Health and Health-Related Behaviors
Bemidji State University Students
Results

Tobacco Use

Young adults transitioning between high school and college find themselves in an environment with increased opportunities to make personal and lifestyle decisions without supervision or input from their parents. Coupling this new-found freedom with growing academic pressure and an expanding social network can lead to experimentation and risky behaviors such as smoking. Preventing smoking among young adults is critical to reducing long-term use of tobacco products and the subsequent negative health consequences.

National Comparison

Recent research shows that current cigarette use by Americans of all ages peaks among young adults ages 21-25 at 37.1%, while 18- to 20-year-olds are not far behind at 33.5%. Nearly one in three (30.0%) full-time college students smoked cigarettes at least one time in the previous year, less than one in five (17.9%) smoked cigarettes at least one time in the previous 30 days, and approximately one in ten (9.2%) smoke cigarettes daily. Among young adults ages 18-25, 5.4% used smokeless tobacco in the previous month. Current cigarette smokers are more likely to use other tobacco products, alcohol, or illicit drugs than nonsmokers. Among all current smokers, 42.5% have tried to quit and have stopped smoking for at least one day in the preceding 12 months. Of the 15 million college students in the United States, an estimated 1.7 million will die prematurely due to smoking-related illnesses. Clearly the current level of tobacco use among college students poses a major health risk.
The current tobacco use rate for Bemidji State University students is **24.2%**, with a daily tobacco use rate of **9.5**%. Males report higher rates of both current and daily tobacco use compared to females.

**Definition:**

**Current Tobacco Use**
Any tobacco use in the past 30 days. Tobacco use includes both smoking and smokeless tobacco.

Bemidji State University students ages 20-21 report the highest current tobacco use rate.

Among BSU students, the rate of daily tobacco use increases with age.
Males are the predominant users of smokeless tobacco. Overall, more than one in five (20.5%) male Bemidji State University students report using smokeless tobacco during the past 30 days.

Among students at Bemidji State University who report using smoking tobacco in the past 30 days, 39.5% do not consider themselves smokers. Among BSU students who do consider themselves smokers, 57.7% made at least one attempt to quit smoking over the past 12 months. These students made an average of 2.4 quit attempts during that same 12-month period.

For BSU students who report using tobacco over the past 30 days, the percentage of those who say they smoke half a pack of cigarettes or more per day increases from 36.1% on a weekday to 44.2% on a weekend day.
The average number of cigarettes smoked by BSU students who are current tobacco users decreases from 12.2 per weekday to 11.6 per weekend day. For daily tobacco users, the average number decreases from 23.0 per weekday to 21.8 per weekend day.

Bemidji State University students who used tobacco in the past 30 days report the most common locations of their use are in a car, where they live (outside), on campus (outside), and at bars and restaurants (outside).
Secondhand Smoke Exposure
All Students

<table>
<thead>
<tr>
<th>Location</th>
<th>Percent Who Indicate Exposure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Nonsmokers</td>
</tr>
<tr>
<td>On Campus</td>
<td>0.9</td>
</tr>
<tr>
<td>Residence Halls</td>
<td>* 11.0</td>
</tr>
<tr>
<td>Fraternity/Sorority</td>
<td>0.3</td>
</tr>
<tr>
<td>Bars/Restaurants</td>
<td>* 17.2</td>
</tr>
<tr>
<td>In a Car</td>
<td>11.0</td>
</tr>
<tr>
<td>Where I Live</td>
<td>2.0</td>
</tr>
<tr>
<td>Private Parties</td>
<td>8.7</td>
</tr>
<tr>
<td>Work Site</td>
<td>* 5.5</td>
</tr>
<tr>
<td>Parking Ramp/Garage</td>
<td>1.5</td>
</tr>
<tr>
<td>Other</td>
<td>6.4</td>
</tr>
<tr>
<td>N/A–Never Exposed</td>
<td>35.5</td>
</tr>
</tbody>
</table>

*Location not included in question.

For both nonsmokers and smokers attending BSU, on campus (outside) and bars and restaurants (outside) are the most commonly cited locations for exposure to secondhand smoke.

Secondhand Smoke Exposure–Per Week
Nonsmokers vs. Current Smokers

For nonsmokers attending Bemidji State University, 3.2% report being exposed to secondhand smoke 2 or more hours per week. For current smokers, 25.6% report being exposed to secondhand smoke for 2 or more hours per week.
Bemidji State University students who use tobacco tend to have a higher rate of high-risk drinking compared to BSU students who are non-tobacco users (61.5% vs. 21.8%, respectively).

**Definition:**

**High-Risk Drinking**

Consumption of five or more alcohol drinks at one sitting within the past two weeks for both males and females. A drink is defined as a bottle of beer, wine cooler, glass of wine, shot glass of liquor, or mixed drink.

Similar to the relationship between high-risk drinking and tobacco use, use of marijuana in the past 30 days by BSU students is higher among tobacco users (19.2%) compared to non-tobacco users (2.8%). This is a more than six-fold increase in the rate.

As with high-risk drinking and marijuana use, the use of other illegal drugs is associated with tobacco use. Tobacco users who attend BSU use illegal drugs other than marijuana at more than four times the rate of non-tobacco users who attend the university (12.5% vs. 2.8%, respectively).
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