

UNCP Tobacco Use

Honors Project

In Fulfillment of the Requirements for

The University Honors College

University of North Carolina at Pembroke

By

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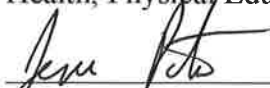
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ABSTRACT

UNCP TOBACCO USE

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The purpose of this study was to better describe the rates of tobacco use at UNCP, major groups using tobacco, familiarity with and use of tobacco cessation, perceived tobacco use rates, and attitudes and knowledge about tobacco. In addition, the survey was used to appropriately stage (using the Transtheoretical model, which will be describe later) those having used tobacco more than 100 times and determine when/where tobacco was being used the most.

Surveys were distributed to 39 randomly selected classes with 451 returned by students. The response rate was approximately fifty-five percent. The demographics of survey respondents generally reflected those of UNCP students as a whole.

A number of trends were found as a result of the survey including those based on age/year in school, gender, race, marital status, academic major, campus activities and priorities, alcohol use, residential status (on campus or commute), and tobacco use and attitudes of friends and family. The results indicated the need for more prevention programs (particularly targeting freshmen) and better tobacco cessation programs.

Applicability of the survey is limited by the small sample size and even smaller subgroups. Even though the response rate was fairly high, a greater number of returned

surveys would have yielded better results. In addition, a couple of questions were either worded incorrectly or misunderstood by respondents. Despite these limitations, the results do indicate the need for tobacco programming at UNCP.

INTRODUCTION

Tobacco, the leading cause of death in the United States, is responsible for roughly 20% of deaths annually. Each year almost 440,000 people in the United States die due to tobacco use (Centers for Disease Control and Prevention, 2006a). Favorably, over the past few decades, tobacco use has steadily declined. In the U.S., approximately 20.9% of all adults currently smoke, compared to 42.4% in 1965 (Centers for Disease Control and Prevention, 2007b). Unfortunately, tobacco use among high school students and adults ages 18-24 has not decreased as much among the population as a whole. Rates among high school students and young adults remain higher with approximately 24.4% of adults aged 18-24 currently smoking (compared to 45.5% in 1965) and 23% of high school students reporting current cigarette use (Centers for Disease Control and Prevention, 2007b; Centers for Disease Control and Prevention, 2006d)

Since most college students are between the ages of 18 and 24, it is no surprise that college students smoke at higher rates than all other adults nationwide. UNCP is no exception; in fact, it is estimated that the rate of tobacco use at UNCP is significantly higher than the national average. According to the New Student Wellness Survey of the 2004-2005 entering freshmen, 44% had used tobacco at some point, even before classes began (UNCP counseling and testing Center, 2004). In comparison, a nationwide survey of college students (in all class levels), found that only 35.1% had ever used cigarettes

(all tobacco use was not available in the data) (The American College Health Association, 2007).

If all UNCP students were included in a survey, it is highly likely the percentage having ever used tobacco would be even higher. In order to acquire a comprehensive picture of tobacco use among students at UNCP, a survey was created for this research. The survey examined patterns of use (including among family and friends), attempts at cessation, and attitudes, opinions, and knowledge about tobacco. In addition, the Transtheoretical model was used in staging current and former smokers. Perhaps, this information will provide ideas that will help formulate strategies to reduce the rates of tobacco use among UNCP students.

A REVIEW OF THE LITERATURE

Previous surveys have examined tobacco use among college students across the nation. Results from the Spring 2006 National College Health Assessment done by the American College Health Association include data on cigarette, smokeless tobacco, and cigar use. Survey participants were from 117 self-selected colleges and universities from various parts of the United States and Canada. The sample included 94,806 students from public and private institutions in different settings and of assorted sizes. Almost 65% of students reported having never used cigarettes, 17.5% said they had used cigarettes but not in the past month, and 17.6% had used a cigarette at least once during the past 30 days. Student perception of cigarette use was significantly different with only 14.3% of students believing most students did not use cigarettes. Nearly 90% reported never using smokeless tobacco, another 7.1% had not used it during the past 30 days, and 3.3% had used it at least once during the past month. Rates of cigar use were similar with 74.5%

whom had never used a cigar, 20.2% whom had not used cigars in the past month, and 5.3% whom had used a cigar in the past month (The American College Health Association, 2007).

Another survey, the National Youth Smoking Cessation Survey of 2003, included smokers ages 16-24. The telephone interview survey included 2,582 participants who had smoked at least 20 cigarettes in their lifetime and at least once in the past 30 days. Researchers found smokers in this age group were significantly less likely to obtain assistance when quitting than older smokers. Even the most commonly used assistance (speaking to a doctor, nurse, or other health professional), was only used by 20% of respondents. Nicotine gum, the next most common method used, was used by 17.4% followed by the nicotine patch, which had been used by 16.2% of participants. Other methods included quit lines, used by 2.1%, programs or classes, used by 2.9%, counseling, used by 4.8%, and support groups, which were used by less than one percent of participants. Naturally, the low usage of assisted quit methods by 16-24 year olds leads to a higher rate of failed quit attempts among younger smokers (Centers for Disease Control and Prevention, 2006c).

A nationwide survey of college students reported in the Journal of the American Medical Association found that 60% of college students have tried a tobacco product at some point in their lifetime, 50% had used tobacco in the past year, and 30% had used tobacco in the past month. Several associations with tobacco use were found between gender, race, marital status, alcohol use, importance of the social aspects of college, and athletics. First, tobacco use overall was higher in men, even though women and men had the same rate of cigarette usage. In general tobacco use was the most common among

Caucasians and those that were single. Cigar use, however, was more common among African Americans than any other group. For smokeless tobacco, usage rates were higher among athletes and Caucasian males. The survey also found tobacco users drank more alcohol and were more likely to rate parties and socializing as the most important aspect of their lives. In addition, cigar smokers were more likely to place importance of fraternities and sororities. With regards to age of first use, the median age for cigarettes was 14 (for males and females), but for cigars it was 17 for men and 18 for women (Rigotti, Lee, & Wechsler, 2000).

In a paper-based survey of 788 students at a large university in the Southeastern United States, several different factors appeared to distinguish current smokers from nonsmokers and former smokers. First, minorities were less likely to report cigarette use than Caucasians and those who had never used cigarettes were generally younger. Smokers were also more likely to have parents and/or siblings that smoked and generally had a higher number of friends that smoked. Risk behaviors, such as alcohol use, were also more common among smokers. Parental attitudes toward cigarette use did not appear to impact smoking status with approximately 80% of all groups reporting a negative parental attitude toward cigarette smoking (Ridner, 2005).

A survey in Ontario indicates the small number of tobacco users that seek cessation assistance. In a telephone survey of 616 smokers in Southwestern Ontario, Canada, only 30% of respondents had used any type of cessation method. Almost 80% reported being just as likely to quit without assistance as they were using a cessation method, indicating a lack of perceived effectiveness. When asked to recall types of cessation assistance, 67% cited the nicotine patch, 55% named nicotine gum, 43%

recalled bupropion, 11% mentioned types of cessation of counseling programs, 6% referred to behavioral therapies, under 5% mentioned counseling by a doctor or pharmacist, and 20% did not recall any cessation methods. In addition, 24% recalled cessation methods with no proven benefit. Participants who indicated cessation methods were beneficial, generally had a stronger intent to quit at baseline, had more frequently had a quit attempt during follow up, and were 3.62 times more likely to have used cessation assistance at follow up. The survey also asked participants if they wanted more information on where and how to quit or the benefits of quitting, with a total of 85-87% responding yes. Interestingly, those who wanted more information were less likely to believe cessation methods were effective (Hammond, McDonald, Fong, & Borland, 2004).

As a part of the current research, a couple of questions aimed to divide current and former smokers into stages of readiness to quit using the Transtheoretical model. These staging questions were based on previous research by Etter and Sutton comparing three staging questionnaires (For this research, questionnaire C was used.) In their research, Etter and Sutton surveyed 1025 smokers and ex-smokers in a smoking cessation program on the Internet from May to August 2001. To determine the reliability of the questionnaires, a retest was completed after eight days and a short follow up was completed after thirty-two days. At baseline, 8% of respondents were in the precontemplation stage, 31% were contemplators, 14% were in the preparation stage, 18% were currently in the action stage, and 28% were in the maintenance stage, according to questionnaire "C." In the retest at 8 days, 85% of participants were classified

in the same stage. Almost all of those who had changed stages did so by one stage (Etter & Sutton, 2002).

In another survey of 1,020 students, ages 18-24, in freshmen English classes at two 4 year colleges in Buffalo, New York and Atlanta, Georgia many attitudes about the health risks of smoking were found to be different between smokers and nonsmokers. A total of 71% of the sample had tried cigarettes at some point, one-third of students had smoked a cigarette during the past 30 days, and 19% used cigarettes on at least 20 days during last month. Overall, smokers were significantly less likely than nonsmokers to believe smoking 1-5 cigarettes a day or smoking once or twice a week was harmful. The survey did however find close agreement between smokers and nonsmokers on the addictiveness of tobacco with 84% of smokers and 89% of nonsmokers reporting nicotine as addictive. The survey also gathered information with regards to the quit attempts and desire to quit among smokers. Out of current smokers, 75% wanted to quit and 69% had tried to quit at least once in the past year. In addition, 93% thought they would be smoke-free in 5 years or less (Murphy-Hoefer, Alder, & Higbee, 2004).

METHODOLOGY

Survey Design

The survey used in this research was based on a combination of several other surveys on tobacco, input from campus faculty, and brainstorming of questions. It was divided into two sections with the first section for all students, while the second section was specific to those whom use/used tobacco products. In the first part, basic demographic information (age, gender, race/ethnicity, and marital status) and data relating to the student's school status (major, year in school, Greek life, sports team

membership, and residence type) was obtained. Also, students were asked about alcohol consumption, their attitudes, opinions, and knowledge regarding tobacco, their own personal tobacco use, tobacco use among their friends and family, and what percentage of UNCP students they believed used tobacco products. The second section of the survey obtained more detailed information from those whom use/used tobacco including staging using the Transtheoretical model, quit attempts and methods, age of first tobacco use, situations where they use/used tobacco the most, and desire to quit. The complete survey is attached (appendix A).

Sampling Procedure

Survey participants were chosen using a method of random selection known as cluster sampling. The surveys were sent to randomly chosen groups of students in classes. To choose the classes, a list of all on-campus courses at UNCP (excluding activity, lab, or performance courses) was compiled. Individual courses were then randomly selected from the list. The professor of each course was initially contacted by email requesting the classes' participation. If the professor accepted, a packet of surveys and informed consent letters were sent to the professor via interdepartmental mail. Professors then gave the materials to their students either to fill out in class or turn in at a later date. Once all of the completed surveys were collected the surveys were returned to the researcher to be compiled. If no response was received after the initial email to the professor, a follow-up email was sent. A reminder email was also sent out to professors that did not return any surveys by the requested date.

