



Changing the Social Norm: Smoking Bans

Isabelle McCormack, J. Slack, M.S.N., R.N.
Eastern Michigan University

The research reported on this poster was supported by Symposium Undergraduate Research Fellowship.
The investigators retained full independence in the conduct of this research

Eastern Michigan University School of Nursing

Abstract

Nurses have a responsibility to promote health and prevent illness within their communities by helping to change the social norm of cigarette use. On July 1, 2015, Eastern Michigan University implemented a policy to make its campus tobacco-free, joining colleges across the United States. Currently, there are at least 1,475 U.S. colleges and universities that are 100% smoke-free campuses². Social policies against cigarette use have become more prevalent in recent years, including university campuses, hospital campuses, restaurants, and requiring mandatory tobacco-screenings for healthcare workers. This research will analyze previous studies of the impact these policies have on smoking rates in surrounding communities. This data will be compared with the effects of the smoking ban at Eastern Michigan University. The research will then be used to determine whether smoking bans are effective in lowering smoking rates.

Background

WHO Framework Convention on Tobacco Control

- In 2003, the WHO created a treaty that proposes a paradigm shift in developing a strategy to address the global tobacco epidemic.
- The treaty had 168 signatories, making it one of the most widely embraced treaties in the history of the United Nations¹⁷

Smoke-free Healthcare Institutions

- 3,844 local hospitals, healthcare systems, and clinics have adopted 100% smoke-free campuses³
- Michigan is one of 11 states/territories that have enacted laws requiring 100% smoke-free indoor areas of all nursing homes¹

Mandatory Tobacco Screenings for Healthcare Employees

- World Health Organization implemented a policy of not hiring tobacco users in an effort to reduce, and eventually eliminate the tobacco epidemic¹⁸
- Michigan is one of 21 states that does not have “lifestyle discrimination laws”, which protect employees from being discriminated against for using tobacco products¹²

Public Act 188 of 2009: Michigan’s Smoke-Free Air Law

- Michigan residents and visitors are protected from exposure to secondhand tobacco smoke in all restaurants, bars and businesses (including hotels and motels)⁹

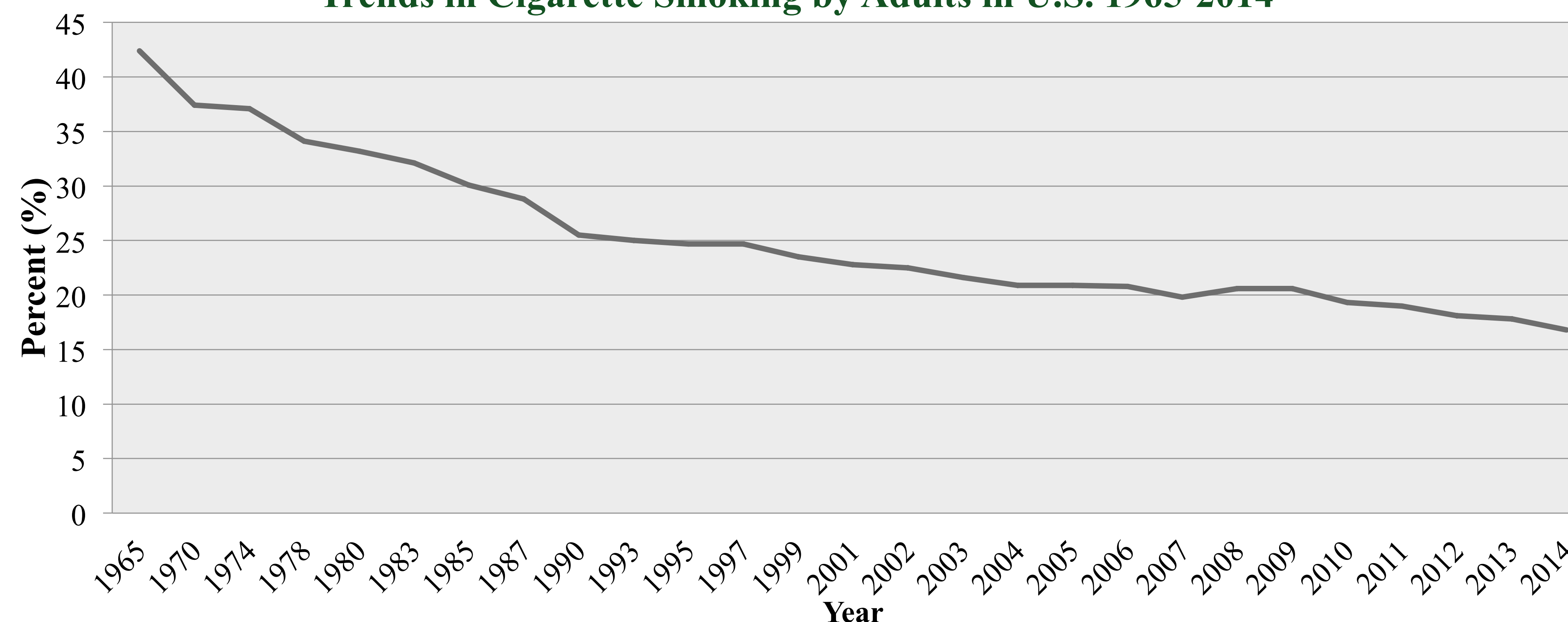
EMU Tobacco-Free Policy:

