations in respect to smoking on its campuses with the implementation in July 2009 of a formalised project to explore the opportunities to create a healthier and safer ECU workplace.

2009 Survey summary

- **In regard to staff:**
 - 90% are non-smokers
 - 91% have the knowledge that second hand smoke is harmful
 - 82% seek out a smoke free environment
 - 56% asked others not to smoke around them
 - 46% of staff who smoke do so regularly on campus
 - More staff smoke on Bunbury and Mount Lawley Campuses
- **In regard to students:**
 - 90% are non-smokers
 - 12% of international students smoke
 - Only 20% of students who smoke do so regularly on campus
- **In regard to a ban on smoking:**
 - 45%-50% of the groups supported a complete ban with a number of written comments urging this action
 - 42% of smokers agreeing they would quit or smoke less if they could not smoke on campus
 - 64% of smokers favouring online resources to assist in reducing smoking

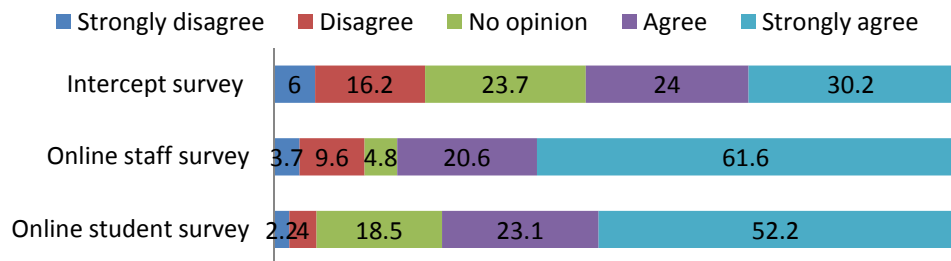
In 2009 we talked with **staff and students** about their smoking habits, attitudes and thoughts on banning smoking on the ECU Campuses.

- 6115 students (36%) told us in an **online survey** that 90.3% were non-smokers and of the 9.7% of smokers 20% smoked daily at an ECU Campus.
- 1229 Staff (44%) told us 90.3% were also non smokers, with more general staff (64%) tended to be smoking on a daily basis on ECU campus compared to academic staff (33%).
- Staff smokers (22%) indicated they would quit or cut down if they couldn't smoke on an ECU campus

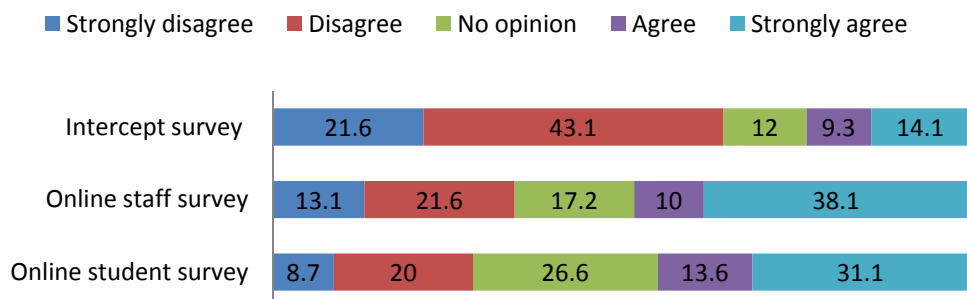
We also conducted an **Intercept Survey** of staff and students (n=334) at Joondalup, Mt Lawley and Bunbury Campuses. We surveyed half smokers and half non –smokers so we had views from the ECU community.

- 42% of smokers agreeing they would quit or smoke less if they couldn't smoke on an ECU campus.

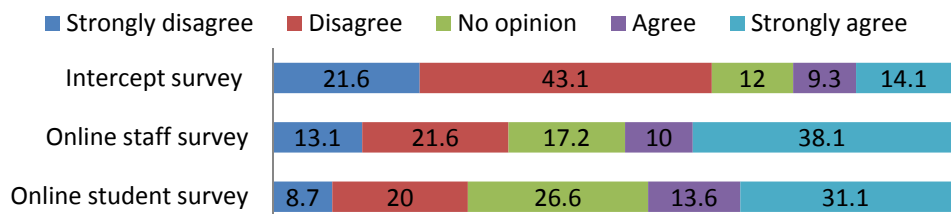
Prefer to socialise in smoke free environment



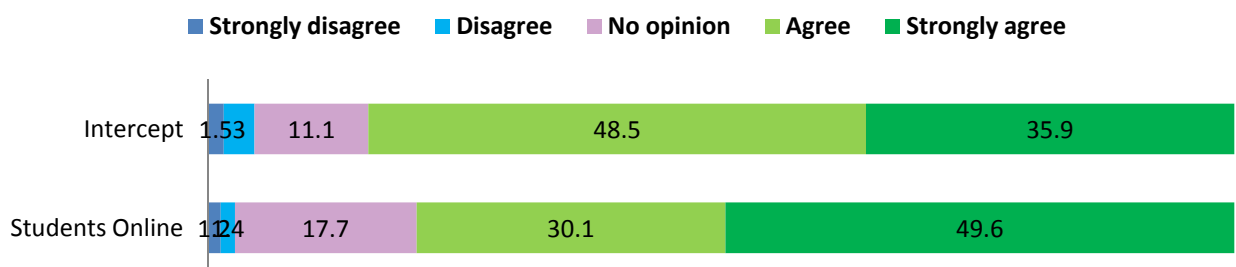
On campus smoking should be completely Ban



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Welcome ECU initiatives to help smokers Quit



Staff (91%) and 80% of students (only 2.6% disagreed) welcomed ECU introducing initiatives to help smokers who wish to quit.

Some smokers defended their choices to smoke and asked for designated areas:

“**Lifestyle choice:** Those who enjoy a cigarette and a coffee **shouldn't have to get off campus** to do so. At the same time non-smokers shouldn't have to be second hand smoke. Can we not have **both Smoking and non-smoking areas on campus?**”

Smoker commented on using this as a remedy of stress management but will welcome quit program

“I am a smoker and **the stress of study is sometimes curtailed by cigarette**. However, if it was banned on campus, **a quit program or support program would be embraced** with open arms?”

“I smoke but would prefer the **campus to be smoke-free** because then I can't [smoke] during the day, which means that **I'm smoking less**. It's hard [to smoke less] when you are stressed...maybe **ECU should provide help to smokers that want to quit.**”

Non- smokers talk about Site of smoking

“ I absolutely hate that no-one does anything about the students who sit right next to '**no smoking' signs** and puff away at the **entrance** to the **café, library** – in fact any **building** entrance. I am anti-anti smoking and hate that ECU isn't stronger...”

Non smokers' right to smoke free environment.

“I always have to walk through smokers on my way to Aroma café as the smokers sit on the grass and it's hard to find a table outside in the sun where you can sit and eat and the smoke doesn't blow over to you. I think **the whole campus should be smoke free**”

Non-smokers highlighted ECU's strength towards banning smoking.

“With ECU's strong health faculty and research base, I believe **ECU should be smoke free campus**”

The majority (over 90%) of ECU community were sufficiently **concerned about smokers** health they indicated a high priority for providing education and relevant initiatives.

The outcome of this research supported the ECU Council changing the By Laws and enabling all ECU Campuses to be Smoke Free 1 January 2012.

Report: Darby, J., Gauzia, K. (2009) Smoke Free ECU Phase 1 Edith Cowan University.