Response Rate

Emails were sent to 62 professors requesting the participation of their classes. A total of 12 professors declined participation and 11 did not respond. The survey was sent to 39 classes with an estimated 823 students. By class, the rate of return ranged from 0-100%, with a mean of almost fifty-five percent. Not including the 4 classes that did not return any surveys, the mean return rate was nearly sixty-three percent.

Data Analysis

All data was initially entered into SPSS. In order to allow for better direct comparison between groups, frequency and percentage charts were created for various groups including all respondents, those who had used tobacco less than 100 times or never, those who had used tobacco at least 100 times, all respondents having used any tobacco in the past 30 days as well as specific groups for those having used cigarettes, cigars, pipes, or smokeless tobacco in the past 30 days, a group including participants that had used tobacco within the past year, but not within the past 30 days, and finally those who had never used tobacco. Results were put into a spreadsheet, which is attached (appendix B). The group name and total is noted at the top and the questions and possible responses are along the left side. Each response includes the percentage and number of answers in the category. As indicated on the spreadsheet, responses after question number 29 (current situation) only include those who indicated they had used tobacco 100 or more times. In addition, missing answers were ignored and only the valid percentage was given.

RESULTS

Participants

The demographic characteristics of the sample appear similar to previously established figures, an indicator of a representative sample. Out of 451 respondents, 66.7% were female and 33.3% were male. This is similar to data reported by the Princeton Review stating the student population of UNCP is 64% female and 36% male. Racial representation in the sample was also similar with 29.3% African American, 20.8% Native American, 3.8% Asian, 2.9% Hispanic, 40.1% Caucasian, and 2.9% other. The Princeton Review's statistics are similar, reporting the racial makeup of UNCP as 26% African American, 21% Native American, 2% Asian, 3% Hispanic, and 45% Caucasian (The Princeton Review, 2007). Most of survey respondents reported marital status as single (81.6%) with 13.7% married, 4.4% divorced or separated, and .2% widowed. Distribution among classes (with the exception of graduate students) was fairly evenly divided with 21.1% freshmen, 24.2% sophomores, 21.5% juniors, 28.4% seniors, and 4% graduate students. With regards to campus activities 9.1% reported belonging to Greek Organization on campus and 10.7% said they were involved in athletics at UNCP. In addition, the resident status of the respondents reflected the high percentage of commuters at UNCP with 64.7% saying they commuted to school and 35% staying on campus.

Major trends

Overall, 46.6% of UNCP students in this sample had ever used any type of tobacco, a percentage similar to the results of recent wellness surveys of incoming freshmen. Just over 25% also report having used tobacco 100 or more times with

approximately 22% having used some type of tobacco in the past 30 days. During the past month, 18% of the students reported cigarette use, 5.8% said they had used cigars, .4% had used pipes, and 3.6% had used smokeless tobacco. Interestingly, many of these students may have begun using tobacco after starting at UNCP. Over 46% of students having used any type of tobacco 100 times or more began using at age 17 or later. The percentage was significantly higher for those using cigars with 63.2% beginning at age 17 or later; however only 30.8% of those using smokeless tobacco began after 17 years of age. More detailed usage rates may be found in attachment B. Students were also asked to estimate tobacco use at UNCP and at least 63% overestimated. Only 37.5% of students thought between 0% and 40% of UNCP students use tobacco, a number which is still higher than current usage. Interestingly, those who reported having never used tobacco thought a higher percentage did use it. Nearly 67% of those having never used tobacco thought 41% or more did use it, compared to approximately 59% of those that have used tobacco.

As a result of this survey, a number of factors were found to be related to tobacco use at UNCP. Beginning with basic demographic data, the age of a student and their class rank tended to be related to tobacco use. In general, older students and those in higher classes were more likely to have used tobacco in the past 30 days, to have used tobacco 100 or more times, and to have ever used tobacco. The trend was stronger with cigarette use; however it was not found with smokeless tobacco use. In fact, 37.5% of those who reported smokeless tobacco use in the past 30 days were freshmen between the 18 and 19 years old.

A student's gender was also associated with specific types of tobacco use. In the case of cigars and smokeless tobacco, males were significantly more likely to have used in the past 30 days. Although males only composed 33.3% of the sample, 53.8% of those having used cigars and 81.3% of those having used smokeless tobacco in the past 30 days were male. Gender did not appear to impact cigarette use.

Specific races or ethnicities were also related to tobacco use. Overall, African Americans were the least likely to have used any form of tobacco in the past 30 days or to have used tobacco 100 or more times, while Caucasians were the most likely. In the case of cigars, African Americans and American Indians comprised the largest group of those who had used in the past 30 days, accounting for nearly seventy percent. For smokeless tobacco, Caucasians and American Indians accounted for all cases.

Surprisingly, marital and residential statuses were also associated with tobacco use. Those who were married, divorced, or separated were more likely to have used tobacco 100 or more times, to have ever used tobacco, or to have used tobacco in the past 30 days. The exception to this was cigar use in the past 30 days, in which case those who were single were more likely to have reported use. For residential status, commuters seem to be more prone to have used tobacco 100 or more times or to have used any form of tobacco in the past 30 days. Although there is no way to be certain, these effects may have more to do with age than marital or residential status since many who are married, have been married, and/or commute, are also older.

In the case of academic majors or concentrations, only a couple of trends were found. First, 25% of those reporting smokeless tobacco use in the past 30 days were majoring in health, physical education, or recreation, which overall represents 10% of the

stated academic majors. For cigarette use, social work and education majors appeared to have the highest rates of use in the past month. For social work majors, almost 27% reported cigarette use in the past 30 days and nearly 43% have used tobacco 100 or more times. Other majors may also have specific high or low rates, but the number of students reporting various majors was generally too small to estimate usage rates.

Campus activities and student's priorities may also have an impact on tobacco use. In this sample, sports team membership appears to have a protective effect on tobacco use. Out of 48 athletes, only 6.25% had used tobacco 100 or more times (3 students) and 4.2% had used any type of tobacco in the past 30 days (2 students). Greek membership seems to have the opposite effect, although it is not as strong. Out of the 41 students who said they were members of a Greek organization on campus, 13 or 31.7% said they had used tobacco 100 or more times in comparison with 25% of all students. In addition, although only two students considered Fraternity or Sorority life their top priority, both had used tobacco 100 or more times and within the past 30 days, and both had used cigars. Opposite to that priority, only about 10% of those rating religion as their top priority had used tobacco 100 or more times and barely 5% had used any tobacco in the past 30 days.

As with previous research, Alcohol use appeared to have an extremely strong effect on tobacco use that increased with use. For all tobacco use in the past 30 days, among those that drank less than once a week or not at all, 17.3% had used. Use increased among those who drank once a week to 30.9% and to 34% among students that drank more than once a week. The effect was even stronger for cigar and smokeless tobacco use. Approximately 2% of students drinking less than once a week used

smokeless tobacco in the previous 30 days, 4.4% of those drinking once a week used it, but 12% of those drinking more than once a week used smokeless tobacco in the past 30 days. For cigars, 3% of students drinking less than once a week used cigars in the previous 30 days, 8.8% drinking once a week used cigars, and 16% of students reporting alcohol use more than once a week used cigars in the past 30 days. Alcohol use was also associated with using tobacco at any point with 70% of those reporting alcohol use more than once a week having used tobacco compared to 39.5% among those using alcohol less than once a week. In addition, those using more alcohol were more likely to have used tobacco 100 or more times.

Similar to previous research, a large difference was also found in the number of friends using tobacco, among current tobacco users and those who had never used. Almost 65% of those who had never used tobacco reported having either 0 or 1 of their 5 closest friends that used tobacco. The trend was opposite among those that had used tobacco within the past 30 days, with just over 80% saying 2 or more of their 5 closest friends also used tobacco.

Without surprise considering past research, a family history of tobacco use and more positive or neutral parental attitudes toward tobacco were associated with higher rates of tobacco use among students in this sample. For those that had never used tobacco, roughly 60% reported having either no family members that used tobacco or only one. Only about 39% of students reporting tobacco use more than 100 times reported having 0 or 1 family members that used tobacco. Among those using cigarettes in the past 30 days, nearly 70% had two or more family members that used tobacco and approximately 53% had parents that used tobacco. Use of tobacco by siblings was most

common among those reporting smokeless tobacco use in the past 30 days with 62.5% having siblings that also used tobacco, compared to 55.7% of those having used any tobacco in the past 30 days, and 24.6% of those that had never used tobacco.

Interestingly, effects of the entire family's use was not as strong for students who used cigars or smokeless tobacco; however family tobacco use was still more frequent than those who did not use tobacco at all. Parents' attitudes toward tobacco use also seemed to impact usage rates. Over 65% of students reporting no tobacco use said their parents either strongly disapproved or disapproved of tobacco use. For those having used tobacco in the past 30 days, just over 50% had parents that strongly disapproved or approved. Parental disapproval (disapproves or strongly disapproves) rates were the lowest among those who used cigars and smokeless tobacco with 42.3% and 43.8%, respectively. There were no significant differences in parental educational attainment between those who used tobacco and those who did not.

Most students understood that tobacco was harmful and that the chemical nicotine is addictive. Approximately 96% of all students in the sample thought nicotine was addictive and 98.2% thought it was harmful. Results differed somewhat among specific groups. Among cigarette smokers (past 30 days), 91.4% believed nicotine was addictive. The percentage was even lower among those having used smokeless tobacco in the past 30 days with 87.5% agreeing that nicotine was addictive. Interestingly, 100% of those reporting tobacco use in the past 30 days believed tobacco use was harmful.

Knowledge of various cessation methods was reasonably high with 96.7% reporting knowledge of at least one method, most commonly nicotine replacement therapy. Overall, 92.6% recognized nicotine replacement as a cessation method; however

only 81.3% of those reporting smokeless tobacco in the past 30 days acknowledged it. Support groups, quit hotlines (any), and 1-800-Quit-Now, were the next most common each earning 57.5%, 46.3%, and 41.3%, respectively. Familiarity with quit hotlines and 1-800-Quit-Now was higher among those reporting cigarette use during the previous 30 days with 65.4% recognizing 1-800-Quit-Now. Awareness of professional counseling, general telephone counseling, behavioral therapies, Zyban, web-based counseling, and Chantix was lower with less than 30% recognition for each item. Unfortunately, the majority of respondents did not seem to think cessation methods were very helpful. Almost 70% thought using a cessation method would help none or at least some, while only about 30% believed it would help a good deal or greatly increase one's chances of quitting.