Eastern Michigan University has adopted a tobacco-free policy that supports a healthy learning, living and work environment for all members of the campus community. The policy took effect July 1, 2015 and prohibits all smoking and the use of tobacco products in or on all university owned, operated or leased buildings, facilities and grounds, including vehicles⁷. There are currently 1,475 100% smoke-free college campuses in the United States.²

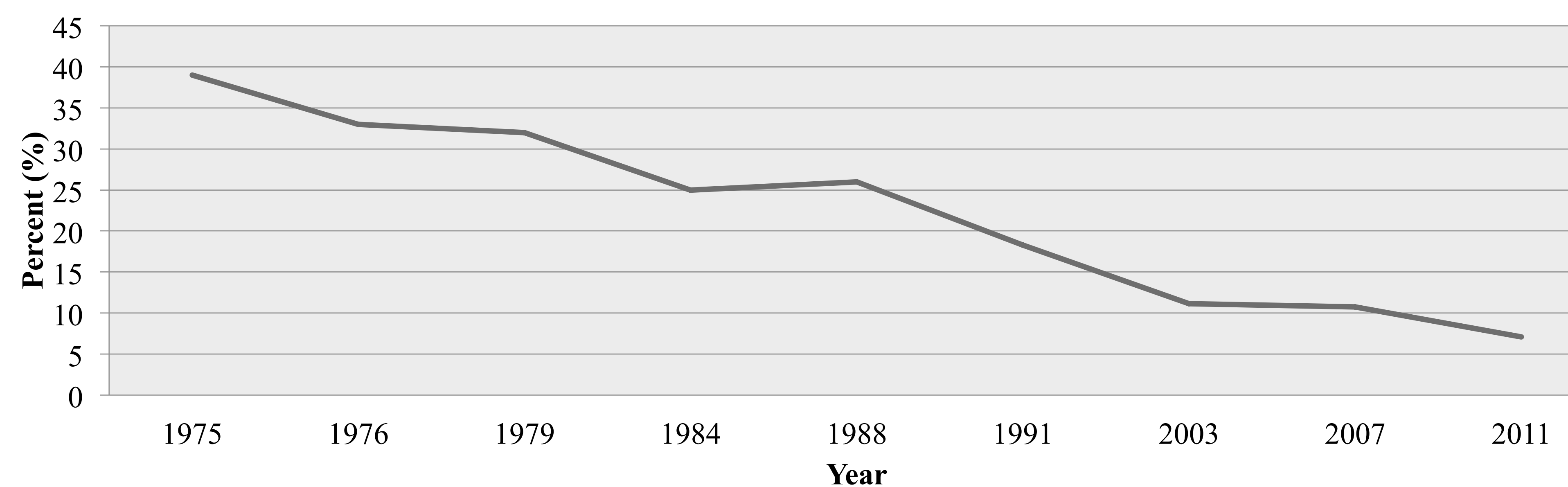
Methods

1. A literature review was conducted for this research.
2. A survey was conducted for this research using the questionnaire “Perception on anti-smoking legislation” in the previous research study, “Effect of Anti-Smoking Legislation in Public Places”⁴. This questionnaire was first pretested in a pilot survey

