



# **AUC Tobacco Use Survey Report Spring 18**

**Prepared by: Office of Data Analytics and Institutional Research (DAIR)**

# AUC Tobacco Use Survey Report- SP 18

## Executive Summary

### Introduction

The American University in Cairo (AUC) launched a new initiative in spring 2018 semester to transform both of its campuses Tahrir and New Cairo, into completely smoke-free and tobacco-free environments by the start of the University's centennial celebration in February 2019.

Under the direction of President Francis Ricciardone, the Committee for a Tobacco-Free AUC has been working diligently to develop this campaign and plan for the changes to come. This diverse committee includes students, faculty, and staff and represents all major stakeholders on campus as well as non-smokers, people who have quit smoking, and several members who are currently smokers.

The purpose of the research conducted by the committee is to understand student, faculty and staff views on the smoking attitudes and behaviors, as well as gauge their views of the smoking policy. The data (feedback) from this survey will be used to develop an achievable strategy to effectively transition AUC into a Tobacco Free Campus by our centennial celebration next year. The aim is to make this tobacco-free transition as smooth and fair as possible.

### Methodology

This survey has been developed by the Committee for a Tobacco-Free AUC comprised of AUC students, faculty, and staff in cooperation with the Office of Data Analytics and Institutional Research (DAIR). DAIR emailed 8,551 survey invitations to the entire AUC community on February 11, 2018, followed by one reminder sent on February 18, 2018. The survey closed on February 25, 2018. Out of the entire AUC community, 1931 responded to the survey for a response rate of 22.6 percent.

**This report consists of six parts:**

**Part I:** General demographic information.

**Part II:** Secondhand Smoking.

**Part III:** Smoking Habits.

**Part IV:** Quit Smoking.

**Part V:** Opinion of Smoking.

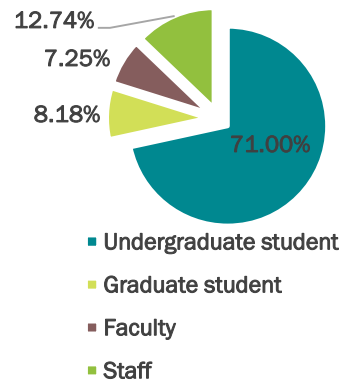
**Part VI:** Open-ended questions.

**Appendix:** Opinions, suggestions, recommendations arranged into themes.

## Part I: Demographic Information

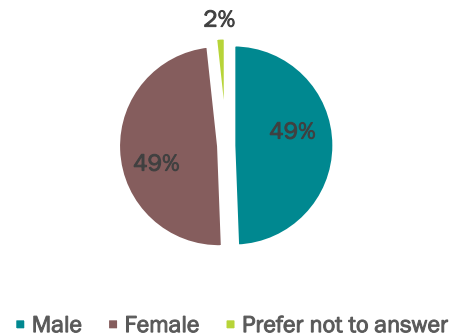
Q1- Which group from the AUC community do you belong to?

Answer choices	Percentage	Number of responses
Undergraduate student	71.00%	1371
Graduate student	8.18%	158
Faculty	7.25%	140
Staff	12.74%	246
Other (please specify)	0.83%	16
<b>Answered</b>		<b>1931</b>
<b>Skipped</b>		<b>27</b>



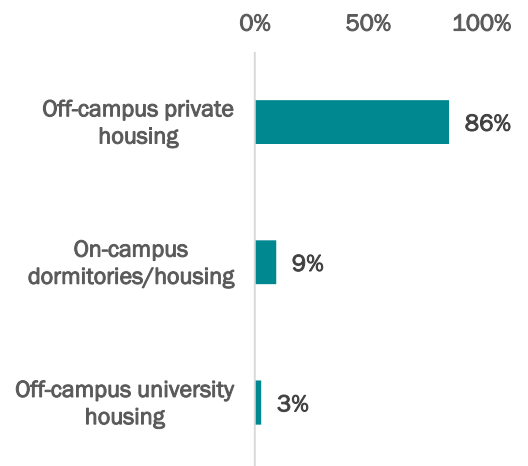
Q2- You are:

Answer choices	Percentage	Number of responses
Male	49.40%	954
Female	48.89%	944
Prefer not to answer	1.71%	33
<b>Answered</b>		<b>1931</b>
<b>Skipped</b>		<b>27</b>



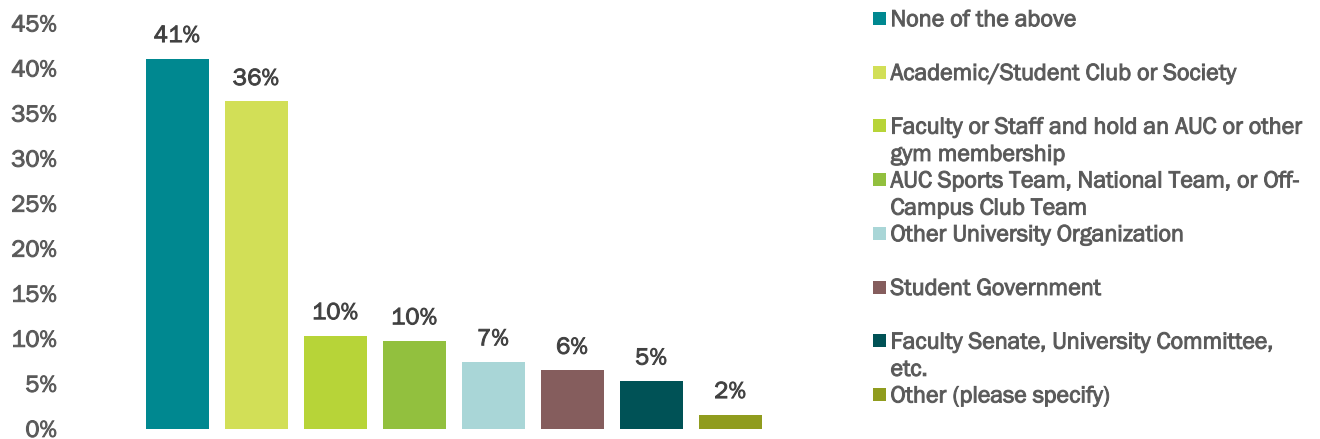
Q3- Where do you reside: (Choose the best response)

Answer choices	Percentage	Number of responses
On-campus dormitories/housing	9.43%	182
Off-campus university housing	2.85%	55
Off-campus private housing	85.76%	1656
Other (please specify)	1.97%	38
<b>Answered</b>		<b>1931</b>
<b>Skipped</b>		<b>27</b>



**Q4- Are you a member of: (Please check all that apply)**

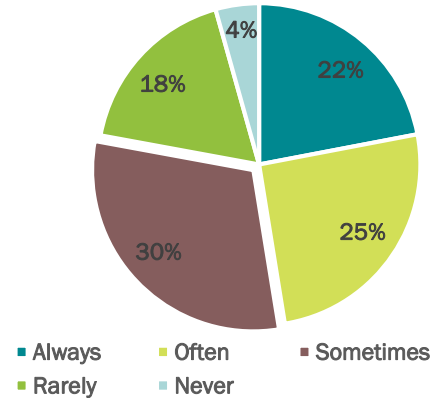
Answer choices	Percentage	Number of responses
Student Government	6.47%	125
AUC Sports Team, National Team, or Off-Campus Club Team	9.74%	188
Academic/Student Club or Society	36.30%	701
Faculty or Staff and hold an AUC or other gym membership	10.31%	199
Faculty Senate, University Committee, etc.	5.28%	102
Other University Organization	7.41%	143
None of the above	41.07%	793
Other (please specify)	1.55%	30
<b>Answered</b>		<b>1931</b>
<b>Skipped</b>		<b>27</b>



## Part II: Secondhand Smoking

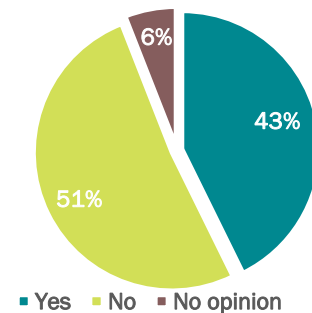
Q5- When I walk through campus, how often you are exposed to secondhand smoke?

Answer choices	Percentage	Number of responses
Always	22%	414
Often	25%	479
Sometimes	30%	573
Rarely	18%	334
Never	4%	82
<b>Answered</b>		<b>1882</b>
<b>Skipped</b>		<b>76</b>



Q6- Is secondhand smoke on campus a concern/annoyance for you?

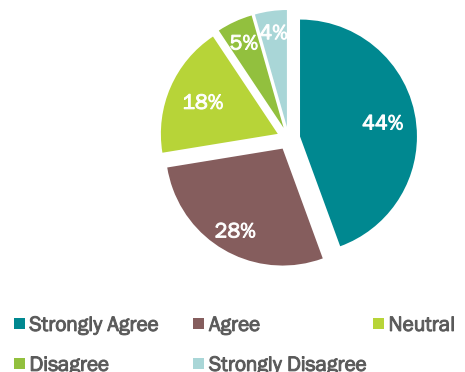
Answer choices	Percentage	Number of responses
Yes	43%	804
No	51%	966
No opinion	6%	112
<b>Answered</b>		<b>1882</b>
<b>Skipped</b>		<b>76</b>



Q7- Please indicate your level of agreement with the following statement:  
Secondhand smoke causes health problem for nonsmokers.