The lack of faith in cessation methods is reflected in the low percentage of those who have tried any of the methods listed. Only 23% of students in this sample having used tobacco 100 or more times have tried one of these cessation methods. As expected, nicotine replacement therapy was the most commonly used with 14.2% having tried it. Zyban, the next most frequently used assistance, was only used by 4.4% of students. Less than 2% of students had tried support groups, quit lines (including the highly advertised and fairly well recognized 1-800-Quit-Now), professional counseling, Chantix, web-based counseling, or other telephone based counseling.

As stated earlier, a question based on the Transtheoretical model was included in the survey to evaluate stage of change current and former tobacco users. The question was based on research examining smokers enrolled in a cessation program. Although in the original article two questions were included (question number 29 and 30 in the

current research), the question on quit attempts in the past year had to be discarded in this research. The question did not appear to be well understood, with numerous people reporting no tobacco use in the past year answering no, they did not try to quit and succeed for at least 24 hours in the past year (Etter & Sutton, 2002). Based on question 29, 30.4% of those who had used tobacco 100 or more times were in precontemplation (have no plans to quit in the next 6 months), 22% were in contemplation (seriously considering quitting in the next 6 months), 7% were in preparation (decided to quit in the next 30 days), 5.2% were in the action stage (quit less than 6 months ago), and 24.3% were in the maintenance stage (quit more than 6 months ago). Looking only at those using smokeless tobacco, a much higher percentage were in precontemplation with over 60% having no intent to quit in 6 months. Interestingly, when asked if they wanted to quit, almost 83% of those having used tobacco in the past 30 days said yes. In addition, approximately 38% of those who had used tobacco in the past 30 days said they would want to attend a cessation group if it was offered at UNCP; however only about 15% of those having used smokeless tobacco said they would attend.

Assessment of the health threat of tobacco by those who used tobacco was mixed. Almost 93% of those having used any type of tobacco in the past 30 days said they may experience health problems due to tobacco use, but only 78.9% of those having used cigars during the past 30 days agreed. Many students, however, underestimated the number of deaths caused by tobacco each year. By contributing to about 440,000 deaths in the United States every year, tobacco is the leading actual cause of death. Among those who reported using tobacco less than 100 times, 63.3% recognized tobacco as the leading cause of death, but only 40.5% of those having used cigarettes in the past 30 days were

aware of this fact. Generally, among tobacco users, a greater number of deaths were attributed to alcohol. Although alcohol can be deadly in its own right, particularly among college students, it only causes a fraction of the total deaths each year in comparison with tobacco.

Students were also asked about when or where they smoked or used other tobacco products the most. The most common answer for all students having used tobacco in the past 30 days was when they were stressed with almost 67% using tobacco the most when under stress. After a meal, when using alcohol, with other smokers, in the car, and during a break from work or class were the next most common answers earning 46.4%, 39.3%, 34.5%, 32.1%, and 25%, respectively. While sad garnered 15.5% and after waking up earned 13.1. All other answers were selected by less than 10% of those who used tobacco in the past 30 days. Certain responses were more or less frequent among cigar and/or smokeless tobacco users. Students reporting cigar use in the past 30 days appeared less likely to use tobacco the most after a meal, in the car, with other smokers, or when sad, but more likely to use it while using alcohol and after waking up. The pattern was similar among those having used smokeless tobacco in the past 30 days, with these students reporting less use during a break or when sad, but more using after a meal and while using alcohol.

SUMMARY

Application to programming

The results of this survey indicate the need for two primary types of tobacco prevention and cessation programs. First, one of the simplest ways to reduce tobacco use at UNCP may be to offer incoming freshmen a tobacco prevention program, preferably

during orientation. Since so many students seem to begin smoking or start smoking regularly after starting college, targeting freshmen may trim the number of students who become addicted. Information addressed should include the dangers of tobacco (since so many using tobacco underestimate tobacco as the actual cause of death), and specific information on cigars and smokeless tobacco. Also, it may be useful to focus on tobacco and alcohol together. It is important however to also offer cessation programs to incoming freshmen to reduce the number of current tobacco users since some have already begun tobacco use.

In addition to a prevention program for freshmen, it would be useful to implement a cessation program or some sort of resource center for students on campus. Due to the higher percentage of commuter students using tobacco, it would take some creativity in order to reach that group. Resources on stress management and various cessation methods would be a priority. Since such a high percentage of tobacco users report wanting to quit, and a relatively high number say they would attend a cessation group, many may simply not know how to quit or lack faith in cessation methods. Unfortunately, a fairly high percentage of tobacco users feel cessation methods do not help. Although using a cessation method does not guarantee success, it increases one's odds (Centers for Disease Control and Prevention, 2007a). Even if a cessation program cannot be implemented on campus, changing the way 1-800-Quit-Now is promoted would be necessary. Although a fairly high percentage of tobacco users are aware of the quit line, a very small percentage report actually using it.

Limitations

As with any research, the results of this survey have limitations. One of the main problems was the sample size. With an overall sample of 451 students, many of the subgroups were small. For example, only 2 people reported using pipes in the past 30 days. Although this is probably just an indication that few people at UNCP use pipes, other groups (such as different majors) being so small may have simply been a product of chance.

There is also a chance that the results may not have been representative of the UNCP population as a whole. Although the classes were randomly drawn and the demographic breakdown seemed to reflect the general UNCP population, survey results cannot necessarily be generalized. In addition, 45% of those given the opportunity to participate chose not to, and the makeup of this group is unknown.

The last major limitation involves certain questions on the survey. First of all, the question about age was not mutually exclusive. Although general results could still be drawn from responses, the exact breakdown of ages is uncertain. Using class rank in combination with age reduced this problem. Also, question 26 referred to smoking by siblings not all tobacco use. Another question, mentioned previously, seemed to cause some confusion among respondents. In question 30, information on quit attempts in the past year was gathered. Many students who had already quit answered no, making it appear as if they had not been able to not use tobacco for at least 24 hours in the past year. This question was not included in the results due to this discrepancy.

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APPENDICES

Appendix A – UNCP Tobacco Survey

UNCP Tobacco Survey

Filling out this survey indicates that I am at least eighteen years of age and am giving my informed consent to be a subject in this study.

1. Age
 - a. 18-19
 - b. 20-22
 - c. 22-24
 - d. 24+
2. Gender
 - a. Male
 - b. Female
3. Race/Ethnicity
 - a. African American/Black
 - b. American Indian/Native American
 - c. Asian/Pacific Islander
 - d. Hispanic/Latino
 - e. White/Caucasian
 - f. Other
4. Marital status
 - a. Single
 - b. Married
 - c. Divorced/Separated
 - d. Widowed
5. Major
 - a. Accounting
 - b. American Indian Studies
 - c. Art
 - d. Biology
 - e. Business
 - f. Chemistry & Physics
 - g. Education
 - h. English, Theater, & Languages
 - i. Health, Physical Education, & Recreation
 - j. History
 - k. Mass Communications
 - l. Mathematics & Computer Science
 - m. Music
 - n. Nursing
 - o. Philosophy & Religion
 - p. Political Science & Public Administration
 - q. Psychology & Counseling
 - r. Social Work
 - s. Sociology & Criminal Justice
 - t. Undecided
6. Year in School
 - a. Freshman
 - b. Sophomore
 - c. Junior
 - d. Senior
 - e. Graduate student
7. Are you a member of a Greek organization?
 - a. Yes
 - b. No
8. Are you a member of a campus sports team?
 - a. Yes
 - b. No
9. Do you drink alcohol one or more times per week?
 - a. Yes, only once a week
 - b. Yes, more than once a week
 - c. No
 - d. Prefer not to answer
10. Which of the following do you consider to be your top priority?
 - a. Academics
 - b. Athletics
 - c. Family
 - d. Fraternity or Sorority life

- e. Friends
 - f. Parties
 - g. Religion
 - h. Socializing
 - i. The Arts
 - j. Work
11. Do you live on campus or commute?
- a. On campus
 - b. Commute
12. I believe _____% of UNCP students use tobacco products regularly?
- a. Less than 20%
 - b. 20-40%
 - c. 41-60%
 - d. 61-80%
 - e. More than 80%

Your Personal Tobacco Use:

13. Cigarettes
- a. Never used
 - b. Used, but not in the past 12 months
 - c. Used, but not in the past 30 days
 - d. Used in the past 30 days
14. Cigar
- a. Never used
 - b. Used, but not in the past 12 months
 - c. Used, but not in the past 30 days
 - d. Used in the past 30 days
15. Pipe
- a. Never used
 - b. Used, but not in the past 12 months
 - c. Used, but not in the past 30 days
 - d. Used in the past 30 days

16. Smokeless tobacco (chew, spit, snuff)
- a. Never used
 - b. Used, but not in the past 12 months
 - c. Used, but not in the past 30 days
 - d. Used in the past 30 days
17. Out of your five closest friends how many use tobacco products?
- a. 0
 - b. 1
 - c. 2
 - d. 3
 - e. 4
 - f. 5
18. Do you believe nicotine is an addictive drug?
- a. Yes
 - b. No
19. Do you believe tobacco products are harmful to users?
- a. Yes
 - b. No
20. What methods of tobacco cessation have you heard of?
- a. Nicotine Replacements (Inhaler, Patch, Lozenge, Nasal Spray, Gum)
 - b. Support Groups
 - c. Quit Smoking Hotlines
 - d. Bupropion (Zyban)
 - e. Varenicline (Chantix)
 - f. Behavioral Therapies
 - g. Telephone Based Counseling
 - h. 1-800-QUIT-NOW
 - i. Professional Counseling
 - j. Web-based Counseling
 - k. None
 - l. Other (please specify)
-
21. In your opinion, how much does using a cessation method (such as those listed in question #20) increase