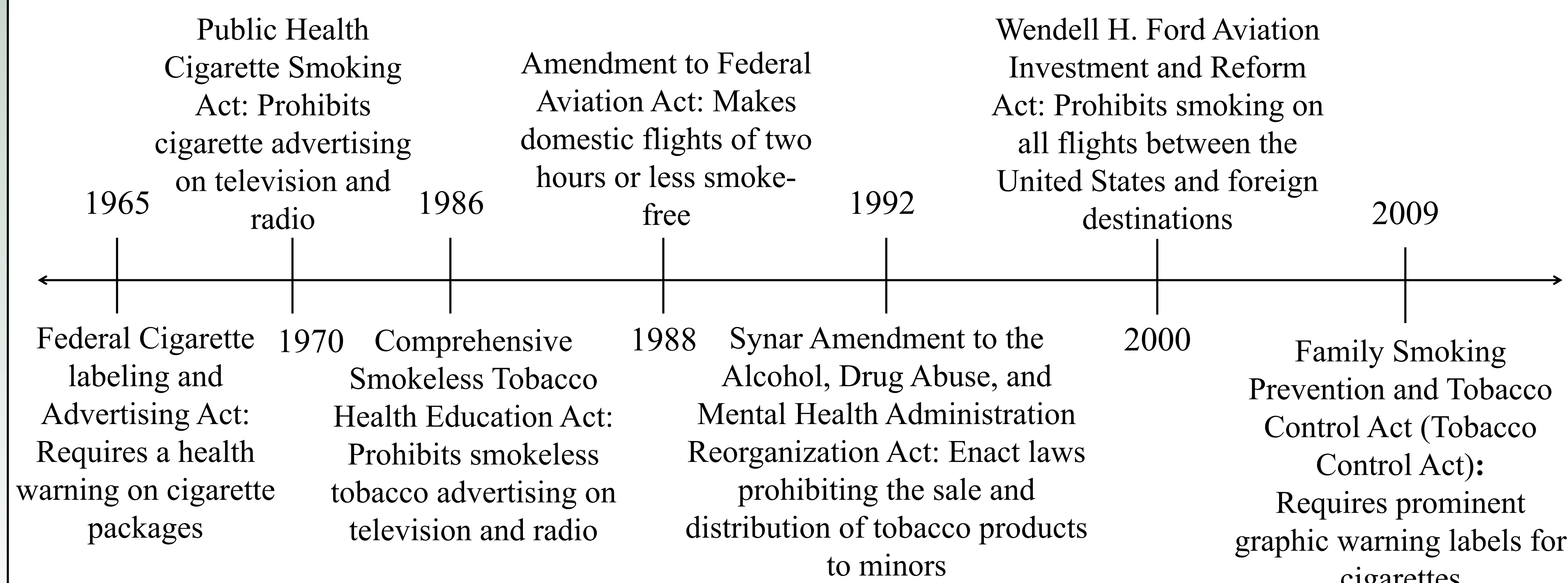
Trends in Cigarette Smoking by Adults in U.S. 1965-2014¹⁶



Trends in Cigarette Smoking by Nurses in U.S. 1975-2011^{8,10,13}



Timeline of U.S. Federal Tobacco Control 1965-2009¹⁴



Objectives

Literature Search:

1. Determine whether or not smoking bans impact smoking behavior and/or smoking rates in the surrounding community.
2. Determine if mandatory tobacco screenings for healthcare employees are effective at decreasing tobacco use and promoting health.
3. Determine if tobacco bans on university campuses are effective at lowering smoking rates among students.

Survey:

1. Determine student and faculty perceptions of the tobacco ban at Eastern Michigan University (EMU).

Observations

Literature Search:

1. Determine whether or not smoking bans impact smoking behavior and/or smoking rates.
 - In 2006, the U.S. Surgeon General concluded that "workplace smoking restrictions lead to less smoking among covered workers."¹⁵
 - In 2009, a report by the International Agency for Research on Cancer on the effects of smoke-free laws concluded that: There is sufficient evidence (the highest level of evidence under the report’s rating scale) that smoke-free workplaces reduce cigarette use among employees who smoke; There is strong evidence (the second highest level of evidence) that smoke-free workplaces lead to increased successful cessation among smokers.⁵
2. Determine if mandatory tobacco screenings for healthcare employees are effective at decreasing tobacco use and promoting health
 - Cleveland Clinic executed a policy against hiring smokers in 2007. In Cuyahoga County, where the Cleveland Clinic is located, smoking rates decreased from 20.7% in 2005 to 15% in 2009, whereas the state as a whole only decreased from 22.4% to 20.3% in the same time span.⁶
3. Determine if tobacco bans on university campuses are effective at lowering smoking rates among students.
 - One study compared two public university smoking policies in 2008. The first implemented a full smoke-free policy, and the second acted as a control group that had an outdoor smoking ban within a certain distance of doorways. The full smoke-free campus saw a smoking prevalence decrease from 16.5% to 12.8% after 1 year of the smoking ban. The outdoor ban campus saw an increase from 9.5% to 10.1% in the same time.¹¹

Survey:

1. Determine student and faculty perceptions of the tobacco ban at Eastern Michigan University (EMU).
 - Research is ongoing

Conclusions

Given this data, there was sufficient evidence to support the claim that smoking bans are effective at lowering smoking rates in surrounding communities, and that tobacco bans on university campuses are effective at lowering smoking rates among students. Further research is needed to determine if mandatory tobacco screenings for healthcare employees are effective at decreasing tobacco use and promoting health. Further research is needed to determine the perceptions of the tobacco ban at Eastern Michigan University.

References

- References will be provided on a separate sheet of paper; distributed upon request.