Answer choices	Percentage	Number of responses
Strongly Agree	44.42%	836
Agree	28.00%	527
Neutral	18.23%	343
Disagree	4.94%	93
Strongly Disagree	4.41%	83
<b>Answered</b>		<b>1882</b>
<b>Skipped</b>		<b>76</b>

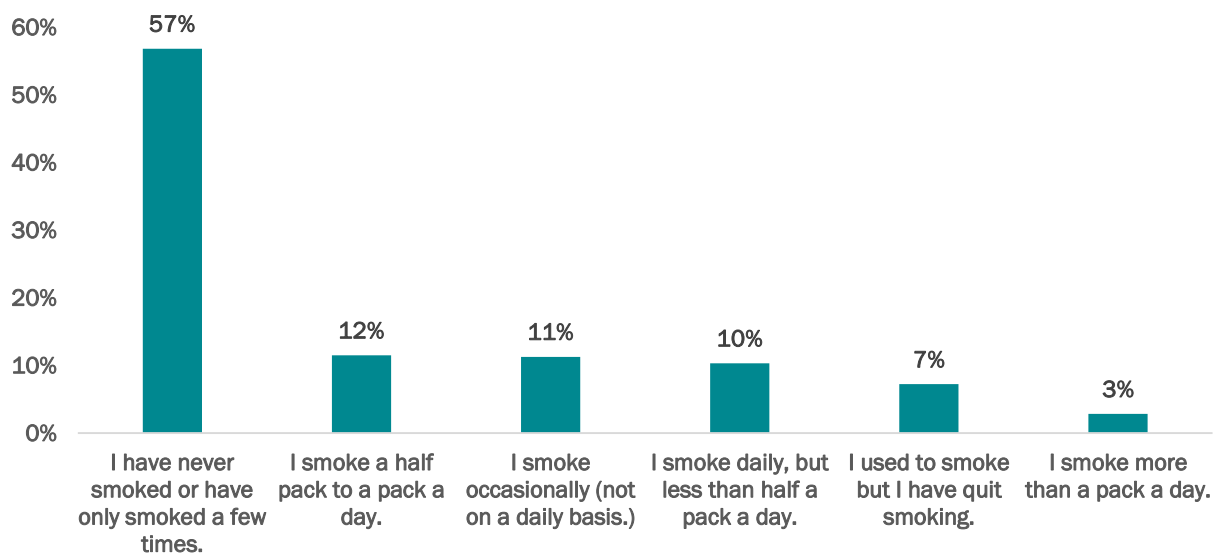
Secondhand smoke causes health problems for nonsmokers.



## Part III: Smoking Habits

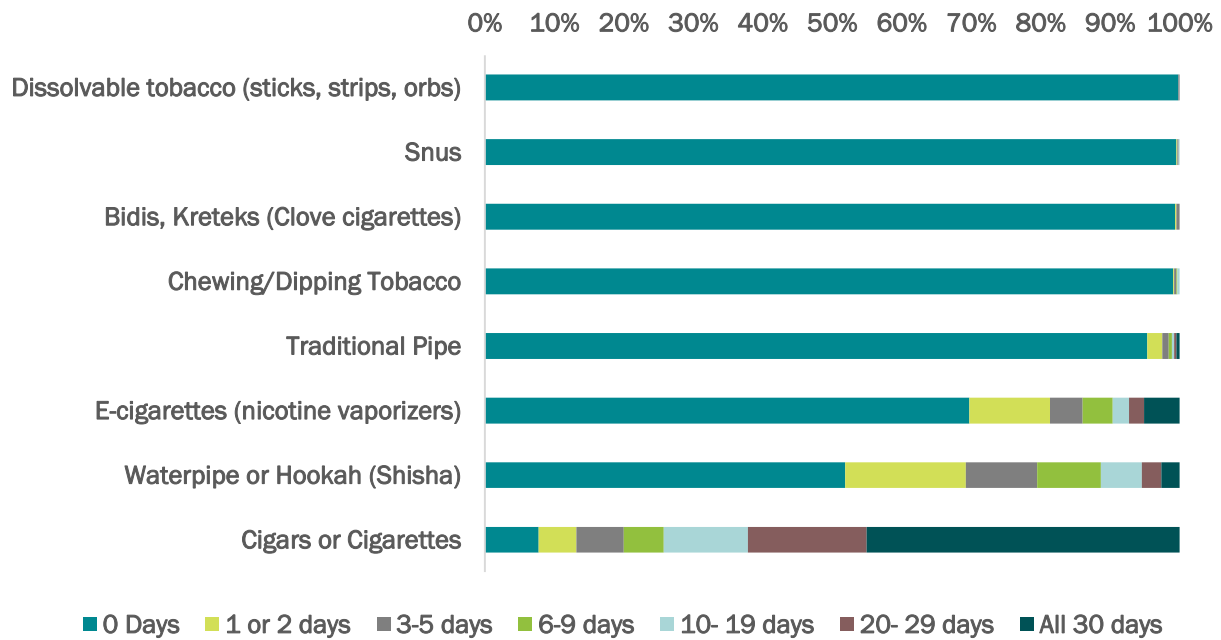
### Q8- How often do you smoke?

Answer choices	Percentage	Number of responses
I have never smoked or have only smoked a few times.	56.84%	1063
I used to smoke but I have quit smoking.	7.22%	135
I smoke occasionally (not on a daily basis.)	11.28%	211
I smoke daily, but less than half a pack a day.	10.32%	193
I smoke a half pack to a pack a day.	11.50%	215
I smoke more than a pack a day.	2.83%	53
<b>Answered</b>		<b>1870</b>
<b>Skipped</b>		<b>88</b>



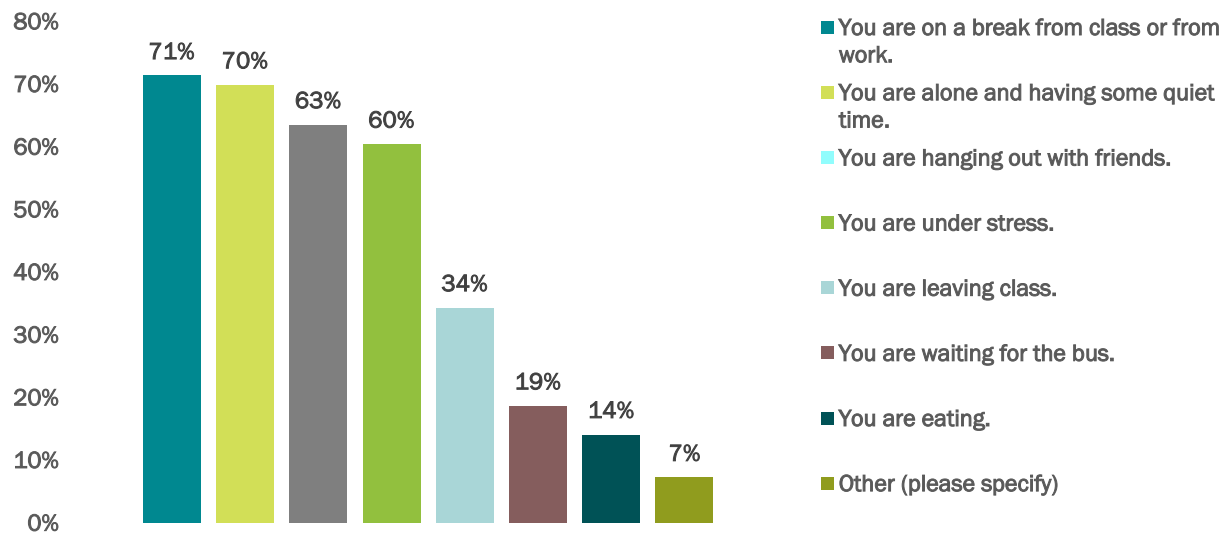
**Q9- During the past 30 days, on how many days did you use each of these tobacco products?**

Answer choices	0 Days	1 or 2 Days	3-5 Days	6-9 Days	10- 19 Days	20-29 Days	All 30 Days
Cigars or Cigarettes	8%	5%	7%	6%	12%	17%	45%
Traditional Pipe	95%	2%	1%	0%	0%	0%	0%
Water pipe or Hookah (Shisha)	52%	17%	10%	9%	6%	3%	3%
Chewing/Dipping Tobacco	99%	0%	0%	0%	0%	0%	0%
Snus	100%	0%	0%	0%	0%	0%	0%
Bidis, Kreteks (Clove cigarettes)	99%	0%	0%	0%	0%	0%	0%
E-cigarettes (nicotine vaporizers)	100%	0%	0%	0%	0%	0%	0%
Answered							<b>644</b>
Skipped							<b>116</b>
Not Applicable							<b>1198</b>



**Q10- On campus, you tend to smoke when (please check all that apply)**

Answer choices	Percentage	Number of responses
You are alone and having some quiet time.	69.82%	428
You are hanging out with friends.	63.46%	389
You are under stress.	60.36%	370
You are on a break from class or from work.	71.29%	437
You are eating.	14.03%	86
You are leaving class.	34.26%	210
You are waiting for the bus.	18.60%	114
Other (please specify)	7.18%	44
<b>Answered</b>		<b>613</b>
<b>Skipped</b>		<b>147</b>
<b>Not Applicable</b>		<b>1198</b>