- one's chances of quitting for 1 year, compared to quitting on your own?
- None
 - Helps at least some
 - Helps a good deal
 - Greatly increase chances
 - Should not try to quit without it
22. How many members of your family use tobacco?
- 0
 - 1
 - 2
 - 3
 - 4+
23. What is your parents' highest level education?
- Less than High School
 - High School
 - Some College
 - College Degree
24. Do your parents use tobacco products?
- Yes
 - No
25. What are your parents' attitudes toward tobacco products?
- Strongly disapprove
 - Disapprove
 - Neutral
 - Approve
 - Strongly approve
26. Do any of your siblings smoke?
- Yes
 - No
 - Not applicable
27. Out of the following, which do you believe causes the most deaths per year?
- Cocaine
 - Heroin
 - Marijuana
 - Tobacco
 - Alcohol
- Current/Former Tobacco Users Only:**
28. Have you used tobacco products AT LEAST 100 times (i.e. smoked 100 cigarettes) in your lifetime?
- Yes
 - No
29. Which of the following statements best describes your current situation?
- I use tobacco but I have NO intention to quit in the next 6 months
 - I use tobacco, but I am seriously considering quitting in the next 6 months
 - I use tobacco, but I have decided to quit in the next 30 days
 - I previously used tobacco, I quit LESS than 6 months ago
 - I previously used tobacco, I quit MORE than 6 months ago
30. In the past 12 months, did you try to quit using tobacco AND succeed in not using tobacco for at least 24 hours?
- Yes
 - No
31. At what age did you begin using tobacco products?
- 10 or younger
 - 11-13
 - 14-16
 - 17-20
 - 21+
32. What type of tobacco product(s) do/did you use?
- Cigarettes
 - Cigar
 - Pipe
 - Smokeless tobacco (chew, spit, snuff)

33. How many times have you tried to quit using tobacco products/how many times did it take you to successfully quit?

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4+

34. What methods have you used to try to quit or successfully quit?

- a. Nicotine Replacements (Inhaler, Patch, Lozenge, Nasal Spray, Gum)
 - b. Support Groups
 - c. Quit Smoking Hotlines
 - d. Bupropion (Zyban)
 - e. Varenicline (Chantix)
 - f. Behavioral Therapies
 - g. Telephone Based Counseling
 - h. 1-800-QUIT-NOW
 - i. Professional Counseling
 - j. Web-based Counseling
 - k. None
 - l. Other (please specify)
-

35. If you have tried to quit or successfully quit in the past,

37. Do you believe there is a potential that you may experience health problems as a result of tobacco use?

- a. Yes
- b. No

38. When/where do you use tobacco the most?

- a. Stressed
- b. Sad
- c. While on the phone

what three methods were the most helpful to you?

- a. Nicotine Replacements (Inhaler, Patch, Lozenge, Nasal Spray, Gum)
 - b. Support Groups
 - c. Quit Smoking Hotlines
 - d. Bupropion (Zyban)
 - e. Varenicline (Chantix)
 - f. Behavioral Therapies
 - g. Telephone Based Counseling
 - h. 1-800-QUIT-NOW
 - i. Professional Counseling
 - j. Web-based Counseling
 - k. None
 - l. Other (please specify)
-

36. If you have tried to quit or successfully quit in the past, what three methods were the least helpful to you?

- a. Nicotine Replacements (Inhaler, Patch, Lozenge, Nasal Spray, Gum)
 - b. Support Groups
 - c. Quit Smoking Hotlines
 - d. Bupropion (Zyban)
 - e. Varenicline (Chantix)
 - f. Behavioral Therapies
 - g. Telephone Based Counseling
 - h. 1-800-QUIT-NOW
 - i. Professional Counseling
 - j. Web-based Counseling
 - k. None
 - l. Other (please specify)
-

- d. While using alcohol
- e. Watching T.V.
- f. In the car
- g. After a meal
- h. During a meal
- i. During a break from work/class
- j. With other smokers
- k. Drinking coffee
- l. When feeling lonely

- m. After waking up
 - n. Other (please specify)
39. Do you want to quit using tobacco products?
- a. Yes
 - b. No

40. Would you attend a stop smoking or tobacco cessation group if one were offered at UNCP?
- a. Yes
 - b. No

Thank you for participating!!!

Resources

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UNCP Counseling & Testing Center

Appendix B - Results Spreadsheet

UNCP Tobacco Survey											
	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Group total	451	336	115	81	26	2	16	98	132	210	241
Age - 1											
18-19	30.4% (137)	36% (121)	13.9% (16)	17.3% (14)	26.9% (7)	50% (1)	37.5% (6)	18.4% (18)	21.2% (28)	21.9% (46)	37.8% (91)
20-22	33.5% (151)	36.3% (122)	25.2% (29)	29.6% (24)	34.6% (9)	0% (0)	25% (4)	31.6% (31)	34.1% (45)	33.3% (70)	33.6% (81)
22-24	11.3% (51)	9.5% (32)	16.5% (19)	13.6% (11)	19.2% (5)	0% (0)	6.3% (1)	14.3% (14)	13.6% (18)	13.3% (28)	9.5% (23)
24+	24.8% (112)	18.2% (61)	44.3% (51)	39.5% (32)	19.2% (5)	50% (1)	31.3% (5)	35.7% (35)	31.1% (41)	31.4% (66)	19.1% (46)
Gender - 2											
Male	33.3% (150)	32.1% (108)	36.5% (42)	33.3% (27)	53.8% (14)	100% (2)	81.3% (13)	37.8% (37)	40.9% (54)	37.6% (79)	29.5% (71)
Female	66.7% (301)	67.9% (228)	63.5% (73)	66.7% (54)	46.2% (12)	0% (0)	18.8% (3)	62.2% (61)	59.1% (78)	62.4% (131)	70.5% (170)
Race - 3											
African American	29.3% (132)	33.1% (111)	18.3% (21)	18.5% (15)	34.6% (9)	50% (1)	0% (0)	18.4% (18)	22.7% (30)	25.2% (53)	32.9% (79)
American Indian	20.9% (94)	21.2% (71)	20% (23)	21% (17)	34.6% (9)	50% (1)	18.8% (3)	25.5% (15)	21.2% (28)	23.3% (49)	18.8% (45)
Asian	3.8% (17)	3.9% (13)	3.5% (4)	4.9% (4)	7.7% (2)	0% (0)	0% (0)	4.1% (4)	4.5% (6)	3.3% (7)	4.2% (10)
Hispanic	2.9% (13)	2.7% (9)	3.5% (4)	2.5% (2)	0% (0)	0% (0)	0% (0)	2% (2)	3% (4)	3.3% (7)	2.5% (6)
Caucasian	40.2% (181)	36.1% (121)	52.5% (60)	50.6% (41)	23.1% (6)	0% (0)	81.3% (13)	48% (47)	46.2% (61)	41.9% (88)	38.8% (93)
Other	2.9% (13)	3% (10)	2.6% (3)	2.5% (2)	0% (0)	0% (0)	0% (0)	2% (2)	2.3% (3)	2.9% (6)	2.9% (7)
Marital Status - 4											
Single	81.6% (367)	86.6% (290)	67% (77)	70.4% (57)	88.5% (23)	100% (2)	81.3% (13)	72.4% (71)	74.2% (98)	77.1% (162)	85.4% (205)
Married	13.8% (62)	10.4% (35)	23.5% (27)	17.3% (14)	7.7% (2)	0% (0)	18.8% (3)	17.3% (17)	17.4% (23)	16.7% (35)	11.3% (27)
Divorced/ Separated	4.4% (20)	2.7% (9)	9.6% (11)	12.3% (10)	3.8% (1)	0% (0)	0% (0)	10.2% (10)	8.3% (11)	6.2% (13)	2.9% (7)
Widowed	.2% (1)	.3% (1)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	.4% (1)
Major - 5											
Accounting	2.9% (13)	3% (10)	2.6% (3)	2.5% (2)	0% (0)	0% (0)	0% (0)	2% (2)	2.3% (3)	2.9% (6)	2.9% (7)

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Group total	451	336	115	81	26	2	16	98	132	210	241
American Indian Studies	.9% (4)	1.2% (4)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	1.9% (4)	0% (0)
Art	1.3% (6)	.9% (3)	2.6% (3)	2.5% (2)	3.8% (1)	0% (0)	0% (0)	3.1% (3)	3% (4)	2.4% (5)	.4% (1)
Biology	15.3% (69)	16.1% (54)	13% (15)	14.8% (12)	15.4% (4)	50% (1)	18.8% (3)	16.3% (16)	15.2% (20)	13.8% (29)	16.7% (40)
Business	8.2% (37)	8.7% (29)	7% (8)	7.4% (6)	7.7% (2)	50% (1)	6.3% (1)	6.1% (6)	6.8% (9)	6.2% (13)	10% (24)
Chemistry & Physics	4% (18)	4.5% (15)	2.6% (3)	1.2% (1)	11.5% (3)	0% (0)	0% (0)	4.1% (4)	3.8% (5)	3.3% (7)	4.6% (11)
Education	11.8% (53)	11% (37)	13.9% (16)	17.3% (14)	0% (0)	0% (0)	12.5% (2)	14.3% (14)	12.1% (16)	11.9% (25)	11.7% (28)
English, Theater, & Languages	1.6% (7)	1.8% (6)	.9% (1)	1.2% (1)	3.8% (1)	0% (0)	0% (0)	1% (1)	1.5% (2)	1% (2)	2.1% (5)
Health, Phys. Ed. & Rec.	10% (45)	10.1% (34)	9.6% (11)	4.9% (4)	3.8% (1)	0% (0)	25% (4)	8.2% (8)	11.4% (15)	10% (21)	10% (24)
History	1.8% (8)	2.1% (7)	.9% (1)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	1.9% (4)	1.7% (4)
Mass Communications	1.8% (8)	2.1% (7)	.9% (1)	0% (0)	3.8% (1)	0% (0)	0% (0)	1% (1)	.8% (1)	1.9% (4)	1.7% (4)
Math. & Computer Science	.9% (4)	1.2% (4)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	1.7% (4)
Music	.7% (3)	.6% (2)	.9% (1)	1.2% (1)	0% (0)	0% (0)	0% (0)	1% (1)	.8% (1)	.5% (1)	.8% (2)
Nursing	8% (36)	9% (30)	5.2% (6)	4.9% (4)	3.8% (1)	0% (0)	0% (0)	5.1% (5)	5.3% (7)	5.2% (11)	10.4% (25)
Philosophy & Religion	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
	n	%	%	%	%	%	%	%	%	%	%
Group total	451	336	115	81	26	2	16	98	132	210	241
Pol. Science & Public Adm.	1.6% (7)	2.1% (7)	0% (0)	1.2% (1)	3.8% (1)	0% (0)	0% (0)	0% (0)	1.5% (2)	0% (0)	2.1% (5)
Psy. & Counseling	4% (18)	4.2% (14)	3.5% (4)	3.7% (3)	0% (0)	0% (0)	6.3% (1)	3.1% (3)	3% (4)	4.8% (10)	3.3% (8)
Social Work	12.4% (56)	9.6% (32)	20.9% (24)	18.5% (15)	11.5% (3)	0% (0)	0% (0)	16.3% (16)	15.2% (20)	16.2% (34)	9.2% (22)
Sociology & Criminal Justice	6.9% (31)	6.6% (22)	7.8% (9)	7.4% (6)	7.7% (2)	0% (0)	6.3% (1)	7.1% (7)	7.6% (10)	8.6% (18)	5.4% (13)
Undecided	6% (27)	5.4% (18)	7.8% (9)	11.1% (9)	23.1% (6)	0% (0)	25% (4)	10.2% (10)	9.8% (13)	6.7% (14)	5.4% (13)
Year in school - 6											
Freshmen	21.3% (95)	22.5% (75)	17.5% (20)	22.2% (18)	15.4% (4)	0% (0)	37.5% (6)	19.4% (19)	18.9% (25)	18.8% (39)	23.4% (56)
Sophomore	24.4% (109)	28.5% (95)	12.3% (14)	9.9% (8)	19.2% (5)	50% (1)	18.8% (3)	14.3% (14)	15.9% (21)	18.8% (39)	29.3% (70)
Junior	21.7% (97)	19.8% (66)	27.2% (31)	24.7% (20)	23.1% (6)	0% (0)	12.5% (2)	24.5% (24)	23.5% (31)	24.5% (51)	19.2% (46)
Senior	28.6% (128)	25.5% (85)	37.7% (43)	38.3% (31)	42.3% (11)	50% (1)	31.3% (5)	37.8% (37)	38.6% (51)	35.1% (73)	23% (55)
Graduate student	4% (18)	3.6% (12)	5.3% (6)	4.9% (4)	0% (0)	0% (0)	0% (0)	4.1% (4)	3% (4)	2.9% (6)	5% (12)
Greek Org member - 7											
Yes	9.1% (41)	8.4% (28)	11.3% (13)	9.9% (8)	11.5% (3)	0% (0)	6.3% (1)	9.2% (9)	8.3% (11)	9.5% (20)	8.8% (21)
No	90.9% (409)	91.6% (307)	88.7% (102)	90.1% (73)	88.5% (23)	100% (2)	93.8% (15)	90.8% (89)	91.7% (121)	90.5% (190)	91.3% (219)
Sports Team member - 8											
Yes	10.7% (48)	13.4% (45)	2.6% (3)	2.5% (2)	0% (0)	0% (0)	6.3% (1)	2.1% (2)	4.6% (6)	5.3% (11)	15.4% (37)
No	89.3% (402)	86.6% (291)	97.4% (111)	97.5% (78)	100% (26)	100% (2)	93.8% (15)	97.9% (95)	95.4% (125)	94.7% (198)	84.6% (204)

