

Study finds college campus tobacco-free policies are effective

January 6 2015, by Ann Blackford

Amanda Fallin, assistant research professor at the University of Kentucky College of Nursing, recently published a study, "Association of Campus Tobacco Policies With Secondhand Smoke Exposure, Intention to Smoke on Campus, and Attitudes About Outdoor Smoking Restrictions, in the *American Journal of Public Health*."

In summary, Fallin and her co-authors surveyed California college students between September 2013 and May 2014 with a range of policies (smoke-free indoors only, designated outdoor smoking areas, smoke-free, and tobacco-free).

Findings include:

- Stronger policies were associated with fewer students reporting exposure to secondhand smoke or seeing someone smoke on campus.
- On tobacco-free college campuses, fewer students smoked and reported intention to smoke on campus.
- Strong majorities of students supported outdoor smoking restrictions across all [policy](#) types.
- Comprehensive tobacco-free policies are effective in reducing exposure to [smoking](#) and intention to smoke on campus.

"What we found was smoke and tobacco free policies are widely accepted and are working on campus," Fallin said.

More information: "Association of Campus Tobacco Policies With Secondhand Smoke Exposure, Intention to Smoke on Campus, and Attitudes About Outdoor Smoking Restrictions." *Am J Public Health*. 2014 Dec 18:e1-e3. [Epub ahead of print]
www.ncbi.nlm.nih.gov/pubmed/?term=25521901

Provided by University of Kentucky

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