**Other (44)**

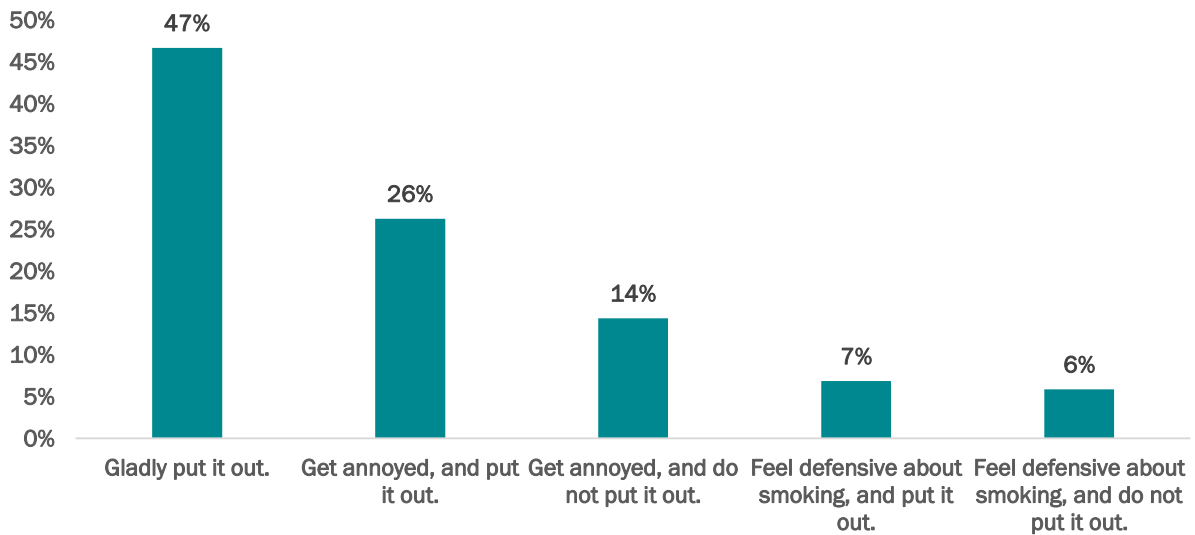
Responses	Frequency
Not on Campus	25
whenever needed	7
answers meaningless	6

Responses	Frequency
Don't smoke	4
During work	1
<b>Total</b>	<b>44</b>



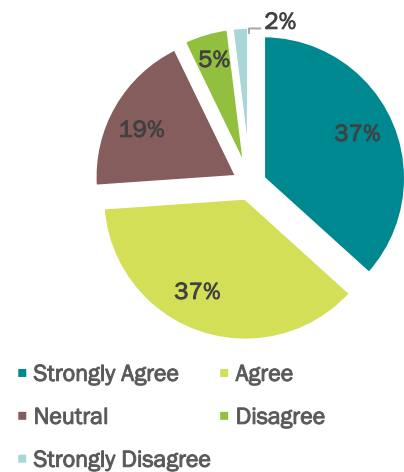
**Q11- If someone asks you to put out your cigarette, you usually:**

Answer choices	Percentage	Number of responses
Get annoyed, and put it out.	26.26%	161
Get annoyed, and do not put it out.	14.36%	88
Feel defensive about smoking, and put it out.	6.85%	42
Feel defensive about smoking, and do not put it out.	5.87%	36
Gladly put it out.	46.66%	286
<b>Answered</b>		<b>613</b>
<b>Skipped</b>		<b>147</b>
<b>Not Applicable</b>		<b>1198</b>



**Q12- Please indicate your level of agreement with the following statement: You usually consider others around you when smoking and don't smoke in front of non-smokers, unless they say it's okay.**

Answer choices	Percentage	Number of responses
Strongly Agree	36.70%	225
Agree	37.19%	228
Neutral	18.92%	116
Disagree	5.22%	32
Strongly Disagree	1.96%	12
<b>Answered</b>		<b>613</b>
<b>Skipped</b>		<b>147</b>
<b>Not Applicable</b>		<b>1198</b>



## Part IV: Quit Smoking

Q13- If you were a smoker but stopped, what made you quit?

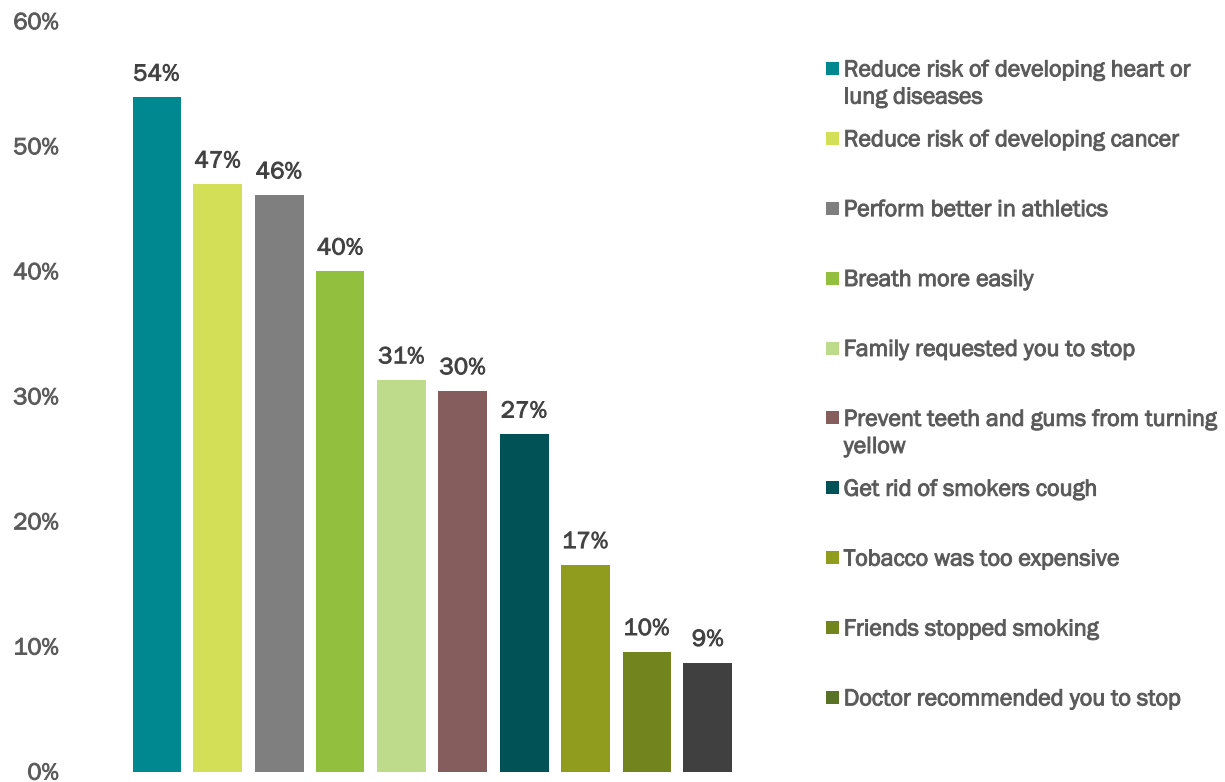
Answered	131
Skipped	92
Not Applicable	1735

What made you quit?

Theme	Frequency
Health Reasons	37
Healthier Lifestyle	20
Personal Preference	15
Nothing	9
Family	8
Waste of money	8
Vape	7
health conscious	6
Friends	6
Sports	4
Bad breath	3
Religious reasons	3
Avoid addiction	2
My children	2
Fear of Cancer	2
Smell	2
Better teeth	1
Didn't quit	1
Family history with Cancer	1
Personal Preference	1

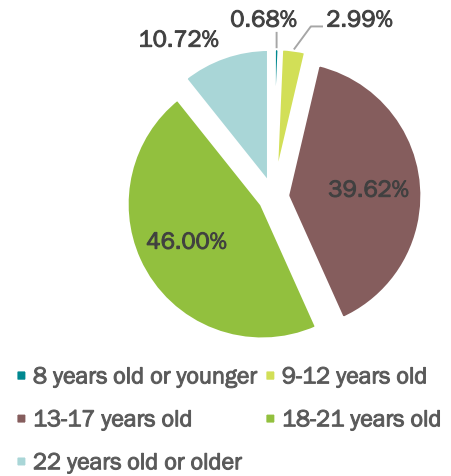
**Q14- Please check any additional reasons you quit using tobacco.**

Answer choices	Percentage	Number of responses
Get rid of smokers cough	26.96%	31
Prevent teeth and gums from turning yellow	30.43%	35
Breath more easily	40.00%	46
Doctor recommended you to stop	8.70%	10
Family requested you to stop	31.30%	36
Reduce risk of developing cancer	46.96%	54
Reduce risk of developing heart or lung diseases	53.91%	62
Perform better in athletics	46.09%	53
Friends stopped smoking	9.57%	11
Tobacco was too expensive	16.52%	19
<b>Answered</b>		<b>115</b>
<b>Skipped</b>		<b>108</b>
<b>Not Applicable</b>		<b>1735</b>