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
Group total	451	336	115	81	26	2	16	98	132	210	241
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Alcohol consumption - 9											
Yes, once a week	15.1% (68)	14.9% (50)	15.7% (18)	22.2% (18)	2.4% (6)	50% (1)	18.8% (3)	21.6% (21)	23.7% (31)	20.1% (42)	10.8% (26)
Yes, more than once a week	11.1% (50)	8.1% (27)	20% (23)	16% (13)	32% (8)	0% (0)	37.5% (6)	17.5% (17)	20.6% (27)	16.7% (35)	6.2% (15)
No	72.9% (329)	76.7% (257)	62.6% (72)	59.3% (48)	40% (10)	50% (1)	43.8% (7)	58.8% (57)	54.2% (71)	62.2% (130)	82.6% (199)
Prefer not to answer	.7% (3)	.3% (1)	1.7% (2)	2.5% (2)	4% (1)	0% (0)	0% (0)	2.1% (2)	1.5% (2)	1% (2)	.4% (1)
Top priority - 10											
Academics	37.7% (163)	37.8% (121)	37.5% (42)	43.6% (34)	40% (10)	0% (0)	26.7% (4)	40% (38)	43% (55)	38.2% (78)	37.1% (85)
Athletics	1.9% (8)	2.5% (8)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	1% (2)	2.6% (6)
Family	39.8% (172)	36.6% (117)	49.1% (55)	46.2% (36)	44% (11)	50% (1)	46.7% (7)	48.4% (46)	43.8% (56)	44.8% (91)	35.4% (81)
Greek life	.5% (2)	0% (0)	1.8% (2)	1.3% (1)	8% (2)	0% (0)	6.7% (1)	2.1% (2)	1.6% (2)	1% (2)	0% (0)
Friends	2.5% (11)	2.5% (8)	2.7% (3)	2.6% (2)	0% (0)	0% (0)	6.7% (1)	2.1% (2)	2.3% (3)	1.5% (3)	3.5% (8)
Parties	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)
Religion	14.1% (61)	17.2% (55)	5.4% (6)	2.6% (2)	4% (1)	50% (1)	6.7% (1)	3.2% (3)	5.5% (7)	9.9% (20)	17.9% (41)
Socializing	.9% (4)	1.3% (4)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	.5% (1)	1.3% (3)
The Arts	.5% (2)	.3% (1)	.9% (1)	1.3% (1)	0% (0)	0% (0)	0% (0)	1.1% (1)	.8% (1)	.5% (1)	.4% (1)
Work	2.1% (9)	1.9% (6)	2.7% (3)	2.6% (2)	4% (1)	0% (0)	6.7% (1)	3.2% (3)	3.1% (4)	2.5% (5)	1.7% (4)
Residential status - 11											
On campus	35.1% (158)	41.1% (138)	17.5% (20)	23.5% (19)	19.2% (5)	0% (0)	37.5% (6)	23.5% (23)	25.2% (33)	24.9% (52)	44% (106)
Commute	64.9% (292)	58.9% (198)	82.5% (94)	76.5% (62)	80.8% (21)	100% (2)	62.5% (10)	76.5% (75)	74.8% (98)	75.1% (157)	56% (135)

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
	n	%	%	%	%	%	%	%	%	%	%
Group total	451	336	115	81	26	2	16	98	132	210	241
UNCP tobacco estimate - 12											
<20%	5.6% (25)	5.1% (17)	7% (8)	7.4% (6)	3.8% (1)	0% (0)	6.3% (1)	6.1% (6)	5.3% (7)	4.8% (10)	6.3% (15)
20-40%	31.9% (143)	30.9% (103)	34.8% (40)	37% (30)	30.8% (8)	50% (1)	37.5% (6)	36.7% (36)	36.4% (48)	36.4% (76)	28% (67)
41-60%	40.8% (183)	41.1% (137)	40% (46)	42% (34)	38.5% (10)	50% (1)	43.8% (7)	38.8% (38)	40.2% (53)	39.2% (82)	43.3% (101)
61-80%	17.9% (80)	19.5% (65)	13% (15)	11.1% (9)	26.9% (7)	0% (0)	6.3% (1)	15.3% (15)	14.4% (19)	15.3% (32)	20.1% (48)
>80%	3.8% (17)	3.3% (11)	5.2% (6)	2.5% (2)	0% (0)	0% (0)	6.3% (1)	3.1% (3)	3.8% (5)	4.3% (9)	3.3% (8)
Cigarette use - 13											
Never used	58.8% (264)	77.3% (259)	4.4% (5)	100% (81)	30.8% (8)	0% (0)	6.3% (1)	9.2% (9)	7.6% (10)	11.9% (25)	100% (239)
Used, not in past year	16% (72)	14.3% (48)	21.1% (24)	0% (0)	7.7% (2)	50% (1)	18.8% (3)	4.1% (4)	6.8% (9)	34.3% (72)	0% (0)
Used, not in past month	7.1% (32)	6.3% (21)	9.6% (11)	0% (0)	7.7% (2)	0% (0)	12.5% (2)	4.1% (4)	24.2% (32)	15.2% (31)	0% (0)
Used in past month	18% (81)	2.1% (7)	64.9% (74)	0% (0)	53.8% (14)	50% (1)	62.5% (10)	82.7% (81)	61.4% (81)	38.6% (81)	0% (0)
Cigar use - 14											
Never used	73.7% (331)	84.4% (282)	42.6% (49)	37.5% (30)	0% (0)	0% (0)	12.5% (2)	32% (31)	37.4% (49)	43.5% (91)	100% (240)
Used, not in past year	14.3% (64)	10.5% (35)	25.2% (29)	26.3% (21)	0% (0)	0% (0)	50% (8)	25.8% (25)	21.4% (28)	30.6% (64)	0% (0)
Used, not in past month	6.2% (28)	3% (10)	15.7% (18)	18.8% (15)	0% (0)	0% (0)	6.3% (1)	15.5% (15)	21.4% (29)	13.4% (28)	0% (0)
Used in past month	5.8% (26)	2.1% (7)	16.5% (19)	17.5% (14)	100% (26)	100% (2)	31.3% (5)	26.8% (26)	19.8% (26)	12.4% (26)	0% (0)

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
Group total	451	336	115	81	26	2	16	98	132	210	241
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Pipe use - 15											
Never used	94.4% (425)	96.7% (324)	87.8% (101)	86.4% (70)	80.8% (21)	0% (0)	68.8% (11)	85.7% (84)	87.1% (115)	88.1% (185)	100% (240)
Used, not in past year	2.8% (17)	2.4% (8)	7.8% (9)	8.6% (7)	0% (0)	0% (0)	12.5% (2)	8.2% (8)	6.8% (9)	8.1% (17)	0% (0)
Used, not in past month	1.3% (6)	.6% (2)	3.5% (4)	3.7% (3)	11.5% (3)	0% (0)	6.3% (1)	4.1% (4)	4.5% (6)	2.9% (6)	0% (0)
Used in past month	.4% (2)	.3% (1)	.9% (1)	1.2% (1)	7.7% (2)	100% (2)	12.5% (2)	2% (2)	1.5% (2)	1% (2)	0% (0)
Smokeless tobacco use - 16											
Never used	89.8% (403)	94% (314)	77.4% (89)	80.2% (65)	73.1% (19)	0% (0)	0% (0)	75.5% (74)	74.2% (98)	78.1% (164)	100% (239)
Used, not in past year	4.9% (22)	3.9% (13)	7.8% (9)	6.2% (5)	3.8% (1)	0% (0)	0% (0)	6.1% (6)	7.6% (10)	10.5% (22)	0% (0)
Used, not in past month	1.8% (8)	1.2% (4)	7.8% (9)	1.2% (1)	3.8% (1)	0% (0)	0% (0)	2% (2)	6.1% (8)	3.8% (8)	0% (0)
Used in past month	3.6% (16)	.9% (3)	11.3% (13)	12.3% (10)	19.2% (5)	100% (2)	100% (16)	16.3% (16)	12.1% (16)	7.6% (16)	0% (0)
Friends tobacco use - 17											
0	35% (157)	44% (147)	8.7% (10)	4.9% (4)	3.8% (0)	0% (0)	6.3% (1)	5.1% (5)	9.1% (12)	21% (44)	47.3% (0)
1	18.7% (84)	19.2% (64)	17.4% (20)	14.8% (12)	11.5% (3)	0% (0)	6.3% (1)	14.3% (14)	16.7% (1)	20% (42)	17.6% (42)
2	20.3% (91)	19.2% (64)	23.5% (27)	24.7% (20)	23.1% (6)	50% (1)	31.3% (5)	25.5% (25)	22.7% (30)	19.5% (41)	20.9% (50)
3	16% (72)	11.7% (39)	28.7% (33)	27.2% (22)	38.5% (10)	0% (0)	31.3% (5)	30.6% (30)	28.8% (38)	23.8% (50)	9.2% (22)
4	5.1% (23)	3.3% (11)	10.4% (12)	12.3% (10)	3.8% (1)	0% (0)	12.5% (2)	10.2% (10)	9.8% (13)	6.7% (14)	3.8% (9)
5	4.9% (22)	2.7% (9)	11.3% (13)	16% (13)	19.2% (5)	50% (1)	12.5% (2)	14.3% (14)	12.9% (17)	9% (19)	1.3% (3)