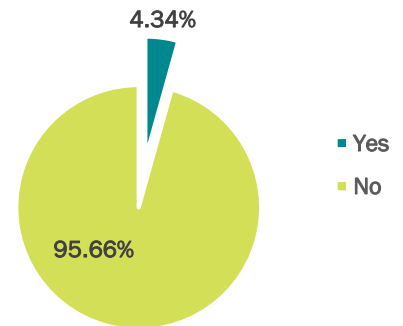
**Q15- How old were you when you started smoking?**

Answer choices	Percentage	Number of responses
8 years old or younger	0.68%	5
9-12 years old	2.99%	22
13-17 years old	39.62%	292
18-21 years old	46.00%	339
22 years old or older	10.72%	79
<b>Answered</b>		<b>737</b>
<b>Skipped</b>		<b>158</b>
<b>Not Applicable</b>		<b>1063</b>



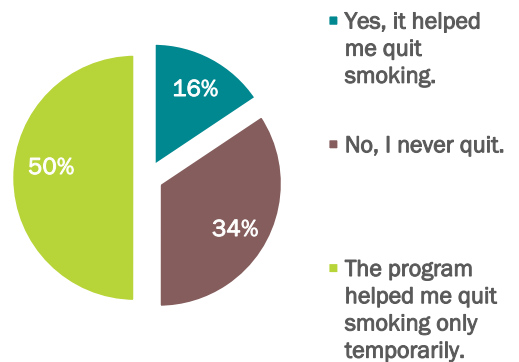
**Q16- Have you ever participated in a program to help you quit using tobacco?**

Answer choices	Percentage	Number of responses
Yes	4.34%	32
No	95.66%	705
N/A	0.00%	0
<b>Answered</b>		<b>737</b>
<b>Skipped</b>		<b>158</b>
<b>Not Applicable</b>		<b>1063</b>



**Q17- If yes, did it help you?**

Answer choices	Percentage	Number of responses
Yes, it helped me quit smoking.	15.63%	5
No, I never quit.	34.38%	11
The program helped me quit smoking only temporarily.	50.00%	16
<b>Answered</b>		<b>32</b>
<b>Skipped</b>		<b>158</b>
<b>Not Applicable</b>		<b>1768</b>



**Q18- What was the best thing about this program?**

<b>Answered</b>	<b>33</b>
<b>Skipped</b>	<b>157</b>
<b>Not Applicable</b>	<b>1768</b>

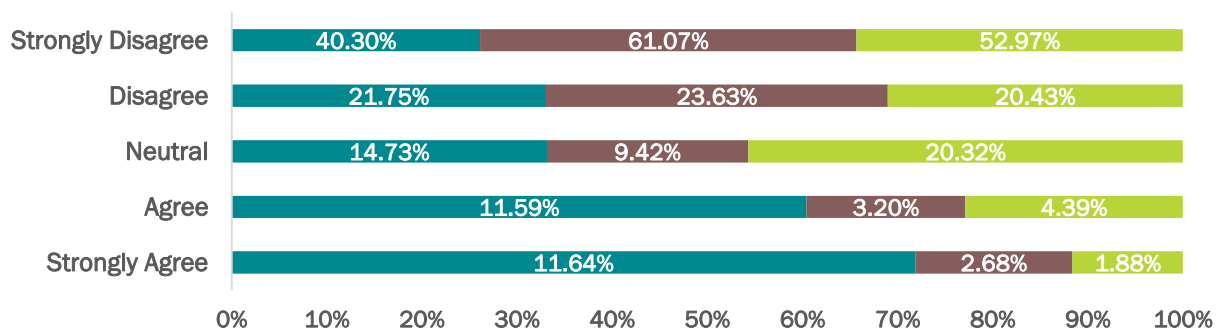
**Best thing about the program?**

<b>Theme</b>	<b>Frequency</b>
Nothing	16
Self-control and dedication	3
Temporary effect	3
I Quitted smoking	2
Offered substitutes to smoking	2
Reduce usage of tobacco	1
Focus on filling the free time /Avoid nerve pressure.	1
Personalized Support	1
Shared success stories	1
Didn't join the program	1
Good trial	1
Motivation	1
<b>Answered</b>	<b>33</b>

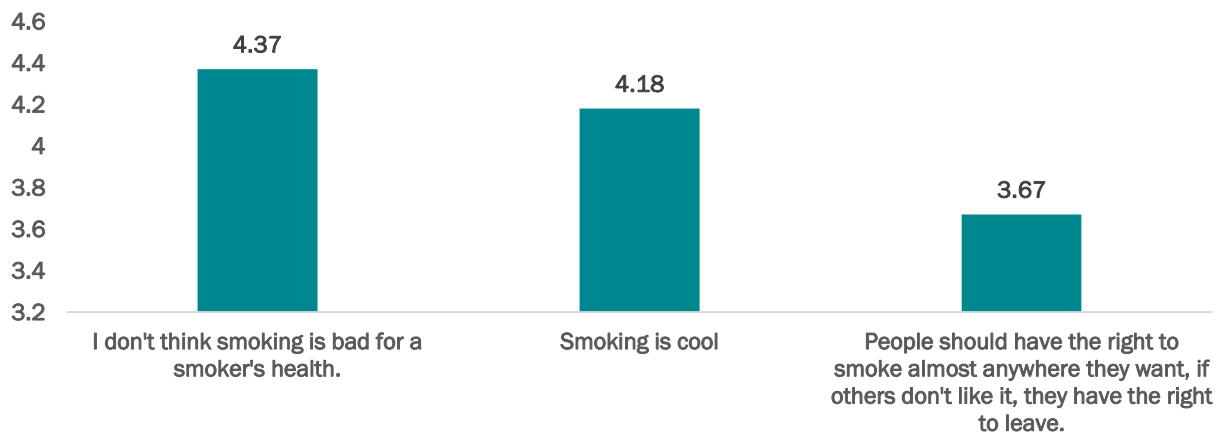
## Part V: Opinion of Smoking

Q19- Please indicate your level of agreement with the following statements:

Answer choices	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Weighted Average
I don't think smoking is bad for a smoker's health.	2.68%	3.20%	9.42%	23.63%	61.07%	4.37
Smoking is cool	1.88%	4.39%	20.32%	20.43%	52.97%	4.18
People should have the right to smoke almost anywhere they want, if others don't like it, they have the right to leave.	11.64%	11.59%	14.73%	21.75%	40.30%	3.67
<b>Answered</b>						<b>1752</b>
<b>Skipped</b>						<b>206</b>

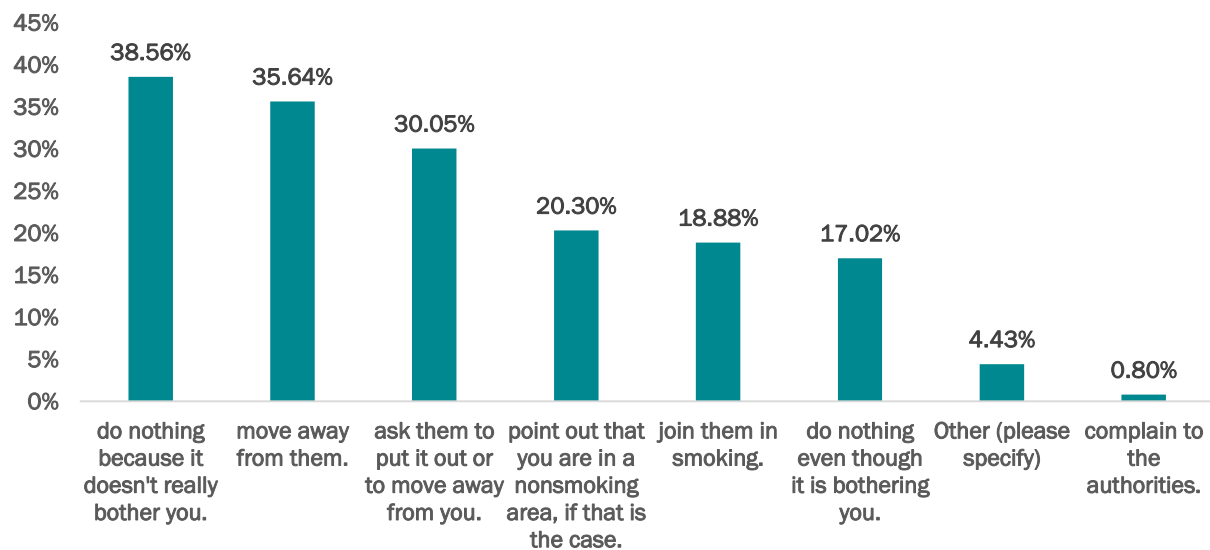


- People should have the right to smoke almost anywhere they want, if others don't like it, they have the right to leave.
- I don't think smoking is bad for a smoker's health.
- Smoking is cool



**Q20- If friends are smoking around you, you usually (please check all that apply)**

Answer choices	Percentage	Number of responses
ask them to put it out or to move away from you.	30.05%	339
move away from them.	35.64%	402
point out that you are in a nonsmoking area, if that is the case.	20.30%	229
complain to the authorities.	0.80%	9
do nothing even though it is bothering you.	17.02%	192
do nothing because it doesn't really bother you.	38.56%	435
join them in smoking.	18.88%	213
Other (please specify)	4.43%	50
<b>Answered</b>		<b>1128</b>
<b>Skipped</b>		<b>830</b>



## Others (50 comments)

#	Responses
1	ask them to exhale somewhere far from me
2	Let them smoke unless it's a closed area
3	It depends whether i wanna join them or not!
4	Smoking and vaping are totally different. They are backed by governments as a progressive method to quit and studies proved they did not find any harm to others as is the case for second hand smoking.
5	Nothing
6	sometimes i call them out on how bad it is or if its bothering me, and sometimes i dont do anything about it
7	advise to quit smoking with clarification of its health hazards according to my medical career
8	Sometimes neutral
9	It depends on the situation. If I do not want to be exposed to secondhand smoke, I step away. If they are in my home or personal space, I ask them to put it out.
10	in they smoke in open area, they have right to make it, so, I move away if it bother me, not prevent them to do!!!!
11	I wouldn't move away. I'm sitting in the area if they want to smoke, they have to move away.
12	Sometimes if they blow the smoke to my direction I ask them to blow it somewhere else if I'm not smoking.
13	Ask them to blow the smoke in another direction
14	Even though it doesn't personally bother me much because I won't be with them for 24 hours but if it is a non-smoking area I would still point it out.
15	I just ask them to not directly blow the smoke towards me
16	avoid where the smoke is going
17	refer to a smoking area (if any)
18	If they are my friends I ask them to stop smoking while sitting with me and they accept it
19	and they agree to my request either blow away or stand in distance
20	It's annoying when its directly in my face or in a closed area, otherwise I don't mind
21	ask them not to blow the smoke in my face
22	Depends if we're indoors or outdoors
23	I do not frequent enclosed areas that allow smoking
24	I tell them that it is a bad habit and extremely bad for the health, I was able to stop smoking and that they can stop if they have a strong will
25	Tell them to stand in a way so that wind would blow their smoke away from me.
26	I don't have friends who smoke around me
27	I talk to them about how I quit and ask if they want help as it's incredibly difficult and a lot of people helped me.
28	my friend avoid smoking next to me
29	It depends. If we are not in an open air area, I would point this out and possibly suggest that they go outside. If it is an open air area, I probably would not care or would move away if it was really bothering me.
30	Tell them to let the smoke out the other way; away from me

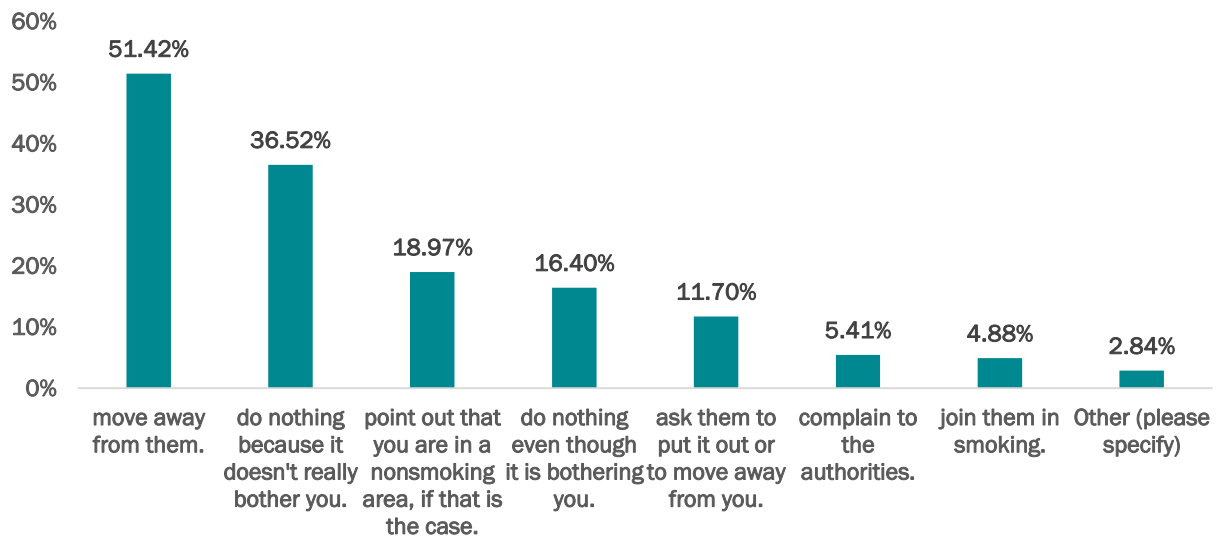


## Others (50 comments)

#	Responses
31	I tell them to blow away, as I do when smoking around people
32	push him to smoke in the smoking area
33	Just ask them to puff in the opposite direction
34	Ask them to blow away the smoke
35	I do not have friends who smoke
36	show signs of annoyance
37	advise them to quit
37	I usually leave
39	Difficult to implement
40	NA
41	Nothing
42	Open the door for ventilation in case it happens in a closed room
43	Nothing
44	Lecture them!
45	I make a comment to dissuade (friends) from smoking; but if it's strangers, I usually just give them a "look" and/or move away
46	Take a side where the smoke doesn't cross by me
47	at times, I try to explain that smoking is really bad for their health and for those who are in their company
48	Ask them to blow smoke in opposite direction
49	It depends on the type of smoke. The smell of shisha and vapes for example don't bother me, but the smell of cigarettes and tobacco bothers me
50	most of my friends are non-smokers

**Q21- If strangers are smoking around you, you usually (please check all that apply)**

Answer choices	Percentage	Number of responses
ask them to put it out or to move away from you.	11.70%	132
move away from them.	51.42%	580
point out that you are in a nonsmoking area, if that is the case.	18.97%	214
complain to the authorities.	5.41%	61
do nothing even though it is bothering you.	16.40%	185
do nothing because it doesn't really bother you.	36.52%	412
join them in smoking.	4.88%	55
Other (please specify)	2.84%	32
<b>Answered</b>		<b>1128</b>
<b>Skipped</b>		<b>830</b>



**Others (32 comments)**

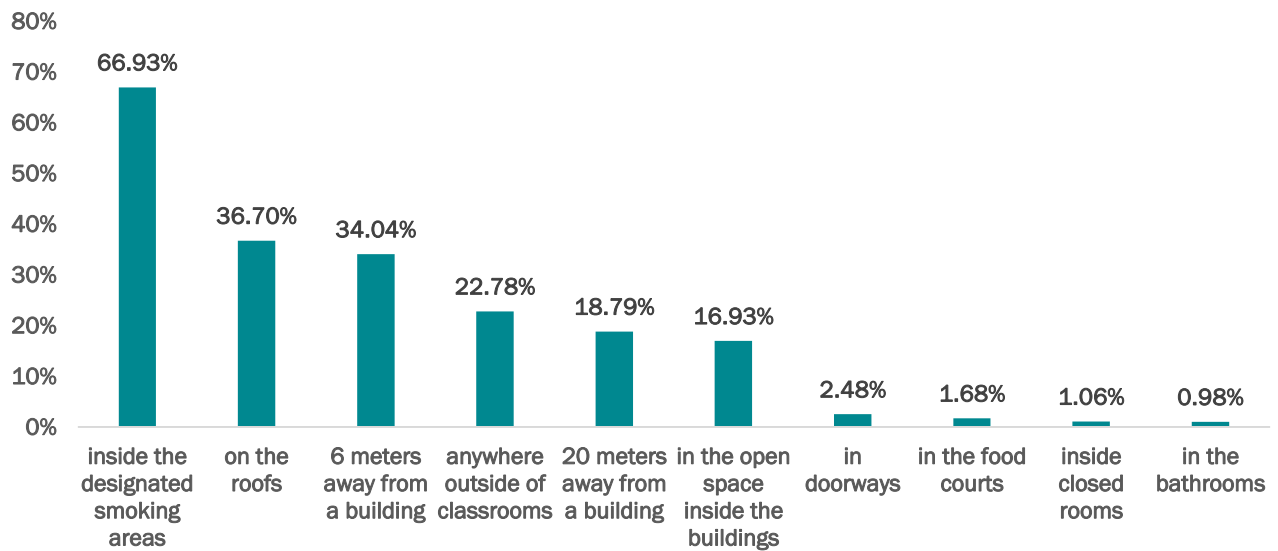
#	Responses
1	Depends on the area, if it is an open air place then i have no right to ask them to leave I usually don't stay around smokers whether sitting on a bench or just standing; however, most of my friends do smoke, so I just stand opposite to them or perhaps leave them if they are not really my friends. As long as the smoker isn't smoking in an enclosed area, I think I will adapt to position myself in a way not to be bothered by tobacco's scenet and smoke.
2	Let them smoke, unless it's a closed area
3	We could have separated areas for both smokers and non-smokers
4	Same as the comment above. My reaction differs depending on the type of smoke/vapor.
5	