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
Group total	451 %(n)	336 %(n)	115 %(n)	81 %(n)	26 %(n)	2 %(n)	16 %(n)	98 %(n)	132 %(n)	210 %(n)	241 %(n)
Believe nicotine addictive - 18											
Yes	96.2% (431)	97% (323)	93.9% (108)	91.4% (74)	96.2% (25)	100% (2)	87.5% (14)	91.8% (90)	93.2% (123)	94.8% (199)	97.5% (232)
No	3.8% (17)	3% (10)	6.1% (7)	8.6% (7)	3.8% (1)	0% (0)	12.5% (2)	8.2% (8)	6.8% (9)	5.2% (11)	2.5% (6)
Believe tobacco is harmful - 19											
Yes	98.2% (442)	97.9% (328)	99.1% (114)	100% (81)	100% (26)	100% (2)	100% (16)	100% (98)	99.2% (131)	99.5% (209)	97.1% (233)
No	1.8% (8)	2.1% (7)	.9% (1)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	.8% (1)	.5% (1)	2.9% (7)
Heard of NRT - 20a											
Yes	92.6% (415)	91.9% (306)	94.8% (109)	95.1% (77)	100% (26)	100% (2)	81.3% (13)	92.9% (91)	92.4% (122)	94.3% (197)	91.2% (218)
No	7.4% (33)	8.1% (27)	5.2% (6)	4.9% (4)	0% (0)	0% (0)	18.8% (3)	7.1% (7)	7.6% (10)	5.7% (12)	8.8% (21)
Heard of support groups - 20b											
Yes	57.5% (257)	57.5% (191)	57.4% (66)	58% (47)	61.5% (16)	100% (2)	50% (8)	59.2% (58)	58.3% (77)	57.9% (121)	57.1% (136)
No	42.5% (190)	42.5% (141)	42.6% (49)	42% (34)	38.5% (10)	0% (0)	50% (8)	40.8% (40)	41.7% (55)	42.1% (88)	42.9% (102)
Heard of quit hotlines - 20c											
Yes	46.1% (206)	44.3% (147)	51.3% (59)	60.5% (49)	50% (13)	50% (1)	43.8% (7)	58.2% (57)	54.5% (72)	48.3% (101)	44.1% (105)
No	53.9% (241)	55.7% (185)	48.7% (56)	39.5% (32)	50% (13)	50% (1)	56.3% (9)	41.8% (41)	45.5% (60)	51.7% (108)	55.9% (133)

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
Group total	451	336	115	81	26	2	16	98	132	210	241
Heard of Zyban - 20d	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Yes	14.1% (63)	10.8% (36)	23.5% (27)	24.7% (20)	15.4% (4)	50% (1)	18.8% (3)	21.4% (21)	18.9% (25)	15.3% (32)	13% (31)
No	85.9% (385)	89.2% (297)	76.5% (88)	75.3% (61)	84.6% (22)	50% (1)	81.3% (13)	78.6% (77)	81.1% (107)	84.7% (177)	87% (208)
Heard of chantix - 20e											
Yes	6.9% (31)	6% (20)	9.6% (11)	9.9% (8)	15.4% (4)	50% (1)	6.3% (1)	10.2% (10)	9.8% (13)	8.6% (18)	5.4% (13)
No	93.1% (417)	94% (313)	90.4% (104)	90.1% (73)	84.6% (22)	50% (1)	93.8% (15)	89.8% (88)	90.2% (119)	91.4% (191)	94.6% (226)
Heard of behavioral therapies - 20f											
Yes	18.8% (84)	17.7% (59)	21.9% (25)	26.3% (21)	24% (6)	50% (1)	12.5% (2)	23.7% (23)	22.1% (29)	19.7% (41)	18% (43)
No	81.2% (363)	82.3% (274)	78.1% (89)	73.8% (59)	76% (19)	50% (1)	87.5% (14)	76.3% (74)	77.9% (102)	80.3% (167)	82% (196)
Heard of telephone counseling - 20g											
Yes	21.2% (95)	18.6% (62)	28.7% (33)	33.3% (27)	38.5% (10)	50% (1)	25% (4)	32.7% (32)	28% (37)	23.9% (50)	18.8% (45)
No	78.8% (353)	81.4% (271)	71.3% (82)	66.7% (54)	61.5% (16)	50% (1)	75% (12)	67.3% (66)	72% (95)	76.1% (159)	81.2% (194)
Heard of 1800quitnow - 20h											
Yes	41.3% (185)	37.8% (126)	51.3% (59)	65.4% (53)	69.2% (18)	100% (2)	50% (8)	64.3% (63)	54.5% (72)	46.4% (97)	36.8% (88)
No	58.7% (263)	62.2% (207)	48.7% (56)	34.6% (28)	30.8% (8)	0% (0)	50% (8)	35.7% (35)	45.5% (60)	53.6% (112)	63.2% (151)

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
Group total	451	336	115	81	26	2	16	98	132	210	241
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Heard of counseling - 20i											
Yes	28.3% (127)	30.3% (101)	22.6% (26)	24.7% (20)	26.9% (7)	50% (1)	18.8% (3)	25.5% (25)	28% (37)	26.3% (55)	30.1% (72)
No	71.7% (321)	69.7% (232)	77.4% (89)	75.3% (61)	73.1% (19)	50% (1)	81.3% (13)	74.5% (73)	72% (95)	73.7% (154)	69.9% (167)
Heard of web counseling - 20j											
Yes	13.6% (61)	11.7% (39)	19.1% (22)	18.5% (15)	15.4% (4)	50% (1)	6.3% (1)	17.3% (17)	15.9% (21)	17.2% (36)	10.5% (25)
No	86.4% (387)	88.3% (294)	80.9% (93)	81.5% (66)	84.6% (22)	50% (1)	93.8% (15)	82.7% (81)	84.1% (111)	82.8% (173)	89.5% (214)
Heard of no cessation method - 20k											
Yes	3.3% (15)	3.3% (11)	3.5% (4)	1.2% (1)	0% (0)	0% (0)	12.5% (2)	3.1% (3)	3% (4)	2.4% (5)	4.2% (10)
No	96.7% (433)	96.7% (322)	96.5% (111)	98.8% (80)	100% (26)	100% (2)	87.5% (14)	96.9% (95)	97% (128)	97.6% (204)	95.8% (229)

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Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
	n	n	n	n	n	n	n	n	n	n	n
Group total	451	336	115	81	26	2	16	98	132	210	241
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Usefulness of cessation methods - 21											
None	8.2%(36)	7.3%(24)	10.7%(12)	10.1%(8)	11.5%(3)	50%(1)	12.5%(2)	8.3%(8)	10.8%(14)	8.7%(18)	7.7%(18)
Helps at least some	59.6%(263)	60.8%(200)	56.3%(63)	53.2%(42)	30.8%(8)	0%(0)	50%(8)	51%(49)	56.9%(74)	60.7%(125)	58.7%(138)
Helps a good deal	19%(84)	19.8%(65)	17%(19)	21.5%(17)	30.8%(8)	50%(1)	25%(4)	21.9%(21)	16.9%(22)	16%(33)	21.7%(51)
Greatly increases chances	12.5%(55)	11.6%(38)	15.2%(17)	15.2%(12)	26.9%(7)	0%(0)	6.3%(1)	17.7%(17)	14.6%(19)	14.1%(29)	11.1%(26)
Should not try to quit without it	.7%(3)	.6%(2)	.9%(1)	0%(0)	0%(0)	0%(0)	6.3%(1)	1%(1)	.8%(1)	.5%(1)	.9%(2)
Family's tobacco use - 22											
0	32.1%(144)	36.8%(123)	18.4%(21)	13.8%(11)	23.1%(6)	0%(0)	31.3%(5)	15.5%(15)	19.1%(25)	27.3%(57)	36.4%(87)
1	23.7%(106)	24.3%(81)	21.9%(25)	17.5%(14)	26.9%(7)	50%(1)	25%(4)	21.6%(21)	24.4%(32)	22.5%(47)	24.7%(59)
2	18.8%(84)	16.5%(55)	25.4%(29)	26.3%(21)	3.8%(1)	0%(0)	6.3%(1)	22.7%(22)	19.8%(26)	18.2%(38)	19.2%(46)
3	6.7%(30)	5.1%(17)	11.4%(13)	13.8%(11)	15.4%(4)	0%(0)	6.3%(1)	14.4%(14)	11.5%(15)	9.6%(20)	4.2%(10)
4+	18.8%(84)	17.4%(58)	22.8%(26)	28.8%(23)	30.8%(8)	50%(1)	31.3%(4)	25.8%(25)	25.2%(33)	22.5%(47)	15.5%(37)