## Others (32 comments)

#	Responses
6	i don't do anything, or if its bothering me i move away
7	In nonsmoking area
8	Depends on the situation
9	Is it in open area or close area!!!!!!
10	Ask them to smoke the air away from me
11	It depends
12	Ask them for a cigarette if I don't have any.
13	If I am very bothered and it is a public open space, I would simply get away.
14	refer to a smoking area (if any)
15	and they also have manners and they put it off or smoke in different direction
16	I know what I indicated are passive aggressive, but I am a little conflict shy (with friends -out of courtesy and with strangers for safety reasons -as I do not know how they may react-)
17	Depends on the situation. If I'm eating for instance, I move away from the smoke, or ask them to wait till I'm done eating.
18	I'm never too close to a stranger for it to bother me
19	push him to smoke in the smoking area
20	give them the look
21	Nothing
22	If it is in a closed area or a building i report to authorities, however, if it is in open air then it doesn't bother me
23	I try to move away but am not able to sometimes
24	if I have my kids with me I would move away otherwise I would let it slide
25	NA
26	tell them not tp smoke
27	NA
28	Nothing
29	Nothing
30	I usually start coughing because I have an allergy and if they're sensible enough they put it out or move away
31	If it's a repeated violation in a particular space I'll report it, but not just one time
32	Nothing

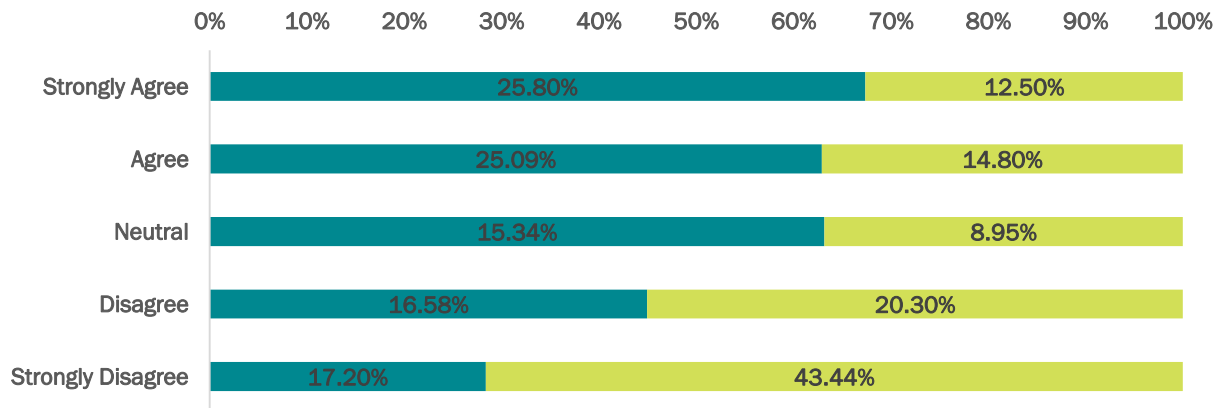
**Q22- According to your understanding of the current campus policy, where are people allowed to smoke at AUC? (please check all that apply)**

Answer choices	Percentage	Number of responses
on the roofs	36.70%	414
in the open space inside the buildings	16.93%	191
in doorways	2.48%	28
in the food courts	1.68%	19
in the bathrooms	0.98%	11
6 meters away from a building	34.04%	384
20 meters away from a building	18.79%	212
inside closed rooms	1.06%	12
anywhere outside of classrooms	22.78%	257
inside the designated smoking areas	66.93%	755
<b>Answered</b>		<b>1128</b>
<b>Skipped</b>		<b>830</b>

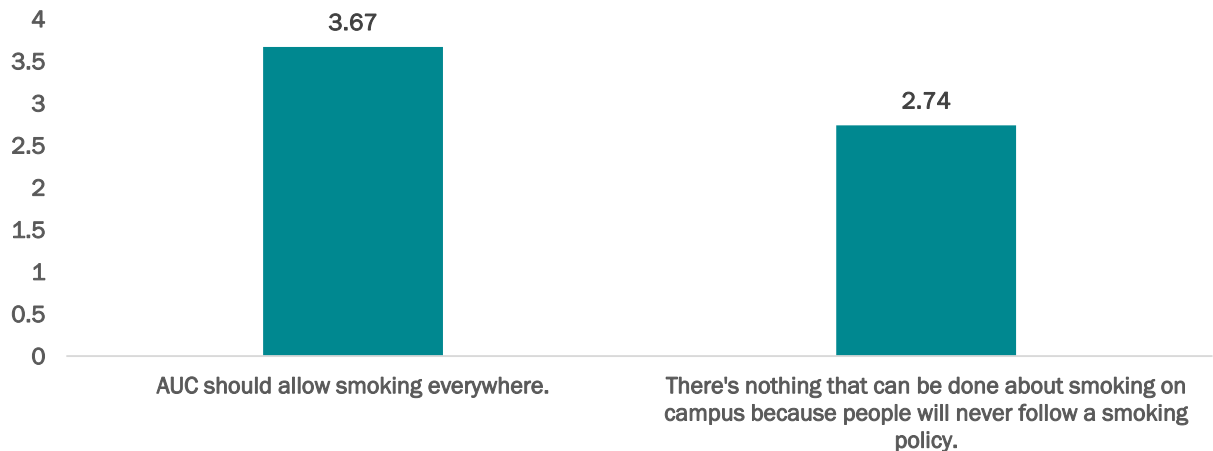


**Q23- Please indicate your level of agreement with the following statements:**

Answer choices	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Weighted Average
AUC should allow smoking everywhere.	12.50%	14.80%	8.95%	20.30%	43.44%	3.67
There's nothing that can be done about smoking on campus because people will never follow a smoking policy.	25.80%	25.09%	15.34%	16.58%	17.20%	2.74
<b>Answered</b>						<b>1128</b>
<b>Skipped</b>						<b>830</b>

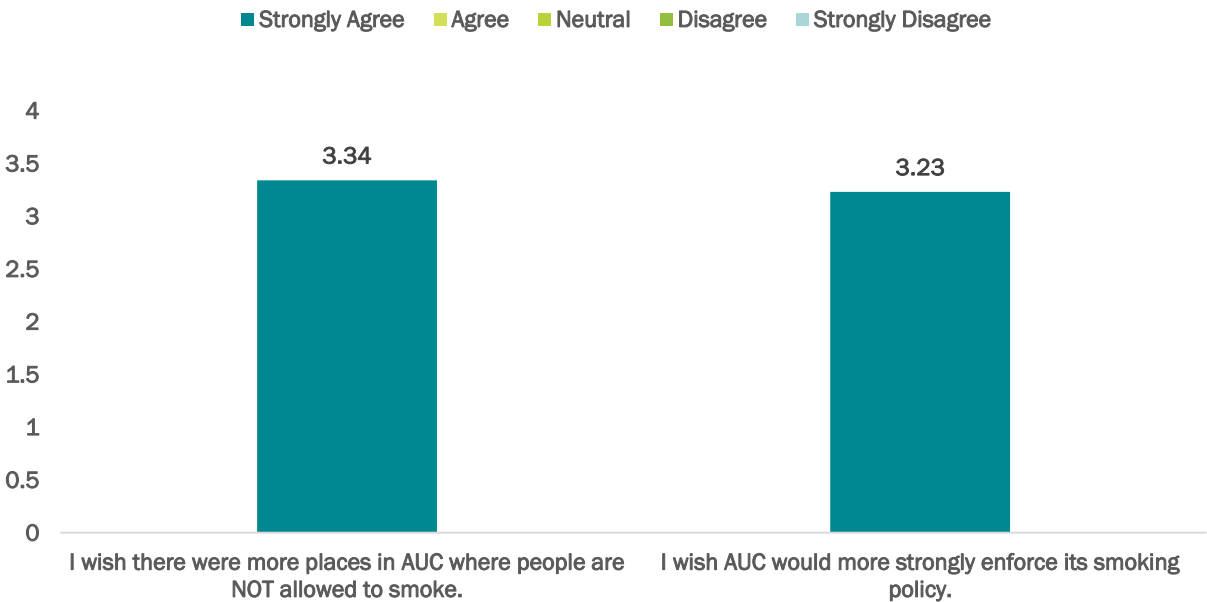
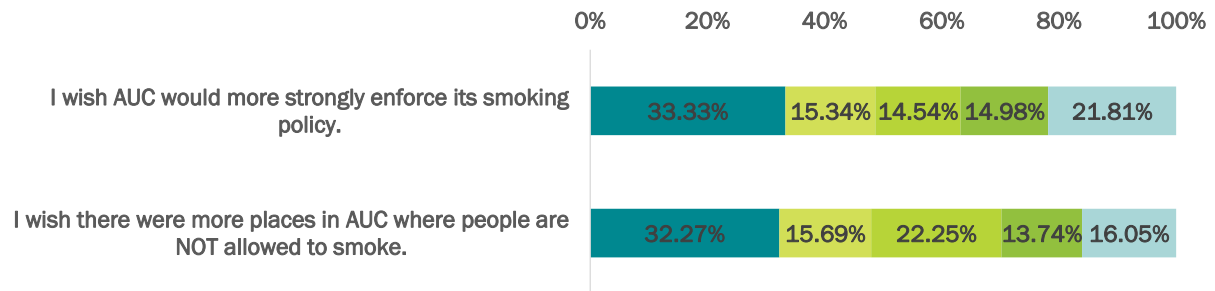


- There's nothing that can be done about smoking on campus because people will never follow a smoking policy.
- AUC should allow smoking everywhere.



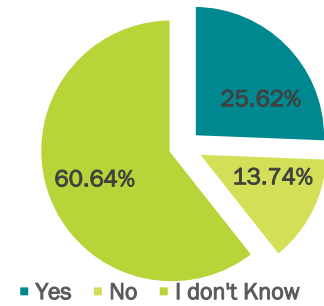
**Q24- Please indicate your level of agreement with the following statements:**

Answer choices	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Weighted Average
I wish AUC would more strongly enforce its smoking policy.	33.33%	15.34%	14.54%	14.98%	21.81%	3.23
I wish there were more places in AUC where people are NOT allowed to smoke.	32.27%	15.69%	22.25%	13.74%	16.05%	3.34
<b>Answered</b>						<b>1128</b>
<b>Skipped</b>						<b>830</b>



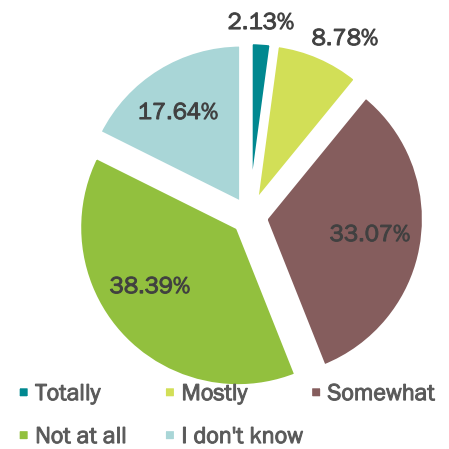
**Q25- Are there resources available at AUC to help tobacco users stop if they want to?**

Answer choices	Percentage	Number of responses
Yes	25.62%	289
No	13.74%	155
I don't know	60.64%	684
<b>Answered</b>		<b>1128</b>
<b>Skipped</b>		<b>830</b>



**Q26- To what extent do people comply with AUC's smoking policy?**

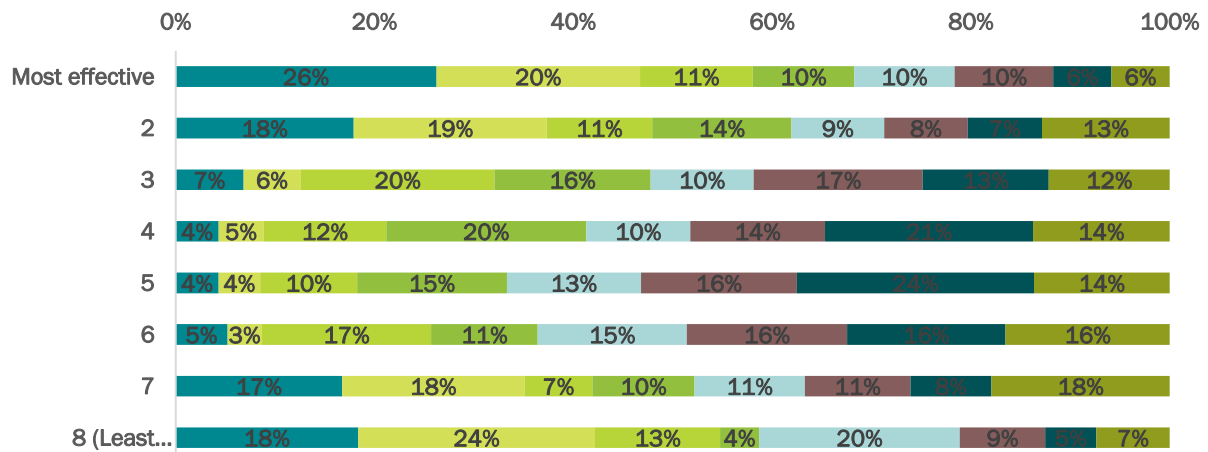
Answer choices	Percentage	Number of responses
Totally	2.13%	24
Mostly	8.78%	99
Somewhat	33.07%	373
Not at all	38.39%	433
I don't know	17.64%	199
<b>Answered</b>		<b>1128</b>
<b>Skipped</b>		<b>830</b>



**Q27- What is the best way for AUC to create a smoke-free campus? Please rank (1-8) the following strategies for enforcing the smoking policy from most effective (1) to least effective (8)**

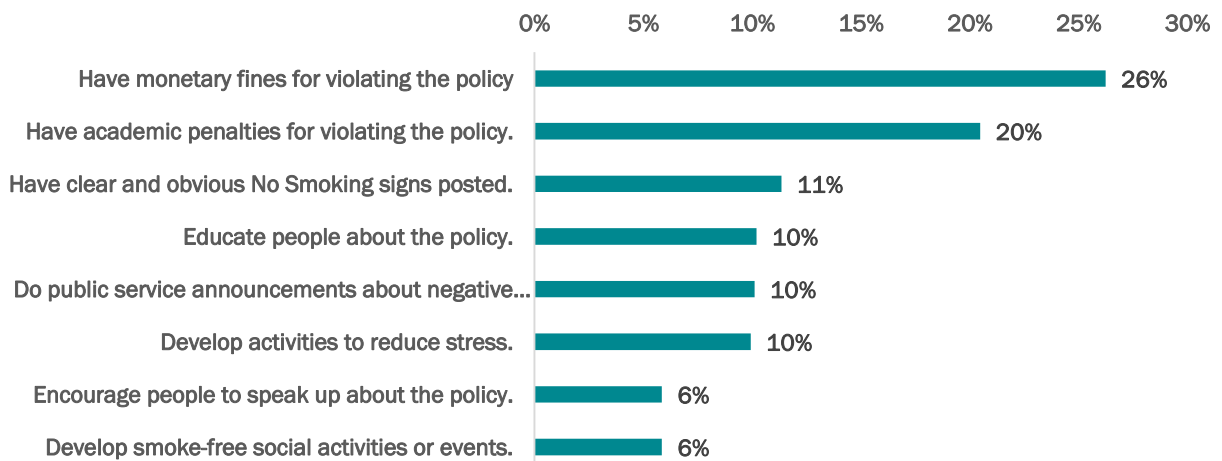
<b>Answer choices</b>	<b>1 Most Effective</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8 Least effective</b>	<b>Weighted Average</b>
Have monetary fines for violating the policy	26%	18%	7%	4%	4%	5%	17%	18%	4.83
Have academic penalties for violating the policy.	20%	19%	6%	5%	4%	3%	18%	24%	4.45
Have clear and obvious No Smoking signs posted.	11%	11%	20%	12%	10%	17%	7%	13%	4.6
Educate people about the policy.	10%	14%	16%	20%	15%	11%	10%	4%	4.91
Encourage people to speak up about the policy.	6%	7%	13%	21%	24%	16%	8%	5%	4.44
Develop activities to reduce stress.	10%	8%	17%	14%	16%	16%	11%	9%	4.49
Develop smoke-free social activities or events.	6%	13%	12%	14%	14%	16%	18%	7%	4.26
Do public service announcements about negative effects of smoking.	10%	9%	10%	10%	13%	15%	11%	20%	4.02
<b>Answered</b>									1128
<b>Skipped</b>									830





- Have monetary fines for violating the policy
- Have academic penalties for violating the policy.
- Have clear and obvious No Smoking signs posted.
- Educate people about the policy.
- Do public service announcements about negative effects of smoking.
- Develop activities to reduce stress.
- Encourage people to speak up about the policy.
- Develop smoke-free social activities or events.