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
Group total	451	336	115	81	26	2	16	98	132	210	241
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Parent's education - 23											
<HS	5.2% (23)	3.9% (13)	8.8% (10)	7.5% (6)	0% (0)	0% (0)	0% (0)	6.2% (6)	5.3% (7)	5.3% (11)	5.1% (12)
HS degree	21.4% (95)	20.5% (68)	23.9% (27)	21.3% (17)	23.1% (6)	0% (0)	18.8% (3)	22.7% (22)	20.6% (27)	21.7% (45)	21.1% (50)
Some college	28.8% (128)	31.1% (103)	22.1% (25)	22.5% (18)	23.1% (6)	0% (0)	18.8% (3)	22.7% (22)	26.7% (35)	29.5% (61)	28.3% (67)
College degree	44.6% (198)	44.4% (147)	45.1% (51)	48.8% (39)	53.8% (14)	100% (2)	62.5% (10)	48.5% (47)	47.3% (62)	43.5% (90)	45.6% (108)
Parent's tobacco use - 24											
Yes	37.5% (167)	34.3% (114)	46.9% (53)	52.5% (42)	50% (13)	100% (2)	50% (8)	49.5% (48)	45.8% (60)	40.4% (84)	35% (83)
No	62.5% (278)	65.7% (218)	53.1% (60)	47.5% (38)	50% (13)	0% (0)	50% (8)	50.5% (49)	54.2% (71)	59.6% (124)	65% (154)
Parent's attitudes - 25											
Strongly disapprove	34.8% (155)	38.2% (128)	24.3% (27)	20.5% (16)	19.2% (5)	0% (0)	25% (4)	23.2% (22)	23.3% (30)	29.1% (60)	39.6% (95)
Disapprove	27.4% (122)	25.7% (86)	32.4% (36)	29.5% (23)	23.1% (6)	0% (0)	18.8% (3)	27.4% (26)	31.8% (41)	29.1% (60)	25.8% (62)
Neutral	29.8% (133)	27.8% (93)	36% (40)	39.7% (31)	50% (13)	50% (1)	43.8% (7)	41.1% (39)	38% (49)	34% (70)	26.3% (63)
Approve	6.3% (28)	6.6% (22)	5.4% (6)	9% (7)	3.8% (1)	0% (0)	6.3% (1)	7.4% (7)	6.2% (8)	5.8% (12)	6.7% (16)
Strongly approve	1.8% (8)	1.8% (6)	1.8% (2)	1.3% (1)	3.8% (1)	50% (1)	6.3% (1)	1.1% (1)	.8% (1)	1.9% (4)	1.7% (4)

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
Group total	451	336	115	81	26	2	16	98	132	210	241
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Siblings tobacco use - 26											
Yes	34.8% (156)	28.4% (95)	54% (61)	57.5% (46)	46.2% (12)	50% (1)	62.5% (10)	55.7% (54)	51.3% (69)	46.6% (97)	24.6% (59)
No	58.3% (261)	63.9% (214)	41.6% (47)	38.8% (31)	50% (13)	50% (1)	31.3% (5)	41.2% (40)	43.8% (57)	48.1% (100)	67.1% (161)
N/A	6.9% (31)	7.8% (26)	4.4% (5)	3.8% (3)	3.8% (1)	0% (0)	6.3% (1)	3.1% (3)	3.1% (4)	5.3% (11)	8.3% (20)
Greatest number of deaths - 27											
Cocaine	3.9% (17)	3.9% (13)	3.6% (4)	3.8% (3)	0% (0)	0% (0)	0% (0)	3.2% (3)	3.2% (4)	3.9% (8)	3.8% (9)
Heroin	3.9% (17)	4.5% (15)	1.8% (2)	1.3% (1)	4% (1)	0% (0)	0% (0)	2.1% (2)	3.2% (4)	3% (6)	4.6% (11)
Marijuana	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)
Tobacco	59.2% (261)	63.3% (209)	46.8% (52)	40.5% (32)	56% (14)	50% (1)	56.3% (9)	46.3% (44)	50.8% (64)	54.7% (111)	63% (150)
Alcohol	33.1% (146)	28.2% (93)	47.7% (53)	54.4% (43)	40% (10)	50% (1)	43.8% (7)	48.4% (46)	42.9% (54)	38.4% (78)	28.6% (68)
Used tobacco 100+ times - 28											
Yes	25.5% (115)	N/A	100% (115)	91.4% (74)	73.1% (19)	50% (1)	81.3% (13)	85.7% (84)	72.7% (96)	53.8% (113)	N/A
No	74.5% (336)	N/A	0% (0)	8.6% (7)	26.9% (7)	50% (1)	18.8% (3)	14.3% (14)	27.3% (36)	46.2% (97)	N/A

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
		%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Group total	451	336	115	81	26	2	16	98	132	210	241
Current/Former Tobacco Users Only (used 100+ times)											
Current situation - 29											
No intent to quit in 6 months	30.4% (35)	N/A	30.4% (35)	44.6% (33)	31.6% (6)	100% (1)	61.5% (8)	41.7% (35)	36.5% (35)	31% (35)	N/A
Seriously considering quitting in 6 months	33% (38)	N/A	33% (38)	43.2% (32)	36.8% (7)	0% (0)	15.4% (2)	41.7% (35)	38.5% (37)	32.7% (37)	N/A
Decided to quit in next 30 days	7% (8)	N/A	7% (8)	6.8% (5)	15.8% (3)	0% (0)	7.7% (1)	8.3% (7)	7.3% (7)	7.1% (8)	N/A
Quit <6 months ago	5.2% (6)	N/A	5.2% (6)	4.1% (3)	5.3% (1)	0% (0)	7.7% (1)	3.6% (3)	6.3% (6)	5.3% (6)	N/A
Quit >6 months ago	24.3% (28)	N/A	24.3% (28)	1.4% (1)	10.5% (2)	0% (0)	7.7% (1)	4.8% (4)	11.5% (11)	23.9% (27)	N/A
Quit attempt in past year - 30											
Yes	58% (65)	N/A	58% (65)	60.8% (45)	57.9% (11)	0% (0)	53.8% (7)	61.9% (52)	61.5% (59)	57.7% (64)	N/A
No	42% (47)	N/A	42% (47)	39.2% (29)	41.2% (8)	100% (1)	46.2% (6)	38.1% (32)	38.5% (37)	42.3% (47)	N/A

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Group total	451	336	115	81	26	2	16	98	132	210	241
Age first used - 31											
<10	5.2% (6)	N/A	5.2% (6)	5.4% (4)	5.3% (1)	100% (1)	7.7% (1)	4.8% (4)	4.2% (4)	5.3% (6)	N/A
11 to 13	13% (15)	N/A	13% (15)	10.8% (8)	10.5% (2)	0% (0)	7.7% (1)	10.7% (9)	13.5% (13)	13.3% (15)	N/A
14 to 16	35.7% (41)	N/A	35.7% (41)	37.8% (28)	21.1% (4)	0% (0)	53.8% (7)	38.1% (32)	35.4% (934)	35.4% (40)	N/A
17 to 20	35.7% (41)	N/A	35.7% (41)	33.8% (25)	57.9% (11)	0% (0)	30.8% (4)	35.7% (30)	36.5% (35)	35.4% (40)	N/A
21+	10.4% (12)	N/A	10.4% (12)	12.2% (9)	5.3% (1)	0% (0)	0% (0)	10.7% (9)	10.4% (10)	10.6% (12)	N/A
Used cigarettes - 32a											
Yes	87.8% (101)	N/A	87.8% (101)	93.2% (69)	63.2% (12)	100% (1)	53.8% (7)	85.7% (72)	86.5% (83)	87.6% (99)	N/A
No	12.2% (14)	N/A	12.2% (14)	6.8% (5)	36.8% (7)	0% (0)	46.2% (6)	14.3% (12)	13.5% (13)	12.4% (14)	N/A
Used cigars - 32b											
Yes	20% (23)	N/A	20% (23)	17.6% (13)	57.9% (11)	100% (1)	23.1% (3)	20.2% (17)	20.8% (20)	20.4% (23)	N/A
No	80% (92)	N/A	80% (92)	82.4% (61)	42.1% (8)	0% (0)	76.9% (10)	79.8% (67)	79.2% (76)	79.6% (90)	N/A
Used pipes - 32c											
Yes	1.7% (2)	N/A	1.7% (2)	2.7% (2)	5.3% (1)	100% (1)	7.1% (1)	2.4% (2)	2.1% (2)	1.8% (2)	N/A
No	98.3% (113)	N/A	98.3% (113)	97.3% (72)	94.7% (18)	0% (0)	92.3% (12)	97.6% (82)	97.9% (94)	98.2% (111)	N/A
Used smokeless tobacco - 32d											
Yes	14.8% (17)	N/A	14.8% (17)	13.5% (10)	15.8% (3)	100% (1)	84.6% (11)	15.5% (13)	15.6% (15)	15% (17)	N/A
No	85.2% (98)	N/A	85.2% (98)	86.5% (64)	84.2% (16)	0% (0)	15.4% (2)	84.5% (71)	84.4% (81)	85% (96)	N/A

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
Group total	451	336	115	81	26	2	16	98	132	210	241
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Number of quit attempts - 33											
0	24.3% (28)	N/A	24.3% (28)	31.1% (23)	47.4% (9)	0% (0)	23.1% (3)	31% (36)	28.1% (27)	23.9% (27)	N/A
1	20.9% (24)	N/A	20.9% (24)	21.6% (16)	21.1% (4)	100% (1)	23.1% (3)	21.4% (18)	21.9% (21)	21.2% (24)	N/A
2	23.5% (27)	N/A	23.5% (27)	16.2% (12)	15.8% (3)	0% (0)	23.1% (3)	16.7% (14)	19.8% (2)	23% (26)	N/A
3	13.9% (16)	N/A	13.9% (16)	13.5% (10)	10.5% (2)	0% (0)	15.4% (2)	14.3% (12)	13.5% (13)	14.2% (16)	N/A
4+	17.4% (20)	N/A	17.4% (20)	17.6% (13)	5.3% (1)	0% (0)	15.4% (2)	16.7% (14)	16.6% (16)	17.7% (19)	N/A
Used NRT - 34a											
Yes	14.2% (16)	N/A	14.2% (16)	16.7% (12)	21.1% (4)	100% (1)	16.7% (2)	15.9% (13)	14.9% (14)	14.4% (16)	N/A
No	85.8% (97)	N/A	85.8% (97)	83.3% (60)	78.9% (15)	0% (0)	83.3% (10)	84.1% (69)	85.1% (80)	85.6% (95)	N/A
Used support groups - 34b											
Yes	1.8% (2)	N/A	1.8% (2)	2.8% (2)	5.3% (1)	0% (0)	0% (0)	2.4% (2)	2.1% (2)	1.8% (2)	N/A
No	98.2% (111)	N/A	98.2% (111)	97.2% (70)	94.7% (18)	100% (1)	100% (12)	97.6% (80)	97.9% (92)	98.2% (109)	N/A
Used quit hotlines - 34c											
Yes	1.8% (2)	N/A	1.8% (2)	2.8% (2)	0% (0)	0% (0)	0% (0)	2.4% (2)	2.1% (2)	1.8% (2)	N/A
No	98.2% (111)	N/A	98.2% (111)	97.2% (70)	100% (19)	100% (1)	100% (12)	97.6% (80)	97.9% (92)	98.2% (109)	N/A
Used Zyban - 34d											
Yes	4.4% (5)	N/A	4.4% (5)	4.2% (3)	10.5% (2)	0% (0)	0% (0)	3.7% (3)	4.3% (4)	4.5% (5)	N/A
No	95.6% (108)	N/A	95.6% (108)	95.8% (69)	89.5% (17)	100% (1)	100% (12)	96.3% (79)	95.7% (90)	95.5% (106)	N/A