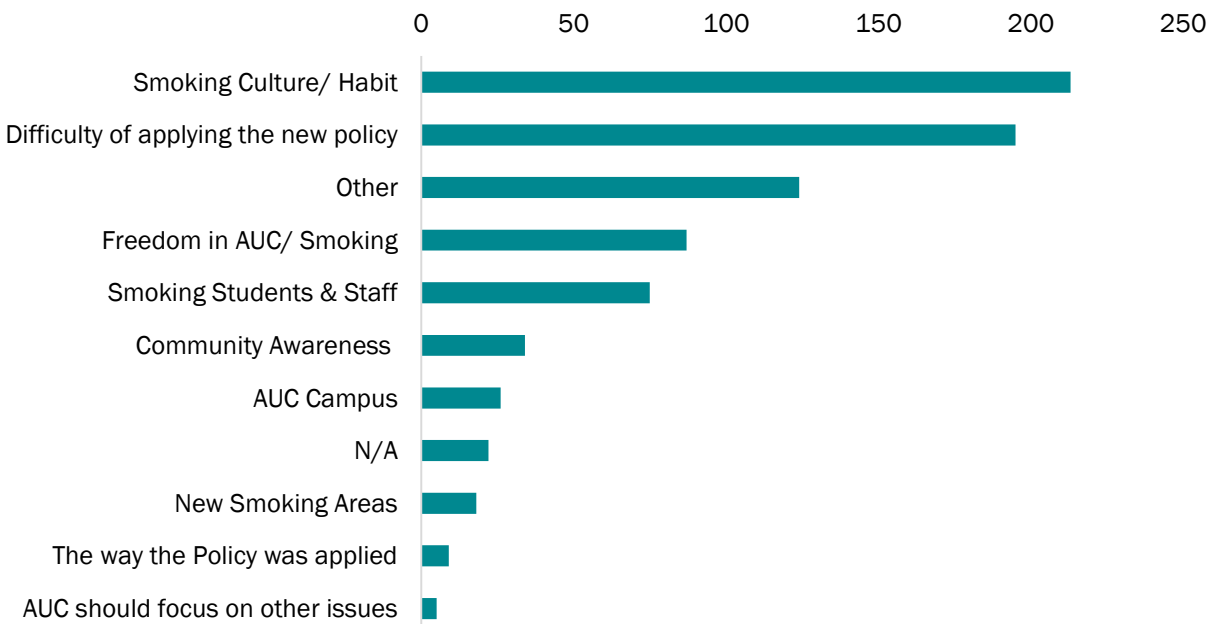
### Most effective



## Part VI: Opinions, Suggestions & Recommendations

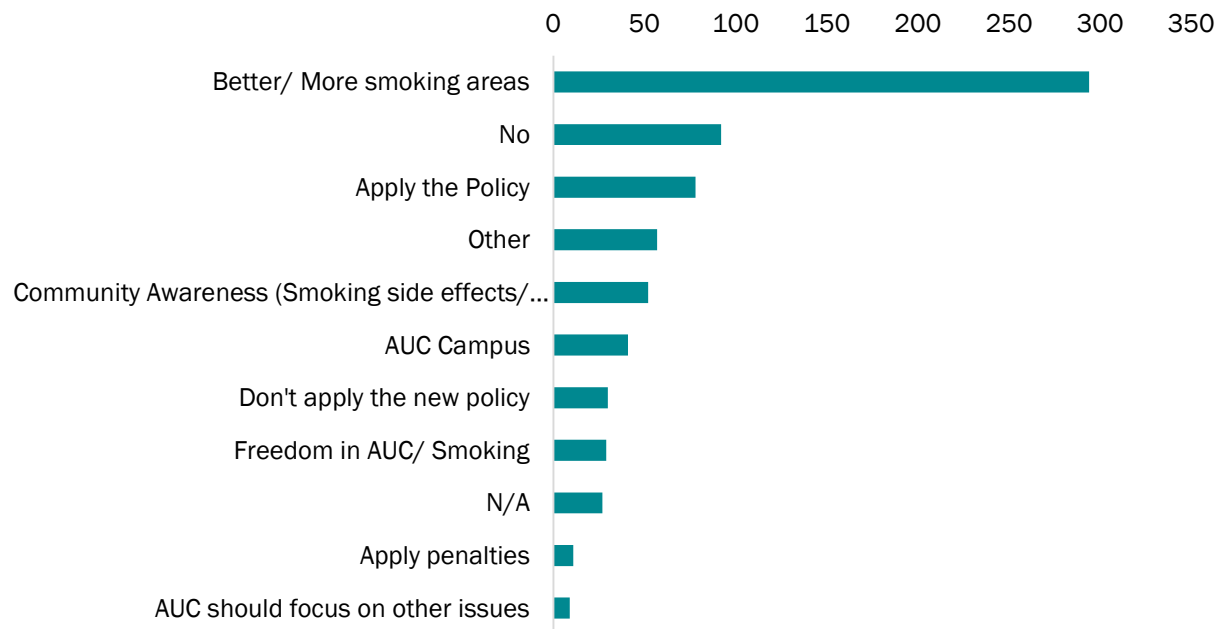
Q28- What do you see as the primary obstacle to making the AUC campus tobacco-free?

Theme	Number of responses
Smoking Culture/ Habit	213
Difficulty of applying the new policy	195
Other	124
Freedom in AUC/ Smoking	87
Smoking Students & Staff	75
Community Awareness	34
AUC Campus	26
N/A	22
New Smoking Areas	18
The way the Policy was applied	9
AUC should focus on other issues	5
Answered	808
Skipped	1150



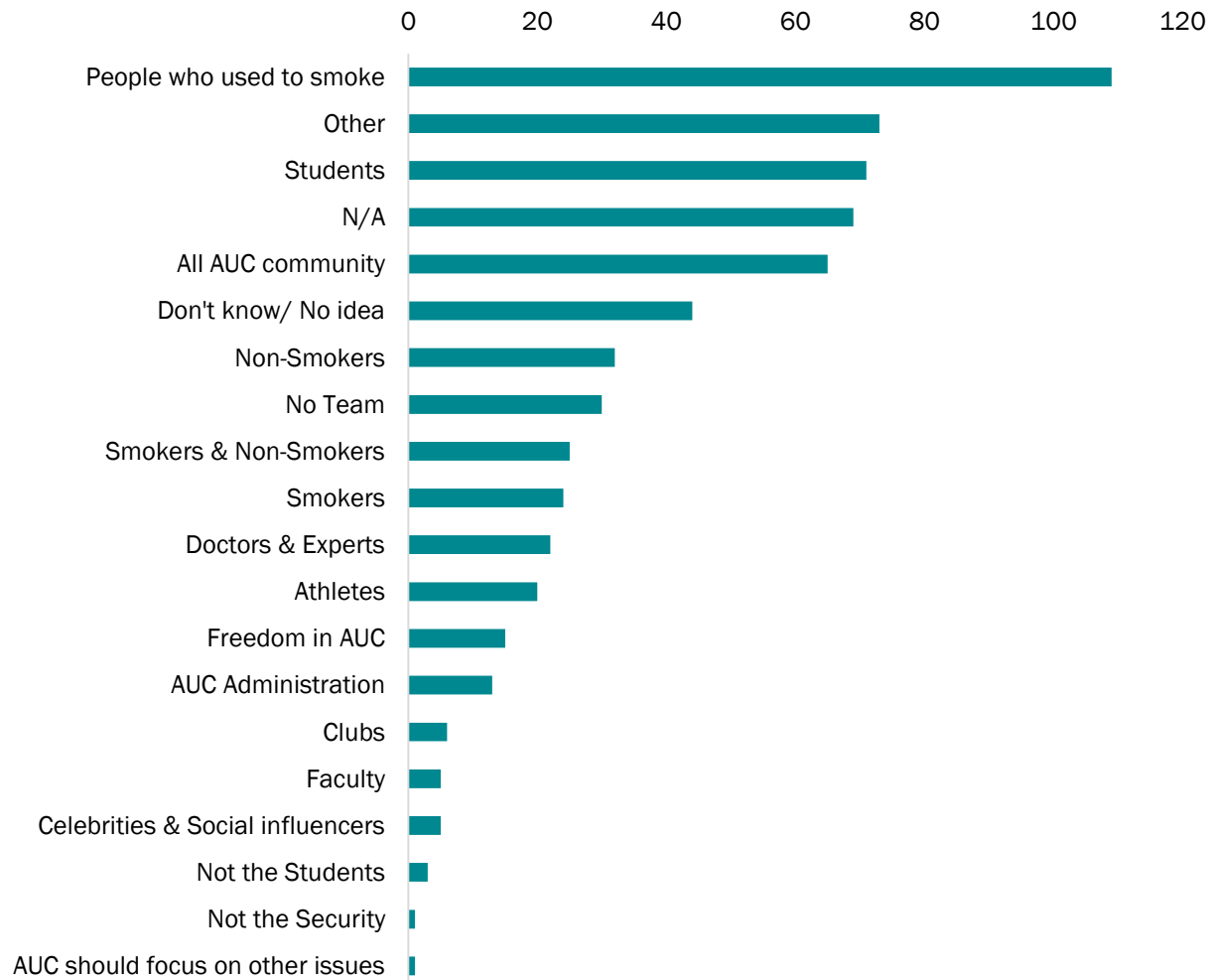
**Q29- Do you have any suggestions for making the AUC campus a better place for both smokers and nonsmokers?**

Theme	Number of responses
Better/ More smoking areas	294
No	92
Apply the Policy	78
Other	57
Community Awareness (Smoking side effects/ New Policy)	52
AUC Campus	41
Don't apply the new policy	30
Freedom in AUC/ Smoking	29
N/A	27
Apply penalties	11
AUC should focus on other issues	9
<b>Answered</b>	<b>720</b>
<b>Skipped</b>	<b>1238</b>



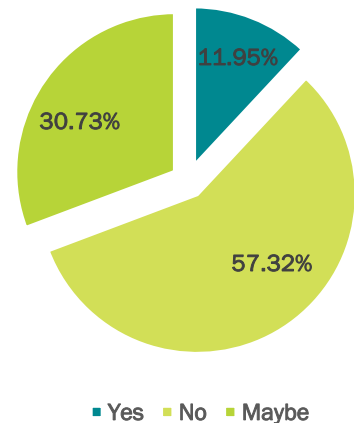
**Q30- Try and describe the ideal team that would best promote and administer a tobacco-free campaign at AUC. What kinds of people would be on this team?**

<b>Theme</b>	<b>Number of responses</b>
People who used to smoke	109
Other	73
Students	71
N/A	69
All AUC community	65
Don't know/ No idea	44
Non-Smokers	32
No Team	30
Smokers & Non-Smokers	25
Smokers	24
Doctors & Experts	22
Athletes	20
Freedom in AUC	15
AUC Administration	13
Clubs	6
Faculty	5
Celebrities & Social influencers	5
Not the Students	3
Not the Security	1
AUC should focus on other issues	1
<b>Answered</b>	<b>633</b>
<b>Skipped</b>	<b>1325</b>



**Q31- Would you be interested in joining AUC's tobacco-free campaign coalition?**

Answer choices	Percentage	Number of responses
Yes	11.95%	133
No	57.32%	638
Maybe	30.73%	342
<b>Answered</b>		<b>1113</b>
<b>Skipped</b>		<b>845</b>



**Q32- If yes, please provide your name and email.**

<b>Answered</b>	<b>115</b>
<b>Skipped</b>	<b>1843</b>