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Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
Group total	451	336	115	81	26	2	16	98	132	210	241
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Used Chantix - 34e											
Yes	.9% (1)	N/A	.9% (1)	1.4% (1)	5.3% (1)	0% (0)	0% (0)	1.2% (1)	1.1% (1)	.9% (1)	N/A
No	99.1% (112)	N/A	99.1% (112)	98.6% (71)	94.7% (18)	100% (1)	100% (12)	98.8% (81)	98.9% (93)	99.1% (110)	N/A
Used behavioral therapies - 34f											
Yes	1.8% (2)	N/A	1.8% (2)	1.4% (1)	0% (0)	0% (0)	0% (0)	1.2% (1)	1.1% (1)	1.8% (2)	N/A
No	98.2% (111)	N/A	98.2% (111)	98.6% (71)	100% (19)	100% (1)	100% (12)	98.8% (81)	98.9% (93)	98.2% (109)	N/A
Used telephone counseling - 34g											
Yes	0% (0)	N/A	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	N/A
No	100% (113)	N/A	100% (113)	100% (72)	100% (19)	100% (1)	100% (12)	100% (82)	100% (94)	100% (111)	N/A
Used 1800quitnow - 34h											
Yes	.9% (1)	N/A	.9% (1)	1.4% (1)	0% (0)	0% (0)	0% (0)	1.2% (1)	1.1% (1)	.9% (1)	N/A
No	99.1% (112)	N/A	99.1% (112)	98.6% (71)	100% (19)	100% (1)	100% (12)	98.8% (81)	98.9% (93)	99.1% (110)	N/A
Used counseling - 34i											
Yes	.9% (1)	N/A	.9% (1)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	.9% (1)	N/A
No	99.1% (112)	N/A	99.1% (112)	100% (72)	100% (19)	100% (1)	100% (12)	100% (82)	100% (94)	99.1% (110)	N/A

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
Group total	451	336	115	81	26	2	16	98	132	210	241
	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)	%(n)
Used web counseling - 34j											
Yes	0% (0)	N/A	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	0% (0)	N/A
No	100% (112)	N/A	100% (112)	100% (72)	100% (19)	100% (1)	100% (12)	100% (82)	100% (94)	100% (111)	N/A
Used no cessation method - 34k											
Yes	77% (87)	N/A	77% (87)	73.6% (53)	68.4% (13)	0% (0)	75% (9)	74.4% (61)	75.5% (71)	76.6% (85)	N/A
No	23% (26)	N/A	23% (26)	26.4% (19)	31.6% (6)	100% (1)	25% (3)	25.6% (21)	24.5% (23)	23.4% (26)	N/A
Potential health problems - 37											
Yes	87.6% (99)	N/A	87.6% (99)	95.9% (70)	78.9% (15)	100% (1)	92.3% (12)	92.8% (77)	87.4% (83)	87.4% (97)	N/A
No	12.4% (14)	N/A	12.4% (14)	4.1% (3)	21.1% (4)	0% (0)	7.7% (1)	7.2% (6)	12.6% (12)	12.6% (14)	N/A
Use most - stress - 38a											
Yes	64.9% (72)	N/A	64.9% (72)	64.9% (48)	63.2% (12)	100% (1)	61.5% (8)	66.7% (56)	64.6% (62)	65.1% (71)	N/A
No	35.1% (39)	N/A	35.1% (39)	35.1% (26)	36.8% (7)		38.5% (5)	33.3% (28)	35.4% (34)	34.9% (38)	N/A
Use most - sad - 38b											
Yes	15.3% (17)	N/A	15.3% (17)	16.2% (12)	10.5% (2)	100% (1)	7.7% (1)	15.5% (13)	13.5% (13)	15.6% (17)	N/A
No	84.7% (94)	N/A	84.7% (94)	83.8% (62)	89.5% (17)	0% (0)	92.3% (12)	84.5% (71)	86.5% (83)	84.4% (92)	N/A

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
Group total	451	336	115	81	26	2	16	98	132	210	241
Use most - on phone - 38c											
Yes	9% (10)	N/A	9% (10)	9.5% (7)	5.3% (1)	100% (1)	7.7% (1)	8.3% (7)	7.3% (7)	8.3% (9)	N/A
No	91% (101)	N/A	91% (101)	90.5% (67)	94.7% (18)	0% (0)	92.3% (12)	91.7% (77)	92.7% (89)	91.7% (100)	N/A
Use most - using alcohol 38d											
Yes	39.6% (44)	N/A	39.6% (44)	37.8% (28)	47.4% (9)	100% (1)	46.2% (6)	39.3% (33)	40.6% (39)	40.4% (44)	N/A
No	60.4% (67)	N/A	60.4% (67)	62.2% (46)	52.6% (10)	0% (0)	53.8% (7)	60.7% (51)	59.4% (57)	59.6% (65)	N/A
Use most - watching tv - 38e											
Yes	9.9% (11)	N/A	9.9% (11)	9.5% (7)	10.5% (2)	100% (1)	7.7% (1)	8.3% (7)	7.3% (7)	9.2% (10)	N/A
No	90.1% (100)	N/A	90.1% (100)	90.5% (67)	89.5% (17)	0% (0)	92.3% (12)	91.7% (77)	92.7% (89)	90.8% (99)	N/A
Use most - in the car - 38f											
Yes	28.8% (32)	N/A	28.8% (32)	35.1% (26)	21.1% (4)	100% (1)	30.8% (4)	32.1% (27)	29.2% (28)	29.4% (32)	N/A
No	71.2% (79)	N/A	71.2% (79)	64.9% (28)	78.9% (15)	0% (0)	69.2% (9)	67.9% (57)	70.8% (68)	70.6% (77)	N/A
Use most - after a meal - 38g											
Yes	45% (50)	N/A	45% (50)	45.9% (34)	36.8% (7)	100% (1)	53.8% (7)	46.4% (39)	41.7% (40)	45% (49)	N/A
No	55% (61)	N/A	55% (61)	54.1% (40)	63.2% (12)	0% (0)	46.2% (6)	53.6% (45)	58.3% (56)	55% (60)	N/A

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
Group total	451 %(n)	336 %(n)	115 %(n)	81 %(n)	26 %(n)	2 %(n)	16 %(n)	98 %(n)	132 %(n)	210 %(n)	241 %(n)
Use most - during a meal - 38h											
Yes	2.7% (3)	N/A	2.7% (3)	2.7% (2)	5.3% (1)	100% (1)	7.7% (1)	2.4% (2)	2.1% (2)	2.8% (3)	N/A
No	97.3% (108)	N/A	97.3% (108)	97.3% (72)	94.7% (18)	0% (0)	92.3% (12)	97.6% (82)	97.9% (94)	97.2% (106)	N/A
Use most - during a break - 38i											
Yes	23.4% (26)	N/A	23.4% (26)	25.7% (19)	21.1% (4)	100% (1)	15.4% (2)	25% (21)	21.9% (21)	22.9% (25)	N/A
No	76.6% (85)	N/A	76.6% (85)	74.3% (55)	78.9% (15)	0% (0)	84.6% (11)	75% (63)	78.1% (75)	77.1% (84)	N/A
Use most - with other smokers - 38j											
Yes	33.3% (37)	N/A	33.3% (37)	37.8% (28)	21.1% (4)	100% (1)	23.1% (3)	34.5% (29)	30.2% (29)	33.9% (37)	N/A
No	66.7% (74)	N/A	66.7% (74)	62.2% (46)	78.9% (15)	0% (0)	76.9% (10)	65.5% (55)	78.1% (75)	66.1% (72)	N/A
Use most - drinking coffee - 38k											
Yes	8.1% (9)	N/A	8.1% (9)	8.1% (6)	5.3% (1)	100% (1)	7.7% (1)	7.1% (6)	6.3% (6)	8.3% (9)	N/A
No	91.9% (102)	N/A	91.9% (102)	91.9% (68)	94.7% (18)	0% (0)	92.3% (12)	92.9% (78)	93.8% (90)	91.7% (100)	N/A
Use most - feeling lonely - 38l											
Yes	6.3% (7)	N/A	6.3% (7)	5.4% (4)	10.5% (2)	100% (1)	7.7% (1)	6% (5)	5.2% (5)	6.4% (7)	N/A
No	93.7% (104)	N/A	93.7% (104)	94.6% (70)	89.5% (17)	0% (0)	92.3% (12)	94% (79)	94.8% (91)	93.6% (102)	N/A

*All percentages include only valid answers (missing answers were ignored)

Appendix B - Results Spreadsheet

	All respondents	Used tobacco <100 times (includes never used)	Used tobacco 100+ times	Used cigarettes in the past 30 days	Used Cigars in the past 30 days	Used pipes in the past 30 days	Used smokeless tobacco in the past 30 days	Used tobacco in the past 30 days	Used tobacco in the past year	Ever used tobacco	Never used tobacco
	451 %(n)	336 %(n)	115 %(n)	81 %(n)	26 %(n)	2 %(n)	16 %(n)	98 %(n)	132 %(n)	210 %(n)	241 %(n)
Use most - after wake up - 38m											
Yes	13.5% (15)	N/A	13.5% (15)	13.5% (10)	21.1% (4)	100% (1)	15.4% (2)	13.1% (11)	11.5% (11)	12.8% (14)	N/A
No	86.5% (96)	N/A	86.5% (96)	86.5% (64)	78.9% (15)	0% (0)	84.6% (11)	86.9% (73)	88.5% (85)	87.2% (95)	N/A
Want to quit? - 39											
Yes	82.5% (80)	N/A	82.5% (80)	82.9% (58)	78.9% (15)	100% (1)	76.9% (10)	82.5% (66)	83.1% (74)	82.1% (78)	N/A
No	17.5% (17)	N/A	17.5% (17)	17.1% (12)	21.1% (4)	0% (0)	23.1% (3)	17.5% (14)	16.9% (15)	17.9% (17)	N/A
Attend cessation group - 40											
Yes	35.7% (35)	N/A	35.7% (35)	40% (28)	42.1% (8)	0% (0)	15.4% (2)	37.5% (30)	35.6% (32)	34.4% (33)	N/A
No	64.3% (63)	N/A	64.3% (63)	60% (42)	57.9% (11)	100% (1)	84.6% (11)	62.5% (50)	64.4% (58)	65.6% (63)	N/A

*All percentages include only valid answers (missing answers were ignored)